



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL STEPS BIG GOALS

Fall 2023 Program Guide | YMCA of Greater Kalamazoo

# OUR MISSION

The YMCA puts Christian principles into practice through programs that build healthy Spirit, Mind, and Body **FOR ALL**.

## STATEMENT OF INCLUSION

The YMCA of Greater Kalamazoo is proud to be an association made up of people from every walk of life, working side by side to strengthen communities. Together, we strive to ensure that everyone, regardless of age, race, gender, gender identity, gender expression, income, faith, sexual orientation, ability, or cultural background, has the opportunity to live life to its fullest and is celebrated as a valued part of our community.

## BENEFITS OF MEMBERSHIP

- Access to two locations in Kalamazoo and Portage
- Wide variety of state-of-the-art strength and cardio equipment, TRX, Kettle Bells, and more
- Pools, gyms, tracks, racquetball courts, pickleball, and tennis\* courts allow year-round access to improved health
- FREE group fitness classes, including LES MILLS, water fitness classes, and Silver Sneakers
- Reduced program fees
- Kids Zone drop-in child care\*
- Access to Y locations across the country\*\*

*\*Fee-Based*

*\*\*ask about Nationwide Membership*

## FINANCIAL ASSISTANCE

Every day, the Y works to address the most pressing needs in the community it serves by making sure that everyone, regardless of age, income, or background, has the opportunity to learn, thrive, and grow. We provide financial assistance for the following programs:

- Youth, Individual, or Household (1 adult, 2 adult, or 3 adult) YMCA Memberships
- Early Learning and childcare services
- Programs such as tennis, aquatics, Y-Ball, and Flag Football

Applications for Financial Assistance are available on our website and at Member Services at each location. Proof of income is required. Help support the Y's financial assistance program by donating to our Annual Campaign at [www.kzooymca.org/give](http://www.kzooymca.org/give).

## AREAS OF FOCUS

The Y is a cause-driven organization that is for Youth Development, Healthy Living, and Social Responsibility. That's because a strong community can only be achieved when we invest in our kids, our health, and our neighbors.

## WHY JOIN THE Y?

The Y is committed to helping you thrive at each stage of life. Commit yourself to a healthier lifestyle with a Y membership to help you achieve your goals and live up to your best potential.

### TWO EASY WAYS TO JOIN

 VISIT  ONLINE at [www.kzooYMCA.org](http://www.kzooYMCA.org)

### STAY INFORMED

Y Connections  
Weekly Newsletter



[www.kzooYMCA.org](http://www.kzooYMCA.org)

WE ARE  
BETTER  
TOGETHER

*“Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than dream: work.” — William Arthur Ward*

# MAPLE

1001 W Maple St.  
Kalamazoo, MI 49008  
269.345.9622

## FACILITY AMENITIES:

- 24/7 Access\*
- Aquatic Center (lap pool, instructional pool w/zero-depth entry, wading/splash pool, resistance pool, hot tub)
- Badminton
- Basketball Courts/Gymnasium
- Cardio, Strength, and Free-Weight Areas
- Early Learning Preschool Center\*
- Group Exercise Rooms
- Kids Zone drop-in child care\*
- Locker Rental\*
- Locker Rooms (all-access, full service\*, womens'/girls', mens'/boys')
- Racquetball Courts
- Sauna\*
- Steam Room\*
- Stretch Zone
- Tennis Courts (indoor)\*
- Towel Service\*
- Track *\*Fee-Based*
- Youth Development Center (rock climbing wall, ping pong, foosball, outdoor Gaga Pit, retro gaming console)

# PORTAGE

2900 W. Centre Avenue  
Portage, MI 49024  
269.324.9622  
(Entrance on Old Centre)

## FACILITY AMENITIES:

- Basketball Courts
- Cardio, Strength, and Free-Weight Areas
- Early Learning Preschool Center\*
- Group Exercise Rooms
- Kids Zone drop-in child care\*
- Locker Rental\*
- Locker Rooms (all-access, womens'/girls', mens'/boys')
- Pickleball Court
- Pool (lap/instructional)
- Stretch Zone
- Tennis Courts (indoor and outdoor clay)\*
- Track
- Youth Center (ping pong, air hockey, etc.) *\*Fee-Based*

# LINCOLN

912 N. Burdick St.  
Kalamazoo, MI 49007  
269.345.9845

The YMCA's presence at Lincoln International Studies School consists of a comprehensive academic support program during the school year and an Achievement Gap summer program.

## Association Outreach Director

Jennifer Shea  
269.345.9622 ext 845  
jshea@kzooyymca.org



## CURRENT SESSIONS

### FALL I

Registration Opens at 1pm:  
Tuesday, Aug. 8 (Members)  
Thursday, Aug. 10 (Community)

Fall I Session Dates:  
Sept. 11-Oct. 28

### FALL II

Registration Opens at 1pm:  
Tuesday, Oct. 3 (Members)  
Thursday, Oct. 5 (Community)

Fall II Session Dates:  
Oct. 30-Dec. 23

## FUTURE SESSIONS

### WINTER

Registration Opens at 1pm:  
Tuesday, Dec. 5 (Members)  
Thursday, Dec. 7 (Community)

Winter Session Dates  
Jan. 8-Feb. 24

## Y-BASKETBALL INFO

Registration:  
Sept. 5-Oct. 27

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# A MESSAGE FROM DAVE MORGAN

President and CEO

While I am always disappointed to see summer coming to an end, there are several autumn things I do look forward to—Badger football (yes, I said Badger Football), the seasonal colors, and the startup of fall programs at the Y. I love watching kids enter their first swim lesson of the new school year, seeing the parking lot at Woods Lake Elementary on Oakland Drive at Whites Road fill up on a Saturday morning as kids and families take to the flag football fields, or seeing the dozens of teens come back to hang out with their friends in the Y gym after school.

I am also excited to share the wonderful changes we put in place since last fall. A host of facilities improvements continues throughout the Y that will make your Y experience even more enjoyable. From new roofs to new ventilation systems, the Y has invested hundreds of thousands of dollars to improve your YMCA. One change in particular is the work done to change the entrance into our pools at the Maple Street YMCA. This modification has made the space brighter, cleaner and most importantly, more accessible for those with mobility concerns.

We are also excited to announce that we will be expanding child care services by opening our Northside Early Learning Center on Frank Street in Kalamazoo. This project, done in partnership with Bogan Development, will positively affect the life trajectory of 30 preschoolers, annually.

**The Y is so much more than a gym.** It's where we come together to learn new skills, challenge ourselves and grow. It's where Healthy Living and Youth Development come together to create a community of people of all walks of life striving toward their very best potential.

