



FALL 2024

PROGRAM GUIDE

SEPT 1 - DEC 21



FALL SESSION SCHEDULE 2024

SEPTEMBER						
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					

OCTOBER						
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 *		

NOVEMBER						
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

DECEMBER						
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 8	SESSION 9	SESSION 10
Fall 1	Fall 2	Fall 3
SEP 1 - SEP 21	SEP 22 - NOV 2	NOV 3 - DEC 21
SESSIONS 8-10 FAMILY MEMBER REGISTRATION - 8/1/24		
MEMBER - 8/5/24	MEMBER - 8/26/24	MEMBER - 10/7/24
COMMUNITY - 8/19/24	COMMUNITY - 9/9/24	COMMUNITY - 10/21/24

* POOL *
CLEANING CLOSURES
8/17-8/25 Lap & Therapy Pools
9/26 Therapy Pool
10/31 Therapy Pool
11/21 Therapy Pool
12/19 Therapy Pool



WELCOME TO GRAND TRAVERSE BAY YMCA!

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!





**SWIM LESS
FOR ALL AGES**



SONS
ES

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

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

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

↑ 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 STROKES

Skills to support a healthy lifestyle

3 Water Stamina



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

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

Not sure where to start?

Stop by the Membership Services desk or contact ryan@gtbayymca.org for help placing your swimmer in the appropriate level.

Private Lessons

We also offer private swim lessons! To request more information scan the QR code below:





SWIM TEAMS

INTRO TO SWIM TEAM

RIPPLES

AGES 5-7

Just keep swimming in this fun and engaging swim program for kids ages 5-7. Your swimmer will continue building on the skills they learned in swim lessons, refining their strokes, and developing their strength and confidence in the water. Working alongside other young swimming enthusiasts, your swimmer will make friends and waves! This program prepares swimmers for moving up to the Waves swim level or to the Breakers Swim Team if ready.

WAVES

AGES 8-12

Ripples become Waves as swimmers are introduced to the world of competitive swimming in this aquatics program. Your swimmer will learn about the fun and camaraderie of being on a swim team while they work with trained coaches to improve swimming skills, endurance and promote a healthy lifestyle. This program prepares swimmers for joining the Breakers Swim Team, and replaces try-outs.

BREAKERS SWIM TEAM

AGES 7-18

The Grand Traverse Bay YMCA Breakers Swim Team, is a YMCA and USA Swimming club serving the Grand Traverse area. With over 50 years history we take pride in helping youth learn and grow through the sport of competitive swimming.

Breakers is a year-round competitive swim team. More than just a swim team, however, Breakers is also focused on the YMCA mission: a community- and family-based commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Breakers offers high quality coaching and technique instruction for all ages and abilities, from novice to national competitor, while encouraging a fun and healthy environment for the social, physical and personal growth of each athlete. We build strong kids, and a strong community.

For more information, contact Coach Kathy at kathy@gtbayymca.org.

MASTERS SWIM TEAM

AGES 18+

Our goal at Northcoast Y Masters Swim is to help you achieve your swimming and fitness goals. Join us for expert coaching, technique instruction, camaraderie, and much more! Swimmers of all abilities and experience levels are welcome, with a flexible practice schedule and a spirit of supportive and friendly competition at every workout. We at Northcoast Y masters aim to encourage adults to swim and keep swimming. Our goal is to improve a swimmer's endurance, fitness, & technique.

For more information, contact Coach Kathy at kathy@gtbayymca.org.



YOUTH PROGRAM

A young boy with light brown hair is the central focus, wearing a red basketball jersey with a black number '5' and the word 'the' printed on it. He is dribbling a brown basketball with both hands. He is wearing black shorts with white stripes on the side and blue sneakers with white socks. In the background, another boy in a similar red jersey is visible, along with a referee in a black and white striped shirt. The court is enclosed by a white safety net. The overall scene is an indoor basketball game.

