



FOR ALL

YMCA of Greater Kalamazoo
2023 Winter Program Guide
The Y. For a Better Us.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A MESSAGE FROM DAVE MORGAN

President and CEO

This is a time of reflection and planning for the New Year. 2022 was a year of wonderful things that happened at the YMCA of Greater Kalamazoo. We added several Group Exercise classes to the schedule and made significant building improvements. I could take several pages to describe them all (see the highlights on the next page), but I am most proud of recent work in the area of Youth Development. First, I am reminded of my days as a young kid sneaking into my local Y. Not much to do and so much energy to burn. As some of you know, my life's trajectory was changed dramatically by my Y experience. As I reflect back, I am reminded of a quote that was written on the wall at that Y. It simply said:

**The youth a community builds,
builds the community.**

That quote reminds me every day of our obligation to build up our youth, to help them reach their full potential in life. This work has never been more apparent than in our new relationships with groups like Men of Purpose and the Portage Public School District.

Each week at the Maple Street Y, volunteers from Men of Purpose, in conjunction with Y staff, serve as role models to help guide dozens of young men, sharing their wisdom and experience on how to be productive members of our community.

In Portage, we have expanded our Out of School Time programming by adding seven new before and after-school Prime Time locations. This program, along with our already existing programs in Kalamazoo, now serve over 700 kids each day. Our programs focus on providing physically active, learning, and imaginative activities that encourage exploration—all of which help our kids thrive.

While each program is unique, both have similar goals. To provide healthy out of school time for youth in and around our community, so they can reach their fullest potential.

These are just a few ways your commitment to the Y helps build our community. I recommend you take some time to review the rest of this guide to find ways that we can help you reach your fullest potential.

Friends on a mission,



Dave Morgan
President and CEO, YMCA of Greater Kalamazoo



OVER \$1 MILLION IN FACILITY INVESTMENTS & IMPROVEMENTS IN 2022

This year, we've made significant progress in addressing necessary repairs and preventative maintenance projects that help us to better manage facility costs and provide a better, safer, and accessible Y experience. Listed are some of the major projects we've completed in 2022:

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Portage Improvements

- › Roof Repairs
- › Flooring Upgrades
 - Tennis
- › Lighting
 - Wellness Center
 - Gymnasium
- › Accessibility Improvements
- › Security Upgrades
 - Cameras
 - Locker room privacy stalls
- › Heating, Plumbing and Ventilation
 - Boiler Replacement
 - Pool UV System Addition
 - HVAC Additions/Replacements
 - Cycling Center
 - Free Weight Area
 - Wellness Center
 - Offices
 - Tennis
 - A frame
 - Group Exercise

Maple Improvements

- › Roof Repairs
- › Flooring Upgrades
 - Gymnasium
 - Racquetball Courts
 - Group Exercise Room
- › Accessibility Improvements
 - Tennis Entry
- › Security Upgrades
 - Cameras
- › Window Replacements
 - Wellness Center
 - Offices
 - Child Care
 - Youth Center
- › Heating, Plumbing and Ventilation
 - Shower Improvements
 - Boiler Replacement
 - HVAC Additions/Replacements
 - Tennis
 - Preschool
 - Offices

DID YOU KNOW?

updated as of 11/22

22%
of ALL Y members are
on Financial Assistance

that's

1 in 5
members

2,500
of those members
being teens or youth

with

5,400
total members

or

\$364,199
total aid awarded in 2022

which is a

40%
increase over 2021

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, 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*
 - Access to Y locations across the country**
- *Fee-Based*

FINANCIAL ASSISTANCE

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

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

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

AREAS OF FOCUS

The Y is a cause-driven organization that is for Youth Development, Healthy Living, and Social Responsibility. That's because a strong community can only be achieved when we invest in our kids, our health, and our neighbors.

WHY JOIN THE Y?

The Y is committed to helping you thrive at each stage of life. Commit yourself to a healthier lifestyle with a Y membership to help you achieve your goals and live up to your best potential.

