



YMCA of Greater Grand Rapids

# WINTER PROGRAM GUIDE

January 11-February 27, 2010

March 1-April 24, 2010

Visit us at [grymca.org](http://grymca.org)



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## DAVID D. HUNTING YMCA

475 Lake Michigan Dr. NW, Grand Rapids 49504

616-855-9622 • 616-855-9623 (f)

Monday-Thursday: 5:00am-10:00pm • Friday: 5:00am-9:00pm  
Saturday: 7:00am-7:00pm • Sunday: 9:00am-5:00pm

## IONIA COUNTY YMCA

527 Tuttle Rd., Ionia 48846

616-527-5760 • 616-527-5759 (f)

OFFICE: Monday-Friday: 8:00am-1:00pm & 6:00-8:00pm  
Saturday: 9:00am-2:00pm

## LOWELL YMCA

1335 W. Main St., Lowell 49331

616-897-8445 • 616-897-5285 (f)

Monday-Thursday: 5:30am-8:30pm • Friday: 5:30am-7:00pm  
Saturday: 7:00am-2:00pm • Sunday: 11:00am-2:00pm

## SOUTHEAST YMCA

730 Forest Hill SE, Grand Rapids 49546

616-285-9077 • 616-285-5320 (f)

Monday-Thursday: 5:30am-8:30pm • Friday: 5:30am-7:00pm  
Saturday: 6:00am-4:00pm • Sunday: 1:00-4:00pm

## VISSER FAMILY YMCA

3540 Fairlanes SW, Grandville 49418

616-530-9199 • 616-530-0366 (f)

Monday-Thursday: 5:00am-9:00pm • Friday: 5:00am-8:00pm  
Saturday: 7:00am-5:00pm • Sunday: 1:00-6:00pm

*Visser Family YMCA also runs aquatics programs at the Byron Center Community Pool.*

## WOLVERINE WORLD WIDE FAMILY YMCA

6555 Jupiter Ave., Belmont 49306

616-363-3000 • 616-855-0180 (f)

Monday-Friday: 5:00am-9:30pm  
Saturday: 7:00am-6:00pm • Sunday: 12:00-6:00pm

## YMCA PROGRAMS IN CALEDONIA

9751 Duncan Lake, Caledonia 49316

616-558-9479 (Programs) • 616-891-6223 (Child Care)

Monday-Friday: 6:30am-6:00pm • Saturday & Sunday: CLOSED

## YMCA CAMP MANITOU-LIN

1095 N. Briggs Road, Middleville 49333

1-888-909-2267 • 1-269-795-1629 (f)

## HOW TO REGISTER!

Find your program and sign up at [grymca.org](http://grymca.org) with your credit card.  
Come in or call your branch and sign up over the phone.

# INFANT/TODDLER PROGRAMS

## AQUATICS

### Parent & Child (SKIP) Ages 6-36 months

This 30 minute class is for children ages 6 months to 3 years, and their parents. The primary objective is to get both the parent and the child comfortable in the water. Classes are designed to allow children to have fun in the pool while a parent guides them through aquatic readiness skills that are instructor-led. Class participants will be exposed to songs and games that use basic movements in the water, such as kicking, arm strokes, and breath control.

**YMCA Member: \$35 • Non-Member: \$70 (Byron Center Community Members: \$56)**

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	5:30pm	9:45am, 6:00pm	9:45am, 5:30pm	9:45am, 6:00pm	9:00am, 11:30am	9:00am, 10:30am
Wolverine World Wide						
Shrimp/Kipper	6:45pm		9:35am			9:00am
Inia/Perch			10:10am	6:45pm		9:00am
Visser Family	9:45am, 5:30pm	6:00pm		9:00am, 6:30pm		9:00am
Southeast		10:45am	6:00pm			9:00am, 11:30am
Ionia	6:00pm					10:30am
Byron Center	9:30am, 6:15pm		5:45pm	10:00am		10:00am

## SPORTS

### Preschool Sports Sampler Ages 2-3

Participants will learn the basic skills for various sports while promoting teamwork and character development. Each week we will offer a different sport including basketball, soccer, hockey, bowling, and more. 45 minute class

David D. Hunting	YMCA Member: \$28 • Non-Member: \$57	Wolverine World Wide Family	YMCA Member: \$30 • Non-Member: \$60
Visser Family	YMCA Member: \$28 • Non-Member: \$57	Southeast	YMCA Member: \$28 • Non-Member: \$57
Lowell	YMCA Member: \$28 • Non-Member: \$57	Caledonia	YMCA Member: \$28 • Non-Member: \$57

#### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		10am	10am	10am	10am	9:00am
Wolverine World Wide	6:45pm		9:30am, 10:10am	6:45pm		9:00am
Visser Family	9:45am, 5:30pm	6:00pm		9:45am		9:00am
Lowell						
Caledonia						

#### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		10am	10am	10am	10am	9:00am
Wolverine World Wide	6:45pm		9:30am, 10:10am	6:45pm		9:00am
Visser Family	9:45am, 5:30pm	6:00pm		9:45am		9:00am
Lowell						
Caledonia						

### Parent/Child Tumble Bugs Ages 18-36 months

This adventure in movement class will allow your child to develop athletic movements in a safe and padded area. With your assistance, your child(ren) will learn through playful, creative, and stimulating activities. This program will improve your child's(ren's) balance and fundamental movements through fun and safe exercises.

David D. Hunting	YMCA Member: \$28 • Non-Member: \$57	Wolverine World Wide Family	YMCA Member: \$30 • Non-Member: \$60
Visser Family	YMCA Member: \$30 • Non-Member: \$60		

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		9-9:35am				
Wolverine World Wide			9-9:30am		10-10:30am	
Visser Family	9-9:30am					

## Music & Movement (Jump Start) Ages 18-36 months

Music, rhythm, and rhymes are used to increase strength/agility, improve coordination/balance, develop self-confidence, and social skills.

YMCA Member: \$25 • Non-Member: \$50

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast				10-10:30am	9:30-10am	9:30-10am

## DANCE

### Parent/Child Ballet Ages 2-3 with parent

Teaches creative movement, music exploration, and sets the groundwork for ballet fundamentals. Parent must remain in the room.

YMCA Member: \$30 • Non-Member: \$60

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family			9:30-10am, Studio 2		9:30-10am, Studio 2	

## PRESCHOOL PROGRAMS

### AQUATICS

#### Preschool Swimming Lessons Ages 3-5

This program offers children their first experience in the pool without parental assistance. The children are taught the basic skills that are the building blocks of swimming and safety. Advancement through the preschool program allows for an ease of transition and feelings of success as the child progresses.

YMCA Member: \$35 • Non-Member: \$70 (Byron Center Community Members: \$56)

#### PIKE & PARENT

If your child is not yet ready to separate from you for swim lessons, then this class is for you! A transition from our SKIP level classes, this program will prepare your child for the structure of our Pike class. This is a "hands on" class for parents as you will be in the water with your child. Your child will learn pool rules, back and front floats, water entry, and how to swim on the stomach and other fundamentals. Your child will receive some one-on-one time with an instructor to help the transition from parent-led activities to instructor-led activities.

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	1:30, 6:30pm	5:30pm	6pm	5pm	9:30am	9:45am
Wolverine World Wide		6:45pm				9:45am
Visser Family	9:45am, 6pm			9am		9:30am
Southeast			10:45am			9:30am

#### PIKE

This level is for the beginner. Children at this level may be apprehensive and cling to the teacher. They may not be able to move freely through the water without the aid of an instructor. The main emphasis at this level is to help the child develop safe pool behavior, adjust to the water, and develop independent movement in the water. The Pike level is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of IFDs and PFDs, and comfort with holding the face in the water while blowing bubbles and swimming.

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	9:45, 11, 11:30am 5, 5:30, 6:30pm	11:30am, 1pm, 6pm 6:30, 7pm	10:30am, 1:45pm, 5pm 7pm	11:30am, 5:30pm, 6pm	9am, 11:30am	9am, 9:45am, 10:30am
Wolverine World Wide	10:30, 11:10am 6, 6:45pm	1, 6, 6:45pm	9:35, 10:45am, 1pm	10:30, 11:10am 6, 7:30pm	9am	9, 10:30am
Visser Family	10:15, 10:45am 5, 5:30, 6:30pm	9, 10:30am 5:30, 6:30pm	10:15, 10:45am 5, 5:30, 6pm	9:30, 10:30am 5:30, 6:30pm		9, 10:30, 11, 11:30am
Southeast	9:45am, 6pm	9:45am, 1pm, 7pm	9:45am, 6pm	9:45am		9, 10, 11am
Ionia	6:00pm					10:30am
Byron Center	9:30, 10am 5:45, 6:45, 7:15pm	9, 9:30, 10:30am	9:30, 10am 5:45, 6:45, 7:15pm	9:30, 10:30am		10, 10:30, 11am

## EEL

This is an intermediate level for the swimmer who can move throughout the water independently with or without the aid of an IFD. The child should be able to swim 10 yards on their front, back and side with a float belt and 5 feet without. Children are taught to float, and perform the progressive paddle stroke. They also learn basic boating safety and use of PFDs. Children can swim across the pool 15 feet without assistance by the end of this level.

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	11:30am, 1pm 5, 6:30pm	11:30am, 1:45pm 5, 6:30pm	11am, 1:45pm, 5pm	11:30am, 5:30, 6:30pm	10:30, 11:30am	9:45, 11:15am
Wolverine World Wide	10:30am, 6, 6:45pm	1:45, 6, 7:30pm	10:10, 10:45am, 1:30pm	10:30am, 6, 7:30pm	9:30am	9:45am
Visser Family	10:15, 10:45am 5pm, 6pm	9am, 10am, 10:30am 5:30pm, 6pm	10:15, 10:45am 6pm	9:30am, 10:30am 5:30pm, 6pm		9:30, 10:30, 11, 11:30am
Southeast	10:15am, 6:30pm	10:15am, 2, 6:30pm	10:15am, 7pm	10:15am		10, 10:30, 11am
Ionia	6:00pm					10:30am
Byron Center	10am 5:45, 6:15, 7:15pm	9, 9:30, 10:30am	9:30, 10am 6:15, 7:15pm	9:30, 10, 10:30am		10:30, 11am

## RAY

This is a more advanced level for the child who can swim on their front, back and side 25 yards with a float belt and 15 feet without a float belt. At this level children improve stroke skills (including rotary breathing), learn more personal safety, and rescue skills, build endurance by swimming on their front and back, and learn to tread water and perform kneeling and standing dives. Children can swim 20 feet of the pool without an IFD on their front, back, and side by the end of this level.

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	1:30, 6, 7pm	5, 6:30, 7pm	1, 5:30, 7pm	10:15am, 5, 6:30pm	9am	10:30, 11:15am
Wolverine World Wide	11:10am, 7:30pm	6:45pm		11:10am, 6:45pm		10:30am
Visser Family	6:30pm	9:30, 10am, 6:30pm	9:45am, 6:30pm	10am, 6pm		10am
Southeast	10:45am, 7pm	10:45am, 1:30, 6pm	10:45am, 6:30pm			9:30, 10:30, 11:30am
Ionia	6:00pm					10:30am
Byron Center	10:30am, 6:45pm	10am	10:30am, 6:45pm	9:00am		11:30am

## STARFISH

This is the creative level for children who are comfortable in the water and can swim 25 yards with an IFD and 20 feet without. Emphasis is placed on endurance, front and back crawl, modified breaststroke and butterfly, and personal safety and rescue skills.

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	1:30, 6, 7pm	5:30, 7pm	1, 5:30, 7pm	10:15am, 5pm	9am	10:30am
Wolverine World Wide	11:10am, 7:30pm	6:45pm		11:10am, 6:45pm		10:30am
Visser Family	6:30pm	9:30, 10am, 6:30pm	9:45am, 6:30pm	10am, 6pm		10am
Southeast	10:45am, 7pm	10:45am, 1:30, 6pm	10:45am, 6:30pm			9:30, 10:30, 11:30am
Ionia	6:00pm					10:30am
Byron Center	10:30am, 6:45pm	10am	10:30am, 6:45pm	9:00am		11:30am

## SWIM & FIT

Enroll for swim (child) and fit (adult) - Make the most of your time! Come and drop off your child for a swim lesson and participate in a strength workout while your child is learning how to swim. This is an extended preschool swim lesson, so parents can get in a structured strength workout in our Strive Room. The swim lesson will be a Pike and Eel combination class for 3 to 5 year olds and run for 40 minutes. Choose a single day and time that works best for your family. The Strive circuit will begin 5 minutes after the swim lesson and finish 5 minutes before the swim lesson is completed to allow parents to drop off and pick up child from pool deck.

**YMCA Member: \$75 • Non-Member: \$150**

### WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)

	MONDAY	WEDNESDAY	FRIDAY	SATURDAY
David D. Hunting	11:30am	9:30am	9, 11:30am	9:45, 11:15am

## SWIM & STRIVE

Your child will participate in a 30 minute exercise class in the Strive Family Wellness Center, followed by one of the swimming lessons listed below. The children will be dropped off at the pool by the Strive staff and taken to the Strive room for their activities. No need for the parents to transport their child to the pool. Make sure that they have swim suits under their clothing prior to Strive activities.

**YMCA Member: \$75 • Non-Member: \$150**

### WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)

	MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	10:45am (Pike&Eel) 12:15pm (Pike&Eel) 5:45pm (Pike&Eel)	1pm (Pike&Eel) 6:15pm (Pike&Eel)	10:45am (Pike&Eel) 5:15pm (Pike&Eel)	9:45am (Pike&Eel)	9am (Pike&Eel)

## KINDERGYM & SWIM

Ages 3-5

Build confidence, skills, and independence with a 30 minute gym class, followed by a 30 minute swim lesson. These combined classes will help your child improve movement and ball skills, balance, coordination, body control, teamwork, and listening skills.

**YMCA Member: \$40 • Non-Member: \$80**

### WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		10am		10am		10:30am

## SPORTS

### Instructional Football - Level 1 Ages: 3-5 years

In this introductory class, participants will learn the very basic skills and fundamentals of football. Catching, throwing, running, and defense will be emphasized, as well as our core values, sportsmanship and teamwork.

David D. Hunting **YMCA Member: \$28 • Non-Member: \$57**

Wolverine World Wide Family **YMCA Member: \$30 • Non-Member: \$60**

Visser Family **YMCA Member: \$30 • Non-Member: \$60**

Caledonia **YMCA Member: \$30 • Non-Member: \$60**

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					10am or 2pm	
Wolverine World Wide	9:15-10am			7-7:45pm		
Visser Family	5:30-6:15pm	10-10:45am	5:15-6pm		9:30-10:15am	
Caledonia			6:30-7:30pm Duncan Lake Middle School			

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					10am or 2pm	
Wolverine World Wide	9:15-10am			7-7:45pm		
Visser Family	5:30-6:15pm	10-10:45am	5:15-6pm		9:30-10:15am	

### Instructional Basketball - Level 1 Ages: 3-5

In this introductory class, participants will learn the very basic skills and fundamentals of basketball. Shooting, passing, dribbling, and defense will be emphasized, as well as our core values, sportsmanship, and teamwork.

David D. Hunting **YMCA Member: \$28 • Non-Member: \$57**

Wolverine World Wide Family **YMCA Member: \$30 • Non-Member: \$60**

Visser Family **YMCA Member: \$30 • Non-Member: \$60**

Southeast **YMCA Member: \$28 • Non-Member: \$57**

Caledonia **YMCA Member: \$32 • Non-Member: \$64**

Lowell **YMCA Member: \$30 • Non-Member: \$60**

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		10-10:45am	5-5:45pm	9-9:45am	2-2:45pm	
Wolverine World Wide	10:15-11am	6-6:45pm		10:15-11am		
Visser Family						9-9:45am
Southeast		10-10:45am OR 1-1:45pm OR 5:30-6:15pm OR 6:30-7:15pm		6:30-7:15pm		
Lowell				6-6:45pm Bushnell Elementary		10-10:45am Bushnell Elementary
Caledonia						10-10:45am Davenport University

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		10-10:45am	5-5:45pm	9-9:45am	2-2:45pm	
Wolverine World Wide	10:15-11am	6-6:45pm		10:15-11am		
Visser Family						9-9:45am
Southeast		12-12:45pm		6:30-7:15pm		
Lowell				6-6:45pm Bushnell Elementary		10-10:45am Bushnell Elementary

## Instructional Basketball - Level 2

Ages: 3-5

In this class, participants will expand on the fundamentals that were taught in Level 1 through a variety of games and fun drills, while continuing to learn more about our core values, sportsmanship and teamwork. Participants must be able to shoot, pass, dribble, and rebound in this progressive program.

David D. Hunting YMCA Member: \$28 • Non-Member: \$57

Wolverine World Wide Family YMCA Member: \$30 • Non-Member: \$60

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	6-6:45pm			7-7:45pm		

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		11-11:45am	5-5:45pm	10-10:45am	3-3:45pm	
Wolverine World Wide	6-6:45pm			7-7:45pm		

## Pre-K and Kindergarten Instructional Basketball League

Practice and games will be played at local Forest Hills schools. There will be 7 games. All games will be at your home facility.

