



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WILL  
POWER**

There's no force more  
POWERFUL than setting  
your mind to do something.

**SENSE OF  
COMMUNITY**

You're not just a  
member. You belong!

**ADAPTABLE  
SKILLS**

Find programs that  
boost your physical  
abilities and emotional  
wellness.

# BUILD MORE THAN MUSCLE

Winter & Spring 2024 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@kzoymca.org



## WINTER SESSION

- Winter Registration Opens at 1pm:
  - Tuesday, Dec. 5 (Members)
  - Thursday, Dec. 7 (Community)
- Spring I Registration Opens at 1pm:
  - Tuesday, Feb. 6 (Members)
  - Thursday, Feb. 8 (Community)
- Spring II Registration Opens at 1pm:
  - Tuesday, April 2 (Members)
  - Thursday, April 4 (Community)

### Session Dates:

- Winter Session: Jan. 8-Feb. 24
- Spring Session I: Feb. 26-April 20
- Spring Session II: April 22-June 8

## FUTURE SESSIONS

### SUMMER

- Registration Opens at 1pm:
  - Tuesday, May 7 (Members)
  - Thursday, May 9 (Community)
- Summer Session Dates:
  - June 17-Aug. 24

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## NEW!

# NORTHSIDE EARLY LEARNING

313 E. Frank St.  
Kalamazoo, MI 49007  
269.345.9845

Pre-school program for ages 2¾ to five years.

## Childcare Office

269.345.9622 ext 167  
childcare@kzoymca.org

# A MESSAGE FROM DAVE MORGAN

President and CEO

Dear YMCA Members and Program Participants,

2024 will be another exciting year for our organization. The time has come to reflect on what we have accomplished this year. From facility upgrades to program improvements our main goal continues to focus on building our youth, strengthening our families, and uniting our community.

In 2023, your YMCA expanded its footprint by opening the Northside Early Learning Center in Kalamazoo. This project in collaboration with Bogan Development will provide early education for up to 31 children each year. Importantly, it also serves as another example of our commitment to expanding services in an equitable manner.

Your YMCA also continued its commitment of investing back into your facility. A number of facility upgrades took place in 2023, some of which were obvious while others were more behind the scenes. The list of changes is extensive, so I encourage you to read more about the changes and improvements on pages 12 and 13.

In all, these changes equated to more than \$1 million in improvements in 2023 and remain another example of our continued commitment to you and our community. A commitment designed to help people achieve their full potential with dignity.

We invite all of you to join us in making 2024 even stronger!



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**

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



# WHY THE Y? IAN M. ANSWERS

"I've been a member at the Y since I was in 7th grade (about 20 years now). Even before that I had Y ball practices and learned how to swim at the Maple Y. In middle school me and my friends would come from across the street (Maple St. Magnet School) to the Y almost every day after school to play basketball. Carl, who still works here, would play with us and supervise. It's really cool seeing him there, today, still helping the youth of Kalamazoo like he was back when we were kids. Having the Y to come to after school as an outlet helped us improve and focus on something constructive.

"I had major surgery on my bilateral club feet my senior year of high school so I was unable to play school sports that year. The Y was

crucial in my rehab process. My doctor who performed my surgery said there was no guarantee I would be able to run or play ball like I used to after the surgery but that rehab would help me get back to walking normally. So during my senior year, I came to the Y nearly every day after school to either swim, ride the bike, or do stretching/balancing exercises to rehab my feet. It took about a year until I stopped using both walking boots and two years until I was walking normally. The Y played a huge part in that. While I can't do as much as I used to do due to some foot pain, I'm glad to say I can still go out for a run in Kleinstuck and play basketball at the Y to this day.

"So answering the question, 'Why the Y?' I would say that I owe the Y

a lot. It's helped shape me into the person I am today. It's kept me out of trouble for the most part and has helped me keep my head on straight. Having the Y to come to has been sort of a haven for me to manage my stress, depression, and bad habits.

"I love the diversity of the Y, its amenities, its affordability, and familiarity. The Maple Y has been like a second home for me for a long time."



## 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 coming years.

# 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

Access the gymnasium and track w/o

## 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.



If I Am A  
**TEEN**  
I CAN...

If I Am An  
**ADULT**  
I CAN...

