



# WINTER & SPRING PROGRAMS AT THE Y

JANUARY – MAY  
2022



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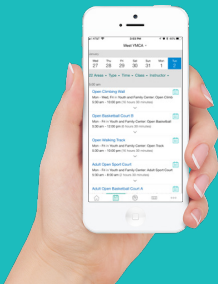
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## DOWNLOAD OUR APP!

grand traverse bay ymca



- ✓ GROUP EXERCISE SCHEDULES
- ✓ PROGRAM SCHEDULES
- ✓ CALENDAR REMINDERS
- ✓ FACILITY STATUS NOTIFICATIONS
- ✓ STORE MULTIPLE BAR CODES
- ✓ AUTO DETECT CLOSEST LOCATION

# YMCA LEADERS

## LEADERSHIP



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## PROGRAMS



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**APPLY TODAY TO  
JOIN OUR TEAM!**

[WWW.GTBAYYMCA.ORG/JOIN-OUR-TEAM](http://WWW.GTBAYYMCA.ORG/JOIN-OUR-TEAM)



# FACILITY HOURS

## JANUARY 1 - MAY 31

### WEST

#### FACILITY

**M-F:** 5:30am-9:00pm

**S:** 7:00am-5:00pm

**Su:** 9:00am-4:00pm

#### POOL

**M-F:** 5:30am-9:00pm

**S:** 7:00am-4:30pm

**Su:** 9:00am-3:30pm

### CENTRAL

#### FACILITY

**M-F:** 5:30am-7:00pm

**S:** 7:00am-12:00pm

**Su:** CLOSED

#### POOL

**M-F:** 5:30am-6:45pm

**S:** 7:00am-11:45am

#### CHILD WATCH

**M-F:** 8:30am-12:30pm

**T-Th:** 4:00pm-7:00pm

**S:** 8:30am-12:30pm

### SOUTH

**M-F:** 9:00am-1:00pm

4:00pm-8:00pm

**S:** 9:00am-2:00pm

**Su** 10:00am-2:00pm

### CHILD DEVELOPMENT CENTER

**M-F:** 8:00am-5:00pm

**S-Su:** Closed

## HOLIDAY HOURS

#### MEMORIAL DAY

**WEST:** 5:30am-12:00pm

**POOL:** 5:30am-11:30am

**SOUTH/CENTRAL:** CLOSED

#### EASTER

**ALL LOCATIONS**

**CLOSED**

MORE THAN A PLACE  
MEMBER BENEFITS

## WEST Y

All memberships at the West Y include access to all three YMCA locations.

| YOUTH                    | YOUNG ADULT              | ADULT                    | ADULT COUPLE             | SENIOR                   | SENIOR COUPLE            | FAMILY                    |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------|
| <b>\$21</b><br>per month | <b>\$32</b><br>per month | <b>\$51</b><br>per month | <b>\$73</b><br>per month | <b>\$41</b><br>per month | <b>\$63</b><br>per month | <b>\$87</b><br>per month  |
| Joiner Fee: \$50         | Joiner Fee: \$50         | Joiner Fee: \$100        | Joiner Fee: \$100        | Joiner Fee: \$100        | Joiner Fee: \$100        | Joiner Fee: \$100         |
| Annual Option:<br>\$252  | Annual Option:<br>\$384  | Annual Option:<br>\$612  | Annual Option:<br>\$876  | Annual Option:<br>\$492  | Annual Option:<br>\$756  | Annual Option:<br>\$1,044 |
| Ages: <18                | Ages: 19-25              | Ages: 26-59              | Ages: 26-59              | Ages: 60+                | Ages: both 60+           | Adult couple + dependants |

## CENTRAL Y

| YOUTH                    | YOUNG ADULT              | ADULT                    | ADULT COUPLE             | SENIOR                   | SENIOR COUPLE            | FAMILY                    |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------|
| <b>\$21</b><br>per month | <b>\$32</b><br>per month | <b>\$41</b><br>per month | <b>\$49</b><br>per month | <b>\$31</b><br>per month | <b>\$39</b><br>per month | <b>\$58</b><br>per month  |
| Joiner Fee: \$50         | Joiner Fee: \$50         | Joiner Fee: \$50         | Joiner Fee: \$50         | Joiner Fee: \$50         | Joiner Fee: \$50         | Joiner Fee: \$50          |
| Annual Option:<br>\$252  | Annual Option:<br>\$384  | Annual Option:<br>\$492  | Annual Option:<br>\$588  | Annual Option:<br>\$372  | Annual Option:<br>\$468  | Annual Option:<br>\$696   |
| Ages: <18                | Ages: 19-25              | Ages: 26-59              | Ages: 26-59              | Ages: 60+                | Ages: both 60+           | Adult couple + dependants |

## SOUTH Y

| YOUTH                    | YOUNG ADULT              | ADULT                    | ADULT COUPLE             | SENIOR                   | SENIOR COUPLE            | FAMILY                    |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------|
| <b>\$21</b><br>per month | <b>\$32</b><br>per month | <b>\$41</b><br>per month | <b>\$49</b><br>per month | <b>\$31</b><br>per month | <b>\$39</b><br>per month | <b>\$58</b><br>per month  |
| Joiner Fee: \$50         | Joiner Fee: \$50         | Joiner Fee: \$50         | Joiner Fee: \$50         | Joiner Fee: \$50         | Joiner Fee: \$50         | Joiner Fee: \$50          |
| Annual Option:<br>\$252  | Annual Option:<br>\$384  | Annual Option:<br>\$492  | Annual Option:<br>\$588  | Annual Option:<br>\$372  | Annual Option:<br>\$468  | Annual Option:<br>\$696   |
| Ages: <18                | Ages: 19-25              | Ages: 26-59              | Ages: 26-59              | Ages: 60+                | Ages: both 60+           | Adult couple + dependants |

