



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



2019 FALL PROGRAM GUIDE

YMCA OF SAGINAW

SEPTEMBER – DECEMBER

www.SaginawYMCA.org

YMCA OF SAGINAW

BENEFITS OF MEMBERSHIP

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

JOIN OUR CAUSE

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

MEMBERSHIP OPTIONS

WITHOUT SCHOLARSHIP		MONTHLY FEE	*ONE TIME JOINING FEE
Student Athlete Membership	Ages 14-18	\$20	\$25
Young Adult Membership	Ages 18-24	\$28	\$25
Adult Membership	25+	\$43	\$50
Household	Two adults and dependents under the age of 25	\$66**	\$75
Men's Athletic Center	19+	\$60	\$50
Men's Athletic Center Household	Two adults and dependents under the age of 25	\$84**	\$75

* Join fee due at time of joining with prorated monthly fee

** Household & Men's Athletic Club monthly fee - \$20 for each additional adult

*** Monthly fee can draft on either the 1st, 15th or 20th each month and will be prorated. A credit card, checking or savings account must be added to membership at time of activation.

FAIR SHARE PRICING OPTION

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

GIVE SOMEONE IN NEED THE CHANCE OF A LIFETIME!

The YMCA continues to impact our community year round. While some of our neighbors are anticipating and planning for the start of a new school year, we continue to provide safe, fun, enriching summer programs for youth, teens, and families.

A record number of youth attended Camp Timbers this summer.

These campers experienced an awesome outdoor adventure in a beautiful, unique setting. New friendships were formed, many which will last a lifetime. 186 of our campers received a scholarship so they could have a premier outdoor experience.

We continue to feed nutritious meals and snacks to deserving youth in our community every day.

Our Mission Nutrition van is out and about in the community feeding any child in need with whom we can connect. Additionally, we are filling bags weekly with fresh produce to share with those in our community who do not have access to nutrient rich foods. Thus far in 2019, we have served over 10,000 lunches, snacks and dinners to deserving children and we are filling over 250 bags of produce each week.

We are teaching youth to swim!

The pool is brimming with activity as we work to share knowledge and skills so that children and adults will feel comfortable in and around the water. To date in 2019, 332 youth gained confidence by participating in our Safety Around Water program.

Today, we ask for your support so that we can continue impacting our community. We are grateful for your past support and encourage you to share all the good things happening here with your family and friends. The more people who share and advocate for the Y Cause, the more we are able to provide for our community!

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

Make a gift – For a better us.

SAVE THE DATES

Y CELEBRATES COMMUNITY OPEN HOUSE

Wednesday, Sept 18 at 5pm

YMCA CAMP TIMBERS WHITE DOG 5K TRAIL RUN

Sunday, Sept 29 at 10am

CAMP LIKE A KID AGAIN

Thursday, Oct 10 at 10:30am

SENIOR EXPO

Oct 17-19

JACK-O-DASH

Friday, Oct 18 at 6pm

PUMPKIN DIVE

Tuesday, Oct 29 at 5pm

SWIM WITH SANTA

Friday, Dec 13 at 5pm

CHRISTMAS PRAYER LUNCHEON

Wednesday, Dec 18 at 12pm



FACILITY HOURS

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

KID ZONE HOURS

M-Th 8 am-12 pm
3:30 pm-8 pm
F 8 am-12 pm
3:30 pm-6:30 pm
Sa 9 am-1 pm
Su 12 pm-5 pm

KidsCampUs HOURS

M-F 8 am-4:30 pm

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.

YOUTH & FAMILY

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

FAMILY TIME & EVENTS

Birthday Parties at the Y

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

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

RENTALS

Pool Rentals

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

Room Rentals

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

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

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

KID ZONE

Child Watch

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

M-Th | 8-12 pm & 3:30-8 pm
F | 8-12 pm & 3:30-6:30 pm
Sa | 9-1 pm
Su | 12-5 pm

FREE for Family Memberships

Santa's Helpers

The Santa's Helper event is an opportunity for a worry free afternoon for parents preparing for the holiday season. Children can be dropped off at the Saginaw YMCA Kid Zone to be cared for by YMCA staff. Children will be engaged and entertained in numerous activities such as: swimming in the pool, sports and games in the youth gym, crafts, holiday decorating, and more!

