FALL FUN AND FITNESS AT THE Y
Our Mission:
To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Financial Assistance:
Every day, the Y works to address the most pressing needs in the community it serves by making sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

Applications are available at member services at each branch location. Proof of income is required.

To support the Y’s scholarship program, you can give online at kzooymca.org/give

Areas of focus
The Y is a cause-driven organization that is for youth development, healthy living and social responsibility. That’s because a strong community can only be achieved when we invest in our health, our kids, and our neighbors.

The Y Difference
• Supportive, welcoming, and diverse community
• Overall wellness – spirit, mind, and body
• Family-centered opportunities and activities
• Caring and professional staff

Benefits of Y Membership
• PRIVILEGES at Kalamazoo (Maple) and Portage branches
• OVER 70 FREE water and land wellness classes
• REDUCED Tot Spot (child watch) fees
• FREE racquetball court time
• REDUCED program fees
• FREE family activities throughout the year
• SPECIAL family activities
• HEALTHY START – Free membership orientation and wellness coaching
Fall 2015 Sessions*

Fall I: September 8 – October 24, 2015
Fall II: October 26 – December 19, 2015
*unless otherwise noted; fee-based classes do not meet Nov. 23–Nov. 28

Registration begins August 10
Register at www.kzooymca.org
or at one of our branches

KALAMAZOO
1001 W. Maple Street
Kalamazoo, MI 49008
269.345.9622

Member Services ext. 110
Tennis ext. 163
Aquatics ext. 127
Health & Wellness ext. 153
Tot Spot ext. 132
Youth & Family ext. 152

Monday–Friday
5:00 a.m. – 10:00 p.m.
Saturday
7:00 a.m. – 7:00 p.m.
Sunday
11:00 a.m. – 5:00 p.m.

PORTAGE
2900 W. Centre Street
Portage, MI 49024
269.324.9622

Member Services ext. 400
Tennis ext. 426
Aquatics ext. 420
Health & Wellness ext. 424
Tot Spot ext. 416
Community Wellness ext. 435
Youth & Family ext. 423

Monday–Friday
5:00 a.m. – 10:00 p.m.
Saturday
7:00 a.m. – 7:00 p.m.
Sunday
10:00 a.m. – 4:00 p.m.

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MEMBERSHIP INFORMATION

GENERAL INFORMATION
The foundation of the YMCA is its commitment to youth development, healthy living and social responsibility. The YMCA creates an atmosphere of a caring community and a place where everyone is made to feel welcome and part of the Y family. Standards of Conduct have been put in place to ensure that everyone may safely enjoy the YMCA. Please visit www.kzooymca.org to review our standards of conduct.

Members must present their membership cards each time they use the YMCA. Any member lending his/her membership card to someone else will lose all membership privileges.

Members are expected to follow the Y values of Caring, Honesty, Respect and Responsibility. Actions that counter these values and affect others could result in loss of membership privileges.

JOINING FEE
A joining fee is required for each new membership. If a membership lapses and the member decides to rejoin, he will be given the option of paying a new joining fee or renewing his membership using the original anniversary date and paying for the lapsed months.

The joining fee will be waived if the annual membership is paid up front.

PAYMENTS AND CANCELLATION
• Memberships cannot be terminated until the joining fee is paid in full.
• The YMCA does not refund membership dues/costs.
• It is the member’s responsibility to ensure their membership payment is made on the 1st of every month. If there is an issue with the payment method being used, a payment can be made before the 1st of the month to avoid a return payment fee.
• Return payment fee is $10.
• All changes/cancellations must be submitted in writing and received by the 25th of the month prior.
• Prices, fees, schedules, hours of operation, classes, and instructors are subject to change. Notices will be made available when changes occur.

NON MEMBER/GUESTS
• If a member’s guest has never been to this YMCA they can receive one free guest pass.
• Photo ID must be presented in order to receive a day pass.
• All guests under 16 must be accompanied by an adult 18 or older who will take responsibility for the guest.
• Youth 11 and under must be accompanied by an adult at all times.
• Guests must adhere to the Standards of Conduct. Failure to do so may be grounds for member termination or suspension of YMCA privileges.
• Guest passes are good only on the day that they are purchased.

GUEST PASS POLICY
The Y is a membership organization and our first priority is to serve our members who have made a commitment to the YMCA by joining.

All guests, 16 years and older, are required to provide picture ID and sign our daily liability waiver.

Non Member/Guest Rates
Adult (19+) $10.00
Teen (13-18) $8.00
Youth (12 & under) $6.00

EARLY CLOSING AREAS
All exercise and pool areas close 15 minutes prior to facility closing time. Pools close 30 minutes early Friday, Saturday and Sunday.

CLOSINGS
The YMCA will notify members and participants of approaching holidays when the facility will be closed.

Inclement Weather: Please monitor the Y’s website and Facebook page for information regarding the YMCA’s programs and facility use on inclement weather days. The Y provides program cancellation and building closure information to WWMT – Members & Participants may sign up to receive their alerts via text or e-mail, or through our new mobile phone Y-APP.

The YMCA does not refund for program cancellations due to acts of nature.

CLASS CHANGE/CANCELLATIONS/REFUNDS
The YMCA reserves the right to cancel any class that does not meet minimum enrollment. Members will be issued a voucher for classes cancelled by the YMCA. A refund will only be issued if requested by the participant.

The YMCA will not refund or issue credit vouchers for weather-related cancellations. The YMCA reserves the right to apply credit/voucher refund requests to satisfy financial obligations to the YMCA including, but not limited to, non-sufficient funds, program and child care balances due for the participant.

Cancellations for medical reasons with a doctor’s note will result in a refund for the unused portion of the class at any time during the class session. Non-medical class cancellations after the third class will not be eligible for a refund of any amount. See Class Change/Cancellation Application for more details.
The YMCA’s Preschool Program is open to children ages 3-5 who are potty trained. Tuition ranges for $75-$180 per week, based on enrollment.

YMCA Early Learning programs strengthen families and boost youth development by offering young children and their families early learning readiness experiences and comprehensive child development programs. Early Learning programming at the Y addresses the holistic development of young children by supporting brain development, early literacy, healthy habits development, and strong parenting skills. Early Learning programming at the Y lays a foundation for future and ongoing achievement and success.

Our high quality preschool program is licensed by the State of Michigan and promotes the physical, social, emotional and cognitive development of your child and responds to the needs of the entire family. Our preschool uses the Creative Curriculum, which offers a hands-on learning environment that encompasses both fine and gross motor skills along with preparing children for kindergarten. Our programs also offer special activities including tennis and swim lessons, and monthly field trips (based on age and enrollment status).

Parents registering their preschooler full time (5 full days per week) for the 2015-2016 school year will receive a free youth membership for the child during the school year. Families will have the option to upgrade to a family membership at a discounted rate. With the YMCA membership, your family can spend quality and active time together by swimming, playing tennis, or attending family nights and parent’s nights out. This membership may be used at both the Portage and Maple branches.

The Y Early Learning Center has been awarded the highest rating possible (5 stars) by Michigan’s Great Start to Quality rating system. We are a proud participant of Kalamazoo County’s KC Ready 4’s, which provides tuition assistance for qualifying families to enroll their 4 year old in an affordable high quality program. Visit www.kcready4s.org for more information about the program.

Contact the Y Early Learning Center at 269-345-9622 ext. 161 with any questions or to register your child(ren).

**Y PRIME TIME**

Y Prime Time is before and after school care, for students grades K-5, serving Kalamazoo Public Schools (KPS) families at five KPS elementary buildings. Y Prime Time engages kids in physically active, learning, and imaginative activities that encourage exploration of who they are and what they can achieve. All of our programs are inclusive and offer a combination of free-choice and structured age-appropriate activities.

Our program includes the SPARK curriculum, which is aimed at engaging children in intentional physical activity as well as the Food and Fun curriculum, to incorporate nutrition education. We also offer academic support, healthy afternoons, arts and crafts, music, and more! We promote the Y’s four core values: caring, honesty, respect, and responsibility; and incorporate the CHAMPS program at all of our sites.

