



Niles-Buchanan YMCA



SPRING SESSION

April 23-June 10, 2023

Registration opens April 10

No programs on Memorial Day, May 29

SUMMER SESSIONS

June 11-July 22, 2023

Registration opens May 29

No programs week of July 3-8

July 23-Aug. 26, 2023

Registration opens July 10

Summer Day Camp

2023–2024 Summer My Way®

Summer My Way® runs Monday–Friday, 9:00 AM–3:00 PM

June 26–August 4, 2023

Grades K–5th

Join us for six weeks of learning and physical activity! This fun, academic-based camp focuses on nurturing academic success, engaging students in physical activity, and increasing social responsibility in the youth in our community.

Breakfast and lunch included. Choose 1, 2, or 3 two-week sessions.

K–3RD GRADE	Northside Child Development Center, 2020 N. 5th St., Niles	\$50/week
4–5TH GRADE	Niles–Buchanan YMCA	\$50/week

PRE-CARE	6:45 AM–9:00 AM	\$30/week per child
POST-CARE	3:00–5:30 PM	\$30/week per child

REGISTRATION OPENS May 1, 2023

For more information about Summer My Way® email pcarter@ymcagm.org.

Young Adventure Camp

Camp runs Monday–Friday, 9:00 AM–4:00 PM

Ages 3–5

Young Adventure Camp at Northside Child Development Center, 2020 N. 5th St., Niles, provides students with 10 weeks of enriching educational opportunities that strengthen creative, cognitive, social/emotional, fine and gross motor skills through hands-on activities using a creative curriculum.

Weekly Themes:

June 26th—Aloha to Summer
 July 3rd—Party in the USA
 July 10th—A Day at The Beach
 July 17th—Under the Sea
 July 24th—Ahoi Matties, Treasure Hunt
 July 31st—Rain Forest Safari
 August 7th—Adventure Land
 August 14th—Super Hero week
 August 21st—Let's Glow (Glow in the dark theme)
 August 28th—Bon Voyage to Summer

Half day	Member: \$100 Community: \$120
Full day	Member: \$185 Community: \$205

Cost is per week. Pick the weeks you want!

A non-refundable \$25 deposit per week is due at time of registration. The remaining amount will be drafted on the Thursday prior to care.

REGISTRATION IS OPEN NOW

Y-CLUB 2023-2024

NILES COMMUNITY SCHOOLS Y-CLUB

BEFORE SCHOOL CARE

Before School Care is available for students from Ballard and Howard-Ellis and is held at the Niles-Buchanan YMCA. Students will be bused to their schools by Niles Community Schools.

AFTER SCHOOL CARE

After School Care is available for students from Ballard, Howard-Ellis, Eastside, and Ring Lardner, and is held at the Niles-Buchanan YMCA. Students will be bused to the Y by Niles Community Schools. Pricing includes half day care. Northside families, please see next page.

BEFORE CARE	6:45 AM–Start of school	\$110/month
AFTER CARE	End of school–6:00 PM	\$170/month

Y-Club is separate programming from School's Out Y's In and Emergency Closing Care. All three programs have their own separate pricing. Accounts will be charged for attending each program.

SCHOOL'S OUT, Y'S IN (SOYI)

For scheduled school days off, such as teacher development days, conferences, and some holidays, your school-aged child can enjoy programming at the YMCA! SOYI will be held at the Niles-Buchanan YMCA. Please bring a swimsuit, gym gear, and lunch. Half days are built into weekly Y-Club pricing structure for Y-Club students and do not require additional registration. Community members may register for half-day care without regularly attending Y-Club. Dates are determined based on Niles Community School calendar.

FULL DAY	8:00 AM–6:00 PM	\$45/Pre-Registration \$55/Day-Of Registration
HALF DAY	End of School–6:00 PM	Y-Club Students: Built into monthly Y-Club pricing Community: \$29/Pre-Registration & \$35/Day-Of Registration

EMERGENCY CLOSINGS

For unexpected days off, such as snow days, you can have peace of mind knowing your child has Y-Club. This service will be provided if Niles School District closes subject to state of emergency. Care is provided at the Niles-Buchanan YMCA and includes time in the gym and pool! Please bring a swimsuit, gym gear, and lunch.

PRE-REGISTRATION	8:00 AM–6:00 PM	\$44
DAY-OF REGISTRATION	8:00 AM–6:00 PM	\$54

TEEN CENTER Ages 13-19

Monday-Thursday, 4:00–7:30 PM

Friday, 4:00–6:00 PM

Join us for a fun and safe after-school experience at the Y! The Teen Center offers homework help, tutoring, mentoring, and volunteer and employment opportunities. Transportation from Niles High School is available. A teen membership is required for access.

