



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

READY. SET. SUMMER

2024 Summer Program Guide | YMCA of Greater Kalamazoo

OUR MISSION

The YMCA puts Christian principles into practice through programs that build healthy Spirit, Mind, and Body **FOR ALL**.

STATEMENT OF INCLUSION

The YMCA of Greater Kalamazoo is proud to be an association made up of people from every walk of life, working side by side to strengthen communities. Together, we strive to ensure that everyone, regardless of age, race, gender, gender identity, gender expression, income, faith, sexual orientation, ability, or cultural background, has the opportunity to live life to its fullest and is celebrated as a valued part of our community.

BENEFITS OF MEMBERSHIP

- Access to two locations in Kalamazoo and Portage
- Wide variety of state-of-the-art strength and cardio equipment, TRX, Kettle Bells, and more
- Pools, gyms, tracks, racquetball courts, pickleball, and tennis* courts allow year-round access to improved health
- FREE group fitness classes, including LES MILLS, water fitness classes, and Silver Sneakers
- Reduced program fees
- Kids Zone drop-in child care*
- Access to Y locations across the country**

**Fee-Based*

***ask about Nationwide Membership*

FINANCIAL ASSISTANCE

Every day, the Y works to address the most pressing needs in the community it serves by making sure that everyone, regardless of age, income, or background, has the opportunity to learn, thrive, and grow. We provide financial assistance for the following programs:

- Youth, Individual, or Household (1 adult, 2 adult, or 3 adult) YMCA Memberships
- Early Learning and childcare services
- Programs such as tennis, aquatics, Y-Ball, and Flag Football

Applications for Financial Assistance are available on our website and at Member Services at each location. Proof of income is required. Help support the Y's Financial Assistance program by donating to our Annual Campaign at www.kzooymca.org/give.

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*, womens'/girls', mens'/boys')
- Racquetball Courts
- Sauna*
- Steam Room*
- Stretch Zone
- Tennis Courts (indoor)*
- Towel Service*
- Track **Fee-Based*
- Youth Development Center (rock climbing wall, ping pong, foosball, outdoor Gaga Pit, retro gaming console)

PORTAGE

2900 W. Centre Avenue
Portage, MI 49024
269.324.9622
(Entrance on Old Centre)

FACILITY AMENITIES:

- Basketball Courts
- Cardio, Strength, and Free-Weight Areas
- Group Exercise Rooms
- Kids Zone drop-in child care*
- Locker Rental*
- Locker Rooms (all-access, womens'/girls', mens'/boys')
- Pickleball Courts
- Pool (lap/instructional)
- Stretch Zone
- Tennis Courts (indoor and outdoor clay)*
- Track
- Youth Center (ping pong, air hockey, etc.) **Fee-Based*

LINCOLN

912 N. Burdick St.
Kalamazoo, MI 49007
269.345.9845

The YMCA's presence at Lincoln International Studies School consists of a comprehensive academic support program during the school year and an Achievement Gap summer program.

Association Outreach Director

Jennifer Shea
269.345.9622 ext 845
jshea@kzoymca.org



SUMMER SESSION

Registration Opens at 1pm:
Tuesday, May 7 (Members)
Thursday, May 9 (Community)

Summer Session Dates:
June 17-Aug. 24

FUTURE SESSIONS FALL I

Registration Opens at 1pm:
Tuesday, Aug. 6 (Members)
Thursday, Aug. 8 (Community)

Fall I Session Dates:
Sept. 9-Oct. 26

FALL II

Registration Opens at 1pm:
Tuesday, Oct. 1 (Members)
Thursday, Oct. 3 (Community)

Fall II Session Dates:
Oct. 28-Dec. 21

FLAG FOOTBALL INFO

Registration:
June 10-Sept. 2

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NEW!

NORTHSIDE EARLY LEARNING

313 E. Frank St.
Kalamazoo, MI 49007
269.345.9845

Pre-school program for ages 2¾ to five years.

