



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# IGNITE your spark

2024 Fall Program Guide | YMCA of Greater Kalamazoo

# OUR MISSION

The YMCA puts Christian principles into practice through programs that build healthy Spirit, Mind, and Body **FOR ALL**.

# STATEMENT OF INCLUSION

The YMCA of Greater Kalamazoo is proud to be an association made up of people from every walk of life, working side by side to strengthen communities. Together, we strive to ensure that everyone, regardless of age, race, gender, gender identity, gender expression, income, faith, sexual orientation, ability, or cultural background, has the opportunity to live life to its fullest and is celebrated as a valued part of our community.

# BENEFITS OF MEMBERSHIP

- Access to two locations in Kalamazoo and Portage
- Wide variety of state-of-the-art strength and cardio equipment, TRX, Kettle Bells, and more
- Pools, gyms, tracks, racquetball courts, pickleball, and tennis\* courts allow year-round access to improved health
- FREE group fitness classes, including LES MILLS, water fitness classes, and Silver Sneakers
- Reduced program fees
- Kids Zone drop-in child care\*
- Access to Y locations across the country\*\*

*\*Fee-Based*

*\*\*ask about Nationwide Membership*

# FINANCIAL ASSISTANCE

Every day, the Y works to address the most pressing needs in the community it serves by making sure that everyone, regardless of age, income, or background, has the opportunity to learn, thrive, and grow. We provide financial assistance for the following programs:

- Youth, Individual, or Household (1 adult, 2 adult, or 3 adult) YMCA Memberships
- Early Learning and childcare services
- Programs such as tennis, aquatics, Y-Ball, and Flag Football

Applications for Financial Assistance are available on our website and at Member Services at each location. Proof of income is required. Help support the Y's Financial Assistance program by donating to our Annual Campaign at [www.kzooymca.org/give](http://www.kzooymca.org/give).

# AREAS OF FOCUS

The Y is a cause-driven organization that is for Youth Development, Healthy Living, and Social Responsibility. That's because a strong community can only be achieved when we invest in our kids, our health, and our neighbors.

# WHY JOIN THE Y?

The Y is committed to helping you thrive at each stage of life. Commit yourself to a healthier lifestyle with a Y membership to help you achieve your goals and live up to your best potential.

## TWO EASY WAYS TO JOIN

 VISIT  ONLINE at [www.kzooYMCA.org](http://www.kzooYMCA.org)

## STAY INFORMED

Y Connections  
Weekly Newsletter



[www.kzooYMCA.org](http://www.kzooYMCA.org)

WE ARE  
BETTER  
TOGETHER

*“Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than dream: work.” — William Arthur Ward*

# MAPLE

1001 W Maple St.  
Kalamazoo, MI 49008  
269.345.9622

## FACILITY AMENITIES:

- 24/7 Access\*
- Aquatic Center (lap pool, instructional pool w/zero-depth entry, wading/splash pool, resistance pool, hot tub)
- Badminton
- Basketball Courts/Gymnasium
- Cardio, Strength, and Free-Weight Areas
- Early Learning Preschool Center\*
- Group Exercise Rooms
- Kids Zone drop-in child care\*
- Locker Rental\*
- Locker Rooms (all-access, full service\*, womens'/girls', mens'/boys')
- Racquetball Courts
- Sauna\*
- Steam Room\*
- Stretch Zone
- Tennis Courts (indoor)\*
- Towel Service\*
- Track *\*Fee-Based*
- Youth Center (rock climbing wall, ping pong, foosball, outdoor playground/Gaga Pit, retro gaming console)

# PORTAGE

2900 W. Centre Avenue  
Portage, MI 49024  
269.324.9622  
(Entrance on Old Centre)

## FACILITY AMENITIES:

- Basketball Courts
- Cardio, Strength, and Free-Weight Areas
- Group Exercise Rooms
- Kids Zone drop-in child care\*
- Locker Rental\*
- Locker Rooms (all-access, womens'/girls', mens'/boys')
- Pickleball Courts
- Pool (lap/instructional)
- Stretch Zone
- Tennis Courts (indoor and outdoor clay)\*
- Track
- Youth Center (ping pong, air hockey, etc.) *\*Fee-Based*

# LINCOLN

912 N. Burdick St.  
Kalamazoo, MI 49007  
269.345.9845

The YMCA's presence at Lincoln International Studies School consists of a comprehensive academic support program during the school year and an Achievement Gap summer program.

## Association Outreach Director

Jennifer Shea  
269.345.9622 ext 845  
jshea@kzoymca.org



## CURRENT SESSIONS

### FALL I

Registration Opens at 1pm:  
Tuesday, Aug. 6 (Members)  
Thursday, Aug. 8 (Community)

Fall I Session Dates:  
Sept. 9–Oct. 26

### FALL II

Registration Opens at 1pm:  
Tuesday, Oct. 1 (Members)  
Thursday, Oct. 3 (Community)

Fall II Session Dates:  
Oct. 28–Dec. 21

## FUTURE SESSIONS

### WINTER

Registration Opens at 1pm:  
Tuesday, Dec. 3 (Members)  
Thursday, Dec. 5 (Community)

Winter Session Dates  
Jan. 6–Feb. 22

## FLAG FOOTBALL INFO

Registration:  
June 10–Aug. 24  
Program Dates:  
Sept. 2–Oct. 19

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## NEW!

# NORTHSIDE EARLY LEARNING

313 E. Frank St.  
Kalamazoo, MI 49007  
269.345.9845

Pre-school program for youth, ages 2½ to five years.

## Childcare Office

269.345.9622 ext 167  
childcare@kzoymca.org

# A MESSAGE FROM DAVE MORGAN

## President and CEO

Dear YMCA Members,

Welcome to the Fall edition of Y's Life! As the seasons change, we are excited to introduce our Fall Membership Campaign centered around a powerful theme: IGNITE. This theme is a call to action for each of us to ignite our motivation, passion, creativity, commitment, confidence, and potential.

At the YMCA, we believe that fall is the perfect time for a fresh start. It's an opportunity to re-boot and restart, to set new goals and embark on new journeys. Whether you're looking to improve your physical health, enhance your mental well-being, or strengthen your spiritual connection, the Y offers countless opportunities to ignite your commitment to yourself and your family.

Our programs are designed to support you in every aspect of your health journey. From fitness classes and sports leagues to mindfulness workshops and community events, there's something for everyone at the Y. We are committed to ensuring that all members of our community have access to our facilities and programs, regardless of their ability to pay. Our doors are always open, and we are here to support you every step of the way.

In this issue, we are thrilled to feature a special centerfold with Oak Saad, Rebecca Lillie, Shashu Baraka, Sara Helms, and Renee Whalen. These incredible individuals have shared their insights on how to get started at the Y, offering valuable tips and encouragement for those new to our community or looking to reignite their passion for wellness. Their stories are a testament to the transformative power of the Y and the positive impact it can have on our lives.

As you browse through this edition of Y's Life, we hope you feel inspired and motivated to take the next step in your wellness journey. Whether you're joining a new class, participating in a community event, or simply making a commitment to spend more time on self-care, remember that the Y is here to support you. Together, we can ignite a healthier, happier future for ourselves and our community.

Thank you for being a part of the YMCA family. Let's ignite this season with enthusiasm and a shared commitment to well-being!



Friends on a mission,

A handwritten signature in black ink that reads "Dave Morgan". The signature is fluid and cursive.

