



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Saginaw

2018 SUMMER PROGRAM GUIDE

June 15 – August 31



SaginawYMCA.org

SUMMER at the Y

Discover a summer of
endless possibilities
at the Y



BEST SUMMER EVER!

Meet up with friends and neighbors to swim, play,
exercise and relax – all summer long!

We want to make summer as fun as possible! From ice cream socials to holiday celebrations to family fun nights, the Y is the place to conquer summer!

Summer registration is now open and at the Y, there are endless possibilities for fun, adventure, activity and connection as well as countless opportunities to grow and learn, nurture resilience and find role models who empower. Whether it's swim lessons or soccer, football or camp, the Y is here to immerse your child in an atmosphere that inspires, guiding them to live healthfully, help others and smile like they've never smiled before.

It's gonna be fun. It's gonna be enriching. It's gonna be the best summer ever.

Camps

YMCA Camp Timbers overnight and YMCA day camps foster kids' curiosity and encourage them to expand their idea of what's possible. Our campers explore nature, swim and play, try new activities, develop new interests and gain independence while making friendships that last a lifetime.

Sports

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

Aquatics

The YMCA has been America's leading swim instructor for more than 100 years. We provide recreational, competitive and specialty aquatics programs for all ages and abilities, including parent-child classes, exercise opportunities, safety and rescue instruction and swim team.

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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.

SNAPSHOT OF YMCA FAMILY PROGRAMS

Enjoy time at the Y with your family playing games and an array of events and FUN activities to get the whole family moving.

June – August

Y City Golf

Family Golf Short Course, Sponsored by Sticks for Kids

Counter Cruise

Bike Night for the Family

Y Family Tennis Lessons

Sponsored by Urban Youth Tennis Foundation

Family Pound Class

Tribute Tuesdays

Veteran Families Guest of the Y Every Tuesday

Y Zoo Walk

Meet at Y and walk to the Children's Zoo

Y Family Garden Time

Sponsored by Abele Greenhouse and Garden Center

Ukulele Family Lessons

Sponsored by Andersen Enrichment Center

Family Board Game Night

Family Board Game Night in the Lobby

Open Swim

Saturdays from 11am–5pm

Family Swim

Sundays from 2:30pm–4pm

Y Family Jazz in the Garden

at Anderson Enrichment Center

Y Family Fun Zone at Morley Plaza

at Morley Plaza – Friday Night Live

Family Night Cookout and ZooVie

Sponsored by Saginaw Children's Zoo

Japanese Cultural Center

Traditional Tea Ceremony

Autism Camp

at YMCA Camp Timbers

Family Camp

at YMCA Camp Timbers

Y FAMILY ACTIVITIES

FAMILY HEALTH & FITNESS

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



**YMCA OF
SAGINAW**
1915 FORDNEY ST.
SAGINAW, MI 48601
(989) 753-7721

FACILITY HOURS

MON - THU	5:00AM - 9:30PM
FRI	5:00AM - 9:00PM
SAT	6:45AM - 7:30PM
SUN	11:00AM - 6:00PM

KIDS ZONE HOURS

MON, WED, FRI	8:00AM - 12:00PM
TUE & THU	8:00AM - 1:00PM
MON-FRI	3:00PM - 8:00PM
SAT	9:00AM - 1:00PM
SUN	11:00AM - 6:00PM

CHILDREN & YOUTH

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



KID ZONE

Child Watch

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

FREE for Y Members

Midday Get Away

Leave your children, ages 1 to 12 years old with our wonderful Kid Zone staff, and you can get out for the afternoon. We will watch, entertain, and play with your children in Kid Zone and the Youth Gym.

June 14	12pm-2:30pm
July 5	12pm-2:30pm
Aug 2	12pm-2:30pm

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

Parents' Night Out

More fun than a regular babysitter! After a long day at work or at home, drop your children off for swimming, games, and food, while you enjoy your evening out. For ages 1 to 12 years old. On the third Saturday of each month from 4pm - 10pm.

