

2020 Winter Program Guide



YMCA of Greater Michiana

Benton Harbor-St. Joseph YMCA

Niles-Buchanan YMCA

South Bend-Mishawaka YMCA

YMCA Camp Eberhart

Your Y family has grown!

In April of 2018, the YMCA of Southwest Michigan and YMCA of Michiana entered into a management agreement. Since then we have agreed to merge into one association. As of January 1, 2020, we will officially be the **YMCA of Greater Michiana**. As with all Ys across the globe, our goals are mutual as we work to improve the lives of the entire community. As a member of the YMCA of Greater Michiana, your membership now extends to four locations! We encourage you to venture out and explore everything each of the locations has to offer. And rest assured, your Y is still your Y. **All of your favorite programs and classes will remain the same and all donations will stay at your local branch as indicated.**

From Benton Harbor to
South Bend, and all over,
your Y is here for you



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Learn more at
ymcagm.org

The YMCA of
Greater Michiana
now includes 3 full
facilities and the
amazing Camp
Eberhart!

Benton Harbor-St. Joseph

3665 Hollywood Road, St. Joseph, MI 49085 • (269) 428-9622



HOURS OF OPERATION

Mon.–Thurs. 5:00 AM–10:00 PM
Friday 5:00 AM–9:00 PM
Saturday 6:00 AM–6:00 PM
Sunday 11:30 AM–6:00 PM

CHILDWATCH HOURS

Ages 6 weeks–8 years

Mon.–Fri. 7:45 AM–8:15 PM
Saturday 7:45 AM–12:00 PM
Sunday Closed

Niles-Buchanan

905 N. Front Street, Niles, MI 49120 • (269) 683-1552



HOURS OF OPERATION

Mon.–Thurs. 5:00 AM–10:00 PM
Friday 5:00 AM–9:00 PM
Saturday 6:00 AM–4:00 PM
Sunday 10:00 AM–4:00 PM

CHILDWATCH HOURS

Ages 6 weeks–12 years

Mon.–Thurs. 8:45 AM–8:30 PM
Friday 8:45 AM–6:00 PM
Saturday 8:45 AM–1:00 PM
Sunday Closed

South Bend-Mishawaka

1201 Northside Boulevard, South Bend, IN 46615 • (574) 287-9622



HOURS OF OPERATION

Mon.–Thurs. 5:30 AM–10:00 PM
Friday 5:30 AM–9:00 PM
Saturday 7:00 AM–5:00 PM
Sunday 8:00 AM–4:00 PM

CHILDWATCH HOURS

Ages 6 weeks–12 years

Mon. & Wed. 8:00 AM–8:30 PM
Tues. & Thurs.... 7:45 AM–8:30 PM
Friday 8:00 AM–6:00 PM
Saturday 8:00 AM–1:00 PM
Sunday Closed

SESSION DATES

There will be no youth sports, swim, or dance April 5–11, 2020

WINTER I (7 WEEKS)

January 5–February 22, 2020 *Registration opens December 8, 2019*

WINTER II (7 WEEKS)

February 23–April 18, 2020 *Registration opens February 9, 2020*

SPRING (7 WEEKS)

April 19–June 6, 2020 *Registration opens April 5, 2020*

All YMCA locations will be closed Christmas and New Year's Day. We will close early at 12 PM on Christmas Eve and at 3 PM on New Year's Eve.



The YMCA is a proud partner of

United Way of St. Joseph County, IN

United Way of Southwest Michigan

St. Joseph County United Way, MI

AQUATICS

SWIM LESSONS **BNS**

Group swim lessons are taught by caring, certified instructors and teach people to have fun in the water while staying safe, creating an environment where all can come together to learn, grow, and thrive. Punch cards are available for **private** and **semi-private lessons** for all ages.

YOUTH SWIM TEAMS

Dolphins **B** and **Mariners **N**** competitive youth swim teams are open to ages 5–8 who can complete one length of both freestyle and backstroke and ages 9–18 who can complete two lengths of both freestyle and backstroke.

Stingrays **S** competitive youth swim team is open to ages 3–18 who must be able to swim 1 full length of the pool at the time of registration.

JUNIOR DOLPHINS **B**

This non-competitive class setting for ages 6–12 helps young swimmers gain experience and skill for competitive swim. Swimmers must be able to swim one length of the pool unaided.

