



SPLASH INTO SUMMER!

2023 Summer Program Guide | YMCA of Greater Kalamazoo



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A MESSAGE FROM DAVE MORGAN

President and CEO

What does summer mean for you?

Here at the Y, it means hundreds of kids each day playing outside and enjoying a wide array of camp activities. It's about summer enrichment classes where students and Y teachers work together to improve reading and math skills. For others, it can mean protecting our loved ones by giving them the opportunity to learn to swim. Hopefully, as you page through this year's Summer Y's Life, you will find something that will meet your needs or that of your family.

Besides offering dozens of quality summer programs, the Y has also made a commitment to our community to make sure our services are available to ALL, regardless of challenges they may face. Last year, the Y provided more than \$403,242 in YMCA financial assistance so that even the most vulnerable families could have access to critical YMCA programs.

These funds were used for many of the programs I mentioned earlier, as well as hundreds of others. In 2022, the funding impacted over 5,800 participants over the course of the year, the majority of those impacted were teens.

In order to continue offering these programs, we need your help. Please consider a gift to the 2023 YMCA Annual Campaign. This year's campaign, which has a goal of \$400,000, kicked off at our All Staff Meeting in February. To date, with the help of your YMCA employees and other early supporters, we have already raised \$157,505.

If you haven't yet committed, I ask you today to look within your heart and consider making a gift. A gift can be made online with a simple scan of the QR code below or by visiting our website at www.kzooyymca.org and click the "DONATE" button at the top right of the screen. Every contribution is meaningful and makes a difference.



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](http://kzooyymca.org/donate)



MAPLE LOCKER ROOM RENOVATION

On April 1st, we began a considerable renovation project to the Maple YMCA's Locker Rooms and Aquatics Entrance Area, which will bring significant improvements to accessibility and safety.

This project will create a common vestibule for the affected locker rooms, leading to the pools.

Affected Locker Rooms

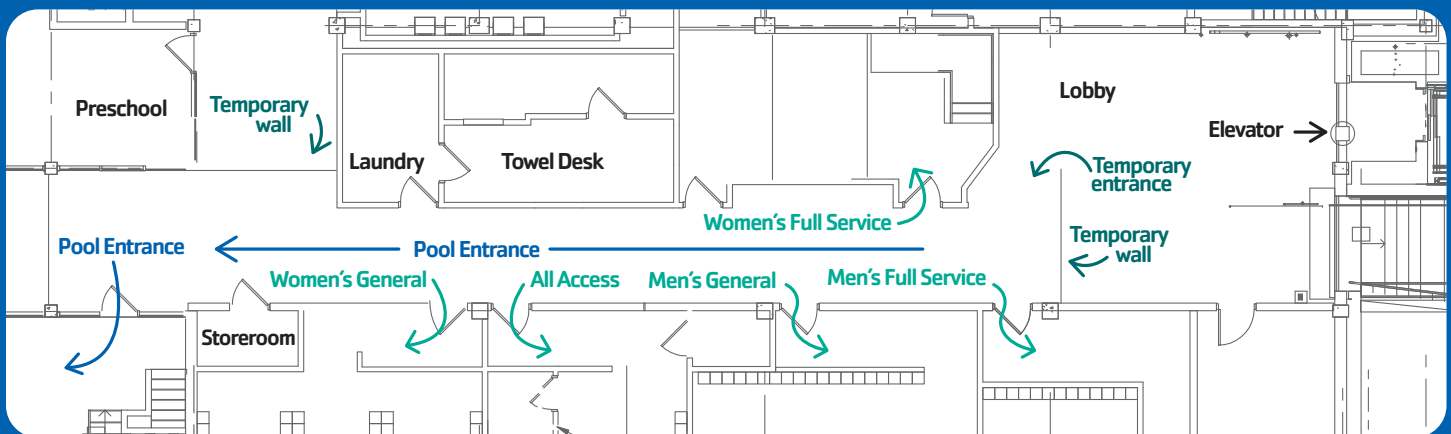
- All Access
- Men's Full Service
- Men's General
- Women's General

Improvements

- Improve accessibility into the pool area, particularly in the

All-Access Locker room, where narrow corridors and heavy doors are not conducive to barrier-free movement.

