



2019 SUMMER PROGRAM GUIDE

YMCA OF SAGINAW

JUNE – AUGUST

www.SaginawYMCA.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

WHO MAKES THE Y STRONGER? YOU DO!

GIVE SOMEONE IN NEED THE CHANCE OF A LIFETIME!

The Y is a powerful association of men, women and children of all ages and from all walks of life, joined together by a shared passion: to strengthen the foundations of community.

With a commitment to nurturing the potential of youth, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive. Anchored in more than 10,000 neighborhoods around the country, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

With your help, in 2018 we were able to do the following:

- Provide the YMCA Safety Around Water program. Over 300 children participated as part of our commitment to reduce drowning rates and keep kids safe in and around water.
- Served 15,774 meals to deserving children in Saginaw County through the efforts of the YMCA Mission Nutrition program! For some this may have been their only meal of the day.
- Provide a premium outdoor residential camp experience for 750 campers at Camp Timbers, 152 of them receiving scholarship assistance.

When you donate to the YMCA of Saginaw, you help us provide the people of Saginaw with the programs and services they need to thrive. Every dollar donated has a lasting impact on our community. Donate today for a better us.

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

Museum Art Walk
Tuesday, June 11 at 11:30am

Kids Tri Too Youth Triathlon
Saturday, June 15 at 11am

Family Garden Day
Saturday, June 15 at 10am

Y Birthday Party Celebrations
June 18, July 16, August 13 at 11:30am

Y Pot Luck
Wednesday, June 26 at 1pm

Produce Pick-ups
Starting June 27
Thursdays at 4:30-6pm
Fridays at 8-9am

Museum Art Walk
Tuesday, August 13 at 11:30am

Summer Pot Luck
Friday, August 23 at 1pm



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

KidsCampUs HOURS

M-F 8 am-4:30 pm

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

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

FREE for Family Memberships



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!

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. Offered one Saturday per month from 4-9 pm.

June 15 | Schools Out | 4-9 pm
July 20 | Beach Fun | 4-9 pm
August 17 | Wet 'N' Wild | 4-9pm
August 17 | Wet 'N' Wild | 4-9pm

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

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

Summer 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.

2019 Summer: M-F | 8 am-4:30 pm

Club membership is \$75 a year or \$25 a trimester

YOUTH & TEEN PROGRAMING

These activities are free to members. Room schedules are located in the lobby.

		AGES																			
PG#	PROGRAM	6 WEEKS	6 MONTHS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
4	Child Watch	•	•	•	•	•	•	•	•	•	•	•	•								
13	Family & Open Gym		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
11	Family & Open Swim		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Sunday Family Classes						•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
7	Group Exercise																•	•	•	•	•

These programs require pre-registration and/or an additional fee.

		AGES																			
PG#	PROGRAM	6 WEEKS	6 MONTHS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
4	After School								•	•	•	•	•	•	•	•	•	•	•	•	•
12	Baseball					•	•	•	•	•	•	•									
	Basketball					•	•	•	•	•	•	•									
4	Birthday Party	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
12	Cheerleading					•	•	•	•	•	•	•	•	•	•						
	Cross Country					•	•	•	•	•	•	•									
15	Counselor-in-Training																		•	•	
14	Day Camps					•	•	•	•	•	•	•	•	•	•						
	Family Camps	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Fitness Challenges																•	•	•	•	•
12	Flag Football					•	•	•	•	•	•	•									
	Golf								•	•	•	•	•	•	•						
6	Healthy Weight and Your Child									•	•	•	•	•	•	•					
	Jack-O-Dash	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
13	Kids Tri Too Youth Triathlon				•	•	•	•	•	•	•	•	•	•	•						
11	Lifeguard Training																	•	•	•	•
15	Overnight Camp									•	•	•	•	•	•	•	•				
4	Parents Night Out			•	•	•	•	•	•	•	•	•	•	•	•						
13	Pickleball						•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
13	Racquetball						•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Rookies & Role Models					•	•	•													
6	Run For Your Heart Family Training						•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
12	Soccer					•	•	•	•	•	•	•									
10	Swim Lessons		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
10	Swim Team								•	•	•	•	•	•	•	•	•	•	•	•	•
15	Teen Adventure Trips																•	•	•	•	
15	Teen Leadership Camp																•	•	•		

Please refer to our Facility Youth Guidelines for when/where youth can be in the facility without a parent/guardian.

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!

EVIDENCE-BASED HEALTH PROGRAMS

Healthy Weight and Your Child

AGES: 7-13

Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. Families will work with trained leaders for the duration of the 25-session program.

Now enrolling for the fall
Fully subsidized by a grant

LiveSTRONG at the Y

AGES: 18+

LIVESTRONG at the YMCA program helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Participating YMCA's create a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life.