MS

ACTIVITIES

DATE NIGHT

AGES 5-12

Date Night is a great and affordable option for childcare while parents enjoy some kid-free time. Hosted on the second Friday of each month, parents are welcome to step outside the facility for up to two and a half hours. Highly qualified Y staff will provide themed activities and games, promising fun for all ages. Participant dinner is included with registration! Register online or at the Membership Desk for more information. Mark your calendars! Date Night is 5:30 – 8:00pm, September 13th, October 11th, November 8th, and December 13th.

BOOKS & CRAFTS

AGES 5-9

This program is for children with endless imagination who are interested in learning about art. Each thirty-minute class will begin with a short book, followed by a matching craftivity to follow. Books & Crafts develops skills including listening, independence and creativity. Each three-week session empowers children to try new things while gaining confidence in various mediums. Register online or at the Membership Desk for more information.

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 and flags 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. Reversible red and white jerseys are available at the Membership Services Desk for \$14.

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.



LACROSSE SKILLS & DRILLS

GRADES K-4

Discover the sport of lacrosse in Skills & Fundamentals. No experience is necessary for this coed program, our coaches will teach the basics of the sport and instruct on how to play through drills and simulated game play. Each week a new skill will be taught and put to use with a game highlighting the new skill. Participants will need a lacrosse stick for this program.

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.

TENNIS

RED BALL

AGES 5-7

Dive into the world of tennis with our Red Ball Tennis program! Specifically designed for children ages 5-7, this class introduces fundamental skills in a fun and supportive environment. Join us as we ignite a love for the game and set the foundation for future tennis success!

ORANGE BALL

AGES 8-10

Explore tennis with our Orange Ball Tennis class! Tailored for ages 8-10, this program offers a perfect blend of skill development and fun games on the court. Join us as we introduce young players to the joys of tennis in a supportive and engaging environment!

GREEN BALL

AGES 11-13

Dive into the world of tennis with our Green Ball Tennis class! Perfect for young players with little to no experience, this class focuses on refining technique, improving consistency, and developing match strategies. Join us for a fun and interactive session tailored to budding tennis enthusiasts!

HIGH SCHOOL ACADEMY

AGES 13-18

The High School Tennis Academy offers a comprehensive training program designed to enhance students' tennis skills while fostering a love for the sport. Whether you're a beginner or an experienced player, our academy provides structured coaching to develop technical proficiency, tactical awareness, and physical conditioning.

WELLNESS

STRENGTH TRAINING FOR TEENS

AGES 12-15

Teens in this program will be working alongside their peers and certified personal trainers to gain an understanding of common strength training movements. Teens will also get the opportunity to go onto the Wellness Floor under the supervision of a trainer (in accordance of our facility policies) to begin learning how to properly use strength training machines.

YOUTH STRENGTH CIRCUIT

AGES 8-11

Youth will learn how to safely perform basic exercises with an introduction to using age-appropriate functional equipment. The exercises will be performed in a fun and motivating circuit style class led by a certified personal trainer.

Older teens (15+) are welcome to register for our adult wellness programs. See Adult Programs for more!





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.

ADULT PROGRAM



MS



DROP-IN TENNIS

BEGINNER/INTERMEDIATE DOUBLES DRILL

Join our Adult Beginner/Intermediate Doubles Drill, tailored for players up to a 3.5 rating. Learn fundamental strokes and tactics essential for doubles success. Perfect for beginners or those refining skills. Experience the fun on the court with us!

ADVANCED DOUBLES DRILL

Elevate your game with our Adult Advanced Doubles Drill! Perfect for players level 3.5 and above, this class focuses on advanced doubles tactics and stroke production through competitive drills. Join us for a fun and competitive environment where you'll refine your skills and take your doubles game to the next level!

DRILL & PLAY

Join our Adult Drill and Play tennis class, where all levels are welcome! The first half is dedicated to refining your strokes with dynamic drills, while the second half brings out the competitive spirit with exciting live ball games. Perfect for honing skills and enjoying some friendly competition!

MATCHPLAY WITH A PRO

Take your game to the next level! Join us for a coach-led warmup followed by personalized matches guided by a tennis professional. It's the perfect opportunity to refine your skills and receive expert coaching tailored to your game. All levels are welcome, so come and elevate your tennis experience!

