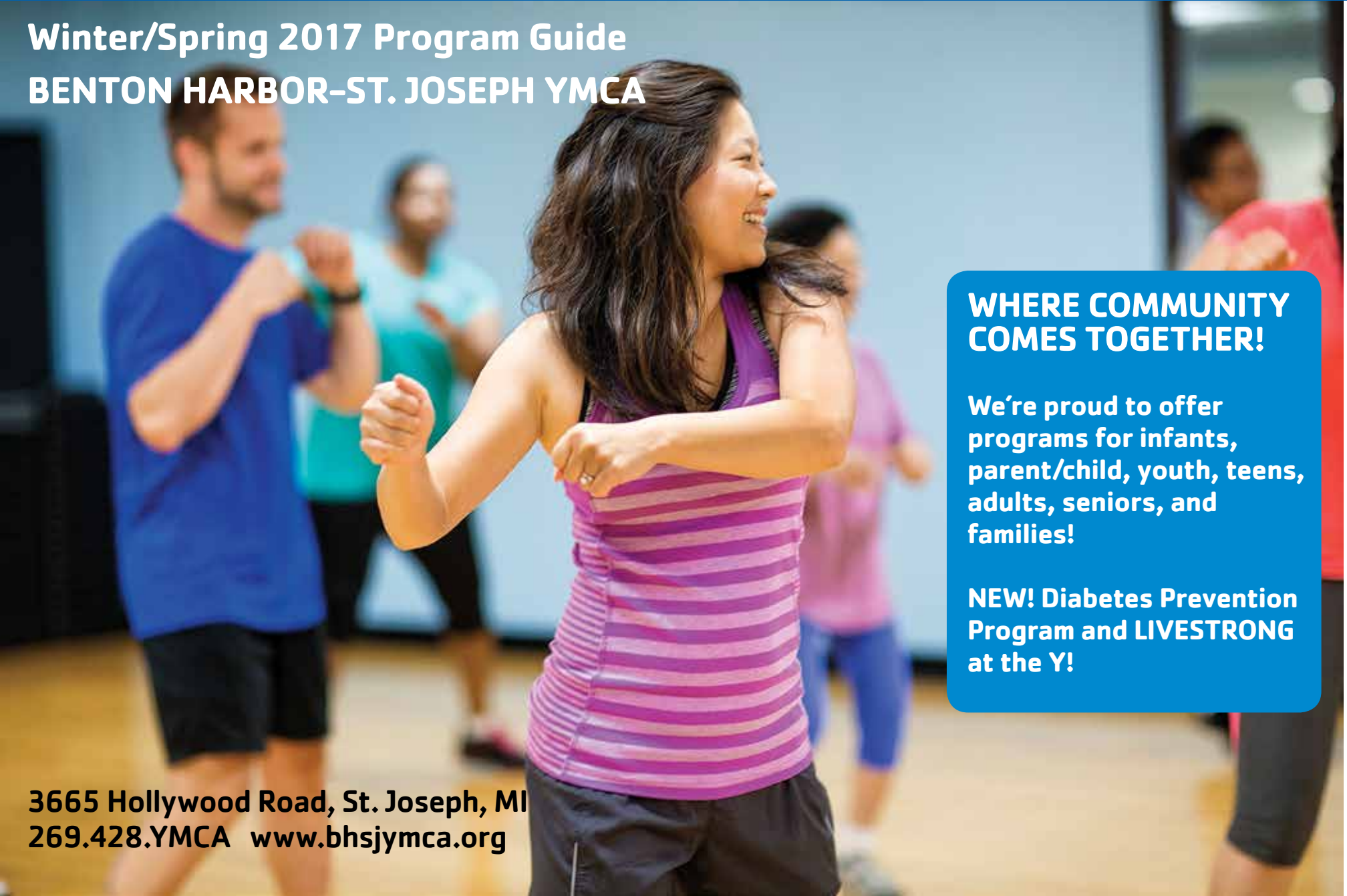




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A BETTER YOU MAKES A BETTER US

Winter/Spring 2017 Program Guide  
BENTON HARBOR-ST. JOSEPH YMCA



**WHERE COMMUNITY  
COMES TOGETHER!**

We're proud to offer programs for infants, parent/child, youth, teens, adults, seniors, and families!

**NEW! Diabetes Prevention Program and LIVESTRONG at the Y!**

3665 Hollywood Road, St. Joseph, MI  
269.428.YMCA [www.bhsjymca.org](http://www.bhsjymca.org)

# GROWING FOR OUR COMMUNITY

Welcome to your newly renovated and expanded YMCA!

The Y is an inclusive organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

For more than 85 years, the Benton Harbor-St. Joseph YMCA has contributed to the lives of thousands of people of all ages, races, religions, and economic backgrounds. We are a nonprofit charitable organization like few others in the area. At the Y, we have the unique opportunity to touch the lives of infants, children, adults and seniors throughout the Southwest Michigan community.

The Y nurtures the potential of every person we encounter. We believe that everyone should have the opportunity to learn, grow and thrive. Through our local presence and global reach, we mobilize our local communities to effect lasting, meaningful change through community partnerships, our program offerings and the collective strength of our volunteers and staff.

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Giving back and providing support to our neighbors

### SESSION DATES:

**Winter Session 1:**  
**Sun., January 8- Sat., February 25** (7 weeks)  
 Member Registration begins Mon., Dec. 5  
 Community Registration begins Mon., Dec. 12

**Winter Session 2:**  
**Sun., February 26-Sat., April 22** (7 weeks-No classes 4/3-4/8)  
 Member Registration begins Mon., Feb. 12  
 Community Registration begins Mon., Feb. 17

**Spring Session:**  
**Sun., April 23-Sat., June 10** (7 weeks)  
 Member Registration begins Mon., March 20  
 Community Registration begins Mon., March 27



# ALWAYS HERE FOR OUR COMMUNITY

## KEEPING YOU INFORMED

### HOURS OF OPERATION

#### January 2-May 28

Monday-Friday	5:00 am-10:00 pm
Saturday	6:00 am-6:00 pm
Sunday	11:30 am-6:00 pm

### HOLIDAYS

<b>Closed:</b> Christmas	December 25
Easter Sunday	April 16
Memorial Day	May 29

#### Early Closing:

Christmas Eve	December 24, 6:00 am-2:00 pm
New Year's Eve	December 31, 6:00 am-2:00 pm
New Year's Day	January 1, 11:30 am-4:00 pm

### STAFF

**Mark Weber**  
Chief Executive Officer

**Cassandra Adams**  
Membership-Financial Assistance, Silver Sneakers

**Emily Bublick**  
Lakeshore SACC Site Coordinator

**Sarah Calhoun**  
Family Program Supervisor, Birthday Parties, Building Rentals

**Heber Campechano**  
Sports Coordinator

**Michelle Caple**  
Accounts Payable, HR

**Sarah Franks**  
Childwatch Supervisor

**Kelly Freye**  
Preschool Program Assistant/Lead Teacher

**Nancy Gitlin**  
Group Fitness/Dance Supervisor

**Kendra Gray**  
Aquatics Coordinator-Pool, Lessons, Swim Teams

**Jen Hobson**  
Executive Assistant

**Sheila Mayne**  
Communications Coordinator

**Emily Nannfeldt**  
Community Health Outreach

**Monica Norton**  
Healthy Living Director

**Daniel Ostyn**  
Youth Development Director

**Amanda Paine**  
Member Service Supervisor

**Denise Peters**  
Vice President of Programs

**Michael Peters**  
Maintenance Supervisor

**Chris Reck**  
St. Joseph SACC Site Coordinator

**Stephen Rockette**  
Health & Wellness Supervisor

**Dan Smith**  
Lifeguard Coordinator & Pool Safety

**Erica Walsh**  
Health Initiatives Coordinator

### Y MEMBERSHIP BENEFITS:

- Group exercises classes (unless otherwise noted) are included in adult and household memberships adding variety to your workout
- Free drop-in child care while you workout included with your household membership (see page 4)
- Orientations help you feel comfortable with our cardio and strength equipment
- Lower rates for all programs, including swim lessons and camps, for a greater value
- AWAY program allows you access to Ys around the country to keep your fitness routine uninterrupted

### METHODS OF PAYMENT

#### Electronic Bankdraft

An easy way to pay as you go! Your checking account, savings account, or credit card is debited once per month. See the YMCA Member Service Center for more details.

#### Annual Fee

The annual fee may be paid in full upon joining and yearly thereafter with cash or check. See the YMCA Member Service Center for more details.

### EVERYONE IS WELCOME

We are open to all people. Through the generosity of donors, we are able to provide programs and services to those who may not otherwise be able to participate. Financial assistance is available to help those in need.

If you cannot afford the full cost of a YMCA program or membership, you may apply for financial assistance. Stop by the YMCA Member Service Center for an application or download the application from our website. All YMCA members receive the same membership benefits, regardless of assistance.

### GUESTS ARE WELCOME AT THE Y

The YMCA is a membership driven organization. We want our members to enjoy their membership and have ample access to equipment and facilities. Guests are welcome to use our YMCA at non-peak times.

#### Labor Day to Memorial Day:

Guests are welcome during non peak times-

Monday through Thursday:

5:00 am-3:00 pm

7:00 pm-Close

Friday: 5:00 am-3:00 pm

Saturday: 6:00 am-9:00 am

2:00 pm-Close

Sunday: 11:30 am-6:00 pm

Guest Pass Policy: Guests must have photo identification such as driver's license or school ID; pay the daily guest pass fee listed below; adhere to the YMCA Code of Conduct.

**Please Note:** Members only Fridays after 3:00 pm.

Hours are subject to change at the discretion of the YMCA.

### HOW TO SIGN UP FOR PROGRAMS

- Visit us and register at the Member Service Center, or register on-line. (To register on our website, we must have your email address in our YMCA registration system).
  - Call the Member Service Center and use your Visa, Master Card or Discover Card.
  - Or, you may register for most classes on-line at [www.bhsjymca.org](http://www.bhsjymca.org)
- Winter Session 1 & 2, and Spring Session run for 7 weeks; unless indicated otherwise in the class description.

### REFUND/TRANSFER POLICY

- Classes are filled on a first come, first served basis. The YMCA reserves the right to cancel classes with insufficient registration with all fees to be refunded
- Payment is required at the time of registration
- Refunds/credits will not be issued due to inclement weather or personal schedule conflicts
- No refunds/credits will be issued after the 2nd class meeting date without a valid medical excuse
- All refunds/credits and transfers are subject to a processing fee of \$5.00

### SEVERE OR INCLEMENT WEATHER POLICY

A decision to cancel programs is made when there is severe or inclement weather. When weather threatens safe traveling to and from the YMCA or rain threatens outdoor programs, please call 428-9622 to learn if programs will run, or for YMCA weather-related class and building cancellations go to [wsjm.com](http://wsjm.com) or [www.bhsjymca.org](http://www.bhsjymca.org). In addition to sending out a Constant Contact email, we will also post information on our website, Facebook and Twitter pages.

### PHOTOS/VIDEOS

The YMCA reserves the right to take photos/videos of its participants for brochures, publications and marketing purposes (social media, website, Facebook, You Tube and Twitter). Please let us know if you do not wish to be photographed or video taped.

### CHANGES MAY OCCUR

Complete details of program policies, procedures, guidelines, dates and times are sometimes omitted from the program guide due to space limitations and time of printing. We apologize for any errors and thank you for your patience and understanding should these situations occur. Please visit our website for updated information: [www.bhsjymca.org](http://www.bhsjymca.org)

### HELP US AVOID CANCELLED CLASSES

We cancelled it because we didn't know you wanted it! Sometimes excellent courses with super instructors are cancelled when too many people wait until the last minute to register. Our courses have to be cost recoverable, and we need a minimum of students enrolled before a class will run. To avoid inconvenience to students, we cancel classes with no (or low) registrations ahead of time. This includes our special events too! **Avoid disappointment...register early!**

### STAY INFORMED

We update our FACEBOOK, TWITTER and web page on a regular basis. In addition to FACEBOOK and our web page, we send out monthly newsletters via Constant Contact. Make sure we have your email address in our computer data base.

