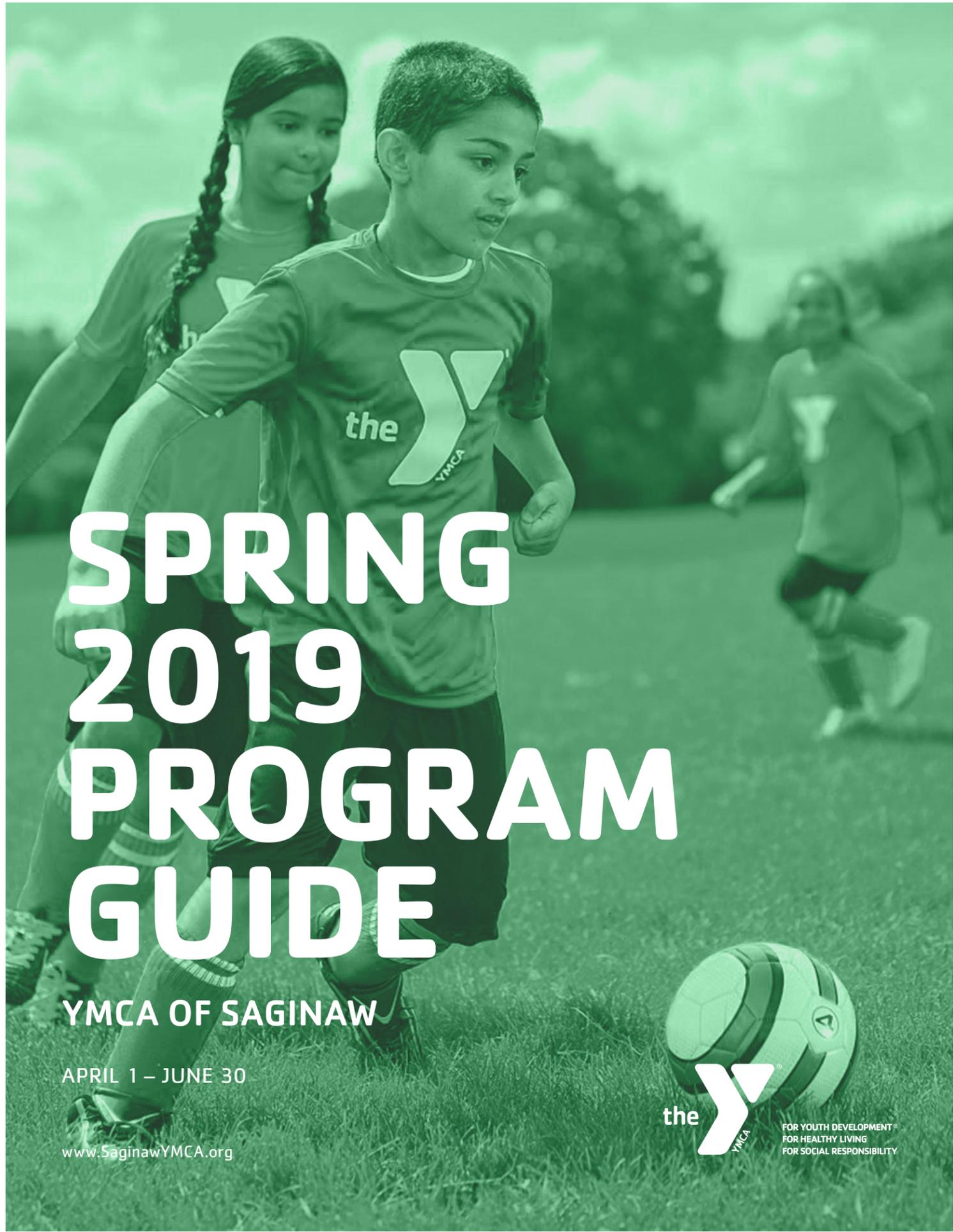




the  FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.



SPRING 2019 PROGRAM GUIDE

YMCA OF SAGINAW

APRIL 1 – JUNE 30

www.SaginawYMCA.org

the  FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF SAGINAW

MAKE AN IMPACT WITH THE Y

To make a difference, you have to be the difference.

BENEFITS OF MEMBERSHIP

- Access to Ys Across the Country
- FREE Group Exercise Classes
- Two Year-Round Pools with Water Exercise
- Personal Training
- Kid Zone Child Watch
- Giant Wellness Floor
- Cardio, Strength, and Free Weight Equipment
- Indoor/Outdoor Tracks
- Indoor Cycling Studio
- Racquetball Courts
- Two Gyms Offering Basketball, Volleyball, and Pickleball
- Youth, Adult, and Family Programs

JOIN OUR CAUSE

You live a more robust life with the Y by your side, and we are a stronger organization because of the strength of our members. It's a partnership, and we are even stronger together. From fitness classes and swimming lessons to sports and food programs to summer camps and after-school care, we truly engage the spirits, minds and bodies of families in our communities. Let us help you lift more, run faster, get healthier and smile more.

