

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 (two adults and dependents under age 25)
- \$80** Men's Athletic Center Family (two 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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIVE FOR A BETTER US.

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

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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



YMCA of Saginaw
2018 Fall Program Guide
September 1 – December 31

SaginawYMCA.org



FALL IN LOVE

Meet up with friends and neighbors to swim, play, exercise and relax.

Welcome to your ultimate guide for fall fun! We are excited to offer you and your family a variety of activities. From health & wellness to youth sports or senior fitness, we have it all. Take a look through each page as we are certain there is something for everyone.

Fall 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 basketball, 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.

Health & Wellness

Get moving, sculpt your body, get your heart pumping and improve your overall fitness with our cardio and strength training classes. The YMCA of Saginaw has an extensive selection of high-quality cardiovascular and strength-training equipment: treadmills, stationary bikes, elliptical trainers, free weights and weight-lifting machines. We also provide areas for olympic lifts and stretching.

Sports

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.

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 certifications and swim team.

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.

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VETERANS

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

LAP SWIM

Lap Swim AGES: 16+

Lap swim is designed for organized swimming 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 provides 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.

Lifeguarding AGES: 15+

The Red Cross Lifeguarding course provides entry-level lifeguarding participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for injuries and sudden illnesses until EMS arrives and takes over.

Oct 13 11am-6pm
Oct 14 11am-6pm
Oct 20 11am-6pm

Lifeguard Instructor Review AGES: 18+

This course is the required review course for all Lifeguard Instructors after completing the online course for 2018.

Oct 6 10am-5pm

VETERANS

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 enroll.

FREE for ALL Veterans

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**

FREE for ALL Y members

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 enroll.

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.



CPR & FIRST AID TRAINING

AGES: 15+
Sept 13 5pm-9pm
Oct 4 5pm-9pm
Nov 9 9am-1pm



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’S SWIM SCHOOL

Group Lessons
AGES: 6 MO–12 YRS

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

Sept 4-27 and Sept 5-26
Oct 1-24 and Oct 2-25
Nov 1-29 (no class the 22nd) and Nov 5-28
Dec 3-19 and Dec 4-20

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

Private Lessons
AGES: 3+

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

1 session
Y Members \$20 / Non-members \$40
4 sessions
Y Members \$70 / Non-members \$150
8 sessions
Y Members \$135 / Non-members \$295

Semi-Private Private Lessons
AGES: 3+

1 session
Y Members \$15 / Non-members \$30
4 sessions
Y Members \$56 / Non-members \$116
8 sessions
Y Members \$112 / Non-members \$123

Aquatic Conditioning
AGES: 6-12

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

Sept 4-27
Oct 2-25
Nov 1-29 (no class 22nd)
Dec 4-20
Tue & Thu 5:30pm – 6:30pm

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

Endurance, Sports and Games
AGES: 6-12

Designed for those who love the water, Endurance, Sports, and Games continues to build endurance on all major competitive strokes and encourages aquatic sports and games as a part of a healthy lifestyle. During this program students will be introduced to snorkeling, diving and water polo.

Sept 5-26
Oct 1-24
Nov 5-28
Dec 3-19
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.

Sept 10-Oct 29th
Nov 5th-Dec 17
Mon 5:30pm – 6:30pm

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

Sharks Swim Team

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

Sept 10-Nov 29
For more information, please visit SaginawSharks.com

Y Members \$95-195

Masters Swim
AGES: 18+

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

Sept 12-May 15
Sun 11am – 1pm
Wed 7:30pm – 9:00pm
Punch Card (10 Punches)
Y Members \$25 / Non-members \$50

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

Swim Test Outs
AGES: 3-12

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

Available once a month between 5-6:30pm
Aug 27
Sept 28
Oct 29
Nov 30
Dec 21

Y Members FREE / Non-members FREE



WITH THE Y

FAMILY WITH US

The YMCA of Saginaw is committed to helping families grow stronger and live healthier. We give families a place to connect with each other and the community, build lasting relationships and have fun together.

From group fitness classes to fun events at the Y, families can share recreational activities, learn new skills and just enjoy family time. Check out our schedules for family fitness classes, family gym times and family swim time in the pools.

