



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER 2019 PROGRAM GUIDE

YMCA OF SAGINAW

JANUARY 1 – MARCH 31

[www.SaginawYMCA.org](http://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 Family	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.

## 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](mailto:DTemple@SaginawYMCA.org) or 989.753.7721 x218 to discuss scholarship opportunities.



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

### KIDSCAMPUS HOURS

M-F 3 pm-7 pm  
Spring Break 9 am-5 pm

YMCA of Saginaw • 1915 Fordney St, Saginaw MI 48601 • 989.753.7721 • [SaginawYMCA.org](http://SaginawYMCA.org)

# WHO MAKES THE Y STRONGER? YOU DO!

## GIVE SOMEONE IN NEED THE CHANCE OF A LIFETIME!

More than a gym and swim, the Y is so much more! For 150 years the Saginaw YMCA, with the help of generous donors like you, has improved the lives of our neighbors and friends. We hope that you see what a special place the Y is in Saginaw.

In 2018 we were able to do the following:

- Provide the YMCA Safety Around Water program. Over 400 children participated as part of our commitment to reduce drowning rates and keep kids safe in and around water.
- Served 11,370 meals in summer 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 experience for 750 campers at Camp Timbers, 152 of them receiving scholarship assistance.

We continue our commitment to make the Saginaw YMCA affordable for all to live a healthy lifestyle and build a culture of support. The sense of community and belonging helps members work together to achieve goals inside and outside the YMCA building. Offering programs and services for all ages and abilities, our resources make our community stronger in spirit, mind and body.

We invite you to consider a gift to make an even greater impact on our community in 2019. Every gift matters. You can make your gift online at [www.SaginawYMCA.org](http://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.**

**TWO WAYS  
TO REGISTER**



**ONLINE**  
[saginawymca.org](http://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.

## SAVE THE DATES

### Teen Camp Night

Saturday, January 5 from 4-6pm

### Parents Night Out Snowfall Fun

Saturday, January 19 from 4-10pm

### Senior Open House

January 21 & 22 from 9am-12pm

### Youth Basketball Clinic

January 26 from 9am-12pm

### Family Valentine Dance

Saturday, February 2 from 4-6pm

### Veterans Health Expo

Wednesday, February 20 from 10am-2pm

### Free Throw Contest

Saturday, February 23

# 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](mailto: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 | 8-12 pm & 3:30-8 pm

Sa | 9-1 pm

Su | 12-5 pm

**FREE for Family Memberships**

### 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.

January 19 | Snowfall Fun | 4-9 pm

February 16 | Be My Valentine | 4-9pm

March 16 | It's a Green Fling | 4-9 pm

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

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



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!

### 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: M-F | 3-7 pm**

**\$25 per child  
Annual Boys & Girls Club fee**

# 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	•	•	•	•	•	•	•	•	•	•	•	•								
12	Family & Open Gym		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
10	Family & Open Swim		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Family Pound						•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
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								•	•	•	•	•	•	•	•	•	•	•	•	•
	Baseball					•	•	•	•	•	•	•									
12	Basketball					•	•	•	•	•	•	•									
4	Birthday Party	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Cheerleading					•	•	•	•	•	•	•	•	•	•						
	Cross Country					•	•	•	•	•	•	•									
	Counselor-in-Training																		•	•	
	Day Camps					•	•	•	•	•	•	•	•	•	•	•	•				
	Family Camps	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Fitness Challenges																•	•	•	•	•
	Flag Football					•	•	•	•	•	•	•									
	Golf								•	•	•	•	•	•	•						
	Healthy Weight and Your Child									•	•	•	•	•	•	•					
	Jack-O-Dash	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Kids Tri Too Youth Triathlon				•	•	•	•	•	•	•	•	•	•	•						
11	Lifeguard Training																	•	•	•	•
	Overnight Camp									•	•	•	•	•	•	•	•				
	Parents Night Out			•	•	•	•	•	•	•	•	•	•	•	•						
12	Pickleball						•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
12	Racquetball						•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
12	Rookies & Role Models					•	•	•													
	Run For Your Heart Family Training						•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
12	Soccer					•	•	•	•	•	•	•									
10	Swim Lessons		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
10	Swim Team								•	•	•	•	•	•	•	•	•	•	•	•	•
	Teen Adventure Trips																•	•	•	•	
	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!

## 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. Purchase all 3 sessions for \$199. Special rate only available for Y Members.