CARDIO TENNIS

Energize your game with Cardio Tennis! Designed for all skill levels, this dynamic class blends tennis drills with cardio exercises for a fun, high-energy workout on the court. Join us and boost your fitness while improving your tennis skills in a supportive environment suitable for everyone!

ADULT INTERMEDIATE DRILL (3.0)

Elevate your tennis game with our Adult Intermediate Drill tailored for players rated 3.0-3.5. This class focuses on refining fundamental tennis strokes such as forehands, backhands, volleys, and serves, alongside strategic insights to enhance your competitive edge. Led by experienced coaches, sessions blend skill-building drills with simulated match play scenarios to strengthen technique, improve footwork, and develop tactical awareness. Join us in a supportive and engaging environment where you can refine your skills, connect with fellow players, and take your tennis proficiency to the next level. Whether you aspire to compete or simply enjoy the sport more fully, our program is designed to meet your tennis goals effectively.



ADULT ADVANCED DRILL (4.0+)

Welcome to our Advanced Adult Tennis Drill designed exclusively for players rated 4.0 and above. This dynamic and fast-paced class is geared towards enhancing competitive skills and refining advanced techniques under the guidance of certified instructors. Sharpen your game with intensive focus on high-level strokes including powerful groundstrokes, precise volleys, and strategic serves. Sessions are structured to challenge your agility, improve court positioning, and elevate tactical awareness through simulated match scenarios. Join a dedicated community of skilled players in an energizing environment where you can push your limits, engage in spirited drills, and advance your tennis proficiency to new heights. Whether you aim to compete at a higher level or simply thrive on the intensity of the sport, our program is tailored to meet your goals with precision and expertise.

PREMIUM GROUP FITNESS

PILATES & BARRE

Our Barre and Pilates classes provide a specialized group fitness experience. These programs emphasize controlled, low-impact strength training, that provides posture improvement while enhancing mobility, flexibility and core strength. With six class options on the schedule each week, premium group classes can be a great addition to your fitness routine. Punch cards for premium group classes are available for purchase at the Membership Services Desk, and you can easily reserve your spot in class on our app.

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.

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.

WELLNESS

(AGE 15+)

HEALTHY LIVING SERIES: WELLNESS WORKSHOPS

Enhance your knowledge and well-being at the Y with our Wellness Workshops. These educational lectures cover a range of topics including fall prevention, nutrition, mental health, and more. Our expert presenters are comprised of our professional staff and partnering agencies, organizations, and healthcare professionals from the local community. All are welcome to join us to learn, grow, and thrive.

BARBELLS FOR BEGINNERS

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 including mentally and physically. Limited spots available.

BEGINNER LIFT

A program that teaches foundational movement pattern, common and foundational exercises in a small group setting using equipment such as machines, dumbbells, bands, body weight, and more! This program is designed for those new to the gym, strength training, or those seeking to refine their technique.

FITNESS CLINICS

We welcome you to participate in our 1-hour movement and learning clinics led by our Y fitness professionals. These clinics cover a variety of topics including squat and deadlift techniques, balance and mobility exercises, rowing, running, and more!

INTERMEDIATE LIFT

Need a little help with advancing your work out knowledge? Work with one of our certified personal trainers to learn more about the ins and outs of programming and exercise selection. This program will give you the confidence to piece together your own workout routines that fits your goals.

ADVANCED LIFT

Elevate your strength training with our Advanced Lift Program. Collaborate with our certified personal trainer in a small group setting to enhance your lifting techniques for optimal muscle and strength development. This program introduces different lifting techniques and strategies to try out for your own workouts.

PICKLEBALL STRENGTH TRAINING – SOUTH Y

Specialized small-group training program tailored for pickleball players. Over the course of six weeks, participants will engage in sessions with a certified trainer aimed at improving strength, balance, speed, and coordination skills relevant to the sport.

TRX GROUP SUSPENSION – CENTRAL Y

A progressive group training program that will push you to new levels of strength using TRX Suspension Trainer and your own body weight. Throughout the six-week program, you will advance on exercises and workouts as you build strength, balance, flexibility, and core stability. All levels are welcome.

WINTER SPORTS CONDITIONING

Let us help you get ready for this winter's sports 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.



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