

2020 Spring/Summer Program Guide

SPRING SESSION

April 19–June 6, 2020
Registration opens March 22

SUMMER SESSIONS

June 7–July 18, 2020
Registration opens May 24
July 19–August 22, 2020
Registration opens July 5



YMCA of Greater Michiana

Benton Harbor–St. Joseph YMCA

 Niles–Buchanan YMCA

South Bend–Mishawaka YMCA

YMCA Camp Eberhart

— YOUTH PROGRAMS —

TAEKWONDO

SPRING/SUMMER • Ages 5+

This child-focused class emphasizes discipline, self-control, confidence, and respect. Please wear loose clothing. Please note an \$80 fee for uniforms/equipment.

White Belt: Saturday 11:15 AM–12:00 PM

Orange Belt: Saturday 12:00–12:45 PM

Yellow/Camo Belts: Saturday 1:00–1:45 PM

SPRING Member: \$84 • Non-Member: \$168

SUMMER Member: \$65 • Non-Member: \$130

CREATIVE MOVEMENT

SPRING/SUMMER • Ages 18 mo–3 years

Tuesday 5:30–6:00 PM

A great way to have fun with your child while they develop their basic motor skills. Under our instructor's direction, you will assist your child in improving their ability to balance, jump, and run as well as hand-eye coordination and other motor skills. Wear comfortable clothing. *Parent participation is required.*

SPRING Member: \$35 • Non-Member: \$70

SUMMER Member: \$25 • Non-Member: \$50

INTRO TO TUMBLING

SPRING/SUMMER • Ages 4+ • Tuesday 6:15–7:00 PM

Tumbling is a type of gymnastics where children will master basic concepts such as balance, strength, stretch, and movement.

SPRING Member: \$50 • Non-Member: \$100

SUMMER Member: \$40 • Non-Member: \$80

INTRO TO GYMNASTICS

SPRING/SUMMER • Ages 6+ • Thursday 5:30–6:30 PM

This class offers a fun and safe environment for children to learn gymnastics skills plus develop coordination, strength, flexibility, and confidence. Wear comfortable clothing.

SPRING Member: \$85 • Non-Member: \$170

SUMMER Member: \$65 • Non-Member: \$130

HORSEBACK RIDING DAY CAMP

June 15–18, June 29–July 2, or July 27–30 • Ages 7–13

Monday–Thursday, 9:00 AM–12:00 PM daily

Visit Egan Stables in Buchanan to learn how to ride and care for horses! NOTE: Please wear jeans or long pants. Riding boots with a heel are required. If you have questions, please call Egan Stables at (574) 386-8534.

Cost: \$200/week regardless of Y membership

BASKETBALL CAMP

June 22–25 • K–5th Graders

K–2nd Grade: 10:00–11:00 AM daily

3rd–5th Grade: 11:15 AM–12:15 PM daily

Learn and improve on the fundamentals of basketball including shooting, dribbling, passing, and defense.

Member: \$45 • Non-Member: \$60

DEFENSE/SHOOTING BASKETBALL CLINIC

Sat., June 27 • 5th–8th Graders • 10:00 AM–12:00 PM

This one-day clinic will focus on fundamentals of shooting and form, as well as defensive fundamentals, sportsmanship, social independence, confidence, and team concepts.

Member: \$25 • Non-Member: \$40

SOCCER CAMP

July 20–23 • K–5th Graders

K–2nd Grade: 10:00–11:00 AM

3rd–5th Grade: 11:15 AM–12:15 PM

Participants will learn the basic skills of the sport including passing, dribbling, ball handling, defense, and speed and agility. Participants will practice skills in short field experiences.

Member: \$45 • Non-Member: \$60

SUMMER MY WAY®

June 29–August 7, 9:00 AM–3:00 PM daily

Students currently enrolled in K–5th grades

Join us for six weeks of learning, physical activity, and fun at the Northside Elementary School in Niles! Breakfast and lunch are both provided. Registration opens May 4—choose 1, 2, or 3 two-week sessions.

