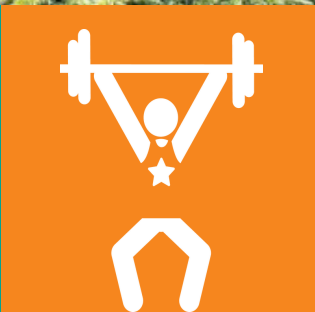


# YMCA OF SAGINAW

SUMMER PROGRAM GUIDE: JUL. - SEPT. 2026





# YMCA OF SAGINAW

## ADDRESS:

1915 FORDNEY ST.  
SAGINAW MI, 48601

PHONE: 989-753-7721

WWW.SAGINAWYMCA.ORG

## HOURS

MONDAY - THURSDAY  
5 AM - 8 PM

FRIDAY  
5 AM - 7 PM

SATURDAY  
8 AM - 4 PM

SUNDAY  
10 AM - 4 PM

## 2026 HOLIDAY HOURS

New Year's Day: Jan. 1st	Closed
Easter: Apr. 5th	Closed
Memorial Day: May 25th	Closed
Fourth of July: July 4th	Closed
Labor Day: Sep. 7th	Closed
Thanksgiving: Nov. 26th	Closed
Christmas Eve: Dec. 24th	Closed
Christmas Day: Dec. 25th	Closed
New Year's Eve: Dec. 31st	Close at 1 PM

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# OUR MISSION

The Mission of the YMCA is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

# MEMBERSHIPS

## MEMBERSHIP PRICES

### MEMBER AMENITIES

- Limited Access to YMCAs Across the U.S.
- Cardio/Strength Equipment.
- Free Weight Equipment.
- Personal Training.
- Wellness Center.
- Two Indoor Pools: Deep and Shallow.
- Youth Swim Lessons.
- Teen/Adult Swim Lessons.
- Lap Swim.
- Family Swim.
- Safety Around Water.
- Birthday Parties.
- Multipurpose Spaces.
- CPR, AED, & Lifeguard Classes.
- Ladies Locker Room: Sauna.
- MAC Locker Room: Sauna & STEAM room.
- One Gym: Two Basketball Courts.
- Two Racquetball Courts.
- Upstairs Track.

MEMBERSHIP TYPE	REGULAR PRICE
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TEEN	\$21
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YOUNG ADULT	\$30
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INDIVIDUAL ADULT	\$53
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HOUSEHOLD 1 (1 Adult & Up to 4 Kids)	\$71
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HOUSEHOLD 2 (2 Adults)	\$82
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HOUSEHOLD 3 (2 Adults & Up to 4 Kids)	\$84
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MAC INDIVIDUAL	\$71
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MAC HOUSEHOLD (2 Adults & Up to 4 Kids)	\$94
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PROGRAM MEMBERSHIP (Group Exercise Classes, General Locker Rooms, & Pickleball)	\$45
--	------

### FAIR SHARE PROGRAM

The fair share program is a financial assistance program based on household income and needs. Apply at the membership Service Desk.

### CLASS PASS

The class pass is available for \$25 if you only want to take classes and don't want a full membership. You have to have the punch card at all times to get into the classes.

**No Pass, No Class.**

# AQUATICS

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

## SWIM LESSONS

We believe swimming is a vital life skill, and our swim lessons are designed to build confidence, enhance character, and improve swimming techniques. Whether you're a beginner or an experienced swimmer, our instructors offer personalized lessons that cater to all ages and skill levels. Our goal is to help you and your family master essential swim skills in a safe and supportive environment.

### WATER DISCOVERY

6 Months - 3 Years

Introduce your little one to the water with fun activities focused on body positions, blowing bubbles, and learning essential aquatic skills. This class requires one adult to accompany each child in the pool.

### YOUTH SWIM LESSONS

4 - 13 Years

These lessons are divided into stages based on swimming ability, allowing for personalized attention and skill progression.

### TEEN & ADULTS

14 Years and Up

Focused on teaching the fundamentals of swimming, including floating, kicking, and basic strokes in a small group setting tailored to teens and adults.



CHECK OUT THE YMCA WEBSITE FOR POOL SCHEDULE AND EVENTS

[saginawymca.org/ymca-saginaw-aquatics-events/](https://saginawymca.org/ymca-saginaw-aquatics-events/)

## GROUP SWIM LESSONS

Y-Member \$75  
Community Member \$80

## PRIVATE SWIM LESSONS

Private swim lessons are scheduled at your convenience, based on swim instructor availability. Each sessions are 30-minutes in length.

**NOTE – We do not offer private lessons for kids under the age of 4.**

4 Lesson Block \$100

### HOW TO REGISTER

If you would like to sign up for group swim lessons, please contact the YMCA or go online to check when is our next session.

<https://saginawymca.org/swim-lessons-at-the-saginaw-ymca/>

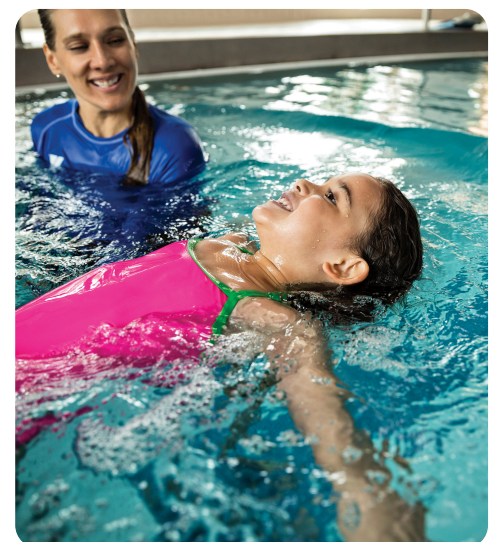


We do not offer private lessons for kids under the age of 4.