Learn more at ymcagm.org/teen.

Registration is available online for members and the community. Please call or stop by if you need assistance.

Payment and financial assistance information can be found on our website at ymcagm.org/y-club.

This program accepts financial assistance through MDHHS MI Bridges.

PAYMENT INFORMATION

- A one-time, non-refundable \$50/child or \$75/family registration fee due at time of registration
- Enrollment is on a full-time basis with payments due monthly
- Fees draft on the 19th of each month and cover the month following
- If registering after Aug. 19, 2023, deposit and first month's fees will be due at registration

PRESCHOOL & CHILD CARE

CHILD CARE

Our year-round infant and toddler care programs are designed to nurture and grow infants and toddlers ages 6 weeks to 3 years. We partner with families to create a consistent and safe learning environment while providing quality childcare. We implement developmentally appropriate activities that focus on growing infants' social/emotional, communication, and fine and gross motor skills.

3- and 4-year-olds who join us for care will have the added benefit of following a preschool-structured routine with age-appropriate Creative Curriculum. Children must turn 3 or 4 by Sept. 1, 2023.

Hope Community Church 2390 Lake St., Niles, MI 49120	Ages 6 weeks to 3 years	Monday-Friday 7:00 AM-5:30 PM	Member: \$265/week Community: \$285/week
Northside Child Development Center, 2020 N. 5th St., Niles, MI 49120	Ages 3 and 4	Monday-Friday 7:00 AM-5:30 PM	Member: \$240/week Community: \$260/week

YOUNG EXPLORERS PRESCHOOL

Northside Child Development Center, 2020 N. 5th St., Niles

Our Young Explorers Preschool program for 3- and 4-year-olds provide students with enriching educational opportunities that strengthen creative, cognitive, social/emotional, fine and gross motor skills through hands-on activities using a creative curriculum. Child must be 3 by December 1.


3-YEAR-OLD Age 3 by Sept. 1, 2023	Monday-Thursday 8:45-11:45 AM	Member: \$100/week Community: \$120/week	Plus a one-time, non-refundable \$50/child or \$75/family registration fee.
---	----------------------------------	---	---

For child care questions, contact Kristin McKay-Parrish at kparrish@ymcagm.org.

GREAT START READINESS PRESCHOOL

Northside Child Development Center, 2020 N. 5th St., Niles

The Great Start Readiness Program (GSRP) is a state-funded center-based preschool program serving income-eligible 4-year-olds. The goal of GSRP is to provide every preschooler with the best educational opportunities through our child-centered, hands-on curriculum set in a rich learning environment that is created through our families, community, and professional staff. Students must turn 4 by Dec. 1, 2023. Half-day and full-day options. **Tentatively runs Sept. 12-June 6.**

HALF DAY	Monday-Thursday 8:20 AM-12:00 PM	COST Free for eligible families.	
FULL DAY	Monday-Thursday 8:20 AM-3:20 PM		

For GSRP questions, contact Michelle Skalla at mskalla@ymcagm.org.

ACCELERATED SWIM LESSONS

June 19–29, July 10–20, July 24–Aug. 3, and Aug. 7–17

During the summer, we provide accelerated swim lessons! These are the same specialized, certified instructors as our regular swim lessons but completion is in just two weeks. Classes are Monday–Thursday with a total of 8 classes.

30 minutes, **Ages 3–5**

3:30–4:00 PM – Member: \$104 • Community: \$208

45 minutes, **Ages 6–12**

4:00–4:45 PM – Member: \$114 • Community: \$228

SWIM LESSONS AT THE Y **All ages 6 mo+**

Our 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. Schedule available soon.

SPRING 7 weeks • Schedule available in April

30 minutes Member: \$91 • Community: \$182

45 minutes Member: \$100 • Community: \$200

SUMMER I & II 5 weeks • Schedule available in May

30 minutes Member: \$60 • Community: \$120

45 minutes Member: \$68 • NCommunity: \$136



BACKYARD SWIM LESSONS

Available June 5–Sept. 5

YMCA swim lessons in the convenience and comfort of your backyard pool. Email sschaller@ymcagm.org for more info on private, semi-private, and group lessons in your own pool.

LIFEGUARD CERTIFICATION **Ages 15+**

Become a certified lifeguard through the American Red Cross! Those who join the YMCA as a lifeguard upon successful completion of the course will have a partial amount refunded. Check our website for class schedule.

