



## YMCA O'Brien Center



### 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



# YMCA O'BRIEN CENTER SUMMER DAY CAMP

## Pre-K (Age 4) to 8<sup>th</sup> Grade

### Summer Day Camp runs from 8:30 AM–4:30 PM Monday–Friday at YMCA O'Brien Center

Bring your kids to the YMCA O'Brien Center over summer break for fun, games, and physical activity in a safe and supportive environment! Campers will explore arts and crafts, group games, STEM, rock wall, archery, and more. At the Y, we strive to provide campers with a place of belonging, a sense of achievement, and an opportunity to build relationships.

Campers will play and explore outside as they learn values that they will build on all their entire life.

#### Week #1: Aloha, Summer! June 5–9

Say Aloha to summer! Everyday at camp is a vacation for our campers. Surf into a week of fun and sun filled activities. Campers will be filled with welcoming and positive vibes.

**Dress-Up Theme:** Luau (grass skirts, Hawaiian shirts)

#### Week #2: A Galaxy, Far, Far, Away June 12–16

Future astronauts, engineers, and scientists unite this week as we take to the stars for an out of this world adventure. Campers will look to the sky as we discover constellations, follow the moon, and explore the milky way. **Dress-Up Theme:** Pajamas

#### Week #3: Ready, Set, Match June 19–23

Game On! Join us for a week of Sports fun! Campers will learn teamwork as we shoot, kick, and move in some physical activity. Basketball, Soccer, traditional camp games, and more. **Dress-Up Theme:** Jerseys

#### Week #4: Camp-A-Con June 26–30

Superheroes united to protect camp from the villains of summer. Join forces to create and lead strategies to protect the entire camp. Learn what it takes to become a superhero, using the core values of caring, respect, responsibility, and honesty in your adventures!

**Dress-Up Theme:** Superheroes

#### Week #5: Stars and Stripes July 3–7

We are excited to have some July 4th inspired fun! Campers will enjoy a week of patriotic themed activities. **No camp on July 4.**

**Price Change: \$136 for members, \$160 for community**

**Dress-Up Theme:** Red, White & Blue

#### Week #6: SplashTACULAR July 10–14

The heat of the summer won't stop our campers from having a water filled fun week. Campers will splash, swim, and cool off with H2O inspired fun. Get ready for a week of soaking wet fun. **Dress-Up Theme:** Tie-dye

#### Week #7: DINO-mite July 17–21

ROAR your way into a week of Dinosaur inspired activities. Unearth your inner archaeologist and dig for fossils. Let's travel back in time and spend a week with the Dinos. **Dress-Up Theme:** Camo

#### Week #8: Pirates & Mermaids July 24–28

Set sail to the high seas and discover your inner pirate or mermaid. Enjoy a week of swash-buckling fun or exploring the reef below the ocean.

**Dress-Up Theme:** Pirates & Mermaids

#### Week #9: Mad Scientist July 31–Aug. 4

Bring the scientist in you alive and put on your lab coat as we explore the world of STEAM. Campers will have activities based around Science, Engineering, Arts, and Mathematics. **Dress-Up Theme:** Favorite Color

#### Week #10: Y Got Talent Aug. 7–11

Join us for a showcase of our very own YMCA talent. Campers will work together to use their talents to impact the community around us. Take center stage and let your inner star shine!

**Dress-Up Theme:** Formal Dress Up

## REGISTRATION IS OPEN NOW!

[www.ymcagm.org/summer](http://www.ymcagm.org/summer)

*\* CCDF vouchers accepted & scholarships are available.*

Pre-Care (7:00–8:30 AM)	After-Care (4:30–6:00 PM)	Both
\$40/week	\$40/week	\$75/week

*\*Registered families will receive a "What to Expect" email before each week.*

#### Cost per week:

**Member: \$170 • Community: \$200**

*A non-refundable \$25 deposit per week is due at time of registration. The remaining amount will be drafted two Fridays prior to the first day of care.*



## WOMEN ON WEIGHTS Ages 18+

Friday 4:00–4:30 PM

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 <a href="http://ymcagm.org/PersonalTraining">ymcagm.org/PersonalTraining</a> 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](mailto: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 your pursuit of 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<sup>®</sup>

The MELT Method<sup>®</sup> 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](mailto:healthyliving@ymcagm.org) for more details.

