



2023 FALL PROGRAM GUIDE

GRAND TRAVERSE BAY YMCA



WELCOME TO GRAND TRAVERSE BAY YMCA!



2023 FALL SESSIONS

SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
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
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Session 7-8 Family Member Registration – 8/1		
SESSION 6 AUGUST 13 – SEPTEMBER 23 Registration Dates Member – 7/17 Non-Member – 7/31	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

Program Registration

It pays to have a Family membership at the Y! A Family membership gives you access to early registration and significant discounts on program rates. To view individual program costs, session details and to register, visit our website by scanning the QR code.



SCAN ME!



PRO



YOUTH PROGRAMS



DANCE

CREATIVE MOVEMENT

AGES 4-7

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!

SPORTS

COED NFL FLAG FOOTBALL

GRADES K-5

The Meijer Athletic Fields are covered by kids in NFL jerseys during this six-week program, which takes place on Tuesday evenings. Volunteer coaches and MHSAA-registered officials emphasize sportsmanship and X's and O's. Kids are divided into leagues based on grade: K-1, 2-3 and 4-5. Jerseys are included in registration costs.



COED SOCCER

GRADES K-5

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.

SHORT SPORTS

AGES 3-5

Short Sports sessions are designed for the development of sport-specific fundamentals as well as improving general skills like coordination, balance and communication in an engaging, fun and social environment. Basketball, soccer, and flag football sessions rotate throughout the year.

WINTER I BASKETBALL

GRADES K-5

There's nothing quite like youth basketball at the Y, which takes place Saturday mornings at the West and South facilities. Playing time is divided fairly among players, who are divided into leagues based on grade: K-1, 2-3 and 4-5. Volunteer coaches and MHSAA-registered officials keep the action focused on fundamentals and fun. Reversible red and white jerseys are available at the Membership Services Desk for \$14.



MIDDLE SCHOOL GIRLS BASKETBALL

GRADES 6-8

This is a four-week basketball league that plays double headers every Saturday for a total of eight games throughout the course of the season. Middle School Girls Basketball will take individual registration this year instead of team registration. Request team placement upon registration.

MIDDLE SCHOOL BOYS BASKETBALL

GRADES 6-8

This is a four-week basketball league that plays double headers each Saturday for a total of eight games throughout the course of the season. Middle School Boys Basketball will take registration by individual this year, not team. Request team placement upon registration.

TENNIS

RED BALL

AGES 5-7

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

AGES 8-12

Players will continue to develop what they learned in Red Ball while focusing on learning the basic strokes, and introducing point-play and tactical skills. The goals of this class are to develop match play skills and proper technique.



MIDDLE SCHOOL AFTER-SCHOOL TENNIS

AGES 12-14

This after-school class for middle school students is designed to introduce tennis to younger players new to the game, and further develop the skills of familiar players.

GREEN BALL

AGES 12-14

Designed for youth players who are at the beginner or intermediate levels looking to develop and improve their fundamentals. 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.

YELLOW BALL

AGES 14-18

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 requisite to eventually transition to the Academy level.



DROP-IN TENNIS

ACADEMY TENNIS

AGES 12-18

Guided drop-in play for the most advanced youth tennis athletes. Tennis athletes will continue to refine their skills and conditioning in these two-hour sessions, working on stroke, mechanics, and game play. Director approval is required.

WELLNESS

FUNDAMENTALS OF STRENGTH & CONDITIONING

AGES 8-11

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



INTRO TO STRENGTH TRAINING FOR TEENS

AGES 12-15

In this program teens will be introduced 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.

STRENGTH TRAINING FOR TEENS

AGES 12-15

Teens in this program can gain strength-training knowledge and confidence while working alongside their peers and certified personal trainers. The six-week offering is great for participants who have a basic understanding of strength training or have taken Introduction to Strength Training for Teens.



TAEKWONDO

LITTLE NINJAS

AGES 3-5

We teach Taekwondo to the Little Ninjas, a dynamic Korean martial art. The class focuses on both physical and mental development. On the physical side, which the kids love so much, we do a lot of gross and fine motor skills, agility, balance, control and timing drills. We use imagination and cool martial arts games to make it super fun for the kids – and it's a great way to burn off all the extra energy in a positive way.