This program guide captures most of what we have in store for you for fall, with all your favorite classes and programs, plus brand new classes for youth! There really is something for everyone. Please take some time to review it and don't forget that the Y is open to everyone. Share this with a loved one, a friend, maybe even someone that you've just met. Help us to share the amazing opportunities available at the Y for building strong Body, Mind and Spirit FOR ALL. That's what we're here for.



Friends on a mission,

A handwritten signature in black ink that reads "Dave Morgan". The signature is fluid and cursive.

Dave Morgan  
President and CEO, YMCA of Greater Kalamazoo

**GIVE TODAY**

[kzooyymca.org/  
donate](https://kzooyymca.org/donate)



# FOR WHEN OUR NEIGHBORS NEED THE Y MOST

Members Alisha Bender and Jerome Wise recently let us know about a health crisis that hit their family: 14-year-old son Jayce was recently diagnosed with an extremely rare case of leukemia, specifically BPDCN. Could we help them share his story for prayers and positive thoughts to help them get through this terrifying time? Staff immediately went into support mode. To help the family deal with mounting medical expenses, Financial Aid was extended to them so that paying for their monthly membership dues was one less bill for them to manage and worry about.

Gifts to the Y's Annual Campaign allow the Y to respond in this way. Financial Aid helps people who, when in times of challenge, don't drop their Y membership, but get closer to it for support and an outlet to take care of themselves for when they need it most.

Thank you to every donor whose gifts empower the Y to help in this and so many other ways.



## HOW DOES \$403,242 BREAK DOWN?



### FINANCIAL ASSISTANCE

- \$278,478** for membership fees
- \$48,240** for kids to attend Prime Time, preschool, and summer camp
- \$69,893** for the YMCA Lincoln Youth Program
- \$10,034** for youth swim lessons and youth sports

### DID YOU KNOW:

**23%** of ALL Y members are on Financial Assistance

That's **1 in 5** members

or

**5,823** total members

with

**2,712** of those members being teens or youth

### ALL this means...

There was a **40%** increase in FA in 2022

The YMCA's Annual Campaign goes where membership fees don't. Every gift, large and small, goes to support our community where we need it the most! This breakdown shows exactly the impact of each and every dollar. Look to the right to see more facts about 2022's Annual Campaign.

We are truly grateful for each and every donation that was received throughout 2022, and with your support, we believe that we can make an even larger impact on our community in 2023.

# WHAT YOU CAN DO AT THE Y



If I Am A  
**BABY**  
I CAN...

If I Am  
**2-5 yrs**  
I CAN...

If I Am  
**6-9 yrs**  
I CAN...

If I Am  
**9-12 yrs**  
I CAN...

Kids Zone, 6 weeks—8years

Early Learning Preschool

Access Youth Center, 8—17yrs

Swim with family

Swim lessons, 6 months+

Taekwondo

Various Dance: hip hop, ballet, jazz

Mini Sports Camp

Sporties for Shorties

Access all exercise

Private Tennis Lessons

Group Tennis Lessons, 3+ years for all levels of play

Rent a Tennis Court

Itty-Bitty Basketball

Swim without adult

Fencing

Pre-Competitive Swim

Swim Team

## Households with youth and teen members:

Please be sure to familiarize yourself with the Y's Facility Access Guidelines to ensure a safe and fun experience. This information is available on page 11 and is posted at the main entrance of both facilities.

Access the gymnasium and track w/o

Use a guest pass when accompanied by



# Y EARLY LEARNING

1001 W Maple St. Kalamazoo, MI 49008  
315 Frank St., Kalamazoo, MI 49007

## PHILOSOPHY

Our high-quality YMCA Early Learning (preschool and pre-K) programs strengthen families and boost youth development by offering learning readiness experiences and comprehensive child development programs. Early Learning builds a foundation for ongoing and future achievement and success.

## PROGRAM HIGHLIGHTS

- Licensed by the State of Michigan
- Great Start to Quality participant
- KC Ready 4s partner
- Creative Curriculum
- Swim lessons
- Tennis lessons
- Nature walks
- Physical education class
- Financial assistance available



## GREAT START TO READINESS PROGRAM (GSRP)

We are proud to partner with KRESA and the State of Michigan to provide qualifying families a free\* early learning experience. This program receives all the benefits of our traditional programs while minimizing the cost for families. To be eligible, children must turn 4 on or before September 1.

*\*Before and after care may be an additional fee*

## YMCA MEMBERSHIP

A youth or family membership is included for the school year, depending on enrollment status. With the YMCA membership, your family can spend quality and active time together while also allowing adults time to focus on their wellness. This membership may be used at the Portage and Maple locations.

For more details and to register, visit [kzoymca.org](http://kzoymca.org), scan QR code, or email [childcare@kzoymca.org](mailto:childcare@kzoymca.org).

## ASSOCIATION EARLY LEARNING DIRECTOR

Tim Sheldon  
269.345.9622 ext. 161  
[tsheldon@kzoymca.org](mailto:tsheldon@kzoymca.org)

# PRIME TIME

Prime Time is before and after school care for Kalamazoo Public School and Portage Public School students in grades K-5 located at several elementary schools including the Maple YMCA. Prime Time engages kids in physically active, educational, and imaginative activities that encourage exploration of who they are and what they can achieve. Our programs are inclusive and offer a combination of free-choice and structured age-appropriate activities.

Our program includes the CATCH curriculum, which aims to engage children in intentional physical activity and nutrition education. We also offer healthy afternoon snacks, academic support, STEM, character development, and more! We promote the Y's five core values: **integrity**, **health**, **diversity**, and **collaboration** and incorporate the CHAMPS program at all of our sites.

- C** Caring
- H** Honesty
- A** Always respectful
- M** Making responsible choices
- P** Positive attitude
- S** Safety first

All Prime Time programs are licensed by the State of Michigan and are run by qualified youth development staff. Morning care is available starting at 6:30am and afternoon care is available until 6pm. See the website for current locations.

For more details and to register, visit [kzoymca.org](http://kzoymca.org), scan QR code, or email [childcare@kzoymca.org](mailto:childcare@kzoymca.org).

## ASSOCIATION OUT-OF-SCHOOL TIME (PRIME TIME) DIRECTOR

Corey Clark  
269.345.9622 ext. 171  
[cclark@kzoymca.org](mailto:cclark@kzoymca.org)



“Movement is the door to learning.” —Paul E. Dennison



# NORTHSIDE YMCA LEARNING CENTER

We are super excited and proud to be planning the opening of our new Early Learning Center located at 315 Frank St. in the Northside Neighborhood in Kalamazoo. The inaugural class is slated to open September 1, 2023 to provide a high-quality preschool experience for children ages three to five and their families. There will be 30 spots to fill. The program is supported by GSRP and KC Ready 4s to allow affordable options for families. Students and families get free Y membership! Parents interested in registering their child can email [childcare@kzooyymca.org](mailto:childcare@kzooyymca.org).