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If you would like to sign up for private swim lessons Registration can ONLY be done in-person at the YMCA

Private swim lessons are only scheduled and confirmed once paid in full.



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## SAFETY AROUND WATER

### WHAT IS SAFETY AROUND WATER?

- Zero cost to participate.
- Skills development, including Water Entry, Submerge, Floats, Orientations, and Exiting Safely.
- Promoting safety, including “What to Do” to be safe at the pool, at home, at the beach, or in an emergency.
- Fun activities that reinforce skills and safety knowledge in and around the water.
- Kids between 5 and 15 years old residing in Saginaw County.

Sessions are 6 weeks long, and each class is approximately 40 minutes.

**STRONG SWIMMERS**  
**GAIN CONFIDENCE CONQUER FEARS**



### Timmie's Project

We, at the YMCA of Saginaw, believe in prevention and Safety Around Water. We believe it is important to give access to swimming lessons and water safety training to all and particularly those residing in Saginaw County, who wouldn't have access or the financial opportunities to do so. Our Nationally recognized program consists of lessons designed to promote water safety that help reduce the risk of drowning and build their skills and confidence in and around the water.

With the amazing support of our community members, private donations, and local foundations, Saginaw Cap and the YMCA of Saginaw provide FREE access to the Safety Around Water to our kids.

If you are interested in donating to keep this essential initiative going, please contact Jimmy Greene at (989) 213-4367

### HOW TO REGISTER

REGISTER ONLINE OR SCAN THE QR CODE  
<https://tinyurl.com/SafetyAroundWaterRegistry>

If you have questions about the program  
Contact Saginaw CAP at [info@saginawcap989.org](mailto:info@saginawcap989.org)  
Or by calling (989)443-0626



# BECOME RED CROSS CERTIFIED



**First Aid/ CPR/ AED Training:** On site trainings or at the YMCA of Saginaw

**\*Price: \$45 for one individual Hours: 4 – 8 PM**

**Red Cross Certification available for an extra \$45. Valid for 2 years.**

If you are interested in on site training for your business email  
CPRtraining@saginawymca.org or call 989-753-7721.

\*Prices vary for groups and businesses



## **Red Cross Lifeguard Certification: At the Saginaw YMCA**

A swim prerequisite must be completed and passed successfully before registering for the Lifeguard Certification.

**Price: \$275 Per Person**

### **Dates + Times:**

**Friday, July 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup>**

**Friday, August 21<sup>st</sup>, 22<sup>nd</sup>, and 23<sup>rd</sup>**

**Friday, September 18<sup>th</sup>, 19<sup>th</sup>, and 20<sup>th</sup>**

Fridays: 4:30 -7:30 PM\*

Saturdays: 8 AM – 6 PM\*

Sundays: 9 AM – 5:30 PM\*

\*End times are approximate



## **Red Cross Lifeguard Recertification: At the Saginaw YMCA**

Recertification participants must present a current/valid certification card to register. No swim assessment is required for recertification.

**Price: \$185 Per Person**

### **Dates + Times:**

**Sunday, July 12<sup>th</sup>**

**Sunday, August 9<sup>th</sup>**

**Sunday, September 13<sup>th</sup>**

9 AM – 5:30 PM \*approximately\*



To sign up for Lifeguard Certification or Lifeguard Recertification  
- Contact Aquatics by email at [cprtraining@saginawymca.org](mailto:cprtraining@saginawymca.org)



## PERSONAL TRAINING

Personal training offers personalized, one on one support, including exercise screening, goal setting, and health education. After your fitness consultation, your trainer will create a workout plan that's challenging yet tailored to your needs. Your personal trainer is there to guide you on the proper lifting techniques, introduce you to exercises that help achieve your goals, and provide positive reinforcement when cheering you on!

### OTHER PERSONAL TRAINING OPTIONS:

#### GROUP PERSONAL TRAINING:

Group Personal Training has all the aspects of one on one training except you're training with 1 - 5 other participants.

#### Price Per Person/Per 1 Hour Session:

Member: \$32 Non Member: \$42

#### CUSTOM 8 WEEK INDIVIDUAL WORKOUT PLAN

Need help structuring a workout program but can't commit to regular training sessions? We'll pair you with one of our trainers to design a personalized plan based on your goals, complete with detailed instructions you can follow independently for two months. Your trainer will share the program through a collaborative document where you can track your results, allowing them to monitor your progress and keep you accountable virtually.