If I Am A  
**HEALTHY  
AGING ADULT**  
I CAN...

My  
**FAMILY**  
I CAN...

	Book Club		
Attend Group Exercise Classes, 11+ yrs			
equipment: cardio, strength training, and free weights			
supervision	Swim		
Shallow Water Exercise			
Aqua Tai Chi & Water Power			
Hot Tub, 16+ yrs			
Access the facility w/o adult, 11+			
adult supervision	Access the gymnasium and track		
	3D Dynamic Double Drills		
	Tennis Leagues, Men & Women		
	Cardio Tennis Class		
	Tennis Travel Team		

# Y EARLY LEARNING

1001 W Maple St. Kalamazoo, MI 49008  
313 E. 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

On October 18th, 2023, the Y celebrated the grand opening of our newest site: the Northside YMCA Learning Center at 313 E. Frank St.

“Our goal is to make sure that we have equitable participation across all areas within our community,” David Morgan said.

The new learning center is open to 31 students and features a creative, high quality curriculum. Interested in more information? Reach out to the Childcare Office at [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, and fun environment.

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): 4:00pm–7:45pm  
Friday Evening: Closed  
Saturday: 8:15am–12:00pm  
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	WINTER	SPRING I	SPRING 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	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	Maple Portage
<b>Basketball Class</b> Grades 3-5	This class will help your child improve on the basics of dribbling, shooting, and passing through drills, activities and scrimmaging.	Portage	Portage	Portage
<b>Basketball Class</b> Grades 6-8	This class will help improve all aspects of shooting, creating a shot, dribbling, and more.	Portage	Portage	Portage
<b>Dance Exploration I</b> Ages 5-7	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> Ages 4+	Offering various classes including ballet, jazz/hip hop, acrobatics, and breakdancing for youth and adults of all ages. Located at Move with Joy.	Move with Joy	Move with Joy	Move with Joy
<b>Disc Golf</b> Ages 10-15	No matter if you are a beginner or advanced, you are welcome to join our weekly class. Learn the game, develop your skills, and have fun at the same time playing the game of Disc Golf.	—	—	Maple
<b>Fencing Level I</b> Ages 12+	In the Level 1 Fencing class, youth will learn the fundamentals of fencing including footwork, blade/handwork and the rules of the sport. The focus will be on building muscle memory and understanding of basic fencing actions. There is no experience required and all equipment is provided. Athletic attire is recommended and no open-toed footwear is allowed.	Portage	Portage	Portage
<b>Fencing Level II</b> Ages 12+	The Level 2 fencing class is designed to build on the fundamentals learned in the Level 1 class along with introducing more advanced concepts. This class requires that students have either completed the Level 1 class or have previous fencing experience. Unsure of class placement? A coach can assist to suggest the best level. Equipment will be provided however students are encouraged to start investing in their own equipment at this stage. Athletic attire is recommended and no open-toed footwear is allowed.	Portage	Portage	Portage
<b>Fencing Level III</b> Ages 12+	The Level 3 fencing class continues to build upon the previous classes and focuses on the strategies/concepts needed to be successful in bouts. There will be a greater focus on the intricacies of fencing actions and how to best apply those in a match. Previous completion of multiple Level 2 classes or advanced fencing experience is required. Unsure of class placement? A coach can assist to suggest the best level. An underarm protector and glove are required for this class. Additional equipment can be provided as needed; however, students at this level are highly encouraged to obtain their own equipment. Athletic attire is recommended and no open toed footwear is allowed.	Portage	Portage	Portage
<b>Gymnastics: Tumble with Me</b> Ages 2-3	This class is designed for pre-school youth. Young gymnasts will work on balance, hand-eye coordination, listening skills, and both large and small motor skills. The class will also focus on jumping, balancing, and tumbling.	Maple	Maple	Maple
<b>Gymnastics: Tumble Just Me</b> Ages 4-5	In this class, young gymnasts will work on balance, hand-eye coordination, listening skills, and both large and small motor skills. The class will focus on basic gymnastics skills including forward and backward rolls, handstands, and cartwheels.	Maple	Maple	Maple
<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	Maple	Maple