MEMBERSHIP OPTIONS WITHOUT SCHOLARSHIP

		MONTHLY FEE	*ONE TIME JOINING FEE
Student Athlete Membership	Ages 14-18	\$20	\$25
Young Adult Membership	Ages 18-24	\$28	\$25
Adult Membership	25+	\$43	\$50
Household	Two adults and dependents under the age of 25	\$66**	\$75
Men's Athletic Center	19+	\$60	\$50
Men's Athletic Center Household	Two adults and dependents under the age of 25	\$84**	\$75

* Join fee due at time of joining with prorated monthly fee
 ** Household & Men's Athletic Club monthly fee - \$20 for each additional adult
 *** Monthly fee can draft on either the 1st, 15th or 20th each month and will be prorated. A credit card, checking or savings account must be added to membership at time of activation.

FAIR SHARE PRICING OPTION

We are an association FOR ALL. Thanks to our generous donors, within the limits of available funding, no individual will be denied access to a Y membership, program or service due to proven inability to pay the full cost of participation. Contact Membership Director Doug Temple at DTemple@SaginawYMCA.org or 989.753.7721 x218 to discuss scholarship opportunities.

FEED YOUR COMMUNITY. STRENGTHEN YOUR HEALTH.

The Y believes that children deserve every possible opportunity to learn, grow, and thrive. In partnership with the Michigan Department of Health and Human Services and the Michigan YMCA State Alliance, the YMCA of Saginaw is proud to offer FREE healthy meals for every child 18 and under through our Mission Nutrition and Healthy Out of School Time (HOST) programs.

The meals we serve every school day and everyday throughout the summer help more children get the nutrition they need for good health. With the funds raised through our Annual Campaign, the Y is able to continue its dedication to youth development.

Volunteers Needed: Food Prep, Servers, Drivers

TEACHING SKILLS THAT SAVE LIVES

In 2018 we took our free Safety Around Water Program to several youth swimming areas including the First Ward Community Center, the Salvation Army, Green Acres Apartments pools and Saginaw County Park's Haithco Lake. Teaching children how to swim and to be safe around water is not a luxury; it is a necessity. Accidental drowning is the number two cause of death in the United States for youth.

Volunteers Needed: Aquatic Observers

IMPACTING THE FUTURE AND ENGAGING YOUTH

KidsCampUs is a collaboration between the YMCA of Saginaw, Boys & Girls Club of the Great Lakes Bay Region, and YMCA Camp Timbers. KidsCampUs provides youth, teens, and families programming and a community focused on healthy lifestyles, sports and fitness, homework help, STEM projects, arts, and many more fun activities! Our after-school program started in September 2017, with about 30 participants and has grown to over 100 registered participants per day. We are feeding about 150 youth each day. STEM programming happens each day with AmeriCorps staff from our United Way partnership. CATCH programming takes place 4-5 days a week funded by a grant from the Michigan Department of Health and Human Services. On Fridays the youth are receiving Safety Around Water programming in the pool. In December a literacy group from SVSU provided educational activities for our youth and each child went home with books and board games.

For more information, contact Volunteer & Communication Coordinator, Pam Aven at Pam@SaginawYMCA.org or call 989-753-7721 ext 221.

GET INVOLVED

It's easy to make real change in your community through VOLUNTEERISM. With the Y, you can activate your sense of social responsibility by contributing your time and talent to create a difference in the lives of your friends and neighbors -- coaching a youth sports team, mentoring a teen after school, serving meals through our Mission Nutrition program, providing support for a family who needs you, and much more.

Membership Ambassador

As a Membership Ambassador you will have the chance to connect with various types of people from many walks of life. You will get opportunities to help others by answering general questions and share in genuine interactions with others. As a Membership Ambassador you provide a support to the front line staff. We couldn't do what we do without people like you.

Sports Coaches

Teamwork makes the dream work! Get involved with one of the Y's most exciting and impactful programs. We rely on volunteers to coach sports leagues throughout the year. Programs include basketball, football, soccer, t-ball, cross-country, and cheerleading.

Aquatic Observers

Join the fun in and around the pool as a swim volunteer, swim lesson assistant or swim coach assistant.

For more information, contact Volunteer & Communication Coordinator, Pam Aven at Pam@SaginawYMCA.org or call 989-753-7721 ext 221.



FACILITY HOURS

M-Th 5 am-9:30 pm
 F 5 am-9 pm
 Sa 6:45 am-7:30 pm
 Su 11 am-6 pm

KID ZONE HOURS

M-F 8 am-12 pm
 3:30 pm-8 pm
 Sa 9 am-1 pm
 Su 12 pm-5 pm

KIDSCAMPUS HOURS

M-F 3 pm-7 pm
 Spring Break 9 am-5 pm

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Veteran Membership

Thank you for your service

\$0 Join fee for Veterans

VETERANS

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

VETERAN HEALTH & FITNESS

Tribute Tuesdays

AGES: 18+

Every Tuesday the YMCA of Saginaw 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

AGES: 18+

The Veterans 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. Open to Veterans and their family. RSVP at 753-7721 ext 218

T | Apr 9 | 5 pm
T | May 14 | 5 pm

Water Rehab

AGES: 18+

Rehabilitation groups from the VA Hospital will utilize the YMCA pools and wellness center. Groups are organized by Aleda E. Lutz Medical doctors. Contact the VA to enroll.