Price: \$80



### One on One Personal Training Prices:

#### 30 Minute Session

##### Member Price

1 Session	\$29
3 Sessions	\$80
6 Sessions	\$156
12 Sessions	\$297

##### Non - Member Price

1 Session	\$39
3 Sessions	\$109
6 Sessions	\$213
12 Sessions	\$405

#### 60 Minute Session

##### Member Price

1 Session	\$45
3 Sessions	\$131
6 Sessions	\$256
12 Sessions	\$486

##### Non - Member Price

1 Session	\$55
3 Sessions	\$160
6 Sessions	\$313
12 Sessions	\$594



# GROUP EXERCISE Schedule



MONDAY	CLASS	ROOM	INSTRUCTOR
9:30 - 10:30 AM	Strength & Conditioning	Aerobics Studio	Diana
11:15 AM - 12 PM	Low Impact - SS	Aerobics Studio	Shannon
12:15 - 1 PM	Low Impact - SS	Aerobics Studio	Shannon
11 AM - 12 PM	Aqua Flex - AOA	Shallow Pool	Andrea K
11 AM - 12 PM	Tai Chi for Arthritis (register: Comm. on Aging)	Orange Community Room	Comm. on Aging
1:10 - 2:10 PM	Hustle 365	Aerobics Studio	Theresa
5:30 - 6:15 PM	Y X-Fit	Carpet Gym	Diana
5:30 - 6:30 PM	Cardio & Strength	Aerobics Studio	Andrea J
6:35 - 7:35 PM	Xtreme Hip Hop Step	Health Enhancement	Courtney
TUESDAY	CLASS	ROOM	INSTRUCTOR
8:30 - 9:30 AM	H2O Blast	Deep Pool	Andrea K
10:00 - 10:30 AM	Deep Core Strength	Aerobics Studio	Janna
10:40 - 11:40 AM	Enhance Fitness - AOA	Aerobics Studio	Janna
11:45 AM - 12:30 PM	Cardio Drumming	Aerobics Studio	Janna
5:30 - 6:15 PM	Butts & Guts	Aerobics Studio	Andrea J
6:30 - 7:30	Cardio Kick and Shake	Aerobics Studio	Bev

# GROUP EXERCISE

## Schedule

WEDNESDAY	CLASS	ROOM	INSTRUCTOR
8:30 – 9:30 AM	Aqua Fit: Spirit, Mind, & Body	Deep Pool	Sharrie
9:20 – 10:20 AM	Mobility & Athletic Conditioning	Aerobics Studio	Kendra
11 AM – 12 PM	Tai Chi for Arthritis (register: Comm. on Aging)	Orange Community Room	Comm. on Aging
11:15 AM – 12 PM	Balance & Stability – SS	Aerobics Studio	Shannon
11 AM – 12 PM	Aqua Flex – AOA	Shallow Pool	Andrea K
12:30 PM – 2:10PM	Hustle 365	Aerobics Studio	Theresa
5:30 PM – 6:15 PM	Absolutely Cycle	Health Enhancement	Diana/Shelby
5:30 PM – 6:30 PM	Cardio, Strength & Mobility	Aerobics Studio	Andrea J
6:35 PM – 7:35 PM	CardioGroove	Aerobics Studio	Hannah
THURSDAY	CLASS	ROOM	INSTRUCTOR
8:30 – 9:30 AM	H2O Blast	Deep Pool	Andrea K
10:40 – 11:40 AM	Enhance Fitness – AOA	Aerobics Studio	Janna
11:45 AM – 12:30 PM	Dance Fit – AOA	Aerobics Studio	Janna
12 PM – 1 PM	Water Aerobics	Deep Pool	VA
2 PM – 3 PM	Low Impact Workout	Aerobics Studio	VA
5:30 PM – 6:15 PM	Cycle Circuit	Health Enhancement	Andrea J
6:30 PM – 7:30 PM	Cardio Kick and Shake	Aerobics Studio	Bev



# GROUP EXERCISE

## Schedule



FRIDAY	CLASS	ROOM	INSTRUCTOR
6:30 AM-7:30 AM	Old School Aerobics	Aerobics Studio	Steph
9:30 AM-10:30 AM	Strength & Conditioning	Aerobics Studio	Diana
11 AM - 12 PM	Aqua Flex	Shallow Pool	Andrea K
11:15 AM - 12 PM	Low Impact - SS	Aerobics Studio	Shannon
12:15 PM - 1 PM	Low Impact - SS	Aerobics Studio	Shannon
5:30 PM - 6:15 PM	Cycle Core Strength	Health Enhancement	Wendy
SATURDAY	CLASS	ROOM	INSTRUCTOR
8:30 - 9:15 AM	Move Your Body Bootcamp	Aerobics Studio/HE	Andrea J
9:30 - 10:30 AM	Uplifting	Aerobics Studio	Hannah
SUNDAY	CLASS	ROOM	INSTRUCTOR
1:15 PM-2:15 PM	Uplifting	Aerobics Studio	Hannah



## Monthly Sessions | Members: \$32 Non Members: \$48

### **Beginner Barre:**

Meet us at the Barre for a low impact strength workout focused on posture and core strength! This lunch crunch workout option is recommended for beginners. Transform your strength using light weights and high reps, isometrics, and pulses.

**Wednesdays: 12 - 12:45 PM**

### **Level 2 Y Barre:**

Meet us at the Barre for a low-impact strength workout with a focus on posture and core strength! This is our level 2 class, not recommended for beginners.

Transform your strength using light weights and high reps, isometrics, and pulses. \*Barre socks recommended\*

**Tuesdays: 5:30 - 6:30 PM**

### **Prenatal Y Barre:**

Expectant mothers, this workout is designed just to help you prepare for childbirth and stay mobile! This is a low impact strength workout with ballet incorporations and a lot of burn! Transform your strength using light weights and high reps, isometrics, and pulses.

**Thursdays: 6:30 - 7:20 PM**

### **(Infant) Mommy & Me Y Barre:**

New moms, this workout is designed to help you recover from pregnancy and have the stamina to keep up with your new child! Meet us at the Barre for a low impact strength workout with a hint of ballet and a bunch of burn using your baby's bodyweight to increase your strength! You'll need a wearable baby carrier and a pillow to occasionally rest your baby on. Recommended for infants 15 pounds or less.

**Thursdays: 6:30 - 7:20 PM**

### **(Child) Mommy & Me Y Barre:**

Moms with children between the ages of 4-9, meet us at the barre for a low impact strength workout side-by-side with your child! Y Barre was born from a foundation of ballet but no prior dance experience is required. Strengthen your whole body with isometrics and light weights all while making memories with your child! \*Barre socks recommended\*

**Saturdays: 10:45 - 11:45 AM**



## LIMITED GROUP EXERCISE Schedule



## Monthly Sessions | Price Varies

### Generation Pound: 4 week session

Generation Pound is a youth oriented program that fuses movement and music! By combining exercises and interactive activities kids will learn new ways to explore movement, embrace creativity, and ROCK OUT.

**Sessions for ages 6-9: Mondays 4:30-5:10PM**

**Sessions for ages 10-12: Thursdays 4:30-5:10PM**

**Members: \$24 Non Members: \$32**

### Pound Rockout Workout:

Pound is NOT your typical workout...in one class period you might do up to 800 squats! We call them "sneaky squats" because you'll be having so much fun drumming your stress away that you won't even think about counting the reps. Come be part of the band and join the Saginaw Y Pound Posse! It's time to "get on the stage" and be a Rockstar. Life's too short...have some fun and do your body and mind some good at the same!

**Thursday 5:30-6:20 PM July 23/August 13/September 17**

**Members: \$4 Nonmembers: \$10**

### Pound Unplugged:

Pound Unplugged is a 30 minute workout designed to unwind the mind. The first 20 minutes of class takes you through a cardio drumming workout experience that connects you to the elements. It's a highly effective exercise segment that can be adapted for mobility and impact, even if you can't get down to a mat on the ground. The final ten minutes of class is spent in the dark for breathwork and guided imagery to help you leave class feeling mentally refreshed.

**Mondays: 7:25 - 7:55PM**

**4 classes per session - Members: \$24 Non Members: \$40**

### Themed Cycling Classes:

Show your heart some love with this exhilarating cardiovascular low-impact workout!

**Thursdays: 6:35 - 7:25 PM**

**Members: \$32 Nonmembers: \$48**

### Pedal & Praise:

It's not quite a Sunday service, but come on into the Health Enhancement room for a heart-warming and heart-pumping cycling workout full of uplifting music!

**Sunday: 12:30-1:15 PM**

**Members: \$8 Nonmembers: \$12**

# OUT OF SCHOOL TIME

## PARENT'S NIGHT OUT (PNO)

Take the night off and leave the fun to us. Parents Night Out runs from 2 PM to 8 PM, giving the kids six hours of fun! While your kids enjoy activities like crafts, swimming, games, movies, snack time, and more! It's the break you need and the fun they want.

**Age Range:** 4 to 10 years old  
**Time:** 2 - 8 PM  
\$25

**Saturdays:**  
July 18<sup>th</sup>, August 15<sup>st</sup>, and September 19<sup>th</sup>

- |   |   |
|---|---|
| <b>Program Details:</b>   | <b>What's Included?</b>   |
| <ul style="list-style-type: none"><li>• Registration Deadline: Thursday before PNO by 6 PM.</li><li>• Child(ren) must be able to use the bathroom and change into swimwear independently.</li></ul> | <ul style="list-style-type: none"><li>• Swimming</li><li>• Games</li><li>• Movie Time</li><li>• Crafts</li><li>• Snacks</li></ul> |

- What To Bring:**
- Swimsuit and towel.
  - Closed toe shoes with socks for games and activities.
  - Comfortable clothing for exercise and play.
  - Personal snacks if your child has dietary restrictions.

- PNO Themes:**
- **Saturday, June 20<sup>th</sup> : Summer Carnival**
  - **Saturday, July 18<sup>th</sup> : Theme TBD**
  - **Saturday, August 15<sup>th</sup> : Theme TBD**

## KIDS ZONE

At the YMCA, we know busy parents need support. That's why we offer Kids Zone, a safe, fun, and enriching environment where children can play, learn, and connect under the care of our trained, compassionate staff. While parents enjoy their workout or participate in classes, they can relax knowing their children are in great hands.

**Days:** Mondays, Wednesdays, & Thursdays **Time:** 5 - 8 PM

**Age Range:** 6 weeks to 10 years old

**Price:** \$1 for Members/\$5 NonMember

### Health & Safety

- Keep sick children at home to protect everyone's health.
- We encourage parents to take their children to use the restroom before being signed in, as there are no bathrooms in the Kids Zone.

### Snacks & Drinks

- No nut products are allowed due to allergies.
- No popcorn is permitted for safety reasons.
- Spill-proof, labeled cups and water bottles are welcome.

**Registration is required**

## YOUNG INNOVATORS CLUB AFTERSCHOOL PROGRAM

Are you searching for an after school adventure that goes far beyond ordinary homework help? The Young Innovators Club is your child's passport to a vibrant world of excitement, discovery, and personal growth, designed for kids ages 8 to 15!

Our dynamic program combines energetic physical activities, hands on creative projects, and engaging social emotional learning, all led by enthusiastic, caring staff who are dedicated to every child's success. We believe in breaking down barriers, so every family feels welcomed, and every child can participate without hesitation.

Let your child unlock their potential, ignite their curiosity, and experience unforgettable fun after school.

**Will Return in  
the Fall  
For the 2026  
School Year!**

# OUT OF SCHOOL TIME

## MARTIAL ARTS

### Pre - Cuong Nhu Karate (Ages 4 - 7)

A fun and energetic introduction to martial arts! Pre-Cuong Nhu helps young children build balance, coordination, confidence, and respect through age appropriate drills and activities. Students learn basic movements and discipline in a supportive, encouraging environment.

### Cuong Nhu Karate (Ages 8+)

Cuong Nhu is a dynamic martial arts style that blends the best of traditional karate with elements of judo, aikido, taekwondo, and boxing. Students develop strength, flexibility, focus, and self-defense skills while building character, confidence, and leadership. Great for beginners and experienced students alike.



### Pre - Cuong Nhu Karate

#### Saturdays:

June 6<sup>th</sup> - 27<sup>th</sup>

July 4<sup>th</sup> - 25<sup>th</sup>

August 1<sup>st</sup> - 29<sup>th</sup>

Time: 10 - 10:50 AM | Price: \$50

### Cuong Nhu Karate

#### Tuesdays, Thursdays, & Saturdays:

June 2<sup>nd</sup> - 30<sup>th</sup> | June 4<sup>th</sup> - 25<sup>th</sup> | June 6<sup>th</sup> - 27<sup>th</sup>

July 7<sup>th</sup> - 28<sup>th</sup> | July 2<sup>nd</sup> - 30<sup>th</sup> (no class XYZ) | July 4<sup>th</sup> - 25<sup>th</sup>

August 4<sup>th</sup> - 25<sup>th</sup> | August 6<sup>th</sup> - 27<sup>th</sup> | August 1<sup>st</sup> - 29<sup>th</sup>

Price: \$50/Month (1x/wk) | \$60/Month (2x/wk) | \$80/Month (3x/wk)

Day & Time: Tuesday & Thursday: 6 - 7 PM | Saturday: 11 AM - 12 PM



### YOUTH BASKETBALL

Youth basketball clinics led by coach Cherina Johnson focus on skill building in a positive and energetic environment. Whether your child is new to the sport or looking to take their game to the next level, this program is tailored to help them succeed.

- Fundamental Basketball Skills: Learn dribbling, shooting, passing, and defensive techniques.
- Character Development: Emphasize sportsmanship, discipline, and perseverance.
- Leadership Training: Build confidence on and off the court.
- Small Group Coaching: Benefit from personalized instruction and attention.

Ages: 6 - 15

Price: \$75

Time: 5 - 7 PM



Will Return in the Fall For the 2026 School Year!

### CUB SCOUTS

Cub Scouts is a chance for your child to make friends, try new things, and learn skills like working with others, sticking with hard tasks, and being a leader. Kids get to do fun activities like creating lava lamps and slime, going on hikes, and more. Cub Scouts meet every Monday from 4:30 to 5:30 PM at the Saginaw YMCA. Kids entering kindergarten (w/ a parent) through 5th grade can join!

This program usually costs up to \$200, but thanks to grants and donations, it's completely free to kids in Saginaw.

Days: Mondays Time: 4:30 - 5:30 PM Price: Free

Ages: Entering Kindergarten (w/ parent) - 5<sup>th</sup> Grade

# SUMMER DAY CAMP



## 2026

Unleash your child's creativity and curiosity this summer with our action-packed, educational, and fun-filled camps at the YMCA of Saginaw. Each week of camp offers hands-on learning experiences, allowing campers to participate in activities that develops a wide range of interests while exploring something new such as:



- Engineering and STEM
- Chemistry and Fun Experiences
- Comic Books and Superheroes Themed Activities
- Board Games, Puzzles and Outdoor Activities
- Human Biology, Science, and Nature Discoveries
- and of course, Daily Adventures!

**Register Here or Call**

Each program is designed to encourage teamwork, creativity, problem-solving, and confidence in a safe and supportive environment led by experienced staff.

For ages 5-14

Member rate: \$125 per week

Non-member rate: \$150 per week

For registration or questions, call 989-753-7721.



## SPECIAL THEMED WEEK

**WEEK of: June 22<sup>nd</sup> - 26<sup>th</sup>**

### HEALTH CAREERS CAMP

Step into the world of healthcare! Discover what it's like to be a doctor, nurse, or EMT. Campers will learn basic first aid, explore medical tools, and meet real healthcare professionals. See back for more information.

**Ages: 11 - 14    Member Rate: \$175    Non-Member Rate: \$200**

**WEEK of: July 20<sup>th</sup> - 24<sup>th</sup>**

### NATURE CAMP

Explore the great outdoors! Campers will go on nature walks, learn about local plants and animals, build birdhouses, and discover the wonders of the environment.

**Ages: 5 - 14    Member Rate: \$125    Non-Member Rate: \$150**

# HEALTH CAREERS SUMMER CAMP

June 22<sup>nd</sup> – June 26<sup>th</sup>



MyMichigan Health and the YMCA of Saginaw are teaming up to inspire the next generation of middle school age youth with the Healthcare Careers Summer Camp! Students will get up close and hands on look at healthcare careers through interactive activities, Q&As, demonstrations, and more.

Example topics and learning sessions.

- Stop the Bleed and First Aid training.
- EMT Career Discussion/Ambulance hands on.
- Orthopedic.
- Community Health Careers/Education.
- Therapy Careers: PT/OT/Speech.
- Respiratory Career Session.
- SIM Center Field Trip and Hands only CPR (on Friday).

## » Days & Time:

- **Monday – Thursday:**  
9 AM – 4 PM
- **Friday:** Field Trip to SIM Center in Midland.
- **Age:** 11 – 14
- **Price:**
  - **Members:** \$175
  - **Non Members:** \$200

# SUMMER CAMP

# CAMP PROGRAMS

CAMPTIMBERS.ORG | 989-345-2630

## TRADITIONAL OVERNIGHT CAMP: AGES 7 - 14

Our classic overnight camp experience and the most popular program we offer! For 6 days and 5 nights, campers gain remarkable experiences, quality connections, and meaningful growth as part of our small-group, cabin-based communities.

## MINI CAMP: AGES 6 - 10

For three days and two nights, our youngest campers explore the adventures of overnight camp and get used to the experience of being away from home. This session offers both a shorter program duration and a higher level of staff support to help make these new campers' first adventure with us as successful as possible.

## HERTER BAND CAMP: GRADES 6TH - 10TH

This 7 day, 6 night program, a partnership with the Herter Music Center, offers campers the unique opportunity to advance their musical ability, prepare a concert performance, and experience many of the activities and adventures YMCA Camp Timbers has to offer. Campers must have completed at least one year of school band to participate.

## LEADER-IN-TRAINING (LIT): AGES 14 - 16

The first step in our progressive teen leadership program. Campers experience a combination of daily leadership-based lessons and traditional camp activities. Lessons focus on small-group facilitation skills, leadership styles, communication skills, and a partial-day service project at camp.

## COUNSELOR-IN-TRAINING (CIT): AGES 16 - 17

The capstone of our camper experience and the second stage of our progressive teen leadership program is the CIT program. Campers have an immersive leadership experience, including lessons in child development, coaching and encouraging others, and small-group leadership skills. CITs spend the week shadowing counselors, mentoring younger campers, and meeting to further learn and reflect on their experience. This program includes a day trip to canoe the AuSable River.

## SOCCER SPECIALTY CAMP: AGES 7 - 12

A "best-of-both-worlds" experience to develop soccer skills within the traditional camp schedule. Players work on technical foundational skills in a game-based, fun and safe environment. Includes 3-hours of daily soccer instruction.

# CAMP PROGRAMS

MOST POPULAR

## TRADITIONAL OVERNIGHT CAMP:

AGES 7-14

Our classic overnight camp experience, and the most popular program we offer! For 6 days and 5 nights, campers gain remarkable experiences, quality connections, and meaningful growth as part of our small-group, cabin-based communities.

## MINI CAMP:

AGES 6-10

For three days and two nights, our youngest campers explore the adventures of overnight camp and get used to the experience of being away from home. This session offers both a shorter program duration and a higher level of staff support to help make these new campers' first adventure with us as successful as possible.

## HERTER BAND CAMP:

GRADES 6TH-10TH

This 7-day, 6-night program, a partnership with the Herter Music Center, offers campers the unique opportunity to advance their musical ability, prepare a concert performance, and experience many of the activities and adventures YMCA Camp Timbers has to offer. Campers must have completed at least one year of school band to participate.

## LEADER-IN-TRAINING (LIT):

AGES 14-16

The first step in our progressive teen leadership program. Campers experience a combination of daily leadership-based lessons and traditional camp activities. Lessons focus on small-group facilitation skills, leadership styles, communication skills, and a partial-day service project at camp.

## COUNSELOR-IN-TRAINING (CIT):

AGES 16-17

The capstone of our camper experience and the second stage of our progressive teen leadership program is the CIT program. Campers have an immersive leadership experience, including lessons in child development, coaching and encouraging others, and small-group leadership skills. CITs spend the week shadowing counselors, mentoring younger campers, and meeting to further learn and reflect on their experience. This program includes a day trip to canoe the AuSable River.

## SOCCER SPECIALTY CAMP:

AGES 7-12

A "best-of-both-worlds" experience to develop soccer skills within the traditional camp schedule. Players work on technical foundational skills in a game-based, fun and safe environment. Includes 3-hours of daily soccer instruction.



REGISTER ONLINE AT  
[CAMPTIMBERS.ORG](https://CAMPTIMBERS.ORG)

LEARN MORE AT  
(989) 345-2630

## ADVENTURE TRIPS

Adventure trips are the perfect option for older campers interested in exploring some of Michigan's most scenic locations. Trips utilize rustic backcountry campsites with limited access to restrooms and spend each night in shared backpacking tents. All trips begin and end at camp, are led by camp staff with backpacking experience, and include all backpacking-related gear.

**BACKPACKING THE NORTH COUNTRY TRAIL: AGES 12 - 14**

**BACKPACKING THE PICTURED ROCKS: AGES 14 - 15**

**BACKPACKING CAPSTONE TRIP TO PORCUPINE MOUNTAINS: AGES 15 - 17**

FOR MORE INFO GO TO [CAMPTIMBERS.ORG](http://CAMPTIMBERS.ORG)

## SUMMER 2026

### WHY 3 PRICES?

<b>Session 1</b>	<b>June 14-20</b>
<b>Session 2</b>	<b>June 21-27</b>
<b>Session 3</b>	<b>June 28-30</b>
<b>Session 4</b>	<b>July 5-10</b>
<b>Session 5</b>	<b>July 12-17</b>
<b>Session 6</b>	<b>July 19-24</b>
<b>Session 7</b>	<b>July 26-31</b>

We offer a voluntary three-tier pricing program. Choose the tier most suitable for your family. Your choice is confidential and does not impact the program or experience. This allows us to provide quality experiences to as many campers as possible and ensure no child misses out for financial reasons.

**TIER A** - Reflects the true cost of camp. If able to pay this amount, please do so.

**TIER B** - A partially subsidized rate representing \$75 of scholarship assistance needed.

**TIER C** - A subsidized rate to allow camp to be possible for as many as possible with \$150 scholarship assistance.

**ADDITIONAL FINANCIAL ASSISTANCE** - Income-based scholarships are available in addition to TIER C pricing. Please visit our website.

SUMMER PROGRAMS	SESSION PRICING		
CAMPS	TIER A TRUE COST	TIER B \$75 SCHOLARSHIP APPLIED	TIER C \$150 SCHOLARSHIP APPLIED
<b>Traditional Overnight Camp: ages 7-14</b> Session 4, 5, 6, 7 (Sunday to Friday)	\$810	\$735	\$660
<b>Herter Band Camp: grades 6-10 in school band</b> Session 1, 2 (Sunday to Saturday)	\$860	\$785	\$710
<b>Mini Overnight Camp: ages 6-10</b> Session 3 (Sunday to Tuesday)	\$480	\$405	\$330
<b>Leader in Training (LIT): ages 14-16</b> Session 5, 6 (Sunday to Friday)	\$810	\$735	\$660
<b>Counselor in Training: ages 16-17</b> Session 4 (Sunday to Friday)	\$480	\$405	\$330
<b>Soccer Specialty Camp: ages 7-12</b> Session 7 (Sunday to Friday)	\$910	\$835	\$760
TRIPS			
<b>Backpacking Pictured Rocks: ages 14-15</b> Session 4 (Sunday to Friday)	\$860	\$785	\$710
<b>Backpacking North Country Trail: ages 12-14</b> Session 5 (Sunday to Friday)	\$860	\$785	\$710
<b>Backpacking Capstone Trip: ages 15-17</b> July 19-29 (Sunday to Wednesday)	\$1,400	\$1,325	\$1,250



## FRIENDSHIP SENIOR CENTER

Stop by the Friendship Senior Center at the YMCA of Saginaw! Open Monday - Friday, from 9 AM - 1:30 PM, and there's always something going on. Enjoy a hot lunch every day, Mexican bingo, crafts, puzzles, or a friendly game of Euchre. Join us for sing alongs and chair exercises to keep you moving. Enjoy special guest speakers throughout the week as well. All holidays are celebrated together, and great parties you wouldn't want to miss. This is a wonderful place to meet new friends and do fun activities. The Friendship Senior Center is run through the Commission on Aging. Come see what it's all about!

### Coffee, Cakes, & Convos

Join us on the first Tuesday of each month from 5 – 7 PM at the YMCA for a warm, welcoming gathering! Enjoy a slice of freshly baked cake and a cup of hot coffee, and take the opportunity to ask any questions you may have about all that the Y has to offer.

Summer Quarter Dates:

Tuesday: July 7<sup>th</sup>, August 4<sup>th</sup>, September 1<sup>st</sup>



### Popcorn with Joe and Madeleine!

Swing by the YMCA lobby Monday – Thursday from 9 AM to 12 PM, and grab a bag of Friendship Popcorn. Every bag helps support programs at the Friendship Senior Center, right here at the Y, through the Commission on Aging. And let's be honest... the popcorn is great, but Joe's jokes are complimentary.



# VETERANS SERVICE HUB

The Saginaw County Veteran Service HUB, located in the YMCA lobby, is here to support Veterans and their families by connecting them with the benefits they've earned.

## Veterans Service Officer (VSO)

Kimberly Napoleon

The VSO assists veterans with federal, state, and local benefits if eligible.

Open: Monday – Friday

Time: 10 AM – 3 PM

If you are interested in booking an appointment with our VSO Kimberly, please email her at [KNapoleon@MichiganLegion.org](mailto:KNapoleon@MichiganLegion.org).

## Michigan Veterans Trust Fund Agent

Ginger McInnis

The (MVTF) agent assists veterans and their families in accessing financial assistance and services provided by the Michigan Veterans Trust Fund. This fund helps veterans who are facing financial hardships due to things like unexpected expenses, emergencies, or other financial difficulties.

Need assistance? Make an appointment today. 989.793.9560

## Veterans Outreach Coordinator

Shannon Thurnin

YMCA hosts a Vet to Vet cafe the first Thursday of the month. The YMCA hosts Veterans Lunch and Learn Programs every month. In addition, we have a food, hygiene and clothing pantry to assist Veterans in need. The YMCA also annually hosts a Veteran Stand Down Event in the Summer and a Veterans Health and Wellness Expo in the fall.

To book an appointment with our Veterans Outreach Coordinator, Shannon, please email her at [sthurnin@saginawymca.org](mailto:sthurnin@saginawymca.org)

## TRIBUTE THURSDAYS

Tribute Thursdays are the YMCA's standing salute to those who have served our country. On Thursdays, veterans and their families are invited to join the YMCA as our guests for the day.

When you utilize Tribute Thursdays, you gain more than access, you gain connection and support:

- Full access to YMCA programs and facilities for the day.
- Direct connection to veteran specific resources, including:
  - A Veteran Service Officer (VSO), A State Veterans Trust Fund Agent, & The YMCA's Veterans Coordinator.

Tribute Thursdays go beyond fitness, they are about honoring service and ensuring veterans and their families know they are supported, valued, and never alone. We salute your service. We welcome your family. We stand ready to serve you.

## Veterans Food Pantry

The YMCA's Veteran Food Pantry, located inside the Y, provides essential food assistance to veterans in our community. Supported by local members, the Food Bank of Eastern Michigan, and Hidden Harvest, this pantry ensures veterans have access to the resources they need. For more information or to access the pantry, call 989.753.7721 x 212 or x 0. Our team is dedicated to serving those who have served!

Donations can be dropped off in the YMCA lobby.

## Vet to Vet Cafe

Vet to Vet Cafe is a safe space for veterans to share stories, socialize, or simply enjoy a hot cup of coffee and donuts. This will be a great chance to learn about our resources, whether it's for healthcare, career advice, financial help, or even just finding community events. We host this event on the first Thursday of every month at 9:30 AM.

# BIRTHDAY PARTIES AND ROOM RENTALS



## LET'S PARTY!

Parties can be scheduled for 3 hours and are available with the Splash and Sports Mania package. The time between will be split from the party room and the pool or the gym. Included in the package is a Y Party Coordinator to assist you during your event.

**Price: \$200 for 3 hours**

**Per Additional Hour Price: \$50**

\*Additional Fees may apply for activities mentioned below.\*

### Splash Party

Enjoy a pool party with us at the Y! Keep in mind that there must be an adult (age 21+) in the pool at all times for supervision. The number of adults required will depend on the ages of the children and the number of party swimmers.

- **90 minutes of Pool Access**

Call the front desk for availability on Splash Parties or to get more information 989-753-7721.



### Sports Mania Party

- 1 hour of gym time.
- Choice of sport or activity (Basketball, Soccer, Hockey, Volleyball, Relays, etc).
- Saturdays and Sundays only.



### STEM Party

- 1 hour of STEM Activity
- Choice of activity (Science, Technology, Engineering, and Math)
- Saturdays and Sundays only



# ROOM RENTALS

**At the YMCA of Saginaw, our room rentals are here to help you celebrate, connect, and gather for any occasion.**

Looking for the perfect spot to celebrate? Whether you're hosting a baby shower, family gathering, or planning a corporate meeting, we've got the space to make it happen.

**Base Room Rental Rates: 50% off for Non Profits**

- \$200 for 3 hrs
- \$50 per additional hour

You can rent a room by coming to the front desk and booking with a Front Desk attendant. If you have questions, contact the Front Desk at 989.773.7721

# PICKLEBALL

Now at Garber Courts!

## MONDAYS:

9 AM - 12 PM

## TUESDAYS:

6 - 8 PM

## WEDNESDAYS:

9 AM - 12 PM

## FRIDAYS:

9 AM - 12 PM

## RENUUE PHYSICAL THERAPY

Don't allow discomfort to hold you back from living your best life. Begin your journey today by connecting with the Renue Physical Therapy team at the Saginaw YMCA location. Schedule your appointment now and discover how they can help you reclaim your strength, mobility, and wellness!

To book an appointment, go to [renuept.com/appointment](http://renuept.com/appointment)



## KNOWLEDGE & KNIBBLES

Designed to provide seniors with engaging, monthly informative sessions and opportunities to connect. Open to all!

### Summer Quarter Dates:

Tuesdays: 5:30 - 6:30 PM  
Fridays: 12 - 1 PM

### July

Tuesday: July 7<sup>th</sup> & 21<sup>st</sup>  
Friday: July 3<sup>rd</sup> & 17<sup>th</sup>

### August

Tuesday: Aug. 4<sup>th</sup> & 18<sup>th</sup>  
Friday: Aug. 7<sup>th</sup> & 21<sup>st</sup>

### September

Tuesday: Sept. 8<sup>th</sup> & 22<sup>nd</sup>  
Friday: Sept. 4<sup>th</sup> & 18<sup>th</sup>



# AND THAT'S NOT ALL THAT WE ARE PART OF..

## SAGINAW COUNTY SHERIFF'S DIVE AND RESCUE (Dive & Rescue Team Training at the YMCA)

If you would like to volunteer and join the Dive & Rescue Team  
<https://www.saginawcounty.com/courts-public-safety/sheriff/employment/>  
(when prompt for "Position" please write "Dive team")



- US MASTER SWIM - ADULT LEARN TO SWIM PROGRAM
- SASA HIGH SCHOOL BOYS & GIRL SWIM TEAM TRAINING
- YMCA KIDS ZONE - AFTER SCHOOL PROGRAMS
- SAGINAW INTERMEDIATE SCHOOL DISTRICT
- MICHIGAN SPECIAL OLYMPICS AREA 22 - SWIMMING
- BRIDGEPORT 3<sup>rd</sup> GRADER - SAFETY AROUND WATER
- NAVY SEALS TRAINING - LOCAL RECRUITING PROGRAM
- LOCAL VETERAN HEALTH AND FITNESS PROGRAMS
- FIRST AID / CPR / AED CERTIFICATION FOR BUSINESSES
- LOCAL COMMUNITY PARTNERSHIPS FOR POOL ACCESS
- WATER FITNESS, LAP SWIM, AND OPEN SWIM
- ... AND MUCH, MUCH, MORE !!