



**Benton Harbor-
St. Joseph 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

GROUP FITNESS

As a YMCA of Greater Michiana Member, you have access to FREE group fitness classes.

Ab Blast: This class includes a short standing segment followed by floor core work.

Active Vinyasa Yoga: Body and mind work together in this series of asana, poses, along with the breath to develop strength, balance, and flexibility and enhance well-being.

Adult Karate: Develop self-confidence, self-discipline, goal-setting, and respect for others, all while learning how to defend yourself through studying a traditional Okinawan Martial Art, Isshinryu Karate. Registration required.

Body Sculpting: This class concentrates on developing a functional and balanced body. Standing exercises followed by a floor core series.

BODYPUMP™: This high-energy class, set to great music and your choice of weight, will challenge all major muscle groups by using exercises such as squats, presses, lifts and curls.

Cardio Drumming: The stability ball acts like a snare drum as you learn different rhythms to develop coordination and cardio endurance.

Cycling: This class designed to improve your overall cardiovascular endurance. Guided rides, visualizations and other motivating techniques are utilized for ultimate performance.

Dance It Out: This cardio dance workout infuses different styles of dance including Hip Hop, Bollywood, Line Dancing, Ballroom, Disco, 80's, Broadway, African, Irish and more!

Enhance Fitness: An evidence-based group exercise and falls prevention program that helps older adults at all levels of fitness become more active, energized, and empowered. This is a class that requires pre-registration with our fitness team before attending.

Family Fitness: Cardio Drumming – (Ages 5+) Cardio drumming is fun, low impact, medium intensity workout for the entire family. Traditional exercises fused with dance, toning, strengthening, and flexibility all paired with upbeat music.

Fitness on the Pavillion: A variety of fitness classes at the Pavillion in Jean Klock Park.

Gentle Slow Flow Yoga: This is a slow-paced class which moves through a series of gentle poses connecting your breath to your body. It will help to improve flexibility, balance, and promote relaxation.

Gentle Yoga: This class is designed for the active older adult. While learning basic Yoga moves, you will increase joint range of motion and gain flexibility and strength. Relaxation techniques will be incorporated at the end of class.

Hatha Yoga: Link the body, breath, and mind in this series of asana, or poses, to develop proper posture, strength and well-being. Postures can be held to find proper and safe alignment, and build strength and flexibility.

MELT®: A gentle self-care technique that enhances mobility, stability, and performance and is clinically proven to reduce chronic pain while restoring overall wellbeing. Special soft foam rollers and small hand and foot balls are utilized.

Mind-Body-Balance: Bring balance to your mind and body through strength, flexibility, and core power. A barefoot class that mixes Yoga, Pilates, and stretching using your own body weight as well as some equipment.

Pilates: Pilates emphasizes alignment, breathing, developing a strong core, as well as improving coordination and balance. This class helps anyone, from beginner to advanced.

Soma Yoga: Soma Yoga begins with slow, focused movements to bring awareness and to spark muscle re-education. This class builds to a yoga practice linked to those movements. This process increases ease, capacity, and resilience in your yoga and in your life!

Step Cardio: Step class involves a variety of full body movement patterns on and around the step to enhance your cardio endurance, coordination and balance.

Tabata Boot Camp: Tabata Boot Camp is a high intensity interval training class that will boost your metabolism.

Teen Fitness: A fun workout class designed for youth ages 11-15. This class is a high-energy session that uses cardio and free-weight equipment to build stamina and strength. We focus on proper form, inclusivity, and team building.

TRX Boot Camp: TRX is a form of suspension training that uses bodyweight exercises to develop strength, balance, flexibility, and core stability. This class combines Boot Camp floor exercises for a total body functional training workout.

WERQ: A wildly addictive cardio dance workout based on trending pop and hip hop music. The mission is to create a judgement-free dance built on good vibes, a great sweat, and a supportive community.

Yoga Moves: Based on basic principles of Yoga fundamentals. Incorporates Yoga postures, breathing exercises and a focused mind to improve balance and flexibility. Class will end with relaxation to recharge your body.

Zumba®: This fun high-energy aerobics class incorporates hypnotic Latin rhythms such as Salsa, Merengue, Cha-Cha, Belly Dancing, Bhangra, Flamenco and more!

GLA-DA-WEN-TA CAMP



Ages 5-12 (ALL WEEKS ARE FULL)

Gla-Da-Wen-Ta Summer Day Camp runs from 9:00 AM-4:30 PM Monday-Friday

Your child will have a blast with 10 themed weeks of camp and exciting field trips! Each day, we will enjoy physical activity, crafts, and opportunities to make new friends. We will be outside as often as possible to enjoy the summer weather! There will also be swimming in the pool and a waterslide whenever we get the chance. Pick the weeks you want!