Childcare Office

269.345.9622 ext 167
childcare@kzoymca.org

A MESSAGE FROM DAVE MORGAN

President and CEO

Dear YMCA Members,

As we step into another season at the YMCA, I want to extend my heartfelt gratitude for your continued support and membership. Your commitment not only enriches your own lives but also has a profound impact on our entire community.

Each time you walk through our doors, you contribute to something much larger than yourself. Your membership, along with hundreds of generous annual contributions, enables us to provide a safe haven for teenagers after school, a place where in addition to having fun, they also learn and grow. It allows us to teach vital water safety skills to young children, especially crucial this time of year as municipal and private pools open and families flock to the numerous lakes available in our beautiful state of Michigan.

Moreover, your membership offers hope to families in need, whether it's quality child care or simply a space where they can come together and connect. This sense of community and support is at the heart of what we do at the YMCA, and it wouldn't be possible without your involvement. Thank you for your part in the Y Movement.

As we look ahead to the summer months, I'm thrilled to share our exciting plans for the 2024 Summer Games engagement program, taking place July 22th through August 11th. This program is our homage to the spirit of the Summer Olympics, which aims to promote harmony, peace, and the preservation of human dignity through sport.

I urge you to see the connection between the YMCA Movement, our mission, and the fundamental ideals of the Olympics. Together, we can harness the power of sport, fitness, and healthy living to foster positive change, not just within ourselves but within our community and beyond.

Thank you once again for being a vital part of the YMCA family. Let's make this summer one to remember, filled with camaraderie, growth, and the joy of coming together.

For a better you.
For a better community.
For a better us.



Friends on a mission,

A handwritten signature in black ink that reads "Dave Morgan". The signature is fluid and cursive.

Dave Morgan
President and CEO, YMCA of Greater Kalamazoo

GIVE TODAY

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



WHY THE Y: Nathan's Story

We all know that one person who it seems everybody knows: 27-year-old Nathan Dyk, or Nate the Great (as he is also known) is **that** person! Wherever in town that he goes (and sometimes, even out-of-town!) whether it's at Meijer, the mall, a sporting or young adult event, people will comfortably come up to him and say "Hey, I know you—from the Y!" And they may exchange a fist-bump or a hug, and a few words about the place they have in common.

Nathan was a long-time Y member and participant for most of his life until he aged out of Y programming just a few years ago. From having attended the Y's Early Learning precool to the Prime Time program, taking swimming lessons and playing lots of basketball at the Maple Y, to continuing participation through other community programs that partnered with the Y for

facility access, his mom Christee Dyk says that the Y was a lifetime center for learning, growing, and most importantly—being accepted for who he is.

"When our family thinks about the impact of the Y, we see it as the constant in Nathan's life where he was always treated with dignity, respect, and made to feel that he belonged there. As a parent of a child who is different, having seen Nathan consistently supported and included by the Y staff is at the core of everything that we have wanted for him. All the staff always created a safe space where Nathan was always welcomed. That was our Y experience.

"It's where in that safe zone the Y created, Nathan's peers observed the practice of inclusion, learning themselves how to interact with him, practicing patience, kindness,

and acceptance of others who were different than them.

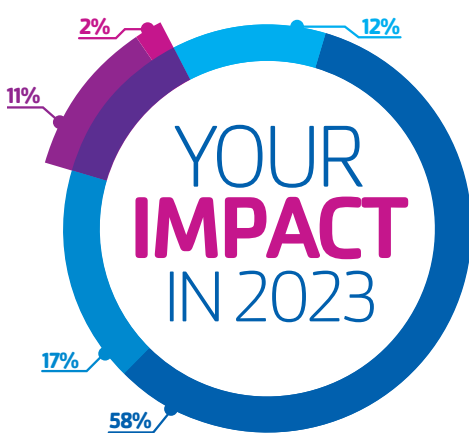
"Today, we see the impact of the Y in all the interactions that occur when these people randomly approach Nathan, often enthusiastically, and say, 'Hey—I know you!'"