MOVE! Weight Management

AGES: 18+

The MOVE! program at the Y offers weekly health sessions led and organized by VA staff for ages 14 and up. Veterans, contact the Aleda E. Lutz VA to enroll.

FREE for ALL Veterans

AquaBand Thursdays

AGES: 14+

The YMCA of Saginaw offers AquaBand exercise classes for ages 14 and up. Classes are co-ed, taught in the deep pool, and use resistance bands to gain muscle conditioning and cardiovascular endurance without stress on the joints. Swimming ability is not needed. Taught in the shallow warm water pool.

Th | 2-3 pm

FREE for ALL Veterans and Y Members

Veteran Membership

\$0 Join Fee for Veterans

YMCA of Saginaw Military Commitment

To provide Veteran specific programming and membership opportunities to address the diverse needs of all who have served.

- 600 YMCA Veterans and families members by 2020.
- 2,000 annual visits by Veterans through partner programs with the Aleda Lutz VA Medical Facility and Veteran Service Organizations.
- 50 youth of active military or Veterans in a YMCA Camp Timbers experience by 2020.
- 150 volunteer hours committed annually, to supporting Veteran Service Outreach Programs.

The YMCA of Saginaw Proudly supports those who serve.

WHO MAKES THE Y STRONGER? YOU DO!

GIVE SOMEONE IN NEED THE CHANCE OF A LIFETIME!

The Y is a powerful association of men, women and children of all ages and from all walks of life, joined together by a shared passion: to strengthen the foundations of community.

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive. Anchored in more than 10,000 neighborhoods around the country, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

With your help, in 2018 we were able to do the following:

- Provide the YMCA Safety Around Water program. Over 300 children participated as part of our commitment to reduce drowning rates and keep kids safe in and around water.
- Served 15,774 meals to deserving children in Saginaw County through the efforts of the YMCA Mission Nutrition program! For some this may have been their only meal of the day.
- Provide a premium outdoor residential camp experience for 750 campers at Camp Timbers, 152 of them receiving scholarship assistance.

When you donate to the YMCA of Saginaw, you help us provide the people of Saginaw with the programs and services they need to thrive. Every dollar donated has a lasting impact on our community. Donate today for a better us.

Every gift matters. You can make your gift online at www.SaginawYMCA.org, or at the welcome center with cash, check, credit card or ask to add your gift on to your monthly membership!

Make a gift – For a better us.

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. Check upcoming class schedules by visiting our website, stopping by the Welcome Center, or call for availability.

SAVE THE DATES

Kids Tri Too Youth Triathlon
Saturday, June 1 at 10am

Parents Night Out
Saturday, April 13 from 4-9pm

Ultimate Dance Party
Wednesday, April 24

Senior Social
May 17 at 1pm

Easter Egg Dive
Tuesday, April 30 from 5-6:30pm

Healthy Kids Day & Family Fun Run
Saturday, May 18 from 10am-2pm

Y Celebration
Wednesday, June 19

NEED A JUMP START?

We want to help you thrive and get the most out of your membership. Register for a FREE Jump Start facility and program orientation. For more information, contact Wes Boven, Wellness Manager at 989-753-7721 ext. 209 or WBoven@SaginawYMCA.org.

YOUTH & FAMILY

At the Y, we believe in the potential of children and support their development through our child watch service, after-school activities, and family events.

FAMILY TIME & EVENTS

Birthday Parties at the Y

Make your child's birthday a special event at the YMCA of Saginaw. They'll have an opportunity to be active and have fun in a safe environment. Basic Party Package is for two hours and includes a party coordinator, use of the pool or gym, 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

RENTALS

Pool Rentals

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

Room Rentals

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

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

For more information, contact Kid Zone Coordinator, Chelsea Keagel at CKeagel@SaginawYMCA.org or call 989-753-7721 ext 202.

KID ZONE

Child Watch

More than ever, busy parents need support. When parents come to the Y for a class, group activity or workout, their kids need a safe, enriching environment where they can build healthy, trusting relationships with other kids and Y staff. In the Kid Zone, children ages six weeks to 10 years old 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. We watch your young person for up to two hours while you enjoy your workout. Children under the age of one are limited to one hour.

M-F | 8-12 pm & 3:30-8 pm
Sa | 9-1 pm
Su | 12-5 pm

FREE for Family Memberships

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. For ages one to 12 years old. Offered one Saturday per month from 4-9 pm.

April 13 | April Showers | 4-9 pm
May 11 | Hop Into Spring | 4-9pm
June 15 | Schools Out | 4-9 pm

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

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



IMPACTING THE FUTURE • ENGAGING YOUTH

KidsCampUs is a collaboration between the YMCA of Saginaw, Boys & Girls Club of the Great Lakes Bay Region, and YMCA Camp Timbers. KidsCampUs provides youth, teens, and families programming and a community focused on healthy lifestyles, sports and fitness, homework help, STEM projects, arts, and many more fun activities!