Cost: \$250

Add Waterfront Certification for \$20

Recertification for currently certified lifeguards: \$100

AQUATICS

MARINERS SWIM TEAM **Ages 5–18**

Join us for our summer swim team as we travel around Michiana to outdoor pools as part of the MAPSC League! Ages 5–8 must be able to complete one length of both freestyle and backstroke and ages 9–18 must be able to complete two lengths of both freestyle and backstroke. A YMCA membership is required to be a Mariner. For evaluations, contact Taylor Altergott at (269) 683-1552 or taltergott@ymcagm.org. If your child is unsure about joining, we offer a 2-week trial for \$20! Registration is open year-round.

Red Group: \$55/month

Yellow Group: \$70/month

Blue Group: \$75/month

Green Group: \$80/month

PRIVATE/SEMI-PRIVATE LESSONS

All ages 6 mo+

We offer cards for 30-minute private or semi-private (small group) lessons. Please call or visit Member Service for instructor availability.

5 Private Half-Hour Lessons

Member: \$105 • Community: \$210

5 Semi-Private Half-Hour Lessons

Member: \$85 • Community: \$170

DIAMOND LAKE YACHT CLUB

July 10–13 and July 17–20

Come have fun at the beautiful Diamond Lake in Cassopolis, Michigan, and learn how to swim this summer! Classes are Monday–Thursday. Rain make-ups will take place on Friday if necessary.

Parent/Toddler (6–36 months old)

11:15 AM–11:45 AM – \$75/week

Water Acclimation (3–5 years)

10:00 AM–10:30 AM – \$75/week

Water Movement (6–8 years)

10:30 AM–11:15 AM – \$95/week

Swim Strokes/Water Stamina (9+ years)

9:15 AM–10:00 AM – \$95/week

Private/Semi-Private

Please contact Sammee Schaller to schedule lessons.
sschaller@ymcagm.org

YOUTH PROGRAMS

HORSEBACK RIDING Ages 7-13

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.

SPRING 7 Weeks: Wednesdays 5:30-7:00 PM

Member: \$350 • Non-Member: \$375

SUMMER CAMPS - Three Camps: 9:00 AM-12:00 PM

June 12-15, June 26-29, July 31-August 3

\$350 per participant

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

YOUTH STRENGTH Ages 12-16

SPRING 7 Weeks: Monday & Wednesday 4:00-5:00 PM

SUMMER I & II 5 Weeks: Wednesday & Friday 1:00-2:00 PM

This instruction offers a focus on strength and lifting. Participants will use machines and free weights while learning proper form and safety.

SPRING: \$100/person

SUMMER: \$72/person



MUST DO MORNINGS Ages 6 weeks-8 years

The Y is here to support you each morning Monday-Friday from 9:00 AM-12:00 PM. Parents can utilize the Childwatch area for their kids and have the opportunity to leave the building to complete any must-do tasks. Daily, weekly, and monthly rates available. Open for members and non-members.

6 WEEKS - 23 MONTHS	Member: \$10/day Community: \$15/day	Member: \$50/week Community: \$75/week	Member: \$180/month Community: \$270/month
24 MONTHS - 8 YEARS	Member: \$5/day Community: \$10/day	Member: \$25/week Community: \$50/week	Member: \$90/month Community: \$180/month

CORPORATE WELLNESS

The YMCA Corporate Wellness partnership helps you build a culture of health! You are in a unique position to have a lasting impact on the well-being of your employees. **Through wellness workshops, on-site fitness programming, education, and health coaching, we help you focus on meeting the individual needs of your team.** Y membership and programs are tailored to fit your corporate environment and will help your employees achieve a great sense of wellness and improved health. We invite you to join us in helping our community lead healthier and more productive lives.



Let's work together

- Designate a wellness representative or committee to be the contact for our partnership.
- Share YMCA marketing materials with employees in your organization to improve their health.
- Option to contribute toward a portion of your employees' monthly membership rates! We offer payroll deduction and facility usage reports.
- Partners report **increased productivity, improved employee engagement, positive culture shift, and lower health care costs.**

BENEFITS OF A Y PARTNERSHIP

- Increased productivity
- Improved employee engagement
- Positive culture shift
- Lower health care cost

*Your organization will get one
FREE wellness workshop or
on-site fitness program from an
accredited YMCA instructor!*

Email healthyliving@ymcagm.org or call 577-233-7760 for more details!