**Session 1:** M W | Feb 4–27 | 6–7 pm

**Session 2:** M W | Mar 4–27 | 6–7 pm

**Session 2:** M W | Apr 1–24 | 6–7 pm

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

### Senior Strong

AGES: 55+

This 6-week weight lifting class is designed to prevent and reverse osteoporosis. Fractures caused by osteoporosis can be protected against by utilizing weight training to strengthen bones and muscles. 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 | Jan 18–Feb 22 | 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 meet twice a week and incorporate a progressive mixture of techniques from dance, pilates, and yoga that will deliver a full body workout. A class that focuses on isometric exercise to increase strength, flexibility, and endurance. No dance experience required.

T Th | Jan 22–Feb 14 | 6:30–7:30 pm

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

### Y Tri Challenge

AGES: 14+

Beginning February 1, participants have until March 31st 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.

Feb 1–Mar 31

**Y Members \$10**

## 101 SERIES

### 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 | Jan 14–30 | 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 | Feb 4–20 | 6:45–7:45 pm

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

### Cycling 101

AGES: 14+

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

T Th | Mar 5–21 | 6:30–7:30 pm

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

**All Ages  
Welcome**

Starting January 1st our  
group exercise classes on  
Sundays are family friendly.

Now we can stay  
active together!

# 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		
	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
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	5:30-6:20am 6:40-7:30am 6-7pm		5:30-6:30am 6:40-7:30am	9-10am
	Cycling Mix	CY/AR							8:05-8:45am
	Cycle Stretch	CY					10:45-11:45am		
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		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		8:05-8:45am		8:05-8:45am		8:05-8:45am	
	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	Yoga	HE		5:30-6:30pm	10:30-11:30am	5:30-6:30pm			
	Yoga - Introductory	HE				9:45-10:45am			
	Yoga - Intermediate	HE					9:30-10:30am		

**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. AOA classes give participants an opportunity to stay physically active and include water exercise, yoga, drumming and so much more.

## AOA WELL-BEING

### 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.

M 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 | 10:45–11:45 am

**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**

### Water in Motion

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

M W F | 8:30–9:30 am

**FREE for Y Members**

## Join us for our Speaker Series & Potlucks

## 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.



# 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 and 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 work with." 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](mailto: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

## 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](mailto: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**

## Safety Around Water

March 25-29

FREE for Y Members  
& Non-members

# AQUATICS

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

## SHARK'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.

Jan 7-30 and Jan 8-31

Feb 4-27 and Feb 5-28

Mar 4-27 and Mar 5-28

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 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

### Aquatics 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 | Jan 8-31 | 5:30-6:15 pm

T Th | Feb 5-28 | 5:30-6:15 pm

T Th | Mar 5-28 | 5:30-6:15 pm

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

### Endurance, Sports & 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 part of a healthy lifestyle. During this program students will be introduced to snorkeling, diving and water polo.

M W | Jan 7-30 | 5:30-6:15 pm

M W | Feb 4-27 | 5:30-6:15 pm

M W | Mar 4-27 | 5:30-6:15 pm

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.

M | Jan 7-Feb 25 | 5:30-6:30 pm

W | Feb 6-Mar 27 | 5:30-6:30 pm

M | Mar 4-Apr 22 | 5:30-6:30 pm

W | Apr 3-May 22 | 5:30-6:30 pm

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

### 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](http://SaginawSharks.com)**

Dec 3-Feb 28

Y Members \$95-125

### Masters Swim

AGES: 18+

Join a swim team for swimmers ages 18 and up, of all skill levels. This program 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.

Su | Through May 15 | 11-1pm

W | Through May 15 | 7:30-9:00pm

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.

F | Feb 1 | 5:30-6:30 pm

F | Mar 1 | 5:30-6:30 pm

F | Mar 29 | 5:30-6:30 pm

Y Members FREE / Non-members FREE

# 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	1-2:30pm 4-5:30pm	5:30-8:30am 9:30-10am 12-3:30pm 7:30-9pm	5:30-8:30am 9:30-10am 12-3:30pm 8:30-9pm	5:30-8:30am 9:30-10am 12-3:30pm	5:30-8:30am 9:30-10am 12-2pm 8:30-9pm	5:30-8:30am 9:30-10am 12-5pm 6:30-7:30pm	7:15-9am 10-12pm 4-7pm
Master Swim	DP	11-1pm			7:30-9pm			
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	2:30-3pm 5-6:30pm	5-6:30pm	5-6:30pm	1:30-2:30pm 5-6:30pm	
Swim Team	DP		10-11:30am 3:30-5pm	3:30-5pm 6:30-8:30pm	10-11:30am 3:30-5pm	3:30-5pm 6:30-8:30pm	10-11:30am 3:30-5pm	
Water Aerobics	DP							9-10am
Water Bootcamp	SP			6-7am		6-7am		
Water in Motion	DP		8:30-9:30am 6:30-7:15pm	8:30-9:30am	8:30-9:30am 6:30-7:15pm	8:30-9:30am	8:30-9:30am	
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 11:30-3pm 6:30-9pm	5:30-10am 12:15-1:30pm 2:30-3:30pm	7:15-10am 5-7pm

DP – Deep Pool

SP – Shallow Pool

## 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 Sam Beal at [SBeal@SaginawYMCA.org](mailto:SBeal@SaginawYMCA.org).