**Dave Morgan**  
President and CEO, YMCA of Greater Kalamazoo

**GIVE TODAY**

[kzoymca.org/  
donate](https://kzoymca.org/donate)



# WHY THE Y: Khayyir's Story

Khayyir Freeze's journey is a remarkable testament to growth and transformation. Before attending Day Camp at the Y, Khayyir faced challenges at home, struggling to find common ground with his grandmother, Pam Pearson. His early days at the Y were filled with difficulties, too—adjusting to a new environment, making friends, and coping with the added stress of COVID. Simply put: he was having a hard time and the pandemic's added disruption, sense of isolation, and loss of connection were only making things worse.

During those tough times, Corey Clark, the Y's Association Out-of-School Time Director, noticed Khayyir's need for extra support and stepped up. Corey worked closely with Khayyir, providing consistent guidance and support during his time at the Y, helping him navigate the

challenges he faced and providing that crucial sense of connection that was missing. With that connection, Khayyir flourished, finding his place of belonging and acceptance.

Four years later, Khayyir, now a tall 14-year-old, has moved to Atlanta, where he attends charter school. He proudly gives back to his community, spending his free time volunteering, training as an active member of the Firehawks Sea Cadet Program, and planning to become a counselor at his local YMCA, "to be just like Mr. Corey."

He often talks about his time at the YMCA of GK, his memories at camp, and about his favorite counselors and mentors he met at the Y. According to those around him, he already has a deep sense of service, leadership, and passion for serving his community, inspired by the mentors

in his life.

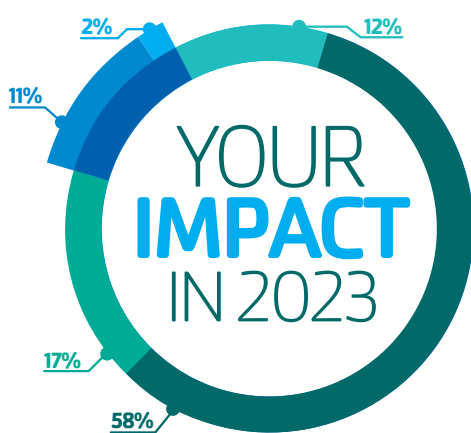
Khayyir's story is that of the enduring impact that a supportive, present community, and caring mentors can have on a young person's life. His transformation from facing familial challenges to becoming a role model for others is truly inspiring!

Says Corey, who was super touched to receive the update from Pam; "it feels so good to know that the work we do at the Y every day has this kind of impact to the youth and their families."



## DID YOU KNOW?

# The YMCA awarded \$555,500 of Financial Assistance in 2023.



**\$326,732** for membership fees

**\$94,320** for the YMCA Lincoln Youth Program

**\$69,725** for youth and adult program scholarships

→ **\$12,104** for swim lessons and youth sports

→ **\$57,621** for tennis, dance, and adult programs

**\$64,723** for kids to attend Prime Time, preschool, and summer camp

The YMCA's Annual Campaign goes where membership fees don't. Every gift, large and small, goes to support our community where we need it the most! This breakdown shows exactly the impact of each and every dollar. Look to the right to see more facts about 2023's Annual Campaign.

We are truly grateful for each and every donation that was received throughout 2023, and with your support, we believe that we can make an even larger impact on our community in 2024.

## DID YOU KNOW:

**35%** of ALL Y members are on Financial Assistance

that's **1 in 3** members

or **6,900** total members

with **3,169** of those members being teens or youth

**ALL this means...**

There was a **38%** increase in FA in 2023

# WHAT YOU CAN DO AT THE Y



If I Am A  
**BABY**  
I CAN...

If I Am  
**2-5 yrs**  
I CAN...

If I Am  
**6-9 yrs**  
I CAN...

If I Am  
**9-12 yrs**  
I CAN...

Kids Zone, 6 weeks—8years

Early Learning Preschool

Access Youth Center, 8—17yrs

Swim with family

Swim lessons, 6 months+

Taekwondo

Various Dance: hip hop, ballet, jazz

Mini Sports Camp

Sporties for Shorties

Access all exercise

Private Tennis Lessons

Group Tennis Lessons, 3+ years for all levels of play

Rent a Tennis Court

Itty-Bitty Basketball

Swim without adult

Fencing

Pre-Competitive Swim

Swim Team

Access the gymnasium and track w/o

## Households with youth and teen members:

Please be sure to familiarize yourself with the Y's Facility Access Guidelines to ensure a safe and fun experience. This information is available on page 11 and is posted at the main entrance of both facilities.



If I Am A  
**TEEN**  
I CAN...

If I Am An  
**ADULT**  
I CAN...

If I Am A  
**HEALTHY  
AGING ADULT**  
I CAN...

My  
**FAMILY**  
I CAN...

[Blue bar]

Book Club

[Green bar]

[Green bar]

[Blue bar]

[Blue bar]

Attend Group Exercise Classes, 11+ yrs

equipment: cardio, strength training, and free weights

[Green bar]

[Green bar]

[Green bar]

supervision

Swim

[Blue bar]

[Green bar]

[Green bar]

Shallow Water Exercise

Aqua Tai Chi & Water Power

Hot Tub, 16+ yrs

Access the facility w/o adult, 11+

adult supervision

Access the gymnasium and track

3D Dynamic Double Drills

Tennis Leagues, Men & Women

Cardio Tennis Class

Tennis Travel Team

# LEARN, GROW AND THRIVE!

The Y has always focused on meeting the social, emotional, and academic needs of our young learners so they can grow into the change makers of tomorrow—and today is no different.

Our Early Learning, drop-in childcare, and Out-of-School Time offerings are staffed with people who understand the cognitive, physical, and social development of kids, the support parents and families need, and the importance of maintaining a safe, clean environment for children to learn, grow, and thrive.

Read through to learn more about the YMCA of Greater Kalamazoo's childcare options.

**Visit our website for additional information:**



## PRIME TIME

Prime Time is before and after-school care for Kalamazoo Public School and Portage Public School students in grades K-5 located at several elementary schools including the Maple YMCA. Prime Time engages kids in physically active, educational, and imaginative activities that encourage exploration of who they are and what they can achieve. Our programs are inclusive and offer a combination of free-choice and structured age-appropriate activities.

All Prime Time programs are licensed by the State of Michigan and are run by qualified youth development staff. Morning care is available starting at 6:30am and afternoon care is available until 6pm. See the website for current locations. For more details and to register, visit [kzoymca.org](http://kzoymca.org), scan QR code, or email [childcare@kzoymca.org](mailto:childcare@kzoymca.org).

## ENGAGING CARE FOR KIDS, SELF-CARE FOR ADULTS DROP OFF YOUR CHILD AT THE KIDS ZONE WHILE YOU WORKOUT AT THE Y

More than ever, parents need support! When they come to the Y, their children need a safe, nurturing, and fun environment.

The Kids Zone is a unique drop-in care program for children aged 6 weeks to 8 years. In the Kids Zone, children play under the supervision of caring, trained staff. At the same time, their parents are able to relax, connect with other Y members and enjoy healthy activities at the YMCA of Greater Kalamazoo!

Parents can check in their children for up to two hours a day, while they remain in the facility. Reservations are not required. Your child will have a blast interacting with other kids through age-appropriate activities that get their brains and bodies moving. Both Maple and Portage Kids Zones are nut-free.

