

AQUATICS

Lap Swim • 16+

Lap swim is designed for organized swimming up and down the length of the pool repeatedly.

During all programs the YMCA will have at least one lane open at all times for lap swimmers. (With the exception of YMCA Tues/Thurs 6:30-8:30 pm swim team)

Pool Rental

Our pool is available for your birthday parties or other special events. It's a unique, fun and healthy way to celebrate a special occasion.

Adult Learn to Swim Lessons • 13+

If you would like a group lesson to improve skills, or if you are terrified of the water, this class is for you! The emphasis in this class is on learning and improving, not on passing or failing.

May 7 – June 25 (no class May 28)
Mon 5:30pm – 6:30pm

Y Members \$25 / Non-members \$50

Private Lessons • 3+

1-on-1 or small group instruction, for those looking to improve stroke, gain confidence or conquer fears.

Accommodation for most special needs
Flexible times (30 minutes in length)

1 lesson

Y Members \$20 / Non-members \$40

4 lessons

Y Members \$70 / Non-members \$150

8 lessons

Y Members \$135 / Non-members \$295

Masters Swim • 18+

Join a swim team for swimmers of all skill levels who are 18 and up. This program is designed to give you coached workouts from a USA Swimming Certified Master's Coach. This program will get you in shape, keep you in shape, get you ready to compete in a triathlon or prepare you to compete in a swim meet, if you choose to compete.

Now – May 15

Sun 11am – 1pm

Tue 7:30pm – 9:00pm

Punch Card (10 Punches)

Y Members \$25 / Non-members \$50

Drop in

Y Members \$3 / Non-members \$10

SPORTS

Racquetball • 14+

Challenge courts on Tuesday will be for those looking to sharpen their skills in a fun game situation. Thursdays will consist of league play open to all levels.

Tue & Thu 5:30pm – 7:30pm

Challenge Courts

Y Members FREE / Non-members \$10

League

Y Members FREE / Non-members \$20

Pickleball • 14+

Pickleball is a fun game that is played on a court with a low net. Combining the elements of tennis, badminton and ping-pong, the rules are simple, so it is easy for beginners to learn how to play.

Tue 9am – 11am & 7pm – 9pm

Y Members FREE

Non-members \$25 for 10 punch card

Pick Up Basketball • 14+

We offer Pickup Basketball on our courts throughout the week. Games are self-monitored. Evenings and mornings are the busiest times for pickup games.

Schedules will be posted onsite and on our website, or call for availability.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIVE FOR A BETTER US.

We're more than a place, we're a cause. The YMCA of Saginaw is dedicated to nurturing the potential of every child and teen, improving our community's health and well-being and giving back by providing support to our neighbors.

PLEASE JOIN US TODAY IN HELPING ADVANCE OUR CAUSE. FOR A BETTER YOU. FOR A BETTER COMMUNITY. GIVE FOR A BETTER US.



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FOR SOCIAL RESPONSIBILITY

YMCA of Saginaw • 1915 Fordney St, Saginaw MI 48601 • 989.753.7721 • SaginawYMCA.org

The Spring Program Guide features activities, events & services of the YMCA of Saginaw, affiliates and partners.



FAMILY HEALTH & FITNESS

At the YMCA, we believe everyone should have the opportunity to come together as a family and enjoy time spent with each other. One of the main goals in our family programming is to ensure that every family can build stronger bonds, achieve greater work/life balance, and become more engaged with our community.

Open Gym

Enjoy time in the gym with your family playing basketball, soccer, volleyball or just running around any day of the week, open – close. The space is shared with our partner programs. Schedule is subject to change – Call front desk for availability.

Open – Close

Y Members \$0 / Non-members \$10

Family Swim

Splashing and swimming together is a great way to burn off energy, build water safety skills and have fun. Age 8-15 must have a parent in the pool area to enter the pool area during Family Swim. Ages 7 and under must have parent in pool with them.

New pool schedule coming April 1.

Sun 2:30pm-4pm

Y Members \$0 / Youth Non-members \$5

Y Members \$0 / Adult Non-members \$10

Kid Zone

For ages 6 weeks to 10 years old. We watch your young person for up to 2 hours while you enjoy your workout. Children under the age of 1 are limited to one hour.

Hours listed below

Open Swim

Splashing and swimming together is a great way to burn off energy, build water safety skills and have fun.

Age 8-15 must have a parent in the building during Open Swim. Ages 7 and under must have parent in pool with them. **New pool schedule coming April 1.**

April 1.

MWF 6:30pm-8pm

Sat 11am-5pm

Y Members \$0 / Youth Non-members \$5

Y Members \$0 / Adult Non-members \$10

Midday Get Away

Leave your children with our wonderful Kid Zone staff, and you can get out for the afternoon. We will watch, entertain, and play with your children in Kid Zone and the Youth Gym.

April 2 12pm-2:30pm

April 27 12pm-2:30pm

May 4 12pm-2:30pm

May 25 12pm-2:30pm

June 14 12pm-2:30pm

Y Members \$10 / Non-members \$12

Parents' Night Out

More fun than a regular babysitter! After a long day at work or at home, drop your children off for swimming, games, and food, while you enjoy your evening out. On the third Saturday of each month from 4:00pm – 10:00pm.