We focus on four key areas:

1. Listening
2. Self Control
3. Respect
4. Building Confidence

We challenge them in a positive and encouraging environment. These life skills and character development training help to prepare them for strong future academics and at home.



LITTLE DRAGONS

AGES 4-6

Our Little Dragons program is focused on developing respect, self-control and listening in the young martial arts students. By breaking boards, mastering Taekwondo kicks, demonstrating strong push ups, learning Korean words and showing off their martial arts skills in order to earn new belts — Little Dragons become instilled with unshakable self-confidence.

Dragons also learn the powerful Four Dragon Rules of Focus – Focus your Eyes, Focus your Ears, Focus your Mind and Focus your Body. And rest assured, along with all the focused life skills & martial art skills learning we always make time in each class for equally important fun, smiles and laughter.

BEGINNING TAEKWONDO

AGES 7-12

Child Taekwondo is a fun & fast paced martial arts class structured explicitly to build dynamic, fit resilient kids. Students will learn teamwork, patience and the correct way to embrace competition with partner based training and bully defense drills. They will also delve into the traditional side of martial arts and learn Korean terminology, the old-fashioned rules of martial arts respect such as bowing upon entering the training area and saying “yes sir” and “yes ma’am” to black belt instructors.



PRO



ADULT PROGRAMS

AQUATICS

MASTERS SWIM TEAM

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.

SWIM LESSONS

LEVEL 1

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

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

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

PICKLEBALL

Come to our South YMCA to experience the fastest growing sport in the United States. Pickleball provides the opportunity to keep your reflexes sharp, catch a workout and most importantly, socialize with this great community. Please visit our website for schedules and for more information.

DROP-IN TENNIS

LADIES 2.5 TENNIS

Improve your game in this class for players relatively new to tennis. You will work on strokes and game play strategies as well as singles and doubles concepts.

ADULT INTERMEDIATE TENNIS (3.0)

You will continue to refine your stroke consistency and enhance your game strategy in this class, working on both singles and doubles game play.



ADULT ADVANCED 3.5+

Advance your technique and further improve your game play in this intensive class for experienced players. Director approval required.

CARDIO TENNIS

This nationally recognized group activity is an exciting way for tennis players to get their heart rate up. This program is a fun way to get a good workout while hitting lots of tennis balls!

STROKE OF THE WEEK

Improve your strokes in this weekly class that focuses on technique as well as strategy. Players of all levels are welcome. Weekly schedule repeats each month.

Week 1: Serve

Week 2: Forehand

Week 3: Backhand

Week 4: Volleys

Week 5 (when applicable): Specialty Shots

SESSION TENNIS

ADULT BEGINNER TENNIS

This six-week class will introduce basic stroke fundamentals, strategies, and point/game play situations for players new to the game.

SPORT LEAGUES

MEN'S BASKETBALL LEAGUE

All skill levels welcome in our Men's Basketball League. Register as a team. Each team will play 12 regular season games with a double-elimination tournament to wrap up the season. Games are held at area gyms.

WOMEN'S BASKETBALL LEAGUE

All skill levels 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 six regular season games with a double-elimination tournament to wrap up the season. Games are held at area gyms.

FALL COED SOFTBALL

Coed slow-pitch softball leagues are a great way to get family and friends moving. Team registration is required with a minimum of five men and five women on the roster. Games are on Sundays and umpired by certified officials.



FALL MEN'S SOFTBALL

Slow-pitch Softball leagues are a great way to get friends and family moving. Recreational and competitive divisions available. Team registration is required. Games are on Mondays and umpired by a certified official.

WELLNESS

HEALTHY LIVING SERIES: WELLNESS WORKSHOPS

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 and agencies. For more information and to register for upcoming workshops, contact the Membership Services Team.

INTRODUCTION TO BARBELLS

This program will provide you with an introduction to barbell training. Members will be taught proper technique in various major barbell exercises along with basic programming to incorporate into their own training. Explore the benefits of weightlifting, both physical and mental. Limited spots available.

DUMBBELL ESSENTIALS

In this introductory program you will learn more about the do's and don'ts of dumbbell training and how to target different areas of the body while using dumbbells. Introduce or reintroduce your body to the demands of resistance training while emphasizing exercise technique. Expand your knowledge base and add variety to your workout or training program.