SA | Dec 7 | 2-7 pm

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

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

Parents Night Out

AGES: 1-12

More fun than a regular babysitter! After a long day at work or at home, drop your children off for swimming, games, and food, while you enjoy your evening out. For ages one to 12 years old. Offered one Saturday per month from 4-9 pm.

Sept 21 | Fall into Fun | 4-9 pm
Oct 19 | Spooktacular Fun | 4-9 pm
Nov 16 | Thanks for Thanksgiving | 4-9pm
Dec 21 | Adventure to Christmas | 4-9pm

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

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



the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE WORLD IS 71% WATER

ARE YOUR CHILDREN 100% PREPARED?

Teach your children water safety and make water activities accessible.

Visit ymca.net/watersafety

The Y.™ For a better us.

211844 03/19

HEALTH & WELLNESS

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

REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

YMCA Evidence-Based Programs

In response to the changing health care trends, the YMCA of Saginaw is investing in Evidence-Based programs and activities which encourage and impact our community's healthy living. Programs recognized as evidence-based have demonstrated effectiveness based on rigorous scientific evaluations and have found significant and sustained results. These programs not only reduce chronic disease risk, they support a community that values health and encourages healthy choices.

Blood Pressure Self-Monitoring
is a 4-month program designed to help adults with hypertension lower and manage their blood pressure.

Healthy Weight and Your Child
is a program designed to empower youth ages 7 to 13, with the support of their families, to maintain a healthy weight and live a healthier lifestyle.

LIVESTRONG® at the Y
is a 12-week exercise program that helps adult cancer survivors ease back into fitness and maintain confidence following a cancer diagnosis.

ENHANCE®FITNESS
is a program designed to help adults stay active throughout their life by using simple, easy-to-learn movements that motivate individuals (particularly those with arthritis).

To learn more about these programs and find out how to qualify, contact Weston Boven at 989-753-7721 ext 207 or WBoven@SaginawYMCA.org.



SMALL GROUP TRAINING PROGRAMS

Strength 101 AGES: 14+

Strength 101 is a program targeted at those who want to begin building strength but don't know how to get started. The program will meet twice a week for 3 consecutive weeks. By the end of Strength 101 you will not only be stronger, you'll be mentally prepared to attack your workouts with purpose and understanding.

M W | Sept 23–Oct 9 | 5:15–5:45 pm

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

Yoga 101 AGES: 14+

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

M W | Nov 4–20 | 6:45–7:45 pm

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

Maintain Don't Gain AGES: 14+

Looking for a way to keep your holiday weight gain down and your energy up? Register for Maintain, Don't Gain! This six-week, self-directed program will help you maintain your weight, or even shed pounds, during the holidays when it's more challenging to eat healthy foods and fit in exercise.

Maintain, Don't Gain offers weekly e-mails with tips for adopting or maintaining healthy behaviors. The e-mails also contain healthy recipes, stress management tools, simple body weight workouts and encouraging messages from your YMCA staff and personal trainers.

Stay within 2 pounds of your initial weigh-in weight and be entered into drawings for free personal training sessions and various Y swag along the way.

Weigh-Ins Nov 18–22 | 9am, 12pm, or 5pm
Weigh-Outs Jan 6–10 | 9am, 12pm, or 5pm

Y Members \$10

Senior Strong AGES: 55+

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

F | Sept 20–Oct 25 | 10:30–11:30 am

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

Y-Barre Remix AGES: 14+

Utilizing a ballet barre, this redesigned 4-week program, will incorporate a progressive mixture of strength training techniques from dance, Pilates, and yoga that will deliver a full body workout. Y Barre is a program designed to focus on isometric exercises that will increase muscular strength, flexibility, and endurance.

T | Sept 17–Oct 10 | 6:30–7:30 pm

Y Members \$35 / Non-members \$55

TH | Sept 17–Oct 10 | 6:30–7:30 pm

Y Members \$35 / Non-members \$55

T TH | Sept 17–Oct 10 | 6:30–7:30 pm

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

Y Tri Challenge AGES: 14+

Beginning October 1, participants have until November 30st to complete a full triathlon. This includes 2.4 miles of swimming, 112 miles of cycling, and 26.2 miles of running. Participants will keep track of their own progress, using the honor system. Tally cards will be kept in a binder at the Wellness Desk. All participants will receive a T-Shirt and those that complete the challenge will be entered into drawings for prizes.