NEW

NEW

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
<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.	Maple	Maple	Maple
<b>Home School Performing Arts</b> Ages 6+	The goal is to provide 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	The Dome	The Dome
<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	Maple
<b>Middle School Basketball Event</b> Grades 6-8	Bring in your middle schoolers for a night of pickup basketball! Dates TBD.	Maple Portage	Maple Portage	Maple Portage
<b>Middle School Night Out</b> Grades 6-8	Event where adolescents grades 6-8 can attend the Y after hours to play tennis, volleyball, basketball, swimming and more. Dates TBD.	Maple Portage	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	—
<b>Pint Sized Play</b> 18-36 months	This class includes free play, games, and parachute time that stimulates cognitive development and physical/social skills. Parent and child interaction throughout the session.	Portage	Portage	Portage
<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	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	Maple

# YOUTH FACILITY ACCESS 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 AGES 0-7

- Must be accompanied by and participating with an adult in all areas unless taking a program.
- 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.

## MEMBERS AGES 8-10

- Must have an adult in the building at 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.

## MEMBERS AGES 11\*-14

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

\*Must be 11 AND in 6th grade.

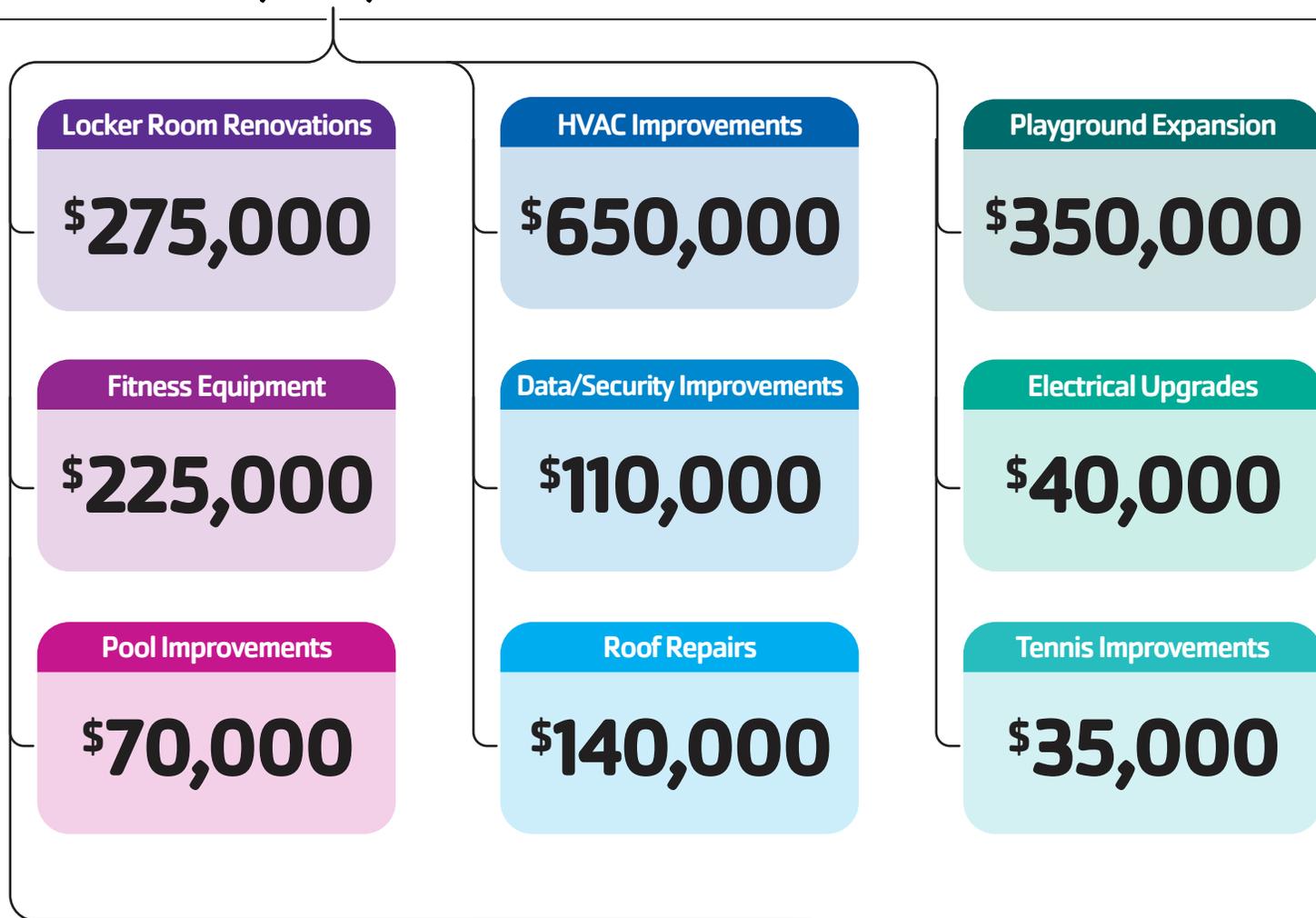
## MEMBERS AGES 15-17

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

# Investing in Our Facilities

Since 2022, the YMCA of Greater Kalamazoo has invested over \$2 million into the improvement of our facilities to increase functionality, efficiency, safety, and comfort for ALL who enter through our doors.

