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

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVE & CONNECT

NOVEMBER 2026

FREE to members!

WELLNESS WEDNESDAY & FUN FRIDAY

(1:00 – 2:00 PM)

Wednesday, November 4
Basketball/Dodgeball

Friday, Novmeber 6
Kickball

Wednesday, November 11
Cardio Kickboxing

Friday, November 13
Chair Strength

Wednesday, November 18
Swimming

Friday, November 20
Autumn Decor Craft



Wednesday, November 25
NO CLASS

Friday, November 27
NO CLASS

Tri-Cities Family YMCA
1 Y Drive, Grand Haven, MI 49417 | 616.842.7051 | tcfymca.org