## LEARN ABOUT LINCOLN ELEMENTARY PROGRAM



At the Lincoln YMCA, Kalamazoo's Northside youth participate in various after-school activities such as mentoring, tutoring, homework support, games, and social and emotional learning.

During the summer, the Lincoln Y runs a summer achievers camp for K-5 students. The program focuses on combating the summer slide, as well as literacy enrichment with certified teachers using the LitCamp curriculum. In the afternoon, the program turns into a YMCA camp where youth participate in CATCH or SPARKS curriculum for physical activity, art and crafts, swimming and water safety lessons, tennis lessons, field trips, and a family involvement component.

The Lincoln Y also offers a food pantry, where community members may come in and shop at any time for food, household necessities, and clothing as needed.

Keep up with our social media and sign up for our weekly newsletter to see how you can support Lincoln youth!

## ENGAGING CARE FOR KIDS, SELF-CARE FOR ADULTS DROP OFF YOUR CHILD AT THE KIDS ZONE WHILE YOU WORKOUT AT THE Y

More than ever, parents need support! When they come to the Y, their children need a safe, nurturing environment to entertain themselves.

The Kids Zone is a unique drop-in care program for children aged 6 weeks to 8 years. In the Kids Zone, children play under the supervision of caring, trained staff. At the same time, their parents are able to relax, connect with other Y members and enjoy healthy activities at the YMCA.

Parents can check in their children for up to two hours a day, while they remain in the facility. Reservations are not required. Your child will have a blast interacting with other kids through age-appropriate activities that get their brains and bodies moving. Both Maple and Portage Kids Zones are nut-free.

### COST

Household memberships: \$10/month. Includes unlimited visits up to 2hr/day. Children must be members. All others pay the daily drop-in rate.

### MAPLE HOURS

Monday—Thursday: 8:00am–7:30pm  
Friday: 8:00am–4:00pm  
Saturday: 9:00am–12:00pm  
Sunday: Closed

### PORTAGE HOURS

Mornings (M–F): 8:45am–1:00pm  
Evenings (M–TR): 4:15pm–7:45pm  
Friday Evening: Closed  
Saturday: 8:15am–1:00pm  
Sunday: Closed

### REQUIRED DOCUMENTS

Please visit our website, [kzooyymca.org](http://kzooyymca.org), to find the Kids Zone handbook and required documents.

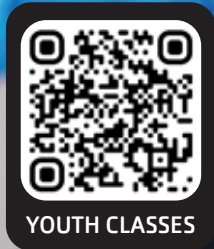


KIDS ZONE

# YOUTH DEVELOPMENT

CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
<b>Itty Bitty Basketball Class</b> Pre K-K	This class will help your child learn the basics of dribbling, shooting and passing through drills, activities and skill-related games.	Maple Portage	Maple Portage
<b>Rookie Basketball Class</b> Grades 1-2	This class will help your child learn the basics of dribbling, shooting and passing through drills, activities and skill-related games.	Maple Portage	Maple Portage
<b>Beginner and Intermediate / Adv. Fencing</b> Ages 11+	These classes teach participants about the sport of fencing, from skilled instructors with En Garde Fencing Club. Equipment is provided, please wear comfortable gym attire.	Maple Portage	Maple Portage
<b>3 on 3 Basketball Tournament</b> Ages 9+	Who's got game? This fall, get your team together for this 3 on 3 basketball tournament. Open to players 9 and up. November 4.	Portage	Portage
<b>Dance Exploration I &amp; II</b> Ages 5-7 Ages 8-11	The goal is to explore creative movement activities, musical genres and dance techniques (including ballet, tap, jazz and hiphop). Class will build skills in rhythm and pattern recognition in both music and dance. This class will also choreograph and perform a variety of dances in multiple styles based on student interest. They will also culminate in a student showcase on the last day of class.	Portage	Portage
<b>Dance Lessons</b> Move with Joy	Offering various classes including ballet, jazz/hip hop, acrobatics, and breakdancing for youth and adults of all ages.	Move with Joy (Off-Site)	Move with Joy (Off-Site)
<b>Hapkido</b> Ages 7+	Hapkido is a hybrid Korean martial art that focuses on self-defense and striking attacks. The class also offers a great way for youth to build confidence, self-esteem, respect, discipline, flexibility and patience in a teamwork setting. Our instructors teach how to channel energy into a positive attitude in a fun and active atmosphere.	—	Maple
<b>Home School Gym Class</b>	Home School Gym class provides physical education for Home School Students. Students will play a variety of games and activities throughout each session.	Portage	Portage
<b>Home School Performing Arts</b>	Class is designed for 6 years of age and older. The goal is to provide an instruction to acting, voice and movement techniques for the stage. Class will explore movement with a focus on strength, balance and coordination. Participants will learn vocal techniques to enhance pronunciation and projection and will explore theater games and activities to improve acting skills. Together the class will write and perform original pieces to perform in a student showcase on the last day of camp.	Portage	Portage
<b>Junior Golf Lessons</b> Ages 5-17	Participants will learn to drive (irons and woods), short game (chipping, putting, sand and pitching). Clubs and balls will be provided. Class taught by Golf Pro Sharon King at The Dome in Schoolcraft on US 131.	The Dome (Off-Site)	The Dome (Off-Site)
<b>Kickboxing</b> Ages 7+	Kickboxing offers a great way for youth and adults to build confidence, self-esteem, respect, discipline, strength, flexibility and patience in a teamwork setting. Our instructors teach how to channel energy into a positive attitude in a fun and active atmosphere.	—	Maple
<b>Korean Karate</b> Ages 11+	Korean Karate is intended to develop the mind, body and spirit while teaching effective self-defense skills for the practitioner. Practice of this art develops strong character through its five primary tenets: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.	Portage	Portage
<b>Middle School Event</b> Grades 6-8	Event where boys and girls grades 6-8 can attend the Y after hours to play tennis, volleyball, basketball, swimming and more. <b>Portage Dates:</b> September 30th, October 21, November 11, December 9th. <b>Maple Dates:</b> September 23, October 7, November 4, December 2.	Maple Portage	Maple Portage
<b>Mini Sports Camp</b> 5-12 years	This half-day camp gives youth the opportunity to play a variety of games and activities throughout the week. Participants will have fun while learning to play different sports. Bring a bathing suit, towel and snack every day to camp.	Maple Portage	Maple Portage
<b>Pint Sized Play</b> 18-36 months	This class includes free play, games, and parachute time that stimulates cognitive development and physical and social skills. Parent and child interaction throughout the session.	Portage	Portage

# YMCA FACILITY ACCESS YOUTH GUIDELINES



The safety of all youth at the Y is paramount. All individuals must check in at the YMCA Member Service desk so we can verify your identity and your Member/Guest privileges. For everyone’s safety, please adhere to the following age-specific rules:

## MEMBERS AND GUESTS THROUGH AGE 7

- Must be accompanied by and participating with an adult in all areas unless taking a program (i.e. swim lessons or tennis class).
- Kid Zone is provided for youth members for an additional fee per family per month.
- May NOT use any of the exercise equipment (Cardio, Weight or Free Weights).
- May utilize the gymnasium and track with adult supervision.