## How does \$2,000,000 break down?



## What else have we been working on?

In 2023 alone, we invested over \$1 million into our Y's. While some updates are easy to see and others harder, we are proud to say that all improvements better the everyday member experience. See below and to the right for more details on just a fraction of our projects this year.



Portage Clay Court Resurfacing



New Lap Pool Chair Lift at Maple



Improved Pool Lighting at Portage



New Hot Water Boiler at Maple



## New Older Youth Playground at Maple

Starting in September 2023, we began work on a new playground on the east side of the Maple YMCA. Designed for older youth, it features different equipment than is offered on our preschool playground. Next to our existing gaga pit, the new space is geared to support the development of children’s health and create opportunities for building relationships.

## Portage Pool Leak Repairs

In June 2023, we had some unexpected repairs done on the Portage Pool’s piping system after a leak sprung. As our maintenance team cut into the pool deck, extensive damage was uncovered and subsequently repaired.

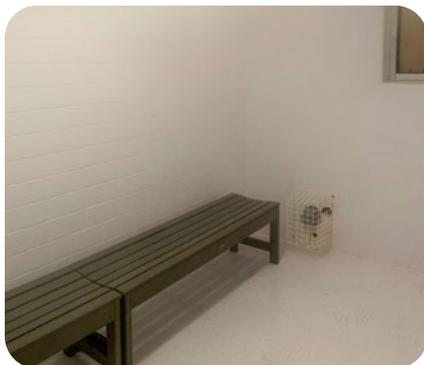


## Painting, New Equipment, and More

Both Maple and Portage recieved new equipment in 2023, from new cycling bikes to upgraded cardio equipment. Maple’s Cardio Theater recieved a make-over, with new flooring and painting.

## Locker Room Improvements

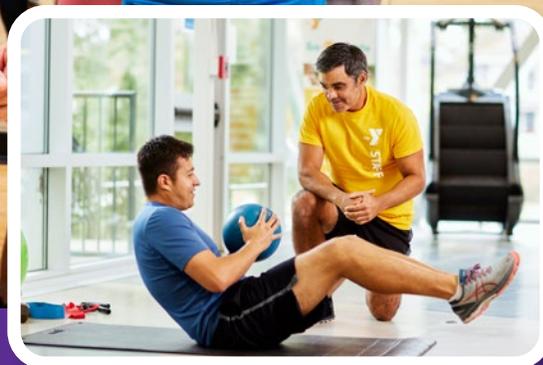
Safety and accessibility were the driving forces behind significant structural changes to the Maple Y hallways that lead from the Women’s, Men’s, Men’s Full Service, and All Access Family locker rooms to the Aquatics Center. Where once narrow hallways and old, heavy doors were a challenge through which to navigate, a new, spacious vestibule—featuring an emergency exterior door—makes access easier.



## Full Service Steam Room Upgrades

As a part of our annual aquatics maintenance and our locker room renovation project, the Full Service steam rooms recieved major upgrades with new steam controllers and a fresh coat of epoxy on the tiles.