**FREE** Child  
Watch for up  
to two hours

Up to 50%  
off YMCA  
programming

Personal  
Training  
available to  
members  
only

**FREE** open  
tennis M-F  
5:30-8:00am

90+ **FREE** group  
exercise classes  
every week

Early  
registration  
for Summer  
Camp

Access to all 3  
member locations

**FREE** Smart Start  
coaching

**FREE** use of the  
Youth & Family  
Center

# FACILITY POLICIES

## GENERAL



**YMCA CHECK-IN:** YMCA members and community participants are required to check in at the Member Services Desk at each visit for security purposes. All members and community participants must also sign a liability waiver before utilizing the facility.



### MEMBER DRESS CODE

Please embrace the family friendly environment of your Y and refrain from wearing attire that may offend others. Please use good judgment with your attire.

**Shorts:** Should be basic athletic shorts without skin overexposure.

**Pants/Shorts:** Should not expose undergarments or midriffs.

**Shoes:** Wellness Center shoes must be closed toe, clean, athletic shoes. Black soled shoes should be non-marking. Bare feet are allowed in Aquatics Area and Locker Rooms only.

**Aquatics Areas:** Please wear appropriate swim attire.

**Shirts:** T-shirts or tank tops must be worn everywhere in the facility except in the Aquatics areas. Shirts must cover midriffs for both male and female.

Please do not wear shirts displaying inappropriate designs, logos or offensive comments.



### LOST & FOUND

The Grand Traverse Bay YMCA is not responsible for lost, stolen or damaged items. The lost and found is located at the Member Services Desk. We will keep items for 2 weeks. If not claimed, they will be given to a local charity.



### CODE OF CONDUCT

The Y has the right to suspend or cancel a membership if a member's behavior or language violates a generally accepted standard of conduct.

The following is prohibited:

- The use of vulgar or threatening language
- Physical contact with another individual
- Sexual contact with another individual
- Harassment through words or gestures
- Theft or behavior that results in the destruction of property
- Carrying or concealing weapons, devices, or objects that may be used as weapons
- Loitering within or on the grounds of the YMCA is not prohibited
- Using, possessing, or being under the influence of illegal chemicals or alcohol on YMCA property or at YMCA programs



### CELL PHONES

Use of electronic devices, cameras or video recording devices is prohibited in ALL locker rooms, restrooms and pool areas.



### PHOTO NOTICE

The Y may take pictures and videos of various activities for promotional use. Please let us know if you do not wish to be included in these medias.



### **FACILITY CANCELLATIONS & CLOSURES**

All cancellation and facility closures are posted to our mobile application and/or Facebook.



### **SEX OFFENDER**

The Grand Traverse Bay YMCA prohibits access to its facilities or program venues to any individual known to be on the list of Registered Sex Offenders.

## **MEMBERSHIP**



### **MEMBERSHIP GUEST PRIVILEGES**

Each membership comes with 5 free guest passes per 12-month period.



### **DAY PASSES**

Community members and guests may utilize the GT Bay YMCA by purchasing a day pass. Anyone under the age of 18 must have a legal guardian sign a liability waiver.

## **FINANCIAL**



### **REFUNDS AND CREDITS**

There are no refunds on the joiner fee. There are no refunds on an annual membership unless a life-changing event has occurred. We offer refund request forms for programs at the Member Services Desk. The refund request form is simply a request, at the discretion of the program director, and is not guaranteed.



### **BANK DRAFT CANCELLATION**

To cancel your membership, a cancellation form must be completed and returned to the Member Services Desk. The cancellation form must be submitted at least 30 days prior to intended termination date. This means you will be drafted once more, and will have full access to the Y facilities for those 30 days.



### **BANK CHANGES**

Please allow 30 days for all bank changes to go through. The Grand Traverse Bay YMCA is not responsible for any service or overdraft charges.

## **LOCKER ROOMS**



### **LOCKER ROOM POLICY**

- Men's and women's locker room is available for members 16+
- The Y is not responsible for personal items. Secure all valuables in a locked locker
- All tall lockers are for day use only. Small lockers are available for rental. Contact the Member Services Desk for details
- Additional locker rooms are available for boys and girls
- Children 6 or younger may use guardian's gender locker
- Children 7 or older must use youth locker room for their gender
- Family locker rooms are also available for families with children and seniors needing assistance



### SAUNA POLICIES

- Must be 15 years or older to use sauna
- Please do not put water on the rocks, in the tray, dry your clothing, or put anything on the heating element
- Members with certain health conditions should consult with a physician before using the sauna
- Use towel while in sauna
- For safety, limit yourself to a session of 10 minutes
- No food or drink is permitted in the sauna
- No shaving allowed in the sauna

## WELLNESS CENTER



### FITNESS FACILITY POLICIES

- Be courteous and respectful to all
- Limit your time on cardio equipment to 30 minutes when others are waiting
- Pick up after yourself
- Wipe down equipment for next user
- Wear proper attire. Shirts are always required. Shorts should be appropriate length for a family facility
- Close toed shoes are required at all times – no sandals.
- Water only
- No cell phone conversations in the fitness area
- When weather requires boots, please change into dry shoes before entering the fitness floor



### PERSONAL TRAINING:

Personal, partner and group trainings are a paid member service available for ages 12 and over. Non-YMCA trainers are not allowed in the YMCA facilities.



