



# 2024 SPRING SUMMER PROGRAM GUIDE



## YMCA of Greater Michiana Benton Harbor–St. Joseph YMCA

**SPRING SESSION**  
April 21–June 8, 2024  
*Registration opens April 8*

**SUMMER I SESSION**  
June 9–July 20, 2024  
*Registration opens May 27*

**SUMMER II SESSION**  
July 21–August 24, 2024  
*Registration opens July 8*

# WELCOME

## BENTON HARBOR-ST. JOSEPH YMCA

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



### Facility

Monday–Thursday: 5:00 AM–9:00 PM  
 Friday: 5:00 AM–7:30 PM  
 Saturday: 6:00 AM–4:00 PM  
 Sunday: 10:00 AM–3:00 PM



### Childwatch

Monday–Friday: 7:45 AM–7:30 PM  
 Saturday: 7:45 AM–12:00 PM  
 Sunday: Closed



## SESSION CALENDAR

April							May						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	
June							July						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1		1	2	3	4	5	6
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													
August													
S	M	T	W	T	F	S							
				1	2	3							
4	5	6	7	8	9	10							
11	12	13	14	15	16	17							
18	19	20	21	22	23	24							
25	26	27	28	29	30	31							

Spring Session: April 21–June 8

Summer I Session: June 9–July 20

Summer II Session: July 21–August 24

Registration opens for next session

Summer Break (June 30–July 6): No programs

Closed Memorial Day and Independence Day

# FOR YOUTH DEVELOPMENT

## SUMMER DAY CAMP YOUNG ADVENTURE CAMP

REGISTRATION  
IS OPEN NOW!

### Ages 3-5

Half Day: Monday-Friday, 9:00 AM-12:00 PM

Full Day: Monday-Friday, 9:00 AM-3:00 PM

### Princesses and Superheroes

Week #1 June 10-14

Let's journey into make-believe land at camp! Dress up as princesses or superheroes daily and express your creativity through magical art.

### Bugs, Bees, and Butterflies

Week #2 June 17-21

Summer is a busy time for our insect friends. Our pollinators are especially busy this time of year. We will explore their world and learn their importance and have fun while we are doing it.

### A World of Colors

Week #3 June 24-28

Discover the magic of color this week! Engage in hands-on creative activities exploring the rainbow spectrum. Kids will express creativity, explore art, and make colorful memories.

### Hip, Hip, Hooray for the USA

Week #4 July 1-3 \*Price change for this week only\*

Wear your red, white, and blue as we celebrate the birthday of the land that we live in and what makes it beautiful.

No camp July 4 and 5

### Unicorns and Dinosaurs

Week #5 July 8-12

We will explore these mystical creatures as we step back in time to study these prehistoric creatures with very long names that roamed the earth a long time ago.

### Splashtacular

Week #6 July 15-19

Be prepared to get wet this week and be sure to wear your swimsuit every day and don't forget to bring your dry clothes as well. We will be doing all things that involve water.

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

### Shark Week

Week #7 July 22-26

Coincides with Shark week on the Discovery Channel! Join us as we discover all the many species of sharks and other creatures that live in the deep blue sea.

### Messy Week

Week #8 July 29- Aug. 2

Plan on getting messy as we explore different ways to use paint, from splatting it with a fly swatter to dipping a weighted balloon in the paint and dropping it to the ground from standing. We may even be taking a messy walk and walk through cooked spaghetti.

### Pirates and Mermaids

Week #9 Aug. 5-9

It's a pirate's life for me and while we are out sailing the seas, we may be lucky enough to spot a mermaid, she may even lead us to the sunken treasure full of gold.

*\*We are in the pool twice a week. Please bring your swim suit every day for water slide and other activities.\**

### Half Day

Member: \$105 • Community: \$115

### Full Day

Member: \$210 • Community: \$225  
*Cost is per week. Pick the weeks you want!*

### Pre-Care: 7:45 AM-8:55 AM

Member: \$25/week • Community: \$30/week

*A non-refundable \$50 deposit per week is due at time of registration. The remaining amount will be drafted on the Thursday prior to care.*

# FOR YOUTH DEVELOPMENT

## 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.

### 2024 RESIDENT CAMP

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

<b>Cost: \$825</b>	<b>Ages: 7-16</b>
Session 1	June 16-21
Session 2	June 23-28
Session 3	June 30-July 5
Session 4	July 7-12
Session 5	July 14-19
Session 6	July 21-26
Session 7	July 28-August 2
Session 8	August 4-9
Session 9	August 11-16 (Ages 7-17)

SUMMER  
2024  
REGISTRATION  
IS OPEN!