# HEALTH AND WELLNESS



CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
<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	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	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.	Maple Portage	Maple Portage	Maple 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	Maple Portage
<b>Classic Strength Chair Fitness</b>	A full-body strength training class 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	Maple Portage
<b>Core™</b> Les Mills	This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention.	Portage	Portage	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	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)	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	Maple Portage
<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	Maple

NEW

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
<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 fitness, diminish the severity of therapy side effects, develop 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	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, strength, and balance. When combined with treatment programs, Moving for Better Balance® may help alleviate the symptoms associated with other chronic diseases and conditions.	Maple	Maple	Maple
<b>Pickleball: Beginner</b> <i>Fee-based</i>	Introductory class will focus on safety, scoring, rules, serving, and returns. This class is for players new to the sport.	Portage	Portage	Portage
<b>Pickleball: Drills and Play</b> <i>Fee-based</i>	Introductory class will focus on safety, scoring, rules, serving, and returns.	Portage	Portage	Portage
<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	Maple Portage
<b>Prenatal Yoga</b> <i>Fee-based</i>	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 stages of pregnancy. No prior experience with yoga necessary.	Maple	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	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	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	Maple Portage

**NEW CLASSES!**



NEW

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
<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	Maple Portage
<b>SilverSneakers® Classic</b>	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. A variety of equipment is used for resistance. A chair is used for support.	Portage	Portage	Portage
<b>Sprint8GX</b> <i>Fee-based</i>	Sprint8GX is not your typical group training program. Unique in its design, Sprint8GX combines sprint-intensity cardio and strength building movements. Tested and proven, Sprint 8 results go beyond burning fat and building muscle to improving blood chemistry.	Maple Portage	Maple Portage	Maple Portage
<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	Portage
<b>Step Challenge</b>	Cardiovascular conditioning on the step with challenging choreography, followed by strength and resistance training.	Portage	Portage	Portage
<b>Tai Chi</b>	Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through movement—connecting the mind and body.	Portage	Portage	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	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@kzoymca.org.	Maple	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	Maple Portage
<b>Women &amp; Men’s Self Defense</b> <i>Fee-based</i>	This self-defense class is intended to raise the consciousness of self-awareness in all surroundings. Prepare to physically and mentally defend yourself 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. Offerings for men and women available.	Maple Portage	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	Maple Portage
<b>Yoga</b>	In this all levels class, postures are practiced to align, strengthen, and promote flexibility. 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	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	Maple Portage

## ARE YOU CONNECTED?

Get all the YMCA of Greater Kalamazoo’s updates and news online. Be sure to follow our Facebook and Instagram to stay up to date!

Looking for Health and Wellness updates? Download the MotionVibe app (and turn on notifications) to get updates on classes, register, and more! More information on pg. 18.





# 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

Jan. 8–March 27, 2024

Registration dates: Oct. 23–Dec. 15

April 8–June 26, 2024

Registration dates: Feb. 19–March 29

## ACTIVE FOR LIFE DIRECTOR

Shashu Baraka  
sbaraka@kzooyymca.org  
269.459.4856

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



PARKINSON'S

# 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

April 2–June 20, 2024

Registration dates: Feb. 12–March 22

Sept. 3–Nov. 21, 2024

Registration dates: July 22–Aug. 23

## ACTIVE FOR LIFE DIRECTOR

Shashu Baraka  
sbaraka@kzooyymca.org  
269.459.4856

*\*\*Medical clearance required.*



LIVESTRONG





# 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 at 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.

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 without management approval.