- Update and replace aged and damaged doors and frames in that area.
- Add an emergency exit door on the west side of the building which will improve our fire safety.



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.

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.

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

STAY INFORMED

Y Connections
Weekly Newsletter



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*, women's/girls', mens'/boys')

Racquetball Courts

Sauna*

Steam Room*

Stretch Zone

Tennis Courts (indoor)*

Towel Service*

Track

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, women's/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



SUMMER I & II

Registration Opens at 1pm:
Tuesday, May 9 (Members)
Thursday, May 11 (Community)

Summer Session I Dates:

June 12-July 22

Summer Session II Dates:

July 24-August 26

FUTURE SESSIONS

FALL I

Registration Opens at 1pm:
Tuesday, Aug. 9 (Members)
Thursday, Aug. 11 (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

FLAG FOOTBALL INFO

Registration Opens:

July 10

Program Dates:

Sept. 9-Oct. 21

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THIS IS Y

June is National Water Safety Month, and at the Y, water safety is a 12 month, round-the-calendar focus because we want your family to be safe! Swim lessons are offered year round, including SAFETY AROUND WATER classes that teach basic water skills to help youth from drowning. These are life-saving, life-long skills!

Teaching children how to be safe in the water is a necessity. Follow the QR code to learn some Safety Around Water tips today!

THE POWER OF US

MEET HELEN

Member since 2019
Maple YMCA
Silver Sneakers
Member and Donor



LEARN HELEN'S
STORY NOW

As one of the leading organizations for youth development, healthy living, and social responsibility, the Y depends on financial gifts to do its vital work. In 2022, the YMCA of Greater Kalamazoo provided 5,823 of its members with a total of \$403,242 in financial assistance (an increase of 21% from 2021!)

Every day, the Y works to change the community around us. Our programs at Lincoln elementary school and our Prime Time beforeand after-school program help kids succeed academically and socially, while also providing fun physical activities and healthy nutrition. We offer programs and classes to help prevent or delay the onset of chronic health diseases like Parkinson's, diabetes, stroke, and heart attacks. We help cancer

survivors find their "new normal" in our LIVESTRONG at the YMCA program. Seniors stay active and more independent at home by participating in numerous YMCA Healthy Aging programs.

It is only with your support that we can eliminate barriers and support individuals and families struggling to address challenges and inequities. Good health, education, and socialization should be accessible to all, regardless of age, income, race, gender, ability level, or background.

When you give to the Y, your gift has meaningful and powerful impact right here in our community. Thank you for your generosity.

It is *only* with your support that we can eliminate barriers...

To support the work of the YMCA in the Greater Kalamazoo, you may donate online by visiting our website at kzooyymca.org, scan the QR code below, mail your your gift to 1001 W. Maple St., Kalamazoo, MI 49008, or stop by any branch location, or contact Rhonda Ludwig, Associate VP of Fund Development, via email or phone: (269) 345-9622 x122. Every gift to the Y helps to ensure that community members have access to a facility and programs that support their healthy living journey.

For a better us!



WATER SAFETY



DONATE TODAY!



Y EARLY LEARNING

1001 W Maple St. Kalamazoo, MI 49008

PHILOSOPHY

Our Four – Star accredited 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
- Great Start to Readiness Program (GSRP) Participant—NEW!
- KC Ready 4s partner
- Creative Curriculum
- Swim lessons
- Tennis lessons
- Nature walks
- Physical education class
- Financial assistance available

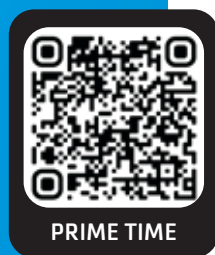
YMCA MEMBERSHIP

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, scan QR code, or email childcare@kzoymca.org.

EARLY LEARNING DIRECTOR

Tim Sheldon
269.345.9622 ext. 161
tsheldon@kzoymca.org



PRIME TIME

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 four 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, scan QR code, or email childcare@kzoymca.org.