June 16	Carnival
July 21	Let's Go to the Beach
August 18	Wet 'n' Wild

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

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

Kids CampUs

IMPACTING THE FUTURE • ENGAGING YOUTH



Summer Program AGES: 6-18

Waiting
List Only

During the Summer Program, kids have the opportunity to explore, find new talents, try new activities, and make lasting friendships. And, of course have tons of fun all summer long! Run by the Boys & Girls Club of the Great Lakes Bay Region.

June 18 – Aug 17 (Closed the week of July 4th)
Mon - Fri 8am - 4:30pm

\$25 per child

Register with the Boys & Girls Club

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 School Year
Mon - Fri 3pm - 7pm

\$25 per child

Annual Boys & Girls Club fee

Teen Zone, sports, homework help, recreational and leadership activities. Come to the Y to get active, learn and hangout with your friends.



SUMMER CAMPS

Not just a place to make great memories, day camps help your child become more confident and independent. Sign your child up for one of our day or overnight camps today!

DAY CAMP

Little Eagles

AGES: 3-5

Our Little Eagles program provides a fun and safe environment, primarily at the YMCA, for youth ages, 3-5. Activities include swimming, indoor/outdoor games and sports, a healthy lunch, arts and crafts and STEM. All campers will need a swim suit, towel, extra change of clothing, water bottle, medication, closed-toed shoes with socks and comfortable attire each day. You may drop your campers off anytime between 8-9am. Campers will play in our supervised Teen Center until camp begins. Campers need to be picked up between 4-5pm from the Teen Center (Kids CampUs entrance/exit).

June – Aug 17 (weekly)
Mon – Fri 9am – 4pm

Y Members \$125/Non-members \$150

SPECIALTY CAMPS

Culinary Camp

AGES: 6-12

Culinary Camp is a summer camp that gets kids in the kitchen to learn to cook in a way that's hands-on and fun. Each day the campers work together and learn tools & equipment, kitchen safety, recipe reading techniques, table settings and presentation, cooking techniques, and clean up practices. Located in the YMCA Community Room.

Instructor: Chef Audrey Snead

July 9 – 13
Mon – Thu 2pm – 4pm

Y Members \$75/Non-members \$100

Archery Camp

AGES: 6-12

Archery camp will allow the kids to gain experience with all the necessary equipment and archers will learn range safety and fundamental archery skills! Located in the YMCA Youth Gym.

Instructor: Shiawassee National Wildlife Refuge

July 30 – Aug 3
Mon – Fri 2pm – 4pm

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

Performing Arts Camp

AGES: 6-12

Whether you're an absolute beginner or experienced performer, we have a fun & challenging hip hop dance class that will have you dancing hip hop like your favorite TV stars in just one week. You'll dance to the latest beats in rap, R & B, and pop music while working on movements influenced by some of today's hottest celebrities & dance choreographers. Located in the YMCA Aerobics Studio. Please bring comfortable clothing.

Instructor: Jump Fresh Academy

Aug 13 – 17
Mon – Fri 2pm – 4pm

Y Members \$75/Non-members \$100

STEM CAMPS

Inventors Workshop

AGES: 4-7

We have opened up the workshop for a week of fun, creativity, and of course engineering! Over the course of a week, students will invent new machines and explore creative design solutions using the Engineering Design Process. Discover how a wind-up toy works and design your own drawing robot inside the Engineering For Kids Inventor's Workshop. Located in the YMCA Community Room.

Instructor: Engineering for Kids

Aug 6 – 10
Mon – Fri 1:30pm – 4pm

Y Members \$125/Non-members \$150

MinecraftEdu: Traveling Into The Future

AGES: 8-14

This camp will immerse students in the expansive world of Minecraft, and will challenge student's ingenuity and problem solving skills as they navigate through several engineering challenges. Students will learn how to use teamwork and manage resources like an engineer in the real world. Building in Minecraft allows students to experiment with designs and materials, all without the risks associated with building structures in reality. Located in the YMCA Community Room.