### WEIGHT ROOM POLICIES

- Return and rack weights when finished
- Allow others to “work in” between sets
- Refrain from swearing, grunting and loud noises that may be distracting or offensive to others
- Refrain from dropping or slamming weights



## SPEAK UP

If you see or hear anything that you are not comfortable with or you know is against YMCA policies, please address the issue or find a staff member to address the issue immediately.



# AGE POLICIES

## AGES <7

Children age 7 and under must be accompanied by a guardian (age 16+) at all times. Children age 7+ must use locker room for their gender.

## AGES 8-9

**GENERAL FACILITY:** Children ages 8-9 must be accompanied by a guardian (age 16+) in the facility, unless the child is in an organized program.

**YOUTH AND FAMILY CENTER:** Children ages 8-9 are permitted to use the Youth and Family Center if a guardian (age 16+) is on the premises.

**WELLNESS CENTER:** Children ages 8-9 are **not** permitted in the Wellness Center.

**AQUATICS CENTER:** Children age 8-9 must be accompanied by a guardian (age 18+) at all times when using a YMCA swimming pool, unless in an organized, supervised program such as swim lessons. The ratio of children under the age of 6 to adults should not exceed 3:1 in non-program activities.

## AGES 10-11

**GENERAL FACILITY:** Children age 10-11 may use the YMCA facility without a guardian.

**YOUTH AND FAMILY CENTER:** Children 10-11 are permitted to use the Youth and Family Center without a guardian.

**WELLNESS CENTER:** Children ages 10-11 are **not** permitted in the Wellness Center.

**AQUATICS CENTER:** Children ages 10-11 are permitted to use the pool without a guardian, but if water depths exceed chest height of the individual, he/she will need to take a swim test.

## AGES 12-14

**GENERAL FACILITY:** Youth age 12-14 may use the YMCA facility without a guardian.

**YOUTH AND FAMILY CENTER:** Youth 12-14 are permitted to use the Youth and Family Center without a guardian.

**WELLNESS CENTER:** Youth ages 12-14 may use the Wellness Center, excluding the free weights, and take Group Exercise Classes if accompanied at all times by a guardian (age 18+) and after completing a fitness floor orientation.

**AQUATICS CENTER:** Youth ages 12-14 are permitted to use the pool without a guardian, but if water depths exceed chest height of the individual, he/she will need to take a swim test.

## AGES 15+

**GENERAL FACILITY:** Members and guests age 15+ may use the YMCA facility without a guardian and may use the sauna.

**YOUTH AND FAMILY CENTER:** Members and guests ages 15+ are permitted to use the Youth and Family Center without a guardian.

**WELLNESS CENTER:** Members and guests age 15+ may have full access to the Wellness Center and may take group exercise classes after reviewing the fitness floor rules.

**AQUATICS CENTER:** Members and guests age 15+ are permitted to use the pool without a guardian, but if water depths exceed chest height of the individual, he/she will need to take a swim test.

# PRESCHOOL & UNDER



# PROGRAMS

## TAEKWONDO

### MONTHLY PROGRAM

#### Little Ninjas AGES 3-5

**COST:** Members: \$69 | Community participant: \$99

**DAYS:** Thursdays, 5:00-5:30pm

**LOCATION:** West YMCA, Multipurpose Room

Learn that they are not allowed to use their new kicking and punching skills at school, on siblings, furniture or friends. Students can be motivated with new belts, stickers and trophies based on behavior and attitude.

#### Little Dragons AGES 4-6

**COST:** Members: \$69 | Community participant: \$99

**DAYS:** Thursdays, 5:35-6:10pm

**LOCATION:** West YMCA, Multipurpose Room

Learn and practice the 4 Dragon Rules of Focus: 1) Focus your eyes 2) Focus your ears 3) Focus your mind and 4) Focus your body. Learn bully defense training to positively stop aggression by using body language, voice, mind and confidence, not violence.

## CHILD CARE

### MONTHLY PROGRAM

#### Little Explorers AGES 3-5

**COST:** Members Only: \$100

**DAYS:** Thursdays, 9:00am-12:30pm

**LOCATION:** West YMCA, Multipurpose Room

This monthly program allows you to drop your kids off with our trained child care staff for some adult time for you, and some educational and social time for your little ones.

#### Parent Night Out AGES 3-12

**COST:** Members Only: \$30/child

**DAYS:** Second Friday of every month, 5:30-8:00pm

**LOCATION:** West YMCA, Multipurpose Room

Need a night off parent duty? Drop your kids off with our trained child care staff and take care of yourself for a couple hours while we entertain your kids!

## SPORTS

### MONTHLY PROGRAM

#### Short Sports AGES 3-5

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Wednesdays 5:00-5:30pm or 5:30-6:00pm

**LOCATION:** West YMCA, Youth & Family Center

A child's basic introduction to sports for the sport of the month. Sports will rotate with a new sport being taught each month throughout the year. Parents and guardians are encouraged to participate. Sports included are basketball, soccer, and flag football.

#### Red Ball Tennis AGES 4-6

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Saturdays 2:30-3:15pm

**LOCATION:** West YMCA, Tennis Courts

This is a fun, engaging program introduces our youngest players to the fundamentals of tennis. This includes athletic movements, hand-eye coordination and tracking and receiving skills.

# WEST YMCA SWIM LESSONS

## PARENT & CHILD SWIM LESSONS

### MONTHLY PROGRAM

#### STAGE A – WATER DISCOVERY AGES 6mo–3 years

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Saturdays 9:20–9:50am

**LOCATION:** West YMCA

Introduces infants and toddlers to the aquatics environment.

