



GREAT OPPORTUNITIES FOR OUR SOCIAL
REC MEMBERS! OPEN TO ALL MEMBERS!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOCIAL SCHEDULE

» JUNE 2026

FREE to members!

WELLNESS WEDNESDAY & FUN FRIDAY (1-2 PM)

WEDNESDAY, JUNE 3:
BASKETBALL & DODGEBALL | WEST GYM

FRIDAY, JUNE 5:
DANCE PARTY | MPR

WEDNESDAY, JUNE 10:
CHAIR STRENGTH | MPR

FRIDAY, JUNE 12:
KICK-BALL | WEST GYM OR OUTSIDE (weather dependent)

WEDNESDAY, JUNE 17:
LOW IMPACT CARDIO KICKBOXING | MPR

FRIDAY, JUNE 19:
CRAFTS & GAMES | MPR

WEDNESDAY, JUNE 24:
YOGA | MPR

FRIDAY, JUNE 26:
FITNESS BINGO | MPR

Tri-Cities Family YMCA

1 Y Drive, Grand Haven, MI 49417 | 616.842.7051 | tcfymca.org