**NEW!!! Be sure to download our free APP available at the Google Play and the App Store. You'll have access to schedules, programs, camps and more! Plus, you can use your mobile device to scan in and you can also receive push notifications.**

### YMCA MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.





# YOUTH DEVELOPMENT

## CHILD CARE

### YMCA Childwatch (Ages 6 weeks-8 years)

The Y Childwatch is here for you when you need an extra helping hand to watch the kids while you take care of you! Located in our new Childwatch area, our program includes age specific games, creative toys, pretend play, songs, stories and much more.

**NEW!** Come join us each weekday from 10:20am-11:20am for our themed activities. Our staff will develop small and large motor skills, art, and many other fun activities. We hope to see you for themed activity times!

#### Hours:

Monday-Friday: 7:50 am-8:15 pm

Saturday: 7:50 am-12:00 pm

	HOUSEHOLD MEMBERSHIP	ADULT MEMBERSHIP	COMMUNITY
Monthly Pass	FREE	\$22	N/A
Daily Pass	FREE	\$6- 1st Child, each add'l. child, \$5	\$9- 1st Child, each add'l. child, \$6

- ONLY the parents/legal guardians of a child may sign him/her into the Childwatch, and MUST remain in the building or on the YMCA campus while their children are in our care. Children will only be released to the parent/guardian who has signed them into the Childwatch. ID's will be verified, when necessary.
- There is a 2.5 hour limit per day on all passes.
- All monthly passes must be renewed by the 1st Friday of each month.

### Kids Day Off (Young 5's-5th grade)

This program is run in conjunction with the St. Joseph and Lakeshore school calendar.

Dates: Please visit our website, [www.bhsjymca.org](http://www.bhsjymca.org)

This program provides child care needs when schools have planned half or full days off.

- Be creative with planned crafts, coloring and drawing.
- Build on our awesome Lego table.
- Play foursquare, ping pong, foosball or pop-a-shot basketball in our active area.
- Enjoy playing with your friends in our pool.
- All children should bring a LUNCH, SWIMSUIT and TOWEL.
- Pick up and drop off are at parents' convenience.

**Lakeshore:** On half days, the Y bus or van picks up students at Roosevelt and shuttles them back to the Y; (Hollywood and Stewart kids are bused to Roosevelt by the Lakeshore bus system).

TIME	LOCATION	FEE
12:00-6:00 pm	Community Room/Active Area	\$25

**St. Joe:** On half days, students are dropped off at the Y by the St. Joseph School bus system.

TIME	LOCATION	FEE
12:00-6:00 pm	Community Room/Active Area	\$25

**All Schools:** On school days, when your child's school has a planned day off that coincides with the Lakeshore and/or St. Joseph Public Schools schedule, you can drop off and pick up your child at the Y. Please visit the Lakeshore & St. Joseph Public Schools websites for their FULL DAYS OFF.

TIME	LOCATION	FEE
6:45 AM-6:00 pm	Community Room/Active Area	\$40

### Spring Break Camp (ages 5-12)

April 3-7

Same activities as Kids Day Off; see description above.

TIME	LOCATION	FEE
6:45 am-6:00 pm	Community Room/Active Area	\$40/Day

### School Age Child Care

With so many demands on today's families and the increased focus on early brain development, families need all the support they can get to nurture the potential of youth. That's why child care and early learning programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, trusting relationships, and build self-reliance through the Y values of caring, honesty, respect, and responsibility.

In order to address the individual mission of the Benton Harbor/St. Joseph YMCA Family Center, the School Age Child Care Program will be committed to accomplishing the following goals:

- Provide a safe and nurturing environment where each individual feels welcome and respected.
- Adopt and maintain a healthy lifestyle.
- Developing an appreciation for the importance of lifelong learning.
- Strengthen the quality of relationships children have with others.
- Develop an appreciation for himself/herself, family, school, community, country and other cultures.
- Develop and improve social skills: acceptance of others, cooperation, responsibility and avoidance of negative comments towards others.
- Have fun!

### LAKESHORE 2016-2017 School Year (Young 5's-5th Grade)

Program is held onsite at Roosevelt Elementary. Drop off in the morning is at the school. Hollywood and Stewart students are bused to their schools about 8:00 am by the Lakeshore bus system. The Lakeshore bus system drops off the Hollywood and Stewart students about 3:40 pm at Roosevelt. Afternoon pick up will be at Roosevelt. Registration is \$20 per family and is on a full time basis unless previously discussed with program director. Rates listed below are per month and reflect 2016/17 fees. Open registration for 2017/18 begins February 16.

	HOUSEHOLD MEMBERSHIP	COMMUNITY
AM (6:45-8:15)	\$68	\$118
PM (3:25-6:00)	\$140	\$190
BOTH AM & PM	\$193	\$243

### ST. JOSEPH 2016-2017 School Year (Young 5's-5th Grade)

Registration is \$20 per family and is on a full time basis, unless previously discussed with program director. Drop off for AM care is at the YMCA starting at 6:45. The St. Joseph bus system will pick students up and take them to their school. St. Joseph bus system will also drop off students at the Y after school. Pick up will be at the Y anytime before 6:00 PM. 2015-16 School Year drop off times were: EP Clarke 4:05, Lincoln and Brown 4:35. Rates listed below are per month and reflect 2016/17 fees. Open registration for 2017/18 begins February 16.

E.P. CLARKE	HOUSEHOLD MEMBERSHIP	COMMUNITY
AM (6:45-8:00)	\$68	\$118
PM (4:00-6:00)	\$120	\$170
BOTH AM & PM	\$173	\$223
BROWN/LINCOLN	HOUSEHOLD MEMBERSHIP	COMMUNITY
AM (6:45-8:00)	\$68	\$118
PM (4:30-6:00)	\$95	\$145
BOTH AM & PM	\$148	\$198

### YMCA Gla-Da-Wen-Ta SUMMER DAY CAMP

(Ages 5-12) Themed one-week camps, for 10 weeks, June 12-August 18!

Your child will have a great time at our camp which begins 9:00 am each day and ends at 4:30 pm, after swim time.

YMCA Members, \$115.00/week. Community, \$140.00/week

Extended hours available before and after camp.

Pre-Care: \$25/week per child or \$6/day (7:00-8:45 am)

Post-Care: \$25/week per child or \$6/day (4:30-6:00 pm)

**EARLY  
REGISTRATION!**  
Begins Feb. 16, 2017

A \$50 non-refundable deposit is required to hold your child's spot. There will be exciting FIELD TRIPS held each week. Field Trips are included in the price of camp. For more information contact Daniel Ostyn, 428-9622. Watch for our Camp Brochure in-house and on-line, [www.bhsjymca.org](http://www.bhsjymca.org)

# YOUTH DEVELOPMENT

## EDUCATION & LEADERSHIP

### BUILDING BLOCKS PRESCHOOL

We believe all kids have potential and should have the opportunity to discover who they are, express themselves, and be nurtured in all their possibility. Building Blocks is a licensed preschool where growing and learning happen everyday. Your child will develop skills to build character values, self-esteem, and improve kindergarten readiness.

We base our educational and guidance decisions for children on our knowledge of child development. Our number one goal is to provide the kind of environment and influence that encourages all children to become creative, independent and responsible students who can make positive choices for themselves.

All of our preschool classes will be using Zoo-Phonics, Preschool: Adventures in Learning curriculum. Zoo-Phonics teaches the phases of the language process through the concept of "The Hierarchy of Learning." These stages are first listen, then speaking, reading and writing. We use a building blocks approach to our curriculum. Starting in Angelfish we continue to build adding new concepts throughout our other classes so that your child is Kindergarten READY!

- While in our program, students will gain confidence through play, exploration, and social interactions.
- Students will develop skills to successfully communicate with others and discover different ways to be creative and expressive about their feelings and thoughts.
- The opportunity to interact with other students in group activities; stations and free play will help children grow socially and emotionally
- The opportunity to develop fine and gross/large motor skills will be offered everyday through active games and activities

SWIM: For an additional fee, students will have the opportunity once a week to work with YMCA swim instructors to learn basic swimming strokes and gain confidence in the water. Fees listed below are per month and are for the 2016/17 school year.

#### NEW! Preschool Pre & Post Care

We're offering something new for Building Blocks Preschool students...Pre and Post Care! We're providing preschool families that need childcare, either before and/or after our preschool hours.

- The program is only available on days when your child has preschool classes.
- Pre-Care for Dragon students, 10:00 am-Noon
- Childcare is provided by the YMCA Childwatch staff.
- YMCA Staff will sign your student in/out when it's time for school or at the end of school.

TIME	FEE
AM or PM, Per Day	\$5/Day
AM (7:55-8:55)	\$20/month
PM (11:55-1:55)	\$40/month
BOTH AM & PM	\$50/month



#### PRESCHOOL OPEN HOUSE

February 16, 6:00-7:30 pm

Open registration for the 2017/18 school year begins that night!

CLASS NAME	AGE	DAY	TIME	HOUSEHOLD MEMBER/Month	YOUTH MEMBER/Month	COMMUNITY/Month	SWIM FEE-Monthly: MEMBER/COMMUNITY
Angelfish	2 1/2-3 Years. Must be 2 by May 1, 2016	W	9:30-11:30 am	\$50	\$78	\$100	NA
Butterflies	Young 3's. Must be 3 by September 1, 2016	T/TH	8:55-11:55 am	\$108	\$136	\$158	\$20/\$36
Chipmunks	Older 3's. Must be 4 by February 1, 2017	T/TH	8:55-11:55 am	\$108	\$136	\$158	\$20/\$36
Dinosaurs	Young 4's. Must be 4 by September 1, 2016	M/W/F	8:55-11:55 am	\$144	\$172	\$194	\$20/\$36
Eagles	Young 5's. Must be 5 by February 1, 2017	M/W/F	8:55-1:30 pm	\$176	\$204	\$226	\$20/\$36
Dragons	4 Year Olds. Must be 4 by September 1, 2016	M/W/F	12:05-3:05 pm	\$144	\$172	\$194	\$20/\$36

#### NEW! THE LOFT: M.S.H.O.

(Middle School Hang-Out)

Middle school youth will love hanging out in our new program--just for them! The program will offer project-based learning, academic support, physical activity, and character development.

Grades 6-8  
Starts January 4th  
Monday-Friday, 3:15-6:00 pm  
\$150/month

- Includes FREE Youth Membership
- Bus stop at the Y for Lakeshore and St. Joseph Public School students

#### HEALTHY U/ [Designed for school groups]

Our Healthy U program is a 6-9 week program that teaches children about nutrition; how to identify, practice and adapt healthy living habits. The program is offered at the YMCA or we can come to your school!

Our nutrition curriculum encourages changes and behavior that support healthy eating habits while the physical education component incorporates health related fitness skills, teaching children the benefits of physical activity. In addition, our program instructs students on the fundamentals of water safety and teaches basic swimming skills.

The curriculum we will incorporate is C.A.T.C.H. (Coordinated Approach To Child Health). It is an evidence-based Coordinated School Health Program designed to promote physical activity and healthy food choices. By teaching children that eating healthy and being physically active every day can be FUN, the C.A.T.C.H. program has proven that establishing healthy habits in childhood can promote behavior changes that can last a lifetime.

For more information, please call Emily Nannfeldt at 428-9622. Healthy U is supported by the United Way of Southwest Michigan.



