



## Healthy Kids Day



Join us for Healthy Kids Day, a free, fun-filled event that includes engaging family activities, healthy give-a-ways, and a Touch-a-Truck display in the parking lot.

Saturday, April 21  
10:00am – 1:00pm

## Kids Tri Too • 2-12

Swim, bike and run for a healthier Saginaw! This spring event features an indoor swim, outdoor bike and run. Each age group will have a different length to complete for each discipline of this noncompetitive race.

**Grouped by age. Volunteers Needed.**

Friday, June 1, 2018  
at Saginaw YMCA

Check-in and transition open at 5pm  
Race starts at 5:30pm

Register early for a Race T-Shirt!

## Before Race Day

Y Members \$12 / Non-members \$18

## Race Day

Y Members \$20 / Non-members \$25

## Racquetball • 14+

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

Tue & Thu 5:30pm – 7:30pm

## Challenge Courts

Y Members FREE / Non-members \$10

## League

Y Members FREE / Non-members \$20

## Pickleball • 14+

Pickleball is a fun game that is played on a court with a low net. Combining the elements of tennis, badminton and ping-pong, the rules are simple, so it is easy for beginners to learn how to play.

Tue 9am – 11am & 7pm – 9pm

Y Members FREE

Non-members \$25 for 10 punch card



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GIVE FOR A BETTER US.

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

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



# DISCOVER YOUR Y

April 1 – June 15  
**SPRING 2018  
YOUTH GUIDE**  
YMCA of Saginaw



[SaginawYMCA.org](http://SaginawYMCA.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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YMCA of Saginaw • 1915 Fordney St, Saginaw MI 48601 • 989.753.7721 • [SaginawYMCA.org](http://SaginawYMCA.org)

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



# FAMILY HEALTH & FITNESS

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

## Open Gym

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

Open – Close  
Y Members \$0 / Non-members \$10

## Family Swim

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

Sun 2:30pm–4pm  
Y Members \$0 / Youth Non-members \$5  
Y Members \$0 / Adult Non-members \$10

## Kid Zone

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

## Open Swim

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

MWF 6:30pm–8pm  
Sat 11am–5pm  
Y Members \$0 / Youth Non-members \$5  
Y Members \$0 / Adult Non-members \$10

## Midday Get Away

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

April 2 12pm–2:30pm  
April 27 12pm–2:30pm  
May 4 12pm–2:30pm  
May 25 12pm–2:30pm  
June 14 12pm–2:30pm

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

## Parents’ Night Out

More fun than a regular babysitter! After a long day at work or at home, drop your children off for swimming, games, and food, while you enjoy your evening out. On the third Saturday of each month from 4:00pm – 10:00pm.

April 21 – April Showers  
May 19 – Hop into Spring  
June 16 – School’s Out

Y Members \$20 / \$5 for each additional Y-Member child  
Non-members \$30 / \$10 for each additional Non-Member child

# FAMILY TIME & EVENTS

## Birthday Parties

Come and celebrate at the YMCA of Saginaw! Basic Party Package is for two hours and includes a party coordinator and tables and chairs for up to 20 children and all adults. Bring your own table decorations, paper products, utensils, cake or food.

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

## Community Room Rental

Host your next event at the YMCA of Saginaw! Special Events Package is for 3 hours and includes a coordinator and tables and chairs for up to 73 people in our Community Room. We also schedule lock-ins for your youth or school group.

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

# DAY CAMPS

YMCA Day Camp is more vital than ever, with an increased emphasis on safety, healthy choices and a renewed emphasis on values and social skills. Day Camps at the YMCA of Saginaw give young people an experience that lasts a lifetime. Each experience is grounded in a set of seven objectives that characterize all Y programs and help children ages, 3–12 years.

**See Insert for full details**

# AFTER SCHOOL



## KidsCampUs • 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.

\$25 Annual fee per child

# AQUATICS

## Lap Swim • 16+

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

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

## Group Swim Lessons 6mo–12 yrs

Schedules will be posted on our website, or call for availability.  
Y Members \$20 / Non-members \$45

## Swim Test Outs • 3–12

This is for ALL children that have not participated in a 2017 swim lesson, or taken a Swim Test. All past and new swimmers need to do a swim test prior to registering for swim lessons.

Available once a month between 5–6:30pm  
Y Members FREE / Non-members FREE

## Safety Around Water 6–12

This program teaches water safety skills through two skill series!

- 1) Jump Push Turn Grab
- 2) Swim Float Swim

June 4 – June 8  
Mon–Fri 5:00pm – 5:45pm

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

## Teen & Adult Learn to Swim Lessons • 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.

May 7 – June 25 (No class May 28)  
Mon 5:30pm – 6:30pm

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

# SPORTS

## Youth T-Ball • 3–5

A great way to get kids up and moving, baseball programs at the Y put kids on the field and gives them a chance to hit, catch, throw and learn all about how sportsmanship can be fun. Program plays at Hoyt Park in Saginaw, just down the road from the Y.  
**Grouped by age. Volunteers Needed. Coach/Parents Meeting April 26 at 7pm**

May 1 – June 5  
Tue 6:00pm – 7:00pm

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

## Coach Pitch • 6–9

A great way to get kids up and moving, baseball programs at the Y put kids on the field and gives them a chance to hit, catch, throw and learn all about how sportsmanship can be fun. Program plays at Hoyt Park in Saginaw, just down the road from the Y.  
**Grouped by age. Volunteers Needed. Coach/Parents Meeting April 26 at 7pm.**

May 3 – June 7  
Thu 6:00pm – 7:00pm

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

## Youth Soccer • 3–9

Introduce your child to the most captivating sport around the world! Through active play and soccer games, your child will learn the fundamentals while kicking around the soccer ball as we begin to lay the foundation for league play. But, most important, your child will receive positive coaching and personal attention while having fun and making friends along the way.  
**Grouped by age. Volunteers Needed. Coach and Parents Meeting May 3 at 7:30pm.**

May 5 – June 9  
Sat 9:00am – 10:00am, Ages 3–5  
Sat 10:00am – 11:00am, Ages 6–9

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

## Pick Up Basketball • 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.



# YMCA OF SAGINAW

## FACILITY HOURS

Mon – Thu 5:00am – 9:30pm  
Fri 5:00am – 9:00pm  
Sat 6:45am – 7:30pm  
Sun 11:00am – 6:00pm

## KIDS ZONE HOURS

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

# 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.