Oct 1–Nov 30

Y Members \$10



GROUP EXERCISE SCHEDULE

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

			SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUATIC	Aqua Bands	DP					2-3pm		
	Aqua Flex	SP		11:30-12:15pm		11:30-12:15pm		11:30-12:15pm	
	Water Bootcamp	SP			6-7am		6-7am		
	Aqua Fit	DP		8:30-9:30am 6:30-7:30pm	8:30-9:30am	8:30-9:30am 6:30-7:30pm	8:30-9:30am	8:30-9:30am	9-10am
CYCLING	Core - Cycle - Sculpt	HE/CY					5:30-6:25pm		
	Cycling	CY		5:30-6:30am 6:40-7:30am 6-7pm	9:15-10:15am 5:30-6:30pm	5:30-6:20am 6:40-7:30am 6-7pm	5:30-6:30am	5:30-6:30am 6:40-7:30am	9-10am
	Cycling Mix	CY/AR							8:05-8:45am
	Cycle Stretch	CY					11:15-12:15pm		
AOA	Cardio Drumming	AR			10:30-11:30am				
	Chair Yoga	HE		11:15-12pm		8:45-9:30am			
	Co-ed Fitness	AR				12-1pm		12-1pm	
	Dance Fit	AR		10:15-11am		10:30-11:15am			
GROUP FITNESS	Low Impact	AR			9:30-10:30am	11:30-12pm		11:30-12pm	
	Butts & Guts	AR		6:35-7pm					
	Cardio Circuit	AR					9:15-10:15am		
	Cardio Drumming	AR			10:30-11:30am				
	Cardio Kick & Shake	AR	4-5pm		6:45-7:45pm		5:30-6:30pm		
	Cardio Mix	AR						5:30-6:15pm	
	Core 30	AR					8:30-9am		
	Core & More	AR						9-10am	
	Get Sexy Back	AR				6:35-7pm			
	Hip Hop, Funk, & Pop	AR	2-3pm				6:30-7:30pm		10-11am
	Kettlebell	YG			5:30-6:15pm				
	Kickboxing	AR		8:10-8:55am		8:10-8:55am			
	Pound: Family	HE	3-4pm						
	Pound: Rockout. Workout™	AR		7:05-8pm		7:05-8pm			
	Step Mix	AR		5:30-6:30pm		5:30-6:30pm			
	Step & Tone	AR		9-10am	5:30-6:30pm				
	Total Conditioning	AR			12-1pm		12-1pm		
	TRX	HE			8-9am				
	Y Pump	AR				9-10am			
	Yoga	HE		5:30-6:30pm		5:30-6:30pm			
SOCIAL	Yoga - Introductory	HE							
	Bible Study	CR2	11am-1pm						
	Chess	LB							10am
	Philosophy Group	CR							9am
	Pickleball	FH		12-2pm & 7-9pm					
	Y Walkers Club						12-1pm		

ROOM
KEY

AR – Aerobics Room
CY – Cycling Room

DP – Deep Pool
FH – Field House Large Gym

HE – Health Enhancement Room
SP – Shallow Pool

WC – Wellness Center
YG – Youth Carpeted Gym

ACTIVE OLDER ADULTS

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

HEALTHY AGING PROGRAMS

Aqua Flex

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

M W F | 11:30–12:15 pm

FREE for Y Members

AquaBands

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

Th | 2–3 pm

FREE for Y Members

Cardio Drumming

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

T | 10:30–11:30 am

FREE for Y Members

Chair Yoga

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

M | 11:15–12 pm
W | 8:45–9:30 am

FREE for Y Members

Co-Ed Fitness

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

W F | 12–1 pm

FREE for Y Members

Cycle Stretch

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

Th | 11:15–12:15 pm

FREE for Y Members

Dance Fit

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

M | 10:15–11 am
W | 10:30–11:15 am

FREE for Y Members

Aqua Fit

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

M-F | 8:30–9:30 am
M W | 6:30–7:30pm
SA | 9–10 am

FREE for Y Members

Friendship Senior Center

Friendship Senior Center inside the YMCA Community Hub offers lunch for members age 60+. Visit the center today and sign up to receive your nutritious lunch.