# YOUTH DEVELOPMENT

**NEW!**  
Parent/Child  
Classes!

## SWIM, SPORTS & PLAY

### BUILDING BLOCKS FOUNDATIONS, PARENT/CHILD CLASSES

CLASS NAME	AGE	DAY	TIME	LOCATION	MEMBER	COMMUNITY
<b>Foundations of Music &amp; Motion</b> This program connects a community of parents and their young children, fosters the parent/child relationship and use what studies have shown to be one of the best foundations of early learning and brain development: MUSIC! <ul style="list-style-type: none"> <li>• Music focused activities that helps develop large motor skills using age appropriate gymnastics and gym equipment</li> <li>• Fine motor skill development while exploring musical instruments</li> <li>• Introduction to colors, shapes, counting and the Zoo Phonics curriculum</li> <li>• Meet other families in our community with young children</li> </ul>	18 mon.-3 yrs.	TH	9:10-9:55 am	Hanson Family Gym	\$48/7-Week Fee Winter 1 & 2, Spring	\$96/7-Week Fee Winter 1 & 2, Spring
		SA	9:30-10:15 am	Hanson Family Gym	Spring only	Spring only
<b>Foundations of Education</b> This program connects a community of parents and their young children, fosters the parent/child relationship and begin the development of life long learning through play, stories, crafts and songs. <ul style="list-style-type: none"> <li>• Introduction of the Zoo Phonics song, movements and characters</li> <li>• Theme based story, craft and play each week</li> <li>• Children gain confidence through play, exploration and interactions with others</li> <li>• Develop fine and large motor skills</li> <li>• Meet other families in our community with young children</li> </ul>	18 mon.-3 yrs.	T	9:10-9:55 am	Community Room	\$48/7-Week Fee Winter 1 & 2, Spring	\$96/7-Week Fee Winter 1 & 2, Spring
<b>Foundations of Art</b> This program connects a community of parents and their young children, fosters the parent/child relationship and begin their exploration into their creative side. <ul style="list-style-type: none"> <li>• Interactive class that encourages parents and children to work together to develop beautiful masterpieces</li> <li>• Develop fine motor skills using clay, brushes, and markers</li> <li>• Meet other families in our community with young children</li> </ul>	18 mon.-3 yrs.	F	9:10-9:55 am	Community Room	\$48/7-Week Fee Winter 1 & 2, Spring	\$96/7-Week Fee Winter 1 & 2, Spring
		SA	9:30-10:15 am	Community Room	Winter 1 only	Winter 1 only
<b>Foundations of Fitness</b> This program connects a community of new mothers, fosters the parent/child relationship and get a great workout through cardio, strength and yoga moves. <ul style="list-style-type: none"> <li>• Your stroller will be used as part of our cardio and strength moves</li> <li>• Improved strength and flexibility</li> <li>• Meet other families in our community with young children</li> </ul>	6 wks.-1 yr.	W	10:00-10:45 am	Hanson Family Gym	\$48/7-Week Fee Winter 1 & 2, Spring	\$96/7-Week Fee Winter 1 & 2, Spring
		SA	9:30-10:15 am	Hanson Family Gym	Winter 2 only	Winter 2 only
<b>Foundations of Swim: Shrimp/Kipper</b> This program connects a community of parents and their young children, fosters the parent/child relationship and to begin the development of confidence in the water. <ul style="list-style-type: none"> <li>• Child will start developing confidence in the water through play and class interactions</li> <li>• Basic water safety including drowning prevention skills learned through floating</li> <li>• Meet other families in our community with young children</li> </ul>	6 mon.-2 yrs.	M	10:00-10:30 am	Pool	\$48/7-Week Fee Winter 1 & 2, Spring	\$70/7-Week Fee Winter 1 & 2, Spring
		SA	10:30-11:00 am			
<b>Foundations of Swim: Perch</b> (Description, same as above.)	2-4 yrs.	M	10:30-11:00 am	Pool	\$48/7-Week Fee Winter 1 & 2, Spring	\$70/7-Week Fee Winter 1 & 2, Spring

## SWIM, SPORTS & PLAY

### HOME SCHOOL PROGRAMS

#### Healthy U (Physical Activity & Swim), ages 6-12

In this program youth will build relationships, self-confidence, gain team building strategies and increase their knowledge of nutrition. More details on our Healthy U program can be found on page 5.

**Tuesday 1:00-2:45 pm** (Registration must be done at the YMCA)

#### Swim, Cycle, Run, ages 12-18

Through Cycle, Run, and Swim, youth will build confidence, strength and endurance through triathlon coaching.

**Tuesday 1:00-2:45 pm** (Registration must be done at the YMCA)

DATE	MEMBER	COMMUNITY
Jan. 10-May 16 (18 wks.)	\$200	\$300

### NEW! THE LOFT: M.S.H.O.

(Middle School Hang-Out)

Middle school youth will love hanging out in our new program--just for them! The program will offer project-based learning, academic support, physical activity, and character development.

**Grades 6-8**  
**Starts January 4th**  
**Monday-Friday, 3:15-6:00 pm**  
**\$150/month**

• Includes **FREE Youth Membership**  
 • **Bus stop at the Y for Lakeshore and St. Joseph Public School students**

# YOUTH DEVELOPMENT

## SWIM, SPORTS & PLAY

### SPORTS

CLASS NAME	AGE	DAY	TIME	LOCATION	MEMBER	COMMUNITY
<b>Water Runners</b> Youth will build gross motor skills and learn confidence in the water.	3-6 yrs.	T	1:00-2:30 pm	Hanson Family Gym/ Pool	\$50/7-Week Fee Winter 1 & 2, Spring	\$86/7-Week Fee Winter 1 & 2, Spring
<b>Junior Sports</b> In this program youth will begin developing large motor skills in a fun interactive environment that teaches the basic concepts of sports.	4-5 yrs.	TH	5:00-5:30 pm	Hanson Family Gym	\$40/7-Week Fee Winter 1 and Spring	\$80/7-Week Fee Winter 1 and Spring
<b>NEW! Kidnastics</b> This class offers a fun and safe environment for children to learn gymnastics skills, as well as developing coordination, strength, flexibility, spatial awareness, and confidence. Star Chart to track their progress. Classes are small and coached by a team of enthusiastic instructors with years of experience in coaching or performing gymnastics.	4-5 yrs.	W	5:00-6:00 pm	Whirlpool Gym	\$50/7-Week Fee Winter 1 & 2, Spring	\$100/7-Week Fee Winter 1 & 2, Spring
<b>NEW! Intermediate Kidnastics</b> For older youth, or with Kidnastics as a prerequisite. Students will learn to build their strength and flexibility. Star Chart showing progress and end of session performance, too!	5-7 yrs.	W	6:00-7:00 pm	Whirlpool Gym	\$50/7-Week Fee Winter 1 & 2, Spring	\$100/7-Week Fee Winter 1 & 2, Spring
<b>First Kicks Soccer</b> An introductory soccer class targeted to teach players the basic skills of the game of soccer, through drills, games, and team play.	4-5 yrs.	W	6:00-6:30 pm	YMCA Soccer Field	\$40/7-Week Fee Spring Only	\$80/7-Week Fee Spring Only
<b>Junior Strikers Soccer</b> The continuation class targeted to teach the skills of soccer in a more advanced setting through drills, games, and team play.	6-7 yrs.	W	6:30-7:00 pm	YMCA Soccer Field	\$40/7-Week Fee Spring Only	\$80/7-Week Fee Spring Only
<b>Y Dolphins Swim Team</b> , see details on page 8.	5-18 yrs.	Pg. 8	Pg. 8	Pool	Pg. 8	Pg. 8
<b>Y League Ball</b> Boys and girls basketball emphasizes learning new skills, teamwork, fun, and character traits. Practice one day a week (W/TH); games on Fridays. Grade divided practices (Fri.) begin first week of January, three times. Parents encouraged to help coach, child's fee then waived.	3rd-4th 5th-6th 7th-8th	F F F	5:30 pm Game 6:30 pm Game 7:30 pm Game	Whirlpool Gym	\$60/7-Week Fee Winter 1 only	\$120/7-Week Fee Winter 1 only
<b>Speed &amp; Agility</b> This class teaches your youth athlete proper training techniques, conditioning, and fundamentals. Students learn functional movements, athletic coordination, balance and relative strength and the introduction of essential muscular movement patterns. Max. 8; Min. 4.	8-16 yrs.	M/W	5:00-6:00 pm	Whirlpool Gym	\$65/7-Week Fee Winter 1 & 2, Spring	\$100/7-Week Fee Winter 1 & 2, Spring
<b>Youth Strength &amp; Fitness</b> Through meaningful relationships and support, youth will gain confidence and a sense of achievement through age-appropriate exercises. Max. 10; Min. 4.	11-17 yrs.	T/TH	4:30-5:30 pm	Weight Room	\$65/7-Week Fee Winter 1 & 2, Spring	\$100/7-Week Fee Winter 1 & 2, Spring
<b>NEW! Swim, Cycle, Run</b> Youth will enjoy this TRI class! On the first day of class, please meet in the Y lobby.	12-18 yrs.	SA	2:30-4:30 pm		\$77/7-Week Fee Winter 1 & 2, Spring	\$116/7-Week Fee Winter 1 & 2, Spring

### MARTIAL ARTS

CLASS NAME	AGE	DAY	TIME	LOCATION	MEMBER	COMMUNITY
<b>Karate-Little Dragons (Beginner)</b> Students will learn the basic skills of Karate while developing confidence, listening skills, gross and fine motor skills, self-control, self-discipline, patience, goal setting, good manners and respect for parents, teachers and others. This course also teaches easy self-defense techniques that can be used to help keep them safe. Best of all, your children will have FUN while they learn. Students should wear loose fitting clothing to class.	7-11 yrs.	TH	6:15-7:15 pm	Studio B	\$60/7-Week Fee Winter 1 & 2, Spring	\$120/7-Week Fee Winter 1 & 2, Spring
<b>Karate-Little Dragons (Advanced)</b> For those who have completed the Little Dragons Karate Beginners class, this is the continuation of your child's martial arts journey. Students will add to their basic skills of Karate, learning forms and various advanced techniques while keeping the core class values in mind.	7-11 yrs.	TH	7:15-8:15 pm	Studio B	\$60/7-Week Fee Winter 1 & 2, Spring	\$120/7-Week Fee Winter 1 & 2, Spring
<b>Karate-Young Adult/Adult Isshinryu (Beginner)</b> See description on page 19.	12 & Up	T	7:15-8:15 pm	Studio B	\$60/7-Week Fee Winter 1 & 2, Spring	\$120/7-Week Fee Winter 1 & 2, Spring
<b>Karate-Young Adult/Adult Isshinryu (Advanced)</b> See description on page 19.	12 & Up	T	7:15-9:15 pm	Studio B	\$80/7-Week Fee Winter 1 & 2, Spring	\$120/7-Week Fee Winter 1 & 2, Spring



# YOUTH DEVELOPMENT

## SWIM, SPORTS & PLAY

### SWIM SCHOOL

Over the years at the Y, we have taught thousands of children, adolescents and adults to swim, which has helped to minimize the risk of drowning in our community. Learning to swim builds self-esteem and confidence. Our programs are focused on building strong, secure, connected and confident individuals.

#### Swim Lessons

Our swim lessons are specifically tailored to the participant's age, swimming ability, level of physical development and confidence in the water. Participants will progress to the next level based on swim evaluations. It is not uncommon for participants to remain in the same level for multiple sessions while they develop all the skills necessary to advance.