April 21 – April Showers

May 19 – Hop into Spring

June 16 – School's Out

Y Members \$20 / \$5 for each additional Y-Member child

Non-members \$30 / \$10 for each additional Non-Member child

Non-members \$30 / \$10 for each additional Non-Member child

Birthday Parties

Come and celebrate at the YMCA of Saginaw! Basic Party Package is for two hours and includes a party coordinator and tables and chairs for up to 25 children and all adults. Bring your own table decorations, paper products, utensils, cake or food.

Y Members \$120 / Non-members \$160

Community Room Rental

Host your next event at the YMCA of Saginaw! Special Events Package is for 3 hours and includes a coordinator and tables and chairs for up to 73 people in our Community Room. Additional time can be purchased.

Y Members \$135 / Non-members \$135

VETERANS

The YMCA of Saginaw is proud to promote and enhance the health and well-being of Veterans and their families.

Tribute Tuesdays

Every Tuesday the Saginaw YMCA offers open access to Veterans and their immediate family. Enjoy time in the gym and pool. Bring Military ID or DD214 to participate.

Veterans Service Organization Dinner

On the second Tuesday of each month at 5pm, the Saginaw YMCA offers Veterans FREE Learn & Leisure dinner. Includes a light meal and guest speakers who will address a wide array of diverse topics that affect Veterans and their families.

April 10 & May 8

HEALTH & WELLNESS



Indoor Triathlon • 14+

Swim, bike and run for a healthier Saginaw! An indoor sprint-distance triathlon event consisting of a 12-mile stationary bike ride, a 3.1-mile run and a 500-yard swim. It is a great fit for any ability, from beginners to elite.

Saturday, April 21, 2018

at Saginaw YMCA 11am

Register early for a Race T-Shirt!

Before Race

Y Members \$15 / Non-members \$25

Race Day

Y Members \$20 / Non-members \$30

Fathers Day Family Dash

Come join us for a family fun 5k event at Imerman Park. The route will include fun obstacles that you and your family members will have to complete before continuing. All ages are welcome! Stroller friendly route!

Saturday, June 23, 2018

at Imerman Park 10am

Individual:

Now – April 30

Y Members \$20 / Non-members \$25

May 1 – June 22

Y Members and Non-members \$30

Race Day

Y Members and Non-members \$35

Family:

Now – June 2

Y Members \$40 / Non-members \$50

for family of 3 and \$5 per additional child. Ages 2 and under are free.

Personal Training

Work closely with one of our trainers to develop an individualized workout regimen that holds you accountable for your fitness goals. Package pricing.

1 session

Y Members \$35 / Non-members \$45

4 sessions

Y Members \$132 / Non-members \$168

10 sessions

Y Members \$300 / Non-members \$400

20 sessions

Y Members \$560 / Non-members \$760

Ask about a Buddy Package

for special pricing.

TRX • 14+

TRX Suspension Training is a workout system that leverages gravity and your bodyweight 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 resistance. Suspension training develops strength, balance, flexibility and core stability simultaneously. **Check website for free trial dates.**

April 15 – May 20

Sun 4:35pm – 5:20pm

April 17 – May 22

Tue 5:30pm – 6:15pm

Y Members \$40 / Non-members \$80

Y-Barre • 14+

Utilizing a ballet barre, this class is a mixture of techniques from dance, Pilates and yoga that will deliver a full body workout and focuses on isometric exercises increasing strength, flexibility and endurance. **Check website for free trial dates.**

April 17 – May 22

Tue 6:30pm – 7:15pm

April 19 – May 24

Thu 4:30pm – 5:15pm

Y Members \$40 / Non-members \$80

Women on Weights • 14+

Interested in learning more about free weights and how to incorporate them into your workouts? Then Women on Weights (WOW) is perfect for you! This small-group class runs six weeks and teaches women proper weight-lifting etiquette, technique and routine. The goals of Women on Weights are to assist women in improving posture, increasing strength and losing body mass. You'll see positive transformation to your body, and you will get stronger. Classes are taught by certified personal trainers. **Check website for free trial dates.**

April 19 – May 24

Thu 6:30pm – 7:15pm

Y Members \$40 / Non-members \$80

Outdoor Yoga • 14+

This program includes physical exercises, meditation, breathing techniques and relaxation to build strength, balance and peace of mind. Located at the Japanese Cultural Center in Saginaw, just down the road from the Y.

June 6 – June 27

Wed 5:30pm – 6:30pm

Y Members \$25 / Non-members \$50

Group Exercise Classes

The YMCA of Saginaw offers 60+ group exercise classes for ages 14 and up. All classes are co-ed.



YMCA OF SAGINAW

FACILITY HOURS

Mon - Thu 5:00am - 9:30pm
 Fri 5:00am - 9:00pm
 Sat 6:45am - 7:30pm
 Sun 11:00am - 6:00pm

KIDS ZONE HOURS

Mon - Fri 8:00am - 12:00pm
 3:00pm - 8:00pm
 Sat 9:00am - 1:00pm
 Sun 11:00am - 6:00pm

TWO WAYS TO REGISTER



ONLINE
 saginawymca.org



IN PERSON
 Registration forms and packets available at the Welcome Center

Program Registration Policies: Participants will not be reimbursed for missed classes after enrollment in the program. Classes are subject to change or cancellation based on enrollment.