LIVESTRONG® AT THE YMCA

This 12-week exercise program and support group is for cancer survivors to help achieve improved wellness at no cost. Participants meet twice weekly with certified instructors and personal trainers who have undergone specialized training in the elements of supportive cancer care.

Register Now!

No cost to participants

STAYSTRONG at the YMCA

This program is available for graduates of LIVESTRONG® at the YMCA to continue their physical activity and stay connected with classmates.

No cost to participants





GIVE BACK TO WHAT YOU LOVE



The Y is a non-profit, charitable organization that meets crucial needs of the community by serving thousands of people of all ages who participate in YMCA programs including summer camp, child care, water safety, wellness initiatives, and so much more.

The YMCA's Annual Campaign is a fundraising initiative that makes the Y available to people who otherwise could not afford the cost of program or membership fees. By removing financial barriers, we fulfill our mission to make the Y available to all.

Your support of the Y's Annual Campaign makes it possible for everyone in our community to become healthier in spirit, mind, and body!

**Scan the QR code, visit
ymcagm.org/donate or contact
us to donate today!**



HOW YOUR DONATION MAKES AN IMPACT IN OUR COMMUNITY

\$11 provides an individual a day of physical activity at the Y.

\$20 provides a senior 10 visits of indoor walking at the Y.

\$50 provides a child the opportunity to experience, learn, and practice values of responsibility, commitment, sportsmanship, and teamwork through sports participation.

\$100 provides a child with 7 weeks of swim lessons and drown prevention skills at the Y.

\$250 provides a teen with a lifeguard certification ensuring employment opportunities.

YMCA 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.

2023 RESIDENT CAMP

Our time-honored program. Select from a variety of activities to give your camper the best experience possible.

Cost: \$795	Ages: 7-16
Session 1	June 18-23
Session 2	June 25-30
Session 3	July 2-7
Session 4	July 9-14
Session 5	July 16-21
Session 6	July 23-28
Session 7	July 30-August 4
Session 8	August 6-11
Session 9	August 13-18 (Ages 7-17)

**SUMMER
2023
REGISTRATION
IS OPEN!**

Visit ymcacampeberhart.org
to learn more!



OVERNIGHT CAMP

Aside from our classic week-long Resident Camp program, there are other options to suit your 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).

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

DAY CAMP

Day Camp is perfect for ages 4-12 as an alternative to traditional day care or to test if they are ready for overnight summer camp. Our Day Camp consists of two groups, ages 4-7, and ages 8-12. Each group's programming is designed specifically for the age group.

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 dining hall can accommodate small or large group meals.

WOMEN ON WEIGHTS Ages 18+

Thursday 9:00–9:30 AM

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

Member: \$85 • Community: \$170

PERSONAL TRAINING Ages 13+

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

1 session = 1 hour. Sessions can be broken down by half hour.

	MEMBER COST	COMMUNITY COST
1 Session	\$40	\$55
4 Sessions	\$150	\$205
10 Sessions	\$350	\$475
25 Sessions	\$840	\$1,140
Group trainings are also offered for 2, 3, or 4 people. Visit ymcagm.org/PersonalTraining for a full price list.		

HEALTH COACHING

Are you ready to make a healthy change, but aren't sure where to start? Perhaps you've already started on your health journey, but need help taking it to the next level? Health coaches support:

- Weight loss
- Stress management
- Healthy eating
- Active living

Health coaching is a partnership between the coach and the client. Health coaches are certified and specialize using a client-centered approach to empower clients to take the lead, set goals, and own their progress.

Email healthyliving@ymcagm.org for more details.

GET STARTED Free

Meet with a wellness coach to design a program, set goals and set a standard for working out. Learn about classes and programs the YMCA offers, and become comfortable with the facility and fitness equipment.

SMART START

Smart Start consists of 4 discounted half-hour training sessions for only \$40 designed to support you in pursuit of your health and wellness goals! Together, you will develop an achievable plan for success. One-time option per member. New personal training clients only.

Member: \$40 • Community: \$80

MELT[®]

The MELT Method[®] is a breakthrough self-treatment system that is aimed to restore the body's connective tissue, to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living.

Workshops available for Corporate Wellness Partners.

Individual Sessions:

Member: \$40 • Community: \$55

BLOOD PRESSURE SELF-MONITORING

This four-month evidence-based program focuses on supporting participants in developing the habit of self-monitoring and identifying opportunities for action through weekly support consultations. Nutrition and physical activity information aids in blood pressure control through lifestyle change.

Email healthyliving@ymcagm.org for more details.

MASSAGE THERAPY

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.

