



WINTER 2024 PROGRAM GUIDE

GRAND TRAVERSE BAY YMCA

WELCOME TO GRAND TRAVERSE BAY YMCA!



WINTER & SPRING SESSION SCHEDULE 2024

JANUARY						
SUN	MON	TUE	WED	THUR	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			

FEBRUARY						
SUN	MON	TUE	WED	THUR	FRI	SAT
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MARCH						
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31						

APRIL						
SUN	MON	TUE	WED	THUR	FRI	SAT
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MAY						
SUN	MON	TUE	WED	THUR	FRI	SAT
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JUNE						
SUN	MON	TUE	WED	THUR	FRI	SAT
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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						

SESSION 1	SESSION 2	SESSION 3	SESSION 4
Winter 1	Winter 2	Spring 1	Spring 2
JAN 2 - FEB 10	FEB 11 - MAR 23	APR 1 - MAY 11	MAY 12 - JUN 22
SESSIONS 1-4 FAMILY MEMBER REGISTRATION - 11/20/23			
MEMBER - 12/4/23	MEMBER - 1/15/24	MEMBER - 3/4/24	MEMBER - 4/15/24
COMMUNITY - 12/18/23	COMMUNITY - 1/29/24	COMMUNITY - 3/18/24	COMMUNITY - 4/29/24

* POOL *
CLEANING CLOSURES
1/25 Therapy Pool
2/29 Therapy Pool
3/28 Therapy Pool
4/25 Therapy Pool
5/30 Therapy Pool
6/27 Therapy Pool

Program Registration

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

SCAN ME!





YOUTH PROGRAMS



MUSIC

MUSIC TOGETHER

AGE INFANT - 5 YEARS

The cornerstone of the Music Together® program is our Mixed-Age music class, for children from birth through age 5 and the grownups who love them! Gathering babies, toddlers, and preschoolers together makes each class fun for all.

Music Together offers a true family music class for the youngest infant to the oldest great-grandparent, and everyone in between.

Each week, a trained Music Together teacher leads the class in singing, dancing, and playing songs that range from tender lullabies to boisterous jams using child-friendly percussion instruments. Our award-winning music, illustrated songbook, and other print and online resources will help you continue the music-making fun at home and nurture your child's musical growth. Like parenting, making music requires no previous experience or expertise, just a willingness to get down on the floor and get silly with your child!

SPORTS

COED NFL FLAG FOOTBALL

GRADES K-5

Volunteer coaches and officials emphasize sportsmanship and fun in this six-week program. Kids are divided into leagues based on grade: K-1, 2-3 and 4-5. NFL team 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.

YOUTH BASKETBALL

GRADES K-5

There's nothing quite like youth basketball at the Y! Playing time is divided fairly among players, who are placed in leagues by grade: K-1, 2-3 and 4-5. Volunteer coaches and officials keep the action focused on fundamentals and fun.



GIRLS MIDDLE & HIGH SCHOOL SUMMER BASKETBALL GRADES 6-12

Join this highly competitive summer basketball league exclusively for girls in middle school and high school. Teams will have the opportunity to play double headers each Wednesday night at local gyms, for five weeks. Registration is available on an individual basis.

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.

TENNIS

RED BALL AGES 4-7

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.

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.

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.

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.

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.

TAEKWONDO

LITTLE NINJAS

AGES 3-4

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 5-6

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.





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 six-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.

SWIM TEAM

INTRO TO SWIM TEAM

AGES 6-15

This course is to introduce swimmers to swim team. This replaces any single tryout session. Swimmers will learn what being a Breaker is about and how much fun it is to be part of the swim team family! Swimmers must be at least 6 years old, have passed level 5 lessons, or approval of one of our coaches.



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.

ADULT DANCE

BALLET FOR ALL

For the adult dancer who simply wants to drop in for the fun of a plié or two while still being challenged, this dance class is for you! In this easy-going yet technique-based class, multiple levels are welcome from the very beginner to the experienced dancer who wants to deepen their technique.

This class focuses on ballet barre with some center work, turns, and gentle movement across the floor. There is no jumping portion of this class to give the knees a little love. Ballet will tone muscles, improve body lines, and bring a full body focus to other disciplines or sports. Come enjoy a class that lets you work hard while still having fun!

JAZZ FOR GROWN-UPS

There may or may not be jazz hands, but there will definitely be plenty of hip-swiveling sass in this jazz class! It can be hard to find a dance class that fulfills the joy of moving in a relaxed environment, so look no further if you would like to learn a little fun choreography alongside technique and conditioning.