Our swim levels address the individual's ability to demonstrate:

1. Developmentally appropriate water skills (water orientation or stroke development)
2. Personal safety (know pool rules, how to float, proper use of life jackets and resting strokes)
3. Personal growth (gaining confidence and demonstrate the Y values of caring, honest, respect and responsibility)
4. Water games and sports

Due to class consistency and ratios we do not offer make-up swim lessons (including closures due to weather)

#### Swim Lesson Wait List

If your child is placed on the wait list for a group swim lesson, you will be contacted directly via email or phone if a space becomes available. We will try our best to accommodate your request for a lesson. Priority is given to individuals who are not currently registered in a class so that we can accommodate as many children as possible.

#### Class Cancellations

Classes may be canceled due to low enrollment, in these cases you will be contacted by our staff.

**Parent/Child swim lessons for ages 6 months-4 years, see page 6.**

CLASS NAME	AGE	DAY	TIME	LOCATION	MEMBER	COMMUNITY
<b>Pike</b> (Introductory level swim class) Objective: To build confidence through water adjustment instruction.	3-5 yrs. Under age 3, visit page 6.	M W TH SA	4:40-5:10 pm 4:40-5:10 pm 10:45-11:15 am 9:45-10:15 am	Pool	\$40/7-Week Fee Winter 1 & 2, Spring	\$80/7-Week Fee Winter 1 & 2, Spring
<b>Eel</b> (Beginner level swim class) Objective: To build strength and confidence through swim instruction.	3-5 yrs.	M W TH SA	4:40-5:10 pm 4:40-5:10 pm 10:45-11:15 am 9:45-10:15 am	Pool	\$40/7-Week Fee Winter 1 & 2, Spring	\$80/7-Week Fee Winter 1 & 2, Spring
<b>Ray</b> (Intermediate level swim class) Objective: To build strength and independence through swim instruction.	3-5 yrs.	M W TH SA	4:40-5:10 pm 4:40-5:10 pm 10:45-11:15 am 9:45-10:15 am	Pool	\$40/7-Week Fee Winter 1 & 2, Spring	\$80/7-Week Fee Winter 1 & 2, Spring
<b>Polliwog</b> (Beginner level swim class) Objective: To build confidence, strength, and independence through swim instruction.	6-12 yrs.	M W SA	5:10-5:55 pm 5:10-5:55 pm 9:00-9:45 am	Pool	\$60/7-Week Fee Winter 1 & 2, Spring	\$100/7-Week Fee Winter 1 & 2, Spring
<b>Guppy</b> (Intermediate level swim class) Objective: To build confidence, strength, and endurance through swim instruction.	6-12 yrs.	M W SA	5:10-5:55 pm 5:10-5:55 pm 9:00-9:45 am	Pool	\$60/7-Week Fee Winter 1 & 2, Spring	\$100/7-Week Fee Winter 1 & 2, Spring
<b>Minnow</b> (Advanced intermediate level swim class) Objective: To build confidence, strength, and endurance through swim instruction.	6-12 yrs.	M W SA	5:10-5:55 pm 5:10-5:55 pm 9:00-9:45 am	Pool	\$60/7-Week Fee Winter 1 & 2, Spring	\$100/7-Week Fee Winter 1 & 2, Spring
<b>Porpoise</b> (Advanced level swim class) Objective: To build confidence, strength, and to be a lifelong swimmer through swim coaching.	6-16 yrs.	T & TH	6:30-7:15 pm	Pool	\$60/7-Week Fee Winter 1 & 2, Spring	\$100/7-Week Fee Winter 1 & 2, Spring

PROGRAM NAME	AGE	DAY	TIME	MEMBER	COMMUNITY
<b>Private Swim Lessons</b> Private lessons are available for all ages. Classes are scheduled by appointment only, with limited times available. Cancellations must be made 24 hours in advance or you will be charged for your scheduled lesson. For more information, contact Kendra Gray, Aquatics Coordinator.	Semi-Private	Call for days/times		\$90	\$180
	Private	Call for days/times	3 hr. pkg. (6, 1/2 hr. lessons)	\$120	\$240
<b>Dolphins Summer Swim Team, June 12-End of July</b> Discover the friendship, excitement and self-confidence that comes with competitive swimming. The mission of the team is to teach and promote the YMCA's core values of Caring, Honesty, Respect and Responsibility. In accordance with the YMCA of the USA, all swimmers must be members of the YMCA they swim for to compete during this session. (Youth and Teen memberships are available). Everyone NEW to the Dolphins, or who did NOT swim on the summer team, will need to have an evaluation to be put into the proper training group. <b>Youth, ages 5-8</b> , must be able to swim one length (25 meters) of both freestyle (front crawl) and backstroke while <b>youth ages 9-18</b> must be able to swim two lengths of the pool both freestyle and backstroke. More details can be found in the Dolphins Brochure.	5-18 yrs.	Mon.-Thurs. Meets will be held on Wednesdays.	TBD	<b>SEASONAL FEES:</b> \$150 Registration Fee: \$15 per swimmer	<b>SEASONAL FEES:</b> \$200 Registration Fee: \$15 per swimmer
<b>Stroke Clinic May 2-May 25</b>	Swim Team Only	T/TH	4:30-5:30 pm	\$50	\$100



# YOUTH DEVELOPMENT

## SWIM, SPORTS & PLAY

### DANCE

The YMCA In Motion Dance Program is designed to meet the needs of any student interested in the art of dance. Dance can benefit the student by developing good posture, poise and grace, as well as promoting friendships, self-esteem and confidence. Minimum of six dance students per class. Program Supervisor, Nancy Gitlin. Youth and Teen Y memberships available.

#### DANCE ATTIRE:

- All Pre-Ballet students will need a pink leotard, tights and ballet slippers (skirts optional)
- All Beginner and Intermediate Ballet students will need black leotard, pink tights, ballet slippers and black skirts. Boys will need black attire
- All Jazz students will need a black leotard, black jazz pants and jazz shoes with rubber soles. T-shirts, worn over dancewear is acceptable

**PLEASE NOTE:** Every spring we have an end-of-year dance performance. The dance attire for the performance is not high-priced, however, to help off-set the cost of the event, there will be a one-time nominal fee of \$10 for each student due by April 29, 2017. (Just \$5 for each additional student from the same family).

#### \*REGISTRATION INFORMATION:

Due to the performance on June 5, 2017 at St. Joseph High School, new students must register by January 14, 2017. This applies to classes with the \* only.

CLASS NAME	AGE	DAY	TIME	LOCATION/TREACHER	MEMBER	COMMUNITY
<b>*Pre-Ballet</b> These delightfully animated classes are based on creative movement. Children experience fun, simplified basic steps through musical rhythm games, limbering exercises and coordination movement. At the end of class, the child will be introduced to tumbling.	3-5 yrs.	W	4:00-4:45 pm	Studio B Natalie Delgado	\$52/7-Week Fee Winter Session 1 & 2 \$45/6-Week Fee Spring Session	\$72/7-Week Fee Winter Session 1 & 2 \$65/6-Week Fee Spring Session
<b>*Pre-Ballet II</b> (Description same as above).	4-5 yrs.	M	4:00-4:45 pm	Studio B Natalie Delgado	\$52/7-Week Fee Winter Session 1 & 2 \$45/6-Week Fee Spring Session	\$72/7-Week Fee Winter Session 1 & 2 \$65/6-Week Fee Spring Session
<b>*Beginning Ballet</b> Ballet is the oldest form of dance and the building block to all dance forms. Ballet classes will consist of developing a solid ballet foundation consisting of proper body alignment, vocabulary, positions and movements associated with their class level. Ballet will help develop correct posture, flexibility and body awareness and improve motor skills, self-confidence and discipline.	6 & Up	M	4:45-5:30 pm	Studio B Chelsey Fonua	\$52/7-Week Fee Winter Session 1 & 2 \$45/6-Week Fee Spring Session	\$72/7-Week Fee Winter Session 1 & 2 \$65/6-Week Fee Spring Session
<b>*Intermediate Ballet</b> (Description same as above). Prerequisite: One year ballet training.	7 & Up	W	4:45-5:30 pm	Studio B Chelsey Fonua	\$52/7-Week Fee Winter Session 1 & 2 \$45/6-Week Fee Spring Session	\$72/7-Week Fee Winter Session 1 & 2 \$65/6-Week Fee Spring Session
<b>*Beginning Jazz</b> Jazz dance is an absolute blast (there is no other way to describe it!) It is a much more free, less restricted form of dance. It's energetic, motivating music and dynamic movement – will set you free. These classes consist of warm-up exercises to develop proper alignment and technique. Students will then focus on dance combinations, learning movement associated with their class level.	7 & Up	M	5:30-6:15 pm	Studio B Chelsey Fonua	\$52/7-Week Fee Winter Session 1 & 2 \$45/6-Week Fee Spring Session	\$72/7-Week Fee Winter Session 1 & 2 \$65/6-Week Fee Spring Session
<b>*Intermediate Jazz</b> (Description, same as above). Prerequisite: One year jazz dance training.	8 & Up	W	5:30-6:15 pm	Studio B Chelsey Fonua	\$52/7-Week Fee Winter Session 1 & 2 \$45/6-Week Fee Spring Session	\$72/7-Week Fee Winter Session 1 & 2 \$65/6-Week Fee Spring Session

\* Due to the end-of-year dance performance, new students must register for this class by January 14, 2017. See ADULT DANCE on page 16.

CLASS NAME	AGE	DAY	TIME	LOCATION/TEACHER	MEMBER	COMMUNITY
<b>NEW! GIRL POWER</b> It's ballet--but it's different! This class is designed to help foster a positive body image through the art of ballet! Girls will learn classical ballet techniques in an upbeat, body affirming environment. Music and discussions will be empowering and will focus on strength of body and character. Wear comfortable clothing and ballet shoes. NO experience necessary.	7-12 yrs.	TH	5:00-5:45 pm	Studio B Natalie Delgado	\$52/7-Week Fee Winter Session 1 & 2, Spring Session	\$72/7-Week Fee Winter Session 1 & 2, Spring Session
<b>NEW! PROGRESSIVE DANCE CLASS PREVIEW WORKSHOP...Sat., Feb. 25!</b> The In Motion Dance Program is unveiling three new dance programs in the fall, and this workshop is a sneak preview! These Intro Level programs consist of Musical Theater, Lyrical, and Hip Hop! Must have one year of dance training. Wear leotard and tights or dance pants, ballet or jazz shoes, and bring tennis shoes.	7-12 yrs.	Sat, Feb. 25	1:00-3:00 pm	Studio B Natalie Delgado, Chelsey Fonua	\$30/Workshop Fee	\$50/Workshop Fee

# YOUTH DEVELOPMENT

## SWIM, SPORTS & PLAY

### WHERE KIDS CAN BE KIDS

#### ● KIDS NIGHT OUT

(ages 4-12) 5:30-10:00 pm

Enjoy a Saturday night out while the kids have a great time at the YMCA! We offer crafts, along with other activities...including the climbing wall, Sportwall, gym time, bingo, snack, swimming and an age appropriate movie. Children should bring a swimsuit and towel for the pool.

#### Dates Offered:

**January 14**

**February 11** (Drop & Dine, see below)

**March 18**

**April 22**

**May 13**

Fee: YMCA Members \$15.00/child  
Community \$25.00/child

Only \$10 for each add'l. child from the same family. Register by Friday at 5:00 pm, the day prior to the event, to avoid a \$5.00 late fee per child. Minimum of 15 children required for event to take place. Stay tuned for movie titles!

#### **DROP & DINE** (ages 5-12--Please note ages for this event!)

Your night to dine out, while the kids are having fun at the Y!

**Saturday, February 11 5:00-11:30 pm**

(Drop off and pick up times at your convenience!)

We'll be making a Valentine Day craft, watching a movie, swimming, playing games and more! Minimum of 15 children required for event to take place.