Our annual family events include game and movie nights, cook-outs, block parties, and kids triathlons. We also offer Parents’ Night Out, Breakfast with Santa and other seasonal family events for Y members.

We believe stronger families means stronger communities. Family time is more important than ever, so don’t wait. Active, healthy together time can be found at the Y.

PARTNERS AND HEALTH

We work hard to make sure everyone has the opportunity to learn, grow and thrive, but we can’t do it alone. Our YMCA relies on corporate partners large and small, to help us maintain and expand service to the people who need us most.

Good health is good business. For more information on employer wellness opportunities, contact Doug Temple at (989) 753-7721 ext 218 or DTemple@SaginawYMCA.org.



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-FRI 8:00AM – 12:00PM
3:00PM – 8:00PM
SAT 9:00AM – 1:00PM
SUN 11:00AM – 6:00PM

YOUTH & FAMILY

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

Y Exclusive

Child Watch

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

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

FREE for Y Members

Parents' Night Out

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

Sept 15	Fall into Fun
Oct 20	Spooktacular Fun
Nov 17	Thanks for Thanksgiving
Dec 22	Polar Express to Christmas

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

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

Santa's Helpers

Prepare for the holidays while knowing your children are being cared for at the YMCA. Kids can expect to swim in the pool, enjoy games and activities in the youth gym, participate in crafts and Christmas decorating, and so much more.

Dec 8	2pm-7pm
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Y Members \$20 / \$5 for each additional Y-Member child

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

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



Kids CampUs

IMPACTING THE FUTURE • ENGAGING YOUTH

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



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

Youth Cheerleading

AGES: 3-12

Cheerleading offers girls and boys the chance to get active and have some fun cheering. Cheerleaders will build self-confidence and self-esteem, while developing social skills and healthy relationships with other boys and girls. Learn the fundamentals of cheerleading including basic cheers, jumps, stunts, and tumbling. **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

Athletics for Kids with Autism

AGES: 6-12

Here at the Y, we believe that all kids deserve the opportunity to participate in sports. Accompanied by an adult, this six-week program helps youth with special needs build skills, confidence and friendships through sports. Learning a different sport each week, participants will learn the fundamentals of soccer, basketball, baseball, football, bowling, and kickball. Sessions include practice and mini-games, which are adapted to encourage maximum participation and progress for every child. **Coach/Parents Meeting Thursday Nov 1 at 7pm**

Y Members \$20 / Non-members \$35 including T-shirt

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 Flag Football

AGES: 3-9

This program helps kids get a feel for football as they work on fundamentals of throwing, catching and playing as a team in this non-tackle sport. Clinic-style practices.

Grouped by age. Volunteers Needed. Coach/Parents Meeting Thursday Sept. 13 at 7pm

Sept 15-Oct 20
Sat 9am - 10am Ages 3-5
Sat 10am - 11am Ages 6-9

Y Members \$20 / Non-members \$35 including T-shirt

Youth Basketball

AGES: 3-9

This program teaches social and physical skills and develops responsibility. Each week instructors will teach one important basketball skill (dribbling, passing, shooting, and defense). Participants will also have a blast making new friends!

Grouped by age. Volunteers Needed. Coach/Parents Meeting Thursday Oct 18 at 7pm

Oct 23-Nov 27 Tue 6pm-7pm Ages 3-5
Oct 25-Dec 6 (no Nov 22) Thur 6pm-7pm Ages 6-9
Nov 3-Dec 8
Sat 9am-10am Ages 3-5
Sat 10am-11am Ages 6-9

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

ACTIVE OLDER ADULTS

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



AOA HEALTH & FITNESS

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.

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

Day at the Zoo

Seniors 60+ receive free admission. Lunch will be provided at 1:30pm. We'll plan to meet in the zoo parking lot as a YMCA group at 1:15pm.

Wed., August 15 at 1:15pm

FREE for Y Members

NEED A JUMP START?

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



CELEBRATE WITH US

Need a meeting room or a place to practice? Having a reunion or baby shower? Planning an after-hours event? We are happy to rent space at the Y!



SPEND TIME TOGETHER

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!"

Every Friday 5pm – 7pm

FREE for ALL

FAMILY FITNESS

Open Swim & Family Swim

Splash, 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.

Saturdays from 11am-5pm

Sundays at 2:30-4pm

FREE for Y Members

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.