In this class, there will be a warm-up to get the body ready, a bit of low-impact conditioning, and then finally some satisfying choreography that lets dancers find their own style! This class will help with balance, musicality, and strength as well as bring a bit of that razzle-dazzle to the everyday.

HISTORICAL DAGGER

Whether you're looking for a new fitness outlet or have always wanted to try a historical martial art, then this class will be the perfect fit. The techniques in this class are sourced from a historical text written in the 1500s as we work to recreate a fighting style centuries-old.

In this class run by the Grand Traverse Historical Weapons Guild, there will be a brief warm-up then move into drills for both solo work and partners. There is a strong focus on safety and control so that you can have fun while learning to "safely hit your friends". No partner is necessary and all equipment will be provided.

PICKLEBALL

Come to South Y to experience the fastest growing sport in the US. Pickleball provides the opportunity to keep your reflexes sharp, catch a workout and most importantly, socialize with this great community. With multiple ways to get involved, there is something for all levels of play.

Stop by for drop-in pickleball any day of the week and hone your skills while meeting new friends. New to the game? Our beginner night is great for players that are just starting out and have a basic understanding of the game. Join with some experienced players who are able to assist your progression in the game. Courts can be reserved by members in one hour blocks, ensuring that you and your friends have access to your own private court.

Please visit our website for schedules and for more information.

TENNIS

LADIES 2.5 TENNIS

Improve your game in this drop-in class for players relatively new to tennis. You will work on strokes and 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 drop-in 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 drop-in class for experienced players. Director approval required.

CARDIO TENNIS

This nationally recognized group activity is an exciting way to get your heart rate up. This drop-in class is a fun way to get a good workout!

STROKE OF THE WEEK

Improve your strokes in this drop-in class focusing on technique and 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

ADULT BEGINNER TENNIS

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



SPORT LEAGUES

WOMEN'S WINTER BASKETBALL LEAGUE

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

MEN'S SENIOR (55+) SUMMER SOFTBALL LEAGUE

For men age 55+, this competitive league plays on Mondays at the Traverse City Civic Center fields for 12 weeks, May-August. With a final tournament at the end, this league is perfect for any softball lover looking to stay active and have a blast during the summer months. Registration is by team.

MONDAY SUMMER COED SOFTBALL LEAGUE

We have an awesome coed summer softball league playing at Traverse City Civic Center on Sunday evenings for 12 weeks, starting from the end of May through the beginning of August. If you're interested, registration is taken by team. Join us for a summer full of friendly competition and great memories!

SUNDAY SUMMER COED SOFTBALL LEAGUE

We have an awesome coed summer softball league playing at Traverse City Civic Center on Sunday evenings for 12 weeks, starting from the end of May through the beginning of August. If you're interested, registration is taken by team. Join us for a summer full of friendly competition and great memories!

MEN'S SUMMER SOFTBALL LEAGUE

Join us for this friendly summer softball league! We'll be hitting the field at the Traverse City Civic Center every Tuesday and Wednesday evening for 12 weeks, from the end of May to the beginning of August. Don't forget to gather your buddies because registration is taken by team!

MEN'S SUMMER BASKETBALL LEAGUE

Looking for a fun and competitive way to spend your summer evenings? Open to ages 16 years and up, we'll be playing eight Sunday evenings at St. Francis gym, mid-June through mid-August. With a final tournament at the end, this league is perfect for any basketball lover looking to stay active and have a blast during the summer months. Registration is by team.



WELLNESS

DUMBBELL ESSENTIALS

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

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.

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. 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 program is for people who want 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

Women's Lift is designed for those new to the gym and 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 in a small group setting, become more comfortable and confident using equipment such as dumbbells and barbells, machines, bands, body weight, and more. 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 health components including but not limited to movement, stretching, and how to prepare an appropriate workout routine best suited for individual goals.



COMMUNITY SOCIALS

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.

SOCIAL RESPONSIBILITY SERIES

A lecture series designed to educate both members and community members in a variety of areas. Past topics at Social Responsibility Series events have included fraud prevention, grief support, addiction, and mental health. Registration is required but all events are free. To learn more, contact the Membership Services Team.

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.



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 SWIM LESSONS

SWIM LESSON LEVELS

 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 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)

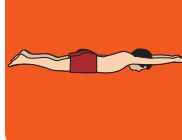
Recommended skills for all.

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

3 Water Stamina



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

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

achieve basic enckmark skills:

SWIM STROKES

Skills to support a healthy lifestyle

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.

Not sure where to start?

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

Private Lessons

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