

WELCOME TO THE Y!

We are so glad you've chosen to join our YMCA family. As someone who has been a member of the Y for over 40 years, I can confidently say this is a place where lives are enriched, friendships are formed, and a sense of community is built.

At the YMCA, we believe in supporting our members as they pursue their personal goals—whether those involve improving physical fitness, finding meaningful connections, or simply taking time for themselves. Our hope is that your time with us is filled with purpose, satisfaction, and growth.

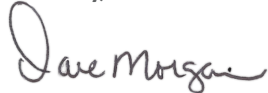
The Y offers so many ways to engage, no matter what your interests or abilities. You might enjoy starting your day with a splash in the pool, challenging yourself in one of our over 100 weekly group exercise classes, or finding your stride on our indoor track or treadmills. Perhaps you'll simply find joy in sipping coffee in our lobby while connecting with other Y members who, like you, are discovering the power of this community.

However you choose to experience the Y, we hope it brings you comfort, connection, and a sense of belonging. From the warmth of our welcoming staff to the encouragement of fellow members, this is a space where everyone is valued.

To make the most of your YMCA experience, we encourage you to stay connected and informed. Be sure to check out our monthly newsletter for the latest updates, browse our community boards located throughout our facilities, and visit our website regularly for the most up-to-date schedules and program information. Staying in the loop will help you take full advantage of all the Y has to offer!

On behalf of the entire YMCA of Greater Kalamazoo team, welcome to the Y. We're here to support you every step of the way, and we can't wait to see you around!

Sincerely,



President & CEO Dave Morgan



Did you know the YMCA is a non-profit?

As one of the leading organizations for youth development, healthy living, and social responsibility, the Y relies on financial gifts to continue our vital work. See pg. 8 for more information.



\$326,732 for membership fees

\$94,320 for the YMCA Lincoln Youth Program

\$64,723 for kids to attend Prime Time, preschool, and summer camp

\$69,725 for youth and adult program scholarships

\$12,104 for swim lessons and youth sports

\$57,621 for tennis, dance, and adult programs

The YMCA's Mission

The YMCA puts Christian principles into practice through programs that build healthy spirit, mind, and body for ALL.

Mission in Action

"I choose the Y for my children, so they grow up in an environment of love and acceptance. I want my boys to build understanding that we, as humans, are all individuals who are different. Different races, cultures, religions, identities, and life experiences. There is no difference that mean a person should be loved more or seen as less; every person should be able to be affirmed in who they are and respected.

It is my responsibility to know better and to do better, and as a mother, that means raising my boys to be better. As they grow, this will allow them to be empowered in their own individuality and beliefs while respecting the differences of others.

When everyday activities take place in an atmosphere of love and inclusion, that becomes our norm. Thanks to the Y, this is how it is—and should be."

—Anonymous



YOUR YMCA MEMBERSHIP

Here's your quick reference guide to our facilities! As a YMCA member, you have access to both Maple and Portage sites, plus many of the amenities within. Be sure to tour both sites, as each has its own unique footprint and program offerings.



MAPLE

1001 W Maple St., Kalamazoo

- 24/7 Access*
- Lap Pool, Instructional Pool with zero-depth entry, Splash Pool, Resistance Pool, Hot Tub
- Basketball Courts
- Cardio, Strength, and Free Weight areas
- Matrix Cardio and Strength Equipment
- Early Learning Center
- Kids Zone member childcare*
- Locker Rental*
- Saunas*
- Steam rooms*
- Racquetball Courts
- Tennis Courts
- Track
- Teen Center with rock climbing wall, ping pong, foosball, outdoor Gaga pit, retro gaming console
- Newly renovated playground

**Fee-based*

PORTAGE

2900 W Centre Ave., Portage

- Basketball Courts
- Cardio, Strength, and Free-Weight Areas
- Matrix Cardio and Strength Equipment
- Kids Zone member childcare*
- Instructional and lap pool, combined
- Locker Rental*
- Tennis Courts (indoor and outdoor clay)*
- Pickleball Courts
- Youth Center with ping pong, air hockey, etc.

**Fee-based*



MEMBERSHIP BENEFITS

Membership means so much more at the Y. We offer each and every member a complete package, which includes full use of our facilities, equipment, and programs. Your membership includes:

- Access to both Maple and Portage facilities
- Over 130+ Aqua and Group Exercise classes
- Member preferred pricing for program fees
- Preferred registration dates for programs
- Drop-in Kid Zone childcare*
- Nationwide membership—access to Y's across the country
- Special member events
- Free racquetball and pickleball court time
- Free use of Youth Center during school year
- Free family activities

CONNECT WITH US



Y Connections Newsletter

The best way for us to communicate directly to you! Sent every Friday at noon, it's a preview of the week ahead and contains links, program info, and upcoming events.