Our programs are run by enthusiastic staff, many of whom are certified elementary educators. All of our programs are also licensed by the State of Michigan. Morning care is 6:30am to 8:45am and afternoon care is 3:45pm to 6pm. Locations include:

- King-Westwood Elementary
  - Arcadia Elementary
  - Indian Prairie Elementary
  - Northglade Elementary
  - Spring Valley Elementary
- Milwood Elementary
  - Greenwood Elementary
  - Washington Writers Academy
- Parkwood Upjohn Elementary
- Prairie Ridge Elementary
- Winchell Elementary
  - Woods Lake Elementary
  - Woodward Elementary
  - El Sol Elementary (pm only)

*Schools get bussed to a main site
Cost: AM Prime Time = $45/week
PM Prime Time = $55/week
Participants enrolled full time in both the AM and PM program will receive a free Y youth membership for the school year.

**SCHOOL BREAKS AND SNOW DAYS**

**HOLIDAY CAMP**

Your child will continue to have fun, stay connected to their friends, and be active during our holiday camps at the Y. Holiday camps are offered on most days that Kalamazoo Public Schools elementary schools are scheduled to be closed. Activities include group games, arts and crafts, outdoor play, quiet reading, swimming, and more.

Care is provided from 6:30am to 6:00pm at the Maple Branch. Registration must be completed prior to participation in the camp.
Cost: $45/day

**SNOW DAY CAMP**

When Kalamazoo Public Schools are closed unexpectedly, the YMCA provides continued care at the Y Maple Branch from 6:30am to 6:00pm. Your children will have fun in a supervised, enjoyable environment. Activities on snow days include group games, swimming, arts and crafts, sledding, and more! Snow Day camp is a separate program and registration for this must be completed prior to the camp.
Cost: $45/day
Registration
To register for Prime Time or Holiday Camp, please contact the Child Care Office at 345-9622 ext. 167 or childcare@kzooymca.org.
HEALTH & WELLNESS

PERSONAL TRAINING & NUTRITION COUNSELING
Are YOU ready to live a happier, healthier, and more fulfilling life? Our registered dietitian and certified fitness experts can provide personal guidance to support you in developing and implementing a program to make healthier food and lifestyle choices. We provide you with resources and motivation to help you reach your health goals. For more information or to make an appointment, contact Amber Lee at Maple (269) 345-9622 x153 or John Howson at Portage (269) 324-9622 x 424.

FAMILY AND YOUTH PROGRAMS

Family Nights, Teen Nights, Parents Night Out
Have fun in the pool, play games in the gym, or grab a racquet for tennis or racquetball with your whole family at our specially designated family nights. With special themed nights throughout the year, it’s a great way to connect with your family and remain active. Ask the branch for schedule and activities. Maple, Portage
Y Member Free/Non-Member $20 per family

HEALTHY KIDS UNIVERSITY
School-age children. Sign in your children for safe and enriching activities and games while you get your work out. Y Member Free/Non-Member $6 day pass
Visit the website for schedule and activities. Maple, Portage

A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS
Sponsored by: Area Agency on Aging IIIA
A Matter of Balance helps anyone who is concerned about falls and other hazards while walking. Increase confidence and activity levels while addressing the fear of falling. Eight weekly, two-hour sessions that include instruction, interactive activities and exercises that strengthen hips, knees, ankles and legs. Participants should attend all eight sessions.
Tues 2:00pm – 4:00 pm at Maple
Y Member $15/Non-Member $15

BADMINTON
Play Badminton in the South Gym. Meet friends, have fun and get active! See in-house gym schedule for available times. Maple.
Y Member Free/Non-Member $33

BODY BLAST
Increase your strength, add muscle definition, and challenge your cardiovascular system with this high-repetition, weight/resistance training class that uses barbells and interchangeable weight plates. The class is adaptable to all fitness levels.
Sat 9:30am – 10:20am at Maple
Mon 5:10pm – 5:55pm at Portage – Y Members Only

BOSU® BODY BLAST
Do you want a low impact challenge? Try using a BOSU® balance trainer. A BOSU® (Both Sides Up) is used for balance training, athletic drills and aerobic activities. You'll increase your strength, stability, and core activation.
Tues 5:30pm – 6:20pm at Maple
Y Member Free/Non-Member $45

CARDIO KICKBOXING
Punch and kick your way in to fitness. Put your body through high and low intensity martial arts influenced techniques to feel even more empowered.
Wed 6:30pm – 7:20pm at Maple
Y Member Free/Non-Member $45

FENCING
This class teaches participants about the sport of fencing, from skilled instructors with Triblade Academy. Equipment is provided, please wear comfortable gym attire.
Wed 7:00pm – 9:00pm at Maple
Thurs 7:00pm – 9:00pm at Portage
Y Members $39/Non-Member $59

GROUP CYCLING
Group cycling is an awesome workout on a stationary bike - it is designed to simulate a road bike experience. Stimulating music and coaching are included for motivation. Whether you're an experienced cyclist, or a beginning rider, this is a great class to get you in shape and/or maintain your cardiorespiratory endurance.
Mon, Wed 5:30am – 6:20am at Maple
Tues, Wed, Thurs 6:30pm – 7:20pm at Maple
Sat 7:30am – 8:20am at Maple

KETTLEBELL – BULLET
This is a 30-minute, high-intensity class, and previous KB experience and/or weight training experience is recommended. It's designed to improve core strength, muscular and cardiovascular endurance, flexibility, and joint stability.
Mon 12:15pm - 12:45p at Portage
Wed 12:15pm - 12:45p at Portage
Y Member $13/Non-Member $26

KETTLEBELL – INTRODUCTION
Curious about kettlebell? Are you thinking about trying it? First steps first! Come learn the basics to get you ready for the next level.
Mon 5:30pm – 6:00pm at Maple
Y Members $13/Non-Member $26

KETTLEBELL – LEVEL I
You'll learn basic kettlebell exercises (swings) along with additional compound exercises (squats, lunges, presses) for a total-body workout. Your cardiorespiratory and muscle strength will improve along with core strength and joint stability. Participants should have a basic understanding of resistance training exercises. An introductory session is preferred before taking this class (this is not a traditional kettlebell class).
Mon 6:00pm – 6:30pm at Maple
Y Members $13/Non-Member $26
Wed 5:10pm – 5:55pm at Portage
Fri 10:35am – 11:20am at Portage
Y Members $21/Non-Member $45

KETTLEBELL – LEVEL II
A more intense, traditional kettlebell workout that utilizes challenging, compound exercises such as the clean & press, high-row, and snatch. Your cardiorespiratory endurance, muscular strength, and joint stability will be constantly tested to assist in improvement. Introduction to Kettlebell or Kettlebell – Level I session is preferred before taking this class.
Mon 6:00am – 6:50am at Maple
Mon 9:10am - 10:00am at Maple
Mon 6:40pm – 7:30pm at Maple
Tues 6:00pm – 6:50pm at Maple
Y	Member	$21/Non-Member	$45

and	precision. Our pilates mat classes review the on stabilization, concentration, control, flow, breath

specific exercises lasting 10 – 30 seconds each, tak

Mon, Wed, Fri 10:00am - 10:50am at maple
Fri 9:10am - 10:00am at Maple
Sat 9:30am - 10:20am at Maple
Y Member $21/Non-Member $45

moving for better balance
This 12-week program teaches participants balance skills and proper body alignment by using coordinated and flowing movements. The course is designed for older adults who can walk easily with or without assistive devices. We’ll help you develop greater flexiblity and more confidence.
Mon, Wed 1:30pm – 2:30pm at Maple
Y Member Free/Non-Member $63

peak fit boot camp
Peak Fit Boot Camp is a challenging workout with specific exercises lasting 10 – 30 seconds each, taking participants to a high anaerobic level, followed by a brief recovery period. High intensity class.
Tues 12:00pm – 12:45pm at Portage
Tues 7:00pm – 7:45pm at Portage
Fri 7:00pm – 7:45pm at Portage
Y Member $21/Non-Member $45

pickleball beginners
Pickleball is the fastest growing sport in the U.S. These one-hour beginner sessions use wooden paddles and whiffle balls on a modified tennis court.
Wed 9:00am – 10:00am at Portage
Y Member Free/Non-Member $45

pickleball
Pickleball is the fastest growing sport in the U.S. These two-hour sessions use wooden paddles and whiffle balls on a modified tennis court. Newcomers welcome.
Sun 12:00pm – 2:00pm at Portage
Mon 10:00am – noon at Portage
Wed 10:00am – noon at Portage
Fri 10:00am – noon at Portage
Y Member Free/Non-Member $45

pilates
Whether you are a beginner or an advanced partici-

ants, pilates helps you tone and strengthen every part of your body. This popular form of exercise focuses on stabilization, concentration, control, flow, breath and precision. Our pilates mat classes review the following movement techniques: neutral spine, core engagement, C-curve, spinal articulation and more. All exercise can be modified so you can work at your own level.
Mon, Wed, Fri 10:00am – 10:50am at Maple
Tue, Thur 9:00am – 9:50am at Maple
Mon 9:30am–10:25am at Portage
Tues 6:00pm – 6:55pm at Portage – Y Member Only
Sat 9:30am–10:00am at Portage – Y Member Only
Y Member Free/Non-Member $45
2x per week Y Member Free/Non-Member $68
3x per week Y Member Free/Non-Member $79

power up!
Lift your own body weight and get stronger. Traditional body weight exercises will increase your muscle strength and endurance. Let’s see what you can do!
Mon, Wed, Fri 12:10pm–1:00pm at Maple
Y Member Free/Non-Member $79