### COST

Household memberships: \$10/month. Includes unlimited visits up to 2hr/day. Children must be members. All others pay the daily drop-in rate.

### MAPLE HOURS

Monday—Thursday: 8:00am-7:30pm  
Friday: 8:00am-4:00pm  
Saturday: 9:00am-12:00pm  
Sunday: Closed

### PORTAGE HOURS

Mornings (M-F): 8:45am-1:00pm  
Evenings (M-TR): 4:00pm-7:45pm  
Friday Evening: Closed  
Saturday: 8:00am-12:00pm  
Sunday: Closed

### REQUIRED DOCUMENTS

Please visit our website, [kzoymca.org](http://kzoymca.org), to find the Kids Zone handbook and required documents.





# PRIME TIME (cont'd)

Our program includes the CATCH curriculum, which aims to engage children in intentional physical activity and nutrition education. We also offer healthy afternoon snacks, academic support, STEM, character development, and more! We promote the Y's four core values: integrity, health, diversity, and collaboration and incorporate the CHAMPS program at all of our sites.

- C** Caring
- H** Honesty
- A** Always respectful
- M** Making responsible choices
- P** Positive attitude
- S** Safety first

## 6 LOCATIONS, SERVING 11 KPS SCHOOLS

- Maple YMCA
  - \*El Sol
  - \*Northglade
  - \*Woods Lake
- Milwood
  - \*Greenwood
- King-Westwood
  - \*Indian Prairie
  - \*Arcadia
- Parkwood-Upjohn
- Prairie Ridge
- Winchell

*\*Schools get bussed to/from main site*

## SERVING ALL PORTAGE ELEMENTARIES

- 12th Street
- Amberly
- Angling Road
- Haverhill
- Lake Center
- Moorsbridge
- Woodland
- Central Elementary

## ASSOCIATION OUT-OF-SCHOOL TIME (PRIME TIME) DIRECTOR

Corey Clark  
269.345.9622 ext. 171  
cclark@kzooyymca.org

# Y EARLY LEARNING

1001 W Maple St. Kalamazoo, MI 49008  
313 E. Frank St., Kalamazoo, MI 49007

## PHILOSOPHY

Our high-quality YMCA Early Learning (preschool and pre-K) programs strengthen families and boost youth development by offering learning readiness experiences and comprehensive child development programs. Early Learning builds a foundation for ongoing and future achievement and success.

## PROGRAM HIGHLIGHTS

- Licensed by the State of Michigan
- Great Start to Quality participant
- KC Ready 4s partner
- Creative Curriculum
- Swim lessons
- Tennis lessons
- Nature walks
- Physical education class
- Financial Assistance available

## GREAT START TO READINESS PROGRAM (GSRP)

We are proud to partner with KRESA and the State of Michigan to provide qualifying families a free\* early learning experience. This program receives all the benefits of our traditional programs while minimizing the cost for families. To be eligible, children must turn 4 on or before September 1.

*\*Before and after care may be an additional fee*

## YMCA MEMBERSHIP

A youth or family membership is included for the school year, depending on enrollment status. With the YMCA membership, your family can spend quality, active time together while also allowing adults time to focus on their wellness. This membership may be used at the Portage and Maple Ys.

For more details and to register, visit our website at [kzooyymca.org](http://kzooyymca.org), scan QR code, or email our Childcare Office at [childcare@kzooyymca.org](mailto:childcare@kzooyymca.org).

## CREATING TOMORROW'S LEADERS TODAY AT LINCOLN YOUTH CENTER

At the Lincoln Youth Center, Kalamazoo's Northside youth participate in various after-school activities such as mentoring, tutoring, homework support, games, and social and emotional learning.

During the summer, the Lincoln Youth Center transforms into the achievers camp for K-5 students, where certified teachers spend time combating the "Summer Slide" using the LitCamp curriculum and enriching, educational activities, balanced with classic, day camp fun.

The Lincoln Youth Center also offers a food pantry, where community members may come in and shop at any time for food, household necessities, and clothing as needed.





# YMCA FACILITY ACCESS YOUTH GUIDELINES



**The safety of all youth at the Y is paramount. All individuals must check in at the YMCA Member Service desk so we can verify your identity and your Member/Guest privileges. For everyone’s safety, please adhere to the following age-specific rules:**

## **MEMBERS AGED 0-7**

- Must be accompanied by and participating with an adult in all areas unless taking a program (i.e. swim lessons or tennis class).
- Kid Zone is provided for youth members for an additional fee per family per month.
- May NOT use any of the exercise equipment (Cardio, Weight or Free Weights).
- May utilize the gymnasium and track with adult supervision.

## **MEMBERS AGED 8-10**

- Must have an adult in the building at all times unless in a YMCA program.

- Must pass a swim test to swim without an adult – unless otherwise specified the adult must be in the pool area.
- May utilize the Youth Center any time it is staffed.
- May NOT use any of the exercise equipment (Cardio, Weight, or Free Weights).
- May utilize the gymnasium and the track without adult supervision.

## **MEMBERS AGED 11\*-14**

- Members may use the facility without an adult.
- May use all exercise equipment (Cardio, Weight and Free Weights) only AFTER completing an

equipment orientation or with adult supervision. Youth must wear a wristband—picked up from Welcome and Fitness Centers—to signify their completion of an Equipment Orientation.

- May participate in Group Exercise classes with adult supervision.
- May utilize the Youth Center when it is staffed.

\*Must be 11 AND in 6th grade.

## **MEMBERS AGED 15-17**

- Equipment orientation not required.
- May participate in group exercise classes.
- Age 16+ must show picture ID.