\$40/student per two-week session

Pre-Care: 6:45–9:00 AM (\$25/week per child)

Post-Care: 3:00–6:00 PM (\$25/week per child)

HORSEBACK RIDING LESSONS

SPRING • Ages 7–13

Wednesday 4:30–5:30 PM or 5:30–6:30 PM

Visit Egan Stables in Buchanan for weekly horseback riding lessons! NOTE: Please wear jeans or long pants. Riding boots with a heel are required.

Cost: \$200/session regardless of Y membership

ADULT PROGRAMS

10K STEP CHALLENGE

SUMMER • Ages 6–12 & 13+ • FREE to enter!
Walk 10,000 steps (5 miles) per day for 10 weeks.
Participants who complete the challenge will be entered into drawings throughout for Y swag!

WOMEN ON WEIGHTS

SPRING • Ages 16+
Wednesday 8:00–8:30 AM or Tuesday 6:30–7:00 PM
This instructional, small-group class teaches women proper weight-lifting etiquette, technique, and routine. The goals are to assist women in improving posture, increasing strength, and losing body mass.
Member: \$85 • Non-Member: \$170

KETTLEBELL 101

SPRING • Ages 16+ • Friday 8:00–8:30 AM
Participants are taken through a variety of movements with kettlebells designed to develop strength, mobility, internal energy, work capacity, and vitality. This is the ultimate class for all-round fitness.
Member: \$85 • Non-Member: \$170

LIVESTRONG® AT THE YMCA

April 14–July 2 • Ages 18+
Monday & Thursday 1:00–2:30 PM
This 12-week exercise program and support group is for cancer survivors to help achieve improved wellness at **no cost to the participant**. Participants meet twice weekly with certified instructors and personal trainers who have undergone specialized training in the elements of supportive cancer care. STAYSTRONG at the YMCA is available for graduates to continue their physical activity and stay connected with classmates.



MELT® WORKSHOPS

MELT® is a simple self-treatment designed to help you stay healthy, youthful, and active for a lifetime. This full-body method of self-care can be customized to your particular needs—from improving performance and decreasing the risk of repetitive stress injuries to eliminating chronic pain, regardless of what’s causing your pain in the first place.

With MELT® Performance Kit: \$35

Without Kit: \$15

Once you purchase the kit, you may bring it to returning classes.

UPCOMING WORKSHOPS:

Arthritis	Friday, April 17 2:00–3:30 PM
Low Back Pain	Saturday, May 16 7:00–8:30 AM
Stress Management	Saturday, June 6 7:00–8:30 AM
Mobility	Saturday, August 8 7:00–8:30 AM
Low Back Pain	Saturday, September 12 7:00–8:30 AM

Workshops are subject to change. Please check with Member Service or visit ymcagm.org/MELT for the most up-to-date information.



**The Y also offers Massage Therapy, Personal Training, and Health Coaching!
Visit ymcagm.org to learn more about all of our healthy living programs.**

YOUNG ADVENTURE CAMP

Day camp for children ages 3–5

Camp runs Monday–Thursday, 9:00 AM–12:00 PM daily.
We go swimming every Monday and Wednesday, so pack a swimsuit and towel!

Under the Milky Way June 15–18

Join us for a week of space exploration! Our space explorers will blast off on a grand adventure and learn about our solar system through fun games, crafts, play, and hands-on experiments.

Food, Fun, and Fitness June 22–25

Your little chef will love a week filled with learning healthy recipes! Additionally, we will explore different ways to stay fit and healthy including fun games that get our bodies moving and hearts pumping.

Party in the USA June 29–July 2

When it's your 244th birthday, a party is definitely in order! We'll learn about the USA and what makes it special through crafts, games, songs, and more. We will end the week by celebrating the 4th of July!

Buggin' Out July 6–9

Do you have a little adventurer who loves all things creepy crawl? We will spend the week learning about our insect friends through science, crafts, play, and music!