PERSONAL TRAINING

We all need advice of an expert sometimes, as well as the personal attention that comes with a trainer or a coach. The YMCA of Saginaw offers personal training and coaching to help you set and meet your specific fitness goals in order to live healthier. Our Personal Trainers achieve this by creating a program that is unique, just for you. Whatever your training goals are, we will take your fitness level to new heights! With personal training, you will receive a personalized program, individual and safe instruction, motivation, support and engagement

Why Personal Training?

- You're not seeing results
- Unsure of where to start
- You're bored with the same old workouts
- You need a new challenge
- Education on how to exercise on your own
- Motivation
- You have a specific injury or condition
- You're training for a specific sport or event
- You need support and supervision

Our Expertise

- The Y strives to make available to you the most experienced and professional personal fitness trainers
- Every YMCA Personal Trainer has acquired and maintained certification through national health and fitness organizations

SESSIONS

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



Camp Like A Kid Again

AGES: 50+

We're going back to camp! Join us at YMCA Camp Timbers in West Branch for a retreat designed specifically for our Active Older Adult members. Arrival time at camp is 10:30am, departure is 3:00pm. The schedule includes Giant Swing, Canoeing, Fishing, Hiking and more. Lunch will also be provided. Participants should wear comfortable clothing and sturdy footwear for this program. All other materials will be provided.

TH | Oct 10 | 10:30 am–3 pm

Y Members \$25 / Non-members \$30

BURST TRAINING

Burst training is guaranteed to push you and challenge you like never before! Combining quick bursts of cardio and strength into a fast 30 minute workout, Burst Training is changing the game of fitness. For more information, contact Wes Boven at 989-753-7721 ext 207 or WBoven@SaginawYMCA.org!

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

1 SESSION

Y Members \$15

Non-members \$25

6 SESSIONS

Y Members \$85

Non-members \$142.50

SHARKS SWIM SCHOOL

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

SWIM LESSONS

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.

Parent Child

AGES: 6 MO–2 YRS

M W | Sept 3–26 | 5:30–6:00 pm
M W | Oct 1–24 | 5:30–6:00 pm
M W | Nov 5–26 | 5:30–6:00 pm
M W | Dec 2–19 | 5:30–6:00 pm

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

Preschool & School Age

Session 1

M W | Sept 4–30 | 5:00–6:30 pm
T Th | Sept 3–26 | 5:00–6:30 pm

Session 2

M W | Oct 2–28 | 5:00–6:30 pm
T Th | Oct 1–24 | 5:00–6:30 pm

Session 3

M W | Nov 4–26 | 5:00–6:30 pm
T Th | Nov 5–27 | 5:00–6:30 pm

Session 4

M W | Dec 2–18 | 5:00–6:30 pm
T Th | Dec 3–19 | 5:00–6:30 pm

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

Teen & Adult

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.

M | Sept 9–Oct 28 | 5:30–6:30 pm
W | Oct 2–Nov 20 | 5:30–6:30 pm
M | Nov 4–Dec 23 | 5:30–6:30 pm

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

Private Lessons

AGES: 3+

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

1 Session

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

4 Sessions

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

8 Sessions

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

Semi-Private Lessons

AGES: 3+

1 Session

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

4 Sessions

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

8 Sessions

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

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.

M | Sept 30 | 5:00–6:15 pm
W | Oct 30 | 5:00–6:15 pm
F | Nov 22 | 5:00–6:15 pm
F | Dec 20 | 5:00–6:15 pm

Y Members FREE / Non-members FREE

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.

T TH | Sept 3–26 | 5:30–6:15 pm
T TH | Oct 1–24 | 5:30–6:15 pm
T TH | Nov 5–26 | 5:30–6:15 pm
T TH | Dec 3–19 | 5:30–6:15 pm

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

SHARKS SWIM TEAM

AGES: 6–18

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

Sept 9–Nov 28
Dec 2–Mar 2

Y Members \$100–200

MASTERS SWIM TEAM

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.