Fee: YMCA Members \$20.00/child  
Community \$30.00/child

Only \$10 for each add'l. child from the same family. Register by Friday, Feb. 10 to avoid a \$5.00 late fee per child.

#### **LITTLE ONE DROP & DINE**

(ages six weeks-4)

Date night with your Valentine while your little one is at the Y!

**Saturday, February 11 5:00-8:00 pm**

(Drop off and pick up times at your convenience!)

Enjoy an evening with your Valentine while your little ones are safe and secure in the Y Childwatch. Children will enjoy books, music, a toddler friendly craft and snack. Minimum of 10 children required for event to take place.

Fee: YMCA Members \$15.00/child  
Community \$25.00/child

Only \$10 for each add'l. child from the same family, ages six wks.-4. Register by Friday, Feb. 10 to avoid a \$5.00 late fee per child.

# HEALTHY LIVING

## HEALTH, WELL-BEING, & FITNESS

### FAMILY EVENTS, FAMILY PROGRAMS

**SPECIAL  
EVENTS!**

#### ● DAUGHTER DANCE in a Winter Wonderland!

**Saturday, January 28 5:30-7:30 pm**

- Dads or Moms, bring your daughters for a magical winter night of dancing, crafting, and snacks! This semi-formal will have them believing they are the princess of your heart. All ages welcome!
- Y Members, \$9 per family; Community, \$18 per family

#### ● POOL MOVIE NIGHT **Saturday, March 4 6:00-8:00 pm**

- An after hours time for Family Swim! We'll show a family movie in the pool area while you have fun splashing and playing! Movie will start at 6:30 pm.
- Y Members, FREE; Community, \$18 per family (Guest Pass Fee)

#### ● EASTER EGG HUNT **Saturday, April 8 1:00 pm**

- Please watch for more information.
- Y Members, FREE; Community, FREE. However, everyone MUST register to participate.

#### ● HEALTHY KIDS DAY **Saturday, April 29 1:00-3:00 pm**

- This is the day that kids (with their families) take over the Y! Please watch for postings on FB, the website, and in the building.
- Y Members, FREE; Community, FREE

## TIME WITH FAMILY

### FAMILY PROGRAMS

- **Yoga** **Wednesday, 4:00-5:00 pm**
- **NEW! Family Cardio Dance** **Friday, 5:30-6:30 pm**  
Y members only. Youth must be ages 8 & up. Details on page 17.
- **Family Cardio (in the Cardio Strength Center)** **Friday, 6:00-8:00 pm**  
Family Cardio in the Cardio Strength Center--you can workout side-by-side (ages 8 & up)!
- **NEW! Family Activity Night** **Friday, 6:00-8:00 pm**  
Our Community and Activity Room will be open for family fun! Enjoy Ping-Pong, Foosball, and more together! Once a month we'll have family challenges with Ga Ga Ball, Walleyball, Ping Pong, or maybe even Dodgeball! We'll also have Open Gym (play on your own), Family Cardio (listed above), and Family Swim (listed below).
- **Family Swim**  
**Friday, 6:35-8:00 pm**  
(Family Float Night-Bring fun, inflatable floating toys to play with in the Y pool!)  
**Saturday, 4:00-5:45 pm**  
**Sunday, 2:00-4:00 pm** (Family Float Night)

For Family Swim, children under the age of 18 must be accompanied by an adult IN THE WATER.

# HEALTHY LIVING

## HEALTH, WELL-BEING, & FITNESS

### PARTIES AND BUILDING RENTALS

**Birthday Parties, Church Youth Groups, 4-H Groups, School Field Trips, and more...  
let us help plan your event!**

#### BIRTHDAY PARTIES

**Celebrate your birthday at the YMCA!**

Let us help you create lasting memories for your child's birthday here at the Y! From making a splash in our pool to playing gym games, the Y is a great place to have your next birthday party. We take care of all the details, from beginning to end, so you can just relax (or join in!) and enjoy your child's big day.

Our party package includes all the necessities: tablecloth, plates, napkins, forks, and basic happy birthday wall décor. Let us handle the entertainment: active gym games, music, and more! You are welcome to bring your own refreshments, cakes, and goodies; we take care of the set-up and clean up. Parties include gym time as well as swim time. Your party will swim (during open swim time) with a lifeguard present; swim bubbles are available for children who require a little extra help.

#### PARTY PACKAGE INCLUDES:

- Use of Kid's Gym for 1-1½ hours, including organized games
- Use of climbing wall and sport wall
- Use of pool for 1-1½ hours
- Party host will lead gym games
- Plates, utensils, tablecloth, wall decor provided
- Staff person to help with entire party (including set-up and take down)
- Cake and drink for an additional fee

\*Fee: YMCA Members \$165.00  
Community \$215.00

\*Prices are for up to 15 children, add \$30 if more than 15 children.  
\$50 deposit will hold the date. Party must be paid in full one week in advance.

#### BIRTHDAY PARTY AVAILABILITY:

##### January-May

Saturdays, 1:00-3:30 pm or 2:30-5:00 pm  
Sundays, 2:30-5:00 pm

##### June-August

Saturdays, 1:00-3:30 pm

##### September-December

Saturdays, 1:00-3:30 pm or 2:30-5:00 pm  
Sundays, 2:30-5:00 pm

Call Sarah Calhoun, and she'll get you started on the best party ever!



#### PARTY EXTRAS...

##### IT'S A BOUNCING GOOD TIME

It's a bouncing good time! Add our new inflatable bounce house to your party and your child will have it all! Our bounce house allows up to five children to bounce at one time, has two slides and a mini basketball hoop!

Small Bounce House, recommended for children ages 4-7, \$40

Large Bounce House, \$60

##### THE FINISHING TOUCHES

Add these additional items to your party and let us do it all!

Cake and Drink, \$40

#### RENT THE Y

We focus our work in three key areas, because nurturing the potential of kids, helping people live healthier, and supporting our neighbors are fundamental to strengthening communities.

**From church groups, scout and 4-H groups,  
to company outings,  
to family reunions...all are welcome!**

The Y is a fun, safe environment where your group can enjoy swimming, gym games, racquetball and more! Whether your group is small or large, we can help you make your next get together memorable. Call Emily Nannfeldt and she'll help you plan your event, 428-9622!

#### COMMUNITY HEALTH



**Be Healthy Berrien Can Connect  
You with Great Resources**

##### Did you know that 4 out of every 10 adults in Berrien County are obese?

With your help, we can make our community healthier. We have created great websites filled with resources that will help you eat healthier and be more active so you can reach your healthy-weight goals.

Our region is full of beautiful parks and excellent facilities, so come explore all the good ways to be active in Southwest Michigan! We have created [www.BeActiveBerrien.org](http://www.BeActiveBerrien.org) to allow you to search, discover, and view all of the great places to be physically active near you.

Southwest Michigan also has a wide variety of great tasting produce to offer. Explore all the good ways to eat well in our region at [www.EatLocalBerrien.org](http://www.EatLocalBerrien.org). The website is set up to allow you to search, discover, and view places to purchase local produce near you.

Check out the websites, connect with us on Facebook and Twitter, and tell us how you choose to Be Healthy!

Be Healthy Berrien is a county-wide partnership of Berrien County Health Department, Lakeland HealthCare, Southwest Michigan Planning Commission, United Way of Southwest Michigan, Benton Harbor-St. Joseph YMCA, and Niles-Buchanan YMCA working together to reduce obesity and chronic illness through policy, systems, and environmental change.

**For more information about Be Healthy Berrien, please visit  
[www.BeHealthyBerrien.org](http://www.BeHealthyBerrien.org).**

# HEALTHY LIVING

## HEALTH, WELL-BEING, & FITNESS

### WATER ACTIVITIES

CLASS NAME			
<b>ADULT SWIM LESSONS</b>			
<b>BEGINNER</b> This class helps the non-swimmer or beginners feel comfortable in the water. Skill work includes overcoming fear of water, kicking, floating, treading, and an introduction to the front and back crawl strokes. Swimmers can also work on strokes and skills of their choice.			
DAY	TIME	MEMBER	COMMUNITY
TH	7:00-7:50 pm	\$55/7-Week Fee Winter 1 & 2, Spring Session	\$95/7-Week Fee Winter 1 & 2, Spring Session

### MASTERS SWIM (ages 19+)

While building a community of swimmers, this coached program is designed for swimmers or the triathlete who want to improve their stroke, improve their time, and get a great workout.

DAY	TIME	MEMBER	COMMUNITY
T	8:00-9:15 pm	Punch Card: 10 Visits/\$20	Punch Card: 10 Visits/\$60
TH	8:00-9:15 pm	Winter 1 & 2, Spring Session	Winter 1 & 2, Spring Session

### WATER WALKING

Strengthen, tone, increase flexibility and improve cardiovascular conditioning without adding stress to your body. It is a great alternative for those recovering from a running injury or to add variety to your exercise routine. Water walking belts are available at the pool, just put one on and try it out! In addition to the times listed below, water walking can also be done during Open Swim time.

See current pool schedule at the Y, on the website, or the APP.

### LAP SWIM

Lap swimmers are required to be at least 12 years old, except when special permission is given by the Aquatics Department. See Aquatics Coordinator for further information.

See current pool schedule at the Y, on the website, or the APP.

### OPEN/LAP SWIM

See current pool schedule at the Y, on the website, or the APP.

For Open Swim, children 8 & under must be accompanied by an adult IN THE WATER.

### FAMILY SWIM

Friday, 6:35-8:00 pm

(Family Float Night-Bring fun, inflatable floating toys to play with in the Y pool!)

Saturday, 4:00-5:45 pm

Sunday, 2:00-4:00 pm (Family Float Night)

For Family Swim, children under 18 must be accompanied by an adult IN THE WATER.

### AQUA FITNESS CLASSES

Swimmers and non-swimmers alike can take part in this type of exercise to reduce emotional stress and tension, improve overall health, and encourage and improve feelings of well-being and self-esteem.

CLASS NAME				
<b>LOW INTENSITY CLASSES</b>				

### HYDRO FX

Functional eXercise for the entire body! Low impact and low intensity exercise creates an environment of continued rehabilitation, healing, and health promoting functional movement. Limited space available. Y Members and Community MUST register at the YMCA. Punch cards are not available for this class.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
T	12:00-12:45 pm	Lakeland Rehab Ctr	FREE	\$35/7-Week Fee
TH	12:00-12:45 pm	Lakeland Rehab Ctr (Alternating Staff)	FREE	Winter 1 & 2, Spring Session

### WATER WORKS

If you are looking for a more relaxed water workout, give Water Works a try! Stretching and exercise designed to work the whole body. The use of water dumbbells are incorporated in this shallow end class. Water noodles are offered for deep end water walking and bicycling. Participants are encouraged to work at their own ability and intensity level in this fun 45 minute class.

DAY	TIME	INSTRUCTOR	MEMBER	COMMUNITY
M	2:30-3:15 pm	Darlene/Karen	FREE	Punch Card
W	2:30-3:15 pm	Darlene/Karen	FREE	Punch Card
F	2:30-3:15 pm	Darlene/Karen	FREE	Punch Card

### AI CHI

Do you want better mobility? You will increase flexibility, strength and mobility in this low intensity aerobic class. Simple movements in water give resistance that creates a healthier spirit, mind and body!

DAY	TIME	INSTRUCTOR	MEMBER	COMMUNITY
T	10:00-10:45 am	PJ	FREE	Punch Card
TH	10:00-10:45 am	PJ	FREE	Punch Card



# HEALTHY LIVING

## HEALTH, WELL-BEING, & FITNESS

### HEALTHY LIVING

Choosing a healthy lifestyle is a challenge. With access to affordable and convenient meal options, the distraction of technology at every turn, and putting in long hours, it's easy to get lost in the hustle and bustle of today's to-do list.