Daxko

Daxko is our third-party member relations platform. Please be alert and attentive to communications containing the Daxko email domain.



Our Website kzooyymca.org

Our website is a great repository of info, schedules, news, and more. Check our front page for facility updates, promotions, and everything else YMCA!



Facebook & Instagram

Looking to get a quick smile as you scroll? Our main two social media feeds, which can be found @kzooyymca, share regular updates of all the great happening at the Y.

MOTIONVIBE

We require reservations for Water and Group Exercise, using our smartphone or desktop app called MotionVibe. Available on Apple, Android, and desktop, you can register and view your reservations from almost anywhere!

MotionVibe is used to reserve your spot in our Group Exercise classes, Water Exercise classes, and Equipment Orientations. Here are a few things to keep in mind:

- Reservations are required to reserve your spot
- MotionVibe is the up-to-date, live schedule. Turn on notifications for updates!
- If you reserve a spot in a class, but are no longer able to attend, please take the time to unregister, so fellow members on the waitlist can attend
- Show up five minutes early to class. Per Association policy, any member who has NOT arrived within five minutes of the start of class will have forfeited their spot, and this spot may be given to someone on the waitlist

How to sign up for MotionVibe on your smartphone:

1. Use the App Store or the QR codes below to search for "YMCA of Greater Kalamazoo" and install
2. After it has completed downloading, open the app
3. Once it is open, look to the bottom of the screen and tap on the "Click Here" button
4. Enter your legal first and last name
5. Enter the barcode number found on your YMCA key fob
6. Create your username and password (don't forget these!)
7. Select your home location, and done!



How to sign up on MotionVibe on your computer:

1. Go to kzooyymca.motionvibe.com
2. Click "Sign Up Now"
3. Enter your legal first and last name
4. Create your username and password (don't forget these details—you'll need them the next time you login!)
5. Add your email address
6. Click the blue "Sign up Now" button
7. Two more boxes will appear, asking for your username and password
8. Type in your username and password
9. Click on the blue "Let's Go" button
10. Optional: bookmark this page for easy access!



YOUR ONLINE Y ACCOUNT

Now that you've signed up, it's time to set up your online YMCA Account. Follow the steps below to access your account.

1. Navigate to our website, kzooyymca.org.
2. Mouse over Membership and select "Programs/My Account/Register"
3. Click "Login", then "I want to set up online access for my account." Enter all necessary information correctly and completely.
4. Once you're logged in, select "My Account". Then, select "View Account" from the drop down.
5. Add your preferred payment method.
6. All done! You can now register for YMCA programs online.

MEMBER POLICIES

Please take the time to carefully review our Member Policies. A full list of our Member Policies, in addition to those on your Registration Form, may be found on our website, at the QR Code at the bottom of this page.

- **Cell Phone Usage:** For security and privacy purposes, phone cameras, cell phones and other electronic devices are prohibited in restrooms, showers and locker rooms. Videotaping and photography on YMCA premises that includes other members, staff and guests is prohibited without their consent.
- **Code of Conduct:** The YMCA strives to provide a safe and welcoming environment for all members, guests, and program participants. To promote safety and comfort, all individuals are asked to act appropriately at all times when in our facilities or participating in our programs. We expect those using the Y to act maturely, behave responsibly, and respect the rights and dignity of others. Our Member/Participant Code of Conduct Policy lists examples of prohibited actions. Such actions include, but are not limited to, the following:

- *Using, possessing, buying, selling, or delivering alcohol or illegal chemicals on Y property, in Y vehicles, or at Y sponsored programs*
- *Using tobacco or vaping products on Y property*
- *Carrying or concealing a weapon and/or any device or object that may be used as a weapon*
- *Harassment or intimidation by words, gestures, body language, or any type of menacing behavior*
- *Physical contact with another person in an angry, aggressive, or threatening way*
- *Verbally abusive behavior, including angry or vulgar language, swearing, name-calling, or shouting*
- *Sexually explicit conversation or behavior; any sexual contact with another person on Y property, in Y vehicles, or at Y sponsored programs*
- *Shirts or athletic tops must be worn at all times except when in the locker room or pool areas*
- *Theft or behavior that results in the destruction or loss of property or injury to a person*
- *Loitering within or on the grounds of the Y*
- *Engaging in conduct that unreasonably interferes with another member or staff person's enjoyment of the Y*
- *Recording or taking photos of anyone with any type of device without explicit permission*