# FOR A SAFE Y EXPERIENCE

# Youth Development Classes

CLASS/PROGRAM	DESCRIPTION	LOCATION
<b>Basketball Classes</b> Ages 3-14	Whether your child is a beginner or an all-star, basketball classes at the Y will help them develop their skills, through progressive drills, scrimmages, and activities.	Maple Portage
<b>3-on-3 Basketball Tournament</b> Ages 9+	Mark your calendar for this special basketball tournament! Compete with a team of your choosing. All participants receive a novelty t-shirt and are guaranteed to play at least three games. Date: Nov. 16.	Portage
<b>Fencing Classes</b> Ages 12+	These classes, ranging from Beginner to Intermediate/Advanced, teach participants about the sport of fencing from skilled instructors with En Point Fencing Club. Equipment is provided. Please wear comfortable gym attire.	Portage
<b>Dance Lessons</b> Ages 4+	Offering various classes including ballet, jazz/hip hop, acrobatics, and break dancing for youth and adults of all ages. Located at Move with Joy.	Move with Joy
<b>Gymnastics: Tumble with Me</b> Ages 2-3	This class is designed for pre-school youth. Young gymnasts will work on balance, hand-eye coordination, listening skills, and both large and small motor skills. The class will also focus on jumping, balancing, and tumbling.	Maple
<b>Gymnastics: Tumble Just Me</b> Ages 4-5	In this class, young gymnasts will work on balance, hand-eye coordination, listening skills, and both large and small motor skills. The class will focus on basic gymnastics skills including forward and backward rolls, handstands, and cartwheels.	Maple
<b>Home School Gym Class</b> Ages 5-12	Home School Gym class provides physical education for Home School Students. Students will play a variety of games and activities throughout each session.	Portage
<b>Junior Golf Lessons</b> Ages 5-17	Participants will learn to drive (irons and woods), short game (chipping, putting, sand and pitching). Clubs and balls will be provided. Class taught by Golf Pro Sharon King at The Dome in Schoolcraft on US 131.	The Dome
<b>Korean Karate</b> Ages 11+	Korean Karate is intended to develop the mind, body and spirit while teaching effective self-defense skills for the practitioner. Practice of this art develops strong character through its five primary tenets: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.	Portage
<b>Middle School Night Out</b> Grades 6-8	Event where middle schoolers can attend the Y after hours to play tennis, volleyball, basketball, swimming and more. Maple Dates: Sept. 21, Oct. 12, Nov. 2, Dec. 7. Portage Dates: Sept. 28, Oct. 19, Nov. 9, Dec. 14.	Maple Portage
<b>Mini Sports Camp</b> 5-12 years	This half-day camp gives youth the opportunity to play a variety of games and activities throughout the week. Participants will have fun while learning to play different sports. Bring a bathing suit, towel, and snack every day to camp.	Portage
<b>Pint Sized Play</b> 18-36 months	This class includes free play, games, and parachute time that stimulates cognitive development and physical/social skills. Parent and child interaction throughout the session.	Maple Portage
<b>Rookie Soccer</b> 8-12 years	Introduce your child to soccer. Learn how to kick, pass and score goals in soccer with skills training and games.	Maple
<b>Speed and Agility</b> Ages 12-18	Small group training with one of our personal trainers to help improve speed and agility by increasing velocity, increasing strength, achieving body control, developing balance and coordination, while improving flexibility.	Portage
<b>Sporties for Shorties</b> 3-6 years	This class develops skills like throwing, catching, kicking and more. This is a great introduction to football, soccer, gymnastics, baseball, volleyball, floor hockey and lacrosse.	Portage
<b>Sports Conditioning</b> Ages 11-14	An outdoor/indoor conditioning class for kids entering Fall and Winter sports, consisting of challenging exercises and drills to help one's endurance and overall confidence.	Maple Portage
<b>Taekwondo</b> Ages 4-6 & 7-11	Taekwondo offers a great way for youth to build confidence, self-esteem, respect, discipline, strength, flexibility and patience in a teamwork setting. Our instructors teach how to channel energy into a positive attitude in a fun and active atmosphere.	Maple
<b>Y on the Road</b> 10-14 years	It's a Summer Camp field trip during the school year for middle-school aged youth! Taking place on Saturdays during the Fall, youth will depart from the Y with camp counselors for an afternoon of fun. Dates: TBD.	TBD

NEW

# Ignite

*new passions* ›

**W**hat is the hardest part of starting a new workout routine? Contrary to what some may think, the biggest challenge to overcome is often not physical—but mental.

We've all been there, striding into the gym with every intention to make healthy changes in our lives. We may have the passion, that's undeniable, but there's a seemingly unshakable, creeping apprehension that arises when trying to decide what to do, especially for newcomers with little experience.

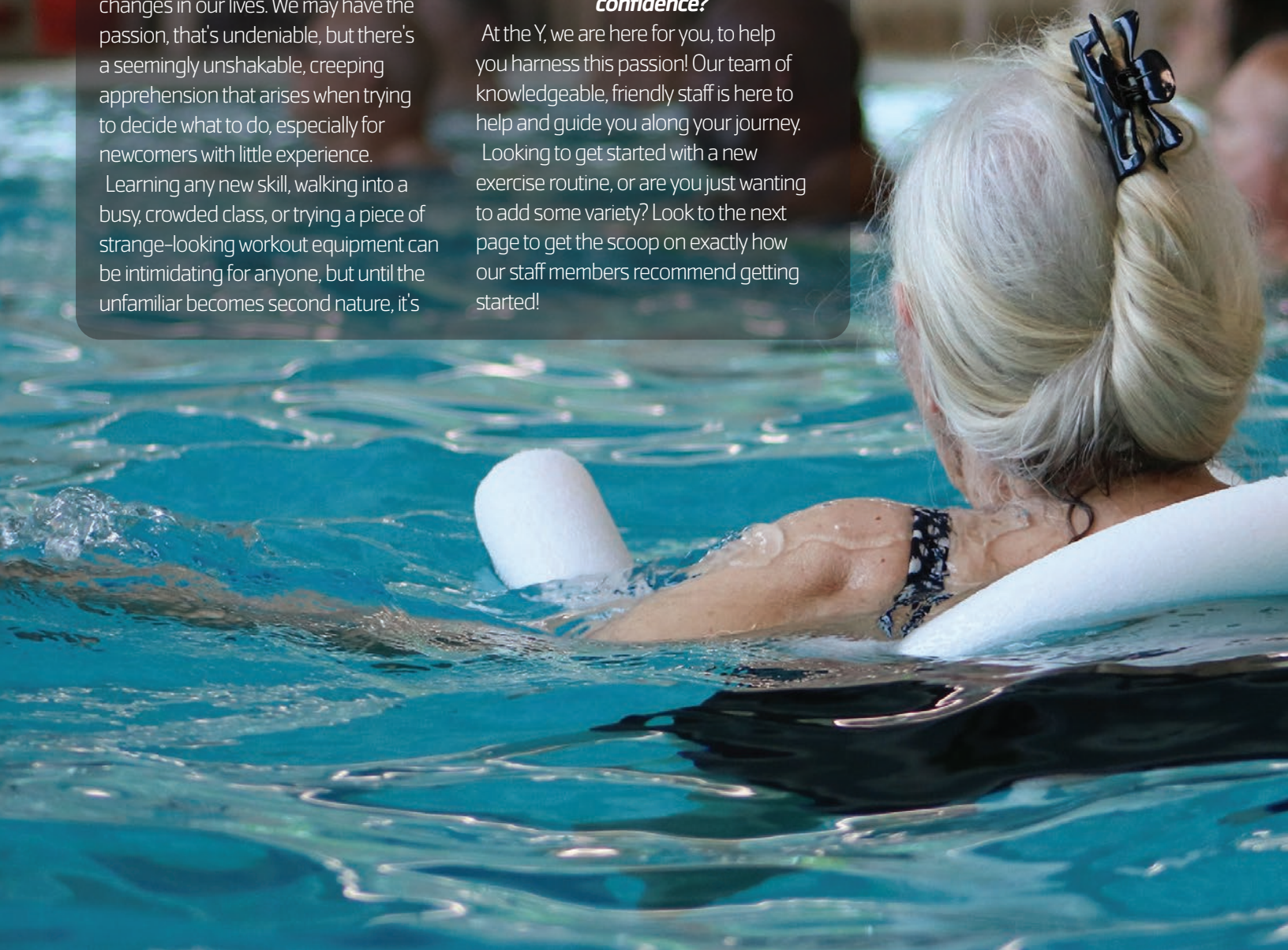
Learning any new skill, walking into a busy, crowded class, or trying a piece of strange-looking workout equipment can be intimidating for anyone, but until the unfamiliar becomes second nature, it's

easy to let self-doubt creep in, warping an otherwise beneficial, positive experience of bettering yourself and your health.