At the Y, we want everyone to get back to the core of healthy living and feel empowered to make better, healthier choices. Whether it is choosing to exercise a few times per week, giving up fast food meals, or education themselves on nutrition, fitness, or diseases like diabetes, the Y encourages individuals to choose a healthy lifestyle.

A sample of what we offer:

- Learn how to combat Type II (adult onset) Diabetes in the YMCA Diabetes Prevention Program.
- Discover the fun of exercise through our fitness facilities, including gymnasiums, fitness studios, a running track, swimming and more.
- Burn calories in fun classes like Zumba, Body Pump and many more- all led by certified and experienced instructors.
- Come together and build new relationships and friendships surrounding common interests and life experiences.

#### 'Get Started' Assessment

- This assessment includes a one-hour, one-on-one session with a personal trainer to discuss your fitness, nutrition, and wellness goals and to develop a plan that will help you meet these goals.
- Members will learn how to use equipment, set up a starting weight on the strength machines, find target heart rate for aerobic exercise, and set up a beginning exercise plan.
- By appointment only, just \$15; Y members only. Please sign-up at the Member Service Center.

#### Fitness Assessments

- At your fitness assessment appointment you can expect a Y personal trainer to provide you with body measurements and body fat percentage. This assessment can be scheduled every 6-8 weeks.
- By appointment only, just \$15; Y members only. Please sign-up at the Member Service Center.



See ORIENTATIONS on next page.



### CLASS NAME

#### MEDIUM/HIGH INTENSITY CLASSES

#### SPLASH & TONE DEEP WATER

With zero impact, even simple movements, like jogging or bicycling, become a challenge with the resistance of water. A cardiovascular workout using buoyancy belts, resistance belts, noodles, and other equipment.

DAY	TIME	INSTRUCTOR	MEMBER	COMMUNITY
M	9:30-10:20 am	Mary	FREE	Punch Card
W	9:30-10:20 am	Emily	FREE	Punch Card
F	9:30-10:20 am	Emily	FREE	Punch Card

#### BODY WORKS H2O (Shallow End)

Get a great cardio workout while being gentle on your joints! This class incorporates aerobic workout as well as muscle strengthening and flexibility exercises. The Speedo Aqua Steps are used in this class. Swimming skills not required.

DAY	TIME	INSTRUCTOR	MEMBER	COMMUNITY
M	8:40-9:30 am	Miriam	FREE	Punch Card
W	8:40-9:30 am	Miriam	FREE	Punch Card
F	8:40-9:30 am	Miriam	FREE	Punch Card

#### LIQUID CARDIO

Strength, flexibility and balance will all be improved through this low-impact, cardio, total body workout. Class will be held in both the shallow and deep ends. Resistance equipment will be used. Buoyancy belts are available for the non-swimmer. Monday and Wednesday class is held in the Deep End of the pool.

DAY	TIME	INSTRUCTOR	MEMBER	COMMUNITY
M	8:05-9:00 pm	Denise	FREE	Punch Card
T	9:00-9:55 am	Cheryl	FREE	Punch Card
W	8:05-9:00 pm	Denise	FREE	Punch Card
TH	9:00-9:55 am	Cheryl	FREE	Punch Card

#### LIQUID ENERGY

Cross-training or low impact exercise. Whatever your reason, Liquid Energy will make you sweat! A shallow end workout designed for individuals looking to improve their cardiovascular strength and endurance.

DAY	TIME	INSTRUCTOR	MEMBER	COMMUNITY
F	10:20-11:15 am	Beth	FREE	Punch Card

### AQUA FIT, GROUP EXERCISE, GROUP CYCLING PUNCH CARD:

Pre-Paid, 10-Punch Cards available for Aqua Fit, Group Exercise, and Group Cycling Classes (Mix or Match): \$60.00/10 punches.  
Drop-In Fee, \$7.00

# HEALTHY LIVING

## HEALTH, WELL-BEING, & FITNESS

**We want you to be successful at the YMCA! We provide FREE orientations to help you and your family become familiar with your facility.**

### ORIENTATIONS AVAILABLE:

**Option 1: Adult Nautilus/Cardio Orientation**

**Option 2: Weight Room/Cardio Orientation**

**Option 3: Teen Orientation**

### POLICIES & PROCEDURES

At the beginning of each orientation; weight room, cardio, and Nautilus, Wellness Staff will have members fill out a Par-Q Nautilus overview form (if applicable) before exercising. Please remember to read over Par-Q and ask any additional questions, if needed, for a safe and effective workout.

## 1. Adult Nautilus/Cardio Orientation

Introduction to the Nautilus Strength Training Circuit so that you will feel comfortable and knowledgeable on all equipment in the circuit. All members, 13 & over, are required to complete a Nautilus orientation prior to using the circuit. Must be a minimum of 5' tall. Y members only. Please schedule an appointment at the Member Service Center.

The Cardio Orientation consists of learning the equipment-treadmill, upright bike, elliptical, and recumbent. You will learn the functions of each machine, including proper speed, safety procedures, controls, media device controls, and seat adjustments (if applicable).

## 2. Weight Room/Cardio Orientation

During the Weight Room Orientation, members will learn proper use of various equipment including the super squat, chin up/down, plate loaded equipment, ground base jammer, and seated dip. In addition proper seat adjustment, proper weight, cleaning of machines, and function of machines. Please schedule an appointment at the Member Service Center.

The Cardio Orientation consists of learning the equipment-treadmill, upright bike, elliptical, and recumbent. You will learn the functions of each machine, including proper speed, safety procedures, controls, media device controls, and seat adjustments (if applicable).

## 3. Teen Fitness Orientation

Youth will be introduced to cardio and strength equipment for safe and effective workouts. They will set up with a safe starting weight on strength machines and target heart rate for aerobic conditioning. Youth ages 11 and 12 will have access to the cardio equipment with required orientation card and with adult supervision until 8:00 pm. Y members only. Please schedule an appointment at the Member Service Center.

During the Weight Room Orientation, members will learn proper use of various equipment including the super squat, chin up/down, plate loaded equipment, ground base jammer, and seated dip. In addition proper seat adjustment, proper weight, cleaning of machines, and function of machines.

**ALL ORIENTATIONS TAKE APPROXIMATELY ONE HOUR.**

## PERSONAL TRAINING

Like you, Personal Trainers come in a variety of shapes and sizes with different backgrounds and experience. Whether you prefer land-based exercise or water workouts, our trainers can personalize workouts based on your lifestyle—from working professionals, to athletes, to new moms, and more!

- Meet one-on-one with a Personal Trainer
- Get a tailored plan to stay motivated and reach your fitness, nutrition and wellness goals
- Fully customizable schedule for how often and how long you work together

\*For detailed information on personal trainer and pricing please ask for a Personal Training Brochure at the Member Service Center!

### One-On-One Personal Training

	PACKAGE	MEMBER	COMMUNITY
<b>Bronze</b>	1 Hour	\$45	\$55
<b>Silver</b>	6 Hour Pkg.	\$252	\$292
<b>Gold</b>	8 Hour Pkg.	\$332	\$412
<b>Platinum</b>	12 Hour Pkg.	\$480	\$600

\*6 Hour Package Special Rate: Y Members, \$200. See our Client Referral Program for details.

### Group Training, 2-3 People

	PACKAGE	MEMBER, per person	COMMUNITY, per person
<b>Bronze</b>	1 Hour	\$24	\$28
<b>Silver</b>	6 Hour Pkg.	\$96	\$112
<b>Gold</b>	8 Hour Pkg.	\$176	\$208
<b>Platinum</b>	12 Hour Pkg.	\$240	\$288

## Health Coaching

Our Certified ACE Health Coaches will provide individually designed programs to meet your unique needs by focusing on your overall health and wellness of life. They will help you become proactive in your life by eliminating unhealthy behaviors and making health and wellness priority. So don't wait any longer...contact the Healthy Living Department today!

The health coaching program can help you:

- Identify your goals
- Create and achieve small steps toward your goal
- Improve your self-management
- Learn how to stay motivated
- Be accountable to a professional for months at a time

A health coach won't tell you what your goals should be, however, a health coach can show you how to reach them. See Personal Training Brochure, or the website for pricing.

## Sport Specific Training

**Are you ready to take your game to the next level?**

With **SPORT SPECIFIC TRAINING** you will develop the skills needed to excel in your sport of interest. All athletes need speed, agility, and power. These vital qualities will be targeted in order for you to reach your fullest potential.

There will also be an emphasis placed on skills specific to your sport that is needed in order for you to thrive and excel against your peers! The time is now for you to start developing your skills to compete at the highest level!

See Personal Training Brochure, or the website for pricing.

# HEALTHY LIVING

## HEALTH, WELL-BEING, & FITNESS

### HEALTH MANAGEMENT

#### Enhance@Fitness

Join us for Enhance@Fitness, an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.

Each class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. Enhance@Fitness is geared toward older adults. Those with a chronic condition, such as arthritis, need not worry; they will never have to do anything that hurts.

Enhance@Fitness is a 16-week program with continuous enrollment. To be enrolled in the program, forms need to be completed; however, you can try the first class for free. For more information please contact, Monica Norton or Erica Walsh at 428-9622 or email at healthyliving@bhsjymca.org.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
M, W, F	12:45-1:45 pm	Studio B (M) Studio A (W/F)	FREE	\$95/16-Weeks

#### NEW! LIVESTRONG at the YMCA

This program is a physical activity and well-being program designed to help adult cancer survivors achieve their health goals. We are committed to providing a safe and welcoming environment for specialized exercise programming and community building. We focus on the whole person, not just the disease. Through LIVESTRONG at the YMCA, we strive to help survivors move beyond cancer in spirit, mind and body.

- 12-week program with two 75-90-minute sessions per week
- Led by certified instructors and personal trainers who have undergone specialized training in the element of cancer, rehabilitative exercise, and supportive cancer care
- Includes cardiovascular conditioning, strength training, balance, and flexibility exercises
- Evaluation includes fitness and quality of life assessments before and after participation
- Requires referral and medical clearance from a physician

For more information, contact Erica Walsh or Monica Norton at 428-9622 or email at healthyliving@bhsjymca.org. This program is offered to YMCA members and the community at no charge to participants.

**On-going registration. Registration required, plus medical clearance.**

#### YMCA's Diabetes Prevention Program

This program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease.

Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by 58%.

In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions. The year-long program consists of 16 weekly sessions and three sessions every other week during the first six months followed by 6 monthly sessions in the second six months.

In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25), (Asian individual(s) BMI > 22) and at high risk for developing type 2 diabetes indicated by a confirmatory blood value†, prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy, or a qualifying risk score.