Now enrolling for the fall
Fully subsidized by a grant

Blood Pressure Self-Monitoring

AGES: 18+

Blood Pressure Self-Monitoring program helps adults with hypertension lower and manage their blood pressure. The four-month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management.

Now enrolling for the fall
Fully subsidized by a grant

SMALL GROUP TRAINING PROGRAMS

MRT – Metabolic Resistance Training

AGES: 14+

The MRT program will target an extensive range of fitness components: Strength, endurance, power, flexibility, agility and balance. MRT is designed to improve comprehensive fitness and body composition by focusing on intense, highly-effective workouts. Participants will meet twice a week for 4 weeks.

Session 1: M W | June 3–26 | 6:30–7:30 pm
Session 2: M W | July 8–31 | 6:30–7:30 pm
Session 3: M W | Aug 5–28 | 6:30–7:30 pm

Y Members \$75 / Non-members \$150

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 | Aug 2–Sept 6 | 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 | July 16–Aug 8 | 6:30–7:30 pm

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

TH | July 18–Aug 8 | 6:30–7:30 pm

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

T TH | July 16–Aug 8 | 6:30–7:30 pm

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

Sunrise Yoga

AGES: 14+

Join us for Sunrise Yoga outside on our riverside bluff, weather permitting. Meet once a week for 4 weeks with our certified yoga instructor and start your day with Namaste. This progressive program will build upon the skills learned in the previous class. Space is limited to 10 registrants to allow in-depth, personal instruction.

Session 1: W | July 10–31 | 6–7 am
Session 2: W | Aug 7–28 | 6–7 am

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

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

AGES: 4+

Whether you want to take the first steps toward getting up and moving or you are 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 7.**

M | June 24–Sept 7 | 6–7 pm

Y Members \$50 / Y Family \$80
Non-members \$100 / Family \$160
* Contact Wes for family sponsorships

Pop-Up Boot Camp

AGES: 14+

Join us this summer and let's make exercise fun again! Once a week for 12 weeks our Pop-Up Boot Camp will meet in a different location on the Y campus and do completely different things. This is small group training at its most fun! Will it be tough? Absolutely! Will you do things you've never done before? More than likely. Will you enjoy every minute of it? We'd expect nothing less.

M | June 3–Aug 19 | 6–7 am

Y Members \$60 / Non-members \$120



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 Flexible	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	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
	Low Impact	AR			9:30-10:30am	11:30-12pm		11:30-12pm	
	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			
	Yoga - Introductory	HE							
SOCIAL	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 Flexible

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

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

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

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 209 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

WE PARTICIPATE WITH



Many insurance plans have a fitness benefit which will cover part or all of a YMCA membership. Including Humana, United Health Care, Blue Cross Blue Shield, MeridianHealth, HAP Priority and more! Please contact your plan provider to determine if your health plan qualifies you.

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 | July 1-24 | 5:30-6:00 pm
M W | July 29-Aug 21 | 5:30-6:00 pm

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

Preschool & School Age

Session 1

M-Th | June 17-27 | 10:00-11:30 am
M-Th | June 17-27 | 5:00-6:30 pm

Session 2

M-Th | July 1-11 | 10:00-11:30 am
M-Th | July 1-11 | 5:00-6:30 pm

Session 3

M-Th | July 15-25 | 10:00-11:30 am
M-Th | July 15-25 | 5:00-6:30 pm

Session 4

M-Th | July 29-Aug 8 | 10:00-11:30 am
M-Th | July 29-Aug 8 | 5:00-6:30 pm

Session 5

M-Th | Aug 12-22 | 10:00-11:30 am
M-Th | Aug 12-22 | 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.

W | June 5-July 24 | 5:30-6:30 pm
M | July 8-Aug 26 | 5:30-6:30 pm
W | Aug 7-Sept 25 | 5:30-6:30 pm

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

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 F | June 10 & 28 | 5:00-6:30 pm
F | July 12 & 26 | 5:00-6:30 pm
F W | Aug 9 & 28 | 5:00-6:30 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 | June 4-27 | 5:30-6:15 pm
T Th | July 2-30 | 5:30-6:15 pm
T Th | August 6-29 | 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

June 17-Aug 15

Y Members \$70-150

POOL SCHEDULE

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

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Bands	DP					2-3pm		
Aqua Flexible - AOA	SP		11:30-12:15pm		11:30-12:15pm		11:30-12:15pm	
Family Swim	DP/SP	2:30-4pm						
Lap Swim	DP	11:30-2:30pm 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							
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		10-11:30am 5-6:30pm	10-11:30am 5-6:30pm	10-11:30am 5-6:30pm	10-11:30am 5-6:30pm	10-11:30am 5-6:30pm	
Swim Team	DP			7-8:30am 6:30-7:30pm		7-8:30am 6:30-7:30pm		
Water Aerobics	DP							
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
Water Walk	SP	11:30-2:30pm 4-5:30pm	3:30-5pm 8-9pm	7-10am 11:30-1pm 3:30-5pm 8-9pm	3:30-5pm 8-9pm	7-10am 11:30-1pm 3:30-5pm 8-9pm	6-10am 3:30-5pm	7:15-11am 5-7pm

DP - Deep Pool

SP - Shallow Pool

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+

W-F | June 19-21 | 9-4 pm

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

CPR & First Aid Training

AGES: 15+

SA | June 15 | 12:30-4:30 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.