As tough as it can be, the only way through self-doubt is through practice, a healthy dose of self-love, and... *passion!*

***But how do you turn passion into confidence?***

At the Y, we are here for you, to help you harness this passion! Our team of knowledgeable, friendly staff is here to help and guide you along your journey. Looking to get started with a new exercise routine, or are you just wanting to add some variety? Look to the next page to get the scoop on exactly how our staff members recommend getting started!



ask the  
**Pros:**

# How do I get started?

## **Oak Saad, Association Tennis Director**

"It's step-by-step, for sure! The Y is set up to where we have levels of progression. Adult Beginner leads into Intermediate to Advanced, and once you get to a certain point, then it's Travel Teams. We also run drop-in clinics and matchplays. There are a lot of opportunities to progress and grow through the programs. The Y has pathways for every single age and every single skill level."

**Want to try out tennis?** For low commitment, but high impact, try a drop-in Cardio Tennis class. For those wanting to go slow and steady, sign up for Adult Beginner class.



## **Rebecca Lillie, Association Health and Wellness Director**

"Good for you for making that first step! My question is: 'what is your motivation? Do you prefer to work alone, or do you enjoy the encouragement and camaraderie of a group setting?' There are lots of ways to get started, and the thing you're going to stick with is the thing that you enjoy. If you are more of a one-on-one person, I recommend doing an **Equipment Orientation**. That's a great way to get familiar with our space and feel comfortable coming here on your own... If you're someone who flourishes in a group setting, we have SO many different **Group Ex class** options, no matter your fitness goal or experience."

## **Sashu Baraka, Active For Life Program Director**

"Start with small steps. I always stress that all workouts can be modified to meet anyone where they are at—whether they are starting out, returning, or rehabbing. 'Gym-timidation' is real, and when you're new to fitness, you want it to be fun. I ask people what they like to do: for example, do they like music or want to meet people? Something like Dance Fitness would speak to their heart."

**Want to get into Healthy Aging Exercise?** Check out our Healthy Aging Group Ex Schedule or contact Sashu Baraka at [sbaraka@kzooymca.org](mailto:sbaraka@kzooymca.org) with questions.



## **Sara Helms, Personal Trainer**

"Find something that you like to do! Don't be discouraged if the first thing you try isn't ideal. Fitness doesn't always have to come from a treadmill and barbells. You can always walk, swim, take a yoga, or dance class. The biggest thing is to be consistent, but don't overset your goal. Investing in personal training can also be a wonderful way to help you figure out how you want to move!"

**Interested in personal training?** For rates and more information on one-on-one and small group training, see page 19.

## **Renee Whalen, Association Aquatics Director**

"It really depends on comfort, mobility, any injuries, or if someone is battling chronic disease. For someone who's just getting into a fitness program, I'd start with **Shallow Water Ex**. That way your feet are touching the bottom of the pool, and you have a better idea of the moves before you try something like Water Power. If there are any factors that are inhibiting you—or if you're even intimidated—try out the **Arthritis Ex** class. Start with one of those two classes, before moving onto something more intense. That way, you can get used to the water and the moves before trying a class that would move you into the deep end."





# HEALTH AND WELLNESS

NEW

CLASS/PROGRAM	DESCRIPTION	LOCATION
<b>Adaptive Basketball</b> <i>Fee-based</i>	An intermediate basketball training class for adults, aged 18 to 32, with disabilities looking to improve their skills and practice with new friends. Participants will be able to work on their basic dribbling, shooting, and passing skills, then enjoy supervised open gym to socialize.	Maple
<b>Barre</b>	Fusing the best of Pilates, yoga, and aerobics with elements of the strengthening exercises that dancers do, Barre class delivers a results-driven workout that is fun and dynamic, and will sculpt your body and get you into amazing shape.	Maple Portage
<b>BodyBalance®</b> Les Mills	Ideal for all fitness levels, BODYBALANCE® is the yoga-based class that will improve your mind, your body, and your life as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.	Maple
<b>BodyCombat</b> Les Mills	This class will challenge you to punch and kick your way to fitness. This high-energy martial-arts-inspired workout is totally non-contact and there are no complex moves to master. You will be motivated to make the most of every round.	Maple Portage
<b>BodyPump™</b> Les Mills	BODYPUMP is a barbell workout for anyone looking to get lean, toned, and fit fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.	Maple Portage
<b>Cardio Drumming</b>	Cardio drumming combines an aerobic workout with drumming movements. It's a low-impact workout that people of all ages and fitness levels can do! It helps improve your motor skills and hand-eye coordination and can even help lessen the symptoms of some health conditions.	Portage
<b>Classic Strength Chair Fitness</b>	A full-body strength training class designed to build strength, improve bone density, and decrease body fat while increasing lean muscle through basic moves and range of motion. A chair is used for support. All levels welcome. Ideal for the healthy aging population.	Portage
<b>Core™</b> Les Mills	This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention.	Portage
<b>Dance Fitness</b>	Get ready to get fit while having fun in Dance Fitness! Variety is the spice of life and this class brings many styles of dance fitness to the table including Zumba, Pomsquad, Hip-Hop and more! It includes everything you need for a full body workout with Cardio, Strength and Toning movements. All levels are welcome and encouraged to attend!	Maple Portage
<b>Golf Lessons</b> <i>Fee-based</i>	Participants will learn the full swing, short game, sand, video analysis and playing lessons. Clubs and balls will be provided. Class will be taught by Golf Pro Sharon King. Lessons will be at The Dome in Schoolcraft on US 131.	The Dome (Off-Site)
<b>Group Cycling</b>	Great cardiovascular and leg workout that consists of a warm-up, varied intensity intervals, and a cool down. All fitness levels welcome.	Maple Portage
<b>Health Seekers</b> <i>Fee-based</i>	Small-group training, focused on building a strong educational foundation through a mix of 15-minute lessons on proper techniques, equipment usage, form, and resources, followed by 45 minutes of guided application. Each week features a new focus. All levels of experience welcome!	Maple

CLASS/PROGRAM	DESCRIPTION	LOCATION
<b>Kettlebell</b>	Traditional kettlebell workout that utilizes challenging, compound exercises such as the clean & press, high-row, and snatch. Your cardiovascular endurance, muscular strength, and joint stability will be constantly tested in this dynamic class.	Maple
<b>LiveSTRONG® at the YMCA</b>	Livestrong at the YMCA® is an evidence-based, small-group physical activity and well-being program led by trained staff. Participants meet at the YMCA twice a week through 12-weeks for 90-minutes each session. Participating YMCAs create a welcoming community in which cancer survivors can improve their strength and fitness, diminish the severity of therapy side effects, develop relationships, and improve their quality of life. Since 2007, the LiveSTRONG® Foundation has been Y-USA's partner in developing and delivering LiveSTRONG at the YMCA®. Please contact Shashu Baraka for more information at sbaraka@kzooyymca.org	Portage
<b>Moving for Better Balance®</b>	Moving for Better Balance® is an evidence-based program developed by researchers at the Oregon Research Institute. Based on the principles of Tai Chi, this program offers a slow and therapeutic workout that addresses key components of fitness including flexibility, strength, and balance. When combined with treatment programs, Moving for Better Balance® may help alleviate the symptoms associated with other chronic diseases and conditions.	Maple
<b>Pickleball: Beginner</b> <i>Fee-based</i>	Introductory class will focus on safety, scoring, rules, serving, and returns. This class is for players new to the sport.	Portage
<b>Pickleball: Drills and Play</b> <i>Fee-based</i>	Introductory class will focus on safety, scoring, rules, serving, and returns.	Portage
<b>Pilates</b>	Pilates helps you tone and strengthen every part of your body. This popular form of exercise focuses on stabilization, concentration, control, flow, breath, and precision. Our Pilates mat classes review the following movement techniques: neutral spine, core engagement, C-curve, spinal articulation and more. All exercises can be modified so you can work at your own level.	Portage
<b>SHiNE Dance Fitness™</b>	SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable, confident, and connected to a supportive community.	Maple Portage
<b>SilverSneakers® BOOM™ Muscle</b>	High intensity with no to low impact. The only prerequisite to this class is the ability to get on and off the floor. This class uses mats, hand weights, resistance bands, small (Pilates) balls, and stability balls. SilverSneakers® BOOM™ Muscle is for anyone. The BOOM™ formats were developed with the baby boomer in mind who isn't ready for chair fitness. Arrive 10-15 minutes early to gather your equipment and ask any questions you may have. First time participants, please contact Shashu Baraka at sbaraka@kzooyymca.org prior to attending.	Maple
<b>SilverSneakers® Chair Yoga</b>	SilverSneakers® Yoga will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.	Maple Portage



