



SUMMER 2024

PROGRAM GUIDE

**JUNE 23 - AUGUST 31
SESSIONS 5-7**

GRAND TRAVERSE BAY YMCA



WELCOME TO GRAND TRAVERSE BAY YMCA!

SUMMER SESSION SCHEDULE 2024

JUNE						
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						

JULY						
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			

AUGUST						
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

SESSION 5	SESSION 6	SESSION 7
Summer 1	Summer 2	Summer 3
JUN 23 - JUL 20	JUL 21 - AUG 10	AUG 11 - AUG 31
SESSIONS 5-7 FAMILY MEMBER REGISTRATION - 5/1/24		
MEMBER - 5/27/24	MEMBER - 6/24/24	MEMBER - 7/15/24
COMMUNITY - 6/10/24	COMMUNITY - 7/8/24	COMMUNITY - 7/29/24

* WEST POOL *
CLEANING CLOSURES
5/30 Therapy Pool
6/27 Therapy Pool
7/25 Therapy Pool
8/17-8/25 Lap & Therapy Pools

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.



Central Y Pool & Facility Closure | 7/1-7/14



SWIM LESSONS FOR ALL AGES

SWIM LESSON LEVELS

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

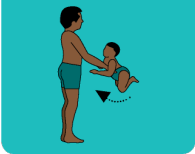
↑ Preschool
3–5 yrs.
Stages 1–4

↑ School Age
6–12 yrs.
Stages 1–6

SWIM STARTERS

Parent* & child lessons

A Water Discovery



Introduces infants and toddlers to the aquatic environment

B Water Exploration

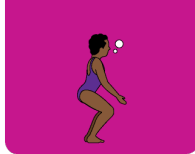


Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

SWIM BASICS

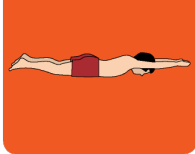
Skills for water safety

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

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

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

ADULT SWIM LESSONS

For water safety and a healthy lifestyle

Adult Level 1



Introduces basic swim skills with a focus on personal water safety to increase comfort and confidence around water

Adult Level 2



Focuses on freestyle stroke skill development and efficiency through simple yet helpful techniques

Adult Level 3



Refines stroke technique on all major competitive strokes, increases endurance, and guided training plan development

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



YOUTH PROGRAMS

SPORTS

CHEER CLINIC

AGES 7-12

Do you have team spirit? YMCA Cheer Clinic offers youth the chance to get practice and have some fun while learning the basics of cheer. Cheerleaders will build self-confidence and self-esteem while developing social skills and healthy relationships with peers. The three-week clinic will conclude on the last day with a routine performance for the parents. All participants will receive a clinic shirt.

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 on an individual basis, but team placement can be requested upon registration.

BOYS MIDDLE SCHOOL SUMMER BASKETBALL

GRADES 6-8

Stay sharp with our new six-week summer basketball league for middle school boys! Lead by volunteer parent coaches, teams will hit the courts on Tuesday evenings at West Y for their weekly game. Registration is on an individual basis, but team placement can be requested upon registration.

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 or have passed Level 5 lessons.

TENNIS

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.

WELLNESS

FUN AND FIT

AGES 8-12

A summer program aimed at promoting physical activity among youth by offering a range of outdoor wellness activities to keep them active and engaged during the summer months with their peers.



TAEKWONDO

LITTLE NINJAS

AGES 3-4

Little Ninjas focuses on both physical and mental development. On the physical side, we develop gross and fine motor skills, agility, balance, control and timing drills. We use imagination and fun martial arts games to make it engaging for the kids - a great way to burn off extra energy in a positive way. 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

Little Dragons focus on developing respect, self-control and listening. 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

Taekwondo is a fun & fast paced martial arts class structured explicitly to build dynamic, 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 rules of respect such as bowing upon entering the training area and saying "yes sir" and "yes ma'am" to black belt instructors.

ADULT PROGRAMS



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 technique-based class, all levels are welcome. 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!

PICKLEBALL

PICKLEBALL LADDER LEAGUE

Starting in June, this weekly league will be a fun way to spend your Tuesday mornings this summer. Each week you'll get to socialize with fellow pickleball enthusiasts while competing in three-game matches against players of a similar level. Over the six-week program, your standing in the league will be updated weekly based on your winning percentage. Don't miss out on this opportunity to have a great time and improve your pickleball game!

SPORT LEAGUES

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.

MEN'S SUMMER SOFTBALL LEAGUE

Join us for this friendly summer softball league! We'll be hitting the field at the Grand Traverse County 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 SENIOR (55+) SUMMER SOFTBALL LEAGUE

For men age 55+, this competitive league plays on Mondays at the Grand Traverse County 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.

SUMMER COED SOFTBALL LEAGUES

We have two awesome coed summer softball leagues playing at Grand Traverse County Civic Center for 12 weeks, starting from the end of May through the beginning of August. If you're interested, register your team for either the Sunday or Monday evening leagues, and join us for a summer full of friendly competition and great memories!

TENNIS

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. Approval required.





WELLNESS

ADVANCED LIFT

Elevate your strength training with our Advanced Lift program. Work with our certified personal trainer in a small group setting to enhance your lifting techniques for optimal muscle and strength development.

GROUP GAINS

Our small group-training program is designed for individuals seeking to enhance their training experience and achieve faster results by working alongside others. In groups of up to four participants, engage in a team environment for a sense of camaraderie and accountability. Led by certified personal trainers, Group Gains will make workout sessions both enjoyable and productive.

Registration is available for both individual and group sign-ups.

PILATES AND BARRE | PREMIUM GROUP CLASSES

Introducing new premium Pilates and Barre group classes offering a specialty experience. Both Barre and Pilates programs emphasize controlled, low-impact strength training, posture improvement, and enhancing mobility and flexibility. We offer six class options each week.

Purchase a drop-in punch card with the membership services team today!

SUMMER POP-UP SERIES

Diversify your fitness routine by participating in a special group fitness event this summer. Explore a selection of engaging new pop-up group classes led by our talented instructors. Free for all members.

TRX GROUP SUSPENSION TRAINING

A progressive group training program that will push you to new levels of strength using TRX Suspension Trainer and your own body weight. Over the course of this program, individuals will progress through a series of exercises and workouts aimed at enhancing strength, balance, flexibility, and core stability. Participants of all fitness levels are encouraged to join.

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 2023, the Y proudly awarded **\$112,000** in membership aid, affording recipients the opportunity to pursue a healthy lifestyle. **\$15,000** in financial aid was provided to summer camp participants allowing them to have priceless summer fun, experience growth and make camp memories. **\$9,000** 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.





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