### CPR & First Aid Training

AGES: 15+

Th | Jan 24 | 5-9 pm  
Th | Feb 21 | 5-9 pm  
F | Mar 22 | 9-1 pm

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

### Lifeguard Instructor Review

AGES: 18+

Su | Mar 10 | 11-6 pm

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

### Boy Scouts – Swimming Merit Badge

AGES: 15+

Th | Mar 29 | 10-4 pm

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



Save the Date  
**Youth  
Soccer  
Leagues**

Starting April 1 & 2

# 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.

## TEAM SPORTS

NEW IN  
2019

### Sports Sampler

This program focuses on the physical and social development of our youngest athletes in a safe, supportive environment. Participants will be introduced to a variety of sports and games. Ages 3-5, parents participate in activity with their children.

Parents meeting held at the end of first program.

#### Session 1:

**Ages: 3-5 M** | Jan 7-28 | 6:30-7:30 pm

**Ages: 6-8 Th** | Jan 10-31 | 6:30-7:30 pm

#### Session 2:

**Ages: 3-5 T** | Feb 5-26 | 6:30-7:30 pm

**Ages: 6-8 Th** | Feb 7-28 | 6:30-7:30 pm

#### Session 3:

**Ages: 3-5 T** | Mar 7-28 | 6:30-7:30 pm

**Ages: 6-8 Th** | Mar 9-30 | 6:30-7:30 pm

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

### Basketball Clinic

This clinic will focus on the fundamentals of basketball (dribbling, passing, shooting, and defense) and learning drills that will help develop those skills. Participants will also have a blast making new friends! Ages 3-5, parents participate in activity with their children.

**Ages: 3-9 S** | Jan 26 | 9-12 pm

**Y Members \$32 / Non-members \$55**

### Soccer Clinic

This indoor clinic will focus on the fundamentals of soccer (dribbling, passing, shooting, and positions) and learning drills that will help develop those skills. Participants will also have a blast making new friends! Ages 4-5, parents participate in activity with their children.

**Ages: 4-5 T** | Mar 26 | 9-12 pm

**Ages: 6-7 W** | Mar 27 | 9-12 pm

**Ages: 8-9 Th** | Mar 28 | 9-12 pm

**Y Members \$32 / Non-members \$55**

## 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 \$10**

### 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 \$10**

## 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**

### 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.

**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**

## 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 Youth Sports Coordinator, Raquel Gomez at [rlgomez@SaginawYMCA.org](mailto:rlgomez@SaginawYMCA.org) or call 989-753-7721.



# 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 in the United States for youth.

**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](mailto: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](mailto:Pam@SaginawYMCA.org) or call 989-753-7721 ext 221.



## Veteran Membership

Thank you for your service

**\$0 Join fee for Veterans**

# VETERANS

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

## VETERAN HEALTH & FITNESS

### Tribute Tuesdays

**AGES: 18+**

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

**AGES: 18+**

The Veterans 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. Open to Veterans and their family.

T | Mar 12 | 5 pm

T | Apr 9 | 5 pm

### 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**

### Veteran Membership

**\$0 Join Fee for Veterans**

### 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.**

## 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](mailto:WBoven@SaginawYMCA.org).



# VETERANS HEALTH OPEN HOUSE

**FEBRUARY 20 • 10-2 PM**  
**YMCA OF SAGINAW**

## HEALTH EXPO

Veterans healthcare screenings, vendors, classes, and resources in the gymnasium from 10-2 pm.

## VA Y2K WALK

Come together for better health and support veterans. The walk is FREE and open to the community, Veterans, and their family members. Walks begin at 11:30 am, 12:00 pm, and 12:30 pm.

## FOOD DONATIONS

Please donate healthy non-perishable food items. All donations will go to the I Support the 1%, Veteran Food Pantry.

For more information, contact  
**Chrissy Larkins at 989.497.2500 ext 13841**  
**or Doug Temple at 989.753.7721 ext 218**



U.S. Department  
of Veterans Affairs



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