Instructor: Engineering for Kids

Aug 6 – 10
Mon – Fri 1:30pm – 4pm

Y Members \$125/Non-members \$150

HEALTH & WELLNESS

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



GROUP EXERCISE CLASSES

The YMCA of Saginaw offers 60+ group exercise classes for ages 14 and up. All classes are co-ed. Including cycling, aquatic fitness, strength and cardio, dance, gentle fitness and more! Full class schedule online.

FREE for Y Members

Outdoor Yoga

AGES: 14+

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

July 11 – Aug 1

Wed 5:30pm – 6:30pm

Aug 8 – 29

Wed 5:30pm – 6:30pm

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

Pound: Family

AGES: 4+

Pound: Family is our newest group fitness class that is designed specifically for the family. From young to young-at-heart, join us in a full-body strength/cardio jam session, combining resistance exercises with constant drumming. This class will strengthen infrequently used muscles as well as your cardiovascular system in a fun-filled class for your entire family.

June

Every Tue 6:30pm – 7:30pm

FREE for Y Members

TRX

AGES: 14+

TRX Suspension Training is a workout system that leverages gravity and your bodyweight to perform exercises. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add resistance. Suspension training develops strength, balance, flexibility and core stability simultaneously. **Check website for free trial dates.**

June 3 – 24

Sun 4:35pm – 5:20pm

June 5 – 26

Tue 5:30pm – 6:15pm

July 8 – 29

Sun 4:35pm – 5:20pm

July 10 – 31

Tue 5:30pm – 6:15pm

Aug 5 – 26

Sun 4:35pm – 5:20pm

Aug 7 – 28

Tue 5:30pm – 6:15pm

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

Y-Barre

AGES: 14+

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

June 7 – 28

Thu 6:30pm – 7:15pm

July 12 – Aug 2

Thu 6:30pm – 7:15pm

Aug 9 – 30

Thu 6:30pm – 7:15pm

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

Women on Weights

AGES: 14+

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

June 7 – 28

Thu 4:30pm – 5:15pm

July 12 – Aug 2

Thu 4:30pm – 5:15pm

Aug 9 – 30

Thu 4:30pm – 5:15pm

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

PERSONAL TRAINING

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

1 session

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

4 sessions

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

10 sessions

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

20 sessions

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

Ask about a Buddy Package for special pricing.



RACES

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

AGES: 4+

Whether you are someone who wants to take the first steps toward getting up and moving or 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 8.

June 25 – Aug 29

Wed 6pm – 7pm

Y Members \$50 / Y Family \$80

Non-members \$100 / Family \$160



ACTIVE OLDER ADULT CLASSES (AOA)

The Y has fitness classes specifically designed for older adults. They give participants an opportunity to stay physically active. Programs include water exercise, yoga and stretching classes.

Aqua Flexible

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

Mon, Wed, and Fri 11:30am – 12:15pm

FREE for Y Members

AquaBands

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

Thur 2pm – 3pm

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.

June 5-26

Tue 10:30am – 11:30am

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.

Mon 11:15am – 12pm

Wed 8:45am – 9:30am

FREE for Y Members

Co-Ed Fitness

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

Mon, Wed, & Fri 12pm – 1pm

FREE for Y Members

Cycle Stretch

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

Thur 10:45am – 11:45am

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.

Mon 10:15am – 11am

Wed 10:30am – 11:15am

FREE for Y Members

Water in Motion

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

Mon-Fri 8:30am – 9:30am

FREE for Y 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!



SHARK 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 6 month old beginners with a parent to more advanced classes for those who are looking to improve endurance and get stronger.