Member: \$85 • Non-Member: \$110

*Cost is per week. Pick the weeks you want!
Your child must be potty trained to attend.*

Pre-Care (7:45–9:00 AM) \$10/week
Post-Care (12:00–3:00 PM) \$15/week
BOTH: \$20/week

Ooey Gooley July 13–16

One of the best ways for kids to learn is through hands-on play and exploration! So leave the clean up to us and join us for a week of "ooey gooley" fun and learning.

Mermaids & Pirates July 20–23

Dive deep into a week of fun and learning as we swim with mermaids and sail the seas with friendly pirates! We will explore why boats float and find out which marine animals can hold their breath for up to 15 minutes!

LEARNING TREE PRESCHOOL

Register now for the 2020–2021 school year!



CLASS	TIME	MONTHLY COST
LIONS Age 3 by Sept. 1, 2020	Tuesday & Thursday 8:15–11:00 AM	Household: \$110 • Youth: \$125 Non-Member: \$155
BEARS Age 4 by Sept. 1, 2020	Monday, Wed., Friday 8:15 AM–12:00 PM	Household: \$155 • Youth: \$170 Non-Member: \$200

Your child must be potty trained to attend preschool.

Lions Post-Care
11:00 AM–1:00 PM
Cost: \$8/week

Bears Post-Care
12:00–2:00 PM
Cost: \$12/week

Y-CLUB CHILD CARE

Register now for the 2020–2021 school year!

Before care is held at the Niles–Buchanan YMCA and after care is held at Eastside Connections School for students from **Ballard**, **Howard–Ellis**, **Northside** (Kindergarten only), **Eastside Connections** (no before care), and **Ring Lardner**. Niles Community Schools will bus children to school from the Y and from their school to Eastside.

For children attending **Merritt** and **Brandywine Elementary**, aftercare will be available for the 2020–2021 school year at Merritt Elementary from school end until 6:00 PM. Children from Brandywine Elementary will be bussed to Merritt. You may also purchase a punch card for flexibility and attend only certain days. Punch cards are \$35 for 5 days and \$70 for 10 days. Punch cards are only available for Merritt and Brandywine students.

BEFORE CARE	6:45 AM–Start of school	\$16/week	<i>Scheduled half days are included in after care which is offered from end of school until 6:00 PM.</i>
AFTER CARE	End of school–6:00 PM	Averages \$32/week	

All Y-Club programming requires pre-registration at the Niles–Buchanan YMCA. Before care, after care, and Kids Day Off care is paid prior to the week of service. Emergency Closing care will be drafted day-of the emergency closing.

KIDS DAY OFF

For scheduled school days off (such as MLK Day), your child can enjoy programming at the YMCA! Kids Day Off will be held at the Niles–Buchanan YMCA. A \$20 charge will be incurred if you are enrolled but do not attend. Please bring your swim and gym gear and lunch. Scheduled half days are included in after care.

PER DAY (PRE-REGISTER)	\$40
DAY-OF REGISTRATION	\$50

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 Districts is closed subject to State of Emergency. Care will be provided at the Niles–Buchanan YMCA from **8:00 AM to 6:00 PM** and includes time in the gym and pool! Please bring your swim and gym gear and lunch. A \$20 charge will be incurred if you are enrolled but do not attend. Billing will be drafted after day of emergency closing.

PER DAY (PRE-REGISTER)	\$40
DAY-OF REGISTRATION	\$50

PICKUP PROCEDURES

Students must be signed out by a YMCA staff member who will verify that the adult is authorized to pick up the student. After-school programs conclude at 6:00 PM each day. Students must be picked up no later than 6:00 PM. Parents can arrange for their child to be picked up earlier if necessary.



CAT TRACKS



5K TRAIL RUN/WALK

Saturday, August 8 • 9:00 AM
Brandywine High School

Conquer "the Swamp" on Brandywine's cross country course and adjoining Low Family property. Proceeds from this race are split between the Brandywine Foundation and Summer My Way® day camp.