Visit [campeberhart.ymcagm.org](http://campeberhart.ymcagm.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 also accommodate small or large group meals.

# FOR YOUTH DEVELOPMENT

## Y-CLUB

### ST. JOSEPH PUBLIC SCHOOLS

Before care and after care are held at the Benton Harbor–St. Joseph YMCA for students from Brown, E.P. Clarke, and Lincoln Elementary Schools. St. Joseph Public Schools will bus children to and from Y-Club.

### LAKESHORE PUBLIC SCHOOLS

Before care and after care are held at Roosevelt Elementary for students from Roosevelt, Hollywood, and Stewart Elementary Schools.

		MEMBER Monthly Pricing	COMMUNITY Monthly Pricing
BEFORE CARE	6:45 AM–Start of school	\$135	\$165
AFTER CARE	End of school–6:00 PM	\$195	\$230
BOTH	–	\$280	\$340

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 half days and days off, such as teacher development days, conferences, and some holidays, your child can enjoy programming at the YMCA! SOYI is held at the Benton Harbor–St. Joseph YMCA. Please bring a swimsuit, gym gear, and lunch. Dates are based on school calendars.

FULL DAY	8:00 AM–6:00 PM	\$45/Pre-Registration \$55/Day-Of Registration
HALF DAY	8:00 AM–6:00 PM	\$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 Lakeshore or St. Joseph schools close subject to state of emergency. Care is provided at the Benton Harbor–St. Joseph 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	\$45
DAY-OF REGISTRATION	8:00 AM–6:00 PM	\$55

### 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

*This program accepts financial assistance through MDHHS MI Bridges.*



# FOR YOUTH DEVELOPMENT

## PRESCHOOL

**REGISTRATION  
NOW OPEN!**

CLASS	TIME	MONTHLY COST <i>Plus a one-time \$50 registration fee for full tuition preschool</i>	
<b>ANGELFISH</b> Age 2.5 by SEPT. 6, 2024	Friday 9:00–11:30 AM	Household Community	Fee \$95 \$115 <i>No swim</i>
<b>BUTTERFLIES– 2 DAY</b> Age 3 by Sept. 6, 2024 Age 4 by May 1, 2025	Tuesday & Thursday 9:00 AM–12:00 PM <i>Extended Care: 12:00–3:00 PM</i>	Household Community	Base Fee   w/ Swim \$160   \$216 \$240   \$310 30-minute swim lesson fee \$56/member • \$70/community
<b>BUTTERFLIES – 3 DAY</b> Age 3 by Sept. 6, 2024 Age 4 by May 1, 2025	Mon, Wed, Fri 9:00 AM–12:00 PM <i>Extended Care: 12:00–3:00 PM</i>	Household Community	Base Fee   w/ Swim \$220   \$276 \$280   \$350 30-minute swim lesson fee \$56/member • \$70/community
 <small>Materials were developed with funds from the Michigan Department of Education</small> Age 4 by Dec. 1, 2024	Half Day Monday – Thursday 8:45 AM–12:30 PM		Free for eligible families.
 <small>Materials were developed with funds from the Michigan Department of Education</small> Age 4 by Dec. 1, 2024	Full Day Monday – Thursday 8:45 AM–3:15 PM		Free for eligible families.

Enrollment packets for the Great Start Readiness program are available at Member Services.

### Payment Information

- A one-time, non-refundable \$50/child 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 August 19, 2024, deposit and first month's fees will be due at registration

### Extended Care Rates

	2-day	3-day	4-day
Member	\$145	\$190	\$255
Community	\$165	\$210	\$265

# FOR YOUTH DEVELOPMENT

## 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 Session: Wednesday 5:30-6:30 PM**

Member: \$350 • Community: \$375

**Summer Camps - Three Camps: 9:00 AM-12:00 PM**

June 17-20, June 24-27, July 29-August 1

\$350 per participant

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

### MUST-DO MORNINGS

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 the community.

<b>6 WEEKS - 24 MONTHS</b>	Member: \$15/day Community: \$20/day	Member: \$60/week Community: \$80/week	Member: \$240/month Community: \$320/month
<b>2-8 YEARS</b>	Member: \$10/day Community: \$15/day	Member: \$40/week Community: \$60/week	Member: \$160/month Community: \$240/month



### YOUTH BASKETBALL RECREATIONAL PROGRAM

Ages 8-12

**Thursday 5:30-7:30 PM • April 11-May 2**

This program will be a dedicated time for youth to work on improving their skills and staying connected with others. They will practice organized drills and scrimmage each other. We will implement our Y-ties throughout the program which offers an opportunity for youth to make living the Y character values tangible and collective. These values unite us in a movement with a common cause. They are the shared beliefs and essential principles that guide our behavior, interactions with each other and decision making.