AQUA GREYHOUND MASTERS **B** *Ages 18+*

Whether you are a fitness swimmer or a triathlete in training, we welcome you to the team! This Aquatics program offers structured workout sessions, coach's swimming analysis, and feedback.

CERTIFICATIONS **BNS**

Certifications for **CPR/AED/First Aid** and **lifeguarding** through the American Red Cross are available year-round. Visit ymcagm.org or see Member Service for details.



CHILDCARE

KIDS NIGHT OUT **BNS**

Kids ages 2–12 can have a fun **Saturday evening** at the Y with play time, crafts, movie, and a healthy dinner. Ages 2–4 will be in Childwatch. Ages 5+ will swim so please pack a swimsuit and towel.

Benton Harbor–St. Joseph (5:00–10:00 PM)

Dec. 14, Jan. 11, Feb. 8, March 14, April 11

Niles–Buchanan (4:30–9:00 PM) *Ages 5–12 only

Dec. 21, Jan. 18, Feb. 15, March 21, April 18

South Bend–Mishawaka (5:00–9:30 PM)

Feb. 1, March 7, April 4

FRIDAY DATE NIGHT **BS**

Enjoy a **Friday** out **6:00–9:00 PM** while your kids have a blast at the Y!

Benton Harbor–St. Joseph

Ages 6 months–12 years • Dinner included

Jan. 24, Feb. 14, March 27, April 24, May 22

South Bend–Mishawaka

Ages 6 weeks–12 years • Please pack a snack

Dec. 13; Jan. 10 & 24; Feb. 14 & 28;

March 13 & 27; April 10 & 24; May 8 & 22

MUST DO MONDAYS **B**

On the second & fourth **Mondays** of each month **9:00 AM–12:00 PM**, the Y is here to support you with childcare for ages 6 weeks–8 years. Upcoming dates are December 9 & 23 and January 13 & 27. Members only.

TO DO TUESDAYS **S**

Every **Tuesday** from **1:00–3:00 PM**, the Y is here to support you with childcare for ages 6 weeks–12 years. Members only.

Y-CLUB **BNS**

We work with local community schools to provide children with enriching before- and after-school care. Please see insert for more information.

B **N** **S** **Emergency Closing, Kids Day Off, and School's Out Y's In** childcare options provide quality care during unexpected school closings (such as snow days) and planned school days off (such as MLK Day).

CHILDWATCH **BNS**

Let us watch your child while you enjoy a great workout! Please check ages and hours of operation on pg. 3 for your branch's Childwatch.

PRESCHOOL **BN**

At the Y, we believe all children have potential and should have the opportunity to discover the world and express themselves. We take pride in preparing children for Kindergarten and life beyond. **Learning Tree Preschool** is located at the Niles–Buchanan branch and **Building Blocks Preschool** is located at the Benton Harbor–St. Joseph branch. Both will have an **open house on Monday, February 17** from 5:00–7:00 PM at their respective branch.



We host birthday parties! Contact your local branch for more details.

YOUTH SPORTS & FITNESS

BASKETBALL LEAGUE **BNS**

Leagues provide a fun and supportive environment for children to learn and improve their basketball skills. Players will develop social skills while working together as a team. **Leagues will run January–March 2020. Registration is open now.** A \$10 late fee will be added to any registration after December 31, 2019.

Benton Harbor–St. Joseph

K–2nd Grade: 10-week, 6-game season with practices during the week and games on Saturdays.

Niles–Buchanan

K–2nd Grade: 10-week, 6-game season with practices during the week and games on Saturdays, all at the Niles–Buchanan YMCA.

3rd–6th Grade: This is an 11-week, 7-game season with practices throughout the week. Practice is held in school gymnasiums and games are on Saturdays at Niles High School.

South Bend–Mishawaka

K–6th Grade: 10-week, 6-game season with practices during the week and games on Saturdays.

BITTY SPORTS **S**

Bitty sports is designed to introduce children to fundamental skills and movements of sports through fun games and activities. Children will play games, practice skills in a fun way, develop coordination and agility, build social skills, and meet new friends through play. For ages 3–5.

HORSEBACK RIDING **BNS**

In partnership with Egan Stables in Buchanan, we offer horseback riding lessons for your child! They will become comfortable around their horse, learning how to care for it and the tack and equipment used for riding. Lessons take place at Egan Stables.

