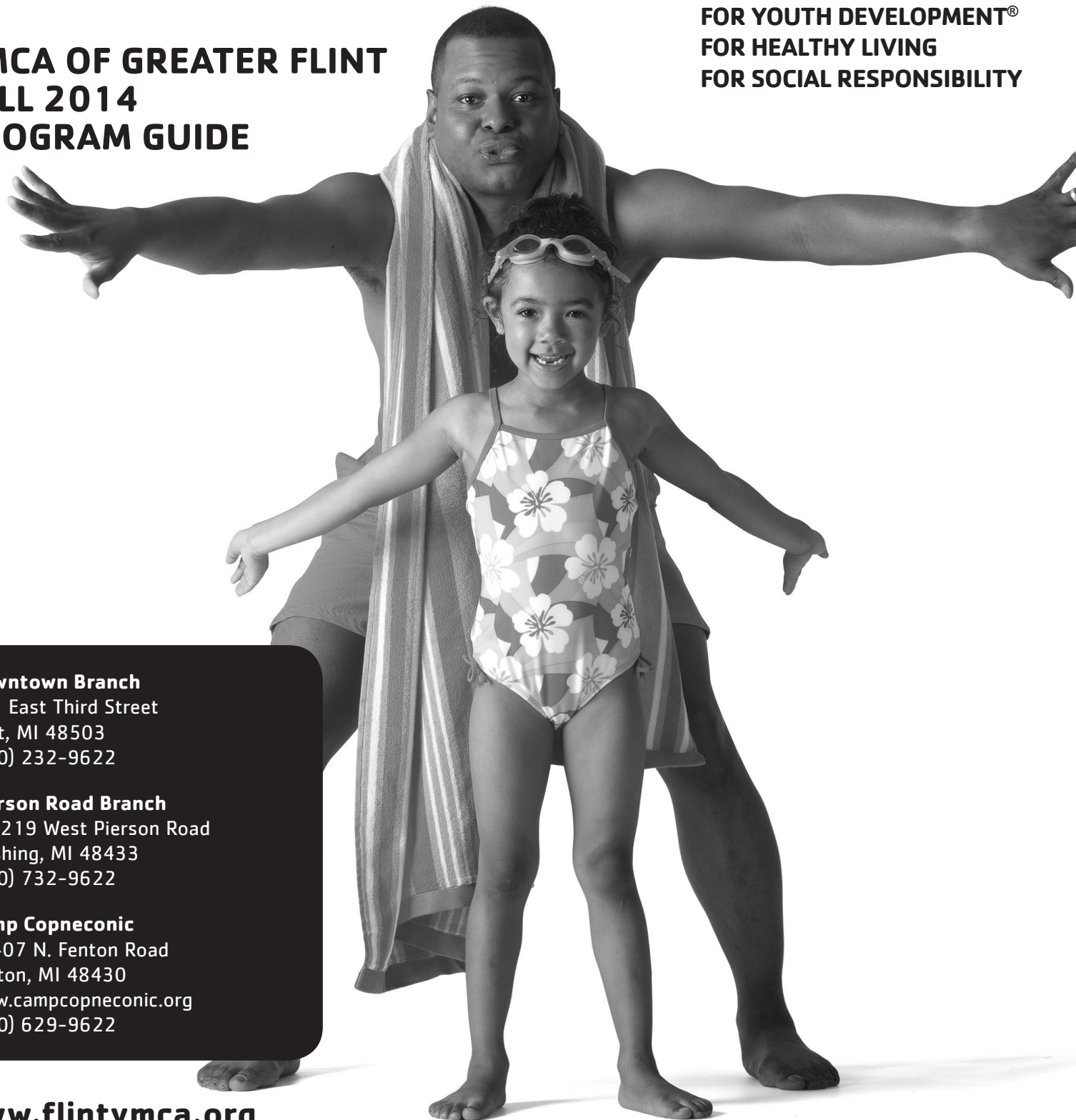


ALWAYS HERE FOR OUR COMMUNITY



**YMCA OF GREATER FLINT
FALL 2014
PROGRAM GUIDE**

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Downtown Branch
411 East Third Street
Flint, MI 48503
(810) 232-9622

Pierson Road Branch
G-5219 West Pierson Road
Flushing, MI 48433
(810) 732-9622

Camp Copneconic
10407 N. Fenton Road
Fenton, MI 48430
www.campcopneconic.org
(810) 629-9622

www.flintymca.org

WELCOME

YMCA of Greater Flint • www.flintymca.org

You can workout anywhere, but you BELONG at the YMCA of Greater Flint.

Our vision is to make the Y memberships available to everyone in our community. A membership at the Y improves the wellness of the whole person in a welcoming environment that provides quality service, programs, facilities and equipment. The YMCA of Greater Flint serves people and families of all ages, income levels, and physical condition with emphasis on responsibility and self-improvement.

Facility Hours

Downtown & Pierson Road

Note: All program areas close 30 minutes prior to closing time to allow members to finish in the locker rooms and check out of the facility.