- all times unless in a YMCA program.
- Must pass a swim test to swim without an adult—unless otherwise specified the adult must be in the pool area.
- May utilize the Youth Center any time it is staffed.
- May NOT use any of the exercise equipment (Cardio, Weight, or Free Weights).
- May utilize the gymnasium and the track without adult supervision.

- (Cardio, Weight and Free Weights) only AFTER completing an equipment orientation or with adult supervision.
  - May participate in Group Exercise classes with adult supervision.
  - May utilize the Youth Center when it is staffed.
  - May use a Guest pass when accompanied by an adult 18+.
- \*Must be 11 AND in 6th grade.

## MEMBERS AND GUESTS THROUGH AGES 8-10

- Must have an adult in the building at

## MEMBERS AND GUESTS THROUGH AGES 11\*-14

- Members may use the facility without an adult.
- May use all exercise equipment

## MEMBERS AND GUESTS THROUGH AGES 15-17

- Equipment orientation not required.
- May participate in group exercise classes.
- Age 16+ must show picture ID.

# FOR A SAFE Y EXPERIENCE

<b>Sporties for Shorties</b> 3-6 years	This class develops skills like throwing, catching, kicking and more. This is a great introduction to football, soccer, gymnastics, baseball, volleyball, floor hockey and lacrosse.	Maple Portage	Maple Portage
<b>Taekwondo</b> 4-11 years	Taekwondo offers a great way for youth to build confidence, self-esteem, respect, discipline, strength, flexibility and patience in a teamwork setting. Our instructors teach how to channel energy into a positive attitude in a fun and active atmosphere.	Maple	Maple
<b>YAP Event</b> 18-26 years	This after-hour event will allow students from Kalamazoo Regional Educational Service Agency’s “Young Adult Program” to enjoy dodgeball, volleyball, swimming, basketball or tennis.	Portage	Portage



# HOW TO CUSTOMIZE YOUR FITNESS EXPERIENCE

Sometimes we need a little help, guidance, expertise, motivation, or accountability. Sometimes, we need all these things! At the YMCA of Greater Kalamazoo, we're here to help you work towards your best you with staff, programs, and tools to help you tackle your goals.

**Maximize your fitness routine.** From equipment to nutrition, we have ways for you to enhance your wellness!

## Five reasons to Hire a YMCA Personal Trainer

- 1. Guidance.** Our personal trainers are here to get you on the fast track to your goals.
- 2. Results.** With customized coaching, we guarantee results.
- 3. Accountability.** Y personal trainers are here to get you motivated!
- 4. Injury Prevention and Rehabilitation.** YMCA personal trainers are fitness experts who work with diverse clientele.
- 5. Variety.** Time to mix things up with Personal Training at the Y.  
Whatever your reason for hiring a YMCA personal trainer, rest assured that with them—fitness is personal, and so are the results.  
Personal Training rates, packages, and additional information is available on page 19 and on our website.

## HEALTH SEEKERS TAILORED FOR BEGINNERS!

Learn the basics as you explore the gym, fitness center, and cardio spaces in this 4 week series of guided workouts with a dedicated personal trainer.

**Health Seekers** is designed to assist participants in developing a strong foundation, including learning proper technique and form for strength training, cardio resources throughout the facility, as well as gaining an in-depth understanding of what equipment is available and its benefits.

### DATES:

September 4th – 29th

October 9th – November 3rd

November 6th – December 1st

\$49/per session

Times TBD



## MEMBER FAVE: ACTIVE8

This 8-week program challenges you to get fit with accountability, routine, and a small group team atmosphere.

Your dedicated personal trainer provides motivation, consistency, and inspiration. Participants will receive a pre and post-assessment, weekly workouts, and additional educational insight to help you work towards your goals.

### DATES:

September 18th – November 11th

\$99 Member / \$150 Community

Times TBD



## INBODY SCANNER UNDERSTAND YOUR BODY

Now available at Maple! This body composition scale gives accurate analysis for standard measurements like Percent Body Fat, Skeletal Muscle Mass, BMR, and more.

Auto calibrated and user friendly, testing is fast and easy. Detailed print-outs are provided with each scan, including comparative results, making it ideal for tracking progress.

### HOW TO SCHEDULE:

\$15/scan. Included in PT packages.

Contact Ashley Seiler via email  
([aseiler@kzooymca.org](mailto:aseiler@kzooymca.org))



## MEET REGISTERED DIETITIAN TAKARA PAGE

Takara Page, MS, RDN, CNSC has over ten years of experience as a dietitian focusing on health and wellness. Takara's experience as a group fitness instructor and nutritionist has taught her that food and movement are foundations for a healthful life. But as a self-proclaimed "foodie," she also believes in the joy of eating!

She worked as the Director of a Nutrition Systems at Borgess for 7 years, after which she taught at the university level. These days she is enjoying her most important role as Mama to her two sons while teaching BODYPUMP and Group Cycling at the Y.

