



2022 FALL PROGRAM GUIDE

GRAND TRAVERSE BAY YMCA

**WELCOME TO
GRAND
TRAVERSE
BAY YMCA!**





LEADERSHIP

ANDREW PAGE

President/CEO
andrew@gtbayymca.org

GINNY BILACIC

Chief Financial Officer
ginny@gtbayymca.org

LIZ BLOOM

Senior Director of Membership & Wellness Services
elizabeth@gtbayymca.org

ERIKA SMITH

Senior Director of Human Resources
erika@gtbayymca.org

JENNY GRABER

Senior Director of Community Outreach
jenny@gtbayymca.org

THOMAS GRABER

Senior Director of Programming
camp@gtbayymca.org



SWIM LESSONS LEVELS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1/ WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SWIM LESSONS WEST

September – December

Infant | Ages 6 months – 3 years

PARENT & CHILD (AGES 6mo – 3yr)
WATER DISCOVERY AND EXPLORATION
COST: Members: \$30 | Community: \$60

Wednesday
3:20 PM – 3:50 PM

Saturday
9:20 AM – 9:50 AM

Preschool | Ages 3 years – 5 years

WATER ACCLIMATION
COST: Members: \$30 | Community: \$60

Monday
4:00 PM – 4:30 PM

Wednesday
4:00 PM – 4:30 PM
5:20 PM – 5:50 PM

Saturday
10:00 AM – 10:30 AM
10:40 AM – 11:10 AM

WATER MOVEMENT
COST: Members: \$30 | Community: \$60

Monday
4:00 PM – 4:30 PM
4:40 PM – 5:10 PM
5:20 PM – 5:50 PM

Wednesday
4:00 PM – 4:30 PM
5:20 PM – 5:50 PM
6:00 PM – 6:30 PM

Saturday
10:00 AM – 10:30 AM
11:20 AM – 11:50 AM

WATER STAMINA
COST: Members: \$30 | Community: \$60

Monday
5:20 PM – 5:50 PM

Wednesday
4:40 PM – 5:10 PM

Saturday
11:20 AM – 11:50 AM

Youth | Ages 6 years – 12 years

WATER ACCLIMATION
COST: Members: \$30 | Community: \$60

Monday
4:00 PM – 4:30 PM

WATER MOVEMENT
COST: Members: \$30 | Community: \$60

Monday
6:00 PM – 6:30 PM

Wednesday
4:40 PM – 5:10 PM

Saturday
10:40 AM – 11:10 AM

WATER STAMINA
COST: Members: \$30 | Community: \$60

Monday
4:40 PM – 5:10 PM
5:20 PM – 5:50 PM
6:00 PM – 6:30 PM

Wednesday
4:00 PM – 4:30 PM
6:00 PM – 6:30 PM

Saturday
10:00 AM – 10:30 AM

STROKE INTRODUCTION
COST: Members: \$30 | Community: \$60

Monday
4:40 PM – 5:10 PM

Wednesday
4:40 PM – 5:10 PM
6:00 PM – 6:30 PM

Saturday
10:40 AM – 11:10 AM

STROKE DEVELOPMENT
COST: Members: \$30 | Community: \$60

Monday
6:00 PM – 6:30 PM

STROKE MECHANICS
COST: Members: \$30 | Community: \$60

Wednesday
5:20 PM – 5:50 PM

Saturday
11:20 AM – 11:50 AM

SWIM LESSONS CENTRAL

September – December

Preschool | Ages 3 years – 5 years

WATER ACCLIMATION

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

Tuesday
4:00 PM – 4:30 PM
4:40 PM – 5:10 PM

WATER MOVEMENT

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

Tuesday
4:00 PM – 4:30 PM
5:20 PM – 5:50 PM

WATER STAMINA

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

Tuesday
4:40 PM – 5:10 PM

Youth | Ages 6 years – 12 years

WATER MOVEMENT

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

Tuesday
4:00 PM – 4:30 PM

WATER STAMINA

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

Tuesday
5:20 PM – 5:50 PM

STROKE INTRODUCTION

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

Tuesday
4:40 PM – 5:10 PM

STROKE MECHANICS

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

Tuesday
5:20 PM – 5:50 PM

REGISTER

Register in person at any of our locations, by phone at 231-933-9622, or online at:
www.gtbayymca.org/programs/swim-lessons/youth-swim-lessons

DID YOU KNOW...?

We also offer private swim lessons! For more information contact:
Ryan Slade, Aquatics Director
ryan@gtbayymca.org



BREAKERS SWIM TEAM

AGES: AGES 7 - 18

TRYOUT ELIGIBILITY:

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

AGES 10-18: Requirements increase based on age. Must know elements of all four 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
or contact Coach Kathy at kathy@gtbayymca.org.