CLASS/PROGRAM	DESCRIPTION	LOCATION
<b>SilverSneakers® Circuit</b>	SilverSneakers® Circuit offers standing low-impact moves that alternate with standing upper-body strength. A stability ball may be incorporated to help improve balance and range of motion. The class can be adapted for all fitness levels.	Maple Portage
<b>SilverSneakers® Classic</b>	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. A variety of equipment is used for resistance. A chair is used for support.	Maple Portage
<b>Sprint8GX</b> <i>Fee-based</i>	Sprint8GX is not your typical group training program. Unique in its design, Sprint8GX combines sprint-intensity cardio and strength building movements. Tested and proven, Sprint 8 results go beyond burning fat and building muscle to improving blood chemistry.	Maple Portage
<b>Step</b>	Step aerobics is a classic cardio workout. The “step” is a 4”-12” raised platform. Step up, around, and down from the platform in different patterns to boost your heart rate and breathing and strengthen your muscles. Step aerobic moves are paired with upbeat music and range from simple to advance with options to modify. All levels welcome.	Portage
<b>Step Challenge</b>	Cardiovascular conditioning on the step with challenging choreography, followed by strength and resistance training.	Portage
<b>Total Body Conditioning</b>	Total body conditioning classes incorporate strength exercises and cardio segments using equipment such as dumbbells, stability balls, and steps. These classes are intended to provide total fitness and overall toning by working every major muscle group in one workout.	Maple Portage
<b>Total Parkinson’s®</b> <i>*Fee-based</i>	Total HealthWorks® Total Parkinson’s group exercise class is designed to help people with Parkinson’s Disease maintain their independence and improve their quality of life. Classes are structured around evidence-based principles that have been proven to help improve bodily functions such as balance, strength, multi-tasking and walking. Interaction within the group allows participants to socialize with others, helping to improve mood and cognition. Participants that attend classes regularly often experience the greatest benefit. Please contact Shashu Baraka for more information at sbaraka@kzoymca.org.	Maple
<b>TRX Circuit</b>	TRX is a workout system that leverages gravity and your body weight to perform exercises. You’re in control of how much you want to challenge yourself on each exercise, because you can simply adjust your body position to add or decrease resistance. Suspension training develops strength, balance, flexibility, and core stability.	Maple Portage
<b>Women &amp; Men’s Self Defense</b> <i>Fee-based</i>	This self-defense class is intended to raise the consciousness of self-awareness in all surroundings. Prepare to physically and mentally defend yourself to deal with situations that may be potentially dangerous. These classes will help build self-esteem, self-confidence, and develop self-defense techniques using proven basic common-sense fighting skills. *Pre-registration required for this fee-based class. Offerings for men and women available.	Maple Portage
<b>WOW: Women on Weights</b>	Ladies-only fitness led by one of our female personal trainers in a private space!	Maple Portage
<b>Yoga</b>	In this all levels class, postures are practiced to align, strengthen, and promote flexibility. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body’s range of motion with standing postures, twists, back bends, forward folds and hip openers. Yoga mats, blocks and straps are provided if needed.	Maple Portage
<b>Zumba</b>	Zumba takes the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise.	Maple Portage

## ARE YOU CONNECTED?

Get all the YMCA of Greater Kalamazoo’s updates and news online. Be sure to follow our Facebook and Instagram to stay up to date!

Looking for Health and Wellness updates? Download the MotionVibe app (and turn on notifications) to get updates on classes, register, and more!







# PARKINSON'S PROGRAM

Total Healthwork's Total Parkinson's is a life-changing wellness program. It is founded on evidence-based, structured exercise routines that are focused on strength training and correcting disease-specific physical challenges. They work toward retraining the mind and body.

Designed to empower people with Parkinson's Disease, this fitness class targets symptoms and optimizes physical function.\*

## NEXT SESSION DATES

Oct. 7-Dec. 18, 2024

Registration dates: Aug. 19-Sept. 27

## ACTIVE FOR LIFE DIRECTOR

Shashu Baraka  
sbaraka@kzooyymca.org  
269.459.4856



PARKINSON'S

*\*Fee-based. Medical clearance required.*

# LIVESTRONG

## AT THE YMCA

LIVESTRONG at the YMCA is an evidence-based, 12-week health and wellness program designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and the disease itself. The class meets twice per week.\*\*

The goal of the small group series is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability. Participants receive a free family membership with program enrollment.

## NEXT SESSION DATES

Sept. 3-Nov. 21, 2024

Registration dates: July 22-Aug. 23

## ACTIVE FOR LIFE DIRECTOR

Shashu Baraka  
sbaraka@kzooyymca.org  
269.459.4856

*\*\*Medical clearance required.*



LIVESTRONG





# IMPORTANT FITNESS CENTER INFORMATION

## GROUP EXERCISE AT THE YMCA

At the YMCA of Greater Kalamazoo, we strive to offer a variety of group fitness class for all levels and abilities.

When you join one of our over 100 free-to-member classes, you get a certified and experienced instructor to motivate and encourage you while also keeping you safe by ensuring proper form and technique. Group Exercise can help you reach your goals more quickly by offering accountability and community in a fun and driven atmosphere.

Register for a Group Exercise class today on MotionVibe! If you need any guidance or input on where or how to get started please reach out to Rebecca Lillie (rlillie@kzoymca.com) for help.

## EQUIPMENT ORIENTATION

At the Y, it is important that all members feel safe and comfortable while utilizing the equipment and services in our facilities. An Equipment Orientation can help you begin your wellness journey! This FREE session offers you a step-by-step guide on how to use the equipment in the Fitness Center, with expert guidance from our Wellness Staff.

YMCA Wellness Staff is available to answer your questions and help you determine correct weight and resistance on the machines. To schedule an Equipment Orientation, register on MotionVibe or stop at the Member Services desk.



## FITNESS CENTER ETIQUETTE 101

As we find ourselves continuing, returning to, or even beginning a new exercise routine, some of us may feel intimidated coming into a gym.

No matter where you are on your health and wellness journey, the Y wants to ensure that everyone feels welcomed and comfortable in our facility.

Here are some guiding principles for everyone, to remind the regulars and welcome the newcomers:

### Remember the golden rule!

Everyone is at a different place in their journey, and we should celebrate each other's progress.