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

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

Private Lessons

AGES: 3+

1-on-1 or small group instruction, for those looking to improve stroke, gain confidence or conquer fears. Accommodation for most special needs Flexible times (30 minutes in length)

1 session

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

4 sessions

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

8 sessions

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

Safety Around Water

AGES: 6-12

This program teaches water safety skills through two skill series, Jump Push Turn Grab & Swim Float Swim!

June 4 – June 8

Mon-Fri 5:00pm – 5:45pm

Y Members \$10 / Non-members \$20

Aquatics Conditioning

AGES: 6-12

This program is for those interested in moving into swim team but need to build up their strength and endurance along with learning skills like starts and turns in order to compete.

June 5 – 28, July 3 – July 26, Aug 2 – Aug 28
Tue & Thu 5:30pm – 6:30pm

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

Endurance, Sports and Games

AGES: 6-12

This program is for those who love the water, want to build endurance for all strokes learned in lessons and now want to expand.

June 4 – June 27

July 2 – July 30

Aug 1 – Aug 27

Mon & Wed 5:30pm – 6:30pm

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.

July 9 – Aug 27

Mon 5:30pm – 6:30pm

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

Sharks Competitive Swim Team

Mini Sharks: ages 6-10

Junior Sharks: ages 8-12

Senior Sharks: ages 10-18

June 18 – Aug 9

Tue & Thu 6:30pm – 7:30pm

Y Members \$65-125

Swim Test Outs

AGES: 3-12

This is 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 do a swim test prior to registering for swim lessons.

Available once a month between 5-6:30pm

Y Members FREE / Non-members FREE

LAP SWIM

Lap Swim

AGES: 16+

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

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

OPEN SWIM

Family Swim

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

Sun 2:30pm-4pm

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

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

Open Swim

Splashing and swimming together is a great way to burn off energy, build water safety skills and have fun. Age 8-15 must have a parent in the building during Open Swim.

MWF 6:30pm-8pm

SAT 11am-5pm

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

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

LIFEGUARD TRAINING

Lifeguard Academy

AGES: 15-17

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

To register please email Tina Swanton at TMSwanton@SaginawYMCA.org.

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.

FAMILY ACTIVITIES

Open Gym

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

Open – Close

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

RACE TRAINING

Cross Country Conditioning

AGES: 11–18

Get ready for the 2018 Middle School and High School Cross Country season with training runs combined with strength training at Immerman Park and Ringwood Forest. **Volunteers Needed.**

July 3 – 26

Tue & Thu 7am – 8:30am

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

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

AGES: 4+

Whether you are someone who wants to take the first steps toward getting up and moving or 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 8.

June 25 – Aug 29

Wed 6pm – 7pm

Y Members \$50 / Y Family \$80

Non-members \$100 / Family \$160

RACQUET SPORTS

Pickleball

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.

Tue 9am – 11am & 7pm – 9pm

Y Members FREE

Non-members \$25 for 10 punch card

Raquetball

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.

Tue & Thu 5:30pm – 7:30pm

Challenge Courts

Y Members FREE / Non-members \$10

League

Y Members FREE / Non-members \$20

Y Family Tennis Lessons

AGES: 4+

Sponsored by Urban Youth Tennis Foundation.

Y Members FREE / Non-members \$10

COACHING

Volunteer Coaches Needed

AGES: 18+

Being a volunteer coach for the YMCA is not just an opportunity to put your athletic experience to work. Coaching at the Y allows you to make a difference in your community and in the lives of local children. Become a mentor by teaching kids the Y way to play! For more information, contact Swim, Sport and Play Program Manager, Raquel Gomez at rlgomez@saginawYMCA.org or call 989-753-7721.

TEAM SPORTS

Youth Football Training

AGES: 7–12

Clinic-style practices.

Grouped by age. Volunteers Needed.

Coach/Parents Meeting Thursday

Aug. 2 at 7pm

Aug 4 – Sept 8

Sat 9am – 10am

Y Members \$20 / Non-members \$35

including T-shirt

Youth Cheerleading Clinic

AGES: 6–12

Learn the fundamentals of cheer for all levels through cheers/voice, jumps, motions, tumbling and stunting.