- **Hold Policy:** Members who spend a portion of the year away from the YMCA of Greater Kalamazoo may put their membership on hold for \$15/month. The Hold Policy has no minimum or maximum requirement but must be done in monthly increments.
- **ID/Scan Card Requirement:** For the safety of all, membership cards or the scan code from the MotionVibe app are required upon check in. All others must present a photo identification.
- **Inclement Weather Policy:** If inclement weather occurs, please check with the facility for closing/cancellation information. You may go to the homepage on our website, kzooyymca.org, for the most updated information.
- **Membership Termination:** Membership is continuous unless canceled, and it is the responsibility of the member to inform the YMCA of Greater Kalamazoo of a membership termination. Termination must be submitted by the 25th of the month. Requests submitted after the 25th of the month will result in an additional bank draft.
- **Nationwide Membership:** The YMCA of Greater Kalamazoo participates in YMCA Nationwide Membership. If you are traveling and would like to use another Y, check to see if they participate in Nationwide Membership. Each Y has different accommodations and restrictions. As an active, valid member of another YMCA, you may utilize the YMCA of Greater Kalamazoo. See more details on our Nationwide Policy, including restrictions, by visiting our website.
- **Sexual Offender Policy:** The protection of members, volunteers, and participants and visitors in programs or using YMCA facilities is of paramount concern to the Board and Staff of the YMCA of Greater Kalamazoo. The Y reserves the right to deny access and membership to any person who has been charged with or convicted of any crime involving sexual abuse or who is required by law to register as a sex offender.



Scan the QR Code with your smartphone to access the rest of our Association Policies!



AQUATICS

Achieve, master new skills, and gain confidence with the Y—America's Swim Instructor!

Our aquatics spaces provide a place for people of all ages to connect while staying active. There's something for everyone, from those seeking open, recreational swim time with other adults or their families to those looking to improve their physical fitness.

The YMCA of Greater Kalamazoo offers Swim Lessons, beginning at 6 months. Adaptive Lessons are available for those with disabilities, ages 6–13 years, and beginner Swim Lessons are offered for adults, looking to improve their confidence around the water.

Free-to-member Water Exercise classes are available for adults at both Maple and Portage Ys. Registration is required via the MotionVibe app.

To view more information and class descriptions, scan the QR Code.



TENNIS

Tennis—a game for life! Join our thriving community of players, no matter your skill level.

Whether you're picking up a racquet for the first time, getting in a workout to start your day, or playing competitively, we have just the right program to help you serve, volley, and score your way to a lifetime of fun, at any age.

For youth, Tennis programming begins at 3 years, progressing through high school. Opportunities for High Performance and USTA tournament play are available.

For adults, a variety of drop-in drills, mixers, and programs are available for all levels of play.

The YMCA of Greater Kalamazoo features seven indoor tennis courts, which are available to rent throughout the year.

Private lessons and racquet repair are also offered.

To view more information on program offerings, scan the QR code.



YOUTH DEVELOPMENT

With programs for all ages, the YMCA empowers young people to lead inspired, successful lives!

During our Youth Development programs, youth are empowered to lead healthy, active lifestyles. From gaining confidence to fostering positive relationships, sports at the Y are about building lifelong, healthy habits from the inside out.

Flag Football and Y-Basketball leagues are available for youth, beginning at Pre-K. Our leagues provide a fun, supportive environment for youth to learn and grow with their teams.

During the school year, the Maple YMCA Youth Center is open for children, 8 years to 8th grade, to have structured homework and recreation time.

A variety of Youth Programming, from Gymnastics and Dance to Karate and Sporties for Shorties, are offered year round. To view more information, scan the QR code.





HEALTH & WELLNESS

Health and Wellness goes beyond treadmills and dumbbells. We know it's a lifelong journey, and we're here to support you!

YMCA of Greater Kalamazoo Group Exercise programming brings together health seekers of all ages, backgrounds and skill levels in a fun, supportive environment where they can move, groove, and sweat their way toward better wellbeing. With over 100 free-to-member classes between the Maple and Portage Y's, we're here to support everyone through their health journey.

The Y offers a wide variety of Group Exercise classes. From Les Mills formats and SilverSneakers to Total Body Conditioning and Dance Fitness—there is something for every one.

Our kind, caring, and certified instructors know how to adapt movements for different ability levels, and add that extra bit of encouragement that makes Group Exercise so fun.

Also offered in our Group Exercise schedule—**Silver Sneakers** and **Healthy Aging** classes are great for older adults looking to make new connections, build healthy habits, and improve their health through programs that fit their lifestyle.

For those looking to tap into specific areas of focus, we have a wide variety of state-of-the-art Matrix strength and cardio machines to help reach fitness goals. **Free Equipment Orientations** are available (through MotionVibe) for all new members to learn how to use them safely and effectively. For personal support, motivation, and expert coaching the Y also offers **Personal Training** packages. Our certified personal trainers specialize in individual, partner, and small group training to help you achieve your fitness goals.