Around the World

Week #1 – June 12-16

Get your passports together! We are going to travel around the world as we play games and learn about other cultures.

Field Trip: Mini Golf-Hidden Point, Benton Harbor, MI

Safari

Week #2 – June 19-23

Become one with nature this week as we learn all about navigating the wilderness and identifying everything around us. From bugs to trees to natural formations, learn about what makes being outside the best!

Field Trip: Potawatomi Zoo, South Bend, IN

Engineering & Space

Week #3 – June 26-June 30

Explore your architectural and engineering potential along with your creativity through a variety of introductory STEAM based challenges. We have the blueprint for summer camp success!

Field Trip: Air Zoo, Kalamazoo, MI

Art & Color

Week #4 – July 5-7 *Price change for this week only*

\$99 for members, \$108 for the community

Red, Blue, Indigo, and Violet. Every day a different color. Be prepared for color wars and lots of bright fun happening this week. No camp July 3 and 4/No field trip.

Game Show

Week #5 – July 10-14

Campers and counselors will face off in a variety of challenges like "Friendly Feud" and "Minute to Win It." The ultimate test will come when the campers play "Are you Smarter than your Camp Counselor?" Campers will also create their very own games, as well as obstacle courses, and maybe even some messy surprises.

Field Trip: Rambo's Blueberries, Bridgman, MI

Under the Sea

Week #6 – July 17-21

It's time to get soaked! Splish and splash through an awesome, fun-filled week. Summer is hot, but you'll stay cool with activities like water sponge games, water relays, slip 'n slides and more!

Field Trip: Lincoln Township Splashpad, Stevensville, MI

Game On (Sports Week)

Week #7 – July 24-28

Dress up in your favorite team jersey, shirt or hat and get ready for a week of July Madness. Campers will participate in Dribble/Goal/Free Throw contests, sports-themed arts and crafts projects, and a variety of other physical activities.

Field Trip: Notre Dame Athletic Tour (older groups)
Bowling (younger groups)

Camp Mystery

Week #8 – July 31- Aug. 4

Put on your detective hat and go on an exciting adventure around Gla-Da-Wen-Ta Camp. Learn to write messages with invisible ink, examine and explore your surroundings solve who-done-it mysteries, and more.

Field Trip: Love Creek Nature Center, Berrien Spring, MI

Broadway

Week #9 – Aug. 7-11

Let your inner performer shine at the YMCA's very own Talent Week. Find your moment in the spotlight with activities like a lip sync challenge, dance off, improv skits, and a talent show.

Field Trip: Kalamazoo Valley Museum, Kalamazoo, MI

Messy Kids

Week #10 – Aug. 14-18

Bust out your old T-shirts for the messiest week ever! Each day brings a new project as we explore the messiest of the mess activities. No field trip.

Cost per week:

Member: \$165 • Community: \$180

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.

	Pre-Care (6:45-9:00 AM)	Post-Care (4:30-6:00 PM)	Both
Member	\$45/week	\$35/week	\$70/week
Community	\$55/week	\$45/week	\$90/week

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

This program is funded under a grant awarded by the Michigan Department of Education.

REGISTRATION IS OPEN NOW!

YOUNG ADVENTURE CAMP

Ages 3–5

Young Adventure Summer Day Camp runs 9:00 AM–12:00 PM Monday–Thursday

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

Blast into Summer June 12–16

The countdown has begun, the crew is suited up and ready for some extraterrestrial adventures as they explore space and learn about the solar system.

Princesses and Superheroes June 19–23

Let's take a walk and let our imaginations take us to a land of make-believe, where we can be anyone we want to be. Dress up as your favorite princess or superhero every day at camp. Create magical art and use your superpowers to create expressive creations of art.

Celebrations Around the World June 26–30

In America we celebrate our independence, but did you know in Russia they celebrate the sun shining all the time, even at night. We will explore the world around us and how all our celebrations are fun and exciting.

No camp for the week of 4th of July

Unicorns and Dinosaurs July 10–14

You read that right, Unicorns and Dinosaurs, why not! 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.

Safari July 17–21

Lions and tigers (no bears), elephants, and more. We will take a trip to the Serengeti and explore all the wild animals that roam this region of Africa.

Pirates & Mermaids July 24–28

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.

It's a Very Messy Week July 31–August 4

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.

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

REGISTRATION IS OPEN NOW!



Member: \$100 • Community: \$125
Cost is per week. Pick the weeks you want!

Pre-Care (7:45–8:55 AM)

Member: \$25/week

Community: \$30/week

Post-Care (12:00–3:00 PM)

Member: \$55/week

Community: \$65/week

BOTH:

Member: \$70/week

Community: \$80/week

*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.*



Y-CLUB 2023-2024

ST. JOSEPH PUBLIC SCHOOLS

Before and after care are held at the Benton Harbor-St. Joseph YMCA for students from Brown, E.P. Clarke, Lincoln, and Upton. St. Joseph Public Schools will bus children to and from Y-Club. (Busing is currently not available for Upton students.) Registration opening in May.