TWO EASY WAYS TO JOIN

 VISIT  ONLINE at www.kzooYMCA.org

STAY INFORMED

Y Connections
Weekly Newsletter



www.kzooYMCA.org

WE ARE
BETTER
TOGETHER

“Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than dream: work.” — William Arthur Ward

MAPLE

1001 W Maple St.
Kalamazoo, MI 49008
269.345.9622

FACILITY AMENITIES:

- 24/7 Access*
- Aquatic Center (lap pool, instructional pool w/zero-depth entry, wading/splash pool, resistance pool, hot tub)
- Badminton
- Basketball Courts/Gymnasium
- Cardio, Strength, and Free-Weight Areas
- Early Learning Preschool Center*
- Group Exercise Rooms
- Kids Zone drop-in child care*
- Locker Rental*
- Locker Rooms (all-access, full service*, women's/girls', mens'/boys')
- Racquetball Courts
- Sauna*
- Steam Room*
- Stretch Zone
- Tennis Courts (indoor)*
- Towel Service*
- Track
- Youth Development Center (rock climbing wall, ping pong, foosball, outdoor Gaga Pit, retro gaming console)

PORTAGE

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

FACILITY AMENITIES:

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

LINCOLN

912 N. Burdick St.
Kalamazoo, MI 49007
269.345.9845

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

Association Outreach Director

Jennifer Shea
269.345.9622 ext 845
jshea@kzooyymca.org



WINTER SESSION

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

Spring I Registration Opens at 1pm:
Tuesday, Feb. 7 (Members)
Thursday, Feb. 9 (Community)

Spring II Registration Opens at 1pm:
Tuesday, April 4 (Members)
Thursday, April 6 (Community)

Session Dates:

Winter Session: Jan. 9-Feb. 25
Spring Session I: Feb. 27-April 22
Spring Session II: April 24-June 10

FUTURE SESSIONS

SUMMER I & II

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

Summer I Session Dates:
June 12-July 22

Summer II Session Dates:
July 24-August 26

SUMMER CAMP INFO

Registration Opens:
March 27
Session Dates:
Full Day Camp: June 12-August 25

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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

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



Y EARLY LEARNING

1001 W Maple St. Kalamazoo, MI 49008

PHILOSOPHY

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

PROGRAM HIGHLIGHTS

- Licensed by the State of Michigan
- Great Start to Quality participant
- Great Start to Readiness Program (GSRP) Participant—NEW!
- KC Ready 4s partner
- Creative Curriculum
- Swim lessons
- Tennis lessons
- Nature walks
- Physical education class
- Financial assistance available

YMCA MEMBERSHIP

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

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

EARLY LEARNING DIRECTOR

Tim Sheldon
269.345.9622 ext. 161
tsheldon@kzooymca.org

PRIME TIME

Prime Time is before and after school care for Kalamazoo Public School and Portage Public School students in grades K-5 located at several elementary schools including the Maple YMCA. Prime Time engages kids in physically active, educational, and imaginative activities that encourage exploration of who they are and what they can achieve. Our programs are inclusive and offer a combination of free-choice and structured age-appropriate activities.

Our program includes the CATCH curriculum, which aims to engage children in intentional physical activity and nutrition education. We also offer healthy afternoon snacks, academic support, STEM, character development, and more! We promote the Y's 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 kzooymca.org, scan QR code, or email childcare@kzooymca.org.

OUT-OF-SCHOOL TIME (PRIME TIME) DIRECTOR

Corey Clark
269.345.9622 ext. 171
cclark@kzooymca.org



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

LEARN ABOUT LINCOLN ELEMENTARY PROGRAM

SERVING LINCOLN COMMUNITY SINCE 1990

At the Lincoln YMCA, Kalamazoo's Northside youth participate in various after-school activities such as mentoring, tutoring, homework support, games, and social and emotional learning.

During the summer, the Lincoln Y runs a summer achievers camp for K-5 students. The program focuses on combating the summer slide, as well as literacy enrichment with certified teachers using the LitCamp curriculum. In the afternoon, the program turns into a YMCA camp where youth participate in CATCH or SPARKS curriculum for physical activity, art and crafts, swimming and water safety lessons, tennis lessons, field trips, and a family involvement component.