YMCA Member: \$38 • Non-Member: \$76

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast						Games between 8am-5pm at Forest Hills schools

## Kindergarten Basketball League

In this 6 week program, participants will meet once per week for one hour. Each week the kids will progress more from skill introduction and development into playing games and utilizing/practicing those new-found skills.

David D. Hunting YMCA Member: \$28 • Non-Member: \$57

Wolverine World Wide Family YMCA Member: \$30 • Non-Member: \$60

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting						1 hr between 8:15-10:15am
Wolverine World Wide						9-10am

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting						1 hr between 8:15-10:15am
Wolverine World Wide						9-10am

## Preschool Instructional Soccer - Level 1

Ages: 3-5

In this class, participants will learn the very basic skills and fundamentals of soccer. Dribbling, trapping, passing, and shooting will be emphasized, as well as our core values, sportsmanship, and teamwork.

YMCA Member: \$30 • Non-Member: \$60

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					5-5:45pm	
Wolverine World Wide	5-5:45pm	10:15-11am				
Visser Family	2-2:45pm,5:15-6pm	5:30-6:15pm				
Southeast		12-12:45pm				
Lowell (Bushnell El.)	6-6:45pm		6-6:45pm			

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					5-5:45pm	
Wolverine World Wide	5-5:45pm	10:15-11am				
Visser Family	2-2:45pm,5:15-6pm	5:30-6:15pm				
Southeast		1-1:45pm		2-2:45pm		
Lowell (Bushnell El.)	6-6:45pm		6-6:45pm			

## Preschool Instructional Soccer - Level 2

Ages: 3-5

In this class, participants will expand on the fundamentals that were taught in Level 1 while continuing to learn more about our core values, sportsmanship, and teamwork. Participants must be able to dribble, trap, and pass the soccer ball in this progressive program.

YMCA Member: \$30 • Non-Member: \$60

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	4-4:45pm	11:15am-12pm				

**Preschool Instructional Floor Hockey - Level 1** Ages: 3-5

In this introductory class, participants will learn the very basic skills and fundamentals of floor hockey. Puck control, passing, shooting, and defense will be emphasized, as well as our core values, sportsmanship, and teamwork.

**Visser Family** YMCA Member: \$30 • Non-Member: \$60 **Southeast** YMCA Member: \$28 • Non-Member: \$57  
**Lowell** YMCA Member: \$30 • Non-Member: \$60 **Caledonia** YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				11-11:45am, 5-5:45pm		
Southeast		2-2:45pm		5:30-6:15pm		
Lowell	5-5:45pm Bushnell Elementary		5-5:45pm Bushnell Elementary			
Caledonia		6:30-7:30pm at Dutton Elementary/other schools				

**WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				11-11:45am, 5-5:45pm		
Southeast		10-10:45am or 6:30-7:15pm		5:30-6:15pm		
Lowell	5-5:45pm Bushnell Elementary		5-5:45pm Bushnell Elementary			
Caledonia			6-7pm at Dutton El.			

**Preschool Track and Field - Level 1** Ages: 3-5

This beginner track class will introduce the participants to multiple track and field events (sprints, hurdles, high jump, shot put, discus, and more), the basic skills and rules required to perform these events, and do this in a fun, interactive class.

**David D. Hunting** YMCA Member: \$28 • Non-Member: \$57 **Wolverine World Wide Family** YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	4-4:45pm					
Wolverine World Wide			5-5:45pm	6-6:45pm		

**Preschool Track and Field - Level 2** Ages: 3-5

In this class, participants will expand on the fundamentals that were taught in Level 1, while continuing to learn and improve form, expand upon our core values, and sportsmanship. Participants must know the rules of each track event, as well as understand the basic concepts of how to perform the required skills for each event.

YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide				7-7:45pm		

**Rock Climbing - Level 1** Ages: 3-5

In this introductory class, participants will learn the very basic skills and fundamentals of climbing. They will learn self esteem and confidence, the importance of safety, terminology of equipment, and be challenged on the wall with different fun climbing activities.

**David D. Hunting** YMCA Member: \$28 • Non-Member: \$57 **Wolverine World Wide Family** YMCA Member: \$30 • Non-Member: \$60

**Visser Family** YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	5-5:45pm	5-5:45pm				
Wolverine World Wide	5-5:45pm			6-6:45pm		
Visser Family	5:30-6:15pm					

## Rock Climbing - Level 2

Ages: 3-5

In this class, participants will expand on the fundamentals that were taught in Level 1, while continuing to learn different grips, routes, bouldering techniques, and improve form. Participants should know the rules of climbing, the safety commands, and have a basic understanding of climbing to take this class.

**YMCA Member: \$30 • Non-Member: \$60**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	6-6:45pm					

## Preschool Sports Sampler

Ages: 3-5

This class will introduce your child to an array of sports (soccer, basketball, t-ball, etc.) in a safe and fun environment. Each week will offer a different sports for them to learn and enjoy. Our core values, sportsmanship, and group social skills will be developed throughout this program.

**David D. Hunting** YMCA Member: \$28 • Non-Member: \$57

**Visser Family** YMCA Member: \$30 • Non-Member: \$60

**Caledonia** YMCA Member: \$30 • Non-Member: \$60

**Wolverine World Wide Family** YMCA Member: \$30 • Non-Member: \$60

**Southeast** YMCA Member: \$28 • Non-Member: \$57

**Lowell** YMCA Member: \$30 • Non-Member: \$60

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		5-5:45pm		10-10:45am	10-10:45am	9-9:45am
Wolverine World Wide	9:15-10am	10:15-11am, 5-5:45pm	5-5:45pm	6-6:45pm		
Visser Family	11-11:45am	12-12:45pm, 5-5:45pm	10:30-11:15am, 1-1:45pm		10:15-11am	
Southeast		11-11:45am		2-2:45pm		
Lowell				5-5:45pm Bushnell Elementary		
Caledonia (Dutton/Caledonia El.)					6:30-7:30pm	

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		5-5:45pm		10-10:45am	10-10:45am	9-9:45am
Wolverine World Wide	9:15-10am	10:15-11am, 5-5:45pm	5-5:45pm	6-6:45pm		
Visser Family	11-11:45am	12-12:45pm, 5-5:45pm	10:30-11:15am, 1-1:45pm		10:15-11am	
Southeast		11-11:45am, 2-2:45pm, 5:30-6:15pm				
Lowell				5-5:45pm Bushnell Elementary		
Caledonia (Dutton/Caledonia El.)					6-7pm	

## Preschool Cheerleading - Level 1

Ages: 3-5

This beginner cheerleading class will introduce the participants to the beginner level skills and facets of cheerleading. Participants will learn such skills as voice projection, proper motions, introduction to jumps, and more. All these skills will be taught through fun and interactive games while promoting sportsmanship and building self esteem.

**YMCA Member: \$30 • Non-Member: \$60**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	6-6:45pm		6-6:45pm			

## Preschool Cheerleading - Level 2

Ages: 3-5

Participants will expand on the fundamentals that were taught in Level 1 while continuing to learn and improve form. In this class participants will have already been introduced to jumps and proper motion mechanics. At this stage they will be introduced to double 9s, pikes, and universal jumps, while developing their own cheers!

**YMCA Member: \$30 • Non-Member: \$60**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		5-5:45pm				

## T-Ball - Level 1

Ages: 3-5

In this introductory class, participants will learn the very basic skills and fundamentals of t-ball. Through different types of drills, the participants will learn throwing, fielding position, the bases, and proper hitting stance. This class will also focus on good sportsmanship and our four core values.

**YMCA Member: \$28 • Non-Member: \$57**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting				5-5:45pm		

**Futsal** Ages: Under 6

Futsal is a form of soccer that is played indoors on a basketball court. A smaller, heavier ball is used to reduce bounce. It is a great way to improve your skills through the winter months.

**YMCA Member: \$24 • Non-Member: \$48**

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast	6 or 7pm for 5 weeks Under 6 (in TeenZone)					

**Preschool Tumbling - Level 1** Ages: 3-4

This unaided class will increase confidence, coordination, and will develop listening skills, taking turns, and following coaching instructions. The participants will be introduced to tumbling and learn through games with balloons, hula hoops, bean bags, music, dance, and coloring. Instructors will enforce the importance of friendship, family, and core values in this fun program!

**David D. Hunting YMCA Member: \$28 • Non-Member: \$57**

**Wolverine World Wide Family  
Southeast**

**YMCA Member: \$30 • Non-Member: \$60  
YMCA Member: \$25 • Non-Member: \$50**

**Visser Family YMCA Member: \$30 • Non-Member: \$60**

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		9:45-10:20am				
Wolverine World Wide	10:15-11am	9-9:45am			11:15am-12pm	
Visser Family	9:45-10:30am		9:45-10:30am			
Southeast	9:30-10am (2-3 yr olds)					

**Preschool Tumbling - Level 2** Ages: 4-5

In this advanced class, participants will go through balancing movements, tumbling movements, jumping movements, and more. This class is going to expand on your child's existing knowledge and movements and teaches new ones such as coordination and flexibility. The participants will learn through games and be introduced to obstacle courses, and gymnastics equipment. Through the use of balance beams, gym apparatus, parachutes, balls, songs, and more, children will develop coordination, balance, and strength.

**David D. Hunting YMCA Member: \$28 • Non-Member: \$57**

**Wolverine World Wide Family  
Southeast**

**YMCA Member: \$30 • Non-Member: \$60  
YMCA Member: \$25 • Non-Member: \$50**

**Visser Family YMCA Member: \$30 • Non-Member: \$60**

**Lowell YMCA Member: \$30 • Non-Member: \$60**

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		9:45-10:20am				
Wolverine World Wide	11:15am-12pm			10:15-11am		
Visser Family		9:30-10:15am		9:30-10:15am		
Southeast	10-10:45am					
Lowell	10:45-11:30am					

**Music & Movement (Jump Start)** Ages 3-5

Music, rhythm, and rhymes are used to increase strength/agility, improve coordination/balance, develop self-confidence, and social skills.

**YMCA Member: \$28 • Non-Member: \$57**

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast				10:45-11:30am	10:15-11am	10:15-11am

## DANCE

### Preschool Ballet - Step 1 Ages 3-5

This fun class will teach your child basic ballet while emphasizing social interaction.

\*Visser Family YMCA's prep classes for the recital will begin in Winter Session 2 and end with the Spring Session (14 week session). Recital scheduled for the Spring.

David D. Hunting YMCA Member: \$50 • Non-Member: \$70

Wolverine World Wide YMCA Member: \$50 • Non-Member: \$70

David D. Hunting YMCA Member: \$90 • Non-Member: \$130 (2 sessions)

Wolverine World Wide YMCA Member: \$90 • Non-Member: \$130 (2 sessions)

Visser Family YMCA Member: \$30 • Non-Member: \$60

#### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting			11-11:45am	11-11:45am	4:45-5:30pm	
Wolverine World Wide	1:45-2:30pm, OR 2:30-3:15pm					
Visser Family	5:15-5:45pm	4-4:30pm	5-5:30pm	3:45-4:15pm	9-9:30am	

#### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting			11-11:45am	11-11:45am	4:45-5:30pm	
Wolverine World Wide	1:45-2:30pm, OR 2:30-3:15pm					
Visser Family	5:15-5:45pm	4-4:30pm	4:30-5pm, 5-5:30pm	3:45-4:15pm	9-9:30am	

David D. Hunting and Wolverine World Wide Family participants will register for both the Winter 2 and Spring sessions in preparation for the May 15 ballet show.

### Preschool Ballet - Step 2 Ages 3-5

Step 2 students must have approval by the instructor.

David D. Hunting YMCA Member: \$50 • Non-Member: \$70

Wolverine World Wide YMCA Member: \$50 • Non-Member: \$70

David D. Hunting YMCA Member: \$90 • Non-Member: \$130 (2 sessions)

Wolverine World Wide YMCA Member: \$90 • Non-Member: \$130 (2 sessions)

Visser Family YMCA Member: \$30 • Non-Member: \$60

#### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting				11:45am-12:30pm	5:30-6:15pm	
Wolverine World Wide	1-1:45pm					
Visser Family		4:30-5pm				

#### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting			11-11:45am	11-11:45am	4:45-5:30pm	
Wolverine World Wide	1-1:45pm					
Visser Family		4:30-5pm				

David D. Hunting and Wolverine World Wide Family participants will register for both the Winter 2 and Spring sessions in preparation for the May 15 show.

### Preschool Tap Ages 3-5

David D. Hunting YMCA Member: \$35 or \$60/2 sessions • Non-Member: \$50 or \$90/2 sessions

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting				12:40-1:10pm or 5-5:30pm		

## MUSIC

### Music Exploration Ages 4-5

Exposure to the basics of music through keyboard, guitar, rhythm instruments, song, and movement.

YMCA Member: \$25 • Non-Member: \$50

#### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Caledonia				12:30-1pm (Duncan Lake Early Childhood Center)		

## ART

### Kinder Art Ages 4-6

Children will be led through a variety of art projects experimenting with different mediums, colors, and textures. Projects will build fine and gross motor skill development, and children will be introduced to a variety of art techniques. Students will work together to create a group project at the end of class.

**YMCA Member: \$30 • Non-Member: \$60**

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family	9:15-10am			5-5:45pm		
Southeast	9:15-10am			2-2:45pm		

### Preschool Messy Art Ages 2-5

All of the fun with none of the cleaning! The instructor will lead students in art projects both outdoors and indoors, encouraging experimentation with chalk, clay, paint, and more. Students will work on developing fine and gross motor skills through a variety of projects.

**YMCA Member: \$25 • Non-Member: \$50**

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family	10:15-10:45am			4:30-5pm		
Southeast	10:15-10:45am			1-1:30pm		

## YOUTH PROGRAMS

### AQUATICS

#### Youth Swimming Lessons Ages 6-12

This program offers children the opportunity to refine skills and includes personal growth personal safety, stroke development, water sports, and safety as key components of each lesson. The children focus on refinement of skills and children will develop the ability to perform more complex combinations of swimming movements.

**YMCA Member: \$35 • Non-Member: \$70 (Byron Center Community Members: \$56)**

### POLLIWOG

This is the beginning level for school-age children. Children get acquainted with the pool, the use of flotation devices, and floating. By the end of this level, they should know the front paddle stroke, side, and back paddle and some synchronized swimming and wet ball movements. Children can swim 25 yards of the pool on their front, back, and side, wearing a float belt, by the end of this level.

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	5, 6, 7pm	5, 6pm	6, 7pm	5, 7pm		9, 10:30, 11:15am
Wolverine World Wide	6pm	7:30pm		1, 6pm		9, 10:30am
Visser Family	5:15, 6pm	5:30, 7pm	7pm	6:15, 7pm		9, 9:45, 11:30am
Southeast	6pm	6:45pm	6:45pm			9, 10:30am
Ionia	6:45pm					11:15am
Byron Center	5:45, 7:15pm		5:45, 6:30pm			10am

### GUPPY

This advanced beginner level is for children that can swim one length of the pool on their front, back, and side for 25 yards with a float belt. The children continue to practice and build upon basic skills. They are introduced to the lead up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More synchronized swimming and wet ball skills are taught as well as some diving skills. Children can swim 25 yards of the pool on their front and back using alternating and symmetrical paddles and 25 yards on their side by the end of this level. They should be able to do 25 yards rudimentary rhythmic breathing with or without an IFD.

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	5pm	1, 6, 7pm	5pm	5, 7pm		9, 9:45am
Wolverine World Wide	6:45, 7:30pm	1, 6, 6:45pm		1:45, 6:45, 7:30pm		9, 9:45am
Visser Family	5:15pm	5:30, 7pm	7pm	6:15, 7pm		9, 9:45, 11:30am
Southeast	6pm	6:45pm	6:45pm			9, 9:45, 10:30am
Ionia	6:45pm					11:15am
Byron Center	5:45, 7:15pm		5:45, 6:30pm			10am

## MINNOW

This initial intermediate level is for children who can swim 25 yards of the pool on their front and back using alternating and symmetrical paddles and 25 yards on their side by the end of this level. They should be able to do 25 yards rudimentary rhythmic breathing with or without an IFD. Students will further refine front and back crawl focusing on rotary breathing and flutter kicking. They will also work on elementary, breaststroke, and sidestrokes. They will increase their endurance and learn still more synchronized swimming, wet ball, diving skills and personal safety, boating safety, and rescue skills. Children should be able to swim 1 length of the pool using refined front and back crawl and be comfortable diving, treading water, and floating.

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	5, 6, 7pm	1:45, 5, 7pm	5, 6pm	6, 7pm		9:45, 10:30am
Wolverine World Wide	6, 7:30pm	1:45, 6, 6:45pm		1, 6, 6:45pm		9:45, 10:30am
Visser Family	7pm	6:15pm	7pm	5:30pm		10:30am
Southeast	6:45pm	6pm	6pm			9:45, 10:30am
Ionia	6:45pm					11:15am
Byron Center	6:30pm		7:15pm			10:45am

## FISH

This intermediate level is for children who can swim 25 yards of the pool on their front and back using alternating and symmetrical paddles and 25 yards on their side. Swimmers should know rotary breathing and be comfortable diving, treading water, and floating. The swimmer at this level can swim several lengths of the pool. The children work to refine the crawl and perform elementary backstroke, sidestroke, and turns. They are introduced to the butterfly stroke and should do 25 yards with fins and 10 yards without. Students should be able to perform 50 yards of each crawl stroke, breaststroke, elementary backstroke and sidestroke. Emphasis is also on underwater swimming skills with a mask and snorkel and basic first aid skills.