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

Corey Clark
269.345.9622 ext. 171
cclark@kzoymca.org



EARLY LEARNING

"Movement is the door to learning." —Paul E. Dennison

LEARN ABOUT LINCOLN ELEMENTARY PROGRAM

SERVING LINCOLN COMMUNITY SINCE 1990

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!



SAVE THE DATE: DO-DAH 2023 AND PRIDE

Join the Y for a day of awesome fun at the Do-Dah Parade and Kalamazoo Pride on Saturday, June 3rd.

Do-Dah 2023 sets off at 11:00am, so be sure to come out and celebrate the start of summer! Interested in walking in the Y's Do-Dah Parade unit? Email Brooke Beaman at bbeaman@kzooyymca.org by Friday, May 19 with your shirt size for more details. This event is great for families! Catch us at Kalamazoo Pride after the parade, where we'll have a booth.

Be sure to keep up on our social media and e-newsletter for the latest news about all our events!

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 adults. At the same time, their parents are able to relax, connect with other Y members and enjoy healthy activities at the Y.

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

COST

Members: \$10 monthly fee. Includes unlimited visits up to 2hr/day. Children must be members to participate.

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, to find the Kids Zone handbook and required documents.



KIDS ZONE



YOUTH DEVELOPMENT

CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II
Itty Bitty Basketball Class 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
Rookie Basketball League	This program will help your child learn the basics of dribbling, shooting and passing through practice time drills, as well as full games. First two weeks will be used for practice only, with full court 5 on 5 games being introduced weeks 3-6.	Portage	Portage
Rookie Basketball Class 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
Basketball Class Grades 3-5 Grades 6-8	Class will help your child improve on the basics of dribbling, shooting and passing through drills, activities and scrimmaging.	Portage	Portage
Dance Lessons 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)
Junior Golf Lessons	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)
Mini Sports Camp 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
Pint Sized Play	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
Speed and Agility	Small group training, open to ages 12 -18, with one of our personal trainers to help improve speed and agility by increasing velocity, increasing strength, achieving body control, developing balance and coordination, while improving flexibility.	Portage	Portage
Sporties for Shorties	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.	Portage	Portage
Taekwondo 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



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.
- May use a Guest pass when accompanied by an adult 18+.

MEMBERS AND GUESTS THROUGH 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.
- May use a Guest pass when accompanied by an adult 18+.

MEMBERS AND GUESTS THROUGH AGES 11*-14

- Members 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.
- May use a Guest pass when accompanied by an adult 18+.

**Must be 11 AND in 6th grade.*

MEMBERS AND GUESTS THROUGH AGES 15-17

- Equipment orientation not required.
- May participate in group exercise classes.
- Age 16+ must show picture ID.
- May use a Guest pass when accompanied by an adult 18+.

FOR A SAFE Y EXPERIENCE

WHAT YOU CAN DO AT THE Y



If I Am A
BABY
I CAN...

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

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

If I Am
9-12yrs
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

Volleyball, 7—14yrs

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 posted at the main entrance of both facilities and can be found on our website.