NOTE: Please wear jeans or long pants. Riding boots with a heel are required. Questions? Call Egan Stables at (574) 386-8534 for details.

CHEER LEAGUE **S**

Cheerleaders will learn numerous cheers, chants, and routines. Cheerleaders will practice during the week and then cheer at the Basketball League games on Saturdays. For ages 5–12.

JUST FOR YOU **BN**

We offer **adaptive programming** for those with special needs. **Just For You Night Out** is an evening of swimming and physical activity, dinner included, for ages 16 and up. **Just For You Swim** are adaptive lessons led by a qualified instructor for ages 6–14. **Just For You Dance** are fun weekly classes for ages 10 and up. Please see insert or visit ymcagm.org for more information.

GYMNASTICS B N

Classes offer a fun and safe environment for children to learn gymnastic skills as well as develop coordination, strength, flexibility, and confidence. There are three levels of gymnastics—beginner, intermediate, and advanced—which are determined first by skill level and second by age.

We also offer **Parent Toddler** for children 18 months–3 years to practice basic tumbling skills, learn social skills, and develop a sense of coordination through various gymnastics activities.

DANCE B S

For ages 3–16, we offer numerous dance classes led by caring, dedicated instructors! Learn more about the individual classes at ymcagm.org/dance.

Benton Harbor–St. Joseph

In order to register for Winter and Spring sessions, students must participate in the Fall sessions.

- Pre-Ballet I (Ages 3–5)
- Pre-Ballet II (Ages 4–5)
- Junior Classical Ballet (Ages 5–6)
- Classical Ballet (Ages 6–10)
- Lyrical Ballet (Ages 9–15)
- Musical Theatre (Ages 8–16)
- Beginning Jazz/Hip Hop (Ages 7–12)

Explore Dance (ages 6–9) is open to new students with no prior registration needed. This class is an introduction to Ballet, Jazz, and Musical Theatre.

South Bend–Mishawaka

Students may register throughout the year.

- Beginner Ballet (Ages 3–5 & 6–8)
- Ballet (Ages 6–8)
- Contemporary (Ages 8–12)

CREATIVE MOVEMENT S

This parent toddler class is designed to introduce children ages 2–3 to balance, relationship building, movement, and an intro to tumbling.

TUMBLING S

For ages 4–6, tumbling is a type of gymnastics where children will master basic concepts such as balance, strength, and stretch. Classes are divided by child's ability.

MARTIAL ARTS B N S

Youth martial arts are a great way to learn and practice confidence, discipline, respect, and to develop fine and large motor controls. Learn more at ymcagm.org/martialarts.

Benton Harbor–St. Joseph

- Isshinryu Karate (Ages 7–11)

Niles–Buchanan

- Taekwondo (Ages 5–17)

South Bend–Mishawaka

- Taekwondo (Ages 4+)
- Hapkido (Ages 13+)

YOUTH STRENGTH B

This class offers high-intensity agility, cardio, and strength training activities as well as an introduction of free weights for ages 12–16. Co-ed.

Please see insert or visit ymcagm.org for current pricing

ADULT SPORTS & FITNESS

VOLLEYBALL **B** **N** **S**

\$255/team • Ages 18+

Games start week of January 13

Benton Harbor-St. Joseph

Recreational & Competitive—Each team will play 10 games. Team must be registered by captain. Games on Tuesdays: 6:15, 7:15, 8:15, and 9:15 PM in both gyms. Please pick up your team registration form from Member Service.

Niles-Buchanan

Recreational & Competitive—Each team will play 10 games. Team must be registered by captain. Rec games on Tuesdays 6:15, 7:15, 8:15, and 9:15 PM and Competitive games on Thursdays, same times. Please pick up your team registration form from Member Service.

South Bend-Mishawaka

Low competitive—Team rosters will consist of 6-12 players. All matches will be played on Tuesdays, 6:00-8:00 PM.

ADULT DANCE **B**

In order to register for Winter and Spring sessions, students must participate in the Fall sessions.

Adult Repertoire **B** Ages 18+

This intermediate to advanced level dance class includes warm-ups, floor work, and exercises to strengthen and stretch your muscles, and develop overall alignment and technique.