# YOUTH PROGRAMS

## ADVANCED TAEKWONDO Ages 9+

Tuesday 6:45–7:30 PM

Thursday 6:45–7:30 PM

Saturday 10:45–11:30 AM

Already a yellow or green belt or higher? This class helps develop weapons defense, take-downs, advanced sparring, and forms. Students who have earned a rank at another school may be able to start at that rank.

### SPRING 7 Weeks

Member: \$75 • Community: \$105

### SUMMER I & II 5 Weeks

Member: \$65 • Community: \$95

## YOUTH STRENGTH Ages 12–16

### SUMMER I & II 5 Weeks

Tuesday & Thursday 9:00–10:00 AM

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

## BEGINNER BALLET

### Spring 7 Weeks

Ages 3–5 • Monday 5:00–5:30 PM

Ages 6–8 • Monday 5:45–6:15 PM

Member: \$60 • Community: \$90

### Summer I & II 5 Weeks

Ages 3–5 • Monday 4:30–5:00 PM

Ages 6–8 • Monday 5:15–5:45 PM

Member: \$50 • Community: \$80

Beginner Ballet will introduce and explain the fundamentals of ballet, including ballet terms and technique. Students will play fun games, along with floor and barre work.

## INTRO TO HIP HOP

Ages 8–10 • Wednesday 6:00–6:45 PM

Participants will learn the basic of hip-hop dance including different styles and techniques. Combinations and routines will be used to teach dancers the skill needed to bust a move.

### Summer I & II 5 Weeks

Member: \$65 • Community: \$95

## BEGINNER TAEKWONDO Ages 9+

Tuesday 5:45–6:30 PM

Thursday 5:45–6:30 PM

Saturday 9:45–10:30 AM

Kids start as a white or yellow belt and can earn up to a black belt. Students who have earned a rank at a different school may be able to start at that rank.

### SPRING 7 Weeks

Member: \$65 • Community: \$95

### SUMMER I & II 5 Weeks

Member: \$55 • Community: \$85

## YOUTH BEGINNER TAEKWONDO Ages 4–8

Tuesday 5:00–5:30 PM

Thursday 5:00–5:30 PM

Saturday 9:00–9:30 AM

Participants will learn discipline and focus, gain confidence, and learn respect for themselves and others.

### SPRING 7 Weeks

Member: \$60 • Community: \$90

### Summer I & II 5 Weeks

Member: \$50 • Community: \$80

**Add a second taekwondo class  
each week for only \$30/session!**

## BEGINNER JAZZ

Ages 7–10 • Monday 6:00–6:45 PM

Beginner jazz will use rhythmic movements and dynamic energy to teach participants basic motor skills and jazz techniques.

### Summer I & II 5 Weeks

Member: \$65 • Community: \$95

## INTRO TO TUMBLING

Ages 2–3 • Wednesday 4:30–5:00 PM

Ages 4–5 • Wednesday 5:15–5:45 PM

Participants will be introduced to basic tumbling skills, learn to follow directions, and work on body awareness and coordination.