The Lincoln Y also offers a food pantry, where community members may come in and shop at any time for food, household necessities, and clothing as needed.

Keep up with our social media and sign up for our weekly newsletter to see how you can support Lincoln youth!



HEALTHY KIDS UNIVERSITY AT THE Y THIS SESSION

Healthy Kids University, a free-to-member program for youth ages 5-12, is now open at the Portage Y on Tuesdays, Wednesdays, and Thursdays 5:30-7:00pm.

Drop off your child for a fun YMCA experience that provides a safe space for play, learning, and growth. During this time your child will participate in organized sports and games, as well as exercise in the gym. Participants will also make new friends each week.

To learn more about Healthy Kids University, contact the Youth Sports Coordinator Tyler Morgan at tmorgan@kzooyymca.org or 269.324.9622.

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

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

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

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

COST

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

MAPLE HOURS

Monday—Thursday: 8:00am-7:30pm
Friday: 8:00am-6:00pm
Saturday: 9:00am-12:00pm
Sunday: Closed

PORTAGE HOURS

Weekday Mornings: 8:45am-1:00pm
Monday—Thursday
Evenings: 4:15pm-7:15pm
Saturday: 8:15am-1:00pm
Sunday: Closed

REQUIRED DOCUMENTS

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



KIDS ZONE

Youth Development

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Middle School Night Out Grades 6-8	Calling all middle schoolers! Whether your child enjoys dodgeball, volleyball, swimming, basketball, tennis, music, or pizza, they will have lots to do in this Saturday, after-hours event.	Maple Portage	Maple Portage	Maple Portage
Itty Bitty Basketball Class Pre K-K	This class will help your child learn the basics of dribbling, shooting and passing through drills, activities and skill-related games.	Maple Portage	Maple Portage	Maple Portage
Rookie Basketball Class Grades 1-2	This class will help your child learn the basics of dribbling, shooting and passing through drills, activities and skill-related games.	Maple Portage	Maple Portage	Maple Portage
Basketball Class Grades 3-5 Grades 6-8	Class will help your child improve on the basics of dribbling, shooting and passing through drills, activities and scrimmaging.	Portage	Portage	Portage
Taekwondo 4+ years	Taekwondo offers a great way for youth and adults to build confidence, self-esteem, respect, discipline, strength, flexibility and patience in a teamwork setting. Our instructors teach how to channel energy into a positive attitude in a fun and active atmosphere.	Maple Portage	Maple Portage	Maple 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, and floor hockey.	Maple Portage	Maple Portage	Maple Portage
Ballet 4+ years	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)	Move with Joy (Off-Site)
Jazz/Hip Hop/ Acro Dance Class 4+ years	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)	Move with Joy (Off-Site)
Mini Sports Camp 5-12 years	This half-day camp gives youth the opportunity to play a variety of games and activities throughout the week. Participants will have fun while learning to play different sports. Bring a bathing suit, towel and snack every day to camp.	—	Maple Portage	—
Beginner & Intermediate/ Advanced Fencing 11+ years	These classes teach participants about the sport of fencing from skilled instructors with En Pointe Fencing Club. Equipment is provided. Please wear comfortable gym attire.	Maple Portage	Maple Portage	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)	The Dome (Off-Site)
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	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	—
Pint Sized Play	This class includes free play, games, and parachute time that stimulates cognitive development and physical and social skills. Parent and child interaction throughout the session.	Portage	Portage	Portage



YOUTH CLASSES



YMCA FACILITY ACCESS YOUTH GUIDELINES

The safety of all youth at the Y is paramount. All individuals must check in at the YMCA Member Service desk so we can verify your identity and your Member/Guest privileges. For everyone's safety, please adhere to the following age-specific rules:

MEMBERS AND GUESTS THROUGH AGE 7

- Must be accompanied by and participating with an adult in all areas unless taking a program (i.e. swim lessons or tennis class).
- Kid Zone is provided for youth members for an additional fee per family per month.
- May NOT use any of the exercise equipment (Cardio, Weight or Free Weights).
- May utilize the gymnasium and track with adult supervision.
- May use a Guest pass when accompanied by an adult 18+.