To watch a live testimony given by Christee and Nathan at a recent YMCA of Greater Kalamazoo event, scan the QR code and click on the 2024 Breakfast video at the bottom of the webpage.



DID YOU KNOW?

The YMCA awarded \$555,500 of Financial Assistance in 2023.



\$326,732 for membership fees

\$94,320 for the YMCA Lincoln Youth Program

\$69,725 for youth and adult program scholarships

\$12,104 for swim lessons and youth sports

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

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

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 2023's Annual Campaign.

We are truly grateful for each and every donation that was received throughout 2023, and with your support, we believe that we can make an even larger impact on our community in 2024.

DID YOU KNOW:

35% of ALL Y members are on Financial Assistance

that's **1 in 3** members

of **6,900** total members

with **3,169** of those members being teens or youth

ALL this means...

There was a **38%** increase in FA in 2023

WHAT YOU CAN DO AT THE Y



If I Am A
BABY
I CAN...

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

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

If I Am
9-12 yrs
I CAN...

Kids Zone, 6 weeks—8years

Early Learning Preschool

Access Youth Center, 8—17yrs

Swim with family

Swim lessons, 6 months+

Taekwondo

Various Dance: hip hop, ballet, jazz

Mini Sports Camp

Sporties for Shorties

Access all exercise

Private Tennis Lessons

Group Tennis Lessons, 3+ years for all levels of play

Rent a Tennis Court

Itty-Bitty Basketball

Swim without adult

Fencing

Pre-Competitive Swim

Swim Team

Access the gymnasium and track w/o

Households with youth and teen members:

Please be sure to familiarize yourself with the Y's Facility Access Guidelines to ensure a safe and fun experience. This information is available on page 11 and is posted at the main entrance of both facilities.



If I Am A
TEEN
I CAN...

If I Am An
ADULT
I CAN...

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

My
FAMILY
I CAN...

[Blue bar]

Book Club

[Green bar]

[Green bar]

[Blue bar]

[Blue bar]

Attend Group Exercise Classes, 11+ yrs

equipment: cardio, strength training, and free weights

[Green bar]

[Green bar]

[Green bar]

supervision

Swim

[Blue bar]

[Green bar]

[Green bar]

Shallow Water Exercise

Aqua Tai Chi & Water Power

Hot Tub, 16+ yrs

Access the facility w/o adult, 11+

adult supervision

Access the gymnasium and track

3D Dynamic Double Drills

Tennis Leagues, Men & Women

Cardio Tennis Class

Tennis Travel Team

LEARN, GROW AND THRIVE!

The Y has always focused on meeting the social, emotional, and academic needs of our young learners so they can grow into the changemakers of tomorrow—and today is no different.

Our Early Learning, drop-in childcare, and Out-of-School Time offerings are staffed with people who understand the cognitive, physical, and social development of kids, the support parents and families need, and the importance of maintaining a safe, clean environment for children to learn, grow, and thrive.

Read through to learn more about the YMCA of Greater Kalamazoo's childcare options.

Visit our website for additional information:



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.

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.

ENGAGING CARE FOR KIDS, SELF-CARE FOR ADULTS DROP OFF YOUR CHILD AT THE KIDS ZONE WHILE YOU WORKOUT AT THE Y

More than ever, parents need support! When they come to the Y, their children need a safe, nurturing, and fun environment.

The Kids Zone is a unique drop-in care program for children aged 6 weeks to 8 years. In the Kids Zone, children play under the supervision of caring, trained staff. At the same time, their parents are able to relax, connect with other Y members and enjoy healthy activities at the YMCA of Greater Kalamazoo!

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

COST

Household memberships: \$10/month. Includes unlimited visits up to 2hr/day. Children must be members. All others pay the daily drop-in rate.