### Clean up after yourself and respect the space.

1. Wipe down all equipment, weights, mats, etc. with the provided cleaning materials immediately before and after use.
2. Return weights to the rack when you are finished, and for the safety of others, please do not leave mats, bands, or other exercise equipment on the floor when not in use.
3. For the safety of yourself and others, please wear appropriate clothing for exercise, which includes clean, indoor workout shoes.
4. Familiarize yourself with the rules on posted signage, as each space has different expectations (i.e. Group Exercise Room vs. cardio vs. weight-lifting)

5. If there is an issue with any of the equipment, please inform staff.

### Allow others to work-in and workout around you, and respect equipment time limits.

During special programming, certain machines are affected, and members are expected to share.

During peak times, all members must observe the 30 minute time limit on cardio machines. If another member is waiting, please allow them a turn.

### Be respectful of other members and guests.

Members, guests, and participants may not record or take photos with any type of device in any area of the facility without management approval.



PERSONAL TRAINING

# UPGRADE YOUR LOCKER EXPERIENCE IN FULL-SERVICE

What does “Full-Service” mean?

From dry saunas and steam rooms to private lounges and workout spaces, the Full-Service locker rooms are perfect for those who wish to enhance their time at the Y.

The Full-Service locker rooms are restricted to individuals 18 years and older, offering a more private and quiet space.

The steam room and dry saunas are a favorite of our members, especially those looking to improve circulation, reduce stress, clear congestion, and loosen stiff joints.

**UPGRADE YOUR MEMBERSHIP TODAY!**

Contact the Maple Y’s Member Services (269) 345-9622 x110

## COST (WITH OPTIONAL ADD-ONS)

Full-Service Each Adult: \$20/month

- + Full-Service Towel Service: \$15/month
- + Full-Service Locker Rental (full-size): \$15/month
- + Full-Service Locker Rental (1/2-size): \$10/month
- + Full-Service Locker Rental (kit): \$15/month

# PERSONAL TRAINING AVAILABLE NOW

Maximize your gym experience! Our nationally certified personal trainers specialize in individual, partner, and small group training.

Whether you’re new to the gym and seeking extra guidance, a triathlete needing support training for a big race, wanting to break out of a plateau, or looking to enhance your fitness for everyday life, our trainers will help you reach your goals.

## 60-MINUTE

	MEMBER	COMMUNITY
Single PT Session	\$55	\$75
Package of 5 PT	\$265	\$365
Package of 10 PT	\$500	\$700

## 30-MINUTE

Package of 5 PT	\$150	\$195
Package of 10 PT	\$285	\$370

## Semi-Private Training Rates Per Person

2 people	\$30	\$40
Package of 5 PT	\$140	\$190
Package of 10 PT	\$265	\$350

## Small Group Training (SGT)

8 week session	\$99	\$150
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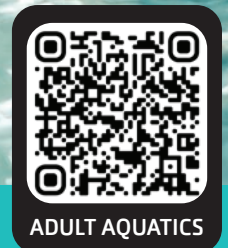




# AQUATICS



YOUTH AQUATICS



ADULT AQUATICS

## Youth/Teen Instructional Classes

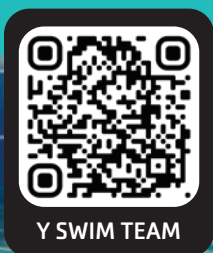
CLASS/PROGRAM	DESCRIPTION	LOCATION
<b>Level A</b> 6 months–2 years	30 minute swim lesson with a parent/caregiver in the water. Focus is on water exploration, adjustment, and fun.	Maple Portage
<b>Level B</b> 2–4 years	30 minute swim lesson with a parent/caregiver in the water. Focus is on safety and learning to swim independently of the adult, while using flotation devices.	Maple Portage
<b>Level 1 &amp; 2</b> 3–5 years	30 min swim lesson without a parent/caregiver in the water. Children should be able to jump independently and swim horizontally with face in the water (without flotation). Child should also be comfortable getting their eyes wet while blowing bubbles.	Maple Portage
<b>Level 1 &amp; 2</b> 6–9 years	45 minute swim lesson without a parent/caregiver in the water. Focus is on swim basics and water adjustment. Child must be comfortable enough to swim with flotation, independent of the instructor.	Maple
<b>Level 3</b> 3–5 years	30 min swim lesson without a parent/caregiver in the water. Children should be able to jump independently and swim horizontally with face in the water (without flotation). Child should also be comfortable getting their eyes wet while blowing bubbles.	Maple Portage
<b>Level 3</b> 6–12 years	45 minute swim lesson; beginner level for ages 6 and over. Water adjustment and basic swim skills. Some children will use flotation as needed.	Maple Portage
<b>Level 4</b> 6–12 years	45 minute swim lesson. Children should be able to swim the length of the pool in a horizontal position without flotation, and swim on their front & back for least 25 yards unassisted and without flotation. Must be comfortable putting their face in the water.	Maple Portage
<b>Level 5</b> 6–12 years	45 minute swim lesson. Children should be able to swim Freestyle and Backstroke, with ability to do Breaststroke and Butterfly kicks. Child must be able to swim 25 yards with perfected rotary breathing.	Maple Portage
<b>Level 6</b> 6–12 years	45 minute swim lesson. Children should be able to swim all four swim strokes and be able to swim multiple laps of each. Child must have passed Level 5 or be evaluated. Must have ability to swim 50 yards of perfected rotary breathing and backstroke.	Portage
<b>Adaptive Swim Lesson</b> 6–11 years	Modified for youth with disabilities or special needs. This class provides a safe environment for students to learn about water safety while developing swim skills. Parents/caregivers should be prepared to be in the water or on deck depending on the instructor’s wishes.	Portage
<b>Red Cross Lifeguard</b> Ages 15+	Become a certified Red Cross Lifeguard. Ages 15+. Must be able to swim 300 continuous yards with proper breathing technique. See website for dates, times, and location.	TBD

# Adult Aquatics: Instructional & Fitness

CLASS/PROGRAM	DESCRIPTION	LOCATION
<b>Adult Open Swim</b>	Time where adults may use the pool for exercise, therapy, or relaxation. No lane lines will be in the pool.	Maple
<b>Arthritis</b>	Gentle water exercise with a focus on joint mobility, stability, flexibility, and strength.	Maple Portage
<b>Aqua Jam</b>	Have some fun with this low impact, cardio, dance fitness workout in the pool.	Portage
<b>Aqua Tai Chi</b>	Gentle water class, focusing on balance, mobility, being in tune with your body, and positive energy. Water as a way to experience peace of mind.	Maple
<b>Deep Water Exercise</b>	Conducted in the deep end of the lap pool, this is a full-body workout. Class focuses on muscular strength motions that work the body's major muscle groups, as well as motions that work with core and balance. Flotation and resistance equipment are used. Population: people who have been active for the last 3-6 months with no physical limitations.	Portage
<b>Family Swim</b>	Pool time for parents and kids. Register through MotionVibe. Only one member needs to register for the time slot. You may bring up to five additional members of the same household in to swim at the designated time. Any child requiring flotation or under the age of 8 must have an adult in the water with them.	Maple Portage
<b>Shallow Water Exercise</b>	Shallow water exercise: Cardio based water exercise class taught in the shallow end of the pool. Participants must be high school age or older. An entire body workout that is easier on the joints compared to land workouts.	Maple Portage
<b>Silver Splash</b>	A gentle water aerobics class, focused on mobility, light cardio, and fun.	Maple
<b>Water Power</b>	Our most intense water class offered, takes place in the shallow and deep end of the pool and uses resistance equipment.	Maple