After School Program

AGES: 6-18

When school's out, let your child come to the Y for some fun, education and exercise! Run by the Boys & Girls Club of the Great Lakes Bay Region. We provide snacks and homework help daily. Programs and partners include but are not limited to Girl Scouts, STEM, pool time (Safety Around Water), CATCH programming (physical activity and games), gym time, and reading time.

2018-19 School Year: M-F | 3-7 pm

Club membership is \$75 a year or \$25 a trimester



FAMILY ACTIVITIES

Open Gym

AGES: 4+

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.

Everyday Open-Close

FREE for Y Members / Non-members \$10

Pick Up Basketball

AGES: 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.

FREE for Y Members / Non-members \$10

RACQUET SPORTS

Pickleball

AGES: 4+

Come and play Pickleball, a paddle sport for all ages and skill levels. Combines elements of badminton, tennis, and ping pong. Played on a badminton sized court with a low net. Easy to learn, bring your friends and family. Paddles, balls and instruction will be provided.

T | 9-11 am & 7-9 pm

**FREE for Y Members
Non-members \$25 for 10 punch card**

Racquetball

AGES: 4+

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.

T Th | 5:30-7:30 pm

**Challenge Courts
FREE for Y Members
Non-members \$25 for 10 punch card**

**League
FREE for Y Members
Non-members \$25 for 10 punch card**

HEALTHY KIDS DAY

Saturday, May 18

Kick off your summer with Healthy Kids Day, a free, fun-filled event that includes engaging family activities, healthy give-a-ways, and a Touch-a-Truck display in the parking lot.

SA | 10 am-1 pm

FREE For All

Healthy Kids Day Family Run/Walk

AGES: All ages welcome

Join us for the first annual Healthy Kids Day Family Run/Walk at 9:30a on Saturday, May 18. This non-timed, stroller friendly event will take advantage of our beautiful riverfront and local Ojibway Island. Join Y staff and community families in kicking off our Healthy Kids Day celebration with exercise and family fun. Stick around after the run/walk and take advantage of all that Healthy Kids Day has to offer. Event registration for Y Members is \$5 per adult with kids included for free and \$10 per adult for non-Y Members with kids included for free. Event course will be marked as a 5k with shorter options if needed.

SA | 9:30 am

**FREE for Youth
Adult Y Members \$5
Adult Non-members \$10**



Save the Date
Youth Soccer Clinics
 March 26-28

SPORTS & RECREATION

Y athletes learn, grow and have fun on the field, on the court and on the turf. At the Y, we provide opportunities to learn new skills, develop technique, become a part of a team and learn the joys of hard work and sportsmanship.

KIDS TRI TOO YOUTH TRIATHLON Saturday, June 1

Swim, bike and run for a healthier Saginaw! This spring event features an indoor swim, outdoor bike and run. Each age group will complete age appropriate distances for each discipline. This is a non-timed and non-competitive event but one guaranteed to be a blast! Register by May 15 for an event t-shirt.

Ages: 2-12 SA | June 1 | 11 am

Y Members \$15 / Non-members \$25
 Includes the Kids Tri Too Triathlon Training

Kids Tri Too Triathlon Training

Train with seasoned triathletes and learn the fundamentals of each discipline of a triathlon; Swim, bike, run. Bikes and helmets will be required to participate in the biking discipline. Alternatives will be provided for those without bikes. Registration for the Kids Tri Too Triathlon Training is included in the registration for the Kids Tri Too Youth Triathlon on June 1.

Ages: 4-12 W | May 8-29 | 4-5:30 pm

Free Soccer Clinic

During the Y's soccer clinics, local players and coaches will focus on building young athletes core skills such as dribbling, defense, scoring, goal keeping, passing, conditioning and get children ready for team league play. All levels are welcome and will be separated by age and skill level. Parents of younger players (ages 4-5) will be required to join the fun as a role model and coach.

Ages: 4-5 T | March 26 | 9-12 pm
Ages: 6-7 W | March 27 | 9-12 pm
Ages: 8-9 TH | March 28 | 9-12 pm

FREE for Youth

Soccer League

Experience the Y's soccer league, where every player receives equal play time. Through positive coaching, practices and games, our young athletes build and refine skills while gaining self-confidence, sportsmanship, teamwork, and leadership abilities. All levels are welcome and will be separated by age and skill level. Parents of younger players (ages 3-5) will be required to join the fun as a role model and coach.

Ages: 3-5 M W | April 1-May 8 | 6-7 pm
Ages: 6-8 T TH | April 2-May 9 | 6-7 pm

Y Members \$30 / Non-members \$50

Free T-Ball Clinic

A great way to get kids up and moving, T-ball clinics at the Y build young athletes core skills such as throwing, catching, batting, fielding, conditioning and get children ready for team league play. All levels are welcome and will be separated by age and skill level. Parents of younger players (ages 4-5) will be required to join the fun as a role model and coach.