MAPLE HOURS

Monday—Thursday: 8:00am-7:30pm
Friday: 8:00am-4:00pm
Saturday: 9:00am-12:00pm
Sunday: Closed

PORTAGE HOURS

Mornings (M-F): 8:45am-1:00pm
Evenings (M-TR): 4:00pm-7:45pm
Friday Evening: Closed
Saturday: 8:00am-12:00pm
Sunday: Closed

REQUIRED DOCUMENTS

Please visit our website, kzoymca.org, to find the Kids Zone handbook and required documents.



KIDS ZONE

PRIME TIME (cont'd)

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

6 LOCATIONS, SERVING 11 KPS SCHOOLS

- Maple YMCA
 - *El Sol
 - *Northglade
 - *Woods Lake
- Milwood
 - *Greenwood
- King-Westwood
 - *Indian Prairie
 - *Arcadia
- Parkwood-Upjohn
- Prairie Ridge
- Winchell

**Schools get bussed to/from main site*

SERVING ALL PORTAGE ELEMENTARIES

- 12th Street
- Amberly
- Angling Road
- Haverhill
- Lake Center
- Moorsbridge
- Woodland
- Central Elementary

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

Corey Clark
269.345.9622 ext. 171
cclark@kzooyymca.org

Y EARLY LEARNING

1001 W Maple St. Kalamazoo, MI 49008
313 E. Frank St., Kalamazoo, MI 49007

PHILOSOPHY

Our high-quality YMCA Early Learning (preschool and pre-K) programs strengthen families and boost youth development by offering learning readiness experiences and comprehensive child development programs. Early Learning builds a foundation for ongoing and future achievement and success.

PROGRAM HIGHLIGHTS

- Licensed by the State of Michigan
- Great Start to Quality participant
- KC Ready 4s partner
- Creative Curriculum
- Swim lessons
- Tennis lessons
- Nature walks
- Physical education class
- Financial Assistance available

GREAT START TO READINESS PROGRAM (GSRP)

We are proud to partner with KRESA and the State of Michigan to provide qualifying families a free* early learning experience. This program receives all the benefits of our traditional programs while minimizing the cost for families. To be eligible, children must turn 4 on or before September 1.

**Before and after care may be an additional fee*

YMCA MEMBERSHIP

A youth or family membership is included for the school year, depending on enrollment status. With the YMCA membership, your family can spend quality and active time together while also allowing adults time to focus on their wellness. This membership may be used at the Portage and Maple locations.

For more details and to register, visit our website at kzooyymca.org, scan QR code, or email our Childcare Office at childcare@kzooyymca.org.

ASSOCIATION EARLY LEARNING DIRECTOR

Tim Sheldon
269.345.9622 ext. 161
tsheldon@kzooyymca.org

More Info on Pages 12 & 13!





YOUTH DEVELOPMENT

CLASS/PROGRAM	DESCRIPTION	LOCATION
Basketball Classes Ages 3-14	Whether your child is a beginner or an all-star, basketball classes at the Y will help them develop their skills, through progressive drills, scrimmages, and activities.	Maple Portage
Rookie Basketball League Ages 6-8	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
Dance Lessons Ages 4+	Offering various classes including ballet, jazz/hip hop, acrobatics, and breakdancing for youth and adults of all ages. Located at Move with Joy.	Move with Joy
Junior Golf Lessons Ages 5-17	Participants will learn to drive (irons and woods), short game (chipping, putting, sand and pitching). Clubs and balls will be provided. Class taught by Golf Pro Sharon King at The Dome in Schoolcraft on US 131.	The Dome
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
Pint Sized Play 18-36 months	This class includes free play, games, and parachute time that stimulates cognitive development and physical/social skills. Parent and child interaction throughout the session.	Portage
Private Sports Lessons and Training Ages 8-18	Private lessons provided for youth in various sports including basketball, track & cross country, soccer, and cross training.	Maple
Speed and Agility Ages 12-18	Small group training 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
Sporties for Shorties 3-6 years	This class develops skills like throwing, catching, kicking and more. This is a great introduction to football, soccer, gymnastics, baseball, volleyball, floor hockey and lacrosse.	Portage
Taekwondo Ages 4-6 & 7-11	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



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 AGED 0-7

- 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.