W | Sept 11–May 13 | 7:30–9:00 pm
SU | Sept 11–May 13 | 11:00–1:00 pm

10 punches \$25/\$50; drop in \$3/\$10

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

DP – Deep Pool

SP – Shallow Pool

Pumpkin Dive

AGES: 3–14

Why pick a pumpkin, when you can dive for one? Children are invited to dive for pumpkins at the YMCA pool, while pumpkins last. In addition to being able to pick out a pumpkin and swim around with it, there will be games and safety activities for all! Join us afterwards to decorate your pumpkin and enjoy snacks.

T | Oct 29 | 5–6:30 pm

\$5/\$10 per family

Swim with Santa

AGES: 3–14

Did you know that Santa swims?! Come join him for some splashes of fun with an opportunity for photos. Snacks and a holiday craft to follow!

F | Dec 13 | 5–6:30 pm

\$5/\$10 per family

TRAINING & CERTIFICATION

Lifeguard Academy

AGES: 15–17

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

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

Lifeguard Certification

AGES: 18+

American Red Cross

SA | Oct 19 | 11–6 pm
SU | Oct 20 | 11–6 pm
SA | Oct 26 | 11–6 pm

Y Members \$185 / Non-members \$205

CPR & First Aid Training

AGES: 15+

American Red Cross – Professional Rescuer CPR/AED and First Aid for Adult, Child, and Infant

TH | Sept 12 | 5–9 pm
TH | Oct 3 | 5–9 pm
F | Nov 8 | 9–1 pm

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

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.

Basketball Clinics

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

Ages: 4-5 SA | Sept 21 | 10-12 pm
Ages: 6-8 SA | Sept 28 | 10-12 pm

FREE for Youth, lunch provided

Preschool Basketball League

You've tried the sport, improved your talents by participating in a clinic and now you're ready for a fun yet challenging league. Experience the Y's basketball league, where every player receives equal play time. Through positive coaching, practices and games, our young athletes build and refine skills while gaining self-confidence, sportsmanship, teamwork, and leadership abilities. Parents of younger players (ages 3-5) will be required to join the fun as a role model and coach.

Ages: 3-5
Practice T | Oct 22-Nov 28 | 6:30-7:15 pm
Games TH | Oct 22-Nov 28 | 6:30-7:15 pm

Y Members \$30 / Non-members \$50
T-shirt included

Flag Football Clinics

During the Y's flag football clinics, local players and coaches will focus on building young athletes core skills such as hand-offs, passing, catching, route running, flag pulling, safety, conditioning and get children ready for team league play. All levels are welcome and will be separated by age and skill level. Parents of younger players (ages 4-5) will be required to join the fun as a role model and coach.

Ages: 4-5 SA | July 27 | 10-12 pm
Ages: 6-7 SA | August 3 | 10-12 pm
Ages: 8-9 SA | August 10 | 10-12 pm

FREE for Youth, lunch included

Flag Football League

You've tried the sport, improved your talents by participating in a clinic and now you're ready for a fun yet challenging league. Experience the Y's flag football league, where every player receives equal play time. Through positive coaching, practices and games, our young athletes build and refine skills while gaining self-confidence, sportsmanship, teamwork, and leadership abilities. Parents of younger players (ages 3-5) will be required to join the fun as a role model and coach.

Ages: 3-5
Practice T | Sept 10-Oct 19 | 6-6:45 pm
Games SA | Sept 10-Oct 19 | 9-9:45 am

Ages: 6-8
Practice T | Sept 10-Oct 19 | 6:45-7:30 pm
Games SA | Sept 10-Oct 19 | 10-10:45 am

Y Members \$30 / Non-members \$50
T-shirt included

Kickball League

During the Y's Kickball League, supportive coaches build your child's confidence while having fun and being part of a team. All levels are welcome and will be separated by age and skill level. Parents of younger players (ages 3-5) will be required to join the fun as a role model and coach.