Adult Ballroom **B** Ages 16+

Learn the most popular dances in a fun and social atmosphere! No partner necessary. Lessons will include Latin and Rhythm styles, such as Waltz, Foxtrot, Tango, Cha-Cha, Salsa, Swing, and Hustle.

MARTIAL ARTS **B** **S**

Karate **B**

Develop self-confidence, self-discipline, goal-setting, and respect for others all while learning how to defend yourself.

Taekwondo **S**

Participants start as a white or yellow belt and can earn up to a black belt. You will learn to unlock your potential and master your own weaknesses.

Hapkido **S**

Hapkido is a Korean system of self-defense and self-improvement. You will study many moves while gaining the added benefits of self-confidence and an appreciation for living a healthy lifestyle.

WOMEN ON WEIGHTS **N** **S**

This instructional, small-group class teaches women proper weight-lifting etiquette, technique, and routine. The goals are to assist women in improving posture, increasing strength, and losing body mass.

KETTLEBELL 101 FOR WOMEN **N**

Participants are taken through a variety of movements with kettlebells designed to develop strength, mobility, internal energy, work capacity, and vitality. This is the ultimate class for all-round fitness.

INTERVAL BOXING **B**

This class focuses on cardio calisthenics, shadow-boxing, and core strengthening. Ages 16 and up.

Please see insert or visit ymcagm.org for current pricing

PERSONAL TRAINING **BNS**

Work one-on-one with a trainer to get improved results for diverse needs such as weight loss, health issues, strengthening, balance, sports, and more! Specialized weight loss or sport-specific training for youth and teens is also available.

	MEMBER COST	NON-MEMBER COST
1 Punch	\$40	\$55
4 Punch	\$150	\$205
10 Punch	\$350	\$475
25 Punch	\$840	\$1,140

Group trainings are also offered for 2, 3, or 4 people. Please contact your local branch for more information and pricing.

GET STARTED & SMART START **BNS**

As a new member, we encourage you to schedule a FREE **Get Started** session to become familiar with your facility and its fitness equipment, get a health profile check, and learn how to set realistic, obtainable health goals. After you finish Get Started, we recommend you continue with **Smart Start**, which is four discounted 30-minute personalized sessions for only \$40. Register today at Member Service!

FITNESS CLASSES **BNS**

The Y offers a great variety of group fitness classes at each branch. Each class has a focus (such as muscle toning or cardiovascular) and intensity so that you get the workout you need. View our schedule and class descriptions online at ymcagm.org or in our app! Fitness classes are free for members.

BOXING WITH PARKINSON'S **B**

This popular boxing class is specially designed for those with Parkinson's. It is led by trained instructors and we welcome the caregiver to join us at no additional cost. It is a fun, energetic environment that focuses on building aerobic endurance, improving hand-eye coordination, and strengthening memory. Each 12-week session will include a pre- and post-assessment.

NEXT SESSION: Monday, January 13–Friday, April 3 • Mondays & Fridays 2:00–3:00 PM

COST: \$120 (\$240 for non-members)

HEALTHY LIVING

MELT METHOD® **B N**

The MELT Method® is a simple self-treatment that hydrates your connective tissue and reduces chronic pain. Benefits include better sleep, more energy, improvement in posture and stability, reduction of tension, shedding of excess body fat, natural pain relief, and reduction of risk of injury.

Group workshops run throughout the session. **Hand & Foot Treatments** are available to schedule one-on-one at your local branch. Visit ymcagm.org/MELT for more details and pricing.

NUTRITION COUNSELING **B N S**

Whether you are looking for sustainable weight loss, improved sport performance, disease management, or just overall health and well-being, nutrition counseling is available to help you achieve your goals with science-based nutrition education and a customized nutrition plan. Visit ymcagm.org/nutrition for current pricing.

MASSAGE THERAPY **B N**

Therapeutic and relaxation massage services are available to address a variety of needs such as chronic pain, pinched nerves, sports injuries, stress, and more. Visit ymcagm.org/massage for current pricing.

LIVESTRONG® AT THE YMCA **B N S**

This 12-week exercise program and support group is for cancer survivors to help achieve improved wellness **at no cost to the participant**. Participants meet twice weekly with certified instructors and personal trainers who have undergone specialized training in the elements of supportive cancer care. **STAYSTRONG at the YMCA** is available for graduates to continue their physical activity and stay connected with classmates.