Every Tue 6:30pm – 7:30pm

FREE for Y Members

Youth and Teens Fitness

It's never too early to exercise and be healthy! A mainstay of YMCA offerings for young people, youth sports and fitness fill kids' discretionary hours with positive activities and caring adult attention. These programs emphasize teamwork and cooperation as well as developing good values.

FAMILY TIME & EVENTS

Birthday Parties at the Y

Make your child's birthday a special event at the YMCA of Saginaw. You'll have an opportunity to be active and have fun in a safe environment. Basic Party Package is for two hours and includes a party coordinator, tables, and chairs for up to 25 children and all adults. Bring your own table decorations, paper products, utensils, cake or food.

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

RENTALS

Pool Rentals

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

Room Rentals

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

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

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

Gym Rentals

Need a place to play or practice? The Y offers time to groups and teams. Space and time is limited.

For more information, contact Marketing and Membership Director, Doug Temple at DTemple@SaginawYMCA.org or call 989-753-7721 ext 218.

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

Added Value

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

WELLNESS & PREVENTION CLASSES

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.

Every Tue 6:30pm – 7:30pm

FREE for Y Members

Y-Barre AGES: 14+

Utilizing a ballet barre, this 6-week 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.

Thursdays at 6:30 PM
Sept 13- Oct 18
Nov 1-Dec 13 (No Class Thanksgiving)

Y Members \$35/Non-members \$50

Maintain Don't Gain Challenge AGES: 14+

The goal is to maintain weight between Thanksgiving and New Year's Day. Stay within one percent of your starting weight and be eligible for prizes.

Nov 22-Jan 1

Y Members \$5

YMCA's Diabetes Prevention Program: Informational Session

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease.

Monday
September 10 at 6:00 PM

FREE for ALL



PERSONAL TRAINING

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

MEET OUR TRAINERS

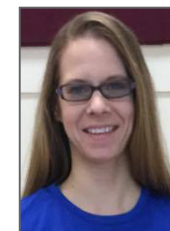
Our personal trainers are certified by nationally recognized programs and exemplify YMCA core values of Caring, Honesty, Respect and Responsibility in everything they do.



Vance Arrington

"A healthier you is not a number on the scale or change in clothing size, but a change in mindset. Being healthier is not about focusing on how you look on the outside but focusing on an overall commitment

to healthy living." Vance specializes in sports performance, injury rehabilitation, strength training, and weight loss.



Janna Needham

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

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



Crystal Tollstam

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

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

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

PERSONAL TRAINING SESSIONS

Y Exclusive

One-on-One Training

1 session

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

* Packages available for up to a 10% savings

Dual Training

Train with a friend. Same great experience.

Even better value. Each must purchase a 60 minute package.

1 session

Y Members \$29 / Non-members \$39

* Packages available for up to a 10% savings

Group Training

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

1 session

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

30 Minute Sessions

1 session

Y Members \$22.50 / Non-members \$32.50

* Packages available for up to a 10% savings

LINEBACKER TRAINING

Linebacker training is for everyone! What is Linebacker training? A quick, fun, and intense 30-minute cardio and strength training session with a personal trainer. For a FREE trial session at YMCA of Saginaw, contact Wes Boven at 989-753-7721 ext 209 or WBoven@SaginawYMCA.org!

2+ participants. 30 minute package.

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

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

101 SERIES

Introductory classes perfect for new class participants, those just getting back into exercise, or Active Older Adults.

CYCLING 101

AGES: 14+

Cycling 101 is a program targeted at those who have never cycled before. The program would meet twice a week for 3 consecutive weeks and participants would be able to attend any of the cycling classes with confidence after completing the program.

Tuesday and Thursday
Session 1: September 11-27 at 6:00 AM
Session 2: October 2-18 at 6:30 PM

Y Members \$25/Non-members \$40

YOGA 101

AGES: 14+

Yoga 101 is a program targeted at those who have never attended a yoga class before. The program would meet twice a week for 3 consecutive weeks and participants would be able to attend yoga classes with confidence after completing the program.

Monday and Wednesday
Session 1: September 10-26 at 6:45 PM
Session 2: October 1-17 at 6:45 PM

Y Members \$25/Non-members \$40