Racquetball Clinic – Intro
Participants in this beginner clinic learn the basic rules, positioning and strategies. A fast paced and exciting sport for you and your friends.
9/15/15 Tues 6:00pm – 7:00pm at Maple
10/14/15 5:30pm – 6:30pm at Maple
Y Member Free/Non-Member $10

Racquetball Just for Fun
Want to play racquetball without the extreme competition? This is for you. Just for Fun is designed for new and beginner skill level players who want the excitement and exercise without stress of high competition. Players are matched up in a one-hour social event. Limited instruction available. No A or B players.
Thur 6:30pm – 7:30pm at Portage
Y Member $19/Non-Member $39

Racquetball Adult Singles League
Compete in 10 weekly matches with times arranged by players. A playoff tournament will follow for the top 4 contenders in each division. Skill levels: novice through expert.
Schedule TBA at Maple and Portage
Y Member $23/Non-Member $69

Racquetball Adult Doubles League
Play 10 weekly matches to determine which team is the best. All skill levels. Handicap points for lower levels.
Wed 6:30pm – 8:00pm at Maple
Y Member $23/Non-Member $69

Pickleball is the fastest growing sport in the U.S. These two-hour sessions use wooden paddles and whiffle balls on a modified tennis court.

YWCA of Greater Kalamazoo
Join the YMCA’s Prevention Program and learn how to reduce your risk for developing diabetes, one small step at a time.

Our one-year community-based program is designed to enable adults to make lifestyle changes that will improve their overall health and reduce their risk of developing type 2 diabetes.
The YMCA’s Diabetes Prevention Program is supported by the Centers for Disease Control and Prevention, the Diabetes Prevention and Control Alliance, and other national organizations committed to preventing chronic disease.

YMCA Membership Not Required.
To see if you qualify, or for information about the program fees and financial assistance, contact:

Trish Harrison
taharr@kzooymca.org
or 269-459-4881
www.kzooymca.org

A lot can happen in one year!

Big Rewards Small Steps
Diabetes Prevention Program

YMCA of Greater Kalamazoo

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or 269-459-4881
www.kzooymca.org

A lot can happen in one year!

More information online at www.kzooymca.org
RACQUETBALL CHALLENGE – (DROP IN) COURT
Test and improve your skill level against other players. No registration is necessary. Eye protection required.
Sat 10:00am – 1:00pm at Portage
Y Member Free/Non-Member $10 (per visit)

RACQUETBALL – FAMILY
Bring your family and enjoy an evening of Racquetball. Equipment and limited instruction are available.
Fri 6:30pm – 7:30pm at Maple
Y Member Free/Non-Member $10 (per family)

R.I.P.P.E.D.
R.I.P.P.E.D = Resistance, Intervals, Power, Plyometrics, Endurance, and Diet. Each component of the program provides a unique system response, so your body never gets accustomed to the format. The class includes cardiovascular conditioning and resistance training. Modifications are provided and all fitness levels are welcome.
Tues 9:20am – 10:10am at Portage
Thur 9:20am – 10:10am at Portage
Y Member Free/Non-Member $45

RISE AND SHINE
You won’t need coffee after this workout. Your body will be awake after completing high-intensity, interval training consisting of cardio, weights and core exercises. A great energy boost that will last the entire day.
Tues, Thur 5:30am – 6:20am at Maple
Y Member Free/Non-Member $68

SILVER TSUNAMI
Silver Tsunami is an innovative program that features an incredible variety of age-appropriate exercise activities available to participants, age 60 and over. You’ll experience drills, activities and games to improve and maintain strength, cardio capacity, balance, agility and even cognition. This program is designed for active and independent, active older adults. It offers a new twist on traditional performance and conditioning activities, specifically designed to minimize stress on aging joints.
Fri 1:30pm – 2:30pm at Maple
Y Member Free/Non-Member $45

SILVERSNEAKERS® CARDIO
Cardio is safe, heart-healthy and gentle on the joints. This class includes low-impact movements focusing on upper body and abdominal strength, stretching, and relaxation exercises to energize your active lifestyle.
Tues, Thur 1:30pm – 2:30pm at Maple
Y Member Free/Non-Member $68

SILVERSNEAKERS® CIRCUIT
Circuit combines fun with fitness to increase cardio vascular and muscular endurance. Upper body work with hand held weights, elastic tubing and other equipment is alternated with non-impact aerobic choreography. A chair is offered for support stretching and relaxation exercises. This class is a level above SilverSneakers® Classic. Participants should be able to stand for 30 minutes unaided.
Mon, Wed 11:00am – noon at Maple
Y Member Free/Non-Member $68

SILVERSNEAKERS® YOGA
Yoga will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
Wed 9:30am – 10:30am at Maple
Fri 11:05am – 12:05pm at Portage – Y Member Only
Y Member Free/Non-Member $68

STEP AEROBICS
These low-impact step classes are designed to burn fat, tone muscle and strengthen abs, with or without using an adjustable step.
Mon 10:00am – 10:50am at Maple
Sun 10:15am – 11:15am at Portage
Y Member Free/Non-Member $45

STEP AEROBICS NICE-N-EASY
This basic Step class is a slower paced workout designed to increase cardiovascular endurance and muscle strength. Abs and core strength exercises are included.
Mon, Wed 6:00pm – 6:55pm at Portage
Y Member Free/Non-Member $68

STEP/SCULPT (Member Only)
Step/Sculpt offers the activities and benefits of Step Aerobics, with additional resistance training to help sculpt and tone muscles.
Mon, Wed 9:15am – 10:30am at Portage
Y Member Free

STRENGTH IN MOTION
Maximize your muscular strength through functionally challenging movements and exercises. You’ll incorporate plyometric and agility training with strength and core work – you’ll become strong and fast! An intermediate level of fitness is suggested.
Wed 9:00am – 9:50am at Maple
Y Member Free/Non Member $45

TAI CHI FOR ARTHRITIS
This is a program designed to improve quality of life and relieve pain through guided movements. Benefits include increased energy, balance, flexibility, mobility, and range of movement.
Tues, Thur 10:00am – 11:00am at Maple
Y Member $32/Non-Member $68
TRX® SUSPENSION TRAINING
TRX is a workout system that leverages gravity and your body weight to perform exercises. You’re in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. Suspension training develops strength, balance, flexibility, and core stability simultaneously.

Tues, Thur 12:10pm – 1:00pm at Maple
Wed noon – 12:45pm at Portage
Wed 5:10pm – 6:00pm at Portage
Thur 9:00am – 9:45am at Portage
Fri noon – 12:45pm at Portage
Y Member $21/Non Member $45
2x per week Y Member $32/Non-Member $68

YOGA – BASIC
Increase range of motion and flexibility with this introduction to traditional Iyengar style yoga. Poses will be modified based on the ability of each student. Breathing exercises and restorative postures will help relieve stress. No previous experience required.

Mon 6:30pm – 7:30pm at Maple
Tues 10:00am - 11:00am at Maple
Wed 6:00pm - 7:00pm at Maple
Mon 9:30am - 10:30am at Portage
Wed 9:30am - 10:30am at Portage
Y Member $21/Non-Member $45
Tues 6:15pm - 7:30pm at Portage
Thur 6:15pm - 7:30pm at Portage
Y Member $38/Non-Member $72

YOGA – INTERMEDIATE
This class explores and refines body alignment, postures and poses, while adding more advanced breathing techniques. Previous yoga experience recommended.