MEMBERS AND GUESTS THROUGH AGES 8-10

- Must have an adult in the building at

all times unless in a YMCA program.

- Must pass a swim test to swim without an adult – unless otherwise specified the adult must be in the pool area.
- May utilize the Youth Center any time it is staffed.
- May NOT use any of the exercise equipment (Cardio, Weight, or Free Weights).
- May utilize the gymnasium and the track without adult supervision.
- May use a Guest pass when accompanied by an adult 18+.

MEMBERS AND GUESTS THROUGH AGES 11*-14

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

(Cardio, Weight and Free Weights) only AFTER completing an equipment orientation or with adult supervision.

- May participate in Group Exercise classes with adult supervision.
 - May utilize the Youth Center when it is staffed.
 - May use a Guest pass when accompanied by an adult 18+.
- *Must be 11 AND in 6th grade.

MEMBERS AND GUESTS THROUGH AGES 15-17

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

FOR A SAFE Y EXPERIENCE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AWAKEN SUMMER IMAGINATION

Kick Off Summer With Healthy Kids Day®!

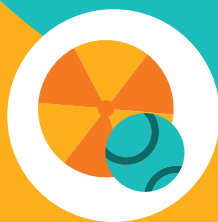
Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination so they can explore new activities and healthy habits. Join us!

**Saturday
April 29**
EVENT IS FREE
& OPEN TO THE
PUBLIC



SUMMER CAMP 2023

BEST SUMMER EVER™



FOR MORE INFORMATION:

Childcare Office Coordinator

Kristen Campbell
269.345.9622 x167
childcare@kzooyymca.org

Maple YMCA Portage YMCA

June 12–Aug. 25
Registration Opens: March
27, 2023

Registration Costs:

Member: \$190
Community: \$205



SUMMER CAMP

AQUATICS



YOUTH AQUATICS



Youth/Teen Instructional Classes

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING 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	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	Maple Portage
Level 1 & 2 3–5 years	30 min swim lesson without a parent/caregiver in the water. Children should be able to jump independently and swim horizontally with face in the water (without flotation). Child should also be comfortable getting their eyes wet while blowing bubbles.	Maple Portage	Maple Portage	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	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	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	Maple Portage
Level 4 6–12 years	45 minute swim lesson. Children should be able to swim the length of the pool in a horizontal position without flotation, and swim on their front & back for least 25 yards unassisted and without flotation. Must be comfortable putting their in face in the water.	Maple Portage	Maple Portage	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	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	Portage
Early Teen Swim Lesson 6–12 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	Maple

Adult Aquatics: Instructional & Fitness

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING 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	Maple
Arthritis	For ages 15+, gentle water exercise with a focus on joint mobility, stability, flexibility, and strength.	Maple Portage	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	Maple
Deep Water Exercise	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.	Portage	Portage	Portage
Family Swim	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.	Maple Portage	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	Maple Portage
Stretch and Tone	Shallow water exercise: Cardio based water exercise class taught in the shallow end of the pool. Participants must be high school age or older. An entire body workout that is easier on the joints compared to land workouts.	Portage	Portage	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	Maple

Swim Team: Southwest Y Sharks

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Pre-Competitive 8-13 years	1 hour swim practice. Swimmers should be able to pass a Level 5 swim class before participating, swim 200 yards, 100 yards of continuous Freestyle and Backstroke, and have working knowledge of Breaststroke, Butterfly, and flip turns.	Maple	Maple	Maple
Swim Team 8-18 years	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	Maple

