



2022 WINTER PROGRAM GUIDE

GRAND TRAVERSE BAY YMCA



WELCOME TO GRAND TRAVERSE BAY YMCA!

**DEDICATED TO MEETING
COMMUNITY NEEDS BY
FOSTERING HEALTHY
MINDS, SPIRITS AND
BODIES FOR ALL.**

**We believe in access for all.
See page 5 for information
about financial assistance.**



GRAND TRAVERSE BAY YMCA 2023 WINTER AND SUMMER SESSIONS

JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
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22	23	24	25	26	27	28
29	30	31				

FEBRUARY						
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26	27	28				

MARCH						
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APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
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30						

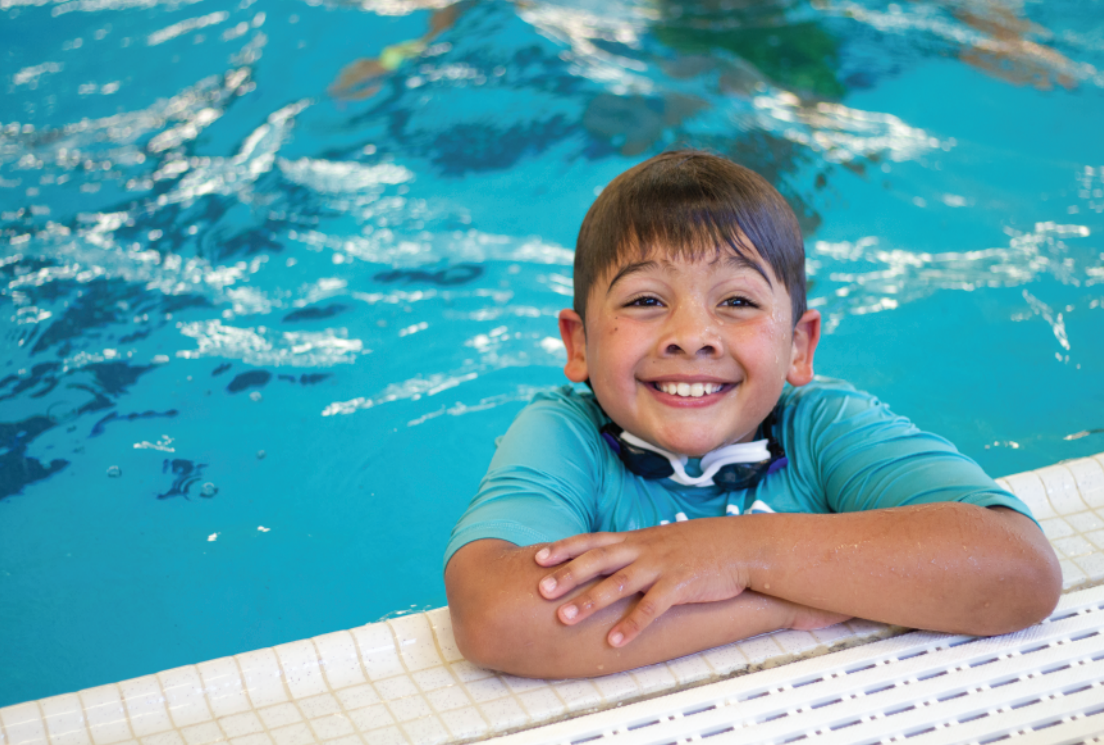
MAY						
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28	29	30	31			

JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT
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11	12	13	14	15	16	17
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25	26	27	28	29	30	

JULY						
SUN	MON	TUE	WED	THU	FRI	SAT
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23	24	25	26	27	28	29
30	31					

AUGUST						
SUN	MON	TUE	WED	THU	FRI	SAT
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Session 1-4		Family Member Registration - 1/1		Session 5-6		Family Member Registration - 5/1	
SESSION 1	JANUARY 1-FEBRUARY 11	Registration Dates	Member - 11/21 Non-Member - 12/11	SESSION 2	FEBRUARY 12 - MARCH 25	Registration Dates	Member - 1/16 Non-Member - 1/30
SESSION 3	APRIL 2 - MAY 13	Registration Dates	Member - 3/27 Non-Member - 3/13	SESSION 4	MAY 14 - JUNE 24	Registration Dates	Member - 4/17 Non-Member - 5/1
SESSION 5	JUNE 25 - AUGUST 12	Registration Dates	Member - 5/29 Non-Member - 6/12	SESSION 6	AUGUST 13 - SEPTEMBER 23	Registration Dates	Member - 7/17 Non-Member - 7/31



LONGER SESSIONS, BETTER RESULTS

We are excited to offer a schedule of six-week program sessions in 2023 for our wellness and youth programs, swim lessons, and more.