Tues 7:30pm - 9:00pm at Maple
Y Member $48/Non-Member $79

YOGA – FITNESS
Yoga with a fitness focus! This class conditions the body by building muscle strength, increasing flexibility and improving stamina. Yoga poses strengthen the core, improve posture, and relieve stress. Not a traditional yoga class. All fitness levels welcome.

Mon 7:30pm – 8:30pm at Portage
Wed 7:15pm – 8:15pm at Portage
Y Member $21/Non-Member $45

YOGA – WELLNESS
This class features a holistic approach to addressing the needs of your body by focusing on specific goals. An understanding and familiarity of basic yoga movements is helpful.

Thur 6:00pm – 7:30pm at Maple
Y Member $48/Non-Member $79

ZUMBA®
Perfect for everybody and every body. We take the "work out" of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise.

Mon, Fri 9:00am – 9:50am at Maple

AQUATICS

OPEN SWIM/LAP LANE SCHEDULES
Schedules will be posted at each branch and on our website, or call for availability.

POOL RENTAL
Our pool is available for your birthday parties or other special events. It’s a unique, fun and healthy way to celebrate a special occasion.

PRIVATE LESSONS
Do you, your child, or a family member want to learn how to swim one-on-one with an instructor? Let our experienced staff guide you.

WATER ORIENTATION
We recommend that adults attend a free 45 minute water orientation session, or seek Aquatics instructor approval prior to registering for your first aquatics class.

For more information, availability, schedules or prices, call Maple Aquatics at (269) 345-9622 x 127 or Portage Aquatics at (269) 324-9622 x 420.

SHRIMP/KIPPER/INIA/PERCH (6 - 36 mo.)
A fun water adjustment class for parent-child teams to socialize and have fun together. Instructors work with you to teach your child basic water skills and safety through songs, games and repetition.

Mon 10:30am – 11:00am at Maple
Tues 6:15 pm – 6:45 pm at Maple
Wed 10:00am – 10:30am at Maple
Wed 6:30pm- 7:00pm at Maple
Thur 6:15pm – 6:45pm at Maple
Sat 9:35 am – 10:05am at Maple
Sat 10:10am – 10:45am at Maple
Mon 10:00pm – 1:30pm at Portage
Mon 4:45pm – 5:15pm at Portage
Mon 5:45pm – 6:15pm at Portage
Wed 10:00pm – 10:30am at Portage
Wed 5:30pm – 6:00pm at Portage
Wed 6:00pm- 6:30pm at Portage
Wed 7:00pm – 7:30pm at Portage
 Thur 4:45pm – 5:15pm at Portage
Thur 6:00pm – 6:30pm at Portage
Fri 10:00am – 10:30am at Portage
Fri 5:30pm – 6:00pm at Portage
Sat 9:50am – 10:20am at Portage
Sat 10:25am – 10:55am at Portage
Y Member $39/Non-Member $69

PIKE (3 - 5 yrs)
This class leads your child in their first steps toward independence in the water. Instructors creatively teach beginning swim and safety skills, in a caring and safe environment – without the parent/guardian.

Mon 10:30am – 1:00am at Maple
Mon 6:30pm – 7:00pm at Maple
Mon 7:00pm – 7:30pm at Maple
Tues 6:15pm – 6:45pm at Maple
Wed 10:00am – 10:30pm at Maple
Wed 6:30pm – 7:00pm at Maple
Sat 10:25am – 10:55pm at Portage
Y Member $39/Non-Member $69

EEL (3 - 5 yrs)
This intermediate level of swim and safety helps your child to build on their beginning swimming skills, learn to swim with their face in the water and become more comfortable on their back. Prerequisite: Completion of Pike and ability to swim horizontally with a small cube and without arm floatation.

Mon 7:00pm – 7:30pm at Maple
Tues 6:15pm – 6:45pm at Maple
Wed 6:30pm – 7:00pm at Maple
Thurs 6:15pm – 6:45pm at Maple
Sat 10:10am – 10:40am at Maple
Mon 1:30pm – 2:00pm at Portage
Mon 5:15pm – 5:45pm at Portage
Wed 10:30am – 11:00am at Portage
Wed 5:30pm – 6:00pm at Portage
Thur 4:45pm – 5:15pm at Portage
Fri 6:00pm – 6:30pm at Portage
Fri 10:00am – 1:30pm at Portage
Fri 5:30pm – 6:00pm at Portage
Sat 9:50am – 10:20am at Portage
Sat 10:25am – 10:55am at Portage
Y Member $39/Non-Member $69

SHRIMP/INIA/PERCH (6 - 36 mo.)
A fun water adjustment class for parent-child teams to socialize and have fun together. Instructors work with you to teach your child basic water skills and safety through songs, games and repetition.

Mon 10:30am – 11:00am at Maple
Tues 6:15 pm – 6:45 pm at Maple
Wed 10:00am – 10:30am at Maple
Wed 6:30pm- 7:00pm at Maple
Thur 6:15pm – 6:45pm at Maple
Sat 9:35 am – 10:05am at Maple
Sat 10:10am – 10:45am at Maple
Mon 10:00pm – 1:30pm at Portage
Mon 4:45pm – 5:15pm at Portage
Mon 5:45pm – 6:15pm at Portage
Wed 10:00pm – 10:30am at Portage
Wed 5:30pm – 6:00pm at Portage
Wed 6:00pm- 6:30pm at Portage
Wed 7:00pm – 7:30pm at Portage
 Thur 4:45pm – 5:15pm at Portage
Thur 6:00pm – 6:30pm at Portage
Fri 10:00am – 10:30am at Portage
Fri 5:30pm – 6:00pm at Portage
Sat 9:50am – 10:20am at Portage
Sat 10:25am – 10:55am at Portage
Y Member $39/Non-Member $69

PIKE & PARENT (2 1/2 – 4 yrs)
A class designed for the child who has met the Shrimp/Kipper/Inia/Perch class or is ready for Pike level skills, but feels more comfortable having a parent/adult accompany them to class. The instructor works with you and your child to prepare for the Pike level class. Parent/adult must participate in the water with the child.

Mon 6:30pm - 7:00pm at Maple

MORE INFORMATION ONLINE AT WWW.KZOOYMCA.ORG | 9
Mon 6:30pm – 7:15pm at Maple
Tues 6:45pm – 7:30pm at Maple
Wed 5:45pm – 6:30pm at Maple
Sat 10:00am – 10:45am at Maple
Sat 10:50am – 11:35am at Maple
Sat 11:45am – 12:30pm at Maple
Mon 4:45pm – 5:30pm at Portage
Mon 5:30pm – 6:15pm at Portage
Wed 4:45pm – 5:30pm at Portage
Wed 6:45pm – 7:30pm at Portage
Thurs 5:15pm – 6:00pm at Portage
Fri 4:45pm – 5:30pm at Portage
Sat 9:00am – 9:45am at Portage
Sat 11:00am – 11:45am at Portage
Y Member $45/Non-Member $77

**GUPPY (6 – 12 yrs)**
This class builds upon the skills learned in Polliwog. Instructors help swimmers master the front crawl, teach the importance of proper body alignment and introduce the back crawl. Prerequisite: Completion of Polliwog.
Mon 5:45pm – 6:30pm at Maple
Mon 6:30pm – 7:15pm at Maple
Tues 6:45pm – 7:30pm at Maple
Wed 6:30pm – 7:15pm at Maple
Sat 10:00am – 10:45am at Maple
Sat 10:50am – 11:35am at Maple
Sat 11:45am – 12:30pm at Maple
Mon 4:45pm – 5:30pm at Portage
Mon 5:30pm – 6:15pm at Portage
Wed 4:45pm – 5:30pm at Portage
Wed 6:45pm – 7:30pm at Portage
Thurs 5:15pm – 6:00pm at Portage
Fri 4:45pm – 5:30pm at Portage
Sat 9:00am – 9:45am at Portage
Sat 11:00am – 11:45am at Portage
Y Member $45/Non-Member $77

**MINNOW (6 – 12 yrs)**
This intermediate level, takes your child through the mastery of back crawl and introduces breast stroke and endurance swimming. Prerequisite: Completion of Guppy.
Tues 6:45pm – 7:30pm at Maple
Wed 6:30pm – 7:15pm at Maple
Sat 10:50am – 11:35am at Maple
Tues 5:00pm – 5:45pm at Portage
Thurs 5:00pm – 5:45pm at Portage
Fri 4:45pm – 5:30pm at Portage
Sat 11:00am – 11:45am at Portage
Y Member $45/Non-Member $77