**SOUTHWEST Y
SHARKS**



ADULT AQUATICS



Y SWIM TEAM

TENNIS



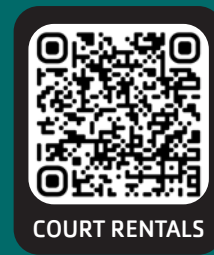
Adult Tennis

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Adult Beginner 2.0 NTRP-Beginner	This class gives novice players the skills and confidence by using transitional balls to learn to play singles and doubles. This is a great class if you're looking to start your tennis game. Players will train to develop their game for USTA adult league and tournament play.	Maple Portage	Maple Portage	Maple Portage
Adult Intermediate 3.0-3.5 NTRP	This class fine tunes the fundamentals for players with previous playing/lesson experience. Players develop skill sets necessary to compete at appropriate NTRP ratings within the USTA adult leagues. USTA adult leagues and tournament play is encouraged.	Maple Portage	Maple Portage	Maple Portage
Adult Advanced 3.5-4.0 NTRP	High-intensity practices with the overall objective of developing all-court players. Pro-approval is required. Players develop skill sets necessary to compete at appropriate NTRP ratings within the USTA adult leagues. USTA adult leagues and tournament play is encouraged.	Portage	Portage	Portage
3D Dynamic Doubles Drill 3.5-4.0 NTRP	Fast paced drop-in drills for doubles players. Drills are based on aggressive net play and intense doubles play. This drill based training session is a great addition to bring your game and USTA match play to the next level.	Maple Portage	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	Maple Portage
Singles Drop-in Drills 3.0-3.5 NTRP	Match play and drills for singles players 3.0 NTRP - 3.5 NTRP. This drill based training session is a great addition to bring your singles game and USTA match play to the next level.	Portage	Portage	Portage
Women's Doubles League 2.5-3.5 NTRP	League players rotate partners throughout the session. Leagues run on Mondays, Tuesdays, and Thursdays. Registration is required.	Portage	Portage	Portage
Men's Doubles League 3.0-3.5 NTRP	League players rotate partners throughout the session. League runs on Thursday nights from 7:30pm-9pm. Registration required.	Portage	Portage	Portage

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 kzooyca.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.

Youth/Teen Tennis



CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
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.	Maple Portage	Maple Portage	Maple Portage
Futures 4-6 years	Your child will acquire the fundamentals of all tennis strokes using QuickStart as a foundation. Our expert staff will also focus on developing your child's hand-eye coordination and general athletic skills. 36-foot courts will be used with red tennis balls. This class prepares players to participate in red ball points against age-appropriate opponents.	Maple Portage	Maple Portage	Maple Portage
Competitors 1 6-10 years	This class is the first step to becoming a tournament level tennis player. We will focus on stroke technique, as well as learning how to compete with other children in a controlled environment. Sportsmanship and fair play will be emphasized. We will also introduce off-court strength and quickness training. This class prepares children to participate in red ball matches against similar age and skill leveled opponents. Involvement in USTA red ball match play is encouraged.	Maple Portage	Maple Portage	Maple Portage
Competitors 2 7-12 years	By now, children can rally and serve consistently and are developing directional control. Our goal is to develop a well-rounded, competitive game for your child. Strength and quickness will be developed through off-court training. 60 ft. courts will be used with the orange progression ball. Players may be introduced to full court green ball tennis. This class prepares players to participate in orange ball match play against similar skill leveled opponents. Involvement in USTA orange ball tournament play is encouraged. Pro-approval for the class is required.	Maple Portage	Maple Portage	Maple 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.	Maple Portage	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	Maple
High School 2 Formerly known as Varsity	Class consisting of junior varsity to varsity players looking to make a greater impact on their HS 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 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	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 and UTR. Classes are based around competitive situations and advanced stroke technique. Participants should have the desire to play college tennis. Pro approval is required.	Maple	Maple	Maple