Summer Hours (June 1st-September 30th)

Monday-Friday 5:00am-10:00pm
Saturday 6:00am-7:00pm
Sunday 1:00pm-5:00pm

Winter Hours (October 1st-May 31st)

Monday-Friday 5:00am-10:00pm
Saturday 6:00am-9:00pm
Sunday 12:00pm (Noon)-7:00pm

Holiday Closings

Thanksgiving	November 27th
Christmas Eve	December 24th
Christmas Day	December 25th
New Year's Eve (Closing at Noon)	December 31st
New Year's Day	January 1st

Financial Assistance

The YMCA offers programs and services designed to benefit people of all incomes and backgrounds. The Y uses contributed funds from the Partner with Youth Campaign to ensure those unable to pay the stated fee are able to participate. If fees are a concern, please inquire at the front desk for a scholarship application form.

Program Cancellation Policy

Occasionally the YMCA will have to cancel a class due to lack of registrations. If this happens, the participants will receive a full credit or refund if they cannot take the same class at another time. There are no refunds or credits issued for missed classes or vacations. Make up classes will only be held if the YMCA has to cancel the class.

Follow us on Facebook & Twitter

[facebook.com/flintymca](https://www.facebook.com/flintymca) • [@YMCA_of_Flint](https://twitter.com/YMCA_of_Flint)



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Y Safe Places

After School Program for Youth • 1st – 12th Grade

Join us at one of our after school youth centers where staff will lead fun activities in a safe and structured environment! Youth will develop new skills, meet friends and build confidence while having a great time. Snacks and dinner are provided to all participants. The sites are open year round on a drop in basis. This is a free program and all youth are welcome.

For more information please contact Shelly or Monica at the Downtown YMCA at (810) 232-9622 or www.flintymca.org.



YOUTH DEVELOPMENT

Downtown Branch

SWIMMING LESSONS FALL SCHEDULE

Fall Session I **September 8th – October 18th**
Fall Session II **October 27th – December 13th**

*Lessons will be cancelled on Thanksgiving (November 27th)
and on the day of the Santa Run (December 6th).*

Make up sessions will be held:

Thanksgiving Make Up - December 11th

Santa Run Make Up - December 13th

Swimming Lesson Fees:

\$30 YMCA Members • \$55 Community Members

\$10 off for Additional Participants

SHRIMP: AGES 1-2 YEAR(S)

1 parent per child required in the water.

This class is designed to help you and your infant adapt to the water together through songs and games.

Saturday **9:30am-10:00am**

INIA: AGES 2-3 YEARS

1 parent per child required in the water.

This class is designed to build bonding between you and your infant while introducing water safety and skills.

Saturday **10:05am-10:35am**

PIKE: AGES 3-5 YEARS

Pike is the first level in the preschool program designed for tots with little water experience and is also nervous in the water.

Tuesday **5:45pm – 6:15pm**

Thursday **5:45pm-6:15pm**

Saturday **10:45am-11:15am**

RAY

Ray is the second level in the preschool program designed for tots who love the water and can start to swim independently.

Tuesday **6:15pm – 6:45pm**

Thursday **6:15pm – 6:45pm**

Saturday **11:20am – 11:50am**

POLLIWOG I: AGES 6-9 YEARS

Polliwog I is for elementary aged students who have little to no experience and may be nervous around the water.

Tuesday **6:45pm – 7:30pm**

Thursday **6:45pm – 7:30pm**

Saturday **10:00am – 10:45am**

Saturday **11:50am – 12:35pm**

POLLIWOG II: AGES 6-9 YEARS

Polliwog II is for elementary aged students who have taken swim lessons and are comfortable in the water. Polliwog II students are learning to swim without assistance.

Saturday **10:55am – 11:40am**

GUPPY: AGES 6+

Comfortable in the water, swimmers at this level are working towards swimming a length of the big pool. Students also have an understanding of freestyle and backstroke strokes.

Thursday **5:45pm – 6:30pm**

Saturday **11:50am – 12:35pm**

MINNOW: AGES 6+

Minnows are comfortable in deep water. Swimmers are able to demonstrate all four strokes and are building endurance to swim 50 yards.

Thursday **6:30pm – 7:15pm**

Saturday **10:00am – 10:45am**

FISH: AGES 8+

Fish class is for youth who understand and can efficiently demonstrate all four strokes. Participants are building endurance to swim 100+ yards.

Saturday **10:55am – 11:40am**

SHARK: AGES 8+

Advanced Class; must be able to swim 200 yards continuously using all strokes.

Saturday **10:55am – 11:40am**

YOUNG ADULT: AGES 10-14

Designed for students who have little to no experience and may be nervous around the water.

Tuesday **5:45pm – 6:30pm**

ADULT: AGES 14+

This class is designed to meet the individual needs of each participant. Beginners will work on fundamental strokes and lap swimming skills. Advanced swimmers will focus on increasing endurance and improving strokes technique.