# Swim Team: Southwest Y Sharks

CLASS/PROGRAM	DESCRIPTION	LOCATION
<b>Pre-Competitive</b> 8-13 years	1 hour swim practice. Swimmers should be able to pass a Level 5 swim class before participating, swim 200 yards, 100 yards of continuous Freestyle and Backstroke, and have working knowledge of Breaststroke, Butterfly, and flip turns.	Maple Portage
<b>Swim Team</b> 8-18 years	1.5-2 hour swim practice. Prereq: participation on another swim team or test out of the Pre-Competitive Swim program. Check with the Aquatics department for specific qualifications.	Maple



**SOUTHWEST Y  
SHARKS**



# TENNIS



## Adult Tennis

CLASS/PROGRAM	DESCRIPTION	LOCATION
<b>Adult Beginner</b> 2.0 NTRP–Beginner	This class gives novice players the skills and confidence by using transitional balls to learn to play singles and doubles. This is a great class if you're looking to start your tennis game. Players will train to develop their game for USTA adult league and tournament play.	Maple Portage
<b>Adult Intermediate</b> 3.0–3.5 NTRP	This class fine tunes the fundamentals for players with previous playing/lesson experience. Players develop skill sets necessary to compete at appropriate NTRP ratings within the USTA adult leagues. USTA adult leagues and tournament play is encouraged.	Maple Portage
<b>Adult Advanced</b> 3.5–4.0 NTRP	High-intensity practices with the overall objective of developing all-court players. Pro-approval is required. Players develop skill sets necessary to compete at appropriate NTRP ratings within the USTA adult leagues. USTA adult leagues and tournament play is encouraged.	Maple Portage
<b>3D Dynamic Doubles Drill</b> 3.5–4.0 NTRP	Fast paced drop-in drills for doubles players. Drills are based on aggressive net play and intense doubles play. This drill-based training session is a great way to bring your game and USTA match play to the next level.	Maple Portage
<b>Cardio Tennis</b>	Swing a tennis racquet and burn calories with this high-intensity one-hour aerobic workout. Everyone is invited to join, regardless of skill level. Non-marking soles are required. Tennis racquets may be provided.	Maple Portage
<b>Singles Drop-in Drills</b> 3.0–3.5 NTRP	Match play and drills for singles players 3.0 NTRP - 3.5 NTRP. This drill based training session is a great addition to bring your singles game and USTA match play to the next level.	Portage
<b>Women's Doubles League</b> 2.5–3.5 NTRP	League players rotate partners throughout the session. Registration is required.	Portage
<b>Men's Doubles League</b> 3.0–3.5 NTRP	League players rotate partners throughout the session. Registration required.	Portage

# Youth/Teen Tennis

CLASS/PROGRAM	DESCRIPTION	LOCATION
<b>Tiny Tykes</b> 3-4 years	This beginner's class is designed to develop hand-eye coordination and listening skills. It emphasizes group interaction and uses age-appropriate equipment. This class prepares players to begin playing red tennis ballpoints against age-appropriate opponents on 36-foot courts. Involvement in USTA red-ball match play is encouraged.	Maple Portage
<b>Futures</b> 4-6 years	Your child will acquire the fundamentals of all tennis strokes using QuickStart as a foundation. Our expert staff will also focus on developing your child's hand-eye coordination and general athletic skills. 36-foot courts will be used with red tennis balls. This class prepares players to participate in red ball points against age-appropriate opponents.	Maple Portage
<b>Competitors 1</b> 6-10 years	This class is the first step to becoming a tournament level tennis player. We will focus on stroke technique, as well as learning how to compete with other children in a controlled environment. Sportsmanship and fair play will be emphasized. We will also introduce off-court strength and quickness training. This class prepares children to participate in red ball matches against similar age and skill leveled opponents. Involvement in USTA red ball match play is encouraged.	Maple Portage
<b>Competitors 2</b> 7-12 years	By now, children can rally and serve consistently and are developing directional control. Our goal is to develop a well-rounded, competitive game. Strength and quickness will be developed through off-court training. 60 ft. courts will be used with the orange progression ball. Players may be introduced to full court green ball tennis. This class prepares players to participate in orange ball match play against similar skill leveled opponents. Involvement in USTA orange ball tournament play is encouraged. Pro approval for the class required.	Maple Portage
<b>Competitors 3</b> 7-12 years	These kids can play! These players rally consistently, execute some advanced tactics, and are comfortable in USTA tournament and Junior Team play. Players work on developing effective swing techniques, including the use of spin and speed, becoming more aware of their opponent, how to structure a point in their favor and refining serve techniques including the use of spin on the second serve. 78-foot tennis courts with green/yellow balls will be used. This class prepares players to participate in USTA green/yellow ball tournaments. Pro approval required.	Maple Portage
<b>High School 1</b> 11-17 years	For a beginner middle school or high school player. Class focused on learning skills necessary to construct a rally, keep score and feel comfortable on the court.	Maple Portage
<b>High School 2</b>	Class consisting of junior varsity to varsity players looking to make a greater impact on their HS team. Focusing on skills used to plan/execute a variety of shots to build a successful rally.	Maple Portage
<b>High School 3</b>	Class consisting of advanced high school players. Focusing on skills necessary to hit every variety of shot with adequate speed and spin. Focus and intensity is expected. Minimum requirement: Girls beginning June 1st of the year of transition into 9th grade. Boys beginning January 1st of the year of transition into 9th grade. Minimum requirement allows equal months of preparation into high school season with Girls season played in the Spring, and Boys season played in the Fall. Prerequisite: Pro approval.	Maple Portage
<b>Tour</b>	Designed for students who have mastered the basic techniques and tactics. Development of stamina and strength through off-court conditioning is a priority. Players will work on varying the flight time, spin and speed of the ball, and developing a tactical game plan around attacking and defending. Players will travel to USTA tournaments outside of the Kalamazoo area. Pro approval required.	Maple
<b>Elite I</b>	Players must already prove themselves to be highly self motivated. USTA tournament play must be a priority, with an emphasis on USTA National rankings and UTR/WTN. Classes are based around competitive situations and advanced stroke technique. Participants should have the desire to play college tennis. Pro approval required/UTR requirements.	Maple

## Services

<b>Court Rental Rates</b>	Must register and reserve by calling 269.345.9622 x170 up to 7 days in advance.
<b>Private Lessons</b>	Lessons are scheduled based on individual tennis professionals' available times and court space. To schedule a lesson, contact any of the tennis professionals via the website at <a href="http://kzooyca.org">kzooyca.org</a> or call 269.345.9622 x170 for assistance.
<b>Racquet Stringing and Regripping</b>	Break a string? Need a new grip? We have a variety of strings and grips to choose from. Contact Oak Saad at 269.345.9622 x170. We do not restring racquetball racquets.



# IGNITE *community*

**Give today!** The Y provides a safe place for thousands of youth, teen, adults, and seniors to learn, grow, and thrive. Your support makes all that possible. The Y is available **FOR ALL**. No one is turned away based on their ability to pay.



Rhonda Ludwig  
**VP of Membership and Fund Development**  
rludwig@kzooyymca.org  
(269)-345-9622 x122

» FIND YOUR Y AT THE  
YMCA OF GREATER  
KALAMAZOO