LAKESHORE PUBLIC SCHOOLS

Before and after care are held at Roosevelt Elementary for students from Roosevelt, Hollywood, and Stewart. Lakeshore Public Schools will bus children to and from Roosevelt for Y-Club. Registration opening in May.

		MEMBER Monthly Pricing	COMMUNITY Monthly Pricing
BEFORE CARE	6:45 AM–Start of school	\$120	\$150
AFTER CARE	End of school–6:00 PM	\$180	\$212
BOTH	–	\$270	\$330

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.

Pre-registration required.

FULL DAY	8:00 AM–6:00 PM	\$44
HALF DAY	End of school–6:00 PM	\$29

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.

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

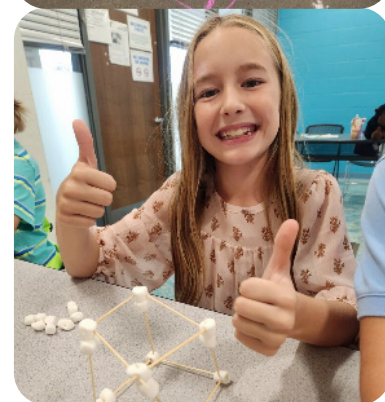
PAYMENT INFORMATION

- 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

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.



PRESCHOOL



CLASS

TIME

MONTHLY COST

Plus a one-time \$50 registration fee

ANGELFISH

Age 2 by
March 1, 2023

Friday

9:30–11:30 AM

Extended Care: 11:30 AM–2:30 PM

	Fee	
Household	\$85	No swim
Youth	\$95	
Community	\$105	

BUTTERFLIES

Age 3 by
Sept. 5, 2023

Tuesday & Thursday

8:45–11:55 AM

Extended Care: 12:00–3:00 PM

Not required to be fully potty trained

	Base Fee	w/ Swim
Household	\$160	\$205
Youth	\$200	\$245
Community	\$250	\$310
30-minute swim lesson fee \$45/member • \$60/community		

CHIPMUNKS

Age 4 by
May 1, 2024

Tuesday & Thursday

8:45–11:55 AM

Extended Care: 12:00–3:00 PM

	Base Fee	w/ Swim
Household	\$160	\$205
Youth	\$200	\$245
Community	\$250	\$310
30-minute swim lesson fee \$45/member • \$60/community		

DINOSAURS

Age 4 by
Sept. 5, 2023

Mon, Wed, Fri

8:45–11:55 AM

Extended Care: 12:00–3:00 PM

	Base Fee	w/ Swim
Household	\$195	\$245
Youth	\$220	\$270
Community	\$270	\$335
45-minute swim lesson fee \$50/member • \$65/community		

EAGLES

Age 5 by
April 1, 2024

Monday – Thursday

8:45 AM–12:30 PM

Extended Care: 12:30–3:30 PM

	Base Fee	w/ Swim
Household	\$275	\$325
Youth	\$300	\$350
Community	\$325	\$390
45-minute swim lesson fee \$50/member • \$65/community		

GREAT START READINESS PROGRAM

Age 4 by
Dec. 1, 2023

Monday – Thursday

8:15 AM–3:15 PM

Free for qualifying families



Materials were developed with funds from the Michigan Department of Education

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 August 18, 2023, deposit and first month's fees will be due at registration
- If you are going to be late in picking up your child, please contact the YMCA so we can let the teacher know. If this is a continued issue, your child will be released to Extended Care, with appropriate fees applied.

Extended Care Monthly Rates

	2-day	3-day	4-day
Member	\$145	\$190	\$260
Youth	\$155	\$200	\$270
Community	\$165	\$210	\$280

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: Wednesday 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.



BASKETBALL CLINIC Ages 5-12

SPRING 7 Weeks Monday 5:30-6:15 PM

This clinic will strengthen basketball skills such as ball handling, passing, defense, dribbling, and shooting.

Member: \$63 • Non-Member: \$126



YOUTH STRENGTH Ages 12-16

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

SPRING 7 Weeks: Monday & Wednesday 6:30-7:30 PM

\$100/person

SUMMER I & II 5 Weeks: Monday & Wednesday 11:00 AM-12:00 PM

\$72/person

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 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

DANCE & MUSIC

Program Registration
available online
ymcagm.org/programs

PRE-BALLET Ages 3-5

SUMMER I Wednesday 4:00-4:45 PM

This is a multi-level Pre-ballet dance class. Students will learn basic ballet and creative movements through fun, rhythmic, upbeat music. They will increase large motor skills and coordination while having fun!

ATTIRE: Pink leotard, pink tights, pink ballet slippers. Skirts are optional.