**\$45/30 minute virtual Nutrition Consultation.**

For more information, contact Rebecca Lillie via email ([rlillie@kzooymca.org](mailto:rlillie@kzooymca.org))



# HEALTH AND WELLNESS

CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
<b>Active8</b> <i>Fee-based</i>	An 8 week small group training program that meets once/week for 60 minutes. Class is broken down by 20 minutes of Sprint 8 cardio, 30 minutes of strength work and finishes with 10 min of flexibility. Add in the motivation of a personal trainer and team accountability for your success.	Maple Portage	Maple Portage
<b>Barre</b>	Fusing the best of Pilates, yoga, and aerobics with elements of the strengthening exercises that dancers do, Barre class delivers a results-driven workout that is fun and dynamic, and will sculpt your body and get you into amazing shape.	Maple Portage	Maple Portage
<b>BodyBalance®</b> Les Mills	Ideal for all fitness levels, BODYBALANCE® is the yoga-based class that will improve your mind, your body, and your life as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.	Maple	Maple
<b>BodyCombat®</b> Les Mills	This class will challenge you to punch and kick your way to fitness. This high-energy martial-arts-inspired workout is totally non-contact and there are no complex moves to master. You will be motivated to make the most of every round.	Portage	Portage
<b>BodyPump®</b> Les Mills	BODYPUMP is a barbell workout for anyone looking to get lean, toned, and fit fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.	Maple Portage	Maple Portage
<b>Classic Strength Chair Fitness</b>	A full-body strength training class specifically designed to build strength, improve bone density, and decrease body fat while increasing lean muscle through basic moves and range of motion. A chair is used for support. All levels welcome. Ideal for the healthy aging population.	Maple Portage	Maple Portage
<b>Dance Fitness</b>	Get ready to get fit while having fun in Dance Fitness! Variety is the spice of life and this class brings many styles of dance fitness to the table including Zumba, Pomsquad, Hip-Hop and more! It includes everything you need for a full body workout with Cardio, Strength and Toning movements. All levels are welcome and encouraged to attend!	Maple Portage	Maple Portage
<b>Golf Lessons</b> <i>Fee-based</i>	Participants will learn the full swing, short game, sand, video analysis and playing lessons. Clubs and balls will be provided. Class will be taught by Golf Pro Sharon King. Lessons will be at The Dome in Schoolcraft on US 131.	The Dome (Off-Site)	The Dome (Off-Site)
<b>Group Cycling</b>	Great cardiovascular and leg workout that consists of a warm-up, varied intensity intervals, and a cool down. All fitness levels welcome.	Maple Portage	Maple Portage

CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
<b>Kettlebell</b>	Traditional kettlebell workout that utilizes challenging, compound exercises such as the clean & press, high-row, and snatch. Your cardiovascular endurance, muscular strength, and joint stability will be constantly tested in this dynamic class.	Maple	Maple
<b>LiveSTRONG® at the YMCA</b>	Livestrong at the YMCA® is an evidence-based, small-group physical activity and well-being program led by trained staff. Participants meet at the YMCA twice a week through 12-weeks for 90-minutes each session. Participating YMCAs create a welcoming community in which cancer survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life. Since 2007, the LiveSTRONG® Foundation has been Y-USA's partner in developing and delivering LiveSTRONG at the YMCA®. Please contact Shashu Baraka for more information at sbaraka@kzooyymca.org	Portage	Portage
<b>Moving for Better Balance®</b>	Moving for Better Balance® is an evidence-based program developed by researchers at the Oregon Research Institute. Based on the principles of Tai Chi, this program offers a slow and therapeutic workout that addresses key components of fitness including flexibility, muscle strength, and balance. When combined with treatment programs like Moving for Better Balance® may help alleviate the symptoms associated with other chronic diseases and conditions.	Maple	Maple
<b>Nature Walks</b>	Enjoy some fresh air and sunshine in Kleinstuck Preserve, this walk is about 1 mile and welcomes all paces. Meet in the main lobby to start!	Maple	Maple
<b>Pilates</b>	Pilates helps you tone and strengthen every part of your body. This popular form of exercise focuses on stabilization, concentration, control, flow, breath and precision. Our Pilates mat classes review the following movement techniques: neutral spine, core engagement, C-curve, spinal articulation and more. All exercises can be modified so you can work at your own level.	Maple Portage	Maple Portage
<b>Prenatal Yoga</b>	Prepare for childbirth and beyond with yoga postures, breath work, and mediation exercises designed to support your pregnancy, labor, and transition into parenthood. Designed for all pregnant people at any stage of their pregnancy. No prior experience with yoga necessary.	Maple	Maple
<b>SHiNE Dance Fitness™</b>	SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable, confident, and connected to a supportive community.	Maple Portage	Maple Portage
<b>SilverSneakers® BOOM™ Muscle</b>	High intensity with no to low impact. The only prerequisite to this class is the ability to get on and off the floor. This class uses mats, hand weights, resistance bands, small (Pilates) balls, and stability balls. SilverSneakers® BOOM™ Muscle is for anyone. The BOOM™ formats were developed with the baby boomer in mind who isn't ready for chair fitness. Arrive 10-15 minutes early to gather your equipment and ask any questions you may have. First time participants, please contact Shashu Baraka at sbaraka@kzooyymca.org prior to attending.	Maple	Maple
<b>SilverSneakers® Chair Yoga</b>	SilverSneakers® Yoga will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.	Maple Portage	Maple Portage
<b>SilverSneakers® Circuit</b>	SilverSneakers® Circuit offers standing low-impact moves that alternate with standing upper-body strength. A stability ball may be incorporated to help improve balance and range of motion. The class can be adapted for all fitness levels.	Maple Portage	Maple Portage
<b>SilverSneakers® Classic</b>	A full-body strength training class specifically designed to build strength, add definition, improve bone density, and decrease body fat while increasing lean muscle through basic moves and range of motion. A chair is used for support. All levels welcome. Ideal for the Healthy Aging Population.	Portage	Portage



CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
<b>Step</b>	Step aerobics is a classic cardio workout. The “step” is a 4”-12” raised platform. Step up, around, and down from the platform in different patterns to boost your heart rate and breathing and strengthen your muscles. Step aerobic moves are paired with upbeat music and range from simple to advance with options to modify. All levels welcome.	Portage	Portage
<b>Step Challenge</b>	Cardiovascular conditioning on the step with challenging choreography, followed by strength and resistance training.	Portage	Portage
<b>Tai Chi</b>	Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.	Maple Portage	Maple Portage
<b>Total Body Conditioning</b>	Total body conditioning classes incorporate strength exercises and cardio segments using equipment such as dumbbells, stability balls, and steps. These classes are intended to provide total fitness and overall toning by working every major muscle group in one workout.	Maple Portage	Maple Portage
<b>Total Parkinson’s®</b> <i>*Fee-based</i>	Total HealthWorks® Total Parkinson’s group exercise class is designed to help people with Parkinson’s Disease maintain their independence and improve their quality of life. Classes are structured around evidence-based principles that have been proven to help improve bodily functions such as balance, strength, multi-tasking and walking. Interaction within the group allows participants to socialize with others, helping to improve mood and cognition. Participants that attend classes regularly often experience the greatest benefit. Please contact Shashu Baraka for more information at sbaraka@kzooymca.org.	Maple	Maple
<b>TRX Circuit</b>	TRX is a workout system that leverages gravity and your body weight to perform exercises. You’re in control of how much you want to challenge yourself on each exercise, because you can simply adjust your body position to add or decrease resistance. Suspension training develops strength, balance, flexibility, and core stability.	Maple Portage	Maple Portage
<b>Women’s Self Defense</b> <i>Fee-based</i>	This women’s self-defense class is intended to raise the consciousness of self-awareness in all surroundings. Prepare to physically and mentally defend oneself to deal with situations that may be potentially dangerous. These classes will help build self-esteem, self-confidence, and develop self-defense techniques using proven basic common-sense fighting skills. *Pre-registration required for this fee-based class.	Maple Portage	Maple Portage
<b>WOW: Women on Weights</b>	Ladies-only fitness led by one of our female personal trainers in a private space!	Maple Portage	Maple Portage
<b>Yoga</b>	In this all levels class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body’s range of motion with standing postures, twists, back bends, forward folds and hip openers. Yoga mats, blocks and straps are provided if needed.	Maple Portage	Maple Portage
<b>Zumba</b>	Zumba takes the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise.	Maple Portage	Maple Portage