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



Volleyball Clinic

During the Y’s volleyball clinic, local players and coaches will focus on building young athletes core skills such as serving, setting, hitting, defense, footwork, 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: 7-9 SA | August 17 | 10-12 pm
FREE for Youth, lunch included



Cheer Clinic

During the Y’s cheer clinic, your little cheerleader will learn basic cheerleading skills including motions, jumps, basic stunting, basic tumbling skills, chant, and dance, with a concentration on safety. 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: 4-9 SA | August 24 | 10-12 pm
FREE for Youth, lunch included

SUMMER BREAK – SPORTS SAMPLER CAMP

Each 4-day clinic will focus on the physical and social development of our youngest athletes in a safe, supportive environment. Throughout the week participants will be introduced to a variety of games and sports, including T-ball, soccer, kickball, and flag football. Parents of younger players (ages 4-5) will be required to join the fun as a role model and coach.

Ages: 4-5 M-TH | June 24-27 | 5:30-7:30 pm
Ages: 6-7 M-TH | July 15-18 | 5:30-7:30 pm
Ages: 8-9 M-TH | July 22-25 | 5:30-7:30 pm

Y Members \$85 / Non-members \$100

Parents meeting held at the end of first program.

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

KIDS TRI TOO

Youth Triathlon

06.15.19



LOCATION & TIME

The YMCA of Saginaw
 1915 Fordney St
 11:00am Start Time

Event & Training provided at no cost thanks to our generous sponsors:
Team ATP and Saginaw County Parks & Recreation.

DISTANCES

Ages: 2-5

25 yd swim
 bike 1 time around course
 run 1 time around course

Ages: 6-7

50 yd swim (1 lap in pool)
 0.5 mile bike
 0.25 mile run

Ages: 8-9

100 yd swim (2 laps in pool)
 1 miles bike
 0.5 mile run

Ages: 10-12

150 yd swim (3 laps in pool)
 1.5 miles bike
 0.75 mile run

Lunch is provided for all youth under age 18 post race.

*Helmet is required on the bike course for all ages.

**Participants need to bring swimsuit, bike with helmet, and comfortable shoes.

*** Register by 5/13/19 to receive an event T-shirt.

Make it a family day of races and join us for the Adult Indoor/Outdoor Tri at 1:00pm

12-mile stationary bike ride
 3.1-mile run indoor/outdoor
 500-yard indoor swim

\$10 PER ADULT



**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

YMCA Day Camps provides a fun-filled summer 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 water play, art and craft, CATCH, swim, nature walks, story-telling and much more.

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

For more information, contact Day Camp Coordinator, Olivia Rosencrantz at ORosencrantz@SaginawYMCA.org or call 989-753-7721 ext 210.

YMCA CAMP TIMBERS

Summer Camps & Adventure Trips



Summer Overnight Camps

For all youth ages 7–17 • One-Week Sessions, June 16 – July 26
Overnight Camps • Specialty Camps: Horses, Minecraft, and
LEGO Robotics • Band Camps • Teen Leadership Camps and Trips

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



**Y Members Save \$50 on
July camps and trips**



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

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

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.

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.



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REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

YMCA Evidence-Based Programs

In response to changing health care trends, the YMCA of Saginaw created, Evidence-Based programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. The result is a community that values health and that support 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 reach a healthy weight and live a healthier lifestyle.

LIVESTRONG® at the Y

is a 12-week program helps adult cancer survivors ease back into fitness and maintain confidence following a cancer diagnosis.

Moving for Better Balance

is a 12-week fall-prevention program designed to help you improve your strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.

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, contact
Weston Boven at 989-753-7721 ext 209 or
WBoven@SaginawYMCA.org.



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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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
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- Social Workers & Spiritual Coordinators

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Residents Come Home!"

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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 lunches, snacks, and meals are offered at the YMCA of Saginaw facility from Monday, June 17 through Friday, Aug 16. Any youth 18 & under are welcome to stop by for free meals!

Lunch: 11:30-1:00 pm Snacks: 3:00-4:00 pm



Mission Nutrition

Produce Pick Ups

Starting on June 27

Thursdays 4:30–6:00 pm

Fridays 8:00–9:00 am

Learn more at

SaginawYMCA.org/Mission-Nutrition



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The Y.™ For a better us.