Access the gymnasium and track w/o

Use a guest pass when accompanied by

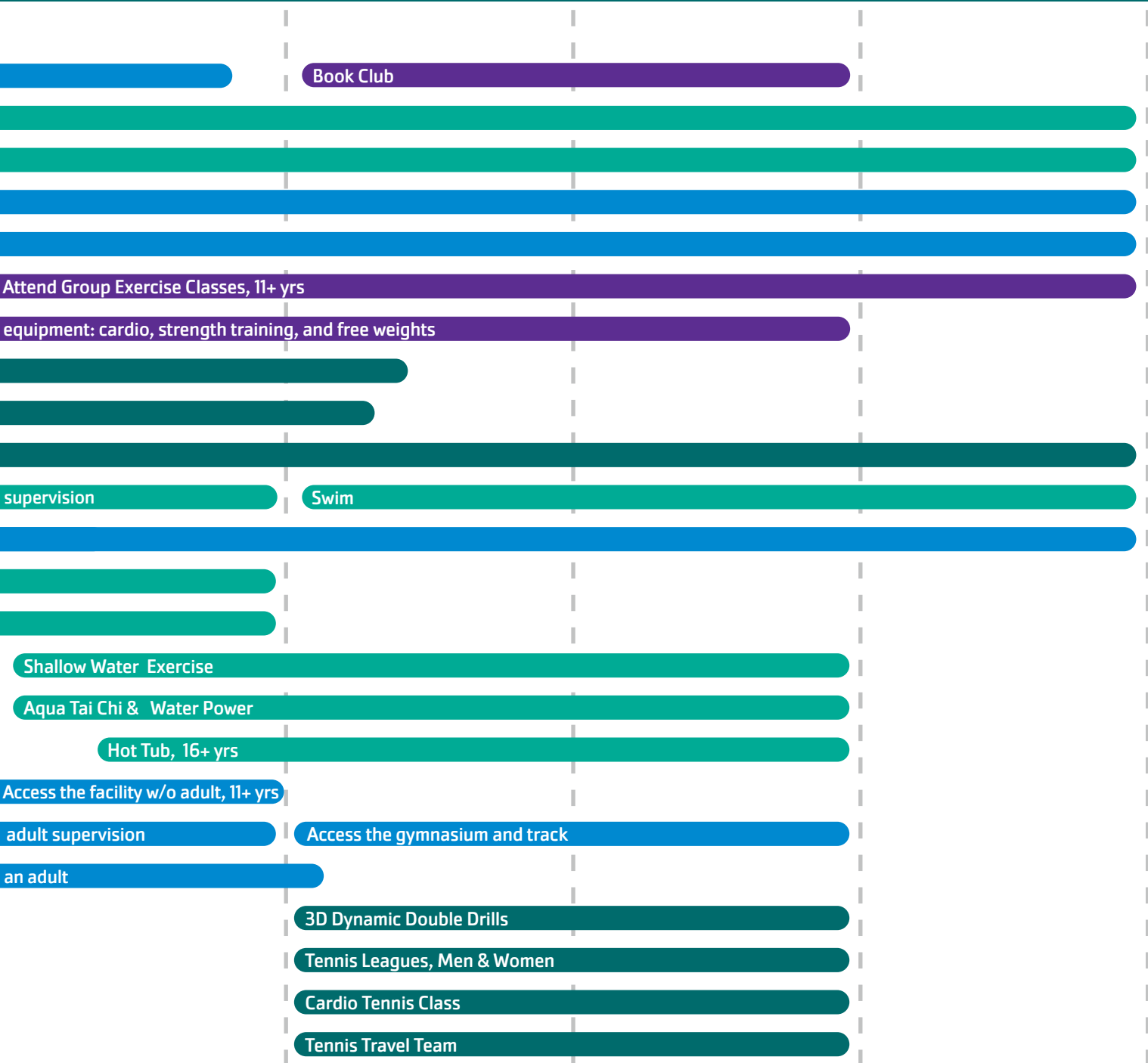


If I Am A
TEEN
I CAN...

If I Am An
ADULT
I CAN...

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

My
FAMILY
I CAN...





AQUATICS

Youth/Teen Instructional Classes

CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II
Level A 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
Level 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
Level 1 & 2 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
Level 1 & 2 5–9 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
Level 3 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
Level 3 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
Level 4 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
Level 5 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
Level 6 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
Adaptive Swim Lesson 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

Adult Aquatics: Instructional & Fitness

CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II
Adult Open Swim	Time where adults may use the pool for exercise, therapy, or relaxation. No lane lines will be in the pool.	Maple	Maple
Arthritis	For ages 15+, gentle water exercise with a focus on joint mobility, stability, flexibility, and strength.	Maple Portage	Maple Portage
Aqua Tai Chi	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
Deep Water Exercise	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
Family Swim	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
Shallow Water Exercise	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
Stretch and Tone	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
Water Power	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	SUMMER I	SUMMER II
Pre-Competitive 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
Swim Team 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	SUMMER I	SUMMER II	SUMMER III
Adult Beginner 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
Adult Intermediate 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
Adult Advanced 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	Portage
3D Dynamic Doubles Drill 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.	Portage	Portage	Portage
Cardio Tennis	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.	Portage	Portage	Portage
Singles Drill	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

Services

Court Rental Rates	June through August: All indoor court fees are \$10 per hour. Must register and reserve by calling 269.345.9622 up to 7 days in advance. Outside clay courts are available at Portage for \$6/hr.
Private Lessons	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 kzooyunca.org or call 269.345.9622 for assistance.
Racquet Stringing and Regripping	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.