The Y also offers **Chronic Disease Programming** to support individuals with chronic disease to regain confidence, strength, and endurance for cancer survivors, persons dealing with pre-diabetes or Parkinson's.



CHILD CARE

The YMCA of Greater Kalamazoo focuses on meeting the social, emotional, and academic needs of our young learners so they can grow into the changemakers of tomorrow—and today is no different!

While you work out, the Y offers drop-in childcare services in our **Kids Zone**, located at both Maple and Portage sites. Parents can check in their children for up to two hours a day, for an add-on, monthly \$12 fee on household memberships.

The Y operates two licensed **Early Learning** sites for children aged 2 years 9 months to 5 years, located at the Maple YMCA and the Northside Early Learner Center at 313 E. Frank Street, Kalamazoo. In partnership with KC Ready 4's and GSRP, these high-quality programs strengthen families and inspire children to learn, grow, and thrive. We offer a comprehensive curriculum that includes kindergarten readiness,

social-emotional, literacy, mathematics development. Additionally, children enjoy physical activities on our newly renovated playgrounds and participate in weekly tennis and swim lessons.

Our **Out-of-School Time** program—**Prime Time**—provides before and after-school care to K-5 children, licensed by the State of Michigan and serving Kalamazoo and Portage school districts. **Prime Time** engages children in active play, nutritional education, academic enrichment, and character development. Morning program is available starting at 6:30am, and afternoon program is offered until 6pm.

Few environments are as special as **Summer Camp**! We offer day camp experiences for children 3 to 13 years, with a wide variety of activities, field trips, art projects, and more. Camps are open Monday through Friday, 7am to 6pm.

The **Lincoln Youth Center**, located at the Lincoln International Studies School, offers a broad variety of support for Kalamazoo's Northside youth such as mentoring, reading and math academic support, a food pantry, social and emotional learning, and summer camp, summer learning programs.



DIVERSITY, EQUITY, AND INCLUSION



To fulfill our purpose of strengthening community for all, the Y is committed to being an inclusive, anti-racist organization and leveraging our collective impact to address social inequities. The YMCA of Greater Kalamazoo's Diversity, Equity, and Inclusion Committee seeks to ensure that all segments of society have access to the Y and feel welcomed as participants, members, staff, and volunteers. The DEI Committee is open to new volunteers, subject to application and approval. To apply, please visit our website and review the requirements.

Our Diversity & Inclusion Statement:

We are 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, or cultural background, has the opportunity to live life to its fullest and is celebrated as a valued part of our community.



WORK AT THE Y

The dedicated people who make up our staff are the foundation of the Y. Each person plays an important role in making the YMCA a welcoming, productive and vital resource in our community. If you want to turn your passion for strengthening communities into a career, be sure to apply today! Career opportunities in Aquatics, Youth Development, Member Services, Custodial, and Health and Wellness are regularly available, so be sure to stay updated with our employment page to find the opportunity that suits you best. Scan the QR code to view current listings.

Staff Testimonial:

"The environment alone makes me excited to come to work each day knowing that I will have meaningful interactions. I'm blessed to be able to impact the lives of our youth by creating a safe space for them... This place is magic and I'm beyond grateful to be part of the mission."

—Skylar G., Early Learning



ADDITIONAL RESOURCES AND PERKS

Earn Points and Rewards Towards Merch, Membership Fees, and More

As if Healthy Living wasn't rewarding enough, the Y's Perkvile Rewards Program gives you stuff just for coming to the YMCA and using our facilities. With this rewards program, members earn points while building healthy spirit, mind, and body!

Point Rewards Include:

- Exclusive Y-branded merch
- Discounts on programs, membership, and much more

Scan the QR to sign up and begin earning points today.



Youth Facility Access Guidelines & Things to do at the Y by Age

When kids get older and gain more independence, the same goes at the Y—opening new opportunities for learning and growing into young leaders. Parents and guardians should take the time to familiarize themselves with our Youth Facility Access Guidelines, as they change with age.

Scan the QR code to see a summary of our policies regarding Youth Facility Access Guidelines and our handy, visual reference guide to what you and your family can do at the Y, based on age.



CHANGE SOMEONE'S TOMORROW TODAY

Join our cause! The Y provides a safe space for thousands of youth, teens, adults, and seniors to learn, grow, and thrive. Your support makes all that possible. The Y is available FOR ALL, including the **1 in 3 of your fellow members** who benefit from Financial Assistance, because no one is turned away based on their ability to pay.

Questions? Contact VP of Membership and Fund Development, **Rhonda Ludwig**
rludwig@kzooyymca.org
(269)-345-9622 x122

