

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 Fall 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

BENEFITS OF YOUR 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, 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*

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
E- Newsletter



www.kzooymca.org

CLASS RESERVATION SYSTEM: MotionVibe

For current program information and to reserve your spot in classes that cap attendance.

**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 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 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

**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.

Association Outreach Director

Jennifer Shea
269.345.9622 ext. 845
jshea@kzooyymca.org



2022 IMPORTANT DATES

AT THE YMCA of GREATER KALAMAZOO

FALL SESSIONS

Registration Opens:

Monday, August 1 (Members Only)
Wednesday, August 3 (Non-Member)

Session Dates:

Fall Session I: Sep. 10—Oct. 28
Fall Session II: Oct. 29—Dec. 23

FUTURE SESSIONS WINTER 2023

Registration Opens:

Tuesday, Dec. 6 at 1pm (Members Only)
Thursday, Dec. 8 at 1pm (Non-Member)

Winter Session Dates:

Jan. 9—Feb. 25

Y YOUTH BASKETBALL LEAGUE

Registration Opens:

Sept. 6 (Members Only)
Sept. 8 (Non-Member)

Registration Closes:

October 22

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KZOOYMCA.ORG



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

Gilmore Piano Lab

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...

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+ yrs

adult supervision

Access the gymnasium and track

an adult

3D Dynamic Double Drills

Tennis Leagues, Men & Women

Cardio Tennis Class

Tennis Travel Team



Now available at
Portage Public Schools!

NEW!

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: **caring, honesty, respect, and responsibility** 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 kzooyymca.org, scan QR code, or email childcare@kzooyymca.org.

Association Out-of-School Time Director:
Corey Clark
269.345.9622 ext. 171
cclark@kzooyymca.org



Prime Time

Y EARLY LEARNING

1001 W. Maple Street, Kalamazoo

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* Participant—NEW!
- *KC Ready 4s* partner
- Creative Curriculum
- Swim lessons
- Tennis lessons
- Nature walks
- Physical education class
- Financial assistance available

YMCA MEMBERSHIP

Children registered for five 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 their wellness. This membership may be used at the Portage and Maple locations.

For more details and to register, visit kzooyymca.org, scan QR code, or email childcare@kzooyymca.org.

Early Learning Director:
Tim Sheldon
269.345.9622 ext. 161
tsheldon@kzooyymca.org



Early Learning



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

YOUTH DEVELOPMENT

CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
Basketball * Itty Bitty: Pre K-K * Itty Bitty: Age 3-5 * Rookie: Ages 6-8 * Rookie: Grades 1-2	Teaches the basics of dribbling, shooting, and passing through drills, activities, and skill-related games.	Maple Portage	Maple Portage
Middle School Event	Boys and girls grades 6-8 can play tennis, volleyball, basketball, swim, and more.		Maple Portage
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	This half day camp gives youth 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.	Portage	Maple Portage
Pint Size Play <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
Sporties for Shorties <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.	Maple Portage	Maple Portage
Beginner & Advanced Fencing	This class teaches participants about the sport of fencing, from skilled instructors with En Pointe Fencing. Equipment is provided, please wear comfortable gym attire	Maple Portage	Maple Portage
Korean Karate	It is intended to develop the whole person in mind, body and spirit while teaching effective self-defense skills for the practitioner. Practice of this art develops strong character through its five primary tenets: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit	Portage	Portage
Home School Gym Class	Home School Gym class provides physical education for Home School students. Students will play a variety of game and activities throughout each session.	Portage	Portage
*3 on 3 Basketball Tournament	Basketball Tournament for boys and girls grades 4 – adult.		Portage
Ballet <i>(Ages 4-12)</i>	These classes will build on ballet fundamentals, focusing on balance, strength, flexibility, and the proper form needed to advance safely. Class will include barre, center, and choreography. All classes will be held at the Move with Joy studio.	Move With Joy Off-Site	Move With Joy Off-Site
Jazz/Hip Hop/ Acro Dance Class <i>(Ages 4-12)</i>	These classes consist of conditioning, foundational acro -dance skills, progressions and choreography that combines jazz and hip hop dance movements with acrobatic skills. All classes will be held at the Move with Joy studio.	Move With Joy Off-Site	Move With Joy Off-Site



Youth Classes & Programs





AQUATICS Youth /Teens Instructional Classes

CLASS/PROGRAM	DESCRIPTION	FALL I	FALL 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 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
Level 1 & 2 (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
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 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
Early Teen Swim Lesson (11—14 years)	45 minute swim lesson. Water adjustment and basic swim skills working on getting youth comfortable swimming on their front and back. Some students may use flotation.	Maple	Maple