Grouped by age. Volunteers Needed.

Coach/Parents Meeting Thursday

Aug. 2 at 7pm

Aug 4 – Sept 8

Sat 11am – 12pm

Y Members \$20 / Non-members \$35

including T-shirt

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.

Y Members FREE / Non-members \$10

Y City Golf

AGES: 4+ with adult

Family Golf Short Course,
Sponsored by Sticks for Kids.

Y Members FREE / Non-members \$10

FAMILY EVENTS

Enjoy time at the Y with your family playing games and an array of events and FUN activities to get the whole family moving.



Y Family Tennis Lessons

The Urban Tennis Foundations goal is to reach, teach, and mentor urban youth through tennis, with Christian faith-based guidance; teaching character qualities, reading, nutrition, and a healthy life-long sport, with love and encouragement. Meet at Garber Courts, must show Y member card.

Tuesday, June 12 & 26 at 6pm

Tuesday, July 10 & 24 at 6pm

Tuesday, August 7 & 21 at 6pm

FREE for Y members

Y City Golf

Experience the 9 hole Y short course located in the green space between Garber courts and the splash water park. Minimum flight golf balls only. Sponsored by Sticks for Kids. Clubs and balls available at Y front desk. **Beginning June 20 Monday and Wednesdays from 4-6pm**

Family Pound Class

Get the entire family moving in this fun and energetic class. The full-body cardio jam session, combining resistance with constant drumming. Enjoy family time together and strengthen and sculpt infrequently used muscles. **Beginning June 19 Tuesdays at 6:30pm**

FREE for Y members

Y Family Garden Time

Members, Staff and volunteers lead this informative program giving families the opportunity to water, feed, and learn about plants. When the times right – participants are welcome to harvest the vegetables and flowers we grow in our gardens. Sponsored by Abele Greenhouses and Garden Center.

Thursday, June 21 & 28 at 4pm

Thursday, July 12, 19, & 26 at 4pm

Thursday, August 2, 9, 16, 23, & 30 at 4pm

FREE for ALL

Y Zoo Walk

Meet at the Y and take a healthy stroll to the Zoo and visit the animals for an hour and stroll on back.

Wednesday, June 27 at 4pm

Wednesday, July 25 at 4pm

Wednesday, August 29 at 4pm

Non Zoo members will need to pay their standard fee to participate.

Ukulele Family Lessons

You can learn to play ukulele... even if you've never played an instrument in your life. Jen Naegele will lead all aspiring musicians on this fun event for the entire family. Space limited. Ukulele's provided. Join our jam session! Sponsored by Andersen Enrichment Center.

Thursday, June 21 & 28 at 5pm

Thursday, July 12 & 26 at 5pm

FREE for Y members

Family Board Game Night

Candy Land, Connect Four, Uno or Yahtzee. Bring the family and a game or use one of the games the Y has on hand. Start your Friday night out with some good ole fashion fun playing board games in the lobby of the Y. Before you leave you could be saying – "you sunk my battleship!"

Friday, June 29 from 5-7pm

Friday, July 27 from 5-7pm

Friday, August 27 from 5-7pm

FREE for ALL

Y Family Fun Zone at Friday Night Live

Positive Results Downtown Saginaw keeps the community moving and grooving at Morley Plaza during their annual Friday Night Live music series. **FREE Entertainment • FOOD Vendors • FUN Children's Games • Adult Refreshments Available.** Bring the whole family, your lawn chairs, and sing along to some of the best bands in the Mid-West. Follow on Facebook for all the details.

Friday, July 13, 20, & 27 from 5:30-9pm

Friday, August 3 & 10 from 5:30-9pm

FREE for ALL

Y Family Jazz in the Garden

Gather in the Lucille Andersen Memorial Garden at Andersen Enrichment Center for a relaxing evening of free musical entertainment. Make it a family tradition and plan to attend this summer!