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	7pm	7pm	6, 7pm	6, 7pm		11:15am
Wolverine World Wide				1:45, 7:30pm		11:15am
Visser Family	7pm	6:15pm	7pm	5:30pm		10:30am
Southeast	6:45pm	6pm	6pm			9:45, 11:15am
Ionia						11:15am
Byron Center	6:30pm		7:15pm			10:45am

## FLYING FISH

At this advanced level, students should have refined front crawl, back crawl, breaststroke, elementary backstroke, sidestroke skills and be able to swim 50 yards continuously. Swimmers will refine all strokes while increasing their endurance. They will also be introduced to competitive swimming and more advanced diving, personal safety, boating safety, wet ball, synchronized swimming, and rescue skills. Students should be able to swim 100 yards of all strokes in good form, except butterfly, which is a minimum of a 25 yard swim with fins and 15 feet without fins.

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	7pm	7pm	6, 7pm	7pm		11:15am
Wolverine World Wide				1:45, 7:30pm		11:15am
Visser Family	7pm	6:15pm	7pm	5:30pm		10:30am
Southeast	6pm	6pm	6:45pm			11:15am
Ionia						11:15am
Byron Center	6:30pm		7:15pm			10:45am

## HOMESCHOOL LESSONS

YMCA Member: \$35 • Non-Member: \$70

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	WEDNESDAY
Southeast	Beginner: 1pm • Advanced: 1:45pm

## LOG ROLLING Ages 6-15

This century's old talent of walking on a log has evolved into a fun and exciting sport! Grand Rapids has several historical markers commemorating west Michigan's rich history with lumberjacks throughout the city. Be a part of history with the YMCA's first log rolling program! You must be able to swim one length of the pool to participate.

YMCA Member: \$35 • Non-Member: \$70

### WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast						1pm

**SWIM 'N' STRIVE** Ages 6-12

Bring your child in for a fun event at the YMCA. Your child will participate in 30 minutes of exercise in the Strive Family Wellness Center followed by one of the swimming lessons listed below. The children will be dropped off at the pool by the Strive staff and taken to the Strive room for their activities. No need for the parents to transport their child to the pool. Make sure children have swim suits under clothing prior to Strive activities.

**YMCA Member: \$75 • Non-Member: \$150**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	5:15pm (Polliwog, Guppy, Minnow)		5:15pm (Polliwog, Guppy, Minnow)	6:15pm (Polliwog, Guppy, Minnow)		8:15am (Polliwog, Guppy and Minnow) 9:45am (Polliwog, Guppy, Minnow)

**SPORTS****Youth Instructional Basketball - Level 1** Ages 6-12

In this introductory class, participants will learn the basic skills, concepts, and fundamentals of basketball. Shooting, passing, dribbling, and defense will be emphasized, as well as our core values, sportsmanship, and teamwork.

**Fees: YMCA Member: \$30 • Non-Member: \$60**

**WINTER 1 (January 11-February 28)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lowell (Bushnell Elementary)						9-9:50am (ages 6-9) 11-11:50am (ages 10-12)

**WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lowell (Bushnell Elementary)						9-9:50am (ages 6-9) 11-11:50am (ages 10-12)

**Youth Basketball League - Recreational** Grades 1-2

David D. Hunting	YMCA Member: \$33 • Non-Member: \$66	Wolverine World Wide Family	YMCA Member: \$35 • Non-Member: \$70
Visser Family	YMCA Member: \$30 • Non-Member: \$60	Southeast	YMCA Member: \$38 • Non-Member: \$76
Caledonia	YMCA Member: \$32 • Non-Member: \$65		

**WINTER 1 (January 11-February 28)**

	SATURDAY
David D. Hunting	Games between 8am-12pm; 1 practice/week at local schools
Wolverine World Wide	Games between 10am-1pm; Practice during the week
Visser Family	10-11am - this league doesn't travel and plays games in-house
Southeast	Games between 8am-5pm; 1 practice during week. Grades 1&2 girls and 1st grade boys do not practice weekly. Forest Hills Schools
Caledonia	Games between 10am-1pm practices/games at Davenport Univ. No practice during week. This league does not travel.

**WINTER 2 (March 1-April 24)**

	MONDAY	SATURDAY
David D. Hunting		Games between 8am-12pm; 1 practice/week @ local school
Wolverine World Wide		Games between 10am-1pm; Practice during the week
Visser Family		10-11am - this league doesn't travel and plays games in-house
Caledonia	Practice/games 6-7pm at Caledonia Elementary	

**Youth Basketball League - Recreational** Grades 3-8

Southeast (Boys, grades 2-6; Girls, grades 3-6)	YMCA Member: \$41 • Non-Member: \$82	Caledonia	YMCA Member: \$32 • Non-Member: \$65
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**WINTER 1 (January 11-February 28)**

	SATURDAY
Southeast	Games between 8am-5pm; Weekly practice varies. Games will be at Forest Hills Schools & Caledonia.
Caledonia	10am-1pm practices/games at Davenport Univ. No practice during week. This league does not travel.

**Youth Basketball - Travel League** Grades 3-8 (BOYS OR GIRLS)

David D. Hunting	YMCA Member: \$33 • Non-Member: \$66	Wolverine World Wide Family	YMCA Member: \$35 • Non-Member: \$70
Visser Family	YMCA Member: \$35 • Non-Member: \$70	Southeast	YMCA Member: \$41 • Non-Member: \$82
Caledonia	YMCA Member: \$36 • Non-Member: \$72	Lowell	YMCA Member: \$35 • Non-Member: \$70

**WINTER 1 (January 11-February 28)****SATURDAY**

David D. Hunting	Games between 8am-5pm; 1 practice/week @ local school
Wolverine World Wide	Games between 9am-5pm; One practice during the week
Visser Family	9am-5pm
Southeast	Games between 8am-5pm; Practice during week varies. Forest Hills Schools & other YMCAs
Lowell	Games between 8am-5pm; Practice during week varies. Bushnell Elementary and other YMCAs
Caledonia	Games between 8am-5pm; Practice during week at Caledonia schools. Games at other Grand Rapids YMCAs

**WINTER 2 (March 1-April 24)****SATURDAY**

David D. Hunting	Games between 8am-5pm; 1 practice/week @ local school
Wolverine World Wide	Games between 9am-5pm; One practice during the week
Visser Family	11am-3pm
Lowell	Games between 8am-5pm; Practice during week varies. Bushnell Elementary and other YMCAs

**Youth Soccer - Level 1** Ages: 6-7

YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family		6:15-7pm	6:15-7pm			

**Youth Soccer - Level 2** Ages: 6-7

This class elaborates on what the participants learned in our youth soccer class. In this class participants will learn positioning, teamwork, rules of the game, and expand on the participant's knowledge of soccer.

YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family		7-7:45pm				

**Instructional Floor Hockey League** Grades: 1-4

This program will feature practice and play in the same day. Participants will learn how to move the puck, pass, shoot, and teamwork.

<b>Southeast</b>	YMCA Member: \$24 • Non-Member: \$48	<b>Caledonia</b>	YMCA Member: \$24 • Non-Member: \$48
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**WINTER 1 (January 11-February 28)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				6-6:45pm		
Caledonia		Between 6-8:30pm at Caledonia Community Schools				

**WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				6-6:45pm		
Southeast	1st-2nd Grade at 6 or 7pm 5 week program		3rd-4th Grade at 6 or 7pm 5 week program			
Caledonia		Between 6-8:30pm at Caledonia Community Schools				

**Instructional Football - Level 1** Ages 6-8

In this introductory class, participants will learn the basic skills, concepts, and fundamentals of football. Catching, throwing, running, and defense will be emphasized, as well as our core values, sportsmanship, and teamwork.

David D. Hunting	YMCA Member: \$28 • Non-Member: \$57	Visser Family	YMCA Member: \$30 • Non-Member: \$60
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**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting			5:15-6pm			
Visser Family	6:15-7pm			5:15-6pm		

**Instructional Football - Level 2** Ages 6-12

In this class, participants will expand on the fundamentals that were taught in Level 1, while continuing to learn more about our core values, sportsmanship, and teamwork. Participants must be able to throw, catch, and run while holding a football, as well as understand basic concepts and rules of the game.

**David D. Hunting** YMCA Member: \$28 • Non-Member: \$57

**Visser Family** YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				6-6:45pm		

**WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					6-6:45pm	
Visser Family				6-6:45pm		

**Youth Track and Field - Level 1** Ages: 6-12

In this introductory class, participants will be exposed to multiple track/field events (sprints, hurdles, high jump, triple jump, shot put, discus and more) learn proper form and rules to perform these events, and compete against themselves to improve their personal best results. Core values, sportsmanship, and the importance of endurance and conditioning will also be taught.

**David D. Hunting** YMCA Member: \$28 • Non-Member: \$57

**Wolverine World Wide Family** YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	5-5:45pm					
Wolverine World Wide	7-7:45pm		6-6:45pm			

**Youth Track and Field - Level 2** Ages: 6-12

In this more advanced class, participants will focus on better form, strategy, and event-specific skills and techniques to improve their personal best results. They will be competing in multiple track/field events (sprints, hurdles, high jump, triple jump, shot put, discus & more) each week. Core values, sportsmanship, and the importance of endurance and conditioning will also be taught.

**David D. Hunting** YMCA Member: \$28 • Non-Member: \$57

**Wolverine World Wide Family** YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide				7-7:45pm		

**WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	5-5:45pm					
Wolverine World Wide				7-7:45pm		

**Youth Rock Climbing - Level 1** Ages: 6-12

Participants will learn self esteem and confidence, the fundamentals and skills of climbing properly, the importance of safety, climbing terminology, different holds and grips, techniques to make them better climbers, and be challenged on the wall with different climbing routes and activities.

**David D. Hunting** YMCA Member: \$28 • Non-Member: \$57

**Wolverine World Wide Family** YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	6-6:45pm	6-6:45pm				
Wolverine World Wide		5-5:45pm		5-5:45pm		

**WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		5-5:45pm		5-5:45pm		

**Youth Rock Climbing - Level 2** Ages: 6-12

In this more advanced class, participants will have a heavy focus on better techniques and body positioning on the wall, more challenging routes, a better understanding of terminology, rating system for climbs, and problem solving on the wall.

**David D. Hunting** YMCA Member: \$28 • Non-Member: \$57

**Wolverine World Wide Family** YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		6-6:45pm				

**WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	7-7:45pm	7-7:45pm				
Wolverine World Wide		6-6:45pm				

**Youth Sports Sampler** Ages: 6-12

This class will introduce your child to an array of sports (soccer, basketball, flag football, track/field, tennis, etc.) in a safe and fun environment. Each week will offer a different sport for them to learn and enjoy. Our core values, sportsmanship, and group social skills will be developed throughout this program.

David D. Hunting YMCA Member: \$28 • Non-Member: \$57

Visser Family YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					5-5:45pm	
Visser Family				5:15-6pm (ages 6-8)		

**Youth Cheerleading - Level 1** Ages: 6-12

Introductory class - Participants will be exposed to a variety of facets to cheerleading and introduced to jumps and universal mechanics, as well as proper motion, and voice projection. There will also be opportunity to develop their own cheers. All of this will be taught through interactive games that promote sportsmanship and teambuilding.

YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	7-7:45pm		7-7:45pm			

**Youth Cheerleading - Level 2** Ages: 6-12

In this more advanced class, participants will focus on more precise form in order to improve their technique. They will be introduced to the gymnastics skills necessary, as well as stunting. With the instructor's guidance, the participants will use this training to develop in depth team cheers which they will present to parents on the last night.

YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		6-6:45pm				

**Youth Golf - Level 1** Ages: 6-12

In this introductory class, participants will be introduced to the skills and fundamentals of golf. They will progress through stance, grip, and swing form, starting on the putting green and accelerating to half swings with chipping practice. Groups will be introduced to iron shots, and full swings while continuing to develop proper form and consistency.

YMCA Member: \$30 • Non-Member: \$60

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting			5-5:50pm (4 week class)	5-5:50pm (4 week class)		

**Tae Kwon Do**

This Korean form of Martial Arts will be taught by certified instructors. Class will focus on learning and applying defensive and offensive techniques, physical and mental skill sets, and developing positive self attributes such as caring, honesty, respect, and responsibility.

David D. Hunting YMCA Member: \$50 • Non-Member: \$90

Visser Family YMCA Member: \$45 • Non-Member: \$90

Lowell YMCA Member: \$45 • Non-Member: \$90

Wolverine World Wide  
Southeast

YMCA Member: \$45 • Non-Member: \$90  
YMCA Member: \$80 • Non-Member: \$130

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	M/W 4:30-5:30pm	T/Th 6-7pm	M/W 4:30-5:30pm	T/Th 6-7pm		
Wolverine World Wide		T/Th 7:15-8:15pm (Ages 7-14 - Youth) T/Th 8:30-9:30pm (Adults 15+)		T/Th 7:15-8:15pm (Ages 7-14 - Youth) T/Th 8:30-9:30pm (Adults 15+)		
Visser Family	M/W 6-7pm (Ages 4+) M/W 7-8pm (Ages 7-Adult)		M/W 6-7pm (Ages 4+) M/W 7-8pm (Ages 7-Adult)			
Southeast		T/Th 7-8:30pm 12 week program starts 2/23		T/Th 7-8:30pm 12 week program starts 2/23		
Lowell				6:30-8pm at Impact Church		

## Skateboard Lessons Grades 2-8

Learn how to skateboard in this group class, where you will be taught in a safe, controlled environment. Some experience or none at all - This is a fun, interactive class.

**YMCA Member: \$30 • Non-Member: \$60**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	5-5:45pm	5-5:45pm				

## Futsal Ages: Under 8

Futsal is a form of soccer that is played indoors on a basketball court. A smaller, heavier ball is used to reduce bounce. A great way to improve your skills through the winter.

**YMCA Member: \$24 • Non-Member: \$48**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast			6 or 7pm for 5 weeks (Under 8)			

## Girls Instructional Volleyball Ages: 9-14

Learn to bump, set, and spike in this fundamental program that includes scrimmages.

**David D. Hunting YMCA Member: \$28 • Non-Member: \$57**

**Visser Family YMCA Member: \$30 • Non-Member: \$60**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting				4:45-5:45pm		
Visser Family		5:45-6:45pm				

## Eric Lynch's Running Back Clinics Ages: 8-12

This football clinic is led by former Detroit Lions and GVSU star Eric Lynch. Eric will teach proper stance, blocking, receiving, & taking hand-offs in this exciting new program.

**YMCA Member: \$30 • Non-Member: \$60**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting			5:30-6:30pm (twice/wk) Two Week Program		5:30-6:30pm (twice/wk) Two Week Program	
Wolverine World Wide	7-8pm			7-8pm		

## Instructional Skiing Ages: 8-12

This is a 5 week course at Pando that covers the fundamentals of skiing. Rental equipment is provided.

**YMCA Member: \$35 • Non-Member: \$70**

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	4-5pm, 5-6pm			4-5pm, 5-6pm		

## Instructional Snowboarding Ages: 8-12

This is a 5 week course at Pando that covers the fundamentals of snowboarding. Rental equipment is provided .

**YMCA Member: \$35 • Non-Member: \$70**

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	4-5pm, 5-6pm			4-5pm, 5-6pm		

## FITNESS

### Spin Theatre Ages: 5+

This safe and fun environment for your child will allow them to engage in physical activity while watching the newest Disney movies that are out on DVD while hanging out with their peers. Bikes are limited, so sign up today!

**YMCA Member: \$40 • Non-Member: \$80**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wolverine World Wide				4:45-5:45pm			1:45-2:45pm

### Introduction to Arnis - One Day Workshop Ages 9+

Arnis, aka Escrima, is a Filipino, cultural, stick-fighting, dance-like warrior art. It is a unique martial art that uses single and double rattan sticks in rhythmic partner drills, armed and unarmed self-defense, and which produces great hand-eye coordination and makes for a very exciting and fascinating demonstration. Prof. Lewis, a 7th Degree Black Belt, has taught this art for credit at Cornerstone University as well as at seminars around the country and overseas.

**Saturday, January 23: 9am-1pm at the Wolverine World Wide Family YMCA**

**YMCA Member: \$25 • Non-Member: \$40**

### Introduction to Kenpo Karat Self Defense - One Day Workshop Ages 9+

This workshop, offered by Professor Lewis, 7th Degree Black Belt, focuses on the unique self-defense techniques found in the Shinsei style of Kenpo. The student will learn how to escape a variety of grabs, holds, and chokes, as well as how to defend against common punches and kicks. While appropriate for both genders and all ages and levels of fitness, this is highly recommended for women, and will include pointers on safety and preventative measures.