Ages: 4-5 SA | April 6 | 9-12 pm
Ages: 6-7 SA | April 6 | 9-12 pm
Ages: 8-9 SA | April 6 | 9-12 pm

FREE for Youth

T-Ball League

Experience the Y's T-ball league, where every player receives equal play time. Through positive coaching, practices and games, our young athletes build and refine skills while gaining self-confidence, sportsmanship, teamwork, and leadership abilities. All levels are welcome and will be separated by age and skill level. Parents of younger players (ages 3-5) will be required to join the fun as a role model and coach. Program plays at Hoyt Park in Saginaw, just down the road from the Y.

Ages: 3-5 T TH | May 14-June 20 | 6-6:45 pm
Ages: 6-8 T TH | May 14-June 20 | 6:45-7:30 pm

Y Members \$30 / Non-members \$50

SUMMER BREAK – SPORTS SAMPLER CAMP

Each 4-day clinic will focus on the physical and social development of our youngest athletes in a safe, supportive environment. Throughout the week participants will be introduced to a variety of games and sports, including T-ball, soccer, basketball, and flag football. Parents of younger players (ages 4-5) will be required to join the fun as a role model and coach.

Parents meeting held at the end of first program.

Ages: 4-5 M-TH | June 24-27 | 5:30-7:30 pm
Ages: 6-7 M-TH | July 15-18 | 5:30-7:30 pm
Ages: 8-9 M-TH | July 22-25 | 5:30-7:30 pm

Y Members \$85 / Non-members \$100

YOUTH & TEEN PROGRAMING

These activities are free to members. Room schedules are located in the lobby.

PG#	PROGRAM	AGES																				
		6 WEEKS	6 MONTHS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
4	Child Watch	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
12	Family & Open Gym		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
10	Family & Open Swim		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Family Pound						•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
7	Group Exercise																			•	•	•

These programs require pre-registration and/or an additional fee.

PG#	PROGRAM	AGES																				
		6 WEEKS	6 MONTHS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
4	After School								•	•	•	•	•	•	•	•	•	•	•	•	•	•
12	Baseball					•	•	•	•	•	•	•										
	Basketball					•	•	•	•	•	•	•										
4	Birthday Party	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Cheerleading					•	•	•	•	•	•	•	•	•								
	Cross Country					•	•	•	•	•	•	•										
	Counselor-in-Training																				•	•
	Day Camps					•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Family Camps	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
6	Fitness Challenges																				•	•
	Flag Football					•	•	•	•	•	•	•										
	Golf								•	•	•	•	•	•	•							
6	Healthy Weight and Your Child								•	•	•	•	•	•	•	•						
	Jack-O-Dash	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
12	Kids Tri Too Youth Triathlon					•	•	•	•	•	•	•	•	•	•							
11	Lifeguard Training																				•	•
	Overnight Camp																				•	•
4	Parents Night Out					•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
13	Pickleball								•	•	•	•	•	•	•	•	•	•	•	•	•	•
13	Racquetball								•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Rookies & Role Models					•	•	•														
6	Run For Your Heart Family Training								•	•	•	•	•	•	•	•	•	•	•	•	•	•
12	Soccer					•	•	•	•	•	•	•										
10	Swim Lessons		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
10	Swim Team								•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Teen Adventure Trips																				•	•
	Teen Leadership Camp																				•	•

Please refer to our Facility Youth Guidelines for when/where youth can be in the facility without a parent/guardian.

HEALTH & WELLNESS

We offer a wide range of instructor-led fitness classes, like cycling, yoga, water fitness, weight training and dance classes... Something for all ages and interests!

SMALL GROUP TRAINING PROGRAMS

MRT – Metabolic Resistance Training

AGES: 14+

The MRT program will target an extensive range of fitness components: Strength, endurance, power, flexibility, agility and balance. MRT is designed to improve comprehensive fitness and body composition by focusing on intense, highly-effective workouts. Participants will meet twice a week for 4 weeks.

Session 1: M W | Apr 1–24 | 6–7 pm
Session 2: M W | June 3–26 | 6–7 pm

Y Members \$75 / Non-members \$150

Senior Strong

AGES: 55+

This 6-week weight lifting class is designed to prevent and reverse osteoporosis. Weight training to strengthen bones and muscles can help prevent fractures caused by osteoporosis. This class, led by one of our certified personal trainers, will improve strength, bone density, balance, and enhance your energy level – ultimately improving your overall quality of life. Be Senior Strong!

F | May 10–June 14 | 10:30–11:30 am

Y Members \$60 / Non-members \$80

Y-Barre Remix

AGES: 14+

Utilizing a ballet barre, this redesigned 4-week program will meet twice a week and incorporate a progressive mixture of techniques from dance, pilates, and yoga that will deliver a full body workout. A class that focuses on isometric exercise to increase strength, flexibility, and endurance. No dance experience required.

T Th | April 23–May 16 | 6:30–7:30 pm

Y Members \$60 / Non-members \$80

Burpee Challenge

AGES: 14+

You know them, you love to hate them. Burpees – the ultimate whole body exercise. Beginning April 1, participants can pick up their Burpee Challenge Calendar. Follow the training schedule on the calendar for the entire month of April and you'll have successfully completed 100 burpees by the end of the month. Weekly check-ins on the Saginaw YMCA Facebook page to report back your progress. Challenge a friend, challenge your family or challenge yourself with the Burpee Challenge.

May 1–31

Y Members \$10

Indoor Triathlon

AGES: 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. Register by March 16 for a Dri-Fit Race T-Shirt!

Su | April 14 | 11 am

Before Race Day

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

Race Day

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

Sunrise Yoga

AGES: 14+

Join us for Sunrise Yoga outside on our riverside bluff, weather permitting. Meet once a week for 4 weeks with our certified yoga instructor and start your day with Namaste. Each session is \$30 or register for all 3 for \$80 and receive a complimentary Yoga mat.

W | June 5–26 | 6–7 am

Y Members \$30 / Non-members \$50

Run For Your Heart: Couch To 5K Run/Walk Training Program

AGES: 4+

Whether you want to take the first steps toward getting up and moving or you are a runner looking to improve your time, form or endurance, we have a team for you! Run or walk with the support, encouragement, and knowledge of a team of coaches—people just like you—in the YMCA of Saginaw's 5K Training Program. Pricing includes race day registration in The Run For Your Heart 5K on September 7.

Days | June 24–Sept 7 | Time

**Y Members \$50 / Y Family \$80
Non-members \$100 / Family \$160**

Healthy Weight and Your Child

AGES: 7–13

Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. Families will work with trained leaders for the duration of the 25-session program.

Days | April 2–July 9 | Time

Fully subsidized by grant

Pop-Up Boot Camp

AGES: 7–13

Join us this summer and let's make exercise fun again! Once a week for 12 weeks our Pop-Up Boot Camp will meet in a different location on the Y campus and do completely different things. This is small group training at its most fun! Will it be tough? Absolutely! Will you do things you've never done before? More than likely. Will you enjoy every minute of it? We'd expect nothing less.

M | June 3–Aug 19 | 6–7 am

Y Members \$60 / Non-members \$120

POOL SCHEDULE

*The schedule is subject to change. Please check our website for up-to-date scheduling.

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Bands	DP					2-3pm		
Aqua Flexible – AOA	SP		11:30-12:15pm		11:30-12:15pm		11:30-12:15pm	
Family Swim	DP/SP	2:30-4pm						
Lap Swim	DP	1-2:30pm 4-5:30pm	5:30-8:30am 9:30-10am 12-3:30pm 7:30-9pm	5:30-8:30am 9:30-10am 12-3:30pm 8:30-9pm	5:30-8:30am 9:30-10am 12-3:30pm	5:30-8:30am 9:30-10am 12-2pm 8:30-9pm	5:30-8:30am 9:30-10am 12-3:30pm 6:30-7:30pm	7:15-9am 10-12pm 4-7pm
Master Swim	DP	11-1pm			7:30-9pm			
Open Swim – Deep Pool	DP						7:30-8:30pm	1:30-4pm
Open Swim – Shallow Pool	SP		6:30-8pm	10-11:30am 3-5pm	6:30-8pm	10-11:30am 3-5pm	6:30-8:30pm	11-5pm
Swim Lessons	DP/SP		5-6:30pm	2:30-3pm 5-6:30pm	5-6:30pm	5-6:30pm	1:30-2:30pm 5-6:30pm	
Swim Team	DP		10-11:30am 3:30-5pm	3:30-5pm 6:30-8:30pm	10-11:30am 3:30-5pm	3:30-5pm 6:30-8:30pm	10-11:30am 3:30-5pm	
Water Aerobics	DP							9-10am
Water Bootcamp	SP			6-7am		6-7am		
Aqua Aerobics	DP		9-9:30am 6:30-7:15pm	8:30-9:30am	8:30-9:30am 6:30-7:15pm	8:30-9:30am	9-9:30am	
Water Walk	SP	11:30-2:30pm 4-5:30pm	5:30-10am 12:15-3:30pm 8-9pm	5:30-6am 7-10am 11:30-2:30pm 6:30-9pm	5:30-10am 12:15-3:30pm 8-9pm	5:30-6am 7-10am 11:30-3pm 6:30-9pm	5:30-10am 12:15-1:30pm 2:30-3:30pm	7:15-10am 5-7pm

DP – Deep Pool

SP – Shallow Pool

LIFEGUARD TRAINING

Lifeguard Academy

AGES: 15-17

The YMCA of Saginaw Lifeguard Academy is a 6 month program for energetic youth. The program provides the necessary skills to become a YMCA lifeguard and develop into strong leaders within the community.

To register please email Sam Beal at SBeal@SaginawYMCA.org.

CPR & First Aid Training

AGES: 15+

F | April 12 | 9–1 pm
Th | May 2 | 5–9 pm

Y Members \$60 / Non-members \$80

Lifeguard Instructor Review

AGES: 18+

Su | March 10 | 11–6 pm

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

Lifeguard Instructor

AGES: 18+

F | April 5 | 5–9 pm
Sa Su | April 6 & 7 | 11–6 pm

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

Safety Around Water

March 25-29
FREE for Y Members & Non-members

AQUATICS

Learn to swim, play in the water, take a water exercise class to keep in shape, become a certified lifeguard... and much more!

