

ENERGY  
**JOY**  
GROWTH  
FRIENDSHIP  
DIVERSITY **FUN**  
LIFE-CHANGING  
TOGETHERNESS  
BALANCE  
**HEALTHY**  
**LIVING**  
TRANSFORMATION  
STRENGTH EXERCISE  
**CARING**  
FLEXIBILITY  
DETERMINATION  
CONFIDENCE  
BELONGING  
LEARNING  
**LIFE**  
FAMILY



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

The Y. For a Better Us.

YMCA OF GREATER KALAMAZOO

2022 Summer Program Guide



## 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.

## 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.

## 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/programs:

- Youth, Individual, or Household 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.

## BENEFITS OF MEMBERSHIP

- Access to convenient locations in both Kalamazoo and Portage
- State of the art fitness centers with exercise machines, free weights, resistance training equipment, and more
- Pools, gyms, tracks, racquetball courts, and tennis\* courts allow year-round access to improved health
- FREE group fitness classes, including LES MILLS, water fitness classes, Silver Sneakers, and virtual exercise classes
- Reduced program fees
- Kids Zone drop-in child care\*

*\* Fee-based*

## COVID CARE

Our priority is keeping our members as safe and protected as possible while using our facilities. The Y continues to move through the ever-changing COVID environment. Please go to our website for Reservations (Lap swim, Group Exercise) and our most current social distancing and mask policies.

## 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

## STAY INFORMED:

Y Connections  
Weekly Newsletter



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

**WE ARE  
BETTER  
TOGETHER.**



## MAPLE

1001 W. Maple Street  
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 services\*,  
women/girls, men/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)

## PORTAGE

2900 W. Centre Avenue  
Portage, MI 49024  
269.324.9622

### 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

Pool (lap/instructional)

Stretch Zone

Tennis Courts (indoor and outdoor clay)\*

Track

Youth Center (ping pong, air hockey, foosball,  
retro gaming console)

*\*Fee-Based*

## LINCOLN YOUTH CENTER

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. Contact Jen Shea at [jshea@kzooyymca.org](mailto:jshea@kzooyymca.org) for more information.



## 2022 IMPORTANT DATES

AT THE YMCA of GREATER KALAMAZOO

### SUMMER SESSIONS

Registration Opens:

Monday, April 25 (Members Only)

Wednesday, April 27 (Non-Member)

Summer Session I: June 13—July 16

Summer Session II: July 18—Aug. 20

### FUTURE SESSIONS FALL

Registration Opens:

Aug. 1 (Members Only)

Aug. 3 (Non-Member)

### YOUTH FLAG FOOTBALL

Registration Opens:

July 11 (Members Only)

July 13 (Non-Member)

Registration Closes:

Aug. 30

## TABLE OF CONTENTS

Overview	2
Locations/Amenities	3
Programs By Age	4,5
Child Care	6
Youth Classes	7
Aquatics	8,9
Tennis	10,11
Health & Wellness	12-14
Chronic Disease	15
Support the Y!	16

**KZOOYMCA.ORG**





# WHAT YOU CAN DO AT THE Y



If I Am  
**A Baby**  
I CAN...



If I Am  
**2-5**  
Years Old



If I Am  
**6-9**  
Years Old



If I Am  
**9—12**  
Years Old



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

Kids Zone, 6 weeks—8yrs

Early Learning Preschool

Swim with family

Swim lessons starting at 6 months

Itty Bitty Basketball

Swim without adult supervision.

