



2024 SPRING SUMMER PROGRAM GUIDE



YMCA of Greater Michiana Niles-Buchanan 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

NILES-BUCHANAN YMCA

905 N. Front Street
 Niles, MI 49120
 269-683-9927



Facility

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



Childwatch

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



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

2024–2025 Summer My Way®

Monday–Friday, 9:00 AM–3:00 PM

June 24–August 9, 2024

Grades K–5th

Join us for seven weeks of learning and physical activity! This fun, academic-based camp focuses on nurturing academic success, engaging students in physical activity, and increasing social responsibility in the youth in our community. Breakfast and lunch included. Choose 1, 2, or 3 two-week sessions.

K-3RD GRADE	Northside Child Development Center, 2020 N. 5th St., Niles	\$75/week
4-5TH GRADE	Niles–Buchanan YMCA	\$75/week
PRE-CARE	7:00 AM–9:00 AM	\$30/week per child
POST-CARE	3:00–5:30 PM	\$30/week per child

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

REGISTRATION OPENS
May 1, 2024

SUMMER
MY WAY®
DAY CAMP



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.

Cost: \$825	Ages: 7-16
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
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

NILES COMMUNITY SCHOOLS Y-CLUB

BEFORE SCHOOL CARE

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

AFTER SCHOOL CARE

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

		MEMBER Monthly Pricing	COMMUNITY Monthly Pricing
BEFORE CARE	6:45 AM–Start of school	\$120	\$135
AFTER CARE	End of school–6:00 PM	\$180	\$195
BOTH	-	\$275	\$320

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

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

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

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

EMERGENCY CLOSINGS

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

PRE-REGISTRATION	8:00 AM–6:00 PM	\$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

CHILD CARE & PRESCHOOL

CHILD CARE

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

3 year olds who join us for care will have the added benefit of following a preschool-structured routine with age-appropriate Creative Curriculum. Children must turn 3 on or before December 1, 2024.

Niles-Buchanan YMCA 905 N. Front St., Niles, MI 49120	Ages 6 weeks to 2 years	Monday-Friday 7:00 AM-5:30 PM	Member: \$275/week Community: \$295/week
Northside Child Development Center, 2020 N. 5th St., Niles, MI 49120	Ages 3	Monday-Friday 7:30 AM-5:00 PM	Member: \$250/week Community: \$270/week

GREAT START READINESS PRESCHOOL

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

The Great Start Readiness Program (GSRP) is a free state-funded center-based preschool program serving income-eligible 4-year-olds. The goal of GSRP is to provide every preschooler with the best educational opportunities through our child-centered, hands-on curriculum set in a rich learning environment that is created through our families, community, and professional staff. Students must turn 4 by Dec. 1, 2024. Half-day and full-day options.

MONDAY-THURSDAY	Half Day 8:20 AM-12:00 PM Full Day 8:20 AM -3:20 PM
MONDAY-FRIDAY	Full Day 8:20 AM-3:20 PM

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

COST
Free for eligible
families.

**REGISTRATION
NOW OPEN!**

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.

TEEN CENTER Ages 12-19

Summer hours coming soon!

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



MUST DO MORNINGS Ages 6 weeks–8 years

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

6 WEEKS – 23 MONTHS	Member: \$15/day Community: \$20/day	Member: \$60/week Community: \$80/week	Member: \$240/month Community: \$320/month
24 MONTHS – 8 YEARS	Member: \$10/day Community: \$15/day	Member: \$40/week Community: \$60/week	Member: \$160/month Community: \$240/month

FOR YOUTH DEVELOPMENT

DANCE

POP AND TOTS Ages 3-5

Wednesdays 4:30-5:25 PM

This class will be fun and easy to follow along to songs and moves while building flexibility and strength. We will begin with circle time, then move into follow along dance routines. The end of class will have 15 mins of "Tumble Time" where dancers get to work on basic grounded gymnastics like forward, backwards rolls, cartwheels, headstands and much more. Perfect for boys and girls!

Spring Session: Member: \$85 • Community: \$135

NOTE: Please have dancers wear comfortable attire and barefoot. Long hair should be pulled up and out of the face.

POP AND ACRO

Wednesdays 5:30-6:25 PM - Ages 6-12

Each dancer will gain the fundamentals of dance with basic movement including hip hop and gymnastics (acro) while listening to fun upbeat music. Each class will begin with a warm-up and stretching, then follow along fundamentals, across the floor, and finish with 15 minutes of acro skills, like cartwheels, backbends, handstands, and much more. Perfect for boys and girls!

Spring Session: Member: \$85 • Community: \$135

NOTE: Please have dancers wear comfortable attire and sneakers can be worn or barefoot. Long hair should be pulled up and out of the face.



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

DIAMOND LAKE YACHT CLUB

July 8-11 and July 15-18

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

Swim Strokes/Water Stamina (9+ years)

9:15 AM–10:00 AM – \$95/week

Water Acclimation (3–5 years)

10:00 AM–10:30 AM – \$75/week

Water Movement (6–8 years)

10:30 AM–11:15 AM – \$95/week

Parent/Toddler (6–36 months old)

11:15 AM–11:45 AM – \$75/week

Private/Semi-Private (Any Age)

12:00 PM–12:30 PM – \$130/week

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. Contact Member Services if interested.

New Certification: \$250

Add Waterfront Certification for \$30

Recertification for currently certified lifeguards: \$100

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.

5 Half-Hour Lessons

Private: \$110/Member • \$220/Community

Semi-Private: \$90/Member • \$180/Community

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

MARINERS SWIM TEAM Ages 5-18

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

For pricing contact Member Services.

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 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 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.



FOR HEALTHY LIVING

HEALTH & FITNESS

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
11:00 AM-12:00 PM

Studio A



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.



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 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.



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



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 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 29–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



PRESENTED BY HONOR CREDIT UNION

2024 RACE FOR YMCA 5K/10K

SATURDAY, JULY 20, 2024

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

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.

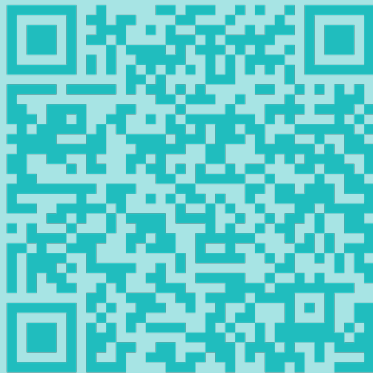
LIVESTRONG® at the YMCA is a 12-week, no-cost program for adult cancer survivors and their families. The goal of the program is to help survivors recover from their cancer diagnosis and treatments by working to improve their overall strength, endurance, balance, and flexibility while building relationships and finding support with other participants.

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



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.



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

