



2023 SUMMER PROGRAM GUIDE

GRAND TRAVERSE BAY YMCA

GRAND TRAVERSE BAY YMCA 2023 SUMMER AND FALL SESSIONS

MAY						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
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28	29	30	31			

JUNE						
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30	31					

AUGUST						
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SEPTEMBER						
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OCTOBER						
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29	30	31				

NOVEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Session 3-4 Family Member Registration - Now Open	
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 5-6 Family Member Registration - 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
Session 7-8 Family Member Registration - 8/1	
SESSION 7 SEPTEMBER 24 - NOVEMBER 4 Registration Dates Member - 8/28 Non-Member - 9/11	SESSION 8 NOVEMBER 5 - DECEMBER 23 Registration Dates Member - 10/9 Non-Member - 10/23



**WELCOME TO
GRAND
TRAVERSE
BAY YMCA!**



BREAKERS SWIM TEAM

AGES: AGES 7 - 18

TRYOUT ELIGIBILITY:

AGES 7-9: 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: Register for Intro to Breakers program

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

June–September
6 Week Sessions

Infant | Ages 6 months – 3 years

PARENT & CHILD (AGES 6mo – 3yr)
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

****West annual pool closure will take place 8/19–8/27****

SWIM LESSONS CENTRAL

June–September
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

****Central annual pool closure will take place 7/2–7/16****

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



AQUATICS

INTRODUCTION TO BREAKERS AGES 6+

COST: Family Members: \$60 | Members: \$80
Community Participant: \$100

DAYS: Wednesdays, June 21 – July 26 | 5:00–6:00pm

LOCATION: West YMCA

This six-week course introduces young swimmers to swim team fundamentals. Swimmer must be at least 6 years old or have passed level 5 lessons or have Breakers coach approval. This secures team spots for Fall season. Contact Coach Kathy with questions, at kathy@gtbayymca.org.

DANCE

CREATIVE MOVEMENT AGES 4-7

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

DAYS: Wednesdays, 4:00–4:30pm | 4:30–5:00pm

LOCATION: West YMCA, Multipurpose Room

The Creative Movement curriculum is designed to introduce children to the creative and expressive world of dance. Each class offers children the opportunity to have fun developing their natural movement ability in a multi-sensory environment increasing coordination, self-esteem and brain power!

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, May 17 – May 31

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

LOCATION: West YMCA, Youth and Family Center

SPORTS

COED SOCCER GRADES K-5

DAYS: Saturdays, May 6 – June 17, September 16 – October 21

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

LOCATION: West YMCA, Meijer Athletic Fields

With a focus on fair play and safety first, our program's age-appropriate rules help teach kids soccer while keeping it fun. We emphasize good sportsmanship, fitness, and fun while implementing Y values of caring, honesty, respect and responsibility.





COED NFL FLAG FOOTBALL GRADES K-5

DAYS: Tuesdays, May 9 – June 13 | September 12 – October 17

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 and good sportsmanship while making friendships in a fun environment. Our volunteer coaches are dedicated to creating better players, better teammates, and better people.

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 while having fun playing games and learning drills designed to build coordination, agility and balance.

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

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.

WELLNESS

FUNDAMENTALS OF STRENGTH & CONDITIONING AGES 8-11

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

Community Participant: \$120

DAYS: Saturdays, 9:00–10:00am

LOCATION: West YMCA, Wellness Floor

Youth will learn how to safely perform proper body weight exercises with an introduction to using age-appropriate functional equipment. This 6-week program will help lay the groundwork for a lifetime of safe, effective and enjoyable training.

TEENS

SPORTS

MIDDLE SCHOOL GIRLS BASKETBALL GRADES 6-8

SEASON: November 18 - December 16

COST: Team Registration: \$800

GAME DAYS: Saturdays, 9:00am-6:00pm

LOCATION: Traverse City and Kingsley school gyms

This is a four-week basketball league that plays double headers each Saturday. Each team will play a total of eight games throughout the course of the season. Middle School Girls Basketball takes registration by the team. If you are an individual looking for team placement, please contact Thomas at camp@gtbayymca.org.





ADULT AND YOUTH TENNIS

Check out our website for an up-to-date list of summer offerings and our current class schedule.