# PARKINSON'S PROGRAM

Total Healthwork's Total Parkinson's is a life-changing wellness program. It is founded on evidence-based, structured exercise routines that are focused on strength training and correcting disease-specific physical challenges. They work toward retraining the mind and body.

Designed to empower people with Parkinson's Disease, this fitness class targets symptoms and optimizes physical function.\*

## NEXT SESSION DATES

Oct. 10–Nov. 17

Registration dates: Sept. 5–Oct. 6

Nov. 28–Dec. 21

Registration dates: Oct. 23–Nov. 17

## ACTIVE FOR LIFE DIRECTOR

Shashu Baraka  
sbaraka@kzooyymca.org  
269.459.4856

*\*Fee-based. Medical clearance required.*



# LIVESTRONG

## AT THE YMCA

LIVESTRONG at the YMCA is an evidence-based, 12-week health and wellness program designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and the disease itself. The class meets twice per week.\*\*

The goal of the small group series is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability. Participants receive a free family membership with program enrollment.

## NEXT SESSION DATES

Sept. 5–Nov. 30, 2023

Registration dates: July 31–Aug. 25, 2023

Jan. 2–March 21, 2024

Registration dates: Oct. 1–Nov. 30, 2023

## ACTIVE FOR LIFE DIRECTOR

Shashu Baraka  
sbaraka@kzooyymca.org  
269.459.4856

*\*\*Medical clearance required.*





# IMPORTANT FITNESS CENTER INFORMATION

## MOTIONVIBE

The Y at Maple and Portage require reservations for family swim, water fitness, and group exercise, using our smart phone or desktop app called MotionVibe.

Available on Apple, Android, and desktop, you can register and view your reservations from almost anywhere! Remember, registration for fitness activities opens up at 7am the day before, and for aquatics, the times open the day before in staggered intervals.

## EQUIPMENT ORIENTATION

At the Y, it is important that all members feel safe and comfortable while utilizing the equipment and services in our facilities. An Equipment Orientation can help you begin your wellness journey! This FREE session offers you a step-by-step guide on how to use the equipment in the Fitness Center, with expert guidance from our Wellness Staff.

YMCA Wellness Staff is available to answer your questions and help you determine correct weight and resistance on the machines. To schedule an Equipment Orientation, register on MotionVibe or stop at the Member Services desk, and you will be matched with a Wellness Staff member.

## FITNESS CENTER ETIQUETTE 101

As we find ourselves continuing, returning to, or even beginning a new exercise routine, some of us may feel intimidated coming into a gym.

No matter where you are on your health and wellness journey, the Y wants to ensure that everyone feels welcomed and comfortable in our facility.

Here are some guiding principles for everyone, to remind the regulars and welcome the newcomers:

### Remember the golden rule!

Everyone is at a different place in their journey, and we should celebrate each other's progress.

### Clean up after yourself and respect the space.

1. Wipe down all equipment, weights, mats, etc. with the provided cleaning materials immediately before and after use.
2. Return weights to the rack when you are finished, and for the safety of others, please do not leave mats, bands, or other exercise equipment on the floor when not in use.
3. For the safety of yourself and others, please wear appropriate clothing for exercise, which includes clean, indoor workout shoes.
4. Familiarize yourself with the rules on posted signage, as each space has different expectations (i.e. yoga vs. weight-lifting)

5. If there is an issue with any of the equipment, please inform staff.

### Allow others to work-in and workout around you, and respect equipment time limits.

During special programming, certain machines are affected, and members are expected to share. Please police yourself and be kind to one another.

During peak times, all members must observe the 30 minute time limit on cardio machines. If another member is waiting, please allow them a turn.

### Be respectful of other members and guests.

Members, guests, and participants may not record or take photos with any type of device in any area of the facility.



# UPGRADE YOUR LOCKER EXPERIENCE IN FULL-SERVICE

What does “Full-Service” mean?

From dry saunas and steam rooms to private lounges and workout spaces, the Full-Service locker rooms are perfect for those who wish to enhance their time at the Y.

The Full-Service locker rooms are restricted to individuals 18 years and older, offering a more private and quiet space.

The steam room and dry saunas are a favorite of our members, especially those looking to improve circulation, reduce stress, clear congestion, and loosen stiff joints.

## UPGRADE YOUR MEMBERSHIP TODAY!

Contact the Maple Y’s Member Services (269) 345-9622 x110

## COST (WITH OPTIONAL ADD-ONS)

Full-Service Each Adult: \$20/month

- + Full-Service Towel Service: \$15/month
- + Full-Service Locker Rental (full-size): \$15/month
- + Full-Service Locker Rental (1/2-size): \$10/month
- + Full-Service Locker Rental (kit): \$15/month

# PERSONAL TRAINING AVAILABLE NOW

Maximize your gym experience! Our nationally certified personal trainers specialize in individual, partner, and small group training.

Whether you’re new to the gym and seeking extra guidance, a triathlete needing support training for a big race, wanting to break out of a plateau, or looking to enhance your fitness for everyday life, our trainers will help you reach your goals.