HEALTH AND WELLNESS



CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Active8* <i>*Fee-based</i>	An 8 week small group training program that meets once/week for 60 minutes. Class is broken down by 20 minutes of Sprint 8 cardio, 30 minutes of strength work and finishes with 10 min of flexibility. Add in the motivation of a personal trainer and team accountability for your success.	Maple Portage	Maple Portage	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	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	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	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	Maple Portage
Classic Strength Chair Fitness	A full-body strength training class specifically designed to build strength, improve bone density, and decrease body fat while increasing lean muscle through basic moves and range of motion. A chair is used for support. All levels welcome. Ideal for the healthy aging population.	Maple Portage	Maple Portage	Maple Portage
Golf Lessons* <i>*Fee-based</i>	Participants will learn the full swing, short game, sand, video analysis and playing lessons. Clubs and balls will be provided. Class will be taught by Golf Pro Sharon King. Lessons will be at The Dome in Schoolcraft on US 131.	The Dome (Off-Site)	The Dome (Off-Site)	The Dome (Off-Site)
Group Cycling	Great cardiovascular and leg workout that consists of a warm-up, varied intensity intervals, and a cool down. All fitness levels welcome.	Maple Portage	Maple Portage	Maple Portage
Moving for Better Balance®	Moving for Better Balance® is an evidence-based program developed by researchers at the Oregon Research Institute. Based on the principles of Tai Chi, this program offers a slow and therapeutic workout that addresses key components of fitness including flexibility, muscle strength, and balance. When combined with treatment programs like Moving for Better Balance® may help alleviate the symptoms associated with other chronic diseases and conditions.	Maple	Maple	Maple

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Dance Fitness	Get ready to get fit while having fun in Dance Fitness! Variety is the spice of life and this class brings many styles of dance fitness to the table including Zumba, Pomsquad, Hip-Hop and more! It includes everything you need for a full body workout with Cardio, Strength and Toning movements. All levels are welcome and encouraged to attend!	Maple Portage	Maple Portage	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.	Maple	Maple	Maple
LIVESTRONG at the YMCA® <i>*Fee-based</i>	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-USAs partner in developing and delivering Livestrong at the YMCA®. Please contact Shashu Baraka for more information at sbaraka@kzooyymca.org	Portage	Portage	Portage
Moving for Better Balance®	Moving for Better Balance® is an evidence-based program developed by researchers at the Oregon Research Institute. Based on the principles of Tai Chi, this program offers a slow and therapeutic workout that addresses key components of fitness including flexibility, muscle strength, and balance. When combined with treatment programs like Moving for Better Balance® may help alleviate the symptoms associated with other chronic diseases and conditions.	Maple	Maple	Maple
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@kzooyymca.org.	Maple	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	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	Maple
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	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	Maple Portage



HEALTH & WELLNESS



CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Hi Lo	Hi Lo is a dynamic cardiovascular training program that combines a mix of high and low impact aerobics which will keep your heart rate up and your body moving. All levels are welcome to attend as there are always ways to modify based on your needs and experience. Modifications and suggested adaptations will be offered by our talented instructor.	Portage	Portage	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	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@kzooyca.org prior to attending.	Maple	Maple	Maple
Silver Sneakers BoomMuscle®	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	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	Maple Portage
Silver Sneakers Classic	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A variety of equipment is used for resistance. A chair is used for support.	Maple Portage	Maple Portage	Maple Portage
Total Body Conditioning	Total body conditioning classes incorporate strength exercises and cardio segments using equipment such as dumbbells, stability balls, and steps. These classes are intended to provide total fitness and overall toning by working every major muscle group in one workout.	Maple Portage	Maple Portage	Maple Portage
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	Maple Portage
Women's Self Defense* <i>*Fee-based</i>	This women's self-defense class is intended to raise the consciousness of self-awareness in all surroundings. Prepare to physically and mentally defend oneself to deal with situations that may be potentially dangerous. These classes will help build self-esteem, self-confidence, and develop self-defense techniques using proven basic common-sense fighting skills. *Pre-registration required for this fee-based class.	Maple Portage	Maple Portage	Maple Portage
Yoga	In this all levels class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, back bends, forward folds and hip openers. Yoga mats, blocks and straps are provided if needed.	Maple Portage	Maple Portage	Maple Portage
FITCAMP 8-12 years	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	Maple Portage
FITCAMP Teen 13+ Years	A teen-oriented, fun-filled, full body workout that includes light weight and body weight exercises, agility and speed, balance and flexibility. Geared toward ages 13+.	Portage	Portage	Portage
WOW: Women on Weights	Ladies-only fitness led by one of our female personal trainers in a private space!	Portage	Portage	Portage

NEW CLASSES!



IMPORTANT FITNESS CENTER INFORMATION

MOTIONVIBE

The Y at Maple and Portage require reservations for family swim, water fitness, and group exercise, using our smart phone or desktop app called MotionVibe.