Why six-week sessions? With longer program sessions you'll get to spend more time learning and developing skills with your instructor. Six-week sessions also allow our instructors to best serve the unique dynamics of every group and make the most out of each class. Most importantly, consistent schedules across different program areas help members like you understand our offerings and how you can make the most of your time at the Y.

FOCUS ON FAMILY



We are excited to announce two new member benefits: member priority program registration and family program pricing. As a member you will now have early access to member-only program registration periods. Additionally, we’ve restructured program pricing to include three tiers: a family rate, a member rate, and a community participant rate. Check out the savings a Family Membership could get you!

A MONTH AT THE Y FOR A FAMILY OF 4		
	FAMILY MEMBERS	NON MEMBERS
ADULT WELLNESS PROGRAM	\$60	\$120
SHORT SPORTS	\$30	\$60
SWIM LESSONS	\$60	\$120
WOMEN’S BASKETBALL LEAGUE	\$80	\$150
FAMILY MEMBERSHIP	\$94	--
TOTAL COST	\$324	\$450
	\$126 SAVED!	

FINANCIAL ASSISTANCE

Here at the Grand Traverse Bay YMCA we are committed to providing Access for All. We feel strongly that all people, regardless of financial status, should have the opportunity to be healthy and foster community with others. Thanks to the many generous donors who support the Y’s Annual Campaign, this commitment is made possible year after year in the form of financial assistance to individuals and families in our community.

Visit www.gtbayymca.org/financial-assistance to apply today!





BREAKERS SWIM TEAM

AGES: AGES 7 - 18

TRYOUT ELIGIBILITY:

AGES 7-10: Swim at least one 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: Contact Coach Kathy

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.

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



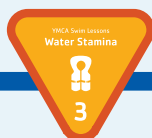
1 / WATER ACCLIMATION

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

January–June
6 Week Sessions

Infant | Ages 6 months – 3 years

PARENT & CHILD WATER DISCOVERY AND EXPLORATION

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

Wednesday
3:20 PM – 3:50 PM

Saturday
9:20 AM – 9:50 AM

Preschool | Ages 3 years – 5 years

WATER ACCLIMATION

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

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: Family Member: \$60 | Member: \$80
Community Member: \$120

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: Family Member: \$60 | Member: \$80
Community Member: \$120

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: Family Member: \$60 | Member: \$80
Community Member: \$120

Monday
4:00 PM – 4:30 PM

WATER MOVEMENT

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

Monday
6:00 PM – 6:30 PM

Wednesday
4:40 PM – 5:10 PM

Saturday
10:40 AM – 11:10 AM

WATER STAMINA

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

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: Family Member: \$60 | Member: \$80
Community Member: \$120

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: Family Member: \$60 | Member: \$80
Community Member: \$120

Monday
6:00 PM – 6:30 PM

STROKE MECHANICS

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

Wednesday
5:20 PM – 5:50 PM

Saturday
11:20 AM – 11:50 AM

SWIM LESSONS CENTRAL

January–June
6 Week Sessions

Preschool | Ages 3 years – 5 years

WATER ACCLIMATION

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

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

WATER MOVEMENT

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

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

WATER STAMINA

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

Tuesday
4:40 PM – 5:10 PM

Youth | Ages 6 years – 12 years

WATER MOVEMENT

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

Tuesday
4:00 PM – 4:30 PM

WATER STAMINA

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

Tuesday
5:20 PM – 5:50 PM

STROKE INTRODUCTION

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

Tuesday
4:40 PM – 5:10 PM

STROKE MECHANICS

COST: Family Member: \$60 | Member: \$80
Community Member: \$120

Tuesday
5:20 PM – 5:50 PM

REGISTER

Register in person at any of our locations, by phone at 231-933-9622, contacting Ryan Slade
ryan@gtbayymca.org 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



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!

BIRTHDAY PARTIES



PROGRAM COST: Family Member: \$225 | Member: \$275
Community Participant: \$350

LOCATION: West YMCA, Multipurpose Room

Celebrate your birthday with us by hosting a memorable, fun-filled party at the Y! Just choose a theme and our party hosts will take it from there. The kids will have a blast and our host will keep the fun rolling. Best of all, when the fun is done, the mess is ours and your house is still intact!