Did you know we also offer private and semi-private lessons?
Contact Tennis Director Rodney Caster at tennis@gtbayymca.org

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, May | June | October | November

LOCATION: West YMCA, Therapy 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, May | June | October | November

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, May | June | October | November

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.

SPORT LEAGUES

MEN'S SUMMER BASKETBALL LEAGUE AGES 16+

SEASON: June 25– August 20

COST: Family Member: \$650 | Member: \$650

Community Participant: \$650

GAME DAYS: Sundays, 4:00pm–9:00pm

LOCATION: Area gyms

All skill levels are welcome in our Men's Basketball League! Each team will play 5 regular season games with a double elimination tournament to wrap up the season. Games are held at area gyms. Register as a team.

COED SOFTBALL AGES 16+

SEASON: May 21– August 13

COST: Team Registration: \$850

GAME DAYS: Sundays, 4:00pm–8:00pm | Mondays, 6:00pm–8:00pm

LOCATION: Civic Center Softball Fields

Coed slow-pitch softball leagues are a great way to get family, friends, moving. Team registration is required with a minimum of 5 males and 5 females on the roster. Games are on Sundays or 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.

INTRO TO 5K AGES 16+

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

Community Participant: \$120

DAYS: Thursdays, 5:30pm–6:30pm

LOCATION: West YMCA, Wellness Floor

In this six-week program you will learn to become a runner, regardless of age or skill level. Let us help you get race ready or introduced to the sport of running with our certified running coach, Lisa Dood. Your first runs will include alternating walking and jogging, running small distances, and building up strength and endurance. Meet once a week at the West Y for treadmill training along with a generalized plan to set you up for success to hit the 3.1 milestone.

SIZZLING SUMMER BOOT CAMP AGES 18+

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

Community Participant: \$120

DAYS: TBA

LOCATION: West YMCA, YFC or Outdoors

Our sizzling summer boot camp is taught by nationally certified personal trainers. This program is designed to push up to your own personal limits with a boot camp style approach. Strength training exercises, body weight exercises, HIIT cardio, and explosive movements will make up various circuits and drills. You must bring plenty of water and determination! All levels are welcome to work at their own intensity.

TEAM TRAINING AGES 16+

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

Community Participant: \$120

LOCATION: West YMCA, Wellness Floor

Going it alone during your fitness journey can be difficult. The team environment and energy keep sessions fun and effective while also holding you accountable. This small group training program is for people who want an extra edge and quicker results with their training while enjoying the camaraderie of others. Under the expert guidance of certified personal trainers, groups of 4 to 5 people achieve a higher level of fitness through a science-based, progressive program.

FINANCIAL ASSISTANCE

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 for those in need.

HOW TO APPLY

Visit www.gtbayymca.org/financial-assistance



Apply online or complete the application and hand it in at the Membership Services Desk at any location. Applications may take up to 30 days to process.

HOW TO GIVE



ONLINE visit www.gtbayymca.org/give



EVENTS

HEALTHY KIDS DAY

APRIL 29, 2023 - ALL AGES

9:00-11:00AM

West YMCA

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.

TVC5K

SATURDAY, MAY 20

REGISTRATION OPEN THROUGH 5/19

Cherry Capital Airport

Come out and run the runway at Cherry Capital Airport! This fundraising 5k is in support of Wings of Mercy, a nonprofit organization providing free air transportation for those who cannot afford to fly commercially for medical treatment. Use #GTYMCA for a special YMCA discount when registering.

YMCA ANNUAL MEETING

THURSDAY, MAY 25

5:00PM - 7:00PM

South YMCA

The public is welcome to join us at our annual meeting for review of our 2022 impact report.

CLASSICS UNDER THE LIGHTS

SATURDAY, AUGUST 26

6:00-9:00PM

Turtle Creek Stadium

Save the date for our annual fundraiser at Turtle Creek Stadium. Enjoy an evening of food, fun, and classic cars! Free and open to the public to attend. This is a fundraiser for the Grand Traverse Bay YMCA to help provide financial assistance to families and individuals in the area to obtain and sustain a healthy lifestyle. More information to come.





SMART START

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

SESSION 1: Consultation & Cardio



Connect with a
Y team member



Wellness
assessment



Cardio equipment
orientation

SESSION 2: Intro to Weight Training



Check in



Introduction to
strength training
equipment



Develop a
fitness plan

PERSONAL TRAINING



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