Adult Aquatics: Instructional & Fitness

CLASS/PROGRAM	DESCRIPTION	FALL I	FALL 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	FALL I	FALL 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



Adult Aquatics



Y Swim Team



Youth Tennis



TENNIS YOUTH / TEEN

CLASS/ PROGRAM	DESCRIPTION	FALL I	FALL II
Tiny Tykes <i>3—4 years</i>	This beginner's class is designed to develop hand-eye coordination and listening skills. It emphasizes group interaction and uses age-appropriate equipment. 36-foot courts will be used with red tennis balls. This class prepares players to begin playing red tennis ballpoints against age-appropriate opponents. Involvement in USTA red-ball match play is encouraged.	Maple Portage	Maple Portage
Futures <i>4—6 years</i>	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
Competitors 1 <i>6—10 years</i>	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
Competitors 2 <i>7—12 years</i>	At this point, children in this class 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-foot courts will be used with the orange progression ball. Players may even 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.	Maple Portage	Maple Portage
Competitors 3 <i>7—12 years</i>	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.	Maple Portage	Maple Portage
High School 1 Formerly known as Yellow Ball 101	Class focused on learning skills necessary to construct a rally, keep score and feel comfortable on the court.	Maple	Maple
High School 2 Formerly known Varsity	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
High School 3 Formerly known as All State	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
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
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 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

SERVICES

Court Rental Rates	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 up to 7 days in advance.
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 kzooymca.org or call 269.345.9622 for assistance.
Racquet Stringing & 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 – ADULT

CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
Adult Beginner <i>(2.0 NTRP—Beginner)</i>	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
Adult Intermediate <i>(3.0—3.5 NTRP)</i>	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
Adult Advanced <i>(3.5—4.0 NTRP)</i>	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
3D Dynamic Doubles Drill <i>(3.0-4.0 NTRP)</i>	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
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.	Maple Portage	Maple Portage
Singles Drop-In Drills <i>3.0-3/5 NTRP</i>	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
Women's Doubles League <i>2.5-3.5 NTRP</i>	League players rotate partners throughout the session. Leagues run on Mondays, Tuesdays, and Thursdays. Registration is required.	Portage	Portage
Men's Doubles League <i>3.0-3.5 NTRP</i>	League players rotate partners throughout the session. League runs on Thursday nights from 7:30pm-9pm. Registration required.	Portage	Portage



HEALTH AND WELLNESS

CLASS/PROGRAM	DESCRIPTION	SUMMER I	SUMMER II
Active8	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
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
BodyBalance®	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
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, 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
FitCamp—NEW!	Calling all youth- this class geared towards 8-12 year olds is a great combination of fun and fitness. Class will focus on making moving fun and building healthy habits among peers.	Maple Portage	Maple Portage

CLASS/PROGRAM	DESCRIPTION	FALL I	FALL II
Insanity®	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
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.	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@kzoymca.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 standard treatment, programs like Moving for Better Balance® may help alleviate the symptoms associated with other chronic diseases and conditions.	Maple	Maple
Parkinson's Program®	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
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.	Portage	Portage
POUND	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	FALL I	FALL II
Sculpt	Sculpt a full body workout designed to help you build muscle and increase muscular endurance. This is a low-impact class that uses a combination of body weight, light-weight free weights, resistance bands, medicine & physio balls to stretch, strengthen and tone. All levels of experience and fitness levels are welcome and encouraged to attend. There is truly something for everyone in this class.	Maple Portage	Maple Portage
Silver Sneakers® Circuit	Silver Sneakers Circuit® offers standing low-impact moves that alternate with standing upper-body strength. The class can be adapted for all fitness levels.	Portage	Portage
Silver Sneakers® BoomMind	Silver Sneakers® BoomMind combines yoga and Pilates to help relax the body and mind. Participants focus on core muscles, lower body strength, and balance.	Portage	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@kzooymca.org prior to attending.	Maple Portage	Maple 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.	Portage	Portage
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
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/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.	Portage	Portage
Total Body Conditioning	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
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	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.	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, backbends, 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



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.



Parkinsons

NEXT 2022 SESSION DATES

Sept 27 - Dec 15

Registration dates 8/16-9/19

Active for Life Director:

Shashu Baraka
sbaraka@kzooyymca.org
269.459.4856

For a better us.®

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



Livestrong

Active for Life Director:

Shashu Baraka
269.459.4856
sbaraka@kzooyymca.org

For a better us.®



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



GIVE TODAY!

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TO GIVE. FIND YOUR Y.**

VP of Membership and Fund Development:

Rhonda Ludwig
Rludwig@kzooyymca.org
269.345.962 ext. 122

**FIND YOUR Y AT
YMCA of GREATER
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