## 60-MINUTE

	MEMBER	COMMUNITY
Single PT Session	\$49	\$65
Package of 5 PT	\$225	\$290
Package of 10 PT	\$425	\$520

## 30-MINUTE

Package of 5 PT	\$150	\$195
Package of 10 PT	\$285	\$370

## Semi-Private Training Rates Per Person

2 people	\$30	\$40
Package of 5 PT	\$140	\$190
Package of 10 PT	\$265	\$350

## Small Group Training (SGT)

8 week session	\$99	\$150
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PERSONAL TRAINING

# AQUATICS



ADULT AQUATICS



YOUTH AQUATICS

## Youth/Teen Instructional Classes

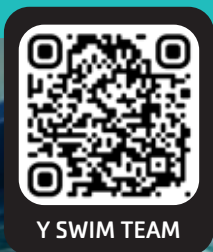
CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
<b>Level A</b> 6 months–2 years	30 minute swim lesson with a parent/caregiver in the water. Focus is on water exploration, adjustment, and fun.	Maple Portage	Maple Portage
<b>Level B</b> 2–4 years	30 minute swim lesson with a parent/caregiver in the water. Focus is on safety and learning to swim independently of the adult, while using flotation devices.	Maple Portage	Maple Portage
<b>Level 1 &amp; 2</b> 3–5 years	30 min swim lesson without a parent/caregiver in the water. Children should be able to jump independently and swim horizontally with face in the water (without flotation). Child should also be comfortable getting their eyes wet while blowing bubbles.	Maple Portage	Maple Portage
<b>Level 1 &amp; 2</b> 6–9 years	45 minute swim lesson without a parent/caregiver in the water. Focus is on swim basics and water adjustment. Child must be comfortable enough to swim with flotation, independent of the instructor.	Maple	Maple
<b>Level 3</b> 3–5 years	30 min swim lesson without a parent/caregiver in the water. Children should be able to jump independently and swim horizontally with face in the water (without flotation). Child should also be comfortable getting their eyes wet while blowing bubbles.	Maple Portage	Maple Portage
<b>Level 3</b> 6–12 years	45 minute swim lesson; beginner level for ages 6 and over. Water adjustment and basic swim skills. Some children will use flotation as needed.	Maple Portage	Maple Portage
<b>Level 4</b> 6–12 years	45 minute swim lesson. Children should be able to swim the length of the pool in a horizontal position without flotation, and swim on their front & back for least 25 yards unassisted and without flotation. Must be comfortable putting their in face in the water.	Maple Portage	Maple Portage
<b>Level 5</b> 6–12 years	45 minute swim lesson. Children should be able to swim Freestyle and Backstroke, with ability to do Breaststroke and Butterfly kicks. Child must be able to swim 25 yards with perfected rotary breathing.	Maple Portage	Maple Portage
<b>Level 6</b> 6–12 years	45 minute swim lesson. Children should be able to swim all four swim strokes and be able to swim multiple laps of each. Child must have passed Level 5 or be evaluated. Must have ability to swim 50 yards of perfected rotary breathing and backstroke.	Portage	Portage
<b>Adaptive Swim Lesson</b> 6–11 years	Modified for youth with disabilities or special needs. This class will provide a safe environment for students to learn about being safe in the water while developing basic swim skills. Parents and/or caregivers should be prepared to be in the water or on deck depending on the instructor's wishes.	Portage	Portage
<b>Red Cross Lifeguard</b> Ages 15+	Become a certified Red Cross Lifeguard. Ages 15+. Must be able to swim 300 continuous yards with proper breathing technique. See website for dates, times, and location.	TBD	TBD

# Adult Aquatics: Instructional & Fitness

CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
<b>Adult Open Swim</b>	Time where adults may use the pool for exercise, therapy, or relaxation. No lane lines will be in the pool.	Maple	Maple
<b>Arthritis</b>	For ages 15+, gentle water exercise with a focus on joint mobility, stability, flexibility, and strength.	Maple Portage	Maple Portage
<b>Aqua Jam</b>	Have some fun with this low impact, cardio, dance fitness workout in the pool.	Maple	Maple
<b>Aqua Tai Chi</b>	Gentle water class, focusing on balance, mobility, being in tune with your body and positive energy. Water as a way to experience peace of mind and body.	Maple	Maple
<b>Deep Water Exercise</b>	Conducted in the deep end of the pool, this is a full-body workout. Class focuses on muscular strength motions that work the body's major muscle groups, as well as motions that work with core and balance. Flotation and resistance equipment are used. Population: people who have been active for the last 3-6 months with no physical limitations.	Portage	Portage
<b>Family Swim</b>	Pool time for parents and kids. Available for registration through MotionVibe. Only one member needs to register for the time slot. You may bring up to five additional members of the same household in to swim at the designated time. Any child requiring flotation or under the age of 8 must have an adult in the water with them.	Maple Portage	Maple Portage
<b>Shallow Water Exercise</b>	Shallow water exercise: Cardio based water exercise class taught in the shallow end of the pool. Participants must be high school age or older. An entire body workout that is easier on the joints compared to land workouts.	Maple Portage	Maple Portage
<b>Stretch and Tone</b>	Shallow water exercise: Cardio based water exercise class taught in the shallow end of the pool. Participants must be high school age or older. An entire body workout that is easier on the joints compared to land workouts.	Portage	Portage
<b>Water Power</b>	Our most intense water class offered, takes place in the shallow and deep end of the pool and uses resistance equipment.	Maple	Maple

# Swim Team: Southwest Y Sharks

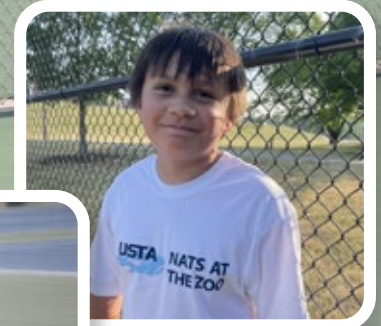
CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
<b>Pre-Competitive</b> 8-13 years	1 hour swim practice. Swimmers should be able to pass a Level 5 swim class before participating, swim 200 yards, 100 yards of continuous Freestyle and Backstroke, and have working knowledge of Breaststroke, Butterfly, and flip turns.	Maple	Maple
<b>Swim Team</b> 8-18 years	1.5-2 hour swim practice. Prerequisite: participation on another swim team or test out of the Pre-Competitive Swim program. Check with the Aquatics department for specific qualifications.	Maple	Maple