CHILD WATCH

AGES 6 WEEKS–7 YEARS

Child Watch is a **FREE** service offered to members at our **West** location, allowing you to enjoy up to 2 hours of time utilizing the facility while your children have an enriching experience with our child care staff!

Whether you want to take a group fitness class, go for a swim, play a match of tennis or just read a book, Child Watch is a valuable benefit!

See www.gtbayymca.org/child-watch for Child Watch hours!





SHORT SPORTS

BASKETBALL AGES 3-5

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

DAYS: Wednesdays, 5:00-5:30pm or 5:30-6:00pm, October 5-26 and January 4-25

LOCATION: West YMCA, Youth and Family Center

A basic introduction to the sport of basketball. Learn to dribble, shoot, pass, play defense and work as a team. We will be playing fun, active games to introduce your little ones to the basics of basketball. Our goal is to get kids moving, socializing and learning to love sports. Parent involvement is encouraged.

FLAG FOOTBALL AGES 3-5

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

DAYS: Wednesdays, 5:00-5:30pm or 5:30-6:00pm, November 2-23

LOCATION: West YMCA, Youth and Family Center

A basic introduction to the sport of flag football. We will be playing fun, active games to introduce your little ones to the basics of flag football. Our goal is to get kids moving, socializing and learning to love sports. Parent involvement is encouraged.

SOCCER AGES 3-5

MONTHLY COST: Members: \$22.50 | Community Participant: \$45

DAYS: Wednesdays, 5:00-5:30pm or 5:30-6:00pm, December 7-21

LOCATION: West YMCA, Youth and Family Center

A basic introduction to the sport of soccer. We will be playing fun, active games to introduce your little ones to the basics of soccer. Our goal is to get kids moving, socializing and learning to love sports. Parent involvement is encouraged.

SPORT SEASONS

COED SOCCER GRADES K-5

REGISTRATION: August 1 - September 2

SEASON: September 17 - October 22

COST: Members: \$55 | Community Participant: \$80

DAYS: Saturdays

LOCATION: West YMCA, West Athletic Fields

These coed leagues emphasize fun and safety for grades K-5. Games/practices are on Saturday mornings for an hour and a half. Teams are made by school and special request so you can play with your friends. Coaches are volunteers.

NFL FLAG FOOTBALL GRADES K-5

REGISTRATION: August 1 - September 2

SEASON: September 20 - October 25

COST: Members: \$80 | Community Participant: \$105

DAYS: Tuesdays

LOCATION: West YMCA, West Athletic Fields

This coed league emphasizes fun and safety for grades K-5. Practice and games (one per week) will take place on the same day, at the West fields.

WINTER I BASKETBALL GRADES K-5

REGISTRATION: August 1 – October 21

SEASON: November 5 – December 17

COST: Members: \$55 | Community Participant: \$80

GAME DAYS: Saturdays

LOCATION: West YMCA & South YMCA

WINTER II BASKETBALL GRADES K-5

REGISTRATION: August 1 – December 23

SEASON: January 7 – February 11

COST: Members: \$55 | Community Participant: \$80

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 take place during the week and are limited to one hour once a week. Six games, and one practice per week. Reversible Y jerseys are available for purchase.

TENNIS

RED BALL TENNIS AGES 4-6

MONTHLY COST: Members: \$50 | Community Participant: \$80

DAYS: Saturdays, 12:00-12:45pm

LOCATION: West YMCA, Tennis Courts

This is a fun, engaging program that teaches the fundamentals of tennis including the introduction of hand-eye coordination, tracking and receiving skills for future success, cooperative activities, care of equipment, and sportsmanship. We will use 36-foot courts, foam or red balls and 19-inch rackets.

ORANGE BALL TENNIS AGES 6-9

MONTH IS LOW COST: Members: \$50 | Community Participant: \$80

DAYS: Saturdays, 1:00-2:00pm

LOCATION: West YMCA, Tennis Courts

Players will continue to develop what they learned in Red Ball, while spending more time learning to play and applying rules of individual or doubles play. The main goals of this class are to develop teamwork, respect, match-play skills and proper technique.

FUTURE STARS AGES 8-12

MONTHLY COST: Members: \$150 | Community Participant: \$210

DROP-IN COST: Members: \$25 | Community Participant: \$40

DAYS: Tuesdays/Thursdays 6:00-7:30pm

LOCATION: West YMCA, Tennis Courts

Designed for youth players who are at the beginner or intermediate levels looking to develop and improve their fundamental skills. We introduce and reinforce stroke principles and strategy to maximize every player's ability. Point and match play will be a key component for players in the Future Stars clinic. Technical and tactical skills will be taught throughout every session as a building block for future success.