- Waterproof diaper required for those not potty trained

#### STAGE B – WATER EXPLORATION AGES 6mo–3 years

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Wednesdays 3:20–3:50pm – West YMCA

Tuesdays 3:20–3:50pm – Central YMCA

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. Instructor guided – parent facilitate.

- Waterproof diaper required for those not potty trained



## PRESCHOOL SWIM LESSONS

### MONTHLY PROGRAM

## WHICH BEST DESCRIBES YOUR SWIMMER?

Not sure?

Email our Swim Lesson Coordinator, Ari, at [ari@gtbayymca.org](mailto:ari@gtbayymca.org) to help you find the best level for your swimmer.

My child has never had swim lessons or my child has had lessons in the past but is still afraid of putting his/her face in the water

WATER ACCLIMATION

My child is comfortable in the water and will submerge his/her face, but cannot swim.

WATER MOVEMENT

My child is ready to learn to swim independently and can float on his/her stomach and back.

WATER STAMINA

### STAGE 1 -WATER ACCLIMATION AGES 3-5

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Mondays 4:00-4:30pm, 4:40-5:10pm, or 5:20-5:50pm  
Wednesdays 4:00-4:30pm, 4:40-5:10pm, or 5:20-5:50pm  
Saturdays 10:00-10:30am or 10:40-11:10am

**LOCATION:** West YMCA

### STAGE 2 -WATER MOVEMENT AGES 3-5

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Mondays 4:00-4:30pm or 4:40-5:10pm  
Wednesdays 4:00-4:30pm or 4:40-5:10pm  
Saturdays 10:00-10:30am

**LOCATION:** West YMCA

### STAGE 3 -WATER STAMINA AGES 3-5

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Mondays 5:20-5:50pm  
Wednesdays 5:20-5:50pm  
Saturdays 11:20-11:50am

**LOCATION:** West YMCA

## CENTRAL YMCA PRESCHOOL SWIM LESSONS

### STAGE 1 - WATER ACCLIMATION AGES 3-5

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Tuesdays 4:00-4:30pm or 4:40-5:10pm  
Saturdays 10:00-10:30am

**LOCATION:** Central YMCA

### STAGE 2 - WATER MOVEMENT AGES 3-5

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Tuesdays 4:00-4:30pm, 4:40-5:10pm or  
5:20-5:50pm

**LOCATION:** Central YMCA

### STAGE 3 - WATER STAMINA AGES 3-5

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Tuesdays 5:20-5:50pm

**LOCATION:** Central YMCA



# ELEMENTARY

## PROGRAMS

### TAEKWONDO

#### MONTHLY PROGRAMS

##### Little Dragons AGES 4-6

**COST:** Members: \$69 | Community participant: \$99

**DAYS:** Thursdays, 5:35-6:10pm

**LOCATION:** West YMCA, Multipurpose Room

Learn and practice the 4 Dragon Rules of Focus: 1) Focus your eyes 2) Focus your ears 3) Focus your mind and 4) Focus your body. Learn bully defense training to positively stop aggression by using body language, voice, mind and confidence, not violence.

##### Beginning Taekwondo AGES 7-12

**COST:** Members: \$69 | Community participant: \$99

**DAYS:** Thursdays, 6:15-6:55pm

**LOCATION:** West YMCA, Multipurpose Room

Learn bully defense training to positively stop aggression by using body language, voice, mind and confidence, not violence, to deter bullies. Students will develop strong self defense skills, balance, coordination, flexibility, cardiovascular conditioning, how to speak in public with confidence, how to be leaders among their peers and learn to respect parents and teachers.



## EDUCATIONAL MONTHLY PROGRAM

### Kids in the Kitchen AGES 8-11

**COST:** Members: \$30 | Community Participant: \$60

**DAYS:** Tuesdays, 5:00-6:00pm

**LOCATION:** West YMCA, Multipurpose Room

This cooking class series offers a hands-on approach so that even the youngest of chefs can tackle food prep and cooking techniques. Your child will build confidence in the kitchen as they chop, measure, taste and clean up their creations. They will also learn how to follow directions, hone their motor skills, understand basic nutritional information, read labels and use basic kitchen terminology.

## CHILD CARE MONTHLY PROGRAM

### Parent Night Out AGES 3-12

**COST:** Members Only: \$30/child

**DAYS:** Second Friday of every month, 5:30-8:00pm

**LOCATION:** West YMCA, Multipurpose Room

Need a night off parent duty? Drop your kids off with our trained childcare staff and take care of yourself for a couple hours while we entertain your kids.

### School Days Out AGES 4 YEARS - 16 YEARS

**COST:** Members Only: \$35/day

**DAYS:** January 17th, February 21st, March 25th, 7:30am-5:30pm

**LOCATION:** South YMCA, Gymnasium

When TCAPS schools close, we open! Every school day out, such as parent-teacher conference days, and school holidays we have child care available. Pre-registration required.

## MARK YOUR CALENDAR!

Summer Camp 2022 Registration  
opens 5:30am on February 7th at the  
West YMCA for Members ONLY.



# PROGRAMS

## TENNIS

### MONTHLY PROGRAM

#### Red Ball Tennis AGES 4-6

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Saturdays 2:30-3:15pm

**LOCATION:** West YMCA, Tennis Courts

This fun engaging program introduces our youngest players to the fundamentals of tennis. This includes athletic movements, hand-eye coordination and tracking and receiving skills.

#### Orange Ball Tennis AGES 6-9

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Saturdays 3:30-4:30pm

**LOCATION:** West YMCA, Tennis Courts

Players will continue to develop what they have learned in Red Ball while spending more time learning technical skills of all the basic strokes. We will also begin introducing point-play and the basics of tactical skills. The main goals of this class are to develop match play skills and proper technique.

## BREAKER'S SWIM TEAM



### AGES

7 Years - 18 years

### TRYOUT ELIGIBILITY

**AGES 7-10:** Swim at least 1 length of the pool freestyle and at least 1 length of the pool backstroke.

**AGES 10-18:** Requirements increase based on age. Must know elements of all 4 competitive strokes.

### TRYOUTS

Late August-early September

### SEASON - Competition is optional

**SHORT COURSE SEASON:** September-March

**LONG COURSE SEASON:** April-July

For additional information please visit [www.tcbreakers.com](http://www.tcbreakers.com)  
or contact Coach Kathy at [kathy@gtbayymca.org](mailto:kathy@gtbayymca.org).



# SPORT SEASONS

## **SPRING BASKETBALL** GRADES K-5

**REGISTRATION:** Registration closes February 11th

**SEASON:** March 5th - April 23rd

**COST:** Members: \$55 | Community participant: \$80 (jersey purchased separately)

**GAME DAYS:** Saturdays

**LOCATION:** West YMCA & South YMCA

Youth basketball is an exciting sport combining team play and individual skills. YMCA youth basketball promises no try outs, no getting cut and no bench warmers! Every child plays every game while making friends and learning new techniques. Practices for 2nd-5th grade take place during the week and are limited to one hour once a week. 6 games, 1 practice per week.

## **COED SPRING SOCCER** GRADES K-5

**REGISTRATION:** Registration closes April 15th

**SEASON:** May 7th - June 11th

**COST:** Members: \$55 | Community: \$80 (jersey purchased separately)

**GAME DAYS:** Saturdays

**LOCATION:** West YMCA, West Athletic Fields

This coed league emphasizes fun and safety for grades K-5. Games/practices are on Saturday mornings. Teams are made by school and special requests so you can play with your friends. Coaches are volunteers.

## **COED SPRING NFL FLAG FOOTBALL** GRADES K-5

**REGISTRATION:** Registration closes April 15th

**SEASON:** May 3rd - June 7th

**COST:** Members: \$80 | Community: \$105 (includes jersey and flags)

**GAME DAYS:** Tuesdays

**LOCATION:** West YMCA, West Athletic Fields

Enjoy the fun of football for younger ages without the contact. Each player gets their own NFL jersey to keep after the season ends.

## **BOY'S SPRING LACROSSE** 10U, 12U, 14U

**REGISTRATION:** Registration closes March 18th

**SEASON:** April 11th - June 4th

**COST:** 10U Member: \$175 | Community participant: \$250

12U & 14U Member: \$225 | Community participant: \$300

**GAME DAYS:** Saturdays and some Sundays

**LOCATION:** West YMCA, West Athletic Fields

This league has 3 different tiers, the 10U of kids ages 10 and under, 12U, and 14U. As players progress into the older leagues, more tournaments and games will be played. All leagues include basic skills, multiple practices a week and some travel.

## **BOY'S SUMMER LACROSSE** 10U, 12U, 14U

**REGISTRATION:** Registration closes May 16th

**SEASON:** June 13th - July 23rd

**COST:** Member: \$125 | Community participant: \$200 (Uniform included)

**GAME DAYS:** Weekend Tournaments

**LOCATION:** West YMCA West Athletic Fields

Summer tournament lacrosse season that will include travel to Michigan tournaments.

# WEST YMCA YOUTH SWIM LESSONS

## WHICH BEST DESCRIBES YOUR SWIMMER?

Not sure? Email our Swim Lesson Coordinator, Ari, at [ari@gtbayymca.org](mailto:ari@gtbayymca.org) to help you find the best level for your swimmer.

My child has never had swim lessons. My child has had lessons in the past but is still afraid of putting his/her face in the water.

**WATER ACCLIMATION**

My child is comfortable in the water and will submerge his/her face, but cannot swim.

**WATER MOVEMENT**

My child is comfortable in the water and can float on his/her stomach and back.

**WATER STAMINA**

My child can swim 15 yards without help but doesn't know any swim strokes.

**STROKE INTRODUCTION**

My child has already learned front and back crawl, as well as dolphin and breaststroke kick but is ready to complete strokes.

**STROKE DEVELOPMENT**

My child has learned all the strokes taught in previous stages but is ready to develop their stroke technique and build their stamina.

**STROKE MECHANICS**

## YOUTH SWIM LESSONS

### MONTHLY PROGRAM

#### STAGE 1 -WATER ACCLIMATION AGES 6-12

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Saturdays 10:00-10:30am

**LOCATION:** West YMCA

#### STAGE 2 -WATER MOVEMENT AGES 6-12

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Mondays 4:00-4:30pm

Wednesdays 4:00-4:30pm or 4:40-5:10pm

Saturdays 10:40-11:10am

**LOCATION:** West YMCA

### **STAGE 3 -WATER STAMINA** AGES 6-12

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Mondays 4:40-5:10pm or 5:20-5:50pm  
Wednesdays 5:20-5:50pm  
Saturdays 11:20-11:50am

**LOCATION:** West YMCA

### **STAGE 4 -STROKE INTRODUCTION** AGES 6-12

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Mondays 5:20-5:50pm  
Wednesdays 4:40-5:10pm  
Saturdays 10:40-11:10am

**LOCATION:** West YMCA

### **STAGE 5 -STROKE DEVELOPMENT** AGES 6-12

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Wednesdays 5:20-5:50pm  
Saturdays 11:20-11:50am

**LOCATION:** West YMCA

### **STAGE 6 -STROKE MECHANICS** AGES 6-12

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Mondays 4:40-5:10pm  
**LOCATION:** West YMCA