Member: \$55 • Community: \$90



MOMMY & ME BALLET Ages 18 months-4 years

Spring Session - Friday 9:00-9:45 AM

This is an introduction to ballet and the world of dance for children and their caregivers! This course will focus on basic ballet techniques, movement, rhythm, and gently transitioning children into a dance class of their own. The parent/guardian will participate right along with their child, ensuring a comforting experience for their child as well as a great workout and refresher course in dance for themselves! In addition to the ballet curriculum, students will learn valuable skills such as listening, following instruction, taking turns, and showing respect. We hope to inspire a love of dance and friendship for all of our students!

Members \$55 • Community \$90

ATTIRE: Comfortable exercise clothes.

Join us in fall for the start of our yearly in motion,
dance program for more class offerings!

- Pre-Ballet
- Mommy & Me Ballet
- Adult Repertoire

Please contact Nancy Gitlin at
ngitlin@ymcagm.org for more
details.



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

Member: \$74 • Community: \$147

SUMMER I & II

Member: \$53 • Community: \$106

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

Member: \$85 • Community: \$170

SUMMER I & II

Member: \$60 • Community: \$120

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

Member: \$100 • Community: \$140

SUMMER I & II

Member: \$70 • 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

Member: \$74 • Community: \$147

SUMMER I & II

Member: \$53 • Community: \$106

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

Member: \$85 • Community: \$170

SUMMER I & II

Member: \$60 • Community: \$120

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

Member: \$120 • Community: \$160

SUMMER I & II

Member: \$85 • Community: \$110

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).

HEALTHY LIVING

Program Registration
available online
ymcagm.org/programs

WOMEN ON WEIGHTS Ages 18+

Wednesday 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

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.

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**

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

45 minutes, **Ages 6–12**

4:30–5:15 PM – Member: \$114 • Community: \$228

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

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: \$145 • Community: \$288

5 Semi-Private Half-Hour Lessons

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

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

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

SUMMER I & II 5 weeks

30 minutes Member: \$65 • Community: \$130

45 minutes Member: \$72 • Community: \$144



DOLPHINS SWIM TEAM **Ages 5–18**

Registration opens in May

Join us for Summer swim team as we travel around Michiana to outdoor pools as part of the MAPSC League! Practice will begin in June on Mondays, Tuesdays, and Thursdays in the morning with meets on Wednesday mornings. Swimmers aged 8 and under must be able to swim 1 length of backstroke and freestyle. Swimmers aged 9 and over must be able to swim 2 lengths of backstroke and freestyle. A YMCA membership is required to be a Dolphin. New swimmers can call the YMCA to sign up for an evaluation before registering for Swim Team. Please contact Kendra Gray for more information at kgray@ymcagm.org.

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.

**SUMMER
2023
REGISTRATION
IS OPEN!**

Visit ymcacampeberhart.org
to learn more!

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)



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.

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

\$13 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.

MOBILE APP

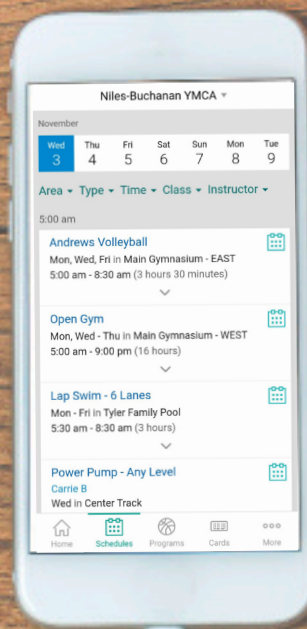


HOW TO DOWNLOAD

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 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



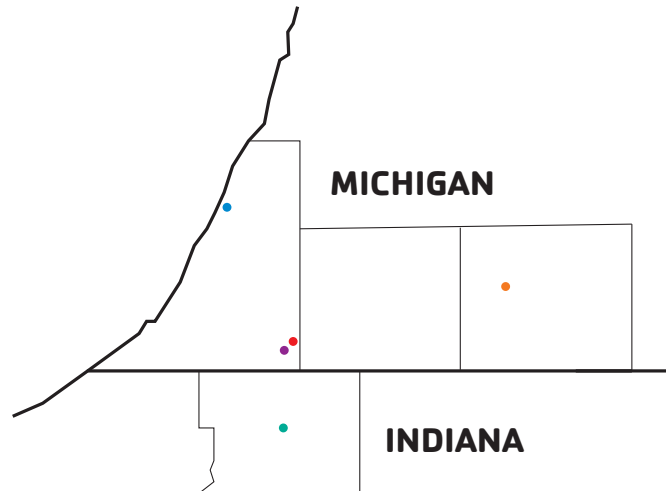
Facility

Monday–Thursday: 5:00 AM–9:00 PM
Friday: 5:00 AM–7:30 PM
Saturday: 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



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!