MEMBERS AGED 8-10

- Must have an adult in the building at all times unless in a YMCA program.

- Must pass a swim test to swim without an adult – unless otherwise specified the adult must be in the pool area.
- May utilize the Youth Center any time it is staffed.
- May NOT use any of the exercise equipment (Cardio, Weight, or Free Weights).
- May utilize the gymnasium and the track without adult supervision.

MEMBERS AGED 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. Youth must wear a wristband—picked up from Welcome and Fitness Centers—to signify their completion of an Equipment Orientation.

- May participate in Group Exercise classes with adult supervision.
- May utilize the Youth Center when it is staffed.

*Must be 11 AND in 6th grade.

MEMBERS AGED 15-17

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

FOR A SAFE Y EXPERIENCE



Summertime Fun

Bridging Gaps at Lincoln Youth Center

For over 30 years, the YMCA of Greater Kalamazoo has had a presence at Lincoln International Studies School working with school-age students to provide academic support, basic needs, and access to enriching activities. Led by Association Outreach Director Jennifer Shea, the Y had 75 students participating in after-school programming during the 2023 school year and 65 in the summer program. Students receive the resources and support they need to thrive at grade level and to minimize summer lag with the help of certified teachers—who provide tailored, one-on-one teaching to meet each student’s needs.

Consistently, YMCA data shows a strong correlation for participants and important outcomes that include improved social-emotional skills, increased school

attachment, and improved school conduct.

SUMMER PROGRAM

During the summer, the Y at Lincoln offers a six-week academic enrichment program that helps to combat “summer slide”, the distinct learning loss that students can experience when out of school for a long-period of time. Participants receive directed learning experience in the morning from certified teachers and engage in extracurricular activities in the afternoon like art, crafts, STEM learning, field trips, and more! In 2023, 92% summer program participants showed at least a two-month grade level growth in reading! And we expect 2024 summer students to experience similar successes.

LEARNING TO SWIM

One of the favorite extracurricular

- Summer Learning
- Safety Around Water
- and more!

activities that is staple to the Y’s presence at Lincoln is the “Safety Around Water” program which teaches swim lessons through weekly trips to the municipal KIK POOL, where Y aquatics staff teach important, life-saving water skills.

MORE THAN ACADEMIC SUPPORT

Other Y Lincoln projects include food distribution through the partnership with Loaves and Fishes, and the distribution of school supplies, clothing, and annual Thanksgiving Day meal baskets.

Have Questions?

Reach out to Association Outreach Director, Jennifer Shea at (269) 345-9845 or jshea@kzooyymca.org

Be Water Ready This Summer

As "America's swim instructor," the Y teaches children of all ages and from all backgrounds that water should be fun—not feared.

From oceans to lakes and streams to swimming pools, water is everywhere, and with more than 11,000 lakes in Michigan alone, water safety is a year-round and

lifelong priority.

Parents and guardians have a critical role to play in teaching their kids water safety skills, but they don't have to do it alone! Increase your family's water safety, with swim lessons available for Youth and Adults at the Y!



Water Safety Facts

9 in 10

of U.S. parents see swimming as a key life skill for their children

but 24%

of U.S. parents have low confidence in their kid's ability to stay safe in the water

Bright Beginnings Start Here

At the Y, we believe all kids have potential and should have the opportunity to discover the world and express themselves! We take pride in preparing children for kindergarten and beyond.