Available on Apple, Android, and desktop, you can register and view your reservations from almost anywhere! Remember, registration for fitness activities opens up at 7am the day before, and for aquatics, the times open the day before in staggered intervals.

EQUIPMENT ORIENTATION

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

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



FITNESS CENTER ETIQUETTE 101

As we find ourselves continuing, returning to, or even beginning a new exercise routine, some of us may feel intimidated coming into a gym.

No matter where you are on your health and wellness journey, the Y wants to ensure that everyone feels welcomed and comfortable in our facility.

Here are some guiding principles for everyone, to remind the regulars and welcome the newcomers:

Remember the golden rule!

Everyone is at a different place in their journey, and we should celebrate each other's progress.

Clean up after yourself and respect the space.

1. Wipe down all equipment, weights, mats, etc. with the provided cleaning materials immediately before and after use.
2. Return weights to the rack when you are finished, and for the safety of others, please do not leave mats, bands, or other exercise equipment on the floor when not in use.
3. For the safety of yourself and others, please wear appropriate clothing for exercise, which includes clean, indoor workout shoes.
4. Familiarize yourself with the rules on posted signage, as each space has different expectations (i.e. yoga vs. weight-lifting)

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

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

During special programming, certain machines are affected, and members are expected to share. Please police yourself and be kind to one another.

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

Be respectful of other members and guests.

Members, guests, and participants may not record or take photos with any type of device in any area of the facility.



PARKINSON'S PROGRAM

Total Healthwork's Total Parkinson's is a life-changing wellness program. It is founded on evidence-based, structured exercise routines that are focused on strength training and correcting disease-specific physical challenges. They work toward retraining the mind and body.

Designed to empower people with Parkinson's Disease, this fitness class targets symptoms and optimizes physical function.

NEXT SESSION DATES

Program: Jan. 10-March 30
Registration dates: Nov. 28-Dec. 30

Program: April 11-June 29
Registration dates: Feb. 11-March 31



ACTIVE FOR LIFE DIRECTOR

Shashu Baraka
sbaraka@kzooyymca.org
269.459.4856

LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a 12-week health and wellness program designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and the disease itself. The class meets twice per week and a physician's clearance is required.

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

NEXT SESSION DATES

Jan. 3-March 23
Registration dates: Nov. 14-Dec. 16

April 4-June 22
Registration dates: Feb. 27-March 24

ACTIVE FOR LIFE DIRECTOR

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269.459.4856





ACTIVE8 CHALLENGE SMALL-GROUP PERSONAL TRAINING PROGRAM

Do you struggle with consistently getting yourself to the gym? Want to track your progress and see real change? This eight-week program challenges you to get fit with accountability, routine, and a small group team atmosphere!

Your designated personal trainer provides motivation, consistency, and inspiration. Participants will receive a pre and post assessment, weekly workouts, and educational insights to help you work towards your goals.

COST

Members: \$99

Non-members: \$150

NEXT SESSION DATES

Jan. 16–March 10

Registration dates Dec. 16–Jan 21

ASSOCIATION HEALTH AND WELLNESS DIRECTOR

Rebecca Lillie

rlillie@kzooymca.org

269.345.9622 ext. 153

PERSONAL TRAINING AVAILABLE NOW

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

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

60-MINUTE

	MEMBER	COMMUNITY
Single PT Session	\$49	\$65
Package of 5 PT	\$225	\$290
Package of 10 PT	\$425	\$520

30-MINUTE

Package of 5 PT	\$150	\$195
Package of 10 PT	\$285	\$370

Semi-Private Training Rates Per Person

2 people	\$30	\$40
Package of 5 PT	\$140	\$190
Package of 10 PT	\$265	\$350

Small Group Training (SGT)

8 week session	\$99	\$150
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PERSONAL
TRAINING

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the



DID YOU KNOW?

22%

of ALL Y members are
on Financial Assistance

1 in 5

of all our members are
on Financial Assistance

that's

5,400

total members

with

2,500

of those members
being teens or youth

\$364,199

total Financial Aid
awarded in 2022

which is a

40%

increase over 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY