

YMCA OF SAGINAW

FALL PROGRAM GUIDE: OCT. - DEC. 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
4 th 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

MEMBERSHIP ACCESS TO YMCAS NATIONWIDE

- 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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FAIR SHARE PROGRAM

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

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.



Fall swim lessons begin the last week of October, with registration opening Monday, September 28, 2026. Register for one of our 8-week sessions, Thursday evening sessions, or Saturday morning sessions.



Not sure which stage to sign up for, or new to swim lessons at the YMCA? Join us Saturday, October 3, between 10:00 AM and 12:00 PM. Contact our Front Desk to pre-register. This event is free.

To register, contact the Front Desk, stop by the YMCA of Saginaw, or scan the QR Code.

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.

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



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SAFETY AROUND WATER

WHAT IS SAFETY AROUND WATER?

- 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.
- To register, contact the Front Desk, stop at the YMCA of Saginaw, or scan the QR Code

Sessions are 8 weeks long, and each class is approximately 30 minutes.

STRONG SWIMMERS

GAIN CONFIDENCE

CONQUER FEARS



DIVE AND GLIDE SCUBA LESSONS

Grow real dive skills in a kid-friendly time. Exploration sessions to learn aspects of diving and the underwater environment, creating a foundation to pursue future dive certifications, with an emphasis on buddy diving, safety,

Contact Dive & Glide to register or for more information, call (989) 486-3627.

NAUI® Young Aquatic Explorers

OPEN SWIM & MEMBERSHIP

Enjoy time in the pool with your family during Open Swim periods. Youth and families are welcome, with dedicated opportunities for Family Fun Sunday, lap swim, water fitness, youth swim lessons, and other aquatic activities. Please check the current pool schedule for Open Swim times, lane availability, age requirements, and safety guidelines.

CHECK OUT THE YMCA WEBSITE FOR POOL SCHEDULE AND EVENTS

saginawymca.org/ymca-saginaw-aquatics-events/

Pool access is included with your YMCA membership. To become a member, visit the YMCA of Saginaw at 1915 Fordney St., call 989-753-7721, or visit saginawymca.org. Our Front Desk team can help you choose the membership that fits your household and get you started.

BECOME RED CROSS CERTIFIED



First Aid/ CPR/ AED Training:

AQUATICS OFFERS TRAINING ONLY and RED CROSS CERTIFICATION

Training Only – No Certification will be issued \$25 / Participant

Training + Online Class for Red Cross Certification \$70 / Participant

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



Red Cross Lifeguard Certification: At the YMCA of Saginaw

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

Price: \$275 Per Person

Dates + Times:

Friday, October 9th, 10th and 11th

Friday, December 17th and 18th

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 YMCA of Saginaw

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, October 4st

Sunday, December 6th

9 AM – 5:30 PM *approximately*



To sign up for Lifeguard Certification or Lifeguard Recertification
– Contact the Aquatics Department by email at 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
5:00–5:40 AM	HIIT Cycle (\$5)	Health Enhancement	Janna
8:30–9:30 AM	Aqua Fit (\$5)	Deep Pool	Andrea K
9:30–10:30AM	Strength & Conditioning (\$8)	Aerobics Studio	Diana
11:00–12:00 PM	Aqua Flex – AOA (\$5)	Shallow Pool	Andrea K
11:15–12:00 PM	Low Impact – SS	Aerobics Studio	Shannon
12:15–1:00 PM	Low Impact – SS	Aerobics Studio	Shannon
1:10–2:10 PM	Hustle 365: Line Dancing (\$5)	Aerobics Studio	Theresa
5:30–6:15 PM	Y x-Fit (\$8)	Carpet Gym	Diana
5:30–6:30 PM	Cardio & Strength (\$8)	Aerobics Studio	Janna
6:35–7:35 PM	Xtreme Hip Hop Step (\$8)	Health Enhancement	Courtney
TUESDAY	CLASS	ROOM	INSTRUCTOR
5:00–5:50 AM	Power Lift (\$5)	Aerobics Studio	Janna
8:30–9:30 AM	H2O Blast (\$5)	Deep Pool	Andrea K
10–10:30 AM	Deep Core Strength (\$5)	Aerobics Studio	Janna
10:40–11:40 AM	Enhance Fitness – AOA (\$5)	Aerobics Studio	Janna
11:45–12:30	Cardio Drumming (\$5)	Aerobics Studio	Janna
5:30–6:15 PM	Butts & Guts (\$8)	Aerobics Studio	Diana
6:30–7:30 PM	Cardio Kick and Shake (\$8)	Aerobics Studio	Bev



GROUP EXERCISE

Schedule

WEDNESDAY	CLASS	ROOM	INSTRUCTOR
5:00–5:40 AM	HIIT Lift (\$5)	Aerobics Studio	Janna
8:30–9:30 AM	Aqua Fit: Spirit, Mind & Body (\$5)	Deep Pool	Sharrie
9:20–10:20AM	Mobility & Athletic Conditioning (\$8)	Aerobics Studio	Kendra
10:30–11:00	Chair Yoga (\$5)	Aerobics Studio	Quazzy
11:00–12:00PM	Aqua Flex – AOA (\$5)	Shallow Pool	Andrea K
11:15–12:00 PM	Balance & Stability—SS	Aerobics Studio	Shannon
12:30–1:30 PM	Hustle 365: Line Dancing (\$5)	Aerobics Studio	Theresa
5:30–6:15 PM	Absolutely Cycle (\$8)	Health Enhancement	Kendra
5:30–6:30 PM	Step Fusion (\$8)	Aerobics Studio	Shannon
6:35–7:35 PM	CardioGroove: Dance Workout (\$8)	Aerobics Studio	Emilio
THURSDAY	CLASS	ROOM	INSTRUCTOR
5:00–5:50 AM	Barrelates (\$5)	Aerobics Studio	Janna
8:30–9:30 AM	H2O Blast (\$5)	Deep Pool	Andrea K
10:40–11:40 AM	Enhance Fitness – AOA (\$5)	Aerobics Studio	Janna
11:45–12:30 PM	Dance Fit – AOA (\$5)	Aerobics Studio	Janna
5:30–6:15 PM	Cycle Circuit (\$8)	Health Enhancement	Wendy or Diana
6:30–7:30 PM	Cardio Kick and Shake (\$8)	Aerobics Studio	Bev



GROUP EXERCISE Schedule



FRIDAY	CLASS	ROOM	INSTRUCTOR
5:45–6:40 AM	Elevate (\$5)	Aerobics Studio	Stephanie
9:30–10:30 AM	Strength & Conditioning (\$8)	Aerobics Studio	Diana
11:00–12:00 PM	Aqua Flex (\$5)	Shallow Pool	Andrea K
11:15–12:00 PM	Low Impact – SS	Aerobics Studio	Shannon
12:15–1:00 PM	Low Impact – SS	Aerobics Studio	Shannon
SATURDAY	CLASS	ROOM	INSTRUCTOR
8:30–9:15 AM	Move Your Body Bootcamp (\$8)	Aerobics Studio/HE	Wendy
9:00–9:45 AM	Rise and Ride (bi-weekly: 10th/24th) (\$8)	Health Enhancement	Shelby
SUNDAY	CLASS	ROOM	INSTRUCTOR
1:15–2:15 PM	Work It! Dance Fit (\$8)	Aerobics Studio	Hannah



Monthly Sessions | M: \$32 NM: \$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

Kids Yoga: This is a four week program where students learn the foundations of yoga in a way that feels playful, empowering, and easy to understand. Each week blends movement, mindfulness, and breathwork to help kids feel more centered in their bodies and more confident in themselves.

***Once a Month!* Sundays: 1:15 – 2:00 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

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

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

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 **Price:** \$25

Third Saturday of the Month:

- October 17th: Harvest Fest — decorate smaller pumpkins from Johnson's and take them home.
- November 21st: Turkey Trot — races in the gym and fun themed crafts.
- December 19th: Holly Hop — hot chocolate bar and cookie decorating.

Program Details:	What's Included?
• Registration Deadline: Thursday before PNO by 6 PM. • Child(ren) must be able to use the bathroom and change into swimwear independently.	Swimming: 2:30 – 3:30 PM Games Movie Time Crafts Snacks

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.

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:** Free for Members!

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.

PRE-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 grades 1 – 5!

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.

Coming this Fall!

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:

October 3rd – 24th

October 31st – November 21st

Time: 10 – 10:50 AM | Price: \$50

Cuong Nhu Karate

Tuesdays, Thursdays, & Saturdays:

October Session: September 29 – October 24

November Session: October 27 – November 21

December Session: December 1 – December 12

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.

Oct. 1, 8, 15 & 22 | Oct. 29 & Nov. 5, 12 & 19 | Dec. 3, 10, 17 & 22*

Ages: 6 – 15

Price: \$75

Time: 5 – 7 PM



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) – 5th Grade

MISSION NUTRITION & EARLY LEARNING



**DID YOU
KNOW**
THE Y FEEDS
KIDS?

**THE MISSION NUTRITION
PROGRAMS ARE COMING
THIS FALL**

Please contact our Front Desk and
keep an eye on the YMCA of Saginaw
Social Media for more details.

ALL MEALS INCLUDE ONE SERVING OF:



GRAINS



PROTEIN



DAIRY



FRUITS



VEGETABLES

This institution is an equal opportunity provider. For more information, visit
www.saginawymca.org/mission-nutrition



**YMCA of Saginaw
Early Learning Center
Preschool ages 2.5-5**

NOW ENROLLING

DAYS: Monday-Friday
HOURS: 7:00am-6:00pm
LOCATION: YMCA of Saginaw
1915 Fordney St.
(989) 596-0111

DHHS PAYMENTS ACCEPTED

COME CHECK OUT OUR NEW SPACE!

Tour the classrooms • Meet our team • Ask questions • Learn about the program

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.

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 sthurin@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.



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.

Fall Quarter Dates:

Tuesday: October 6th, November 3rd, December 1st



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.



SENIOR CONNECT



Designed to provide seniors with engaging, informative programs and opportunities to connect with others in the community. Open to all!

FALL QUARTER DATES

October

October 7 | 5:30 PM

Puzzle Challenge Competition

October 21 | 5:30 PM

Faith & Family CARES Senior Fitness

October 30 | 1:00 PM

Renue: Knee Pain

November

November 13 | 1:00 PM

Community Village: Smart Cookies Presentation

November 18 | 3:00–4:00 PM

Injury & Fall Prevention

November 18 | 5:30 PM

Faith & Family CARES Senior Fitness

December

December 2 | 5:30 PM

Senior Connect – Program TBD

December 11 | 1:00 PM

Senior Connect – Program TBD

December 16 | 5:30 PM

Faith & Family CARES Senior Fitness

Stay Healthy This Season

Flu/Covid Shot Clinic

Protect yourself, your family, and your community by getting your annual flu shot. It's quick, safe, and the best defense against the flu.



Thank You to:

Walgreens

**MONDAY
OCTOBER 12**

**Community Room
of the YMCA
1:00pm – 4:00pm**



ALL EVENTS ARE OPEN TO SENIORS IN OUR COMMUNITY
SHANNON THURIN AT
989-753-7721, EXT 212
1915 FORDNEY ST, SAGINAW, MI, 48601

FALL EXPO SERIES



Senior Healthy Living Expo

When: October 9, 2026

Where: Saginaw YMCA

Time: 10 AM – 1 PM

Vendors, prizes, giveaways, raffle, tours, lunch and more!

Lunch served: 11:30 AM

**RSVP for Box Lunch by October 3rd, 2024
by calling SCCOA @ 989-797-6880**



Brought to you by:
The Saginaw YMCA and the
Saginaw County
Commission on Aging

FREE!

- Cholesterol Check
- Blood Pressure
- Flu Shots
- Hearing Test
- and MORE

**Saginaw YMCA
1915 Fordney St.
Saginaw, MI 48601**

SIXTH ANNUAL HEROES APPRECIATION DAY AND VETERANS HEALTH & WELLNESS EXPO

We hope to see you there!

Date: Thursday, November 12, 2026

Time: 8:00 AM – 11:00 AM

**Location: YMCA Field House
1915 Fordney Street, Saginaw, MI**

**Join us for a FREE breakfast from The Pancake Man as we honor our local heroes –
Veterans, First Responders, Medical Professionals, Police, Firefighters, and
Lifeguards.**

**The Veterans Health & Wellness Expo will feature a variety of vendors providing
services and resources for veterans and military personnel.**

Heroes Appreciation Day contact Dan Weigl 989.753.7721 ext 205
Veterans Health & Wellness Expo contact Shannon Thurin 989.753.7721 ext 212



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

Fee must be paid when room rental contract is signed.

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 Time**

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 Membership Service Desk attendant. If you have questions, contact the Membership Service Desk at 989.773.7721

PICKLEBALL

Our Fieldhouse is set up for indoor Pickleball, open to all members, during the Fall, winter, and Spring, until the warm weather comes around. Join our members and other Pickleball enthusiasts for this great activity- all skill levels, from beginner to expert, are welcome.

MONDAYS:

8:00 AM – 1:00 PM

TUESDAYS:

4:30 PM – 7:30 PM

WEDNESDAYS:

5:00 AM – 1:00 PM

FRIDAYS:

8:00 AM – 1:00 PM

* Times include Pickleball nets setup and breakdown after activity.

MERNA'S

Have you tried a Sunshine Smoothie from Merna's?

Merna's offers something for every appetite, from Fresh Brewed Coffee and Hot Herbal Teas to flavorful smoothies like Dragon Slayer, Sunshine, and Starfaits.

Enjoy breakfast favorites including Bacon Grit Bowls, Brioche French Toast, Omelettes, Croissant Sandwiches, Avocado Toast, and more.

Plus fresh salads and satisfying sandwiches such as Philly Steak Panini, Chicken Philly Panini, and Chicken Bacon Ranch Wrap. Ask about veggie options!



RENUÉ 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