Serving the Northside, our newest childcare offering—the Northside YMCA Early Learning Center—is enrolling today! Tailored for children between the ages

of 2 years and 9 months and 5 years, our distinctive preschool programs go beyond the classroom—adding regular swimming and tennis lessons, field trips, and family engagement opportunities, into our engaging, creative curriculum.

"Serving the neighborhood with this new pre-school program is an honor," says CEO and President Dave Morgan.

Register Today!

Contact the Childcare Office at (269) 345-9622 x167 or via email at childcare@kzoymca.org





HEALTH AND WELLNESS

CLASS/PROGRAM	DESCRIPTION	LOCATION
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
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
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.	Maple 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
Cardio Drumming	Cardio drumming combines an aerobic workout with drumming movements. It's a low-impact workout that people of all ages and fitness levels can do! It helps improve your motor skills and hand-eye coordination and can even help lessen the symptoms of some health conditions.	Portage
Classic Strength Chair Fitness	A full-body strength training class designed to build strength, improve bone density, and decrease body fat while increasing lean muscle through basic moves and range of motion. A chair is used for support. All levels welcome. Ideal for the healthy aging population.	Maple Portage
Core™ Les Mills	This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention.	Portage
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
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)
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
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

CLASS/PROGRAM	DESCRIPTION	LOCATION
LiveSTRONG® at the YMCA	Livestrong at the YMCA® is an evidence-based, small-group physical activity and well-being program led by trained staff. Participants meet at the YMCA twice a week through 12-weeks for 90-minutes each session. Participating YMCAs create a welcoming community in which cancer survivors can improve their strength and fitness, diminish the severity of therapy side effects, develop relationships, and improve their quality of life. Since 2007, the LiveSTRONG® Foundation has been Y-USA's partner in developing and delivering LiveSTRONG at the YMCA®. Please contact Shashu Baraka for more information at sbaraka@kzooyymca.org	Portage
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, strength, and balance. When combined with treatment programs, Moving for Better Balance® may help alleviate the symptoms associated with other chronic diseases and conditions.	Maple
Pickleball: Beginner <i>Fee-based</i>	Introductory class will focus on safety, scoring, rules, serving, and returns. This class is for players new to the sport.	Portage
Pickleball: Drills and Play <i>Fee-based</i>	Introductory class will focus on safety, scoring, rules, serving, and returns.	Portage
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
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
SilverSneakers® BOOM™ Muscle	High intensity with no to low impact. The only prerequisite to this class is the ability to get on and off the floor. This class uses mats, hand weights, resistance bands, small (Pilates) balls, and stability balls. SilverSneakers® BOOM™ Muscle is for anyone. The BOOM™ formats were developed with the baby boomer in mind who isn't ready for chair fitness. Arrive 10-15 minutes early to gather your equipment and ask any questions you may have. First time participants, please contact Shashu Baraka at sbaraka@kzooyymca.org prior to attending.	Maple
SilverSneakers® Chair Yoga	SilverSneakers® Yoga will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.	Maple Portage



CLASS/PROGRAM	DESCRIPTION	LOCATION
SilverSneakers® Circuit	SilverSneakers® Circuit offers standing low-impact moves that alternate with standing upper-body strength. A stability ball may be incorporated to help improve balance and range of motion. The class can be adapted for all fitness levels.	Maple Portage
SilverSneakers® Classic	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. A variety of equipment is used for resistance. A chair is used for support.	Portage
Sprint8GX <i>Fee-based</i>	Sprint8GX is not your typical group training program. Unique in its design, Sprint8GX combines sprint-intensity cardio and strength building movements. Tested and proven, Sprint 8 results go beyond burning fat and building muscle to improving blood chemistry.	Maple Portage
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
Step Challenge	Cardiovascular conditioning on the step with challenging choreography, followed by strength and resistance training.	Portage
Tai Chi	Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through movement—connecting the mind and body.	Portage
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
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
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
Women & Men’s Self Defense <i>Fee-based</i>	This self-defense class is intended to raise the consciousness of self-awareness in all surroundings. Prepare to physically and mentally defend yourself to deal with situations that may be potentially dangerous. These classes will help build self-esteem, self-confidence, and develop self-defense techniques using proven basic common-sense fighting skills. *Pre-registration required for this fee-based class. Offerings for men and women available.	Maple Portage
WOW: Women on Weights	Ladies-only fitness led by one of our female personal trainers in a private space!	Maple Portage
Yoga	In this all levels class, postures are practiced to align, strengthen, and promote flexibility. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body’s range of motion with standing postures, twists, back bends, forward folds and hip openers. Yoga mats, blocks and straps are provided if needed.	Maple Portage
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