**Saturday, March 20: 9am-1pm at the Wolverine World Wide Family YMCA**

**YMCA Member: \$25 • Non-Member: \$40**

### Homeschool Physical Education Ages: 5-14

Learn about physical fitness, nutrition, and various sports activities and fun games!

**David D. Hunting YMCA Member: \$45 • Non-Member: \$90**

**Wolverine World Wide**

**YMCA Member: \$55 • Non-Member: \$110**

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
David D. Hunting				7-7:45pm	11-11:45am		
Wolverine World Wide			1:30-3pm				

### Yoga for Kids Ages: 5-12

Yoga for Kids improves health, concentration, physical fitness, emotional balance, self-esteem, relieves stress, and encourages cooperation! This class will encourage kids of all ages to have fun while learning yoga. When presented in a child's language, yoga can help counter the stress experienced by young people living in a hurry-up world.

**YMCA Member: \$35 • Non-Member: \$70**

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wolverine World Wide	6:30-7pm						
Visser Family			4:15-4:45pm				

## DANCE

### Kindergarten Ballet Ages 5-7

Teaches a creative way of movement using images from everyday movement and activities. Students build a ballet vocabulary through language, movement, stretches, and musicality taught at the ballet barre and out center. Returning participants register for both the Winter 2 and Spring sessions in preparation for the May 15 ballet show.

**David D. Hunting YMCA Member: \$50 • Non-Member: \$70**

**Visser Family**

**YMCA Member: \$30 • Non-Member: \$60**

**David D. Hunting YMCA Member: \$90 • Non-Member: \$130 (2 sessions)**

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					6:15-7:15pm	
Visser Family	5:45-6:30pm				5:30-6:15pm	

### Kindergarten Ballet - Level 2 Ages 5-7

Level 2 students must have completed at least one session of Level 1 or be approved by the instructor.

**YMCA Member: \$35 • Non-Member: \$70**

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family		5-5:45pm				

**Youth Ballet - Level 1** Ages 7-12

Teaches a creative way of movement using images from everyday movement and activities. Students build a ballet vocabulary through language, movement, stretches, and musicality taught at the ballet barre and out center. Returning participants register for both the Winter 2 and Spring sessions in preparation for the May 15 ballet show.

David D. Hunting YMCA Member: \$50 • Non-Member: \$70

Wolverine World Wide YMCA Member: \$50 • Non-Member: \$70

David D. Hunting YMCA Member: \$90 • Non-Member: \$130 (2 sessions)

Wolverine World Wide YMCA Member: \$90 • Non-Member: \$130 (2 sessions)

Visser Family YMCA Member: \$40 • Non-Member: \$80

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	4:30-5:30pm					
Wolverine World Wide		4:20-5:20pm				
Visser Family		6-7pm			6:15-7:15pm	

**Youth Ballet - Level 2** Ages 7-12

Level 2 students must have completed at least one session of Level 1 and received instructor approval. Returning participants register for both the Winter 2 and Spring sessions in preparation for the May 15 ballet show.

David D. Hunting YMCA Member: \$50 • Non-Member: \$70

Visser Family YMCA Member: \$40 • Non-Member: \$80

David D. Hunting YMCA Member: \$90 • Non-Member: \$130 (2 sessions)

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting				4:30-5:30pm		
Visser Family		7-8pm				

**Youth Ballet - Level 3** Ages 7-12

Level 3 students must have completed Level 2 and received instructor approval. Returning participants register for both the Winter 2 and Spring sessions in preparation for the May 15 ballet show.

David D. Hunting YMCA Member: \$50 or \$90/2 sessions • Non-Member: \$70 or \$130/2 sessions

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting			4:30-5:30pm			

**WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting			4:30-5:30pm			

**Kindergarten Tap** Ages 3-5

YMCA Member: \$35 • Non-Member: \$70

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				4:15-5pm		

**Youth Tap - Level 1** Ages 7-12

Tap dance focuses on musical rhythm and timing by using the metal on the tap shoes like a drum and blending ballet and jazz movement. Tap improves coordination, flexibility, endurance, and strength. David D. Hunting returning participants register for both the Winter 2 and Spring sessions in preparation for the May 15 show.

David D. Hunting YMCA Member: \$35/7 weeks or \$60/14 weeks • Non-Member: \$50/7 weeks or \$90/14 weeks

Visser Family YMCA Member: \$40 • Non-Member: \$80

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting				5:40-6:20pm		
Visser Family				5-6pm		

**Youth Tap - Level 2** Ages 7-12

Level 2 students must have completed Level 1 or received instructor approval.

YMCA Member: \$40 • Non-Member: \$80

**WINTER 1 (January 11-February 28)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family (Studio 2)				6-7pm		

**WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				6-7pm		

**Kinder Jazz** Ages 5-7

Teaches a classical form of Broadway jazz. Students will learn stretching, isolations, musicality, and are encouraged through a non-competitive atmosphere. Must have taken, or be currently enrolled for ballet to take this class.

YMCA Member: \$35 • Non-Member: \$70

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family			5:30-6:15pm			

**Youth Jazz** Ages 7-12

Teaches a classical form of Broadway jazz. Students will learn stretching, isolations, musicality, and are encouraged through a non-competitive atmosphere. Must have taken, or be currently enrolled for ballet to take this class.

YMCA Member: \$40 • Non-Member: \$80

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family			6:15-7:15pm			

**Youth Hip Hop** Ages 8-15

This class is an exploration of urban dance movement in a structured setting. The teacher will lead the group in original and mocked movement that encourages creativity and enhances their ability to freestyle.

YMCA Member: \$40 • Non-Member: \$80

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Wolverine World Wide						12-1pm
Visser Family				7-8pm		

**Zumba Kids** Ages 8-15

Yes! Kids can Zumba too! This exciting new dance class for kids incorporates exercise and having fun while learning to dance.

YMCA Member: \$40 • Non-Member: \$80

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide						12-1pm
Visser Family						10:30-11:30am

**MUSIC****Group Guitar Lessons** Ages 9-12

The Stella Royce Music Program Group Guitar Lessons is a five step program on the beginner level. Students receive an introduction to the guitar and basic chords in a fun and challenging environment. Class meets once a week for 45 minutes. Bring an acoustic or electric guitar.

YMCA Member: \$50 • Non-Member: \$75

**WINTER 1 (January 11-February 28)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting				6:30-7:15pm Step 1	6-6:45pm Step 3	

**WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					6-6:45pm Step 4	

**Group Piano Lessons** Ages 6-8, 9-12

The Stella Royce Music Program Group Piano Lessons is a five step program on the beginner level. Class meets once a week for 45 minutes.

YMCA Member: \$60 • Non-Member: \$75

**WINTER 1 (January 11-February 28)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting (Ages 6-8)	6:30pm, Step 1		5:30pm, Step 1			
(Ages 9-12)	5:30pm, Step 1					12pm, Step 1

# ART

## **Pencils Are for Drawing** Ages 9-12 (beginner)

Our instructor will infuse your young artist with excitement about art and build on their potential to draw. Learn to use drawing pencils skillfully. Discover line, shape, and value in the everyday world. Create a quality drawing for display.

**YMCA Member: \$30 • Non-Member: \$60**

### **WINTER 1 (January 12-February 9) & WINTER 2 (March 2-30)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast		4:30-5:30pm (5 weeks)				

## **Children's Collage** Ages 7-12

Students will be challenged and have fun putting together a graphic design made from paints, pencil drawings, papers, pictures, and more to create a collage. Mixing different media and textures, we'll work on design, color, values and presentation all while getting the students to express his or her imagination. Each student will take home two finished works of personal art that will reflect their goals, values, hobbies, or favorite things in life. Come and join us and let's get creative.

**YMCA Member: \$30 • Non-Member: \$60**

### **WINTER 1 (January 28-February 18) & WINTER 2 (March 4-25)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast				6-7pm (4 weeks)		

## **Art Out of the Box Workshop** Ages 5-12

Enhance your child's creativity, expression, and confidence through this integrated art workshop which incorporates painting, drawing, drama, 3D storytelling, and movement.

**YMCA Member: \$25 • Non-Member: \$50**

### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Caledonia		6-7:30pm (Duncan Lake Early Childhood Center)				

## **Clay Art** Ages 7-12

Students will work with air dry clay to create both functional items and sculptures. Instructor will lead students through exercises in basic clay techniques, and students will have the opportunity to paint, glaze, and decorate their creations.

**YMCA Member: \$35 • Non-Member: \$70**

### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				7-8pm		

## **Explore Art** Ages 7-12

Children will explore many different styles of art, experiment with different mediums and colors, and learn about historical and contemporary artists.

**YMCA Member: \$35 • Non-Member: \$70**

### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				5:45-6:45pm		

## **Jewelry Making** Ages 7-12

Children will explore many different ways to make their own jewelry! Have fun with the other classmates and learn fun new projects to show off to all your friends!

**Visser Family YMCA Member: \$35 • Non-Member: \$70**

**Southeast YMCA Member: \$25 • Non-Member: \$50**

### **WINTER 1 (January 11-February 27)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family			6-7pm			

### **WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family			6-7pm			

## **Origami** Grades 1-5

Konichiwa! Travel to Japan with a new adventure each day. Create your world by folding paper, napkins, or dollar bills into flowers, animals, boxes, and gifts in this workshop.

**DAVID D. HUNTING - February 3: 6-7pm**

**YMCA Member: \$4 • Non-Member: \$8**

### Jewelry Workshop Grades 1-5

Create your own wearable pins, dangling earrings, bracelets, and necklaces using a variety of beads.

DAVID D. HUNTING - March 31: 6-7:30pm

YMCA Member: \$10 • Non-Member: \$15

## MISCELLANEOUS PROGRAMS

### Is It Possible? **NEW CLASS!** Ages 8-12

Do you like to explore new ideas, figure out solutions, and expand your imagination? Join us for hands-on problem solving through puzzles and other challenges.

Instructor: Kevin Kammeraad, author and performer

YMCA Member: \$25 • Non-Member: \$50

#### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Caledonia	6-7:30pm (April 5, 12, 19) Duncan Lake Early Childhood Center					

### Youth All-Nighters Ages 5-11

Enjoy an entire night of FUN! Activities included are swimming, rock wall, gym games, movies, crafts, and more!

DAVID D. HUNTING - Jan. 30, March 27, April 17: 8pm-7am

YMCA Member: \$13 • Non-Member: \$16

### Youth Fun Nights Ages 5-11

Parents can enjoy an afternoon out while your child plays at the YMCA! Kids will enjoy swimming, crafts, gym games, and more.

DAVID D. HUNTING - Jan. 23, Feb. 6, 20, March 6, 20, April 10, 24: 3-7pm

YMCA Member: \$7 • Non-Member: \$10

### Safe On My Own (SOMO) Ages 8-12

The American Red Cross Safe on My Own class is designed to teach kids valuable information for how to be safe when home alone. At the SOMO program, you will learn home safety skills, how to interact with strangers, and internet safety skills. Also, you will learn some basic first aid and a whole lot more!

YMCA Member: \$15 • Non-Member: \$20 (includes snack and booklet - 10% second child discount)

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	5-8:30pm (Jan. 11, Feb. 8) at the YMCA 3:15-6pm (Jan. 25) at Pine Island El. 5-8:30pm (March 8) at the YMCA	5-8:30pm (Jan. 26, Feb. 23) at the YMCA  5-8:30pm (Mar. 23, Apr. 27) at the YMCA		3:15-6pm (Feb. 11) at Pine Island Elementary 2:45-6pm (Jan. 7) at Kent City El (Special: \$18)		
Southeast						9am-12:30pm (Feb. 13)

### Junior Engineering 1 Ages 5-7

Using LEGO Educational Division materials and LEGO Technic elements, children will learn by doing. Course covers gears, levers, wheels, axles, structures, forces, and simple machines. Working with partners, students will cooperatively build and modify machines exhibiting basic engineering principles.

YMCA Member: \$75 • Non-Member: \$99

#### WINTER 1 (January 11-February 27)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast						9-11am January 23-February 13 (4 weeks)

#### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast	5:30-7:30pm March 8-29 (4 weeks)					

## LEGO Vehicles Ages 8-12

Kids will build 13 different vehicles capped off with a final project. Some of these vehicles haven't been invented in the "real" world yet! Vehicles include an Inch Worm Car, Riding Mower, Space Cruiser, Submarine, and more. Course covers gearing and gear ratios, electric motors and energy, friction and forces in motion, and aerodynamics.

**YMCA Member: \$75 • Non-Member: \$99**

### WINTER 1 (January 18-February 8)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast	5:30-7:30pm					

### WINTER 2 (March 13-April 3)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast						9-11am

## Ramps & Rails

Want to get better on your skateboard or rollerblades? Check out this exciting event where we'll have lots of skating, snacks and all the activities in the TeenZone. Our instructor will even teach you a few tricks to impress your friends. We have two quarter pipes, a wave ramp, grind box, and more. **DAVID D. HUNTING - Jan. 23, Feb. 6, 20,**

**SOUTHEAST - Jan. 8 and March 5: 6-8pm**

**YMCA Member: \$5 • Non-Member: \$10**

## YMCA Bus Pass Grades 6-12

Join us for a ride to the Wolverine World Wide Family YMCA from Rockford Middle Schools and the Freshman Center! This is an exclusive pass (unlimited rides) for all YMCA members who attend Rockford schools. You can come to the YMCA to just hang out, swim, use the gym, or sign up for any of our fun programs! Your bus will pick you up from your school and bring you to the Freshman Center, where you will board the YMCA bus. The TeenZone and café will be open as well, and staff is available for homework help. Spots are limited, so sign up today!

**YMCA Members Only: \$125/January-June (school year)**

## Fun Clubs Ages 5-12

When school is out (Winter Break and Spring Break), take a vacation at the YMCA. Swimming, rock climbing, games, crafts, and fun activities fill your child's week!

<b>David D. Hunting</b>	<b>\$55/day or \$175 for all 6 days (hot lunch included each day)</b>
<b>Wolverine World Wide Family</b>	<b>YMCA Member: \$40/day or \$162/all days • Non-Member: \$50/day or \$174/all days (Bring your own lunch.)</b>
<b>Visser Family</b>	<b>YMCA Member: \$40/day or \$135/all days • Non-Member: \$50/day or \$145/all days (Bring your own lunch.)</b>
<b>Southeast</b>	<b>YMCA Member: \$40/day or \$135/all days • Non-Member: \$50/day or \$145/all days (Bring your own lunch.)</b>
<b>Lowell</b>	<b>YMCA Member: \$40/day or \$135/all days • Non-Member: \$50/day or \$145/all days (Bring your own lunch.)</b>
<b>Caledonia</b>	<b>YMCA Member: \$40/day or \$135/all days • Non-Member: \$50/day or \$145/all days (Bring your own lunch.)</b>

### WINTER BREAK (December 21-30)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	6am-6pm	6am-6pm	6am-6pm	6am-12pm	Closed	
Wolverine World Wide	7am-6pm (December 21-23 and December 28-30)					
Southeast	7am-6pm (December 21-23 and December 28-31)					
Lowell	6:30am-6pm	6:30am-6pm	6:30am-6pm	Open until Noon	Closed	
	Location: Cherry Creek Elementary					
Caledonia	6:30am-6pm (December 21-23 and December 28-31)					

### MID-WINTER BREAK (February 15, 18, 19)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	6am-6pm	6am-6pm	6am-6pm	6am-6pm	6am-6pm	
Wolverine World Wide	7am-6pm			7am-6pm	7am-6pm	
Lowell	6:30am-6pm (Feb. 15)	6:30am-6pm (Feb. 16)				
	Location: Cherry Creek Elementary					

### SPRING BREAK (April 5-9)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	6am-6pm	6am-6pm	6am-6pm	6am-6pm	6am-6pm	
Wolverine World Wide	7am-6pm	7am-6pm	7am-6pm	7am-6pm	7am-6pm	
	(Also held on April 1 and April 2)					
Southeast	7am-6pm	7am-6pm	7am-6pm	7am-6pm	7am-6pm	
Lowell	6:30am-6pm	6:30am-6pm	6:30am-6pm	6:30am-6pm	6:30am-6pm	
	Location: Cherry Creek Elementary					
Caledonia	6:30am-6pm	6:30am-6pm	6:30am-6pm	6:30am-6pm	6:30am-6pm	

# TEEN PROGRAMS

## AQUATICS

### Teen Swimming Lessons Ages 12-17

Build confidence, skills, and independence with participants your own age. This is a beginner swim lesson that will be aimed at new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of IFDs and PFDs and comfort with holding the face in the water while blowing bubbles and swimming.

**YMCA Member: \$35 • Non-Member: \$70**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting				7:30pm		

### Shark

This advanced level is for those who have mastered the competitive strokes. The swimmer continues to refine strokes and increase endurance. Swimmers will be introduced to inverted breaststroke, trudge crawl, and lifesaving skills. They will also perform the 200 yard individual medley. Opportunities are provided for further work on synchronized swimming, wet ball, and snorkeling, as well as personal safety, boating safety, and rescue skills.