TAEKWONDO

LITTLE NINJAS AGES 3-5

COST: Members: \$69 | Community Participant: \$99

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

LOCATION: West YMCA, Multipurpose Room

Learn the importance of good manners, focus and self-control.

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 four Dragon Rules of Focus: Focus your eyes, focus your ears, focus your mind, and focus your body. Learn bully defense training to positively stop aggression by using body language, voice, mind and confidence.

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, public speaking, how to be leaders among their peers and learn to respect parents and teachers.





SPORTS

MIDDLE SCHOOL GIRLS BASKETBALL GRADES 6-8

REGISTRATION: September 1 – October 28, Must register as a team

SEASON: November 12 – December 17

COST: \$600/team

GAME DAYS: Saturdays

LOCATION: Traverse City and Kingsley school gyms

MIDDLE SCHOOL BOYS BASKETBALL GRADES 6-7

REGISTRATION: October 1 – December 31, Must register as a team

SEASON: January 21 – February 18

COST: \$600/team

GAME DAYS: Saturdays

LOCATION: Traverse City and Kingsley school gyms

TENNIS

VARSITY AGES 12-18

MONTHLY COST: Members: \$150 | Community Participant: \$210

DROP-IN COST: Members: \$25 | Community Participant: \$40

DAYS: Mondays/Wednesdays 6:00-7:30pm

For the player at an intermediate level looking to further their proficiency at a high school level. This clinic is designed to build attacking and defensive skills required to eventually transition to the Academy level. Players should expect to train with more live-ball scenarios and point play. Conditioning is a major focus of this clinic.

ACADEMY AGES 12-18

MONTHLY COST: Members: \$320 | Community Participant: \$480

TWICE PER WEEK COST: Members: \$240 | Community Participant: \$320

DROP-IN COST: Members: \$50 | Community Participant: \$70

DAYS: Monday-Thursday 4:00-6:00pm

The Y Academy is a premier year-round program for athletes who seek to achieve their maximum potential. We excel in teaching not only the fundamental techniques of tennis, but we also strive to ensure that every player receives the highest level of training in every aspect of the sport. Approval required by tennis director.

WELLNESS

FUNDAMENTALS OF STRENGTH AGES 10-14

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

DAYS: Saturdays 9:00-10:00am

LOCATION: West YMCA, Multipurpose Room

Youth will learn how to perform proper bodyweight exercises with an introduction on how to safely use functional equipment like dumbbells, medicine balls, barbells, kettlebells and more.

ADULTS

AQUATICS

MASTERS SWIM TEAM AGES 18+

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

DAYS: Visit www.northcoastmasters.org for schedule

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 for more information.

SWIM LESSONS

LEVEL 1 AGES 18+

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

DAYS: Saturdays, 8:15–8:45am, September and October

LOCATION: West YMCA, Lap Pool

Offered for adults that have any apprehension or fear of the water with a goal of introducing personal water safety and basic skills to increase comfort and eliminate anxiety with a focus on learning and enjoyment.

LEVEL 2 AGES 18+

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

DAYS: Saturdays, 8:15–8:45am, September and October

LOCATION: West YMCA, Lap Pool

For those adults who want to learn to swim freestyle better and learn some backstroke and treading water as well.

LEVEL 3 AGES 18+

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

DAYS: Saturdays, 8:15–8:45am, September and October

LOCATION: West YMCA, Lap Pool

For those adults who want to learn more strokes, and practice more endurance swimming to prepare them for the Masters team if they desire.

SOCIAL

COMMUNITY BREAKFAST

COST: Free

REGISTRATION: August 1 – December 1

TIME: 8:30–10:00am

DAYS: Fridays | October 7, November 4, December 2

LOCATION: West YMCA, Multipurpose Room

A monthly breakfast event intended for active adult members and community members on the first Friday of every month at the West Y. Registration is required prior to the event.

TENNIS

CARDIO TENNIS AGES 18+

MONTHLY COST: Members: \$60 | Community Participant: \$80

DROP-IN COST: Members: \$22 | Community Participant: \$30

DAYS: Saturdays, 9:00–10:00am

LOCATION: West YMCA, Tennis Courts

Swing a racket and burn calories with this high-intensity cardio workout. Everyone is welcome, regardless of skill level. Non-marking shoes required.