Member: \$25/month • Community: \$50/month

# FOR HEALTHY LIVING

## AQUATICS

### GROUP SWIM LESSONS

All ages 6 mo+

Our group swim lessons are taught by trained 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

30 minutes Member: \$96 • Community: \$192

45 minutes Member: \$107 • Community: \$214

SUMMER I & II 5 weeks

30 minutes Member: \$70 • Community: \$140

45 minutes Member: \$75 • Community: \$150

### PRIVATE/SEMI-PRIVATE LESSONS

All ages 3 yrs+

We offer cards for 30-minute private or semi-private (small group) lessons. It is up to the members and guests to organize semi-private participants. Please call or visit Member Services for instructor availability.

6 Half-Hour Lessons

Private: \$150/Member • \$300/Community

Semi-Private: \$120/Member • \$240/Community

### DOLPHINS SWIM TEAM Ages 5–18

Registration opens on Monday, May 6

*New swimmers must be evaluated before signing up for swim team.*

The Dolphins Swim Team is 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. Contact Member Services at (269) 428-9622 to sign-up for a new swimmer evaluation.

Contact Member Services for pricing

### ACCELERATED SWIM LESSONS

June 17–27, July 8–18, and July 22–Aug. 1

During the summer, we provide accelerated swim lessons! These are the same specialized, trained 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: \$112 • Community: \$224

45 minutes, Ages 6–14

4:00–4:45 PM – Member: \$120 • Community: \$240

### LIFEGUARD CERTIFICATION Ages 15+

May 7–30 • Tuesday & Thursday 6:00–8:30 PM

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.

New Certification: \$250

Add Waterfront Certification for \$30

Recertification for currently certified lifeguards: \$100





# FOR HEALTHY LIVING

## KARATE

### **MINI DRAGONS BEGINNER** Ages 5-7

Tuesday 5:30-6:00 PM

For little ones eager to start their martial arts journey, students will learn the foundation of Isshinryu Karate with drills designed to develop good listening skills, focus, balance, coordination, gross and fine motor skills, and self-control. Please wear loose clothing.

Spring Session: Member: \$80 • Community: \$160  
Summer I & II Sesson: Member: \$60 • Community: \$120

### **LITTLE DRAGONS BEGINNER** Ages 7-12

Thursday 6:00-7:00 PM

By studying Isshinryu Karate, students develop confidence, patience, good manners, and respect for others while learning the basic blocks and strikes and practical, easy-to-use self-defense techniques to help keep them safe. Drills develop good listening skills, focus, balance, coordination, gross and fine motor skills, and self-control. Please wear loose clothing.

Spring Session: Member: \$90 • Community: \$180  
Summer I & II Sesson: Member: \$70 • Community: \$140

### **ADULT BEGINNER** Ages 12+

Tuesday 7:00-8:00 PM

Through the discipline of Isshinryu Karate, students develop self-confidence, self-discipline, and respect for others while learning how to defend themselves and stay in shape. Students begin with basic blocks and strikes and practical, easy-to-use self-defense techniques. Please wear loose clothing.

Spring Session: Member: \$100 • Community: \$140  
Summer I & II Sesson: Member: \$80 • Community: \$100

### **MINI DRAGONS ADVANCED** Ages 5-7

Tuesday 6:00-6:30 PM

For those who have completed Mini Dragons Beginner. Students build on the knowledge learned with more in-depth drills and techniques as they progress through the different belt ranks in this ongoing course. Advanced students are required to wear the proper uniform and appropriate belt rank.

Spring Session: Member: \$80 • Community: \$160  
Summer I & II Sesson: Member: \$60 • Community: \$120

### **LITTLE DRAGONS ADVANCED** Ages 7-12

Thursday 7:00-8:00 PM

For those who have completed Little Dragons Beginner. Students will build on the core values while learning Kata (Forms), Kumite (Controlled Sparring), and more advanced techniques as they progress through the different belt ranks in this ongoing course. Advanced students are required to wear the proper uniform and appropriate belt rank.

Spring Session: Member: \$90 • Community: \$180  
Summer I & II Sesson: Member: \$70 • Community: \$140

### **ADULT ADVANCED** Ages 12+

Tuesday 7:00-9:00 PM

For those who have completed the Adult Beginner course. Students will add to their basic skills of Karate with Kata (Forms), Kumite (Controlled Sparring), and more advanced techniques as they progress through the different belt ranks in this ongoing course. Advanced students are required to wear the proper uniform and appropriate belt rank.