**POLLIWOG (6 – 12 yrs)**
This class guides your child through beginning skills including floating, water safety, introduction to rotary breathing and swimming on their back. Flotation devices are used as needed.
Mon 5:45pm – 6:30pm at Maple

**RAY/STARFISH (3 - 5 yrs)**
In this advanced class for pre-schoolers, instructors teach your child skills in rotary breathing, stroke development, and floating. Prerequisite: Completion of Eel and ability to swim a part of the class without a flotation.
Mon 6:30pm – 7:15pm at Maple
Sat 10:00am – 10:45am at Maple
Mon 4:45pm – 5:30pm at Portage
Mon 6:15pm – 7:00pm at Portage
Wed 6:00pm – 6:45pm at Portage
Fri 11:00am – 11:45am at Portage
Fri 5:30pm – 6:15pm at Portage
Sat 9:00am – 9:45am at Portage
Y Member $45/Non-Member $77

**FISH/FLYING FISH/SHARK (6 – 12 yrs)**
These advance level classes take children through the mastery of the breaststroke and butterfly, emphasizing endurance, fitness, and pre swim team skills. Safety, including an introduction to life-saving, will also be taught. Prerequisite: Completion of Minnow.
Wed 6:30pm – 7:15pm at Maple
Sat 10:50am – 11:35am at Maple
Mon. 6:45pm – 7:30pm at Portage
Thurs 6:45pm – 7:30pm at Portage
Y Member $45/Non-Member $77

**HOME SCHOOL SWIM LESSONS (3-5 yrs)**
Beginner and advanced beginner lessons for the Pike/Eel levels.
Fri 11:00am – 11:30am at Maple
Fri 4:00pm – 4:30pm at Portage
Y Member $39/Non-Member $55

**HOME SCHOOL SWIM LESSONS (6 -15 yrs)**
Beginner through intermediate lessons for the Polliwog through Shark levels. Swimmers are evaluated and grouped by ability.
Fri 11:00am – Noon at Maple
Fri 3:30pm – 4:30pm at Portage
Y Member $45/Non-Member $62

**TEEN SWIM LESSONS (13 – 17 yrs)**
Beginner to intermediate. This program provides basic swim lessons designed to help learn or improve skills and overcome the fear of water.
Thurs 6:45pm – 7:30pm at Maple
Y Member $45/Non-Member $77

**PRE-COMPETITIVE SWIM TEAM (7 - 12 yrs)**
This program, for the advanced swimmer, helps perfect the four competitive strokes, improve starts and turns, and build up endurance. Prerequisite: Minnow level and/or ability to swim 50 yards perfected freestyle and back crawl.
Mon, Wed 6:30pm – 7:30pm at Maple
Tues, Thurs 5:45pm – 6:45pm at Maple
Tues, Thurs 6:30pm – 7:30pm at  maple
Y Member $85/Non-Member $115

**JUNIOR SWIM TEAM (8-12 yrs)**
Due to the number of swimmers who swim on Sr. Advance and Sr. National Team, and to allow for adequate pool space, we are going to hold Jr. Swim Team 5:30pm – 6:30pm. All participants must be a YMCA member and be able to swim 2,000 to 2,500 yards in a one hour organized practice period. Swimmers must be proficient in all four competitive strokes, starts and turns. Swimming in swim meets is not required. Please contact the Aquatic Office for more information/questions.
Mon, Wed 5:30pm – 6:30pm at Maple
Y Member Only – $85

**SR. ADVANCED SWIM TEAM (12 yrs +)**
All swimmers must be a YMCA member and be able to swim 3,500 – 4,000 yards in an hour and half of organized practice. All swimmers need to be proficient in all four competitive strokes, starts and turns. Swimmers, swimming in swim meets also need to be USA members. Swimming in swim meets is recommended, but not required.
Mon, Tues, Wed, Thurs, Fri
4:00pm – 5:30pm at Maple
Y Member Only
3x/week $140
5x/week $170
SR. NATIONAL SWIM TEAM – Y MEMBERS ONLY (14 yrs.)
This is the senior level of our swim team program. All swimmers must be YMCA members, be able to swim 4000 yards+ in a two hour organized practice. Swimmers, swimming in swim meets, also need to be USA members. Swimming in swim meets is recommended, but not required.
Mon, Tues, Wed, Thu, Fri 3:30pm - 5:30pm at Maple
Mon, Wed, Fri 6:00am to 7:00am at Maple
Sat: 7:30am - 9:00am
Y Member - 3x/weekly $85
Y Member - 4 practices or less/week $190
Y Member - 5 or more practices/week $210

ADULT SWIM - BEGINNER
This class helps you conquer the water and add a new dimension of fitness to your lifestyle. Instructors evaluate skills, help improve your ability and confidence, and aid you in reaching your swimming goals.
Thur 6:45 pm – 7:45pm at Maple
Sat 11:45am - 12:30pm at Maple
Tue 6:45pm – 7:45pm at Portage
Y Member $45/Non-Member $77

ADULT SWIM INTERMEDIATE
This class offers instructions on stroke improvement while getting a great workout. Ideal for post-beginner swimmers.
Thur 6:45pm – 7:45pm at Maple
Thur 6:30pm – 7:30pm at Portage
Y Member $45/Non-Member $77

ADULT MASTER SWIM PROGRAM
This master-level program is designed to give you more of a challenge in your swimming routine. Enjoy a structured workout for intermediate to advanced swimmers. Instruction on stroke improvement also offered.
Wed 5:30pm – 6:30pm at Maple
Y Member $10/Non-Member $63

AQUA BOOT CAMP
This "land and water" class combines weight resistance and training in and out of the pool; 30 minutes land, 45 minutes water. *Water orientation required prior to start of class.
Mon, Wed 10:00am – 11:15am at Maple
Y Member $33/Non-Member $70

AQUA ZUMBA
An exciting and easy to follow dance based class that fuses music style and rhythms. This class will be held in the shallow end of the large pool at Maple.
Sun 2:45pm - 3:30pm at Maple
Y Member Free/Non-Member $45

ARTHITIS AQUATICS
This class is designed to help with increased flexibility, mobility, range of motion, muscular strength and endurance, along with trunk stabilization and balance. Exercises have been approved by physicians and physical therapists.

Mon, Wed, Fri 11:00am – noon at Maple
Mon, Wed 5:30pm – 6:30pm at Maple
Tues, Thur 1:00pm – 2:00pm at Maple
Mon, Wed, Fri 11:00am – noon at Portage
2x/week Y Member $33/Non-Member $53
3x/week Y Member $47/Non-Member $75

ARTHITIS AQUATICS DEEP WATER
This class is designed to help with increased flexibility, mobility, range of motion, muscular strength and endurance, along with trunk stabilization and balance. Exercises have been approved by physicians and physical therapists. Participants must be comfortable in all depths of the pool, classes use both shallow and deep ends.
Mon, Wed, Fri 8:00am – 9:00am at Maple
Mon, Wed, Fri 1:00pm – 2:00pm at Maple
Mon, Fri 2:00pm – 3:00pm at Maple
2x/week Y Member $33/Non-Member $53
3x/week Y Member $47/Non-Member $75

HYDRO-FIT DEEP WATER
This is a high intensity water exercise class designed to increase your muscular strength and tone, and improve your cardiovascular system. Hydro-Fit equipment is provided, though you may bring/purchase your own.
Tues, Thurs 5:30pm – 6:30pm at Maple
Sat 9:00am – 10:00am at Maple
Mon, Tues, Thur 8:00am – 9:00am at Portage
(Non–Members may choose only one location)
1x/week Y Member Free/Non-Member $45
2x/week Y Member Free/Non-Member $75
3x/week Y Member Free/Non-Member $87

HYDRO-FUSION DEEP WATER
This water exercise class is designed to increase your muscular strength and tone, while improving your balance, coordination, flexibility and cardio respiratory system. Participants must be comfortable in all depths of the pool; classes use both shallow and deep ends.
Tues, Thur 9:00am – 10:00am at Maple
Y Member Free/Non-Member $75

LOW IMPACT WATER EXERCISE
This lower intensity water exercise class will improve your flexibility, muscular strength and endurance, along with your balance, coordination, core stability, and cardio-vascular system.
Mon, Wed, Fri 9:00am – 10:00am at Maple
2x/week Y Member Free/Non-Member $75
3x/week Y Member Free/Non-Member $86