TENNIS SESSION DATES:

Session I: 6/12-6/29

Session II: 7/10-7/27

Session III: 7/31-8/24



YOUTH TENNIS



COURT RENTALS



ADULT TENNIS

Youth/Teen Tennis

CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II	SUMMER III
Tiny Tykes 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.	Portage	Portage	Portage
Futures 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
Competitors 1 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
Competitors 2 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 is required.	Portage	Portage	Portage
Competitors 3 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 balls will be used. Players at the highest level of this class will be introduced to full court while using the yellow ball. This class prepares players to participate in USTA green ball tournaments. Pro-approval is required.	Portage	Portage	Portage
High School 1 12-17 years	Class focused on learning skills necessary to construct a rally, keep score and feel comfortable on the court.	Maple Portage	Maple Portage	Maple Portage
High School 2	Class consisting of junior varsity to varsity players looking to make a greater impact on their high school team. Focusing on skills used to plan and execute a variety of shots to build a successful rally.	Maple Portage	Maple Portage	Maple Portage
High School 3	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: Instructor approval.	Maple Portage	Maple Portage	Maple Portage
Tour	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.	Maple	Maple	Maple
Elite I	Players must already prove themselves to be highly self motivated. USTA tournament play must be a priority, with an emphasis on USTA National rankings. Classes are based around competitive situations and advanced stroke technique. Participants should have the desire to play college tennis. Pro approval is required.	Maple	Maple	Maple

HEALTH AND WELLNESS



CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II
Active8* <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
Barre	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
BodyBalance® 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
BodyCombat® 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
BodyPump® 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
Classic Strength Chair Fitness	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
Dance Fitness	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
Golf Lessons* <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)
Group Cycling	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	SUMMER I	SUMMER II
Kettlebell	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
LIVESTRONG at the YMCA®	Livestrong at the YMCA® is a 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
Moving for Better Balance®	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
Pilates	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
SHiNE Dance Fitness	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
Silver Sneakers BoomMuscle®	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. Silver Sneakers 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
Silver Sneakers Chair Fitness	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
Silver Sneakers Chair Yoga®	Silver Sneakers® 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
Silver Sneakers Classic®	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A variety of equipment is used for resistance. A chair is used for support.	Maple Portage	Maple Portage



CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II
Step	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
Step Challenge	Cardiovascular conditioning on the step with challenging choreography, followed by strength and resistance training.	Portage	Portage
Tai Chi	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
Total Body Conditioning	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
Total Parkinson's® <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
TRX Circuit	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
Women's Self Defense* <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
WOW: Women on Weights	Ladies-only fitness led by one of our female personal trainers in a private space!	Maple Portage	Maple Portage
Yoga	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
Zumba	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



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! These **FREE** sessions offer 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.



MOTIONVIBE



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.



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

Program: July 11–Sept. 28
Registration dates: May 22–June 30

Program: Oct. 10–Nov. 17
Registration dates: Sept. 5– Oct. 6



PARKINSON'S

ACTIVE FOR LIFE DIRECTOR

Shashu Baraka
sbaraka@kzooyymca.org
269.459.4856

LIVESTRONG

AT THE YMCA

LIVESTRONG at the YMCA is a 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 and a physician's clearance is required.

The goal of the small group series is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability.

NEXT SESSION DATES

Sept. 5–Nov. 30
Registration dates: July 31–Aug. 25

ACTIVE FOR LIFE DIRECTOR

Shashu Baraka
sbaraka@kzooyymca.org
269.459.4856



LIVESTRONG





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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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

THE YMCA OF GREATER KALAMAZOO PRESENTS

ROCK THE Y 2023 TOUR



**1 PUNCH EQUALS
HOUR OF EXERCISE**

Track and record your exercise time at the Y for a chance to win a weekly or grand prize. The more you exercise, the greater your chance of winning!

RUNNING AT MAPLE AND PORTAGE **ALL JULY LONG**