RUNNING DEVELOPMENT

Improve your running performance working alongside a certified a running coach in a small group setting-no matter your level. Learn dynamic warm-up, strength training, breathing techniques and mental positivity that will improve your running and prevent injury. Techniques will be put into practice and developed as the session progresses. Each week includes 30 minutes of treadmill training time. Program designed for participants partaking in one session or many for continual progression.

TEAM TRAINING

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 four to five people achieve a higher level of fitness through a science-based, progressive program. Register individually or with friends and family. Beginner level encouraged.





WOMEN'S LIFT I

Learn foundational movement patterns and lifting techniques 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. Instructed by a certified personal trainer to help you become more comfortable and confident. All are welcome.

WOMEN'S LIFT II

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.



WINTER SPORTS CONDITIONING

Let us help you get ready for this winter's sport season. Whether it's skiing, snowboarding, cross-country, or snowshoeing this program will help you build strength, improve balance, and get conditioned. Work with our certified personal trainer who is also a certified ski and snowboard instructor.

COMMUNITY BREAKFAST

Back by popular demand, this fan-favorite community event takes place inside the West Y multipurpose room on the first Friday of each month from October through April. The program was created to spark friendly conversation in a welcoming environment; attendees are encouraged to stay as long (or as short) as they'd like.

All are welcome—whether you're a member of the Y or not. Registration is required but the food is free.



SMART START

A PERSONALIZED START TO YOUR WELLNESS JOURNEY

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.



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 four people. Each of our experienced, nationally certified personal trainers are 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!



SPLASH INTO S



SWIM LESSONS

SWIM LESSON LEVELS

SWIM STARTERS

Parent* & child lessons

A Water Discovery



Introduces infants and toddlers to the aquatic environment

B Water Exploration



Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

Outcomes

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.

SWIM BASICS (Safety Around Water)

Recommended skills for all.

1 Water Acclimation



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

2 Water Movement



Encourages forward movement in water and basic self-rescue skills performed independently

Outcomes

Students learn personal water safety and swimming competency by learning two b-

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

Not sure where to start?

Check out the handout available at the Membership Services desk or contact ryan@gtbayymca.org for help placing your swimmer in the appropriate level.



Infant & Toddler
6 mos.–3 yrs.
Stages A–B



Preschool
3–5 yrs.
Stages 1–4



School Age
5–12 yrs.
Stages 1–6



Teen & Adult
12+ yrs.
Stages 1–6

SWIM STROKES

Skills to support a healthy lifestyle

3

**Water
Stamina**



Develops intermediate self-rescue skills performed at longer distances than in previous stages

achieve basic
enchmark skills:

4

**Stroke
Introduction**



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

5

**Stroke
Development**



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

6

**Stroke
Mechanics**



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Outcomes

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.

Private Lessons

We also offer private swim lessons! For more information contact:

Ryan Slade, Aquatics Director
ryan@gtbayymca.org

FINANCIAL ASSISTANCE

The YMCA is a charitable organization serving people of all ages, backgrounds, abilities and incomes. Here at the Grand Traverse Bay YMCA, we believe that every member of our community deserves the opportunity to thrive. That is why we offer financial assistance designed to fit each individual's financial situation. We aim to grant every qualifying applicant the greatest assistance amount possible.

Financial assistance is available for membership, programs, summer camp, and tuition at our Child Development Center. You can apply for financial assistance by visiting our website or stopping by our Membership Services desk.

“

I'm so grateful there are programs like this to give families like us a chance to feel like a part of the community.

– Anne

”

Financial Assistance at Work

In 2022, the Y proudly awarded **\$74,875** in membership aid, affording recipients the opportunity to pursue a healthy lifestyle. **\$10,346** in financial aid was provided to summer camp participants allowing them to have priceless summer fun, experience growth and make camp memories. **\$14,220** was provided in tuition to local families to help cover the cost of quality childcare.

Give

Your support allows us the resources to never turn anyone away regardless of their capacity to pay. If you wish to help us further our mission of providing access for all, visit our website to donate today.





**Want to stay
up-to-date on
important information
at the Y? Sign up to
receive text updates!**



**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