Spring Session: Member: \$120 • Community: \$160  
Summer I & II Sesson: Member: \$100 • Community: \$120

### **Karate classes instructed by Stephen Lage Sensei**

Stephen Lage began his training in Isshinryu Karate in 1982 in the Detroit suburb of Warren, Mich. Throughout his training, Lage diligently honed and excelled not only at the requirements for each rank, but many advanced techniques, realistic street self-defense, and tournament competition, as well as Karate history and Okinawan traditions.

Lage attained the rank of Sho Dan (1st Degree Black Belt) in 1989. He began teaching classes in 1996. In 2008, he moved to St. Joseph, where he established adult and children's classes at the YMCA, as well as self-defense seminars both at the Y and local businesses and groups. In 2018, he was promoted to Go Dan (5th Degree Black Belt).

# FOR HEALTHY LIVING

## HEALTH & FITNESS

### 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	\$45	\$60
4 Sessions	\$168	\$228
10 Sessions	\$390	\$526
25 Sessions	\$925	\$1,252

Group trainings are also offered for 2, 3, or 4 people. Visit [ymcagm.org/PersonalTraining](http://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 in 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.

### HEALTHY U

Healthy U is a year-round interactive health and wellness education program with an emphasis on health benefits/impact, eating healthy, and participating in daily physical activity. The program focuses on school-age youth (pre-K – 8th grade), implementing evidence-based CATCH (coordinated approach to child health) curriculum and is incorporated into several youth programs including childcare, preschool, summer camps, homeschool, in-school, and afterschool programs.

\*If you are an educator, principal, or parent who is interested in seeing your school offer Healthy U for students, please email Lydia Trout at [ltrout@ymcagm.org](mailto:ltrout@ymcagm.org).



### AN EVENING OF DANCE WITH YMCA ADULT REPERTOIRE & GUEST PERFORMERS

Union + Social  
216 Court Street, St. Joseph, MI  
Monday, June 10 • 7:00 PM

# FOR HEALTHY LIVING

## HEALTH & FITNESS

### 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.

### 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. Schedule an appointment online or visit Member Services.

Gift certificates are also available!

### ENHANCE FITNESS

Enhance®Fitness is a 16-week evidence-based group exercise program that uses simple, easy-to-learn movements that motivate older adults to stay active throughout their lives.

Monday, Wednesday, Friday  
1:00-2:00 PM

Studio A

### MELT®

The MELT Method® is a breakthrough self-treatment system that aims to restore the body's connective tissue, 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

### 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

### GROUP FITNESS CLASSES Free for Members

Our fitness classes are designed to challenge the body through all planes of motion for a well-rounded workout. We offer over 50 group exercise classes weekly. With this variety, you are sure to find something to fit your schedule and fitness level! Our energetic and inspiring certified instructors are ready to motivate you to be your best.

Scan the QR code to see our entire schedule of classes or visit [ymcagm.org/schedules](http://ymcagm.org/schedules).



# FOR HEALTHY LIVING

## CORPORATE WELLNESS

A YMCA Corporate Wellness partnership can help 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 can help you focus on meeting the individual needs of your team. Our membership and programs are tailored to fit your corporate environment and will help your employees achieve a greater 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.

*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.

**Spring Session: April 23–July 18**

Open to adults 18 years or older at no cost

### 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



# EVENTS



## SATURDAY, JULY 20, 2024

**2024  
RACE FOR YMCA**  
5K/10K

PRESENTED BY HONOR CREDIT UNION

Register today at  
[ymcagm.org/RaceYMCA](http://ymcagm.org/RaceYMCA)  
or at Member Services!

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.

# YMCA GOLF CLASSIC

## FRIDAY, JUNE 14, 2024

Our 3rd annual Golf Classic will be held on Friday, June 14, 2024, at Elbel Park Golf Course. Golfers will enjoy an 18-hole, four-person scramble event with registration beginning at 8:00 AM and a shotgun start at 9:00 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.

Register today at [ymcagm.org/golf](http://ymcagm.org/golf) or at Member Services!



# STAY CONNECTED

When the YMCA of Greater Michiana has program changes, cancellations or other information to share, we'll always do our best to communicate with our members! You can find information on our website, social media pages, mobile app, and email newsletters.

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

 @ymcagm

 YMCAGreaterMichiana

 YMCA of Greater Michiana



## NEWSLETTER KNOW-HOW

- All YMCA of Greater Michiana members are automatically enrolled in our email communications.
- To guarantee you're receiving emails, verify your email address at the Member Service Desk.
- Non-Members can opt-in to email communications via the form on our website. Scan the QR Code to sign up!

# 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