ARE YOU CONNECTED?

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

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





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

July 8-Sept. 25, 2024

Registration dates: May 20-June 28

Oct. 7-Dec. 18, 2024

Registration dates: Aug. 19-Sept. 27

ACTIVE FOR LIFE DIRECTOR

Shashu Baraka
sbaraka@kzooyymca.org
269.459.4856



**Fee-based. Medical clearance required.*

LIVESTRONG

AT THE YMCA

LIVESTRONG at the YMCA is an evidence-based, 12-week health and wellness program designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and the disease itself. The class meets twice per week.**

The goal of the small group series is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability. Participants receive a free family membership with program enrollment.

NEXT SESSION DATES

Sept. 3-Nov. 21, 2024

Registration dates: July 22-Aug. 23

ACTIVE FOR LIFE DIRECTOR

Shashu Baraka
sbaraka@kzooyymca.org
269.459.4856

***Medical clearance required.*





IMPORTANT FITNESS CENTER INFORMATION

GROUP EXERCISE AT THE YMCA

At the YMCA of Greater Kalamazoo, we strive to offer a variety of group fitness class for all levels and abilities.

When you join one of our over 100 free-to-member classes, you get a certified and experienced instructor to motivate and encourage you while also keeping you safe by ensuring proper form and technique. Group Exercise can help you reach your goals more quickly by offering accountability and community in a fun and driven atmosphere.

Register for a Group Exercise class today on MotionVibe! If you need any guidance or input on where or how to get started please reach out to Rebecca Lillie (rlillie@kzoymca.com) for help.

EQUIPMENT ORIENTATION

At the Y, it is important that all members feel safe and comfortable while utilizing the equipment and services in our facilities. An Equipment Orientation can help you begin your wellness journey! This FREE session offers you a step-by-step guide on how to use the equipment in the Fitness Center, with expert guidance from our Wellness Staff.

YMCA Wellness Staff is available to answer your questions and help you determine correct weight and resistance on the machines. To schedule an Equipment Orientation, register on MotionVibe or stop at the Member Services desk.

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. Group Exercise Room vs. cardio vs. weight-lifting)

5. If there is an issue with any of the equipment, please inform staff.

Allow others to work-in and workout around you, and respect equipment time limits.

During special programming, certain machines are affected, and members are expected to share.

During peak times, all members must observe the 30 minute time limit on cardio machines. If another member is waiting, please allow them a turn.

Be respectful of other members and guests.

Members, guests, and participants may not record or take photos with any type of device in any area of the facility without management approval.



PERSONAL TRAINING

UPGRADE YOUR LOCKER EXPERIENCE

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

PERSONAL TRAINING AVAILABLE NOW

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

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

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

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

Semi-Private Training Rates Per Person

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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UNDERSTAND YOUR HEALTH & BODY

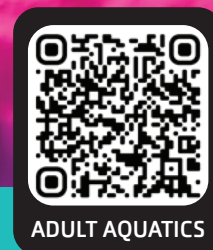
The InBody composition scale gives accurate analysis for standard measurements like Percent Body Fat, Skeletal Muscle Mass, BMR, and more. Auto-calibrated and user-friendly, testing is fast and easy. Detailed print-outs are provided with each scan, including comparative results, making it ideal for tracking progress. Scans are \$15 each and are included in Personal Training plans.