Ages: 3-5
Practice M | Dec 9-Jan 22 | 6-6:45 pm
Games W | Dec 9-Jan 22 | 6-6:45 pm

Ages: 6-8
Practice M | Dec 9-Jan 22 | 6:45-7:30 pm
Games W | Dec 9-Jan 22 | 6:45-7:30 pm

Y Members \$30 / Non-members \$60
T-shirt included

YMCA Camp Timbers White Dog 5K Trail Run

Bring your friends and family for the 1st annual White Dog 5K Trail Run and 1 Mile Fun Run/Walk at YMCA Camp Timbers! Relive your memories of summer camp, and create new ones, as you run the trails on camp's beautiful 300-acres of "Up-North" nature. After the race, enjoy the afternoon at camp with camp adventures exclusively for race participants – a cookout lunch, climbing tower, zip lines, canoeing/kayaking, s'mores, and more!

1 Mile Trail Fun Run/Walk
SU | Sept 29 | 10 am

5K Trail Run
SU | Sept 29 | 10:30 am

For more information, please visit
tritofinish.com/whitedog5k

FAMILY ACTIVITIES

Open Gym

AGES: 4+

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

Everyday Open-Close

FREE for Y Members / Non-members \$13

Pick Up Basketball

AGES: 14+

We offer Pickup Basketball on our courts throughout the week. Games are self-monitored. Evenings and mornings are the busiest times for pickup games. Schedules will be posted onsite and on our website, or call for availability.

FREE for Y Members / Non-members \$13

RACQUET SPORTS

Pickleball

AGES: 4+

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

T | 9-11 am & 7-9 pm

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

Racquetball

AGES: 4+

Challenge courts on Tuesday will be for those looking to sharpen their skills in a fun game situation. Thursdays will consist of league play open to all levels.

T Th | 5:30-7:30 pm

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

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

Holiday Camps

Week 1 – Dec 23,26,27
Week 2 – Dec 30, Jan 2, 3



Snacks & Lunches



Sports & Games



Swimming

Little Eagles Day Camp

For all youth ages 3-5

Tons of Fun Day Camp

For all youth ages 6-12

Before Camp Drop-off 8-9 am
Camp Hours 9 am-4 pm
After Camp Pick-up 4-5:30 pm

School breaks will be here before you know it!

YMCA Holiday Camps provides a fun-filled day camp experience for our little ones in a safe, nurturing environment. Campers are supervised by qualified adult staff, many with backgrounds in education and child care. The campers will be involved in on-campus activities including sports and games, arts and crafts, CATCH, swimming, story-telling and much more.

Y Members \$100 weekly / Non-members \$125 weekly
Snacks and lunches provided by YMCA Mission Nutrition

For more information, call 989-753-7721.

NO SCHOOL? NO PROBLEM!

Bring your K-6 kids to the YMCA for Snow Day fun when Saginaw Schools are closed!

Youth will engage in on-campus activities including sports and games, arts and crafts, CATCH, swimming, story-telling and much more. Snacks and lunches provided by YMCA Mission Nutrition.

YMCA CAMP TIMBERS



Labor Day Weekend Family Camp

Experience the holiday weekend with your family at Camp Timbers. Meals, lodging, and programming is included, with a flexible schedule of camp activities and events that allows you to do as much or as little as you would like.

**Learn more and register at www.CampTimbers.org
or call us at 989.345.2630.**



Join us for the
**YMCA CAMP TIMBERS
WHITE DOG 5K TRAIL RUN**
Sunday, September 29th, 2019



Ask about our year-round retreats for churches, schools, sports teams, and businesses.

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FREE Veteran Trial Membership

Visit your VA Physician
and ask for a 14 day
FREE Veteran Trial
Membership.

VETERANS

The YMCA of Saginaw supports military families with programs and initiatives that improve their well-being and provide opportunities to connect with their community.

YMCA of Saginaw Military Commitment

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

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

The YMCA of Saginaw Proudly supports those who serve.