Additional Information:

- All rates listed are for 10 participants, each additional participant is \$5, with a limit of 20 total participants
- Payment in **FULL** is required at time of reservation
- Parties may bring in food and/or beverages, no food or beverages are included
- Parties are 2 hours long
- No reservations will be taken less than 72 hours before requested time & day
- Includes use of a party room with tables and chairs, streamers or banners, colored tablecloths, cups and cutlery, and a Y host
- Pool parties not available at this time

Themes:

Sports (Soccer, Flag, Basketball or Dodgeball)

Princess

Custom (Additional \$50, must be approved)

DIY





FRIDAY NIGHT OUT

AGES 5-11

DAYS: Fridays, 5:30pm-8:00pm

SESSION COST: Family Member: \$30 | Member: \$40
Community Participant: \$60

LOCATION: West YMCA, Youth and Family Center

Need a night out? Drop off your child for two and a half hours of fun from 5:30 PM to 8:00 PM. Each Friday Night Out will feature dinner and entertainment by trained staff.

Youth must be pre-registered by the Thursday prior.

FORT NIGHT | JANUARY 13

IMPROV | FEBRUARY 10

SNACKTIVITIES | MARCH 10

SILLY SCIENCE | APRIL 14

NATURE NIGHT | MAY 12

HEALTHY KIDS DAY



APRIL 29, 2023 - ALL AGES

At Healthy Kids Day, children and families will have the opportunity to learn about the importance of healthy eating, nutrition and physical activity, mental and emotional well-being, and developing healthy habits. Join us at West Y for fun events, games, activities, healthy snacks, local vendors and community partner booths, and so much more!

All are free and open to the community.



SCHOOLS OUT DAY CAMP

SCHOOLS OUT – SPRING BREAK AGES 4–16

DAYS: March 24 – March 31, 7:30am – 5:30pm

COST: Family Member: \$30/day | Member: \$40/day

Community Participant: \$50/day

LOCATION: South YMCA

Reserve your child's spot now for one of our Spring Break Day Camp. Day campers will enjoy activities such as sports, crafts, and outdoor play. Each day is filled with new experiences where each child explores new talents and interests while developing and strengthening friendships along the way.

TAEKWONDO

LITTLE NINJAS AGES 3–5

COST: Family Members: \$97 | Members: \$110

Community Participant: \$150

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: Family Members: \$97 | Members: \$110

Community Participant: \$150

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: Family Members: \$97 | Members: \$110

Community Participant: \$150

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.



SHORT SPORTS

Short Sports sessions are designed for the development of sport specific fundamentals and skills, as well as improving general skills like coordination, balance and communication. These three-week sessions provide individualized instruction in an engaging, fun and social environment.

BASKETBALL AGES 3-5

DAYS: Wednesdays, 5:00-5:30pm or 5:30-6:00pm, March 8 – March 22 or May 17 – May 31

SESSION COST: Family Member: \$30 | Member: \$40 | Community Participant: \$60

LOCATION: West YMCA, Youth and Family Center

FLAG FOOTBALL AGES 3-5

DAYS: Wednesdays, 5:00-5:30pm or 5:30-6:00pm, April 26 – May 10

SESSION COST: Family Member: \$30 | Member: \$40 | Community Participant: \$60

LOCATION: West YMCA, Youth and Family Center

SOCCER AGES 3-5

DAYS: Wednesdays, 5:00-5:30pm or 5:30-6:00pm, January 25 – February 8 or April 5 – April 19

SESSION COST: Family Member: \$30 | Member: \$40 | Community Participant: \$60

LOCATION: West YMCA, Youth and Family Center

SPORTS

K-5 SPRING BASKETBALL GRADES K-5

DAYS: Saturdays, March 4 – April 22

SESSION COST: Family Member: \$60 | Member: \$80

Community Participant: \$120

LOCATION: West YMCA, Youth and Family Center | South YMCA, Basketball Courts

From building stronger skills to gaining self-confidence, our youth basketball program is about more than just the game, it's about building the whole child from the inside out.

Your kids will learn good sportsmanship and teamwork, while making friends and having fun. Our volunteer parent coaches foster skills like ball handling, defense, offense, rebounding, shooting, and more.