# CENTRAL YMCA YOUTH SWIM LESSONS

### **STAGE 1 -WATER ACCLIMATION** AGES 6-12

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Tuesdays 4:00-4:30pm

### **STAGE 2 -WATER MOVEMENT** AGES 6-12

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Tuesdays 4:40-5:10pm

### **STAGE 3 -WATER STAMINA** AGES 6-12

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Tuesdays 4:00-4:30pm  
Saturdays 10:40-11:10am

### **STAGE 4 -STROKE INTRODUCTION** AGES 6-12

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Tuesdays 4:40-5:10pm or 5:20-5:50pm

### **STAGE 6 -STROKE MECHANICS** AGES 6-12

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Tuesdays 5:20-5:50pm



# MIDDLE SCHOOL & HIGH SCHOOL

## PROGRAMS

### MONTHLY PROGRAMS

#### Youth Strength & Conditioning AGES 12-18

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Saturdays 9:00-9:45am

A supervised weights and conditioning class that will teach proper form and mechanics while utilizing the weight equipment on our wellness floor. Participants will gain strength and improve their knowledge in a safe and fun environment.

#### Future Stars Tennis AGES 9-18

**COST:** Members: \$100 | Community participant: \$150

**DAYS:** Tue/Th 6:00-7:30pm

Designed for youth players who are at the beginner or intermediate levels looking to develop and improve their fundamentals. We introduce and reinforce stroke principals and strategy to maximize every players ability.

#### Varsity Tennis AGES 12-18

**COST:** Members: \$100 | Community participant: \$150

**DAYS:** Mon/Wed 6:00-7:30pm

**LOCATION:** West YMCA, Tennis Courts

The focus of this clinic is building the foundation of proper technique, athletic conditioning and point play. This is accomplished through fed and live-ball drills as well as strategic points. This class is geared towards high-level middle school players and beginner to intermediate high school players.

#### Tennis Academy AGES 12-18

**COST:** Members: \$240 | Community participant: \$384

**DAYS:** Mon, Tue, Wed, Th 4:00-6:00pm

**LOCATION:** West YMCA, Tennis Courts

The Y Academy is a premier year-round program serving Northern Michigan located in the heart of Traverse City. Our exceptional coaching staff offers daily tennis clinics, including strength and conditioning sessions, for athletes who seek to achieve their maximum potential. Our mission is for our players to become the best versions of themselves - as individuals and as athletes. We believe that playing tennis can empower the athlete to rise to a higher level of confidence, strengthen the physical and mental states, and bring great enjoyment and fulfillment in these pursuits. Must be approved by the Director of Tennis, Michael LeVan.

# SPORT SEASONS

## BOY'S SPRING LACROSSE 10U, 12U, 14U

**REGISTRATION:** Registration closes March 18th

**SEASON:** April 11th – June 4th

**COST:** 10U Member: \$175 | Community participant: \$250

12U Member: \$225 | Community participant: \$300

14U Member: \$225 | Community participant: \$300

**GAME DAYS:** Saturdays

**LOCATION:** West YMCA, West Athletic Fields

This league has 3 different tiers, the 10U of kids ages 10 and under, 12U, and 14U.

As players progress into the older leagues, more tournaments and games will be played. All leagues include basic skills, multiple practices a week and some travel.

## BOY'S SUMMER LACROSSE 10U, 12U, 14U

**REGISTRATION:** Registration closes May 16th

**SEASON:** June 13th – July 23rd

**COST:** Member: \$125 | Community participant: \$200

**GAME DAYS:** Weekend Tournaments

**LOCATION:** West YMCA, West Athletic Fields

Summer tournament lacrosse season that will include travel to Michigan tournaments.

## GIRL'S SUMMER LACROSSE GRADES 6-12

**REGISTRATION:** Registration closes May 16th

**SEASON:** June 13th – July 23rd

**COST:** Members: \$125 | Community: \$200

**GAME DAYS:** Saturdays

**LOCATION:** West YMCA

Drills, skills and scrimmaging to learn the basics of girl's lacrosse for Middle School and Varsity Teams. Middle School and Varsity are two separate divisions.

# BREAKER'S SWIM TEAM

## AGES

7 Years – 18 years

## TRYOUT ELIGIBILITY

**AGES 7-10:** Swim at least 1 length of the pool freestyle and at least 1 length of the pool backstroke.

**AGES 10-18:** Requirements increase based on age. Must know elements of all 4 competitive strokes.

## TRYOUTS

Late August–early September

**SEASON – Competition is optional**

**SHORT COURSE SEASON:** September–March

**LONG COURSE SEASON:** April–July



For additional information please visit [www.tcbreakers.com](http://www.tcbreakers.com)  
or contact Coach Kathy at [kathy@gtbayymca.org](mailto:kathy@gtbayymca.org).

# ADULTS



## SPORTS

### DROP-IN PROGRAMS

#### Pickleball Beginner Night **AGES 18+**

**COST:** Members: \$7 | Community participant: \$13

**DAYS:** Wednesday 6:00–7:30pm

**LOCATION:** South YMCA, Pickleball Courts

Newer players that have game basics may all get together to play. Pickleball Pro Carolyn Ebbinghaus will be on hand to offer tips.

### 6-WEEK PROGRAMS

#### Women's Beginner Lift 101 **AGES 18+**

**COST:** Members: \$54 | Community participant: \$108 (drop-in option available)

**DAYS:** Wednesdays 5:00–5:45pm

**LOCATION:** West YMCA, Studio C

6-week class for women only to teach the foundational movement patterns. Especially designed for women who are new to the gym and strength training. Each week, we will discuss what the movement pattern is for, which muscles are involved, how to execute it properly, ways to modify or progress each movement, and how to add it into a strength training program with practice of different methods.