# 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): \$5/month

# PERSONAL TRAINING AVAILABLE NOW

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

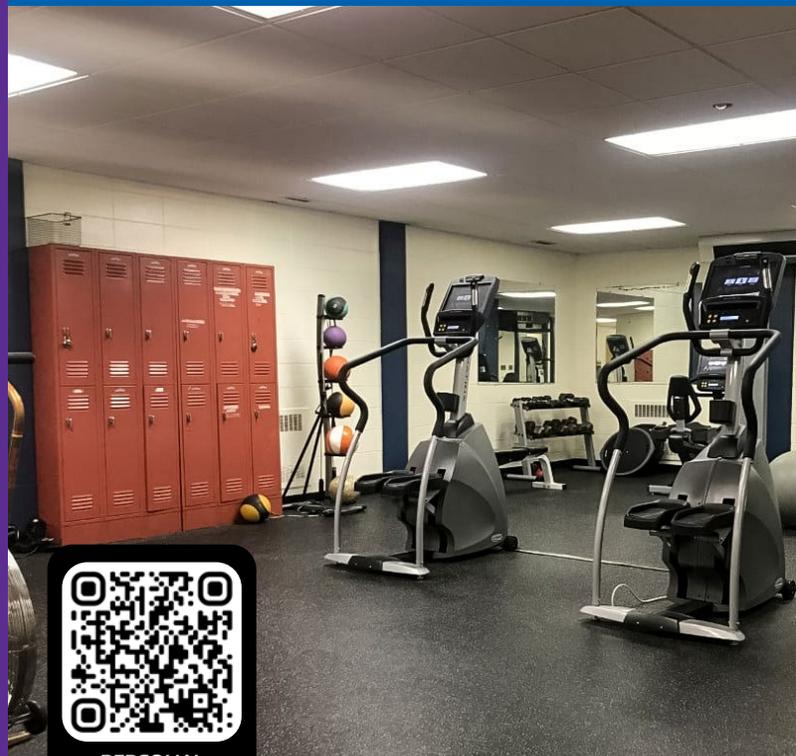
Whether you’re new to the gym and seeking extra guidance, a triathlete needing support training for a big race, wanting to break out of a plateau, or looking to enhance your fitness for everyday life, our trainers will help you reach your goals.

60-MINUTE	MEMBER	COMMUNITY
Single PT Session	\$55	\$75
Package of 5 PT	\$265	\$365
Package of 10 PT	\$500	\$700

30-MINUTE	MEMBER	COMMUNITY
Package of 5 PT	\$150	\$195
Package of 10 PT	\$285	\$370

Semi-Private Training Rates Per Person	MEMBER	COMMUNITY
2 people	\$30	\$40
Package of 5 PT	\$140	\$190
Package of 10 PT	\$265	\$350

Small Group Training (SGT)	MEMBER	COMMUNITY
8 week session	\$99	\$150



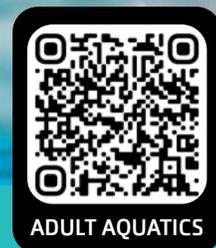
PERSONAL TRAINING



# AQUATICS



YOUTH AQUATICS



ADULT AQUATICS

## Youth/Teen Instructional Classes

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING 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	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	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	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	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	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	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 face in the water.	Maple Portage	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	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	Portage
<b>Adaptive Swim Lesson</b> 6–11 years	Modified for youth with disabilities or special needs. This class provides a safe environment for students to learn about water safety while developing swim skills. Parents/caregivers should be prepared to be in the water or on deck depending on the instructor’s wishes.	Portage	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	TBD

# Adult Aquatics: Instructional & Fitness

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING 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	Maple
<b>Arthritis</b>	Gentle water exercise with a focus on joint mobility, stability, flexibility, and strength.	Maple Portage	Maple Portage	Maple Portage
<b>Aqua Jam</b>	Have some fun with this low impact, cardio, dance fitness workout in the pool.	Maple	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.	Maple	Maple	Maple
<b>Deep Water Exercise</b>	Conducted in the deep end of the lap 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	Portage
<b>Family Swim</b>	Pool time for parents and kids. Register 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	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	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	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	Maple

# Swim Team: Southwest Y Sharks

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING 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	Maple
<b>Swim Team</b> 8-18 years	1.5-2 hour swim practice. Prereq: participation on another swim team or test out of the Pre-Competitive Swim program. Check with the Aquatics department for specific qualifications.	Maple	Maple	Maple



**SOUTHWEST Y  
SHARKS**





# TENNIS

## Adult Tennis

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING 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	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	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.	Maple Portage	Maple Portage	Maple 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	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	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	Portage
<b>Women's Doubles League</b> 2.5–3.5 NTRP	League players rotate partners throughout the session. Registration is required.	Portage	Portage	Portage
<b>Men's Doubles League</b> 3.0–3.5 NTRP	League players rotate partners throughout the session. Registration required.	Portage	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	WINTER	SPRING I	SPRING 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. This class prepares players to begin playing red tennis ballpoints against age-appropriate opponents on 36-foot courts. Involvement in USTA red-ball match play is encouraged.	Maple Portage	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	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	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. 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	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	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 Portage	Maple Portage	Maple Portage
<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/execute a variety of shots to build a successful rally.	Maple Portage	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	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	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	Maple



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