MOBILE APP

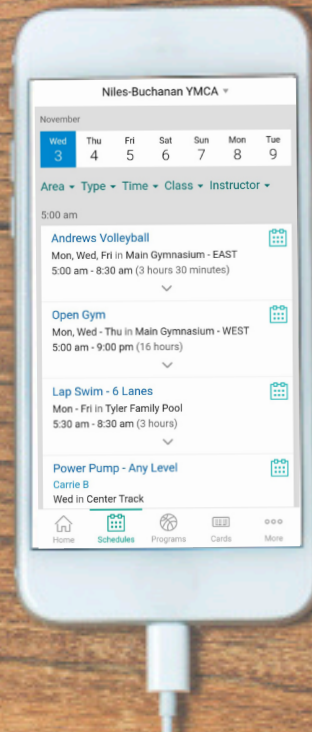


HOW TO DOWNLOAD

1. Open your phone's app store
2. Search "Daxko"
3. Download our app—it's FREE!
4. In the app, search for "YMCA of Greater Michiana" and select your branch
5. Make sure notifications are turned ON
6. Stay connected!

BENEFITS OF THE APP

- Instant notifications, including class cancellations
- View class schedules
- Facility information & hours
- Program registrations
- Digital facility check-in



YMCA GOLF CLASSIC

**SUPPORTING
LIVESTRONG®**



**FRIDAY,
JUNE 16, 2023**

Golfers will enjoy an 18-hole, four-person scramble event at Elbel Golf Course. Registration will begin at 9:00 AM and a shotgun start at 10:00 AM. Lunch, two drink tickets, a golf-related gift, contests on the course, free driving range, and golf carts are included with sponsorship and/or registration.

LIVESTRONG® at the YMCA is a 12-week, no-cost program for adult cancer survivors and their families. The goal of the program is to help survivors recover from their cancer diagnosis and treatments by working to improve their overall strength, endurance, balance, and flexibility while building relationships and finding support with other participants. Since its inception in the South Bend community 10 years ago, 417 survivors have graduated from the program.

Register today at ymcagm.org/golf or at Member Service!

YMCA of Greater Michiana



NILES-BUCHANAN YMCA

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



BENTON HARBOR-ST. JOSEPH YMCA

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



NORTHSIDE CHILD DEVELOPMENT CENTER

2020 N. 5th Street
Niles, MI 49120
269-683-1982



YMCA CAMP EBERHART

10481 Camp Eberhart Road
Three Rivers, MI 49093
269-244-5125



YMCA O'BRIEN CENTER

321 E. Walter Street
South Bend, IN 46614
574-299-3482



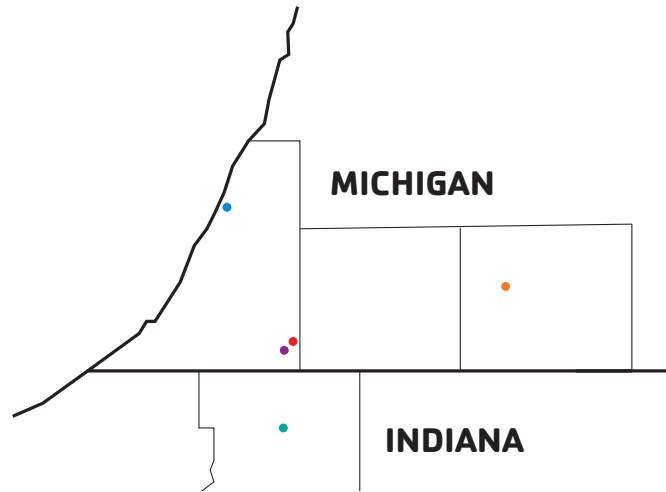
Facility

Monday–Thursday: 5:00 AM–9:00 PM
Friday: 5:00 AM–7:30 PM
Saturday: 8:00 AM–4:00 PM
Sunday: 10:00 AM–3:00 PM



Childwatch

Monday–Friday: 8:30 AM–7:30 PM
Saturday: 10:00 AM–3:00 PM
Sunday: Closed



RACE FOR YMCA

5K/10K >>> SATURDAY, JULY 15, 2023

Proceeds from the race will benefit the Benton Harbor-St. Joseph YMCA's annual campaign, which provides financial assistance for memberships and programs to local children and families in need. Your support helps guarantee that everyone—regardless of their circumstances or ability to pay—can belong to the Y. All ages are welcome! Live and virtual race options.

Register today at ymcagm.org/RaceYMCA or at Member Service!