All Ages Welcome

Starting January 1st our group exercise classes on Sundays are family friendly.

Now we can stay active together!

GROUP EXERCISE SCHEDULE

*The schedule is subject to change. Please check our website for up-to-date scheduling.

SHARK'S SWIM SCHOOL

Group Lessons

AGES: 6 MO-12 YRS

Swimming is a life skill. At the Y, we offer a wide selection of programs for every level from six month old beginners with a parent to more advanced classes for those who are looking to improve endurance and get stronger.

April 1-24 and April 2-25
May 1-29 and May 2-28

Y Members \$20 / Non-members \$45

Private Lessons

AGES: 3+

One-on-one 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 Session
Y Members \$20 / Non-members \$40

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

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

Semi-Private Lessons

AGES: 3+

1 Session
Y Members \$15 / Non-members \$30

4 Sessions
Y Members \$56 / Non-members \$116

8 Sessions
Y Members \$112 / Non-members \$232

Aquatics Conditioning

AGES: 6-12

Aquatic Conditioning focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle.

Session 1

T Th | April 2-25 | 5:30-6:15 pm
T Th | May 2-28 | 5:30-6:15 pm
T Th | June 4-27 | 5:30-6:15 pm

Session 2

M W | April 1-24 | 5:30-6:15 pm
M W | May 1-29 | 5:30-6:15 pm
M W | June 3-26 | 5:30-6:15 pm

Y Members \$30 / Non-members \$60

Teen & Adult Learn to Swim Lessons

AGES: 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.

W | Apr 3-May 22 | 5:30-6:30 pm
M | May 6-June 24 | 5:30-6:30 pm
W | June 5-July 24 | 5:30-6:30 pm

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

Sharks Swim Team

AGES: 6-18

Swim Team is for ages 6 to 18, and practices focus on coaching with minimal instruction. The Sharks swim team is set up in three levels based on age and skill level: Mini Sharks, Jr. Sharks and Sharks. Practices vary in times and locations based on the level of the swimmer. Swim team competes in both the YMCA league and Michigan Swim League. **For more information, please visit SaginawSharks.com**

May 6-June 13
June 17-Aug 15

Y Members \$70-190

Masters Swim

AGES: 18+

Join a swim team for swimmers ages 18 and up, of all skill levels. This program provides coached workouts from a USA Swimming Certified Master's Coach. Designed to 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.

Su | Through May 15 | 11-1pm
W | Through May 15 | 7:30-9:00pm

Punch Card (10 Punches)
Y Members \$25 / Non-members \$50

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

Swim Test Outs

AGES: 3-12

For ALL children that have not participated in a 2017-2018 swim lesson, or taken a Swim Test. All past and new swimmers need to complete a swim test prior to registering for swim lessons. Pre-registration is required.

F | April 19 | 5:30-6:30 pm
TH | May 30 | 5:30-6:30 pm
M F | June 10 & 28 | 5:30-6:30 pm

Y Members FREE / Non-members FREE

			SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUATIC	Aqua Bands	DP					2-3pm		
	Aqua Flexible	SP		11:30-12:15pm		11:30-12:15pm		11:30-12:15pm	
	Water Bootcamp	SP			6-7am		6-7am		
CYCLING	Aqua Aerobics	DP		9-9:30am 6:30-7:30pm	8:30-9:30am	8:30-9:30am 6:30-7:30pm	8:30-9:30am	9-9:30am	9-10am
	Core - Cycle - Sculpt	HE/CY					5:30-6:25pm		
	Cycling	CY		5:30-6:30am 6:40-7:30am 6-7pm	9:15-10:15am	5:30-6:20am 6:40-7:30am 6-7pm		5:30-6:30am 6:40-7:30am	9-10am
	Cycling Mix	CY/AR							8:05-8:45am
AOA	Cycle Stretch	CY					10:45-11:45am		
	Cardio Drumming	AR			10:30-11:30am				
	Chair Yoga	HE		11:15-12pm		8:45-9:30am			
	Co-ed Fitness	AR		12-1pm		12-1pm		12-1pm	
GROUP FITNESS	Dance Fit	AR		10:15-11am		10:30-11:15am			
	Butts & Guts	AR		6:35-7pm					
	Cardio Circuit	AR					9:15-10:15am		
	Cardio Drumming	AR			10:30-11:30am				
	Cardio Kick & Shake	AR	4-5pm		6:45-7:45pm		5:30-6:30pm		
	Cardio Mix	AR						5:30-6:15pm	
	Core 30	AR					8:30-9am		
	Core & More	AR						9-10am	
	Get Sexy Back	AR				6:35-7pm			
	Hip Hop, Funk, & Pop	AR	2-3pm				6:30-7:30pm		10-11am
	Low Impact	AR			9:30-10:30am	11:30-12pm		11:30-12pm	
	Kettlebell	YG			5:30-6:15pm				
	Kickboxing	AR		8:05-8:45am		8:05-8:45am		8:05-8:45am	
	Pound: Family	HE	3-4pm						
	Pound: Rockout. Workout™	AR		7:05-8pm		7:05-8pm			
	Step Mix	AR		5:30-6:30pm		5:30-6:30pm			
	Step & Tone	AR		9-10am	5:30-6:30pm				
Total Conditioning	AR			12-1pm		12-1pm			
TRX	HE			8-9am					
Y Pump	AR				9-10am				
SOCIAL	Yoga	HE		5:30-6:30pm		5:30-6:30pm			
	Yoga - Introductory	HE				9:45-10:45am			
SOCIAL	Bible Study	CR	11am-1pm						
	Chess	LB							10am
	Philosophy Group	CR							9am
	Pickleball	FH		12-2pm & 7-9pm					
SOCIAL	Y Walkers Club						12-1pm		