SPRING COED NFL FLAG FOOTBALL GRADES K-5

DAYS: Tuesdays, May 9 – June 13

SESSION COST: Family Member: \$80 | Member: \$100

Community Participant: \$140

LOCATION: West YMCA, Meijer Athletic Fields

Flag Football creates the opportunity for children to learn new skills, create new friendships, and good sportsmanship all while in a fun environment. Our volunteer coaches are dedicated to creating better players, better teammates, and better people week in and week out.

SPRING COED SOCCER GRADES K-5

DAYS: Saturdays, May 6 – June 17

SESSION COST: Family Member: \$60 | Member: \$80

Community Participant: \$120

LOCATION: West YMCA, Meijer Athletic Fields

With an emphasis on fair play and safety first, our program is progressive with age-appropriate rules to help teach soccer to kids while keeping it fun. Our youth soccer leagues build winners in life, emphasizing good sportsmanship, fitness, fair play and fun while implementing our core values of caring, honesty, respect and responsibility.



SPORTS

MIDDLE SCHOOL BOYS BASKETBALL GRADES 6-8

SEASON: January 21- February 18

COST: Team Registration: \$800

GAME DAYS: Saturdays, 8:00am-1:00pm

LOCATION: Traverse City and Kingsley school gyms

This is a 4-week basketball league that plays double headers each Saturday. Each team will play a total of 8 games throughout the course of the season. Middle School Boys Basketball takes registration by the team, not as individuals. If you are an individual looking for team placement, please contact Thomas at camp@gtbayymca.org.

WELLNESS

EXPLORING YOGA AND MEDITATION FOR TEENS AGES 12-17

COST: Family Member: \$60 | Member: \$80

Community Participant: \$120

DAYS: Session 2 | Sundays, 1:00pm-2:00pm

Session 4 | Sundays, 1:30pm - 2:30pm

LOCATION: West YMCA, Studio A

Now more than ever teens are in need of healthy stress management practices! This six week course will introduce teens to a variety of yoga and meditation practices in order to help them find their preferred methods of healthy stress reduction and management.

INTRODUCTION TO STRENGTH TRAINING FOR TEENS AGES 12-17

COST: Family Member: \$60 | Member: \$80

Community Participant: \$120

DAYS: Session 1, Session 2, Session 3 | Sundays, 2:30pm-3:30pm

LOCATION: West YMCA, Studio B

This six week course will introduce teens to the fundamentals of strength training, getting them acquainted with safe and appropriate form as well as how to build their own training program for a variety of sports and general fitness goals.



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: Family Member: \$30 | Member: \$40

Community Participant: \$60

DAYS: Saturdays, 8:15–8:45am, January | May | June

LOCATION: West YMCA, Lap Pool

Offered for adults who have apprehension or fear of the water. We introduce basic swim skills with a focus on personal water safety. Individualized small group setting and taught in our warm therapy pool.

LEVEL 2 AGES 18+

MONTHLY COST: Family Member: \$30 | Member: \$40

Community Participant: \$60

DAYS: Saturdays, 8:15–8:45am, January | May | June

LOCATION: West YMCA, Lap Pool

Want to learn more about breathing in freestyle and a few other strokes? This is the class for you. Focus is on freestyle efficiency which is especially good for budding triathletes and lap swimmers who want to learn simple yet helpful techniques.

LEVEL 3 AGES 18+

MONTHLY COST: Family Member: \$30 | Member: \$40

Community Participant: \$60

DAYS: Saturdays, 8:15–8:45am, January | May | June

LOCATION: West YMCA, Lap Pool

Focus is not only advancing stroke technique but also training and endurance. We will help you master your swim skills and help guide you to swimming longer, developing your own training plans/workouts. Great for triathletes or those who are interested in the Masters swim program.

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

WOMEN'S BASKETBALL LEAGUE AGES 16+

SEASON: January 15– March 19

COST: Family Member: \$80 | Member: \$80

Community Participant: \$150

GAME DAYS: Sundays, 4:00pm–8:00pm

LOCATION: Area gyms

All skill levels are welcome in our Women's Basketball League! Register as an individual and note under requests who you would like to play with. Each team will play 5 regular season games with a double elimination tournament to wrap up the season. Games are held at area gyms.

SUNDAY COED SOFTBALL AGES 16+

SEASON: May 21– August 13

COST: Team Registration: \$850

GAME DAYS: Sundays, 4:00pm–8:00pm

LOCATION: Civic Center Softball Fields

Team registration is required with a minimum of 5 males and 5 females on the roster. Program dues are required to be paid at time of registration. Games are on Sundays, and are umpired by certified officials.