#### WINTER 1 (January 11-February 27)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	7pm		7pm	7pm		11:15am
Wolverine World Wide				1:45, 7:30pm		11:15am
Visser Family	7pm	6:15pm	7pm	5:30pm		10:30am
Southeast	6pm	6pm	6:45pm			11:15am
Byron Center	6:30pm		7:15pm			10:45am

#### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	7pm	7pm	6, 7pm	7pm		11:15am
Wolverine World Wide				1:45, 7:30pm		11:15am
Visser Family	7pm	6:15pm	7pm	5:30pm		10:30am
Southeast	6pm	6pm	6:45pm			11:15am
Byron Center	6:30pm		7:15pm			

## FITNESS

### Move It to Lose It: Teen Style Teens

This is a 10 week program. Work with a small group on this comprehensive program that incorporates nutrition and fitness components. Our goal is to improve your overall health and wellness. We will keep it fun, motivating, and challenging. Make those lifestyle changes today! Class includes 10 weeks of full use of the YMCA.

**YMCA Member: \$249 • Non-Member: \$399**

#### WINTER 1 (January 13-March 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	4:15-5:45pm (M/W)		4:15-5:45pm (M/W)			
Wolverine World Wide	5-6:30pm (M/W)		5-6:30pm (M/W)			
Lowell	4:15-5:45pm (M/W)		4:15-5:45pm (M/W)			

### Speed & Agility Training Ages 10-15

Prepare yourself for fall sports with this new program. The focus will be on improving your sports-specific speed and agility through advanced training techniques.

**YMCA Member: \$40 • Non-Member: \$80**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		4-4:45pm	5-5:45pm	6-6:45pm		

## ART

### Mosaic Tiling Ages 13+

In this class we will be making candle holders, picture frames, and mirrors, all with colorful glass mosaic pieces. Bring your creative mind and be ready to have fun!

**YMCA Member: \$40 • Non-Member: \$80**

### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				5:45-6:45pm		

## MISCELLANEOUS PROGRAMS

### On-Line Video Game Making Ages 10+ recommended

This instructor facilitated online class will teach how to design and modify your own exciting arcade style video games. You'll learn how to control characters, objects, and outcomes in your game, then increase the difficulty level and add more features. Design your own version of PacMan and several other games. Call 285-9077 for details.

**YMCA Member: \$110 • Non-Member: \$125**

### On-Line LEGO Engineering Ages 10+ recommended

This 7 week class is an online version of our ever popular LEGO Engineering class. Once registered, you will be sent a LEGO kit with over 1,000 very advanced LEGO pieces - yours to keep! The class consists of engineering theory and instruction plus six complex building exercises. This class is for the serious builder. Call 285-9077 for details.

**YMCA Member: \$130 • Non-Member: \$145**

### Babysitter Training Ages 10-16

Become a confident and responsible babysitter! In this American Red Cross certified class, participants will get the knowledge, skills, and confidence to care for infants and school-age children. Combining video, hands-on training, and discussion, this will be a complete learning experience for the participant. The instructor is Red Cross certified. Please bring a doll or teddy bear for practice. Lunch and a snack are provided.

**WOLVERINE WORLD WIDE FAMILY** Jan. 23 at Kent City Middle: 9am-3:30pm • Feb. 20 at the YMCA: 9am-3:30pm • Mar. 20 at the YMCA: 9am-3:30pm  
**VISSER FAMILY** Feb. 6: 9am-4pm  
**SOUTHEAST** Feb. 20: 9am-4pm • Mar. 6: 9am-4pm

**YMCA Member: \$50 • Non-Member: \$55**

### Teen Lock-Ins Ages 11-14

Hang out all night with your friends. We'll have games, swimming, pizza and snacks, Wii, basketball, and much more. Space is limited, so sign up early!

**SOUTHEAST** Friday, Jan. 29-30: 7:30pm-7:30am and Friday, March 26-27: 7:30pm-7:30am

**YMCA Member: \$15 • Non-Member: \$20 (\$25 at the door)**

### Teen Fun Nights Grades 6-8

Teens will enjoy gym games, swimming, creative arts, dancing, and socializing.

**DAVID D. HUNTING** Saturdays (Jan. 16, Feb. 13, March 13, April 2 Spring Break): 8pm-2am

**YMCA Member: \$13 • Non-Member: \$16**

## ADULT PROGRAMS

### AQUATICS

**All Aquatics Fees: Member: \$35 • Non-Member: \$70**

#### Beginner Lessons

This is for beginning adults. This class truly progresses at the participant's level in each class. Participants get acquainted with the pool, the use of floatation devices, and upon full completion of this level, they should know the front paddle stroke, side, and back paddle.

### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	7:30pm		7:30pm	7:30pm	5:30pm	11:15am
Wolverine World Wide		8pm				
Southeast		6:45pm				
Ionia						8:30am

## Advanced Lessons

This is the class for advanced adult swimmers. In this class, participants will refine and further develop the four main swimming strokes (front crawl, breast stroke, back stroke, and butterfly). Special attention is given to developing lap swim skills as well.

### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		7:30pm				
Southeast						9am
Ionia						8:30am

## Adult Swim Clinics

These are clinics for advanced adult swimmers. Each clinic will focus on a single skill. By the end of all four clinics, participants will have refined and further developed the four fundamentals of swimming, breathing, strokes, kicking, and flip turns. Participants can sign up for individual clinics or the whole series.

**All Aquatics Fees: Member: \$5 • Non-Member: \$10**

### WINTER 1 (January 11-February 27)

THURSDAY (All Clinics are held at 8pm)

Wolverine World Wide Breathing: Jan. 4 • Stroke: Jan. 11 • Kicking: Jan. 18 • Flip Turns: Feb. 4 • Breathing: Feb. 11 • Strokes: Feb. 18 • Kicking: Feb. 25

### WINTER 2 (March 1-April 24)

THURSDAY (All Clinics are held at 8pm)

Wolverine World Wide Breathing: Mar. 4 • Stroke: Mar. 11 • Kicking: Mar. 18 • Flip Turns: Mar. 25 • Breathing: April 1 • Strokes: April 15 • Kicking: April 25

## Deep Currents

This class takes place in the deep water with floatation. No contact with the bottom of the pool, so joints are well protected while working.

Twice/week, 45 minute class, low to moderate intensity

**Ionia County Fee: YMCA Member: \$32 • Non-Member: \$64**

### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ionia	6:45-7:30pm		6:45-7:30pm			

## Tidal Wave

This class offers a wide variety of higher intensity moves that will challenge all muscle groups.

Twice/week, 60 minute class, high intensity

**YMCA Member: \$22.50 • Non-Member: \$45 (Winter 1) YMCA Member: \$35 • Non-Member: \$70 (Winter 2)**

### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ionia		7-8pm		7-8pm		

## Tidal Wave Plus

This 1-1/2 hour class kicks the weekend off with a workout that will challenge all participants.

Once/week, 90 minute class, higher intensity

**YMCA Member: \$35 • Non-Member: \$70**

### WINTER 1 (January 11-February 27)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ionia						7am

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ionia	6:45pm					7am

## Wet Workout

Wide range of movements to keep you strong and flexible while burning calories and having fun.

One hour class, two or three times a week, low to moderate intensity

**YMCA Member: \$35/2x week or \$42/3x week • Non-Member: \$70/2x week or \$84/3x week**

### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ionia	9am		9am		9am	

## Aqua Fit

Deep and shallow water moves. Learn to target muscle groups and build endurance.

Two or three times/week for one hour - moderate to high intensity

**YMCA Member: \$35/2x week or \$42/3x week • Non-Member: \$70/2x week or \$84/3x week**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ionia	8am		8am		8am	

## Sculpt & Splash

Participate in a 30 minute weight training class followed by a specialized water cardio program. Get the best of both worlds! A great weight training program followed by a low impact cardio and water resistance workout. You will have an instructor leading your weight training program and another instructor specializing in the water exercise. Come ready to do your dry land workouts and when you are finished, change into your swim attire for your water portion.

**YMCA Member: \$70 • Non-Member: \$140**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	7-8:30pm	6:45-8:15pm		9-10:30am		10-11:30am

## Log Rolling

Ages 16+

This century's old talent of walking on a log has evolved into a fun and exciting sport! Grand Rapids has several historical markers commemorating west Michigan's rich history with lumberjacks throughout the city. Be a part of history with the YMCA's first log rolling program! You must be able to swim one length of the pool to participate.

**YMCA Member: \$35 • Non-Member: \$70**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast						2pm

## Hydro Fit

This high intensity water exercise class uses special hydro-fit equipment to increase strength and muscle balance while engaging in a fun and energetic cardio workout.

Hydro Fit is a fun and lively class that benefits both the beginner and the conditioned athlete by using the resistance of the water in a comprehensive exercise routine. You attend Tuesday and Thursday and each class is one hour.

**YMCA Member: \$41 • Non-Member: \$75**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast		9:30am (T/Th)		9:30am (T/Th)		

## Fit For Two

This is a gentle fitness class in the water for expectant and new mothers. This weightless workout is suitable for all stages of pregnancy, and is also a great way for post-pregnant women to get active again. Exercising while you are pregnant is an investment in your fitness now as well as after your baby is born. And now studies show that you may be improving your baby's fitness too! Class meets twice a week.

**YMCA Member: FREE • Non-Member: \$70**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast		10:30am (T/Th)		10:30am (T/Th)		

## Scuba

Become a SCUBA diver here at the YMCA, in association with Moby's Dive Shop. At the end of your session, you will be SSI certified. This is a 3 step progressive program.

**YMCA Member: \$29/Step 1 or \$175/Step 2 • Non-Member: \$49/Step 1 or \$199/Step 2**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide			STEP 1: 7-10pm STEP 2: 7-10pm			

## Arthritis Class

This class is for those senior individuals still looking for some movement and activity in a low to no impact environment. The class is held in our warm water pool in shallow water. The main focus is joint movement, body movement, and stretching.

**YMCA Member: FREE • Non-Member: \$52**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	9:30, 10:30am	10:30am, 12:30pm	9:30, 10:30am	10:30am, 12:30pm	9, 10:30am	
Southeast	8:45am, 1pm		8:45am	1pm	8:45am	

## Shallow Water Aerobics

**YMCA Member: FREE • Non-Member: \$52 (twice a week)**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast		8:45am		8:45am		

## Wave Eaters

This is a 14 week program designed to get the serious lap swimmer in the water with other serious lap swimmers who are looking for a structured workout and are tired of swimming by themselves. Interested people must be able to swim 50 yards without stopping.

**YMCA Member: \$50 • Non-Member: \$100 (twice a week)**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family		7-8pm		7-8pm		

## Lifeguarding

Learn valuable life saving and potential job skills with pool lifeguarding, CPR/AED for the professional rescuer, first aid, and oxygen administration. 100% class attendance is mandatory, materials provided.

**Fee: \$225**

**WINTER 1 (December 28-31)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast	9am-5pm	9am-5pm	9am-5pm	9am-5pm		

## Deep Water Aerobics

This class takes place in deep water with floatation. Low to moderate intensity.

**YMCA Member: FREE! • Non-Member: \$45**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast	8:45-9:45am 6:30-7:30pm	6:30-7:30pm	8:45-9:45am 6:30-7:30pm	6:30-7:30pm	8:45-9:45am	

## Community Water Aerobics

This class includes cardio workout, strength training, and stretches, taught by a certified instructor.

**Fee: \$45**

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide					9:30-10:30am	

## SPORTS

### Men's Basketball Leagues (5 on 5) Ages 18+

David D. Hunting \$400/New Team • \$325/Returning Team Wolverine World Wide Family \$375/Team

Visser Family \$400/New Team • \$325/Returning Team (Teams receive reversible jerseys.)

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
David D. Hunting						5-9pm
Wolverine World Wide						5-10pm
Visser Family						3-9pm

## Women's Basketball Leagues Ages 18+

David D. Hunting \$300/Team (includes shirts)

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting			6-8pm			

## Volleyball Leagues Ages 18+

David D. Hunting \$335/Team for Coed 6's • \$250/Team for Coed 4's • \$280/Team for Men's 4's • \$335/Team for Women's 6's

Wolverine World Wide Family \$200/Team for Coed 4's

Visser Family \$300/Team for the 14 week session

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
David D. Hunting	6-10pm Coed 6's	6-10pm Coed 4's	7-10pm Men's 4's	6-10pm Women's 6's		
Wolverine World Wide	8-10pm Coed Beg.	8-10pm Coed Interm.				
Visser Family		6-9pm Coed 4's (14 wks)				1-3pm Coed 6's (14 wks)

## Dodgeball Leagues Ages 18+

\$250/Team

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting			6-8pm Coed 6's			

## Racquetball Leagues Ages 18+

Men's Intermediate level on Tuesday nights. Women's league is a floating league and players will schedule their matches against each other as their schedules permit.

YMCA Member: \$15 • Non-Member: \$40

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		6-10pm Men's League				

## Squash Leagues Ages 18+

Floating league where players will schedule their matches against each other as their schedules permit.

YMCA Member: \$15 • Non-Member: \$40

**WINTER 1 (January 11-February 27) and WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	Self Scheduled. . . .					

## Mixed Martial Arts Ages: 15+

This class will not focus on any one style of martial arts, but use many styles to teach individuals to defend themselves in many life situations that may occur. Striking/contact is taught and performed in a safe/controlled manner. Meets twice a week on Mondays and Wednesdays.

YMCA Member: \$50 • Non-Member: \$90

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	6-7:20pm		6-7:20pm			

## Rock Climbing Classes Ages: 15+

YMCA Member: \$28 • Non-Member: \$57

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	7-8pm	7-8pm				

# FITNESS

## Move It to Lose It Ages 18+

Need to lose weight? Can't seem to reach your goals? Need more motivation to get fit? Looking for a workout partner? If you answered "yes" to any of these questions, this program is for you. This is a 10 week program. Work with a small group on this comprehensive program that incorporates nutrition and fitness components to help you make lifestyle changes to improve your overall health and wellness.

**YMCA Member: \$249 • Non-Member: \$399**

### WINTER 1 (January 11-February 27)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	5:30-7am (M/W) 11:30am-1pm (M/W) 6-7pm (M/W)		5:30-7am (M/W) 11:30am-1pm (M/W) 6-7pm (M/W)			
Wolverine World Wide	5-6:30am (M/W)	9-10:30am (T/Th) 6:30-8pm (T/Th)	5-6:30am (M/W)	9-10:30am (T/Th) 6:30-8pm (T/Th)		
Visser Family		5:30-7am (T/Th) 9-10:30am (T/Th) 7-8:30pm (T/Th)		5:30-7am (T/Th) 9-10:30am (T/Th) 7-8:30pm (T/Th)		
Southeast	8:30-10am (M/Th) 5:45-7:15pm (M/Th)	5:30-7am (T/F)		8:30-10am (M/Th) 5:45-7:15pm (M/Th)	5:30-7am (T/F)	
Lowell	5:30-7pm (M/W)	9-10:30am (T/Th)	5:30-7pm (M/W)	9-10:30am (T/Th)		

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		5:30-7am (T/Th) 11:30am-1pm (T/Th) 6-7:15pm (T/Th)		5:30-7am (T/Th) 11:30am-1pm (T/Th) 6-7:15pm (T/Th)		
Wolverine World Wide	5-6:30am (M/W)	9-10:30am (T/Th) 6:30-8pm (T/Th)	5-6:30am (M/W)	9-10:30am (T/Th) 6:30-8pm (T/Th)		
Visser Family		5:30-7am (T/Th) 9-10:30am (T/Th) 7-8:30pm (T/Th)		5:30-7am (T/Th) 9-10:30am (T/Th) 7-8:30pm (T/Th)		
Southeast	5:30-7am (M/Th)	8:30-10am (T/F) 5:30-7pm (T/F)		5:30-7am (M/Th)	8:30-10am (T/F) 5:30-7pm (T/F)	
Lowell	5:30-7pm (M/W)	9-10:30am (T/Th)	5:30-7pm (M/W)	9-10:30am (T/Th)		

## Move It to Lose It: BEYOND! Ages 18+

This class is the intense follow-up program to keep you motivated and accountable. Participants must have successfully completed the "Move It To Lose It" program.

**YMCA Member: \$90 • Non-Member: \$150**

### WINTER 1 (January 11-February 27)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	5-6:15am (M/W) 9-10:15am (M/W)	5-6:15am (T/Th) 7-8:15pm (T/Th)	5-6:15am (M/W) 9-10:15am (M/W)	7-8:15am (T/Th)	5-6:15am (T/F)	
Wolverine World Wide	9-10:15am (M/W)	5-6:15pm (T/Th)	9-10:15am (M/W)	7-8:15pm (T/Th)	5-6:15am (T/F)	
Visser Family		9-10:15am (T/Th) 6:30-7:45pm (T/Th)		9-10:15am (T/Th) 6:30-7:45pm (T/Th)		
Southeast	7-8:15am (M/Th)	7:15-8:30pm (T/Th)		7-8:15pm (M/Th) 7:15-8:30pm (T/Th)		

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	5-6:15am (M/W) 9-10:15am (M/W)	5-6:15am (T/Th) 7-8:15pm (T/Th)	5-6:15am (M/W) 9-10:15am (M/W)	7-8:15am (T/Th)	6-6:15am (T/F)	
Wolverine World Wide	9-10:15am (M/W)	5-6:15am (T/Th) 7-8:15pm (T/Th)	9-10:15am (M/W)	7-8:15am (T/Th) 7-8:15pm (T/Th)	5-6:15am (T/F)	
Visser Family		9-10:15am (T/Th) 6:30-7:45pm (T/Th)		9-10:15am (T/Th) 6:30-7:45pm (T/Th)		
Southeast		7:15-8:30pm (T/Th)	7-8:15am (W/F)	7:15-8:30pm (T/Th)	7-8:15am (W/F)	

**Rock Solid (Body, Mind, Spirit)** Adults

Are you struggling with your self image? Through study and exercise, we hope to increase your physical and spiritual fitness. Thirty minutes of study, and 45 minute Power-Up workout. Book will be available for purchase at the first class (\$12).