**SOUTHWEST Y  
SHARKS**



# TENNIS



## Adult Tennis

CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
<b>Adult Beginner</b> 2.0 NTRP-Beginner	This class gives novice players the skills and confidence by using transitional balls to learn to play singles and doubles. This is a great class if you're looking to start your tennis game. Players will train to develop their game for USTA adult league and tournament play.	Maple Portage	Maple Portage
<b>Adult Intermediate</b> 3.0-3.5 NTRP	This class fine tunes the fundamentals for players with previous playing/lesson experience. Players develop skill sets necessary to compete at appropriate NTRP ratings within the USTA adult leagues. USTA adult leagues and tournament play is encouraged.	Maple Portage	Maple Portage
<b>Adult Advanced</b> 3.5-4.0 NTRP	High-intensity practices with the overall objective of developing all-court players. Pro-approval is required. Players develop skill sets necessary to compete at appropriate NTRP ratings within the USTA adult leagues. USTA adult leagues and tournament play is encouraged.	Portage	Portage
<b>3D Dynamic Doubles Drill</b> 3.5-4.0 NTRP	Fast paced drop-in drills for doubles players. Drills are based on aggressive net play and intense doubles play. This drill based training session is a great addition to bring your game and USTA match play to the next level.	Maple Portage	Maple Portage
<b>Cardio Tennis</b>	Swing a tennis racquet and burn calories with this high-intensity one-hour aerobic workout. Everyone is invited to join, regardless of skill level. Non-marking soles are required. Tennis racquets may be provided.	Maple Portage	Maple Portage
<b>Singles Drop-in Drills</b> 3.0-3.5 NTRP	Match play and drills for singles players 3.0 NTRP - 3.5 NTRP. This drill based training session is a great addition to bring your singles game and USTA match play to the next level.	Portage	Portage
<b>Women's Doubles League</b> 2.5-3.5 NTRP	League players rotate partners throughout the session. Registration is required.	Portage	Portage
<b>Men's Doubles League</b> 3.0-3.5 NTRP	League players rotate partners throughout the session. Registration required.	Portage	Portage

## Services

<b>Court Rental Rates</b>	September through May, Monday – Friday: Open to 3pm \$18/hr 3pm–Close \$22/hr Saturday–Sunday all day: \$16/hr. Youth with Adult: \$12 any day, any time. Must register and reserve by calling 269.345.9622 x170 up to 7 days in advance.
<b>Private Lessons</b>	Lessons are scheduled based on individual tennis professionals' available times and court space. To schedule a lesson, contact any of the tennis professionals via the website at <a href="http://kzooyca.org">kzooyca.org</a> or call 269.345.9622 x170 for assistance.
<b>Racquet Stringing and Regripping</b>	Break a string? Need a new grip? We have a variety of strings and grips to choose from. Contact Oak Saad at 269.345.9622 x170. We do not restring racquetball racquets.



YOUTH TENNIS



COURT RENTALS



ADULT TENNIS

## Youth/Teen Tennis

CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
<b>Tiny Tykes</b> 3-4 years	This beginner's class is designed to develop hand-eye coordination and listening skills. It emphasizes group interaction and uses age-appropriate equipment. 36-foot courts will be used with red tennis balls. This class prepares players to begin playing red tennis ballpoints against age-appropriate opponents. Involvement in USTA red-ball match play is encouraged.	Maple Portage	Maple Portage
<b>Futures</b> 4-6 years	Your child will acquire the fundamentals of all tennis strokes using QuickStart as a foundation. Our expert staff will also focus on developing your child's hand-eye coordination and general athletic skills. 36-foot courts will be used with red tennis balls. This class prepares players to participate in red ball points against age-appropriate opponents.	Maple Portage	Maple Portage
<b>Competitors 1</b> 6-10 years	This class is the first step to becoming a tournament level tennis player. We will focus on stroke technique, as well as learning how to compete with other children in a controlled environment. Sportsmanship and fair play will be emphasized. We will also introduce off-court strength and quickness training. This class prepares children to participate in red ball matches against similar age and skill leveled opponents. Involvement in USTA red ball match play is encouraged.	Maple Portage	Maple Portage
<b>Competitors 2</b> 7-12 years	By now, children can rally and serve consistently and are developing directional control. Our goal is to develop a well-rounded, competitive game for your child. Strength and quickness will be developed through off-court training. 60 ft. courts will be used with the orange progression ball. Players may be introduced to full court green ball tennis. This class prepares players to participate in orange ball match play against similar skill leveled opponents. Involvement in USTA orange ball tournament play is encouraged. Pro approval for the class required.	Maple Portage	Maple Portage
<b>Competitors 3</b> 7-12 years	These kids can play! These players rally consistently, execute some advanced tactics, and are comfortable in USTA tournament and Junior Team play. Players work on developing effective swing techniques, including the use of spin and speed, becoming more aware of their opponent, how to structure a point in their favor and refining serve techniques including the use of spin on the second serve. 78-foot tennis courts with green/yellow balls will be used. This class prepares players to participate in USTA green/yellow ball tournaments. Pro approval required.	Maple Portage	Maple Portage
<b>High School 1</b> 11-17 years	For a beginner middle school or high school player. Class focused on learning skills necessary to construct a rally, keep score and feel comfortable on the court.	Maple	Maple
<b>High School 2</b>	Class consisting of junior varsity to varsity players looking to make a greater impact on their HS team. Focusing on skills used to plan and execute a variety of shots to build a successful rally.	Maple Portage	Maple Portage
<b>High School 3</b>	Class consisting of advanced high school players. Focusing on skills necessary to hit every variety of shot with adequate speed and spin. Focus and intensity is expected. Minimum requirement: Girls beginning June 1st of the year of transition into 9th grade. Boys beginning January 1st of the year of transition into 9th grade. Minimum requirement allows equal months of preparation into high school season with Girls season played in the Spring, and Boys season played in the Fall. Prerequisite: Pro approval.	Maple Portage	Maple Portage
<b>Tour</b>	Designed for students who have mastered the basic techniques and tactics. Development of stamina and strength through off-court conditioning is a priority. Players will work on varying the flight time, spin and speed of the ball, and developing a tactical game plan around attacking and defending. Players will travel to USTA tournaments outside of the Kalamazoo area. Pro approval required.	Maple	Maple
<b>Elite I</b>	Players must already prove themselves to be highly self motivated. USTA tournament play must be a priority, with an emphasis on USTA National rankings and UTR/WTN. Classes are based around competitive situations and advanced stroke technique. Participants should have the desire to play college tennis. Pro approval required/UTR requirements.	Maple	Maple

# FIND YOUR REASON TO GIVE. FIND YOUR Y.



Please consider the Y as you plan your end-of-year giving. The Y provides a safe place for thousands of youth, teens, adults, and seniors to learn, grow, and thrive. Your support makes that possible. The Y is available **FOR ALL**. No one is turned away based on their ability to pay.

Rhonda Ludwig  
VP of Membership and Fund Development  
rludwig@kzooyymca.org  
(269) 345.962. ext. 122



**For a better us.®**

» FIND YOUR Y AT  
YMCA OF GREATER  
KALAMAZOO