Register at ymcagm.org/CatTracks

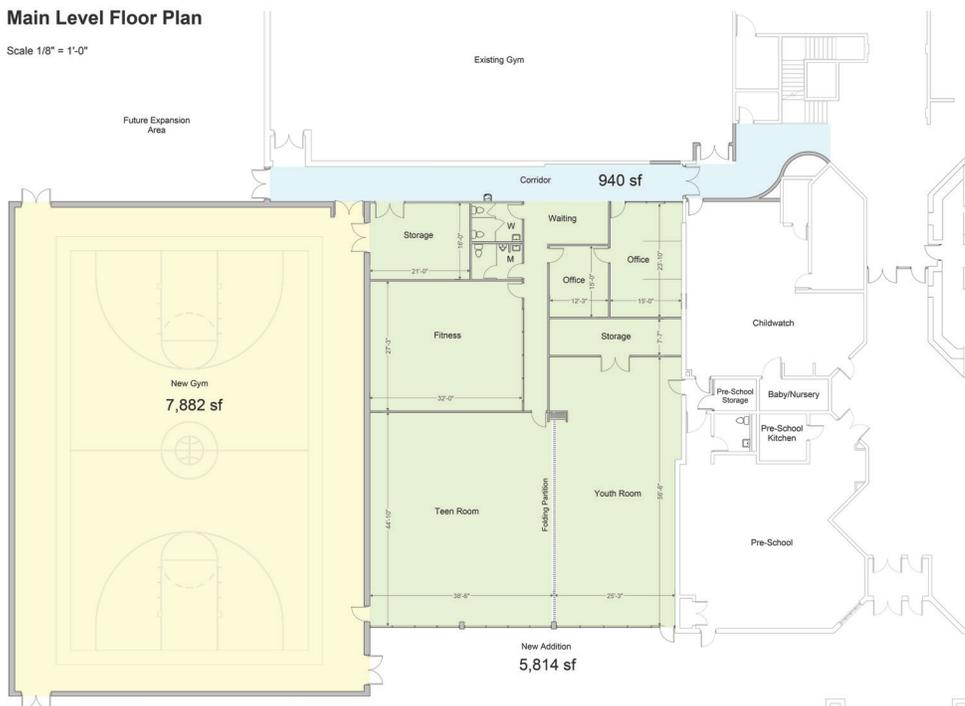


CAPITAL EXPANSION

Breaking ground in April 2020!

Main Level Floor Plan

Scale 1/8" = 1'-0"



Investing in the Niles-Buchanan YMCA is investing in the future of our community. The Y focuses on youth development, healthy living, and social responsibility. Our core values of caring, honesty, respect, and responsibility are at the heart of everything we do. We believe that positive, lasting personal and social change can only happen when we all work together to invest in our kids, our health, and our communities.

NEW SPACES

- Full-size gymnasium
- Youth Room
- Teen Room
- Fitness Studio
- Additional space for preschool & Childwatch
- Office space

AQUATICS

ACCELERATED SWIM LESSONS

June 15–25 • July 6–16 • July 20–30 • August 3–13

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 in the afternoon with a total of 8 classes.

30 minute Member: \$84 • Non-Member: \$168

45 minute Member: \$96 • Non-Member: \$192

BACKYARD SWIM LESSONS

Available June 7–August 22

YMCA swim lessons in the convenience and comfort of your backyard pool with a certified swim instructor. Options include private, semi-private, and group. Contact Member Service for pricing.

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.