INTERMEDIATE TENNIS AGES 18+

MONTHLY COST: Members: \$90 | Community Participant: \$120

DROP-IN COST: Members: \$30 | Community Participant: \$40

DAYS: Thursdays, 10:30–12:00pm

LOCATION: West YMCA, Tennis Courts

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

ADVANCED TENNIS AGES 18+

MONTHLY COST: Members: \$90 | Community Participant: \$120

DROP-IN COST: Members: \$30 | Community Participant: \$40

DAYS: Saturdays, 10:00–11:30am

LOCATION: West YMCA, Tennis Courts

For players with an NTRP rating of 3.5 and above, this is a high-intensity practice with an overall objective of developing all-court players. Approval required by tennis director.

WOMEN'S 3.5 & BELOW AGES 18+

MONTHLY COST: Members: \$90 | Community Participant: \$120

DROP-IN COST: Members: \$30 | Community Participant: \$40

DAYS: Mondays 10:30–12:00pm

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-ball and situational point play. Approval required by tennis director.

WOMEN'S 3.5 & ABOVE AGES 18+

MONTHLY COST: Members: \$90 | Community Participant: \$120

DROP-IN COST: Members: \$30 | Community Participant: \$40

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-ball and situational point play. Approval required by tennis director.

PICKLEBALL

PICKLEBALL BEGINNER NIGHT AGES 18+

COST: Members: \$7 | Community Participant: \$13

DAYS: Wednesdays 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.

SPORT LEAGUES

COED SOFTBALL LEAGUE AGES 16+

REGISTRATION: July 1 – September 1

SEASON: September 11 – October 23

COST: \$550/team

GAME DAYS: Sundays

LOCATION: Central YMCA, Softball Fields

MEN'S SOFTBALL LEAGUE AGES 16+

REGISTRATION: July 1 – September 2

SEASON: September 12 – October 19

COST: \$550/team

GAME DAYS: Mondays/Wednesdays

LOCATION: Central YMCA, Softball Fields

MEN'S BASKETBALL LEAGUE AGES 16+

REGISTRATION: September 1 – October 28

SEASON: November 20 – March 19

COST: \$895/team

GAME DAYS: Sundays

LOCATION: TBD

WOMEN'S BASKETBALL LEAGUE AGES 16+

REGISTRATION: October 1 – December 31

SEASON: January 15 – March 19

COST: Members: \$65 | Community participant: \$90

GAME DAYS: Sundays

LOCATION: TBD

WELLNESS

WOMEN'S BEGINNER LIFT

COST: Members: \$54 | Community Participant: \$108

DAYS: Wednesdays, 5:00pm–5:45pm

LOCATION: West YMCA, Studio C

This six week women's class teaches fundamental movement patterns of strength training. Designed for women who are new to strength training, each week you will learn the movement pattern, muscles involved, and proper execution and modification to create a strength training program specific to your needs and abilities.

HEALTHY LIVING SERIES: WELLNESS WORKSHOPS

COST: Free

DAYS: TBD

LOCATION: West YMCA, Multipurpose Room

Educational series with various topics to enhance the community's knowledge in different wellness related areas. Presenters include our own professional staff along with different area partners including Mary Free Bed, Munson, Alzheimer's Association and more. Contact the Membership Services Team for more information and to register.



SMART START

Establish your goals and make a plan to meet them during your two **FREE** 1-on-1 coaching sessions with a Wellness Coach. Get started online today, or register with a Wellness or Membership staff member.

SESSION 1: Consultation & Cardio



Connect with
your coach



Wellness
assessment



Cardio equipment
orientation

SESSION 2: Intro to Weight Training



Check in with
your coach



Introduction to
strength training
equipment



Develop a
fitness plan



EVENTS

CLASSICS UNDER THE LIGHTS

Join us at Turtle Creek Stadium from for an evening of family fun, classic cars, and music. This is an annual fundraising event you do not want to miss! Date in September TBD. This event is free and open to the public.

FALL FESTIVAL

Bring the family out for a day of fun fall activities at West Y! This event is free and open to the public. October 22, time TBD.

WEST YMCA

3700 Silver Lake Rd
Traverse City, MI 49684

CENTRAL YMCA

1213 W Civic Center Drive
Traverse City, MI 49686

SOUTH YMCA

3000 Racquet Club Drive
Traverse City, MI 49684

CHILD DEVELOPMENT CENTER

1027 McRae Hill Rd
Traverse City, MI 49685

YMCA OF NORTHERN MICHIGAN

523 W Jefferson Street
Petoskey, MI 49770



www.gtbayymca.org
231-933-9622