MONDAY COED SOFTBALL AGES 16+

SEASON: May 22– August 14

COST: Team Registration: \$850

GAME DAYS: Mondays, 6:00pm–8:30pm

LOCATION: Civic Center Softball Fields

Team registration is required with a minimum of 5 males and 5 females on the roster. Program dues are required to be paid at time of registration. Games are on Mondays, and are umpired by certified officials.

MEN'S SOFTBALL AGES 16+

SEASON: May 23– August 16

COST: Team Registration: \$850

GAME DAYS: Tuesdays or Wednesdays, 6:00pm–8:30pm

LOCATION: Civic Center Softball Fields

Recreational and competitive divisions available. Team registration is required. Program dues are required at time of registration.

MEN'S 55+ SOFTBALL AGES 55+

SEASON: May 22– August 14

COST: Team Registration: \$850

GAME DAYS: Mondays, 6:00pm–8:30pm

LOCATION: Civic Center Softball Fields

Team registration is required. All players must be male, 55 and older. Program dues must be paid at the time of registration.

WELLNESS

HEALTHY LIVING SERIES: WELLNESS WORKSHOPS

COST: Free

LOCATION: West YMCA, Multipurpose Room

Educational workshop 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.

EXPLORING YOGA AND MEDITATION AGES 18+

COST: Family Member: \$60 | Member: \$80

Community Participant: \$120

DAYS: Session 2, Session 4 | Saturdays, 12:00pm-1:00pm

LOCATION: West YMCA, Studio A

Have you always wanted a yoga and meditation practice but didn't know where to start? Want to deepen your current practice? Yoga is the practice of connecting the mind and body through the breath. Meditation is typically a practice of slowing down and stilling the mind and body to induce calm and manage stress. This six-week course will introduce you to a variety of different types of yoga and meditation practices in order to help you find your preferred methods of healthy stress reduction and management.

MASTERING SUSPENSION TRAINING AGES 18+

COST: Family Member: \$60 | Member: \$80

Community Participant: \$120

DAYS: Session 1, Session 3 | Tuesday, 5:30pm-6:30pm

LOCATION: West YMCA, Studio A

This six week class will introduce you to the proper form and guidelines for working with suspension training (TRX) straps and take you through all of the major movements associated with this effective strength-training tool. Build total body strength fast and create a rock solid core while mastering this incredibly efficient fitness modality.

WAYS TO WELL-BEING AGES 18+

COST: Family Member: \$60 | Member: \$80

Community Participant: \$120

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

LOCATION: West YMCA, Multipurpose Room

Join us for a six-week course, where we deep dive into each of the 6 PERMAH pillars of well-being: evaluate what works well, where you struggle, and find solutions to enhance your personal well-being. You will walk away after each session with a toolkit of strategies to use to elevate your own well-being and positively impact those around you.

WOMEN'S LIFT I AGES 16+

COST: Family Member: \$60 | Member: \$80

Community Participant: \$120

DAYS: Wednesdays, 5:00pm-5:45pm | Thursdays, 6:00pm-6:45pm

LOCATION: West YMCA, Studio C

A program just for women to teach foundational movement patterns and lifting techniques. Work in a small group setting using equipment such as dumbbells, barbells, machines, bands, body weight, and more! Women's Lift is designed for those new to the gym, strength training, or those seeking to refine their technique and learn the ways strength training is a beneficial and effective exercise for women.



WOMEN'S LIFT II AGES 16+

COST: Family Member: \$60 | Member: \$80
Community Participant: \$120

DAYS: Thursday, 5:00pm–5:45pm

LOCATION: West YMCA, Studio C

An intermediate-level program for women to develop and advance the foundational movement pattern learned in Women's Lift I in a circuit-based environment. In this program, you will learn foundational knowledge of other health components including but not limited to movement, stretching, and how to prepare an appropriate workout routine best suited for individual goals.

SOCIAL COMMUNITY BREAKFAST

COST: Free

REGISTRATION: December 1 – May 1

TIME: 8:30–10:00am

DAYS: Fridays | January 6, February 3, March 3, April 7, May 5

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.

The logo features a stylized graphic of two overlapping chevrons, one teal and one orange, pointing to the right. To the right of this graphic, the words "FIT" and "NIGHT OUT" are stacked vertically in a bold, teal, sans-serif font.