VETERAN HEALTH & FITNESS

Veteran Membership

The YMCA of Saginaw's partnership with The Department of Veterans Affairs offers YMCA memberships to eligible military families and personnel. As a member of the Y, you and your family can enjoy activities in a supportive environment. The goal of the Military Outreach Initiative is to promote and enhance the well-being and health of service members, veterans, and their families. **Supporting our military families is part of who we are when we serve all!**

\$0 Join Fee for Veterans

Tribute Tuesdays

AGES: 18+

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

Water Rehab

AGES: 18+

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

MOVE! Weight Management

AGES: 18+

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

FREE for ALL Veterans

AquaBand Thursdays

AGES: 14+

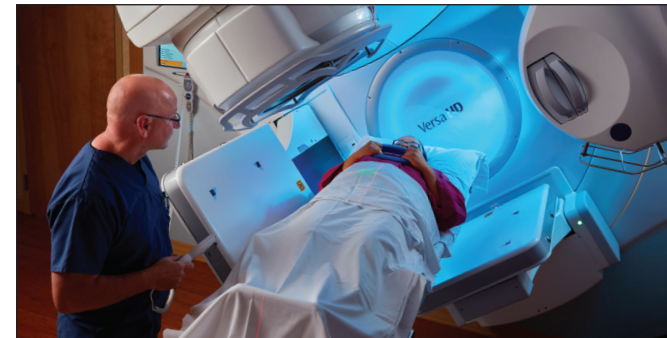
The YMCA of Saginaw offers AquaBand exercise classes for ages 14 and up. Classes are co-ed, taught in the deep pool, and use resistance bands to gain muscle conditioning and cardiovascular endurance without stress on the joints. Swimming ability is not needed. Taught in the shallow warm water pool.

Th | 2-3 pm

FREE for ALL Veterans and Y Members

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. 207 or WBoven@SaginawYMCA.org.



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Medicaid Waiver Services:

- Provide services so individuals can remain in the setting of their choice
- Services include: personal care, homemaking, transportation, home delivered meals and equipment not covered by Medicaid

Transition Services:

- Assist those living in nursing homes to return home
- Help finding housing, make environment safe and provide access to community services

Hospice Care:

- Hospice Physicians & RN's
- Home Health Aids & Volunteers
- Social Workers & Spiritual Coordinators

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MAKE AN IMPACT WITH THE Y

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

FEED YOUR COMMUNITY. STRENGTHEN YOUR HEALTH.

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

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

Volunteers Needed: Food Prep, Servers, Drivers

TEACHING SKILLS THAT SAVE LIVES

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

Volunteers Needed: Aquatic Observers

IMPACTING THE FUTURE AND ENGAGING YOUTH



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

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

GET INVOLVED

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

Membership Ambassador

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

Sports Coaches

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

Aquatic Observers

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

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



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Labor Day Weekend Family Camp

Experience the holiday weekend with your family at YMCA Camp Timbers. Meals, lodging, and programming is included, with a flexible schedule of camp activities and events that allows you to do as much or as little as you would like.

Sign up today CampTimber.org

the Y
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACHING OUR POTENTIAL TOGETHER

YMCA of Saginaw
SaginawYMCA.org/Give

Annual Campaign

The Y. For a better us.

EMPOWER

MORE THAN YOURSELF.

MEET UP & EAT UP

Meet Up and Eat Up sites are located in kid-friendly areas all across our region, including parks, recreation centers and libraries. The Michigan Department of Education administers the program and meals are paid for by the U.S. Department of Agriculture. All meals are free for children in the community 18 years old and under.

@ YMCA OF SAGINAW

Free lunch and snacks and meals are offered at the YMCA of Saginaw facility Monday through Friday. Any youth 18 & under are welcome to stop by for free meals!

Lunch: 11:30–1:00 pm

Snacks: 3:00–4:00 pm



Y CELEBRATES COMMUNITY

Wednesday, September 18, 2019

5:00 pm – 7:00 pm

The YMCA of Saginaw invites the community to an evening of food, fun and fellowship. The event will showcase the Y Community Hub, feature tours of the newly renovated YMCA, and celebrate community members and partners.

**Beverages and light hors d'oeuvres will be served.
No charge to attend – thanks to sponsor support.**



RSVP to Ann Szymanowski at
aszzymanowski@saginawymca.org
or 989-753-7721 ext. 208

**REACHING
OUR POTENTIAL
TOGETHER**

SAGINAWYMCA.ORG/YCELEBRATION