**On-going registration.**

**For more information, program pricing, and to see if you qualify and enroll in the program please contact Erica Walsh or Monica Norton at 428-9622 or email at healthyliving@bhsjymca.org.**

†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

### SMALL GROUP SPECIALTY CLASSES

#### STRENGTH & CONDITIONING CLASSES

##### Women on Weights

This introduction weight lifting class is designed to empower women to lift weights and transform their bodies. The goals of WOW are to assist women in improving their posture, increasing their strength, and losing body mass. You'll see the biggest transformation in years to your body. Must be 18 or older to participate. Min. 4/Max. 8 participants per class. Wear appropriate workout attire and bring a water bottle.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
M/W	5:00-6:00 pm	Weight Room	\$60/7-Week Winter 1 & 2, Spring Session	\$90/7-Week Winter 1 & 2, Spring Session

#### AEROBIC CLASSES

##### Interval Boxing

Teaches basic boxing skills and techniques, designed to increase muscular strength and cardio endurance—the perfect class to get shredded! It will include cardio calisthenics, shadow boxing, bag work (80lb. bag) and core strengthening exercises. You will sweat like crazy build a rock solid core and burn hundreds of calories. Must be 17 and up or older to participate. Limited to 5 participants per class. Wear appropriate workout attire and bring a water bottle. Boxing gloves and hand wraps are required at own expense.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
M/W T/TH	6:00-7:00 pm 6:00-7:00 pm	Weight Room	\$60/7-Week Winter 1 & 2, Spring Session	\$90/7-Week Winter 1 & 2, Spring Session

##### NEW! Cross Training

This class will focus on combining different types of exercises to work the body as a whole to develop cardiovascular fitness as well as overall body strength and power. All fitness levels are welcome. Class sessions will have exercises that focus on the body in three main parts: upper, lower, and core. Examples of exercises used in class are kettlebells, stair steppers workouts, rowing, running/sprinting, core, interval training and many more! Must be 17 and up or older to participate. Limited to 10 participants per class. Wear appropriate workout attire and bring a water bottle.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
M/W/F	9:00-10:00 am	Meet in lobby on first day.	\$90/7-Week Winter 1 & 2, Spring Session	\$135/7-Week Winter 1 & 2, Spring Session

**See SYNERGY, J.U.M.P., and GOLF FIT on next page.**

# HEALTHY LIVING

## HEALTH, WELL-BEING, & FITNESS

### SMALL GROUP SPECIALTY CLASSES

#### NEW! Synergy

**Remember playing on the playground, climbing, and swinging on the monkey bars? Did you know your body became a fat burning machine running around everywhere?**

Now it's time to relive that same youthful experience and burn those same calories with the Synergy circuit. Synergy circuit training is an excellent way to improve mobility, strength and stamina. It comprises of 6 to 10 exercise stations that are interchangeable. The workouts you perform on the Synergy are completed one exercise after another to give your body a high intense workout. Each exercise is performed for a specific number of reps or for a set time before moving on to the next exercise. Okay, now you've read about the Synergy! Sign up today!

DAY	TIME	LOCATION	MEMBER	COMMUNITY
T/TH	10:00-11:00 am	Weight Room	\$60/7-Week Fee Winter 1 & 2, Spring	\$90/7-Week Fee Winter 1 & 2, Spring

#### J.U.M.P. Journey to Unite and Motivate People

##### IT'S BACK!

The J.U.M.P is 12 week weight loss program designed to help build a strong support group among peers. In just 12 weeks you will learn how to create and track your food, learn proper eating habits and learn how to effectively engage in daily physical activity. With its unique classroom design, in just one hour a week you will be working with a Certified Personal Trainer to learn weekly workouts, discuss nutritional topics, and how to identify unhealthy habits.

**So don't wait any longer GET INTO THE J.U.M.P.**

Contact Stephen Rockette for more information and watch for more details to come!

#### NEW! Golf Fit

**Come and join Lake Michigan Hills golf professional, Wayne "Gooch" Yamaguchi for a six week seminar to help you get ready for the 2017 golf season.**

##### Over the course of six weeks, you will learn:

- Basic swing and fitness drills for your golf swing that you can do for as little as a few minutes a day this winter
- Basic fitness exercises to keep your core in shape this winter

You'll also learn how having a basic and simple understanding of the design of the golf club will help you play better. No matter what your level of fitness is, you're already fit enough to play good golf, but it doesn't hurt to be even more fit.

This program is taught by Wayne "Gooch" Yamaguchi, the Head Golf Professional at Lake Michigan Hills Golf Club. A graduate of the Golf Academy of America Golf Course Management Program, Gooch has worked in Arizona, Florida, and Indiana as a golf professional. He has been a golf professional for 15 years.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
SA	10:15-11:15 am	Studio B	\$60/6-Week Program Winter 1	\$90/6-Week Program Winter 1

### ADULT DANCE

#### Adult Beginning Ballet

This class will give students a solid ballet foundation with proper body alignment, vocabulary, positions, and movements. It will also help develop correct posture, flexibility, and body awareness. (This class does not participate in the end-of-year performance). Instructor: Amy McWhirter

DAY	TIME	LOCATION	MEMBER	COMMUNITY
M	6:20-7:15 pm	Studio B	\$57/7-Week Fee Winter Session 1 & 2 \$45/6-Week Fee Spring Session	\$77/7-Week Fee Winter Session 1 & 2 \$65/6-Week Fee Spring Session

#### Adult Dance Repertoire

A performance-based intermediate to advance level dance class, focusing on core ballet and jazz principles. Warm-ups, floor work, and dance exercises to strengthen and stretch your muscles and develop overall alignment and technique. Dance combinations may explore a variety of music and dance styles, including lyrical, jazz, hip hop, and ballet. Choreographed routine will be developed and rehearsed beginning no later than January in preparation for the end of the year dance performance. Instructor: Amy McWhirter

DAY	TIME	LOCATION	MEMBER	COMMUNITY
SA	10:30-11:30 am	Studio A	\$57/7-Week Fee Winter Session 1 & 2 \$45/6-Week Fee Spring Session	\$77/7-Week Fee Winter Session 1 & 2 \$65/6-Week Fee Spring Session

#### Ballroom Dance

Learn the most popular dances in a fun and social atmosphere! **No partner necessary!** Lessons will include Latin and Rhythm styles, such as: Waltz, Foxtrot, Tango, Cha Cha, Salsa, Rumba, Swing, and Hustle. Students will learn basic patterns and technique in order to be able to ask and accept an invitation to dance, as well as when and where area dances are held. Comfortable, casual attire is best. Gentlemen should wear comfortable dress shoes; ladies should bring comfortable, securely strapped low heels if possible. Held in Studio B. Instructor: Sharon Haynes

DAY	TIME	LOCATION	MEMBER	COMMUNITY
M	7:20-8:35 pm	Studio B	\$57/7-Week Fee Winter Session 1 & 2 \$45/6-Week Fee Spring Session	\$77/7-Week Fee Winter Session 1 & 2 \$65/6-Week Fee Spring Session





# HEALTHY LIVING

## HEALTH, WELL-BEING, & FITNESS

### ADULT GROUP FITNESS CLASSES

#### AQUA FIT, GROUP EXERCISE, GROUP CYCLING PUNCH CARD:

Pre-Paid, 10-Punch Cards available for Aqua Fit, Group Exercise, and Group Cycling Classes (Mix or Match): \$60.00/10 punches. Drop-In Fee, \$7.00

Group Exercise classes are a great way to add variety to your fitness plan and meet other members! Free for all Members! Community members--Please pay for a punch card at the Member Service Center. Use the punch card for any group exercise class listed below, our aqua fit class! Mix and match! For our latest Group Fitness schedule, visit our website or the Member Service Center.

CLASS NAME	DAY	TIME	LOCATION	MEMBER	COMMUNITY
<b>GROUP CYCLE CLASSES</b>					
<b>Cycling</b> An exciting indoor cycling class designed to improve your overall cardiovascular endurance. Guided rides, visualizations and other motivating techniques are utilized to prepare the mind and body for ultimate performance. All levels of fitness welcome. Cycling classes are 60 minute cardiovascular workout set to music.	M T W TH F SA	9:00 am, 5:30 pm, 7:00 pm 5:30 am, 8:00 am, 5:30 pm 9:00 am, 5:30 pm 5:30 am, 9:00 am, 5:20 pm 8:00 am 8:00 am	Group Cycle Area	FREE	Punch Card
			See website or Member Service Center for instructor information.		
<b>Spin X Cycling</b> This cycling program consists of cycling and cross training in the same class: bikes, then onto the floor for some cross training work, then back to the bikes and so forth...think of boot camp on wheels!	M F	5:30-6:30 am 5:30-6:30 am	Group Cycle Area	FREE	Punch Card

#### FITNESS CLASS INFORMATION

- If you have a pre-existing medical or physical condition, please consult your physician before attending any new programs.
- Please discuss class options with your instructor or Group Fitness Supervisor, Nancy Gitlin, to choose the best class for you.
- Proper footwear is required for all fitness classes.
- Fitness classes are for ages 16 and up. Under 16? Try one of our Family Friendly Fitness Programs...see page 10 for complete family program listing!

CLASS NAME	DAY	TIME	LOCATION	INSTRUCTOR	MEMBER	COMMUNITY
<b>AEROBIC CLASSES--Energize Your Heart</b>						
<b>Step Cardio</b> Step class involves a variety of full body movement patterns on and around the step to enhance your cardio endurance, coordination and balance. This will enhance your overall fitness. No equipment is used in this high-energy class. A cool down and stretch will be included at the end of each workout.	W M	9:00-10:00 am 5:25-6:25 pm	Studio B Studio A Studio A	Sara Julie	FREE	Punch Card
<b>Tabata Bootcamp</b> For years, we've been focusing on calories burned during exercise, but new research reveals that we should focus on what happens AFTER exercise is over. Tabata Bootcamp which is a High Intensity Interval Training is short in duration to boot post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over.	M T T TH	9:00-10:00 am 10:15-11:05 am 5:05-5:55 pm 10:15-11:05 am	Studio B Studio A Studio A Studio B	Kristen Nancy B. Nancy B. Nancy B.	FREE	Punch Card
<b>Interval Blast</b> Improve your overall strength, core, balance and cardio fitness in this ever-changing interval class. The intervals are not timed. You will use any combination of equipment such as Bosu's, medicine balls, hand weights, gliding discs, and body weight. It's intervals of fully body exercises including push-ups, squats, lunges, planks--core/abdominal work, cardiovascular challenges with short burst-high intensity drills.	T	8:30-9:10 am	Studio A	Sara	FREE	Punch Card
<b>NEW NAME! Interval Cardio Drumming</b> Cardio Drumming uses a stability ball placed on step risers as it's base along with drum sticks. The stability ball acts like a snare drum as you learn different rhythms to develop coordination and cardio endurance. This moderately intense moving class integrates non-timed intervals to challenge you for a total body toning workout. The use of medicine balls, stability balls, and gliding discs will be used during the non-cardio drumming intervals to enhance your strength and core.	TH	9:00-10:00 am	Studio A	Sara	FREE	Punch Card
<b>NEW! Cardio Drumming</b> Cardio Drumming uses a stability ball placed on step risers as it's base along with drum sticks. The stability ball acts like a snare drum as you learn different rhythms to develop coordination and cardio endurance.	W	5:25-6:25 pm	Studio A	Julie	FREE	Punch Card
<b>Dance It Out</b> This cardio dance workout infuses different styles of dance including Hip Hop, Bollywood, Line Dancing, Ballroom, Disco, 80s, Broadway, African, Irish and more! Experience a program that will embrace, educate, and encourage you while changing the way you feel about working out.	M F	9:10-10:10 am 9:10-10:10 am	Studio A Studio A	Nancy G. Nancy G.	FREE	Punch Card
<b>Zumba</b> This fun high-energy aerobic class incorporates hypnotic Latin rhythms such as Salsa, Merengue, Cha-Cha, Belly Dancing, Bhangra, Flamenco and more! Its easy to follow format, along with international music, will make exercising fun!	T W W TH TH F SA	6:00-7:00 pm 11:30-12:30 6:30-7:30 pm 10:15-11:15 am 6:00-7:00 pm 11:30 am-12:30 pm 9:00-10:00 am	Studio A Studio A Studio B Studio A Studio A Studio A Studio B	Erin Chelsey Kathy E. Erin Erin Chelsey Christina	FREE	Punch Card
<b>NEW! Family Cardio Dance</b> Same class description as Dance It Out (above), but for families! Youth must be ages 8 & up.	F	5:30-6:30 pm	Studio A	Alternate	FREE	Y Members Only