Wednesday, July 25th from 7-8:30pm

FREE for ALL

Open Swim & Family Swim

Splish, Splash, and cool off! Family and Open swim time in the Y's two pools allow family members to bond in a fun atmosphere creating memories for a lifetime. Some would say it's a splashtastic good time.

Mon-Fri 6:30-8:00pm

Saturdays from 11am-5pm

Sundays at 2:30-4pm

FREE for ALL

Counter Cruise – Bike Night

A friendly gathering of folks to ride bicycles across the city of Saginaw. An event to help meet people who share the love of bikes as well as our city!

Monday, June 25 at 7pm (Check Facebook for details)

Monday, July 30 at 7pm (Check Facebook for details)

Japanese Cultural Center Traditional Tea Ceremony

Celebrants wear traditional kimono as they perform this 400 year old ritual of serving tea. You can ask questions, take photographs, and enjoy the authentic whisked tea and sweets served in the ceremony itself.

Saturday, July 14 at 2pm

Saturday, August 11 at 2pm

Friday, August 3 & 10 from 5:30-9pm

\$10/person (cash or check only)

Autism Camp

YMCA Camp Timbers in West branch has been delighting visitors for over 50 years as they learn, grow, and experience the outdoors. Find out more about this camp and all the camps offered by visiting SaginawYMCA.org.

August 24-26

Family Night Cookout and ZooVie

Stop by the Y for a family cookout on the patio followed up with a ZooVie experience at the zoo. ZooVie Night is a movie, animals and much more! Bring a lawn chair or a blanket to enjoy the movie!

Friday, August 24 from 6-10pm

FREE for ALL

Family Camp

The YMCA Camp Timbers Family Camps are weekend camping opportunities for families (with children of all ages). These weekends offer families the opportunity to experience 300 acres however they choose. Relax on a lawn chair with a book by the lakeside or experience the adventure of coasting down our over 1,000 ft. Eagle's Flight Zip Line. All of our activities are safe, fun and enriching and are built to encourage character building and teamwork.

August 31 – September 3

Tribute Tuesdays

Thank you for your service! Veterans and their families are our guests every Tuesday. Military ID required. Includes full use of the facility and group exercise classes.

FREE for ALL



VETERANS

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

Tribute Tuesdays

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

Veterans Service Organization Dinner

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

September thru May 2019

MOVE! Weight Management

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 get enrolled.

FREE for ALL

AquaBands Thursdays

The YMCA of Saginaw offers AquaBand exercise classes for ages 14 and up. Classes are co-ed, taught in the shallow warm water 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. Thursdays 2-3pm

Water Rehab

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 get enrolled.



YMCA Camp Timbers

West Branch, Michigan



Summer Overnight Camps

For all youth ages 7-17 • One-Week Sessions, July 1 - July 27
Overnight Camps • Specialty Camps: Engineering for Kids, Horses, Theatre, and Creative Arts • Teen Leadership Camps and Trips

Learn more and register at www.CampTimbers.org or call us at 989.753.7721.



Timbers@SaginawYMCA.org
989.753.7721

Visit us at
CampTimbers.org

Income-based financial assistance available.

We also host year-round group retreats and team-building for church groups, schools, sports teams, and businesses.

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 RATES ARE INCOME BASED

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.

Monthly Membership Fees

(without scholarship)

\$20	Teen (14 up to 18)
\$26	Young Adult (18-24)
\$41	Adult (25+)
\$58	Men's Athletic Center Adult (19+)
\$62	Family (2 adults and dependents under age 25)
\$80	Men's Athletic Center Family (2 adults and dependents under age 25)

Join Fee

\$25	Youth, Teen, Young Adult
\$50	Adult Membership
\$75	Family Memberships

* Join fee due at time of joining

* 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.

THE AMAZING BENEFITS OF MEMBERSHIP AT THE YMCA OF SAGINAW

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

GIVE FOR A BETTER US.

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

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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