### MONTHLY PROGRAMS

#### Adult Beginner Tennis **AGES 18+**

**COST:** Members: \$50 | Community participant: \$60 (drop-in option available)

**DAYS:** Fridays 10:00–11:00am

**LOCATION:** West YMCA, Tennis Courts

Interested in getting back into tennis or starting the game for the first time? This clinic gives players a chance to learn correct fundamentals and techniques in a fun, group environment.

### Adult Intermediate Tennis AGES 18+

**COST:** Members: \$75 | Community participant: \$90 (drop-in option available)

**DAYS:** Mondays 7:30-9:00pm or Thursdays 10:00-11:30am

**LOCATION:** West YMCA, Tennis Courts

This clinic is great for players who are at the intermediate level of tennis. Our focus will be advancing stroke technique, learning new match strategies and becoming more comfortable in match scenarios.

### Adult Cardio Tennis AGES 18+

**COST:** Members: \$50 | Community participant: \$60 (drop-in option available)

**DAYS:** Saturdays 9:00-10:00am

**LOCATION:** West YMCA, Tennis Courts

Swing a racquet and burn calories with this high-intensity 1-hour aerobic workout. Everyone is welcome, regardless of skill level. Non-marking soles are required.

### Adult Advanced Tennis AGES 18+

**COST:** Members: \$75 | Community participant: \$90 (drop-in option available)

**DAYS:** Saturdays 10:00-11:30am

**LOCATION:** West YMCA, Tennis Courts

This clinic is for our most advanced adult players. We spend time working on match strategies and perfecting stroke production with mostly live-ball and match play formats. Must be approved by the Director of Tennis, Michael LeVan.

### Women's 3.5 and Below Tennis AGES 18+

**COST:** Members: \$75 | Community participant: \$90 (drop-in option available)

**DAYS:** Mondays 10:00-11:30am

**LOCATION:** West YMCA, Tennis Courts

This clinic is for women with a NTRP/USTA rating of 3.5 or below. Technical and tactical skills are our focus utilizing drills, live-all and match situational point-play.

### Women's 3.5 and Above Tennis AGES 18+

**COST:** Members: \$75 | Community participant: \$90 (drop-in option available)

**DAYS:** Tuesdays 10:30-12:00pm

**LOCATION:** West YMCA, Tennis Courts

This clinic is for women with a NTRP/USTA rating of 3.5 or above. Technical and tactical skills are our focus utilizing drills, live-all and match situational point-play. Must have a minimum NTRP/USTA rating of 3.5 or be approved by the Director of Tennis, Michael LeVan.

### Men's 3.5 and Above Tennis AGES 18+

**COST:** Members: \$75 | Community participant: \$90 (drop-in option available)

**DAYS:** Tuesdays 7:30-9:00pm

**LOCATION:** West YMCA, Tennis Courts

This clinic is for men with a 3.5 rating or above. Drills, live-ball and points are all staples of this clinic. Must have a minimum NTRP/USTA rating of 3.5 or be approved by the Director of Tennis, Michael LeVan.