Sporties for Shorties

Access to the Youth Center , 8—17 yrs

Taekwondo

Mini Sports Camp

Various Dance, Hip Hop, Ballet, Jazz

Gilmore Piano Lab

Volleyball 7—14 yrs

Fencing

Pre-Competitive Swim

Swim Team

Shallow Water Exercise

Aqua Tai Chi & Water Power

Hot Tub 16+ yrs

Access the gymnasium and track without adult supervision 8+yrs

Use a guest pass when accompanied by an adult

Access the facility without an adult 11+ yrs

Attend Group Exercise Classes, 11+ yrs

Access all exercise equipment (Cardio, Strength Training, and

Private Tennis Lessons

Group Tennis Lessons 3+ yrs for all levels of play

Rent a Tennis Court

For households with youth and teen members, please be sure to familiarize yourselves with the Y’s Facility A Guidelines to ensure a safe and fun experience. This information can be found on our website [kzooymca.org/membership/information-policies](http://kzooymca.org/membership/information-policies) and is posted at the main entrance at both facilities.





# My FAMILY

## Tennis Travel Team





## Y EARLY LEARNING

1001 W. Maple Street, Kalamazoo  
2900 W. Centre Avenue, Portage

**NEW!**

### PHILOSOPHY

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

### YMCA MEMBERSHIP

Children registered for 5 full days per week will receive a free family membership during the school year. With the YMCA membership your family can spend quality and active time together while also allowing adults time to focus on your wellness. This membership may be used at the Portage and Maple branches.

To register, please visit [www.kzooyymca.org](http://www.kzooyymca.org) or email [childcare@kzooyymca.org](mailto:childcare@kzooyymca.org).

Please contact Early Learning Director Tim Sheldon with questions at 269.345.9622 ext. 161 or [tsheldon@kzooyymca.org](mailto:tsheldon@kzooyymca.org).

## PRIME TIME

Prime Time is before and after school care for KPS and PPS (new for 2022-2023!) students in grades K-5. We have locations at several KPS elementary schools and one at 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: caring, honesty, respect, and responsibility; and incorporate the CHAMPS program at all of our sites.

<b>C</b>	<b>caring</b>
<b>H</b>	<b>honesty</b>
<b>A</b>	<b>always respectful</b>
<b>M</b>	<b>making responsible choices</b>
<b>P</b>	<b>positive attitude</b>
<b>S</b>	<b>safety first</b>

All Prime Time programs are licensed by the State of Michigan and are run by qualified youth development staff. Morning care is available 6:30am-8:45am and afternoon care from 3:45pm-6pm. See the website for current locations.

## KIDS ZONE

Members needing a nurturing place for your child while you work out? Our Kids Zone is childcare for members to utilize while they are at the Y. The parent/caregiver must be onsite at the Y at all times and provide contact information.

- Ages: Six weeks through eight years of age
- Members only
- Monthly fee of \$6
- Two-hour max per day



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



# YOUTH DEVELOPMENT

CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II
<b>Basketball</b> * Pre K—K * Grades 1—2 * Grades 3—5 * Grades 6—8	Teaches the basics of dribbling, shooting, and passing through drills, activities, and skill-related games.	Maple Portage	Maple Portage
<b>Dance: Move with Joy</b>	Offering various classes including ballet, jazz/hip hop, acrobatics, and breakdancing for youth and adults of all ages.	Off Site	Off Site
<b>Junior Golf Lessons</b>	Participants will learn to drive (irons and woods), short game (chipping, putting, sand and pitching). Clubs and balls will be provided. Class taught by Golf Pro Sharon King at The Dome in Schoolcraft on US 131.	The Dome Off Site	The Dome Off Site
<b>Mini Sports Camp</b>	This half day camp gives athletes 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 everyday to camp.	Maple Portage	Maple Portage
<b>Pint Size Play</b> <i>(18–36 months)</i>	Features free play, games, and parachute time that stimulates cognitive development and physical and social skills. Parent and child interaction throughout the session.	Portage	Portage
<b>Sporties for Shorties</b> <i>(3–6 years)</i>	Teaches skills including throwing, catching, kicking, and more. This is a great introduction to football, soccer, gymnastics, baseball, volleyball, floor hockey, and lacrosse.	Portage	Portage
<b>Taekwondo</b> * <i>(4-6 years)</i> * <i>(7-11 years)</i> * Advanced <i>(youth-adult)</i>	Build confidence, self-esteem, respect, discipline, strength, flexibility, and patience in a teamwork setting. Learn how to channel energy into a positive attitude in a FUN and active atmosphere.	Maple	Maple