PRE & POST-NATAL AQUA FIT
This class is for expectant and/or new mothers. Enjoy the weightless feeling water provides while getting a workout for toning and light cardio. Physician’s written approval is required in advance.
Tues 6:45pm – 7:45pm at Portage
Y Member $33/Non-Member $53

SILVERSNEAKERS® SPLASH
Splash offers fun, shallow water moves to improve agility, flexibility, and cardio endurance. A special kick board is used to develop strength, balance and coordination. No swimming ability is required.
Mon, Wed, Thurs 3:00pm – 4:00pm at Maple
Tues, Thur 11:00am – noon at Portage
2x/week Y Member Free/Non-Member $75
3x/week Y Member Free/Non-Member $87

TRIATHLON SWIM
This program helps you prepare for the big race! Designed for the intermediate level swimmer to improve their skill while preparing for an open water swim. Freestyle stroke is emphasized. Prerequisite: minimum 300 yard free style swim required.
Tues 5:45pm – 6:45pm at Portage
Thur 6:30am – 7:30am at Portage
Y Member $43/Non-Member $68

CERTIFICATIONS

CPR – HEART SAVER – CPR/AED
Adult, child and infant CPR and choking are included in this class for the lay person. Meets requirements for Michigan Day Care licensing.
Sept 23, Oct 21, Nov 18, Dec 16
6:00pm – 9pm at Maple
Y Member and Non Member $50

CPR FOR THE HEALTH CARE PROFESSIONAL 1
This program includes one and two person CPR with bag, valve, and mask; AED and choking are included. Designed for lifeguards, medical professionals and instructors.
Sept 30, Oct 28, Nov 25, Dec 23
6:00pm – 9pm at Maple
Y Member and Non Member $50

HEART SAVER FIRST AID
Basic first aid for adults including environmental emergencies. Class teaches managing illness and injuries in the few first minutes before the arrival of professional help.
Sept 16, Oct 14, Nov 11, Dec 9 at Maple
6:00pm – 9pm at Maple
Y Member and Non Member $50

MORE INFORMATION ONLINE AT WWW.KZOOYMCA.ORG | 11
WATER FITNESS FOR HEALTH
This water aerobic class is designed to improve your cardiovascular system while building strength and flexibility, but avoiding wear and tear on your joints. No previous swimming instruction required.
Mon, Tues, Wed, Thur, Fri
Noon – 1:00pm at Maple
Tues 5:15pm – 6:15pm at Maple
Sun 12:30pm – 1:30pm at Maple
Mon, Tues, Wed, Thur, Fri
9:00am – 10:00am at Portage
Mon, Thur, 7:30p – 8:30p at Portage
1x/week Y Member Free/Non-Member $45
2x/week Y Member Free/Non-Member $75
3x/week Y Member Free/Non-Member $87

WATER FITNESS ORIENTATION
This program is designed to assist individuals in choosing which water fitness class best serves their needs. You will be introduced to equipment used in our various classes along with the actual exercises used during class time. You must sign up for a water orientation if you plan on participating in a water fitness class held in the large pool. Please call Glenda @ 345-9622 ext. 127 to set up an appointment.
Tues 10:00am-10:45a at Maple
 Thur 10:00am-10:45am at Maple
 Y Member Free/Non-Member $15

WATER WALKING/JOGGING
Designed to improve your cardiovascular fitness while offering strengthening, toning, increased flexibility and endurance. Vary your walking/jogging exercise by adding water to your routine.
Mon, Wed, Fri 9:00am – 10:00am at Maple
 Y Member Free/Non-Member $86

ADULT CLASS ONE-TIME DROP-IN
Attending one class for placement or extra practice, providing the class is not full. Y Member $25/Non-Member $38. Portage.

TENNIS

TENNIS RACQUET STRINGING & REGRIPPING
Break a string? Need a new grip? We have a variety of strings and grips from which to choose. For more information or pricing, call the Maple branch at (269) 345-9622 x 170.

PRIVATE LESSONS
Private lessons are available for youth and adults. For more information or to schedule a lesson, call the Maple branch at (269) 345-9622 x 170, or the Portage branch at (269) 324-9622 x 426.

TRAVEL TEAMS
The YMCA hosts many competitive teams of varying ages and ability levels: Women’s 2.5 to 4.0, Men’s 3.5 and 4.0, plus Mixed Doubles and Senior teams. Ask our pros about a team that may be right for you. Call the Maple branch at (269) 345-9622 x 163, or the Portage branch at (269) 324-9622 x 426.

MEN’S DROP IN
Sign up for singles or doubles play on Tuesdays or Thursdays, from noon to 1:30pm September thru April. Y Member $6/Non-Member $10. Please sign up no later than 10:00am the day you wish to play. Maple.

ADULT CLASS ONE-TIME DROP-IN
Attending one class for placement or extra practice, providing the class is not full. Y Member $25/Non-Member $38. Portage.

COURT FEES PER HOUR
Members only.

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<th>Day</th>
<th>Time</th>
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<td>Mon – Fri</td>
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<td>Mon – Fri</td>
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<td>Sat – Sun all day</td>
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</tbody>
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Sept – March: Full price for all reservations and walk-ons.
April – August: Day-before or same-day of play reservation or walk-on is half-off the court fee listed. All court time reservations must be paid for at the time the reservation is made.
Outdoor Court Use: Free walk-on for Maple outdoor courts. Outside clay courts at Portage are available for $6 per hour.

TINY TYKES (3 – 4 yrs)
This beginners class is designed to develop hand-eye coordination and listening skills. It emphasis group interaction and uses age appropriate equipment.
Tues 4:30pm – 5:00pm at Maple
Thur 10:00am – 10:30am at Maple
Sat 8:30am – 9:00am at Maple
Tues 4:30pm – 5:00pm at Portage
Thur 4:30pm – 5:00pm at Portage
Sat 10:00am – 10:30am at Portage
Y Member $56/Non-Member $81

FUTURES (4-6 yrs)
The class is designed to continue reinforcement of basic tennis fundamentals, focusing on match play and basic strategy using 36-foot courts.
Tues 5:00pm – 6:00pm at Maple
Thur 10:30am – 11:30am at Maple
Sat 9:00am – 10:00am at Maple
Tues 5:00pm – 6:00pm at Portage
Thur 5:00pm – 6:00pm at Portage
Sat 9:00am – 10:00am at Portage
Y Member $98/Non-Members $155

COMPETITORS 1 (6-12 yrs)
This class is the first step to becoming a tournament level tennis player. We will focus on stroke technique, as well as learning how to compete with other children in a controlled environment. Sportsmanship and fair play are emphasized. We will also introduce off-court strength and fitness training. Both 36ft and 60ft courts will be used.
Tues 4:30pm – 6:00pm at Maple
Sat 9:00am – 10:30am at Maple
Tues 5:00pm – 6:00pm at Portage
Thur 5:00pm – 6:00pm at Portage
Sat 9:00am – 10:00am at Portage
1 hour class Member $98/Non-Member $155
1.5 hour class Member $140/Non-Member $220

COMPETITORS 2 (7-12 yrs)
At this point, children in this class can rally and serve consistently and are developing directional control. Our goal is to develop a well-rounded, competitive game for your child. Strength and quickness will be developed through off-court training. Involvement in USTA tournament play is encouraged. 60ft courts will be used. Pro approval is needed.
Mon 5:30pm – 7:00pm at Maple
Wed 5:30pm – 7:00pm at Maple
Tues 4:30pm – 6:00pm at Portage
Thur 4:30pm – 6:00pm at Portage
Sat 10:00am – 11:30am at Portage
Y Member $140/Non-Member $220

COACHING
For more information about coaching, please contact the Maple branch at (269) 345-9622 ext. 127.
**COMPETITORS 3 (7 - 12 yrs)**
These kids can play! These players rally consistently, execute some advanced tactics and are comfortable in USTA tournament and Junior Team play. Players work on developing effective swing technique, including the use of spin and speed, becoming more aware of their opponent, how to structure a point in their favor and refining serve techniques including the use of spin on the second serve.

Mon 5:30pm - 7:00pm at Maple
Wed 5:30pm - 7:00pm at Maple
Tues 6:00pm - 7:30pm at Portage
Thr 6:00pm - 7:30pm at Portage
Sat 10:00am - 11:30am at Portage

Y Member $149/Non-Member $230

**TEEN TENNIS 101 (12 - 17yrs)**
This is an introductory level class for teens who want to learn the basics of the game.

Tues 3:30pm - 4:30pm at Maple
Sat noon - 1:00pm at Maple
Fri 5:00pm - 6:00pm at Portage
Sat 10:30am - 11:30am at Portage

Y Member $98/Non-Members $155

**VARSITY**
This is the program for the player who wants to make an impact on their high school team. Focus will continue on conditioning, drills to hone technique, and match play situations.