SPRING (7-week session)

30 minute Member: \$73.50 • Non-Member: \$147

45 minute Member: \$84 • Non-Member: \$168

SUMMER (5-week sessions)

30 minute Member: \$52.50 • Non-Member: \$105

45 minute Member: \$60 • Non-Member: \$120

DIAMOND LAKE YACHT CLUB

June 29–July 2 • July 6–9

Come have fun at the beautiful Diamond Lake in Cassopolis, MI 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)

11:15–11:45 AM • \$60/week

Water Acclimation (3–5 years)

10:00–10:30 AM • \$60/week

Water Movement (6–8 years)

10:30–11:15 AM • \$80/week

Swim Strokes/Water Stamina (9+ years)

9:15–10:00 AM • \$100/week

Private/Semi-Private

12:00–12:30 PM • \$125/week

PRIVATE/SEMI-PRIVATE LESSONS

SPRING/SUMMER • All ages 6 mo+

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

5 Private Half-Hour Punches

Member: \$90 • Non-Member: \$180

5 Semi-Private Half-Hour Punches

Member: \$70 • Non-Member: \$140

MARINERS SWIM TEAM

Practice starts April 27 • Ages 5–18

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. There is a \$75 registration fee due at sign up and a YMCA membership is required to be a Mariner. For evaluations, contact Coach Maggie at (269) 683-1552 or mregan@ymcagm.org. If your child is unsure about joining, we offer a 2-week trial for \$20!

Red Group: \$48/month

Yellow Group: \$54/month

Blue Group: \$60/month

Green Group: \$66/month



MARINERS STROKE CLINIC

April 13–24 • Ages 5–18

Mondays, Wednesdays, Fridays 4:30–5:30 PM

Perfect your swimming technique with coaches from the Mariners swim team. Clinic sessions include drills and stroke analysis for freestyle, backstroke, breaststroke, and butterfly, as well as work on flip turns and dives.

Member: \$60 • Non-Member: \$100

LIFEGUARD CERTIFICATION

Starts April 16 • Ages 15+

Become a certified lifeguard through the American Red



American Red Cross

Cross! Those who join the YMCA as a lifeguard upon successful completion of the course will have a partial amount refunded.

Pre-Course: Thursday, April 16 • 7:00–8:00 PM

Course: April 21–May 21,

Tuesdays & Thursdays • 7:00–10:00 PM

\$200 (\$40 non-refundable pre-course, \$160 course)

Recertification: \$75

YMCA of Greater Michiana

Niles-Buchanan YMCA

(269) 683-1552

905 North Front St, Niles, MI



ymcagm.org

ymcacameberhart.org

Download our app!

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



Upcoming Events

HEALTHY KIDS DAY

Come hang out with us at our annual Healthy Kids Day event sponsored by Honor Credit Union! We will have fun games, healthy snacks, a bounce house, and so much more! This nationwide YMCA event includes vendors and area organizations, including local fire and police stations, fingerprinting services, vision clinics, and more!
Saturday, April 18 • 1:00–3:00 PM • FREE

HOPE GROWS LUNCHEON

Hope Grows is a joint venture between Spectrum Health Lakeland Foundation, the YMCA of Greater Michiana, and the community that provides cancer patients and their families with a continuum of care. All Hope Grows funding is disbursed back into the community through LIVESTRONG® at the YMCA and the Marie Yeager Cancer Center. Learn more and donate at ymcagm.org/HopeGrows.

Thursday, May 7 • 12:00–1:00 PM • Purchase a table to attend

PGA KIDS ZONE

Check out the Y's Kids Zone at the 2020 KitchenAid Senior PGA Championship at Harbor Shores! Kids Zone will be full of family-friendly fun for kids of all ages including face painting, golf ball art, Golfzilla, a bounce house, instructed hitting bays, STEM projects, and more!

May 23–24 • 10:00 AM–4:00 PM daily • FREE for those attending the tournament

DAY IN THE PARK

The Y is partnering with LifePlan for this fun festival for the whole family. Come experience a variety of workouts as well as a water slide, inflatables, carnival games, food, and more!

Saturday, July 11 • 10:00 AM–1:00 PM • FREE

CAT TRACKS 5K TRAIL WALK/RUN

Register today for Cat Tracks 5K Trail Run/Walk! The 5K event follows the Brandywine High School cross country course featuring "The Swamp" and finishes on the high school track. Chip timing will be used. Proceeds from this race will be split between Brandywine Foundation and Summer My Way® day camp.

Saturday, August 8 • 9:00 AM • Register at ymcagm.org/CatTracks