## HEALTH, WELL-BEING, & FITNESS

### ADULT GROUP FITNESS CLASSES

CLASS NAME	DAY	TIME	LOCATION	INSTRUCTOR	MEMBER	COMMUNITY
<b>STRENGTH CLASSES—Strengthen Your Body</b>						
<b>Abs and More</b> A great way to improve your core strength. This class includes a short standing segment followed by floor core work. We'll use equipment such as stability balls, medicine balls, bender balls, Bosu's and hand weights.	M	6:30-6:55 pm	Studio A	Julie	FREE	Punch Card
	W	6:30-6:55 pm	Studio A	Julie		
<b>Body Pump</b> Improve strength and endurance in the major muscle groups and burn calories. This high-energy class, set to great music and your choice of weight, will challenge all major muscle groups by using exercises such as squats, presses, lifts and curls.	M	10:20-11:20 am	Studio A	Erin	FREE	Punch Card
	M	7:05-8:05 pm	Studio A	Julie		
	T	5:35-6:35 am	Studio A	Julie		
	W	10:20-11:20 am	Studio A	Erin		
	W	7:05-8:05 pm	Studio A	Julie		
	TH	5:35-6:35 am	Studio A	Kathy E.		
	F	10:20-11:20 am	Studio A	Erin		
SA	8:05-9:05 am	Studio A	Kathy E.			
<b>Body Sculpting</b> This class concentrates on developing a functional and balanced body. Standing exercises followed by a floor core series. Hand weights, tubing, Pilates circles, gliding discs, stability balls, and bender balls will be used.	M	8:00-9:00 am	Studio A	Cindy	FREE	Punch Card
	W	8:00-9:00 am	Studio A	Nancy B.		
	F	8:00-9:00 am	Studio A	Kelly		
<b>NEW! Interval Core Express</b> 30 second timed interval core class includes a variety of exercises to improve strength and endurance. It's a fast-paced, calorie burning workout to challenge your cardiovascular system.	W	10:15-10:45 am	Studio B	Sara	FREE	Punch Card
<b>MIND &amp; BODY CLASSES—Fitness For Your Soul</b>						
<b>Barre Trilogy</b> Fusing the best of Pilates, Yoga, Aerobics, and elements of the strengthening exercises, Barre Trilogy delivers a result-driven workout that is not only fun and dynamic, but will sculpt your body. You'll see improvements in posture, flexibility, overall body strength, balanced and muscular endurance.	T	6:00-7:00 pm	Studio B	Cindy	FREE	Punch Card
	W	9:10-10:10 am	Studio A	Nancy G.		
<b>Mind Body Balance</b> Bring balance to your mind and body through strength, flexibility and core power exercises. A barefoot class that mixes Yoga, Pilates and stretching techniques.	T	9:15-10:10 am	Studio A	Nancy B.	FREE	Punch Card
	TH	9:15-10:10 am	Studio B	Nancy B.		
<b>Pilates</b> Strengthen your core and flexibility and develop increased muscle tone, balance and improved posture. The body's core muscles are the focus. These exercises are also designed to unite body and mind.	T	9:30-10:30 am	Studio B	Nancy G.	FREE	Punch Card
	F	10:15-11:15 am	Studio B	Cindy		
<b>Tai Chi</b> (Winter 1 & 2 only-No Spring classes) This class is designed to improve health and flexibility. You will learn a sequence of slow moving forms that will be performed in each class. Reduce stress, increases energy flow, promote health & wellness & relax your mind.	TH	11:15 am-12:00 pm	Studio B	Heather	FREE	Punch Card
<b>Yoga Fusion</b> Traditional series of Yoga poses mixed with Pilates, balance, strength, and resistance training along with cardiovascular activity. This class involves flexibility challenges and breath work of Yoga while offering overall toning and muscular strength. Each week a variety of equipment will be used.	W	5:35-6:35 am	Studio A	Dave	FREE	Punch Card
<b>NEW! Yoga Flow</b> This class emphasizes a flow from one traditional Yoga pose to another with balance and strength work integrated to challenge, strengthen and rejuvenate your body. Modifications will be provided along with stressing technique and form. Each class will finish with relaxation.	F	9:00-10:00 am	Studio B	Kristen	FREE	Punch Card
<b>Yoga Moves</b> Develop a strong mind and body through Yoga. This class is based on basic principles of Yoga fundamentals with incorporates Yoga postures, breathing exercises and a focused mind to improve balance and flexibility. Modifications and variations will be included along with an emphasis on technique and alignment. Class will end with relaxation to recharge your body!	M	10:15-11:15 am	Studio B	Kristen	FREE	Punch Card
	M	1:00-2:00 pm	Studio A	Kristen		
	T	7:05-8:05 pm	Studio A	Cindy		
	W	4:00-5:00 pm (Family Friendly)	Studio A	Dave		
	TH	7:05-8:05 pm	Studio A	Nancy B.		
	SA	9:15-10:15 am	Studio A	Kristen/Dave		
<b>ACTIVE OLDER ADULT CLASSES—Rejuvenate Your Soul</b>						
<b>Zumba Gold</b> This class takes all the excitement from the original Zumba class and introduces it to the active older adults, the beginner participant, and other special populations that may need modification to benefit from Zumba fitness.	T	12:00-1:00 pm	Studio A	Erin	FREE	Punch Card
<b>Gentle Yoga</b> This Beginning Yoga is designed for the active older adult. While learning basic Yoga moves, you will increased range of motion through your joints, gain flexibility and strength. Stress will be decreased along with improved sleep. Relaxation techniques will be incorporated at the end of class.	T	1:05-2:05 pm	Studio A	Kathy Z.	FREE	Punch Card
	TH	1:05-2:05 pm	Studio A	Kathy Z.		

# HEALTHY LIVING

## HEALTH, WELL-BEING, & FITNESS

### ADULT SPORTS & RECREATION

#### NEW! Adult Dodgeball League, ages 16+

League begins January 23. Open play January 9, 16. Games of 5 VS 5. Costumes/Uniforms encouraged. 30-minute games/10-minute matches; best 2 of 3. No team fee. However, Team Captain registers team by paying his/her individual fee.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
M	6:00-9:00 pm	Whirlpool Gym	\$30 individual fee	\$45 individual fee

#### Adult Volleyball League, ages 18+

League begins January 17. Open play January 3, 10. Competitive Adult Volleyball League with four different levels of play. A maximum of 20 teams will be accepted into the league. Each team can request 'bye' weeks/game time that will be taken into consideration when putting the schedule together. No team fee. However, Team Captain registers team by paying his/her individual fee.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
T	6:15-9:15 pm	Whirlpool/Hanson Gym	\$40 individual fee	\$60 individual fee

#### Adult Indoor Soccer League, ages 16+

League begins January 22. Open play January 8, 15. Competitive adult indoor soccer league. Games 5 VS 5. 25-minute halves. Games will be held every hour. Futsal rules will be enforced. No team fee. However, Team Captain registers team by paying his/her individual fee.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
SU	3:00-6:00 pm	Whirlpool Gym	\$40 individual fee	\$60 individual fee

#### Adult Open Pickleball

A designated time for pickleball players of all ages to come and enjoy organized matches.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
M/F	10:00 am-12:00 pm	Whirlpool Gym	FREE	\$5/Per Day
SA	8:00-10:00 am	Whirlpool Gym	FREE	\$5/Per Day

### RACQUETBALL GUIDELINES

Whenever a court is open, players may walk on at no charge.

- Courts may be reserved at \$3/hour Members, \$6/hour Community, up to 7 days in advance.
- Courts are reserved on the 1/2 hour from 5:30 am to close.
- If the courts are being used, players may wait for the next available open court and walk on at no cost. Or, reserve a court up to 30 minutes in advance of the next 1/2 hour for \$3/hour Members, \$6/hour Community.
- Court tickets can be prepaid by a phone reservation with a credit card.
- You will receive credit for courts canceled with a 24-hour notice.

#### Racquetball League, ages 18+

League starts January 11. A pyramid style adult league where participants challenge one another and work to become the top player in their league.

DAY	TIME	LEAGUE	MEMBER	COMMUNITY
W	4:30-6:30 pm	B Pyramid League	\$25	\$50
TH	4:30-7:30 pm	A Pyramid League	\$25	\$50

#### Adult/Young Adult Karate Isshinryu (Beginners, ages 12+)

For men and women alike, ages 12 and up, this course teaches the fundamentals of Isshinryu Karate. Students learn the basic techniques (blocks, punches, kicks, and stances) as they begin their journey in the martial arts. Students are also taught practical, easy-to-use self-defense techniques to help keep them safe. Students should wear loose-fitting clothing to class. Class overlaps with Advanced.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
T	7:15-8:15 pm	Studio B	\$60/7-Week Fee Winter 1 & 2, Spring	\$120/7-Week Fee Winter 1 & 2, Spring

#### Adult/Young Adult Karate Isshinryu (Advanced, ages 12+)

For those students who have completed the Isshinryu Karate for Adult/Beginners class, this is the continuation of their martial arts journey. Students will add to their basic skills of Karate learning more advanced techniques, forms, and controlled sparring. Students are also taught more advanced self-defense techniques to help keep them safe. Class overlaps with Beginners.

DAY	TIME	LOCATION	MEMBER	COMMUNITY
T	7:15-9:15 pm	Studio B	\$80/7-Week Fee Winter 1 & 2, Spring	\$120/7-Week Fee Winter 1 & 2, Spring

See **MASTERS SWIM & ADULT SWIM LESSONS** on page 12.

# SOCIAL RESPONSIBILITY

## Giving back and providing support to our neighbors.

The founders of the YMCA had a vision back in the 1840s; let's create an institution that helps all people with their daily lives, by enriching spirit, mind, and body.

That vision has become our mission, and it's alive and well today at the Benton Harbor-St. Joseph YMCA. We work hard to ensure our facility, our camps, our sports program, our child-care and everything else we offer can be used by all. In this endeavor, we are like no other organization.

We also address our communities' most pressing social issues, nutrition, education, child welfare and more.

We also count on your generosity. Through hundreds of volunteers and donors, we can help those who need it most in our community; we do this quietly and with little fanfare. But we cannot do this without your help.

We are here for your friends and neighbors, and we are here for newcomers as well. Please help us make our community a better place for us all.

#### Contribute. Donate. Volunteer.

What we can achieve together:

- Opening our doors to those who might need an extra hand.
- Giving all children a safe and nurturing environment, from child care to before-and-after-school care.
- Providing a supportive environment for healthier living.
- Most importantly, we create neighborhood havens where all people feel welcome, wanted and needed.



**BENTON HARBOR-ST. JOSEPH YMCA**

3665 Hollywood Road  
St. Joseph, MI 49085  
269-428-YMCA (9622)  
[www.bhsjymca.org](http://www.bhsjymca.org)

## Welcome to your new YMCA... for a better you and a stronger community!



### REMEMBER THESE DATES:

#### SESSION DATES:

##### Winter Session 1:

**Sun., January 8 - Sat., February 25** (7 weeks)  
Member Registration begins Mon., Dec. 5  
Community Registration begins Mon., Dec. 12

##### Winter Session 2:

**Sun., February 26 - Sat., April 22** (7 weeks - No classes 4/3-4/8)  
Member Registration begins Mon., Feb. 12  
Community Registration begins Mon., Feb. 17

##### Spring Session:

**Sun., April 23 - Sat., June 10** (7 weeks)  
Member Registration begins Mon., March 20  
Community Registration begins Mon., March 27



### NEW PROGRAMS!

#### YOUTH:

- Preschool Pre & Post Care
- Parent/Child Classes
- Kidnastics
- Intermediate Kidnastics
- First Kicks Soccer
- Jr. Strikers Soccer
- Swim, Cycle, Run
- Girl Power
- Dance Class Workshop

#### ADULTS:

- Cardio Drumming
- Golf Fit
- Cross Training
- Synergy
- Dodgeball

**AND, NEW FAMILY CARDIO DANCE!**