# ADULT TENNIS DROP-IN PUNCHCARD

8 Punches

MEMBER: \$162

COMMUNITY PARTICIPANT: \$198

10 Punches

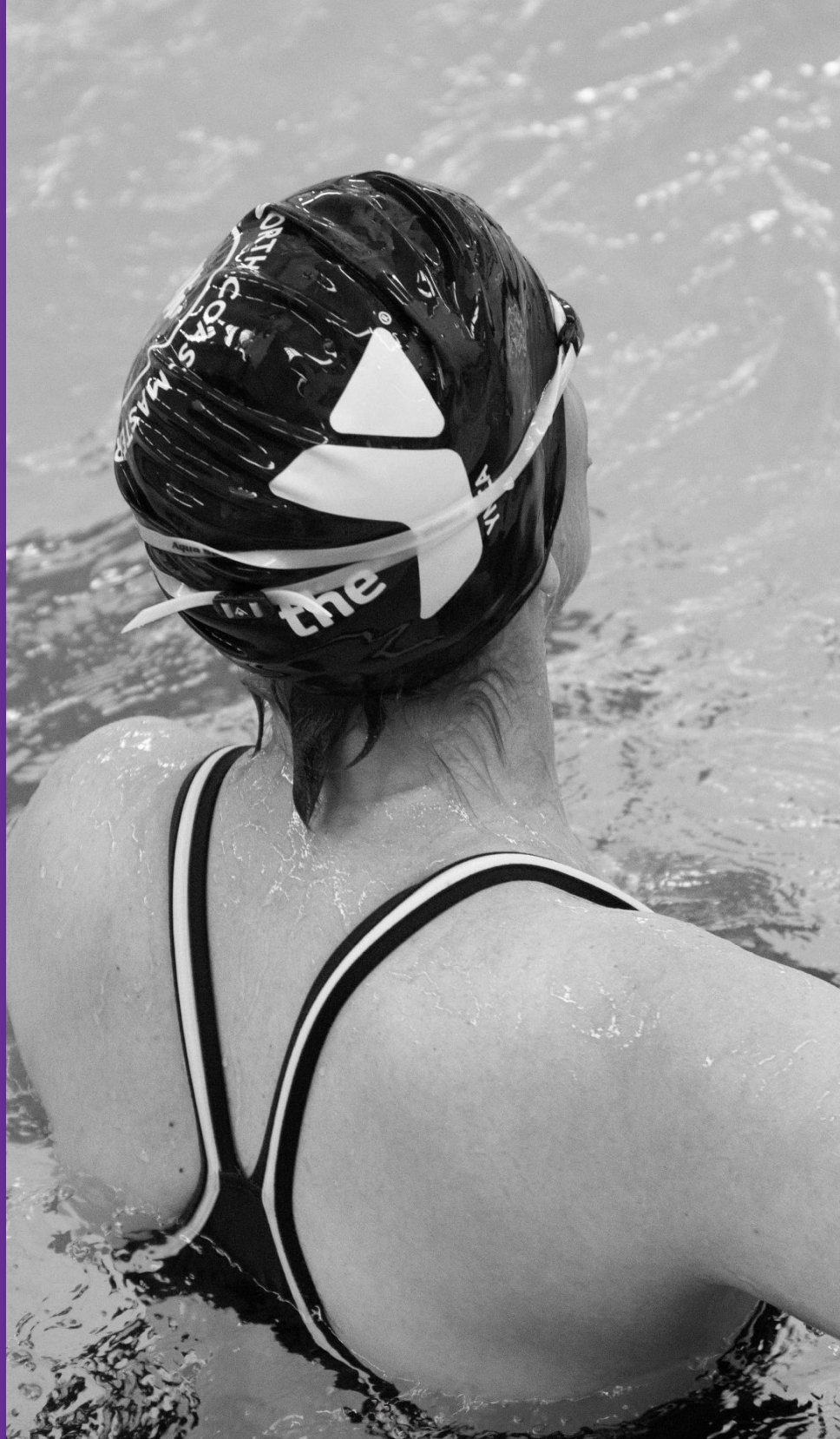
MEMBER: \$180

COMMUNITY PARTICIPANT: \$220



ADULTS







## AQUATICS

### MONTHLY PROGRAMS

#### Masters Swim Team AGES 18+

**COST:** Members: \$30 (\$25 auto-draft option) | Community participant: \$60

**DAYS (Central):** Tuesdays 12:00-1:00pm and Fridays 8:00-9:00am

**DAYS (West):** Mondays and Wednesdays 7:30-8:30am

Tuesdays and Thursdays 5:30-6:30am

**LOCATION:** West & Central YMCA, Lap Pool

For adult enthusiasts who want to learn to swim with better technique, get a great workout or prepare for a competition. As long as you can swim a length of the pool, we have a spot for you. Visit [www.northcoastmasters.org](http://www.northcoastmasters.org) for more information or e-mail Kathy at [kathy@gtbayymca.org](mailto:kathy@gtbayymca.org).

#### Adult Swim Lessons AGES 18+

**COST:** Members: \$30 | Community participant: \$60

**DAYS:** Saturdays, All lessons take place 8:30-9:00am (January, April & May)

**LOCATION:** West YMCA, Lap Pool

Offered for adults that have any apprehension or fear about the water with a goal of introducing personal water safety and basic skills to increase comfort, eliminate anxiety, with a focus on learning and enjoyment. There are three levels of swim lessons; Waves, Ripples and Stroke Development/Pre-Masters.

## SPORT LEAGUES

### SUNDAY COED SOFTBALL LEAGUE AGES 16+

**REGISTRATION:** Registration closes May 1st

**SEASON:** May 22nd - August 21st

**COST:** \$740/team

**GAME DAYS:** Sundays

**LOCATION:** Central YMCA, Softball Fields

### MONDAY COED SOFTBALL LEAGUE AGES 16+

**REGISTRATION:** Registration closes May 1st

**SEASON:** May 23rd - August 22nd

**COST:** \$740/team

**GAME DAYS:** Mondays

**LOCATION:** Central YMCA, Softball Fields

### MEN'S 55+ SOFTBALL LEAGUE AGES 55+

**REGISTRATION:** Registration closes May 1st

**SEASON:** May 23rd - August 22nd

**COST:** \$740/team

**GAME DAYS:** Mondays

**LOCATION:** Central YMCA, Softball Fields

### MEN'S SOFTBALL LEAGUE AGES 16+

**REGISTRATION:** Registration closes May 1st

**SEASON:** May 24th - August 23rd

**COST:** \$740/team

**GAME DAYS:** Tuesdays and Wednesdays

**LOCATION:** Central YMCA, Softball Fields

# LOW-IMPACT ACCESSIBILITY



## ENHANCE FITNESS

This evidence-based group exercise program for older adults that uses simple, easy to learn movements that motivate individuals, particularly those with arthritis, to stay active throughout their life.

## AQUA FIT

Experience the benefits of water exercise. Improve strength, flexibility, endurance, range of motion and agility. A great variety of cardio and toning exercises utilizing various aquatic equipment.



## WE HAVE MORE!

- Low impact group fitness classes
- Wheelchair accessible fitness equipment
- Elevator access to the Wellness Center
- Chair lift access to pools

# SPECIAL EVENTS

## HEALTHY KIDS DAY



**APRIL 30, 2022**

Healthy Kids Day is the Y's national initiative to improve health and well-being of kids and families.

## TVC5K

**MAY 21, 2022**

Run The Runway at the Cherry Capital Airport while supporting Wings of Mercy and the Y!



## CHERRY FESTIVAL PARKING LOT



**JULY 2-9, 2022**

Every year during The National Cherry Festival, The Harbour View Centre parking lot is donated to the YMCA to fund-raise money through selling parking spots.

## CLASSICS UNDER THE LIGHTS

**FALL 2022**

Join us for a car show under the lights at Turtle Creek Stadium to raise funds for the Y to help provide financial assistance to families and individuals in the area to obtain and sustain a healthy lifestyle.





**WE'RE MORE THAN A PLACE,  
WE'RE A CAUSE**