ROOM KEY

AR - Aerobics Room
CY - Cycling Room

DP - Deep Pool
FH - Field House Large Gym

HE - Health Enhancement Room
SP - Shallow Pool

WC - Wellness Center
YG - Youth Carpeted Gym

ACTIVE OLDER ADULTS

The Y has fitness classes specifically designed for older adults. AOA classes give participants an opportunity to stay physically active and include water exercise, yoga, drumming and so much more.

AOA WELL-BEING

Aqua Flexible

Co-ed class taught in the shallow warm water pool. Designed to minimize stress on the joints and improve flexibility.

M W F | 11:30–12:15 pm

FREE for Y Members

AquaBands

Co-ed class taught in the deep pool. Use resistance bands to gain muscle conditioning and cardiovascular endurance without stress on the joints. Swimming ability is not needed.

Th | 2–3 pm

FREE for Y Members

Cardio Drumming

A rockin' workout using drumsticks for the majority of the class, but will end with some core work, cool down, and stretching. No equipment required.

T | 10:30–11:30 am

FREE for Y Members

Chair Yoga

Class offers a variety of safe movements with restorative breathing exercises to promote stress reduction and mental clarity. Yoga increases flexibility, strength and balance and helps you relax.

M | 11:15–12 pm
W | 8:45–9:30 am

FREE for Y Members

Co-Ed Fitness

Co-ed and includes stretching and toning. Free weights, exercise bands and exercise balls are utilized.

M W F | 12–1 pm

FREE for Y Members

Cycle Stretch

A great cardio workout for all levels using the indoor cycling bikes. Ending with a series of stretches to increase your flexibility.

Th | 10:45–11:45 am

FREE for Y Members

Dance Fit

Learn a variety of dances for fun and fitness. Dances include: line, party, country, and more, all while enjoying a great variety of music from the 1960's to the 2000's.

M | 10:15–11 am
W | 10:30–11:15 am

FREE for Y Members

Aqua Aerobics

Exciting water workout that combines cardio training with muscle toning in the massaging environment of the pool.

M W F | 8:30–9:30 am

FREE for Y Members

Join us for our Speaker Series & Potlucks

PERSONAL TRAINING

Work closely with one of our trainers to develop an individualized plan that helps you achieve your fitness goals.

MEET OUR TRAINERS

Our personal trainers are certified by nationally recognized programs and exemplify YMCA core values of Caring, Honesty, Respect and Responsibility in everything they do.



Janna Needham

"I appreciate everyone's wellness goals and the uniqueness each individual brings. I feel humbled to get to be a part of the journey to improve the health and wellness of those I work with." Janna specializes in

strength training, weight loss and helping those looking to try something new.



Crystal Tollstam

"For the past 10 years, I've attended numerous workshops, trainings and hold over 10 certifications. My focus will be to motivate, inspire and encourage you along the way to reach and even surpass your goals!"

Crystal specializes in working with women to build strength and endurance and feel more confident on the fitness floor.

For more information on Personal Training, contact Wellness Manager, Wes Boven at 989-753-7721 ext 209 or WBoven@SaginawYMCA.org.

PERSONAL TRAINING SESSIONS

Y Exclusive

One-on-One Training

1 Session
Y Members \$40 / Non-members \$50
* Packages available for up to a 10% savings

Dual Training

Train with a friend. Same great experience. Even better value. Each must purchase a 60 minute package.

1 Session
Y Members \$29 / Non-members \$39
* Packages available for up to a 10% savings

Group Training

3+ participants. Each must purchase a 60 minute package.

1 Session
Y Members \$23 / Non-members \$33

30 Minute Sessions

1 Session
Y Members \$22.50 / Non-members \$32.50
* Packages available for up to a 10% savings

BURST TRAINING

Burst training is guaranteed to push you and challenge you like never before! Combining quick bursts of cardio and strength into a fast 30 minute workout, Burst Training is changing the game of fitness. For more information, contact Wes Boven at 989-753-7721 ext 209 or WBoven@SaginawYMCA.org!

2 people + 1 trainer + 30 minute package = A workout you won't forget.

1 SESSION
Y Members \$15
Non-members \$25

6 SESSIONS
Y Members \$85
Non-members \$142.50

WE PARTICIPATE WITH



Many insurance plans have a fitness benefit which will cover part or all of a YMCA membership. Including Humana, United Health Care, Blue Cross Blue Shield, MeridianHealth, HAP Priority and more! Please contact your plan provider to determine if your health plan qualifies you.