Benton Harbor-St. Joseph

Contact Erica Walsh at (269) 428-9622

Niles-Buchanan or South Bend-Mishawaka

Contact Charity Schneider at (269) 683-1552 or (574) 287-9622

WORKPLACE WELLNESS **B N S**

The YMCA Workplace Wellness partnership can help you build a culture of health at your organization! Through wellness workshops, onsite fitness programming, and education and health coaching, we can help you focus on meeting the individual needs of your team. We invite you to join us in helping our community lead healthier and more productive lives. Contact your local branch for more details.

CERTIFICATIONS **B N S**

Certifications for **CPR/AED/First Aid** and **lifeguarding** through the American Red Cross are available year-round. Visit ymcagm.org or see Member Service for details.

Camp Eberhart

Nestled next to beautiful Corey Lake in Three Rivers, Michigan on 200 acres, YMCA Camp Eberhart is more than just camp. Sending your kids gives them the opportunity to learn and grow in an extraordinary environment. The skills learned during their time at camp will be used throughout their lives and they will never forget the time they spend here. We hear it from campers old and new, there is no place like YMCA Camp Eberhart in all the world.



Visit ymcacampeberhart.org to learn more!

OVERNIGHT CAMP **Y members receive \$100 off one week of overnight camp!**

Aside from the classic week-long Resident Camp program, there are other options to suit the camper's age, experience, and interest such as Three-Day Try-It Camp, Leadership Core program, Service Crew, Staff-In-Training program, Ranch Camp (horseback riding), and Astro Camp (astronomy).

DAY CAMP

Day Camp is perfect for 4–12 year olds as an alternative to traditional day care or to test if they are ready for overnight summer camp. Our Day Camp consists of two tribes: Little Hawks, ages 4–7, and Thunderbirds, ages 8–12. Each tribe's programming is designed specifically for the age groups in each tribe.

YEAR-ROUND EXPERIENCES

Camp Eberhart is open year-round, offering programs and activities for everyone. Whether you are a family, business, church group, or school, a visit to our camp can be an incredible event. Our dinner lodge can also accommodate small or large group meals.

YMCA of Greater Michiana

 ymcagm.org
ymcacampeberhart.org



Download our app!

1. Search for "Daxko"
2. After installing and opening, search for "YMCA of Greater Michiana"
3. Make sure notifications are turned on



THINK AHEAD TO SUMMER

Winter won't last forever and it will be summer again before we know it. What are your kids doing? The Y offers tons of summer day camps and registration will open early spring for some of them. Follow us on social media or visit our website at ymcagm.org to learn more.

- Gla-Da-Wen-Ta Day Camp 
- Summer Rec in St. Joseph
- Young Adventure Camp 
- Kinder Camp 
- Summer My Way® Niles & Brandywine
- Benton Harbor Summer Impact
- Camp Cooper 
- Camp Eberhart (Day & Overnight Camps)

Upcoming Events

DROP & SHOP

Let us watch the kids while you finish your holiday shopping.

Benton Harbor-St. Joseph Saturday, December 7 • 10:00 AM–3:00 PM

Niles-Buchanan Saturday, December 14 • 10:00 AM–3:00 PM

FAMILY FLOAT + MOVIE

Once a month, our Family Float becomes a movie night in the pool!

Benton Harbor-St. Joseph Fridays Jan. 3, Feb. 7, March 6, April 3, May 1 • Movie starts 7:00 PM

SOUP NIGHTS

Enjoy complimentary, homemade soup in the front lobby.

Benton Harbor-St. Joseph Jan. 22, Feb. 26, March 25, April 22 • 5:30–7:00 PM

Niles-Buchanan Dec. 18, Jan. 15, Feb. 19, March 18, April 15 • 5:30–7:00 PM

South Bend-Mishawaka Jan. 8, March 11 • 5:30–7:00 PM

COFFEE & BAGELS

Enjoy complimentary coffee and bagels in the front lobby.

South Bend-Mishawaka Dec. 10, Feb. 11 • 7:00–10:00 AM

SUPER ROYAL BASH

Kids can dress up as their favorite hero, prince, or princess and enjoy a fun night with family.

\$30 for 2 adults & children (dinner included)

Benton Harbor-St. Joseph Saturday, March 21 • 5:30–8:00 PM

South Bend-Mishawaka Saturday, March 21 • 5:30–8:00 PM