Fri 4:00pm - 5:30pm at Maple
Sat 10:30am - noon at Maple
Tues 6:00pm - 7:30pm at Portage
Thr 6:00pm - 7:30pm at Portage
Sat 11:30am - 1:00pm at Portage

Y Member $149/Non-Member $230

**ELITE 1**
There are several expectations required for players to enter this class. Players must already prove themselves to be highly self motivated. USTA Tournament play must be a priority, with an emphasis with Midwest rankings. Classes will be based on competitive situations and advance stroke technique. Pro approval is required. For class placement, contact Coach Oak Saad, 269.345.9622 x 170

Y Member $149/Non-Member $230

**ELITE 2**
This is our most advanced class offered. Players must be able to handle accelerated ball speed and be extremely consistent. USTA Tournament is mandatory, with an emphasis on the Midwest and National levels. All players involved in this class should have the desire to play college tennis and beyond. Pro approval is required. For class placement, contact Coach Oak Saad, 269.345.9622 x 170

Y Member $155/Non-Member $240

**TOUR**
Designed for tour-level students who have mastered the basic techniques and tactics. Development of stamina and strength through rigorous off-court conditioning is emphasized. Players will work on varying the flight time, spin and speed of the ball, and developing a tactical game plan around attacking and defending. These players will travel to USTA tournaments outside of the Kalamazoo area.

Tues 4:30pm - 6:00pm at Maple
Thr 4:30pm - 6:00pm at Maple

Y Member $149/Non-Member $230

**ALL CONFERENCE**
High school players with dependable strokes and extensive competitive match play experience. Group includes strength training, situational drills, singles and doubles play. Prerequisite: Instructor approval.

Tues 6:00pm - 7:30pm at Maple
Thr 6:00pm - 7:30pm at Maple
Mon 4:30pm - 6:00pm at Portage
Wed 4:30pm - 6:00pm at Portage
Sat 11:30am - 1:00pm at Portage

Y Member $149/Non-Member $230

**ALL STATE**
These players are the strongest in our Team Training Program. Through strength training, match play and drills designed around point play, players grow to their greatest potential. Pro approval is needed.

Tues 6:00pm - 7:30pm at Maple
Thr 6:00pm - 7:30pm at Maple
Mon 4:30pm - 6:00pm at Portage
Wed 4:30pm - 6:00pm at Portage

Y Member $149/Non-Member $230

**ADULT BEGINNER (2.0 - 2.5 NTRP)**
This class gives novice players the skills and confidence by using traditional balls to learn playing singles and doubles.

Mon 6:00pm - 7:30pm at Portage

Y Member $150/Non-Member $230

**ADULT INTERMEDIATE (3.0 - 3.5 NTRP)**
This class fine tunes the fundamentals for players with previous playing/lesson experience.

Wed 6:00pm - 7:30pm at Portage

Y Member $150/Non-Member $230

**ADULT ADVANCED (3.5 - 4.0 NTRP)**
This class provides high intensity practice, focussed on developing the all-court player. Prerequisite: Instructor approval.

Mon 7:30pm - 9:00pm at Portage

Y Member $150/Non-Member $230

**3.0/3.5 MENS DBLS LEAGUE**
Men’s Doubles League that runs for 1.5 hours. Each week you will be rotated with different partners to play with. Tennis balls are included.

Thr 7:30pm - 9:00pm at Portage

Y Member $88/Non-Member $127

**2.5/3.0 WOMEN’S DBLS LEAGUE**
Woman’s Doubles League that runs for 1.5 hours. Players will be rotated with different partners, weekly. Tennis balls are included.

Thr 9:00am - 10:30am at Portage

Y Member $81/Non-Member $120

**3.0 WOMEN’S DBLS LEAGUE**
Woman’s Doubles League that runs for 1.5 hours. Each week you will be rotated with different partners to play with. Tennis balls are included.

Mon 1:00pm - 2:30pm at Portage
Thr 10:30am - noon at Portage

Y Member $81/Non-Member $120

**3.5/4.0 WOMEN’S DBLS LEAGUE**
Woman’s Doubles League that runs for 1.5 hours. Each week you will be rotated with different partners to play with. Tennis balls are included.

Tues noon - 1:30pm at Portage

Y Member $81/Non-Member $120

**YOUTH FITNESS**

**FAMILY AND YOUTH PROGRAMS**

**Family Nights, Teen Nights, Parents Night Out**
Have fun in the pool, play games in the gym, or grab a racquet for tennis or racquetball with your whole family at our specially designated family nights. With special themed nights throughout the year, it’s a great way to connect with your family and remain active. Check the branch for schedule and activities. Maple, Portage

**HEALTHY KIDS UNIVERSITY**
School-age children. Sign in your children for safe and enriching activities and games while you get your work out. Check the website for schedule and activities. Maple, Portage

**ORGANIZED SPORTS**

Kids learn and play team Flag Football and Y-Ball, while also learning the YMCA core values of honesty, caring, respect and responsibility. Schedule and practice information is available in our branches and on our website, or contact Don Seibert at (269) 324-9622 x 423.

**HEALTHY KIDS UNIVERSITY**
This is a free to member program for school age children. Sign your children in with our staff to participate in a variety of games and activities while you get your work out. Once a week, the group will have an activity regarding healthy living/life style.

Mon – Thrur 5:30pm - 7:30pm Maple and Portage
Y Member Free/Non-Member $6 Day Pass

**BASKETBALL - ITTY BITTY (3 - 5 yrs)**
This class will help your child learn the basics of dribbling, shooting and passing through drills, activities and skill-related games.

Mon 5:30pm - 6:30pm at Maple
Mon 5:00pm - 6:00pm at Portage
Thr 9:30am - 10:30am at Portage

Y Member $24/Non-Member $43

**MORE INFORMATION ONLINE AT WWW.KZOOYMCA.ORG | 13**
BASKETBALL - ROOKIES (6 - 7 yrs)
This class will introduce and develop your child's dribbling techniques, shooting form, and the ability to make proper passes through drills and activities.
Mon 6:30pm - 7:30pm at Maple
Mon 6:00pm - 7:00pm at Portage
Y Member $24/Non-Member $43

CREATIVE DANCE (3-6)
This class introduces your child to basic contemporary dance techniques. Students become aware of body alignment and movement through exposure to dance fundamentals and dance exercises. Class includes group recital at the end of the session.
Thur 6:30pm - 7:15pm at Maple
Y Member $29/Non-Member $49

CREATIVE DANCE (7-9 yrs.)
This class allows your child to use different dance techniques in expressive and creative forms. Students will learn different routines each week through fun choreography and technique, while building discipline through body movement. Class includes group recital at the end of the session.
Thur 7:30pm - 8:30pm at Maple
Y Member $29/Non-Member $49

DODGE BALL - Middle School
Drop in for some action packed dodgeball games on 7:00pm - 8:30pm on Wednesday nights.
Wed 7:00pm - 8:30pm at Portage
Y Member Free/Non-Member Free

DODGE BALL - High School
Drop in for some action packed dodgeball games on 7:00pm - 8:30pm on Thursday nights.
Thurs 7:00pm - 8:30pm at Portage
Y Member Free/Non-Member Free

FENCING
This class teaches participants about the sport of fencing, from skilled instructors with Triblade Academy. Equipment is provided, please wear comfortable gym attire.
Wed 7:00pm - 9:00pm at Maple
Thur 7:00pm - 9:00pm at Portage
Y Member $39/Non-Member $59

FIT CREW
Learn how to use resistance and cardio equipment, stretch properly and eat right. You’ll receive fitness certification that grants access to equipment without adult supervision. Ages 12 - 14.
Mon, Wed 3:30pm - 4:30pm at Maple
Tues, Thurs 3:30pm - 4:30pm at Maple
Y Members $15/Non-Members $20

FLOOR HOCKEY (Ages 6-12)
Join us and learn the basics of passing and shooting along with time for skill-related games.
Thur 5:30pm - 6:00pm at Maple
Y Members $15/Non-Member $37