**YMCA Member: \$65 • Non-Member: \$130**

**WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	7-8:15am (M/Th)		6:30-7:45am (W/F)	7-8:15am (M/Th)	6:30-7:45am (W/F)	

**Beginner Fit with Strive** Adults

Participants will work with a wellness coach and learn how to incorporate a time efficient workout into their day while learning the basics of fitness.

**YMCA Member: \$40 • Non-Member: \$80**

**WINTER 1 (January 11-February 27)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D Hunting	8am		8am			
Wolverine World Wide	8am, 6:30pm					

**WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	8am, 6:30pm					

**Live Motion** Ages: 17+

Enhance the way you feel during everyday activities by taking Live Motion. It is never too late to bounce back and re-find your energized youth. Live Motion incorporates functional fitness, and is designed to work with any population who would like to perform movements that simulate activities done in everyday life. This is a program for health conscious individuals who understand the value of exercise and want to improve function, increase energy, and prevent injury.

**YMCA Member: \$60 • Non-Member: \$120**

**WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	12-12:45pm (M/Th)		11-11:45am (W/F)	12-12:45pm (M/Th)	11-11:45am (W/F)	
Wolverine World Wide	8-8:45am (M/W)		8-8:45am (M/W) <u>OR</u> 4:45-5:30pm (W/F)		4:45-5:50pm (W/F)	
Visser Family		10:30-11:15am (T/Th)		10:30-11:15am (T/Th)		

**Extreme Boot Camp** Ages: 15+

This class will challenge you into the next level. Workout will include strength training, drills, flexibility, plyometrics, and more.

**YMCA Member: \$40 • Non-Member: \$80**

**WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	6:30-7:30pm		9-10am			

**Y Power X** Ages 18+

You've seen that famous fitness program advertised on TV! Now it's here at the YMCA! This is a hard core strength and conditioning class aimed to challenge even the fittest. This class creates muscle confusion by continually forcing muscles to adapt to new exercise movements, cadences, and resistance. The sessions will target muscle groups in segments for a more intense workout. Core synergetic plyometrics, and intense cardio training increases speed, agility, and endurance. 8 week program.

**YMCA Member: \$80 • Non-Member: \$160**

**WINTER 1 (January 11-March 6) & WINTER 2 (March 8-May 1)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	6-7:15am (M/W) 7:15-8:30pm (M/W)	7-8:15am (T/Th) 7:15-8:30pm (T/Th)	6-7:15am (M/W) 7:15-8:30pm (M/W)	7-8:15am (T/Th) 7:15-8:30pm (T/Th)		
Wolverine World Wide	10-11:15am (M/W) 6-7:15pm (M/W)	5:15-6:30am (T/Th) 10:30-11:45am (T/Th)	10-11:15am (M/W) 6-7:15pm (M/W)	5:15-6:30am (T/Th) 10:30-11:45am (T/Th)		
Visser Family	5:45-7am (M/W) 6-7:15pm (M/W)	11:15am-12:30pm (T/Th) 6-7:15pm (T/Th)	5:45-7am (M/W) 6-7:15pm (M/W)	11:15am-12:30pm (T/Th) 6-7:15pm (T/Th)		
Southeast	12-1:15pm (M/Th) 4:45-6pm (T/Th)	7-8:15am (T/F)		12-1:15pm (M/Th) 4:45-6pm (T/Th)	7-8:15am (T/F)	
Lowell		7:15-8:30am (T/Th)		7:15-8:30am (T/Th)		

### Women's Cardio Strength Express Adult Women

Get in, get out, get on with your life! An instructor leads this 45 minute strength and cardio circuit class on the Strive equipment. This is a class for the women who is looking for the ultimate full body circuit experience in less than an hour.

**YMCA Member: \$40 • Non-Member: \$80**

#### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	10:45am, 5:30pm	12:15pm	10:45am, 5:30pm	12:15pm		

### Fit, Fabulous, and Forty-Something Adult Women 40+

If you are in your 40s and wondering "What's Next?", this class is for you; designed to promote positive self awareness and a healthy lifestyle. We will coach you to "believe and achieve." Set and attain realistic goals through appropriate modalities of exercise, reasonable adaptations to diet, and acceptance of self.

**YMCA Member: \$90 • Non-Member: \$180**

#### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	9am (M/W)	4:30pm (T/Th)	9am (M/W)	4:30pm (T/Th)		

### Morning Madness Ages: 18+

This hour class is fun, motivating, and designed to build your knowledge of group strength and conditioning to equip you to move into a higher fitness level with confidence.

**YMCA Member: \$40 • Non-Member: \$80**

#### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide				7:30am		

### Evening Madness Ages: 18+

This hour class is fun, motivating, and designed to build your knowledge of group strength and conditioning to equip you to move into a higher fitness level with confidence.

**YMCA Member: \$40 • Non-Member: \$80**

#### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide			5:30pm			

### Group Strength Training Ages 18+

Men and women both will learn from a wellness coach a variety of different techniques to meet their particular goals. Space limited.

**YMCA Member: \$65 • Non-Member: \$130**

#### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	9-10am (M/W)	8-9am (T/Th) 6-7pm (T/Th)	9-10am (M/W)	8-9am (T/Th) 6-7pm (T/Th)		
Visser Family	11am-12pm (M/W) 7-8pm (M/W)		11am-12pm (M/W) 7-8pm (M/W)			

### Group Strength Training - Advanced Ages 18+

Men and women both will learn from a wellness coach a variety of different techniques to meet their particular goals. Must have competed the basic Group Strength Training.

**YMCA Member: \$65/twice or \$75/3 times a week • Non-Member: \$130/twice or \$150/3 times a week**

#### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		9-10am (T/Th)		9-10am (T/Th)		
Southeast	9-10am (M/W/F) 5:30-6:30pm (M/Th)		9-10am (M/W/F)	5:30-6:30pm (M/Th)	9-10am (M/W/F)	

### Freestyle Strength Ages 17+

The results are in! Strength training can help to improve your bone density, lower cholesterol, improve posture, and redefine your body. We use a variety of equipment including free weights, balance balls, and resistance tubing.

**YMCA Member: \$60 • Non-Member: \$120**

#### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	11am-12pm (M/W) 5:30-6:30pm (M/W)		11am-12pm (M/W) 5:30-6:30pm (M/W)			

**Belly Dance** Ages 18+

This is an energetic, upbeat, rhythmic style of dance from the Middle East that will transform your middle! We will lead you through a great workout for every fitness level with upbeat drums and dance moves that are sweeping across the country.

**YMCA Member: \$40 • Non-Member: \$80**

**WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		10-10:45am				11:30am-12:15pm

**Belly Body Workout** Ages 18+

This is 45 minutes of low impact, highly toning belly dance fitness. Laugh and dance your way to a healthier body in 45 minutes.

**YMCA Member: \$40 • Non-Member: \$80**

**WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		12:10-12:55pm				

**Belly Dance for Health** Ages 18+

Wear your workout gear to class and be ready to warm up your body. You will experience choreographed movement that will work you from your inside out. Connect to a variety of cultural ideas and traditions as you embrace the many joys of the world's oldest dance.

**YMCA Member: \$65 • Non-Member: \$130**

**WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		6-7pm Step 1 • 7-8pm Step 2				

**Hoop Dance Fusion** Ages 18+

This is a modern take on the classic fun of the Hula Hoop. Geared toward fitness, you will burn calories, tone your body, increase rhythm, and even learn a few tricks!

**YMCA Member: \$45 • Non-Member: \$90**

**WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting				7:30-8:15pm	11-11:45am	

**Boxing Basics & Beyond** Ages 18+

Learn correct form, learn to work the bags with full contact, learn to work sparring pads hand to hand. Taught by a former Golden Gloves boxer.

**YMCA Member: \$40 • Non-Member: \$80**

**WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				7-8pm		

**Sculpt and Splash**

Participate in a 30 minute weight training class followed by a specialized water cardio program. Get the best of both worlds! A great weight training program followed by a low impact cardio and water resistance workout. You will have an instructor leading your weight training program and another instructor specializing in the water exercise. Come ready to do your dry land workouts and when you are finished, change into your swim attire for your water portion.

**YMCA Member: \$70 • Non-Member: \$140**

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
David D. Hunting	7-8:30pm	6:45-8:15pm		9-10:30am		10-11:30am	

**Prenatal Yoga** Pregnant Women

Relax and Renew. This restorative class is tailored to meet the needs of expectant moms. Adaptations and new postures will be introduced, allowing mom and baby to enjoy the many benefits of yoga throughout and beyond pregnancy. Bring a pillow and blanket.

**YMCA Member: \$40 • Non-Member: \$80**

**WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					5:30-6:30pm	
Wolverine World Wide	12:30-1:15pm				11:45am-12:30pm	

### Progressive Yoga (Basic Beginner) Ages 17+

For the student who has little or no exposure to yoga, and who wants to increase that knowledge using good alignment and awareness. We will work on the general shapes of the poses, linking the poses with the breath, and increasing overall strength and flexibility. Bring a water bottle, a notebook/pen, and your own mat (if you have one).

**YMCA Member: \$40 • Non-Member: \$80**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family		6-7pm				

### Progressive Yoga (Advanced) Ages 17+

For the ongoing yoga student who wants to deepen their yoga practice using principles of good alignment. Each week we will incorporate breathing and meditation into the physical practice of asana. Prior knowledge of yoga required for you to experience this class to its fullest. Bring a water bottle, a journal/pen, and your own mat.

**YMCA Member: \$55 • Non-Member: \$110**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family		7:15-8:45pm				

### Couples/Partner Yoga Adults 18+

Offered once monthly, this class offers an opportunity to connect with your partner in a new way. Take advantage of this opportunity to stretch and be stretched, by and with your partner. Sense of humor required! Join us for one session or all four.

**YMCA Member: \$12/Couple • Non-Member: \$24/Couple**

**JANUARY 16 • FEBRUARY 13 • MARCH 20 • APRIL 17**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide						12-1pm

### Yoga 90 Ages 18+

This 90 minute session focuses on the link between movement and breath. Deepen your practice with an intense fusion of traditional postures and progressive sequencing. Participants will be guided through a graduated program intended to be both transformational and restorative. Build stronger spirit, mind, and body connections and enjoy the intensity you discover.

**YMCA Member: \$55 • Non-Member: \$110**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	7:40-9:10pm					
Wolverine World Wide	10:30am-12pm			7-8:30pm		10:30am-12pm

### Fit For Two Yogalates Ages: 3 months+ and and Adult

Bring your baby to class! This Yoga/Pilates combo class will help you shed your pregnancy weight while interacting with your new baby! This class is taught by a nationally certified pre-postnatal exercise specialist. Babies must be at least 3 months old.

**YMCA Member: \$40/once a week or \$65/twice a week • Non-Member: \$80/once a week or \$130/twice a week**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast		11am-12pm		11am-12pm		

### Tai Chi Adults 18+

**YMCA Member: \$40 • Non-Member: \$80**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family			10:30-11:30am			

### Strength Training for Runners Ages 18+

Strengthen lower body and enhance your stride using strength training as well as plyometric drills to increase your running efficiency. Taught by a runner with training experience.

**David D. Hunting YMCA Member: \$40 • Non-Member: \$80**

**Wolverine World Wide**

**YMCA Member: \$65 • Non-Member: \$130**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting			6-7am, 6-7pm			
Wolverine World Wide		4:30-5:30pm (T/Th)		4:30-5:30pm (T/Th)		

### Spin & Strength Ages 18+

This one hour class will build your endurance, define your core, and push you to the next level.

**YMCA Member: \$40 • Non-Member: \$80**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide			6:45-7:45pm			

### Sit To Be Fit Ages 18+

Join this new program where you can work out from a chair. Learn proper stretching and exercise techniques that will help you live a healthier life, gain flexibility, and be stronger. This class is taught by a certified therapeutic recreation specialist.

**YMCA Member: \$40 • Non-Member: \$80**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		9-10:30am (T/Th)		9-10:30am (T/Th)		

### 90 Minute Extreme Spin Ages 18+

Take it up a notch and challenge your personal workout with this 90 minute Extreme Spin class. The certified instructor will lead you through a series of progressive workouts designed to challenge even the most seasoned athlete. Get a jump on you training! You will need a heart rate monitor for this class.

**YMCA Member: \$60 • Non-Member: \$120**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					5:30-7am	
Wolverine World Wide	6-7:30pm					8-9:30am

### 180 Minute Extreme Spin Ages 18+

Same as the 90 minute class but for two days a week! Come build your cardio base as never before. Heart rate monitor is required for this class. This is an 8 week program.

**YMCA Member: \$100 • Non-Member: \$190**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	7:30-9pm (M/W)		7:30-9pm (M/W)			

### 120 Minute Extreme Cycle Ages 18+

This class will help condition you for your next triathlon, long bike rides, or just to burn lots of calories

**YMCA Member: \$65 • Non-Member: \$130**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family					5:30-7:30am	7:30-9:30am

### Team Training Ages 18+

Looking for a personal training option to train with a group of friends? Check out Team Training, where 3-6 people can have a personal trainer help them toward a common goal. This is a great "post" option for those who have graduated from the "Move It To Lose It" program. Team training does not include "challenges."

**YMCA Member: \$105 • Non-Member: \$158**

#### WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	6-7am (M&W)		6-7am (M&W)			
Wolverine World Wide	Choose a day and we set you up with a trainer for one full hour.					
Southeast	Choose a day and we set you up with a trainer for one full hour.					

### Triathlon Training Ages 18+

This instructional class will go over strokes, workouts, and group running and cycling activities - plus nutrition Q&A sessions to help you reach your triathlon goals. Prepare for a triathlon, whether it's your first or you're a seasoned veteran! 13 WEEK CLASS

**YMCA Member: \$160 • Non-Member: \$230**

#### WINTER 2 (March 2-May 27)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		9:15-10:15am (T/Th) 6:30-7:30pm (T/Th)		9:15-10:15am (T/Th) 6:30-7:30pm (T/Th)		

### Women on Weights Ages 12+

Focus on specific health issues of women and empower women to use weight machines with confidence. Learn the basics of strength training in a relaxed, social environment. This class will give you an introduction into proper use of strength training equipment and education on the role muscle development plays in weight loss. Women only!

**Wolverine World Wide Southeast Lowell**

**YMCA Member: \$65 • Non-Member: \$130**

**YMCA Member: \$65/twice a week or \$130/3 times a week • Non-Member: \$75/twice a week or \$150/3 times a week**

**YMCA Member: \$55 • Non-Member: \$110**

#### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	8-9am (M&W) <i>OR</i> 5-6pm (M&W)		8-9am (M&W) <i>OR</i> 5-6pm (M&W)			
Southeast	7-8am (M/W/F) 9-10am (M/W/F) 5:30-6:30pm (M/W/F)	7-8am (T/Th) 9-10am (T/Th) 5:30-6:30pm (T/Th)	7-8am (M/W/F) 9-10am (M/W/F) 5:30-6:30pm (M/W/F)	7-8am (T/Th) 9-10am (T/Th) 5:30-6:30pm (T/Th)	7-8am (M/W/F) 9-10am (M/W/F) 5:30-6:30pm (M/W/F)	
Lowell	6-7pm (M&W)	9-10am or 6-7pm	6-7pm (M&W)	9-10am or 6-7pm		

### Women on Weights (WOW) - in the Strive Room Ages 18+

Get the girls together. It's time to "get fit" and tone up through circuit training. The group will work through a circuit of cardio, strength, and free weight exercises. Held in the Strive Family Wellness Center.

**YMCA Member: \$40 • Non-Member: \$80**

#### **WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting	6-6:30am, 9-9:30am, 12:15-12:45pm (M&W)	9-9:30am, 12:15-12:45pm, 7:30-8pm (T&Th)	6-6:30am, 9-9:30am, 12:15-12:45pm (M&W)	9-9:30am, 12:15-12:45pm, 7:30-8pm (T&Th)		
Wolverine World Wide	6-6:30am, 9:30-10am, 12:15-12:45pm (M&W)		6-6:30am, 9:30-10am, 12:15-12:45pm (M&W)			

### Elite Training Ages 15+

Advanced group training class allows men & women alike to make the most of their workout. Train for an athletic season, maximize your strength, or drop inches. Whatever your goals, this class is for you. Led by a Personal Trainer, we'll use proper strength training progressions and challenging cardio sessions to take you to that next level.