### Summer I & II 5 Weeks

Member: \$50 • Community: \$80

# 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](https://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.

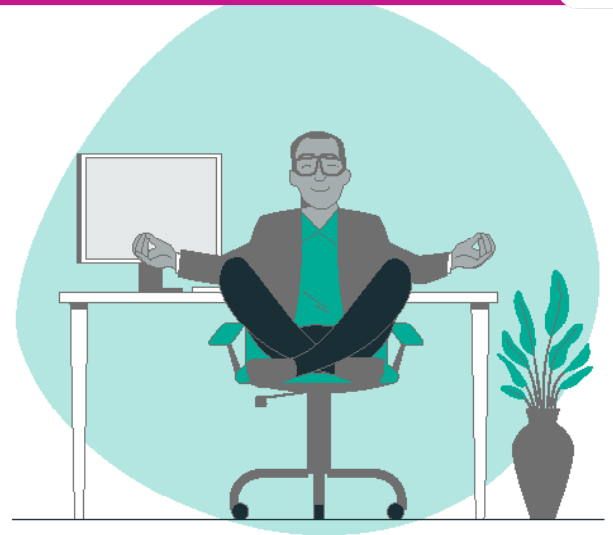
## YEAR-ROUND EXPERIENCES

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.



# 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](mailto: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!**

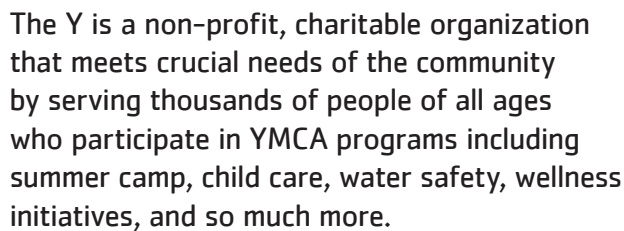
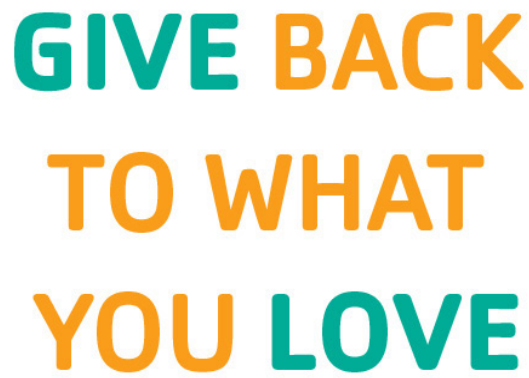
**No cost to participants**

## 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**





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

**\$13 provides an individual a day of physical activity at the Y.**

**\$22 provides a safe and secure place for teens with a 1 month membership.**

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

**\$444 provides a year-long membership for a senior to engage in physical activity and social interaction at the Y.**

**\$795 provides a child the opportunity to build new skills, develop self-confidence, and gain appreciation for nature at a week of overnight camp.**

# 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 St.  
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 St.  
South Bend, IN 46614  
574-299-3482



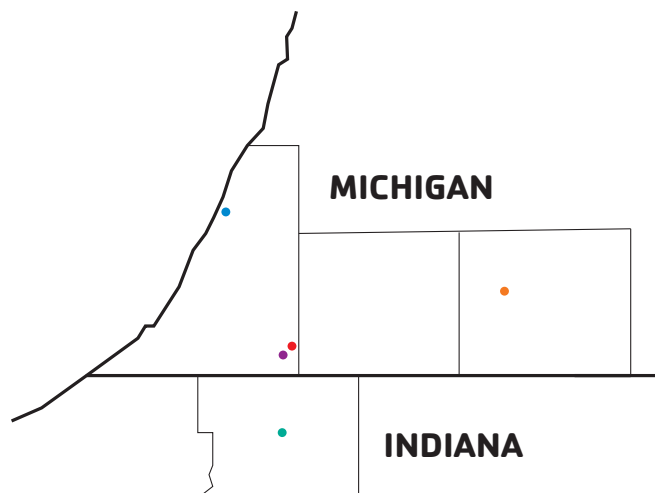
## Facility

Monday-Thursday: 5:00 AM-9:00 PM  
Friday: 5:00 AM-7:30 PM  
Saturday: 7:00 AM-4:00 PM  
Sunday: 9:00 AM-2:00 PM



## Childwatch

Monday-Thursday: 8:00 AM-8:00 PM  
Friday: 8:00 AM-6:30 PM  
Saturday: 8:00 AM-12:00 PM  
Sunday: Closed



# 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](http://ymcagm.org/golf) or at Member Service!