JITTERBUGS (18mo - 36mo)
This class provides toddlers an introduction to dance and creativity through movement.
Fri 9:15am - 9:45am at Portage
Y Members $18/Non-Member $29

PINT SIZE PLAY (18 - 36 mo.)
This class includes free play, games, music, and parachute games that stimulate cognitive development and physical and social skills. Parent and child interaction throughout the session.
Mon 9:30am - 10:00am at Maple
Tues 9:30am - 10:00am at Maple
Mon 9:30am - 10:00am at Portage
Tues 9:30am - 10:00 am at Portage
Y Member $15/Non-Member $37

PRE/TAP PRE/BALLET (3-4)
This class offers an early introduction to ballet position, barre exercises, and tap steps. (Ballet shoes not required, but tap shoes are needed).
Thur 4:00pm - 4:45pm at Portage
Y Member $29/Non-Member $49

PRE/TAP PRE/BALLET (5-6)
This class offers an early introduction to ballet position, barre exercises, and tap steps. (Ballet shoes not required, but tap shoes are needed.)
Thur 4:45pm - 5:30pm at Portage
Y Member $29/Non-Member $49

RACQUETBALL - YOUTH & TEEN BEGINNERS (8 - 16 yrs)
Participants in this beginner clinic learn the basic rules, positioning and strategies. A fast-paced and exciting sport for you and your friends.
Mon 5:30pm - 6:30pm at Maple
Thur 6:30pm - 7:30pm at Portage
Y Member $39/Non-Member $56

RACQUETBALL - YOUTH & TEEN ADVANCED (8-16 yrs)
Improve your skills, strategies, positioning and shot selection. Emphasis will be placed on sportsmanship and competition.
Mon 5:30pm - 6:30pm at Maple
Thur 6:30pm - 7:30pm at Portage
Y Member $39/Non-Member $56

RACQUETBALL - FAMILY
Bring your family and enjoy an evening of racquetball. Equipment and limited instruction available.
Fri 6:30pm - 7:30pm at Maple
Thur 6:30pm - 7:30pm at Portage
Y Member $39/Non-Member $56

SOCCER - ITTY BITTY (3 - 5 yrs)
This class introduces dribbling, shooting, passing, teamwork, sportsmanship, and having fun while learning.
Wed 5:30pm - 6:30pm at Maple
Y Member $24/Non-Member $43

SOCCER - ROOKIES (6 - 8 yrs)
This class builds on skills learned in Itty Bitty, with emphasis placed on dribbling, shooting, passing, teamwork, sportsmanship, and having fun while learning.
Wed 6:30pm - 7:30pm at Maple
Y Member $24/Non-Member $43

TAEKWONDO (4 - 6 yrs)
Taekwondo offers a great way for children to build confidence, self-esteem, respect, discipline, strength, flexibility and patience in a teamwork setting. Our instructor will teach you to channel energy into a positive attitude in a fun and active atmosphere.
Sat 9:30am - 10:15am at Maple
Y Member $29/Non-Member $44

TAEKWONDO (7 - 11 yrs)
Taekwondo offers a great way for children 7-11, to build confidence, self-esteem, respect, discipline, strength, flexibility and patience in a teamwork setting. Our instructor will teach you to channel energy into a positive attitude in a fun and active atmosphere.
Mon, Wed, Fri, Sat 5:30pm - 6:30pm at Maple
TAEKWONDO YOUTH & ADULT
Taekwondo offers a great way for more experienced children and adults to build confidence, self-esteem, respect, discipline, strength, flexibility and patience in a team work setting. Our instructor will teach you to channel energy into a positive attitude in a fun and active atmosphere.
Mon, Wed, Fri, Sat 6:30pm - 7:30pm at Maple
1x/week Y Member $29/Non Member $44
2x/week Y Member $44/Non-Member $66
3x/week Y Member $66/Non-Member $99

VOLLEYBALL (8 - 14yrs)
This class will help your child develop basic skills in strategy and game play.
Tues 6:30pm – 7:30pm at Maple
Y Member $24/Non-Member $43

YOUTH – ARTS & HUMANITIES

GILMORE PIANO LAB LEVEL 1
This class offers small group piano lessons for middle school students with no previous piano experience. Digital pianos, music, and folders will be provided. The 14 week class culminates in a public recital for students and families.
Mon, Tues, Wed, Thurs 3:15pm – 4:00pm at Maple
Y Member $30/Non-Member $45

GILMORE PIANO LAB LEVEL 2
This class offers small group piano lessons for middle school students who have previously studied piano with Gilmore Elementary or with a private instructor. Digital pianos, music, and folders will be provided. The 14 week class culminates in a public recital for students and families.
Mon, Tues, Wed, Thurs, 4:15pm – 5:00pm at Maple
Y Member $30/Non-Member $45

EARLY ART CLASS (3-6 yrs)
Art and craft projects based on a weekly, literary theme. We will start class with a book, and do an art project related to the book.
Fri 10:00am – 10:30am at Portage
Y Member $21/Non-Member $33

ADVENTURES IN ART (4-7 yrs)
Get ready to explore culture and art around the world through self expression and creativity. By painting, drawing, crafts and more, this art class will provide an emotionally rewarding and nurturing experience for your young artist.
Thurs 6:30pm – 7:30pm at Maple
Y Member $38/Non-Member $55

SPECIAL EVENTS

FAMILY FUN NIGHT
See the magical performance of Brian Penney, followed by tennis, swimming, arts and crafts. Includes a healthy snack and open gym time.
Friday, Sept. 18 7:00pm – 9:00pm at Maple
Y Member Free/ Non-Member $25 per family

SWIM WITH SANTA
Come and enjoy an evening at the YMCA, talking with Santa, meeting other families, and swimming! The evening will be as follows: 6-7:30pm talking with Santa, 7:30pm – 8:30pm swimming and special give aways. Bring a new or gently used toy to give to families in need. For further information call the aquatics office at 269-345-9622 x 127.
Friday, December 11 6:00pm – 8:30pm at Maple

MIDDLE SCHOOL NIGHT OUT
Have fun with the Wii games, dodge ball tournament, volleyball, tennis, swimming, and more. Pizza will be available to purchase for $1 a slice.
7:15pm – 10:00pm (after the Y closes)
Saturday, October 17 at Maple
Saturday, November 14 at Maple
Saturday, December 12 at Maple
Saturday, September 19 at Portage
Saturday, October 10 at Portage
Saturday, October 24 at Portage
Saturday, November 7 at Portage
Saturday, November 21 at Portage
Saturday, December 5 at Portage
$10 per participant

PARENT’S NIGHT OUT – TENNIS
Parents, you deserve a break! Drop off your kids to play tennis, play games and have fun on the court at the Y. No experience necessary. Racquets and pizza will be provided. Kids ages 6-12 years old.
Friday, September 25 6:30pm – 9:00pm at Portage
Friday, November 20 6:30pm – 9:00pm at Portage
$15 per child

ADULT MIXER – TENNIS
A great way to meet other adult tennis players. Mixer will consist of tennis games and drills with match play. Come join the fun out on the tennis courts.
Friday, October 16 6:30pm – 8:00pm at Portage
Friday, November 13 6:30pm – 8:00pm at Portage
Friday, December 18 6:30pm – 8:00pm at Portage
$10 per participant
LIVESTRONG at the YMCA is a free, 12-week, small group, health and wellness program designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and the disease itself. LIVESTRONG at the YMCA supports the increasing number of cancer survivors who are in transition between completing cancer treatment and feeling physically and emotionally strong enough to return to normal life or the "new normal."

Meet Lisa

All participants in the LIVESTRONG at the YMCA class have the opportunity to share their story, favorite quotes, life lessons and provide feedback on our twelve week class in a traveling journal. Lisa Smith shared her story with us in December of 2012.

“So often in life we are surrounded by people who truly care about us, but just can’t understand. Living after cancer changes us. Some of the changes are for the better, some aren’t – regardless, we are different. The participants in this class get that! Here, you find encouragement, patience, truth, empathy, compassion and above all, a sense of humor. While we are learning to be healthy again – we laugh. And we see how strong we are becoming.”

– Lisa

As Lisa and her LIVESTRONG classmates learned, the program’s goal is to help participants build muscle mass and muscle strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self-esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life.

To learn more, contact: Trish Harrison, Project Manager LIVESTRONG at the YMCA, 269-324-9622 x435 or email livestrong@kzooymca.org.

Ask about the Y’s new mobile phone app: closings, schedules, and other information just a smartphone away!