# AQUATICS

## Youth /Teens Instructional Classes

CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II
<b>Level A</b> (6 months—2 years)	30 minute swim lesson with a parent/caregiver in the water. Focus is on water exploration, adjustment, and fun.	Maple Portage	Maple Portage
<b>Level B</b> (2—4 years)	30 minute swim lesson with a parent/caregiver in the water. Focus is on safety and learning to swim independently of the adult, while using flotation devices.	Maple Portage	Maple Portage
<b>Level 1 &amp; 2</b> (3—5 years)	30 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 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 Portage	Maple Portage
<b>Level 3</b> (3—5 years)	30 min swim lesson without a parent/caregiver in the water. Children should be able to jump independently and swim horizontally with face in the water (without flotation). Child should also be comfortable getting their eyes wet while blowing bubbles.	Maple Portage	Maple Portage
<b>Level 3</b> (6—12 years)	45 minute swim lesson; beginner level for ages 6 and over. Water adjustment and basic swim skills. Some children will use flotation as needed.	Maple Portage	Maple Portage
<b>Level 4</b> (6—12 years)	45 minute swim lesson. Children should be able to swim the length of the pool in a horizontal position without flotation, and swim on their front & back for least 25 yards unassisted and without flotation. Must be comfortable putting their in face in the water.	Maple Portage	Maple Portage
<b>Level 5</b> (6—12 years)	45 minute swim lesson. Children should be able to swim Freestyle and Backstroke, with ability to do Breaststroke and Butterfly kicks. Child must be able to swim 25 yards with perfected rotary breathing.	Maple Portage	Maple Portage
<b>Level 6</b> (6—12 years)	45 minute swim lesson. Children should be able to swim all four swim strokes and be able to swim multiple laps of each. Child must have passed Level 5 or be evaluated. Must have ability to swim 50 yards of perfected rotary breathing and backstroke.	Portage	Portage



## 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 for 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	45 minutes of stretching, resistance (from the water), flexibility, and breathing work. Ideal for those who might struggle with yoga pose balancing on land, as the water provides support to your body.	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

TEAM	DESCRIPTION	SUMMER I	SUMMER II
Pre-Competitive <i>8-13 years</i>	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 <i>8-18 years</i>	1.5—2 hour swim practice. Swimmers need to have either have participated with another swim team or tested out of the pre-competitive program. Check with the Aquatics department for specific qualifications.	Maple	Maple







## TENNIS YOUTH / TEEN

### TENNIS SESSION DATES:

Session 1: 6/13—6/30

Session 2: 7/11—7/28 (4th of July is on a Monday, no scheduled classes this week.)

Session 3: 8/1—8/25 (Skip 8/8—8/12 due to Nationals.)

CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II	SUMMER III
<b>Tiny Tykes</b> (3-4 years)	This beginners class is designed to develop hand-eye coordination and listening skills. It emphasizes group interaction and uses age appropriate equipment.	Maple Portage	Maple Portage	Maple Portage
<b>Futures</b> (4-6 years)	This class continues to reinforce the basic tennis fundamentals focusing on match play and basic strategy, using 36-foot courts.	Maple Portage	Maple Portage	Maple Portage
<b>Competitors 1</b> (6-10 years)	The first step to becoming a tournament level tennis player. Focus is on stroke technique, as well as learning how to compete with other children in a controlled environment. Sportsmanship and fair play are emphasized. Off-court strength and quickness training are introduced. Both 36-foot and 60-foot courts are used.	Maple Portage	Maple Portage	Maple Portage
<b>Competitors 2</b> (7-12 years)	Players can rally and serve consistently and are developing directional control. The goal is to develop a well-rounded, competitive game. Strength and quickness are developed through off-court training. Involvement in USTA tournament play is encouraged. 60-foot courts are used. Pro approval required.	Portage	Portage	Portage
<b>Competitors 3</b> (7-12 years)	These kids can play! Players rally consistently, execute some advanced tactics, and are comfortable in USTA tournament and Junior Team play. Players work on developing effective swing technique (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 spin on the second serve).	Portage	Portage	Portage
<b>Yellow Ball 101</b> (12-17 years)	An introductory level class for teens who want to learn the basics of the game.	Portage	Portage	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.	Maple	Maple	Maple
<b>Varsity</b>	For the student who wants to make an impact on their high school team. Focus continues on conditioning, drills to hone technique, and match play situations.	Maple Portage	Maple Portage	Maple Portage
<b>All State</b>	These players are our strongest in our Team Training Program. Through strength training, match play, and drills designed around point play, players grow to their greatest potential. Instructor approval is required.	Portage	Portage	Portage
<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. 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



# SERVICES

<b>Court Rental Rates</b>	June through August: All indoor court fees are \$10 per hour and walk-on. Outdoor Court Use: Free walk-on for Maple outdoor courts. Outside clay courts at Portage are available for \$6 per hour.
<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 kzooyymca.org or call 269.345.9622 for assistance.
<b>Racquet Stringing &amp; 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.

## TENNIS SESSION DATES:

Session 1: 6/13—6/30

Session 2: 7/11—7/28 (4th of July is on a Monday, no scheduled classes this week.)

Session 3: 8/1—8/25 (Skip 8/8—8/12 due to Nationals.)

## TENNIS – ADULT

CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II	SUMMER III
<b>Adult Beginner</b> (2.0 NTRP—Beginner)	Novice players develop skills and confidence by using transitional balls to learn to play singles and doubles.	Portage	Portage	Portage
<b>Adult Intermediate</b> (3.0—3.5 NTRP)	This class fine tunes the fundamentals for players with some previous playing and/or lesson experience.	Portage	Portage	Portage
<b>Adult Advanced</b> (3.5—4.0 NTRP)	This class provides high-intensity practice, focused on developing the all-court player. Instructor approval required.	Portage	Portage	Portage
<b>3D Dynamic Doubles Drill</b>	Open practice with fast-paced doubles drills for 3.0 - 4.5 level players. Lots of net play!	Maple	Maple	Maple
<b>Cardio Tennis</b>	Swing a tennis racquet and burn calories with this high-intensity aerobic workout. Everyone is invited to join, regardless of skill level. Non-marking shoe soles are required. Tennis racquets can be provided.	Portage	Portage	Portage



For complete descriptions, schedule details, and to register, visit [www.kzooyymca.org/programs](http://www.kzooyymca.org/programs). 11





# HEALTH AND WELLNESS

CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II
Active8	8 weeks to a healthier lifestyle through focus and intention. Each team of 6-8 participants will be led by a certified personal trainer. This program allows each participant to receive goal-specific trainer support and the accountability and motivation of a team.	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
Barre/ Yoga Fusion	A combination of Pilates and yoga, you will exercise your body, mind, and spirit. Gain strength, balance, and harmony through postures, stretching, and strengthening exercises that focus on building your core and increasing flexibility and balance.	Portage	Portage
BodyCombat®	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
BodyFlow® Les Mills	Ideal for all fitness levels, BODYFLOW® 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
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
Cardio Kickboxing Les Mills	Cardio Kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.	Maple	Maple
Classic Strength 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.	Maple Portage	Maple Portage
Golf Lessons	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	The Dome
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
<b>Insanity®</b>	Insanity is a cardio class, based on max interval training. This class will use athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training for a great workout.	Maple	Maple
<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.	Maple	Maple
<b>LIVESTRONG at the YMCA®</b>	Program participants work with trained Y staff to improve cardiovascular endurance and functional ability, build muscle mass and strength, and increase flexibility. In addition to physical benefits, the program also focuses on the mental and emotional well-being of cancer survivors and their families. Physician clearance and authorization is required. Please contact Shashu Baraka for more information at sbaraka@kzoymca.org.	Portage	Portage
<b>Moving for Better Balance®</b>	The program protocol consists of a core eight-form routine and a subroutine of eight integrated therapeutic movements forms that have been derived from the traditional 24-form Yang-style of Tai Chi, progressing from easy to more difficult which collectively involve a set of simple, rhythmic Tai Chi-based actions. Ideal for the healthy aging population.	Maple	Maple
<b>Parkinson's Program</b>	This fitness program is designed to optimize physical function and help delay the progression of symptoms associated with Parkinson's disease. Physician clearance and authorization is required. Please contact Shashu Baraka for more information at sbaraka@kzoymca.org.	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	Maple
<b>POUND®</b>	Channel your inner rockstar with this full body cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.	Maple	Maple





CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II
<b>POMSQUAD™</b>	POMSQUAD™ is a super fun, immensely positive, high-energy dance fitness class. You will be shaking your poms while prancing, dancing, bending, and snapping to today's hits and yesterday's favorites. Poms not required.	Maple Portage	Maple Portage
<b>SCULPT</b>	Get ready for a total body toning! This low-impact class will give you a total body work out using body weight and light weights.	Maple Portage	Maple Portage
<b>Silver Sneakers 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. 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@kzoymca.org prior to attending.	Maple Portage	Maple Portage
<b>Silver Sneakers Chair Yoga®</b>	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
<b>Silver Sneakers Classic®</b>	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.	Portage	Portage
<b>Classic Strength Chair Fitness</b>	A full-body strength training class specifically designed to build strength, add definition, improve bone density, and decrease body fat while increasing lean muscle through basic moves and range of motion. A chair is used for support. All levels welcome. Ideal for the healthy aging population.	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
<b>Step Challenge</b>	Cardiovascular conditioning on the step with challenging choreography, followed by strength/resistance training.	Portage	Portage
<b>STRONG Nation™</b>	STRONG Nation™ combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move.	Maple	Maple
<b>Total Body Conditioning</b>	Total body conditioning classes incorporate strength exercises and cardio segments using equipment such as dumbbells, stability balls, and steps. Total Body conditioning classes are intended to provide total fitness and overall toning by working every major muscle group in one workout	Maple	Maple
<b>TRX Circuit</b>	TRX is a workout system that leverages gravity and your body weight to perform exercises. You're in control of how much you want to challenge yourself on each exercise, because you can simply adjust your body position to add or decrease resistance. Suspension training develops strength, balance, flexibility, and core stability.	Maple Portage	Maple Portage
<b>Yoga</b>	In this all levels class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds and hip openers. Yoga mats, blocks and straps are provided if needed.	Maple Portage	Maple Portage
<b>Zumba®</b>	Zumba takes the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.	Maple Portage	Maple Portage





## PARKINSON'S PROGRAM

The Y's Parkinson's Program 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 (PD), this fitness class targets symptoms and optimizes physical function.

### NEXT 2022 SESSION DATES

- **July 12 - Sept 15**  
Registration dates 6/6-7/5
- **Sept 27 - Dec 15**  
Registration dates 8/16-9/19

For details visit [kzooyymca.org/health-wellness/delay-disease-parkinsons-class](https://kzooyymca.org/health-wellness/delay-disease-parkinsons-class), call Shashu Baraka 269.459.4856, or email [sbaraka@kzooyymca.org](mailto:sbaraka@kzooyymca.org).



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## LIVESTRONG®

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. 27-Dec 15**  
Registration dates 8/1-9/20

Contact Shashu Baraka via email at [sbaraka@kzooyymca.org](mailto:sbaraka@kzooyymca.org) or phone 269.459.4856 for more information



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