SCHEDULE A SCAN

Contact Maple Fitness Coordinator, Ashley Seiler aseiler@kzoymca.org



AQUATICS



Youth/Teen Instructional Classes

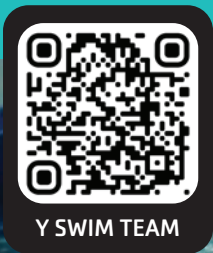
CLASS/PROGRAM	DESCRIPTION	LOCATION
Level A 6 months–2 years	30 minute swim lesson with a parent/caregiver in the water. Focus is on water exploration, adjustment, and fun.	Maple Portage
Level B 2–4 years	30 minute swim lesson with a parent/caregiver in the water. Focus is on safety and learning to swim independently of the adult, while using flotation devices.	Maple Portage
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
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
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
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
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
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
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
Adaptive Swim Lesson 6–11 years	Modified for youth with disabilities or special needs. This class provides a safe environment for students to learn about water safety while developing swim skills. Parents/caregivers should be prepared to be in the water or on deck depending on the instructor’s wishes.	Portage
Red Cross Lifeguard Ages 15+	Become a certified Red Cross Lifeguard. Ages 15+. Must be able to swim 300 continuous yards with proper breathing technique. See website for dates, times, and location.	TBD

Adult Aquatics: Instructional & Fitness

CLASS/PROGRAM	DESCRIPTION	LOCATION
Adult Open Swim	Time where adults may use the pool for exercise, therapy, or relaxation. No lane lines will be in the pool.	Maple
Arthritis	Gentle water exercise with a focus on joint mobility, stability, flexibility, and strength.	Maple Portage
Aqua Jam	Have some fun with this low impact, cardio, dance fitness workout in the pool.	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.	Maple
Deep Water Exercise	Conducted in the deep end of the lap pool, this is a full-body workout. Class focuses on muscular strength motions that work the body's major muscle groups, as well as motions that work with core and balance. Flotation and resistance equipment are used. Population: people who have been active for the last 3-6 months with no physical limitations.	Portage
Family Swim	Pool time for parents and kids. Register through MotionVibe. Only one member needs to register for the time slot. You may bring up to five additional members of the same household in to swim at the designated time. Any child requiring flotation or under the age of 8 must have an adult in the water with them.	Maple Portage
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
Water Power	Our most intense water class offered, takes place in the shallow and deep end of the pool and uses resistance equipment.	Maple

Swim Team: Southwest Y Sharks

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



**SOUTHWEST Y
SHARKS**



TENNIS

TENNIS SESSION DATES:

June: 6/10–6/28

July: 7/8–7/26

August: 7/29–8/22*

**skip 8/5–9 for USTA Nationals*

Adult Tennis

CLASS/PROGRAM	DESCRIPTION	JUNE	JULY	AUGUST
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
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

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 kzooyymca.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.

NEW! Youth Tennis Camp at Portage

For the Competitors 1, 2, and 3 level, this summer camp is designed to build camper's confidence in matches, improve skills through play and drills, and have a blast! Offered at the Portage YMCA, Monday through Thursdays 9am–12pm.



YOUTH TENNIS



COURT RENTALS



ADULT TENNIS

Youth/Teen Tennis

CLASS/PROGRAM	DESCRIPTION	JUNE	JULY	AUGUST
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.	Portage	Portage	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.	Portage	Portage	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

SUMMER GAMES 2024



While the world turns its eyes to Paris for the 2024 Summer Olympics, the YMCA of Greater Kalamazoo is planning **SUMMER GAMES** right in our community! Get ready for our own version to challenge ourselves in **BODY, MIND, and SPIRIT**—something for the whole family. Watch for details!

Summer Games will run July 22 - August 11