FIT NIGHT OUT

AGES 18+

DAYS: Fridays, 5:45pm–7:45pm

COST: Family Member: \$60 | Member: \$80
Community Participant: \$120

LOCATION: West YMCA, Studio A

Looking to spend a fun night out as a couple or with friends but don't feel like going to the same old restaurants and bars or waking up on Saturday morning feeling like you've overindulged the night before? How about a FIT NIGHT OUT?

Spend 45 minutes getting a moderate-to-vigorous workout together then 45 minutes melting into candlelight yoga and relaxation together. Finish with 30 minutes of refreshing mocktails and stimulating socializing. It'll be a night to remember!

Classes will be designed to be interactive and will offer accommodations for all fitness levels. And, our Fit Night Out coincides with our kids' **Friday Night Out Program** (see page 13) so if you've got little ones, ages 5–11, bring 'em on in and enjoy a guilt-free night upstairs while our Child Watch staff keeps them busy and happy downstairs!

You must be registered by the Thursday prior.

FIT NIGHT OUT + FRIDAY NIGHT OUT DATES

JANUARY 13

FEBRUARY 10

MARCH 10

APRIL 14

MAY 12

HEALTHY HABITS CHALLENGES

MAKE 2023 YOUR HEALTHIEST YEAR EVER

2023 is the year to challenge yourself to a healthier and happier you, with the Healthy Habits Challenge Series at the Y! Through these four challenges throughout the year you will transform your approach to health, reclaim your own unique understanding of health, express your individual definition of health, and prepare for living a life of consistent, sustainable, and holistic healthy habits. "Health" encompasses so much more than just physical fitness. With our focus on the Six Pillars of Well-Being and Habit Tracking that encourages you to focus on how your body is feeling, our Healthy Habits Challenge Series will guide you through your Healthiest Year ever!

TRANSFORM YOUR HEALTH: THE WINTER CHALLENGE AGES 18+

COST: Family Member: \$60 | Member: \$80

Community Participant: \$120

DAYS: Session 1 | Friday, 5:30pm–6:30pm

LOCATION: West YMCA, Studio A

This six-week challenge will transform your understanding of health, providing you with a holistic approach to mind-body-spirit connection and strength. You will gain foundational knowledge of and/or relearn the important components of a holistically healthy lifestyle and, through habit-tracking, will be encouraged to engage in healthy behaviors that will lead to healthy habits over a lifetime. We will begin and end this challenge with some essential fitness testing so you can track your transformation as it unfolds.

RECLAIM YOUR HEALTH: THE SPRING CHALLENGE AGES 18+

COST: Family Member: \$60 | Member: \$80

Community Participant: \$120

DAYS: Session 3 | Friday, 5:30pm–6:30pm

LOCATION: West YMCA, Studio A

This six-week challenge will help you honestly uncover areas where your health has been compromised or where you are engaging in self-sabotage. Taking a holistic approach to mind-body-spirit connection and strength, you will explore ways to take your power back and reclaim the healthy behaviors that will lead to healthy habits over a lifetime. We will begin and end this challenge with some essential fitness and holistic health testing so you can track your health reclamation.

LOOK AHEAD:

EXPRESS YOUR HEALTH: THE SUMMER CHALLENGE – JULY 2023

Rediscover the connection between nature and your health as we take advantage of our beautiful Northern Michigan summer and get you outdoors for healthy holistic activities.

PREPARE FOR HEALTH: THE FALL CHALLENGE – OCTOBER 2023

Prepare to move through the fall and winter months with a clear and effective plan for engaging in holistically healthy habits, deepening your mind-body-spirit connection through SMART goal setting and progress tracking.



SMART START

Establish your goals and make a plan to meet them during two FREE 1-on-1 coaching sessions. 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

PERSONAL TRAINING



Personal Training is for **every body**. No matter where you are in your fitness journey, a personal trainer can help you on your path! Get 1-on-1 attention or train with a small group of up to 4 people. Each of our experienced, nationally Certified Personal Trainers is ready to provide you with the personal training experience you are looking for.

Head to our website and complete a Personal Trainer Request Form online or speak with our Membership or Wellness staff to request a personal trainer today!





**Want to stay
up-to-date on
facility closures,
program changes,
and other important
information?**

**Sign up to receive our texts!
Text GTBAYY to 545-39**



**www.gtbayymca.org
231-933-9622**

WEST YMCA
3700 Silver Lake Road
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 Road
Traverse City, MI 49685

YMCA OF NORTHERN MICHIGAN
523 W Jefferson Street
Petoskey, MI 49770