**YMCA Member: \$40 • Non-Member: \$80**

#### **WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	7-8pm		7-8pm			

### Complex Power Ages 18+

If you have always wanted to learn how to do explosive exercises such as cleans and jerks, then this is the class for you!

**YMCA Member: \$40 • Non-Member: \$80**

#### **WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family	7:30-8am (M&W)	12:30-1pm (T&Th) 6:30-7am (T&Th)	7:30-8am (M&W)	12:30-1pm (T&Th) 6:30-7am (T&Th)		

### Group X - Learn the Basics Ages 17+

Have you always wanted to join in our group exercise classes? Set your fears aside and join us in developing the skills that will have you stepping, spinning, kicking, and dancing in no time. Each week will spotlight a different Group X class. We hope to leave you feeling confident and comfortable in any group class setting.

**YMCA Member: \$40 • Non-Member: \$80**

#### **WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		9-10am		6:45-7:45pm		

### Group X Sampler Ages 17+

Come enjoy the benefits of group exercise from our certified group exercise instructors. Each week you will be able to enjoy a new aspect of group exercise that includes, but is not limited to: Hour Power, Cardio Sculpt, Yoga, Pilates, and Hi-Lo.

**YMCA Member: \$25 • Non-Member: \$40**

#### **WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide			9-10am			9-10am

## Run For a Cause Ages 18+

The YMCA Riverbank Run Training program will offer experienced and new runners a fun and supportive environment in which to train for the run. The best part of this program is that you will be helping raise critical funds for the YMCA Strong Kids Campaign! You will get training and support, social networking for all runners, low participant to coach ratio, opportunity to achieve your personal wellness goals (for a great cause too!), meet Strong Kids Campaign recipients to see just who you are helping, we will register all participants for the run, a t-shirt, support the day of the race, and prizes for top scholarship recruiters!

**YMCA Member: \$300 • Non-Member: \$350**

### WINTER 1 (Program starts February 16)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	5:15-6:15pm (T&Th)		5:15-6:15pm (T&Th)		

## HEALTH & WELLNESS

### Personal Training Adults

**DAVID D. HUNTING, WOLVERINE WORLD WIDE FAMILY, VISSER FAMILY, SOUTHEAST, & LOWELL**

We have what you need! Looking for some extra motivation or accountability? Need to lose some weight? Want to be stronger or faster? Whether you are training for a specific event or just starting a new exercise routine, our nationally certified personal trainers can help you achieve your fitness goals. Train with a friend and split the cost! Call for 5, 10, and 20 session package rates.

**YMCA Member: \$50/hour • Non-Member: \$65/hour**

### Massage Therapy Adults

**DAVID D. HUNTING, WOLVERINE WORLD WIDE FAMILY, VISSER FAMILY, & SOUTHEAST**

Massage therapy spans a wide variety of the therapeutic approaches, working to improve an individual's health and well being through the hands-on manipulation of muscles and other soft tissues of the body. All therapists have extensive backgrounds and offer a variety of convenient hours. Please call for 5, 10, and 20 session package rates.

**YMCA Member: \$50/hour • Non-Member: \$65/hour**

### Massage Sense (Seated Massage) Workshop Ages: 18+

**WOLVERINE WORLD WIDE FAMILY**

**Saturday, February 13: 6:30-7:30pm**

Often referred to as "chair" massage, this is a wonderful way to help provide relaxation, reduce muscle tension, and promote overall health. Because it is done mostly through the clothing and without lotion or oil, it can be given and enjoyed virtually anywhere, from the office to the coffee shop, to the comfort of home.

**YMCA Member: \$18/Single or \$35/Couple • Non-Member: \$28/Single or \$45/Couple**

### Massage Sense (Hand & Foot Reflexology) Workshop Ages: 18+

**WOLVERINE WORLD WIDE FAMILY**

**Saturday, March 26: 6:30-7:30pm**

Bring a partner along or learn self techniques in the healing art of reflexology massage. Based on the theory that there are "reflex" areas on the feet and hands that correspond to and affect specific body parts, reflexology promotes relaxation, improves circulation, reduces pain, and helps the body to restore balance and heal naturally. Please bring a small pillow or two with you for each person participating.

**YMCA Member: \$18/Single or \$35/Couple • Non-Member: \$28/Single or \$45/Couple**

### Baby Massage Workshop Adults

**VISSER FAMILY**

**Wednesday, February 10: 9-10am or 6:30-7:30pm**

Parents, take this opportunity to bond with your baby! We will have a certified massage therapist who will teach you how to calm and soothe your infant through relaxation massage and different massage techniques.

**YMCA Member: \$20 • Non-Member: \$40**

### Think Like A Thin Person Ages: 18+

This class provides you with all the tools and techniques you need to succeed in your weight loss goals. This class does not involve a specific diet, but gives you strategies on how to get the weight off and keep it off.

**YMCA Member: \$40 • Non-Member: \$80 (The Weight Loss Workbook, by Judith Beck will be available for purchase at the first class, but not mandatory.)**

### WINTER 2 (March 1-April 24)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family			7-8pm		

### Make-Up Basic Boot Camp Workshop Adults

**VISSER FAMILY: Saturday, March 20: 4-6pm**

No more war paint! Makeup is not meant to be a mask. Makeup is meant to enhance and emphasize beauty. Let's learn how to get it right. Come learn the foundations of makeup application as well as technique to achieve a new look.

**YMCA Member: \$10 • Non-Member: \$20**

## Hair Styling Tricks and Tips Workshop Adults

**VISSER FAMILY: Saturday, April 17: 4-6pm**

Do you enter into a seemingly never ending battle whenever you step in front of the mirror? You on one side, your hair on the other? Do you have an arsenal of products which seems ineffective on the enemy? Hair styling demos, quick and easy styling tips and tricks, free sample products. Bring your own tools and come ready to learn!

**YMCA Member: \$10 • Non-Member: \$20**

## Valentine Special - Pick Two Adults

**VISSER FAMILY & WOLVERINE WORLD WIDE FAMILY**

**February 1-February 14**

Pick two of the three: 1 hour Personal Training • 1 hour Massage • 1 hour Private Yoga Session

**YMCA Member: \$85 • Non-Member: \$105**

## Indoor Triathlon Series to Raise Funds for Strong Kids Campaign Adults

**DAVID D. HUNTING**

**January 31, February 28, March 28**

15 minute Swim, 15 minute Bike, 15 minute Run

**YMCA Member: \$35/each event or \$90/all 3 • Non-Member: \$45/each event or \$120 all 3**

## BIA Body Fat Testing Ages: 18+

**DAVID D. HUNTING, WOLVERINE WORLD WIDE FAMILY, VISSER FAMILY, SOUTHEAST, & LOWELL**

Come check your body fat today. See where you're at and ask about how you can get the results you want. Call the branch nearest you to schedule.

**YMCA Member: \$15 • Non-Member: \$20 (Discount for re-testing)**

## Polar Tri-Fit Assessment Ages: 18+

**DAVID D. HUNTING, WOLVERINE WORLD WIDE FAMILY, VISSER FAMILY, SOUTHEAST, & LOWELL**

Call to schedule this assessment to check a variety of tests to define your body age. This test will determine your overall health and what you need to work on.

**YMCA Member: \$40 • Non-Member: \$80 (Discount for re-testing)**

# DANCE

## Adult Hip Hop Ages 16+

This class is an exploration of urban dance movement in a structured setting. The teacher will lead the group in original and mocked movement that encourages creativity and enhances their ability to freestyle.

**YMCA Member: \$40 • Non-Member: \$80**

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Wolverine World Wide						2-3pm

## Ballroom Dancing Ages 17+

Learn the Rumba, Single Wing, and Salsa in this energetic and diverse class of dance.

**David D. Hunting: YMCA Member: \$55/Couple • Non-Member: \$110/Couple**

**Wolverine World Wide YMCA Member: \$65 • Non-Member: \$130**

**Visser Family: YMCA Member: \$55 • Non-Member: \$110**

**WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					6-7pm Level 1 7-8pm Level 2	
Wolverine World Wide			6-7pm Step 1 7-8pm Step 2			
Visser Family					6-7pm	
Southeast				1:30-2:30pm at the YMCA <u>OR</u> 6-7pm at Salsalogy Dance Academy		

## Pacific Island Dance Ages 15+

The Hawaiian Hula uses hand gestures to the words of a song. This class will focus on the basic foot and hip movements with terms for each which are used in both ancient and modern hulas. The class will also introduce Hawaiian culture and history and the students will learn a dance showing one of the forms of Hawaiian Hula.

**YMCA Member: \$65 • Non-Member: \$130**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide			7-8pm Step 1			

## Salsa 101 Ages 15+

Follow the lead of professional instructor and performer as he takes you through the basics of Salsa and Mambo. Come solo or bring your significant other.

**YMCA Member: \$45/Single or \$80/Couple • Non-Member: \$90/Single or \$160/Couple**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast		1:30-2:30pm at the YMCA <i>QR</i> 6-7pm at Salsalogy Dance Academy				

## Teen/Adult Tap Ages 13+

Teaches the essentials of tap dance including basic steps, vocabulary, and combinations in place and across the floor. Must provide own tap shoes.

**YMCA Member: \$40 • Non-Member: \$80**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family	7:30-8:30pm					

## Teen/Adult Hip Hop Ages 13+

This class includes full body warm up with stretches and basic to advanced hip hop moves concentrating on toning the middle and lower body. By the end of the session, students will have learned at least one 1-1/2 minute hip hop routine. Be prepared for a class full of cardio that's challenging and exciting!

**YMCA Member: \$40 • Non-Member: \$80**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family				8-9pm		

## Teen/Adult Ballet Ages 13+

Combination at the barre and center floor will improve the dancer's posture, strength, and agility found in everyday movement communicated through classical ballet vocabulary. It is an outlet for creativity and self-expression with an appreciation for musicality. No experience necessary.

**David D. Hunting YMCA Member: \$50 • Non-Member: \$70**

**Visser Family YMCA Member: \$40 • Non-Member: \$80**

### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting		8:15-9:30pm (beginner)		8:15-9:30pm (intermediate/advanced)		
Visser Family	6:30-7:30pm (beginner)					

## ART

### It's Personal: Art for Ladies Beginners

Have you always wanted to create, draw, or paint, but didn't know where to begin? Discover your skill in art for personal use and more. You will receive step by step instruction to make your art appealing and enjoyable. As you gain confidence in your skills you will be encouraged to use color and washes with a focus on journaling your life experiences and creating personal art to share with family and friends.

**YMCA Member: \$70 • Non-Member: \$140**

### WINTER 1 (January 12-February 9) & WINTER 2 (March 2-30)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southeast		6-7pm (5 weeks)				

### **Jewelry Making Workshops: Dahlia Brooch** Teens and Adults

Create your very own wearable jewelry. We will be making a beautiful wearable pin shaped just like the Dahlia flower out of colorful silk fabrics.

#### **Mother/Daughter Workshop**

DAVID D. HUNTING - Wednesday, January 20: 6-7:30pm

YMCA Member: \$15 • Non-Member: \$20

Price includes two participants. Add another participant for \$5.

#### **Teen/Adult Workshop**

DAVID D. HUNTING - Wednesday, January 20: 7:30-9:00pm

YMCA Member: \$10 • Non-Member: \$15

### **Garden Stepping Stones** Adults

Make your very own personalized stepping stones to put in your garden.

DAVID D. HUNTING - March 3: 7:30-9pm

YMCA Member: \$15 • Non-Member: \$20

### **Jewelry Making Workshop** Teens & Adults

Create your own wearable pins, dangling earrings, bracelets, and necklaces from beads!

DAVID D. HUNTING - March 31: 7:30-9pm

YMCA Member: \$10 • Non-Member: \$15

### **Wire Sculpture Jewelry Workshop** Adults

Design your own unique bling! Learn to make beautiful one-of-a-kind jewelry using wire, beads, and more.

YMCA Member: \$25 • Non-Member: \$50

CALEDONIA (Duncan Lake Early Childhood Center, Room 117) - Tuesday, February 2: 6-8pm

### **Sips and Strokes** Adults

Enjoy refreshing lemonade as you create a work of art on a 16x20 canvas. This "painting made easy" is even for the artistically challenged.

YMCA Member: \$25 • Non-Member: \$50

CALEDONIA (Duncan Lake Early Childhood Center, Room 117) - Tuesday, February 9: 6-9pm

### **Felt Accessories Workshop** Adults

Let your creative juices flow by using needle felting to make a scarf, handbag, or jewelry.

YMCA Member: \$25 • Non-Member: \$50

CALEDONIA (Duncan Lake Early Childhood Center, Room 117) - Tuesday, February 16: 6-8pm

### **Take all 3 Caledonia Workshops and SAVE!!!**

YMCA Member: \$65 • Non-Member: \$130

## ACTIVE OLDER ADULTS

### FITNESS

#### **Senior Circuit** Target toward seniors

Work with a wellness coach in this circuit class designed to build strength and endurance for seniors who are looking for a personalized experience.

Visser Family YMCA Member: \$40 • Non-Member: \$80

Southeast

YMCA Member: \$55 • Non-Member: \$110

#### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		8-9am		8-9am		
Southeast	10-10:30am (M/W/F)		10-10:30am (M/W/F)		10-10:30am (M/W/F)	

#### **Senior Yoga** Active Older Adults

Without a doubt, yoga is one of the best habits a mature man or woman can acquire for graceful aging. Yoga enhances flexibility, balance, and strengthens muscles.

The breathing and relaxing techniques will help lower high blood pressure, expand lung capacity, and aid in disruptive sleep patterns.

YMCA Member: \$35 • Non-Member: \$70

#### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family			1:15-2pm			

## ART

### **Beginners' Knitting Club** Ages 18+

Meet for an hour once a week and have a weekly project! Bring your creative mind and learn how to cast on, cast off, knit, and pearl. All sorts of fun projects will be made in this class. Bring your own yarn. We'll provide the needles!

YMCA Member: \$15 • Non-Member: \$30

#### **WINTER 1 (January 11-February 27) & WINTER 2 (March 1-April 24)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visser Family		10-11am				

# PROGRAMS FOR ALL AGES

## FITNESS

### Strive Strong Families All Ages from 5+

Fun circuits will be set up in our STRIVE area using strength and cardio equipment to get your family into shape or help your family stay in shape. Together, you will learn the importance of exercise and healthy living. An orientation in the Strive Room is necessary prior to first class.

**YMCA Member: \$70 • Non-Member: \$140 (Based on a family of four - Additional family members are another \$5 each)**

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wolverine World Wide						1-2pm	1-2pm

### Community Weight Loss Challenge Adults

Jump-start your New Year's resolution with this team weight loss program. **CASH prizes** will be given to the team with the greatest weight loss percentage. There will be four members to a team. If you do not have a team, we will help you form one. Weekly weigh-in required.

**\$20**

#### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wolverine World Wide				8am-8pm Weigh-in			

### Tai Chi All Ages

This Christian martial arts program is appropriate for all ages and physical conditions, and blends worship, meditation on Scripture, and teaching on Godly character with symbolic movements in a unique Kenpo/Tai Chi system created by Soke Philip Lewis.

**YMCA Member: \$40 • Non-Member: \$80**

#### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wolverine World Wide		9-10am		6:30pm			
Visser Family			10:30-11:30am				

### Swim & Fit Ages: 3-5 and an Adult

Enroll for swim (child) and fit (adult) and make the most of your time! Come and drop off your child for a swim lesson and participate in a strength workout while your child is learning how to swim. This is an extended preschool swim lesson, so parents can get in a structured strength workout in the Strive Room. The swim lesson will be a Pike and Eel combo class for 3-5 year olds and run for 40 minutes. Choose a single day and time that works best for your family. The Strive Circuit will begin 5 minutes after the swim lesson and finish 5 minutes before the swim lesson is completed to allow parents to drop off and pick up child from pool deck.

**YMCA Member: \$75 • Non-Member: \$150**

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
David D. Hunting	11:30am		9:30am		9am, 11:30am	9:45am, 11:15am	

## DANCE

### Parent/Child Latin Classes Ages 5+

Interact with your loved ones through the art of dance. Salsa and Merengue will be fun for both the young and the young at heart.

**YMCA Member: \$80/Couple • Non-Member: \$160/Couple**

#### WINTER 1 (January 11-February 28) & WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Southeast						12-1pm at Salsalogy Dance Acad.	

## MUSIC

### Private Music Lessons All Ages

#### WOLVERINE WORLD WIDE FAMILY

Work one on one with an experienced music teacher to develop skills on the guitar (electric, acoustic, or bass), or drums. All ages and abilities welcome. Students will develop technique, musicality, and music theory. Must provide own instrument. 45-minute sessions. Arrange a time that works for you and the instructor by calling 363-3000.

**6 Lessons: \$120/Single or \$200/Buddy • 12 Lessons: \$220/Single or \$400/Buddy**

## SOUTHEAST

Work one on one with an experienced music teacher to develop skills. All ages and abilities welcome. Must provide own instrument. Seven 30-minute sessions. Arrange a time that works for you and the instructor by calling the David D. Hunting YMCA at 855-9622 or the Southeast YMCA by calling 285-9077.

**YMCA Member: \$120 • Non-Member: \$240**

## VISSER FAMILY Beginner/Intermediate/Advanced

Work one on one with an experienced music teacher/vocal coach for either piano or voice lessons. From children to adults, beginners to advanced, all ages are welcome. Packages of four 45-minute sessions: Arrange a time that works for you and the instructor by calling 530-9199.

**YMCA Member: \$60 • Non-Member: \$100**

## Group Guitar Lessons (Step 1-5) All Ages

This is a five step program on the beginner level. Students receive an introduction to the guitar and basic chords in a fun and challenging environment. Class meets once a week for 45 minutes. Bring an acoustic or electric guitar.

**YMCA Member: \$50 • Non-Member: \$75**

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting				7:30-8:15pm Step 1		
Wolverine World Wide			4-4:45pm Step 4 5-5:45pm Step 5	4-4:45pm Step 1 5-5:45pm Step 2 6-6:45pm Step 3		

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide			4-4:45pm Step 4 5-5:45pm Step 5	4-4:45pm Step 1 5-5:45pm Step 2 6-6:45pm Step 3		

## Group Drum Lessons All Ages

This is a program on the beginner level. Students receive an introduction to the drums in a fun and challenging environment. Class meets once a week for 45 minutes. Drum sets and practice pads available at the YMCA.

**YMCA Member: \$50 • Non-Member: \$75**

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	4-4:45pm Step 1 5-5:45pm Step 2 6-6:45pm Step 3					

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide		4-4:45pm Step 1 5-5:45pm Step 2 6-6:45pm Step 3				

## ART

### Origami Families

Konichiwa! Travel to Japan with a new adventure each day. Create your world by folding paper, napkins, or dollar bills into flowers, animals, boxes, and gifts in this workshop.

DAVID D. HUNTING

**Family Workshop: February 3: 7-8pm**

**YMCA Member: \$10/family • Non-Member: \$20/family (up to 6 participants per family)**

### Garden Stepping Stones Families

Make your very own personalized stepping stones to put in your garden.

DAVID D. HUNTING - March 3: 6-7:30pm

**YMCA Member: \$15 • Non-Member: \$25 (up to six participants per family)**

### Faberge Easter Eggs Families

Decorate your very own Faberge eggs in celebration of Easter. A history of Faberge eggs will be discussed, then participants will learn how to prepare an egg for decoration.

DAVID D. HUNTING - March 17: 6-7:30pm

**YMCA Member: \$15 • Non-Member: \$25 (up to six participants per family)**

## Tutoring

Our winning combination of qualified instructors and individual attention will give your child the success they deserve. Each session is 45 minutes. Flexible scheduling. First meeting is free!

### VISSER FAMILY & SOUTHEAST

YMCA Member: \$20 • Non-Member: \$30

## Beginner Computer Class

Come and learn the basics of using and navigating a computer. The class will be based off of what you would like to learn. It can include: e-mail, search websites, and photo uploads. Sign up soon, as class spots are limited!

YMCA Member: \$15 • Non-Member: \$30

### WINTER 1 (January 11-February 28) & WINTER 2 (March 2-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolverine World Wide	10-10:45am					

## SPECIAL EVENTS

### Date Nights Ages 6 months-12 years (Lowell Ages: 5-12 years)

Drop off your kids and enjoy a night out! Kids will enjoy gym games, crafts, and for those 5 and over, swimming and rock climbing!

David D. Hunting	YMCA Member: \$15/child or \$30/family • Non-Member: \$20/child or \$40/family (\$5 late fee if signing up day of the event)
Wolverine World Wide Family	YMCA Member: \$15/child or \$30/family • Non-Member: \$25/child or \$45/family
Visser Family	YMCA Member: \$15/child or \$30/family • Non-Member: \$20/child or \$40/family
Southeast	YMCA Member: \$9 • Non-Member: \$15 (Pay for the first 3, additional siblings are FREE!)
Lowell	YMCA Member: \$10/child or \$20/family • Non-Member: \$15/child or \$30/family

### WINTER 1 (January 11-February 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					6-10pm (Feb. 12)	
Wolverine World Wide					5:30-10pm (Jan. 15, Feb. 19)	
Visser Family					5-10:30pm (Jan. 22, Feb. 26)	5-10:30pm (Jan. 9, Feb. 13)
Southeast					5:30-9:30pm (Jan. 15, Feb. 12)	
Lowell					6-9:30pm (Jan. 15, Feb. 12, Mar. 19)	

### WINTER 2 (March 1-April 24)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David D. Hunting					6-10pm (March 14)	
Wolverine World Wide					5:30-10pm (March 19, April 16)	
Visser Family					5-10:30pm (March 26, April 30)	5-10:30pm (March 13, April 17)
Southeast					5:30-9:30pm (March 12, April 16)	
Lowell					6-9:30pm (March 19, April 16)	

# CAMP MANITOU-LIN PROGRAMS

## Winter Break Day Camps Ages: 6-14

Come and explore the wonderful world of camp in the winter. We will be participating in traditional camp activities in addition to sledding, snowshoeing, broomball, and snow sculptures. A hot lunch is included each day. Sign up for one day or all six!

**December 21, 22, 23, 28, 29, 30 (8:30am-4:30pm)**

**YMCA Member: \$27 • Non-Member: \$32**

**Bussing is an additional \$8/day. See schedule.**

BUS SCHEDULE		
	Pick Up	Drop Off
David D. Hunting YMCA	7:40am	5:30pm
Southeast YMCA	8:00am	5:00pm
Transportation is an additional \$8/day.		

## Winter Break Day Camps for Individuals with Special Needs Ages: 8-18

Come and explore the wonderful world of camp in the winter. We will be participating in traditional camp activities in addition to sledding, snowshoeing, broomball, and snow sculptures. A hot lunch is included each day. Sign up for one day or all six!

**December 21, 22, 23, 28, 29, 30 (8:30am-4:30pm)**

**YMCA Member: \$27 • Non-Member: \$32**

**Bussing is an additional \$8/day. See schedule.**

## Winter Break Horse Day Camps Ages: 8-14

Enjoy your day off school at SPIRIT Farms Riding Center at YMCA Camp Manitou-Lin. You will help feed, groom, and saddle your own horse. During the day you will take a riding lesson and play games on horseback. Cool arts and crafts projects, scavenger hunts, and camp activities complete the fun. A hot lunch is included.

**December 21, 22, 23, 28, 29, 30 (8:30am-4:30pm)**

**YMCA Member: \$37 • Non-Member: \$42**

**Bussing is an additional \$8/day. See schedule.**

## New Year's Eve Bash and Sleepover Ages: 8-15, including programming for campers with special needs

Looking for a fun way to ring in the New Year? Start 2010 with your friends at Camp Manitou-Lin. We're having a party that you shouldn't miss! We'll pick up campers at the David D. Hunting YMCA (5:00pm) and the Southeast YMCA (5:20pm). Once at Camp we will enjoy a Pizza Dinner, Games, Indoor Climbing, Crafts, Karaoke, New Year's Dance and Countdown, and Morning Brunch. Campers will be dropped off at the David D. Hunting YMCA (10:40am) and the Southeast YMCA (11am).

**December 31-January 1**

**YMCA Member: \$55 • Non-Member: \$65**

**Sibling Discount: \$5 off fee**

## "Let It Snow!" Horse Camp Weekend Ages: 8-14

Campers will spend a great weekend at camp learning all about horses! We will have both indoor and outdoor activities to keep us busy. Campers will have the opportunity to learn more about feeding, grooming, and saddling and riding our horses. We will also have great camp activities like night hikes, rock climbing, and campfires!

**January 22 (7pm) - January 24 (12:30pm)**

**YMCA Member: \$100 • Non-Member: \$110**

## "Let It Snow!" Overnight Camp Weekend Ages: 8-14

Let it SNOW! We hope that the snow is piled up high for this weekend of snowy fun! We will be sledding, snowshoeing and playing broomball. Bring your hat and mittens because we build a huge snow fort, make snow mazes, and warm up next to the fireplace with a cup of hot cocoa. Of course, if the weather doesn't give us snow, we'll have loads of other fun things planned!

**January 22 (7pm) - January 24 (12:30pm)**

**YMCA Member: \$90 • Non-Member: \$100**

## Couples Valentine Weekend Adults

**Great Valentine's Day Gift!** We invite you to spend a cozy weekend away with your significant other. This low-key weekend is designed for couples who'd like to relax at camp for a few days. We will ride horses, climb the indoor rock wall, bake, craft, and end the weekend with our annual community Sweethearts Dance. Delicious meals and lodging included. Massages are available for an extra fee. Private sleeping arrangements are in cabins with bunk beds and may have shared bathrooms. Space is limited.

**February 12 (7pm) - February 14 (1pm)**

**YMCA Member: \$175/couple • Non-Member: \$190/couple**

## Father Daughter Mad Science Weekend Ages: 5+

Bring your lab coats. This is going to be FUN! We will make bouncy balls, start fires in interesting ways, and play a trick on your dad! Of course we'll do rock climbing, archery, sledding, horse back riding, and throw a DANCE! And along the way, we'll write a note with invisible ink and watch what happens when you put candy Mentos in your drink!

**February 20 (10am) - February 21 (1pm)**

**YMCA Member: \$130/pair (each additional child: \$55) • Non-Member: \$140 (each additional child: \$65)**

## Girls Slumber Party Ages: 8-14

This weekend is for the all-around "girly" girl, the adventurous, rough & tough girl, and every girl in between! Come make new friends while you show your creative side with awesome art projects, or get tough on the indoor high ropes course! We'll also make ourselves some yummy snacks and play loads of fun games.

**March 13 (10am) - March 14 (12:30pm)**

**YMCA Member: \$55 • Non-Member: \$65**

### **Women's Wellness Weekend** Adults

The weather may be chilly, but friendship will warm your heart. Spend a weekend in a mix of active and crafty activities. We'll stretch our muscles in Yoga, express ourselves with paint, bake a yummy treat, and relax in rocking chairs around the fireplace. We will have a massage therapist at camp to work out your knots after your horse ride, and cooks to feed us healthy fare. This weekend is the perfect chance to spend quality time with your sister, friend, or mother. Our next weekend is October 1-3, 2010.

**March 26 (7pm) - March 28 (4pm)**

**YMCA Member: \$87 • Non-Member: \$97**

**Massages: \$1/minute**

### **Respite Weekends for Young Adults with Special Needs** Ages 19-26 (Must be independent in the bathroom.)

Come and enjoy a fun filled weekend! Weekend activities can include hayrides, nature hikes, camp crafts, boating, and campfires.

**January 22-24, February 12-14, March 19-21, April 16-18, and May 21-23**

**YMCA Member: \$90 • Non-Member: \$100**

### **Spring Break Day Camps** Ages 6-14

Sign up for one day or all six! Spring will be great at camp. We will have nature hikes, crafts, archery, rock climbing, all camp games, and more.

**April 2, 5, 6, 7, 8, and 9**

**YMCA Member: \$27/day • Non-Member: \$32/day**

**Bussing is an additional \$8/day. See schedule on page 43.**

### **Spring Break Horse Day Camps** Ages 8-14

In addition to a sampling of our traditional camp activities, campers will experience a riding lesson and a trail ride, as well as feed, groom, and saddle the horses.

**April 2, 5, 6, 7, 8, and 9**

**YMCA Member: \$37/day • Non-Member: \$42/day**

**Bussing is an additional \$8/day. See schedule on page 43.**

### **Spring Break Day Camps for Individuals with Special Needs** Ages 8-18

Sign up for one day or all six! Spring will be great at camp. We will have nature hikes, crafts, archery, rock climbing, all camp games, and more.

**April 2, 5, 6, 7, 8, and 9**

**YMCA Member: \$27/day • Non-Member: \$32/day**

**Bussing is an additional \$8/day. See schedule on page 43.**

### **Spring Break Overnight Camp** Ages 8-14

Are your campers out of school and bored of being in the house? We have the solution! Send them to Camp Manitou-Lin for the weekend! We will keep them busy with activities, crafts, sledding, climbing, and creating! This is where your friends will be spending the weekend, so sign up now! We can't wait for Spring Break!

**April 9 (7pm) - April 11 (12:30pm)**

**YMCA Member: \$90 • Non-Member: \$100**

### **Spring Break Horse Overnight Camp** Ages 8-14

Spring Break at Camp is the vacation you need! We will travel to exotic places on horseback. . . well, maybe just into the woods. . . but camp is still the place to spend time with your friends and horses! Campers will learn more about grooming, saddling, feeding, and riding.

**April 9 (7pm) - April 11 (12:30pm)**

**YMCA Member: \$100 • Non-Member: \$110**

### **Spring Family Overnight Camp**

Ring in Spring at Camp Manitou-Lin! Bring your family to camp to make and fly kites, build recycled bird feeders, and try your hand at Geocaching! This 2 day event is a great chance to spend some quality time with your family trying things like archery, climbing, canoeing, and fishing! Bring your jackets and boots.

**April 17 (10am) - April 18 (4pm)**

**YMCA Member: \$65/Adults, \$55/Children 12 and under**

**Non-Member: \$70/Adults, \$60/Children 12 and under (infants: free)**

### **Spring Open Houses**

Open Houses are free family days to come and tour Camp Manitou-Lin, meet the staff, and learn more about our summer camp programs. Activities may include wagon rides, rock climbing, scavenger hunts, archery, pony rides, and canoeing.

**March 28 (2-4pm) • April 18 (3-5pm) • May 16 (2-4pm)**

### **Boys' Mad Science Weekend** Ages: 7-14

Invisible ink, slime, and rock climbing. . . if these are a few of YOUR favorite things, then be sure to come to Boys' Mad Science Weekend! We will make bouncy balls, practice fire-building, and find out what happens when you combine candy Mentos with soda! Send the boys our way for a wild weekend of "mad science" fun!

**April 23 (7pm) - April 25 (12:30pm)**

**YMCA Member: \$90 • Non-Member: \$100**



# What do your kids do while you work? Send them to the YMCA!

**Infants (6 weeks+) • Toddlers • Preschoolers  
School Age (Before/After Care, holiday breaks, snow days)**

The YMCA offers a wide variety of licensed child development center programs throughout Kent County! Give us a call or stop by and see the YMCA difference.

Nutritious Meals • Health & Wellness Programs  
Age Appropriate Curriculum • Kids Fitness Center  
Homework Help • Computer Lab • Field Trips • Parent Nights  
Swimming Lessons • Youth YMCA Membership (full time only)

## LOCATIONS

<b>Caledonia</b> <i>infant, toddler, preschool, Kind.</i> 6:30am-6:00pm <b>891-6223</b> <b>Renee</b> Rpossett@grymca.org	<b>Caledonia</b> <i>school age</i> 6:30am-6:00pm <b>891-6223</b> <b>Wendy, Jill</b> Wgarter@grymca.org Jpowell@grymca.org	<b>David D. Hunting</b> <i>servicing all ages</i> 6:00am-6:00pm <b>855-9625</b> <b>Heather</b> Hwalczewski@grymca.org	<b>Generations</b> <i>infant, toddler, preschool</i> 6:00am-6:00pm <b>940-4049</b> <b>Carolyn</b> Cnewbill@grymca.org	<b>Lowell</b> <i>school age</i> 6:30-6:00pm <b>897-8445</b> <b>Staci</b> Schambers@grymca.org	<b>Wolverine World Wide Family</b> <i>school age</i> 7:00am-6:00pm <b>363-3000</b> <b>Molly</b> Mschmid@grymca.org
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## SNOW DAYS AND SCHOOL CANCELLATION DAYS Ages 5-12 years

What do your kids do when school is cancelled? We'll keep your child busy all day! Call the branch nearest you for more information and pricing.

**David D. Hunting (855-9622) • Wolverine World Wide Family (363-3000) • Visser Family (530-9199) • Caledonia (891-6223) • Lowell (897-8445)**

**YMCA Mission Statement: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.**  
We offer confidential financial assistance for those who qualify.



Young Men's Christian Association  
of Greater Grand Rapids (YMCA)  
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Grand Rapids, MI 49504

grymca.org

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# A YMCA Membership is Greater Grand Rapids' **BEST VALUE** for Health & Wellness Facilities & Life-enriching Programs



## Benefits of Membership

- Use of ALL facilities at all branches of the YMCA of Greater Grand Rapids!
- FREE "Why Wait? Get Fit!" program to help you get started on reaching your health and wellness goals
- FREE over 200 Exercise Programs to provide variety to your workout schedule
- FREE Water Exercise Programs
- FREE Drop-in Care with family membership while you work out
- Up to 50% OFF any "Train Like You Live" Specialty Fitness Programs
- Special Low Rates for all programs
- Priority Registration for all programs
- Fully-trained, professional staff to help you in achieving your health and wellness goals
- Clean, well-maintained facilities
- AWAY program – Always Welcome At the YMCA – Show your card at YMCAs throughout the country and enjoy the benefits of membership

**THE YMCA HAS SOMETHING FOR EVERYONE - KIDS, TEENS, ADULTS, AND FAMILIES.  
COME VISIT AND LET US SHOW YOU WHY A YMCA MEMBERSHIP IS YOUR BEST CHOICE!**