Tuesday **6:30pm – 7:15pm**

PRIVATE SWIM LESSONS

Our private lessons offer one on one instruction at a day and time that compliments your schedule. Let your instructor know if you want to conquer the fear of water or increase your endurance. Our knowledgeable staff will tailor the lesson to fit your needs.

Six - 45 Minute Lessons

\$75 YMCA Members • \$100 Community Member

(\$10 off for second participant)

Cancelled Classes & Refunds

Occasionally, the YMCA will cancel a class due to lack of registration. If this happens, the participants will receive a full refund if they cannot take the same class at another time. There are no refunds or credits issued for missed classes or vacation. Make up classes will only be held if the YMCA has to cancel the class.

YOUTH DEVELOPMENT

Downtown Branch

BITTY BASKETBALL: 1ST – 3RD GRADE

This course offers a basic instructional basketball program for children. Kids will be introduced to the game and work on core skills such as passing, dribbling and shooting. Session will include a 3 on 3 full court competition.

Saturdays 9:00am–10:30am

YOUTH BASKETBALL: 4TH – 6TH GRADE

Participants will learn essential basketball skills such as teamwork, shooting and defensive technique, dribbling, and passing. Sessions will include a 3 on 3 full court competition.

Saturdays 11:00am–12:30pm

Fall Session I September 8th – October 18th
Fall Session II October 27th – December 13th

Basketball will be cancelled on the day of the Santa Run (December 6th).

\$30 YMCA Members • \$55 Community Member
\$10 off for Additional Participants

INCREDIBLE YOUTH

Youth ages 13 and up are taught proper technique of machine and free weight training while learning about physiology, principles of fitness, nutrition and safety.

Thursdays 6:15pm–7:15pm

Fall Session I September 8th – October 18th
Fall Session II October 27th – December 13th

*Incredible Youth will be cancelled on Thanksgiving (November 27th).
Make up sessions will be held: December 11th*

\$30 YMCA Members • \$55 Community Member
\$10 off for Additional Participants

FENCING FOR SPORT

Learn Olympic style swordplay, basic footwork, and sword handling. Equipment is provided. The class is for anyone 14 years of age and older. For more information please contact Ron at gfcfencing@sbcglobal.net.

\$40 YMCA Members • \$60 Community Members

BIRTHDAY PARTIES

Celebrate your child's birthday party at the Downtown YMCA! Package includes:

- Staff person to help with set-up, clean-up and assist in pool and gym
- 3 hours of facility use including 1 hour of open swim time, 1 hour of free play time in the gym, and use of the birthday room for the entire party.
- Price includes 25 children and 5 chaperones, additional guests are \$5.00 each

\$120 YMCA Members Only

PARENTS NIGHT OUT: AGES 5-13 YEARS

Enjoy a night out while your children enjoy a night of fun activities at the Y! Parents must pre-register children at the front desk. Please bring a swimsuit, towel, comfortable gym clothes and shoes.

September 26th: 6:00pm–9:00pm

October 17th: 6:00pm–9:00pm

November 14th: 6:00pm–9:00pm

December 19th: 6:00pm–9:00pm

FREE for YMCA members

HEALTHY LIVING

Downtown Branch

CERTIFIED PERSONAL TRAINING

Our Personal Trainers are caring, competent and experienced. Whether your personal goal is to lose fat, build core strength and increase flexibility, gain muscle strength or break through plateaus, our Personal Trainers can help you achieve your goals. Sessions are 50 minutes in length.

One on One Session \$25
12 Session Package \$275
(\$25 Savings)

Group Session \$18
12 Session Package \$200
(\$16 Savings)
(Up to 4 Participants – each Member must purchase sessions)

Please contact Shelly McArthur at the Downtown Branch for more information. 810-232-9622

DIABETES PREVENTION PROGRAM (D.P.P.)

OFFERED BY HURLEY WELLNESS SERVICES

September 23rd – January 6th (Weekly)

February – August (Monthly)

This CDC led National Diabetes Prevention Program is an evidence based lifestyle change program for preventing type 2 Diabetes. The D.P.P. research study showed that making modest behavior changes helped participants lose 5%–7% of their body weight – that is 10–14 pounds for a 200 pound person. These lifestyle changes reduced the risk of developing type 2 Diabetes by 58% in people with Pre-Diabetes.

Participants will work with a lifestyle coach in a group setting to receive a 1 year lifestyle change program that includes 16 core sessions (1/Week) and 6 post-core sessions (1/Month).

To register, fill out a program information form at the Front Desk at the Downtown YMCA.
Contact Number: 844-Well4Me

HEALTHY LIVING

Downtown Branch

GROUP FITNESS SCHEDULE – FALL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8 – 9 AM RESTORATIVE YOGA
	9 – 10 AM BOOT CAMP	9 – 10 AM PILATES	9 – 10 AM BOOT CAMP		9 – 10 AM BOOT CAMP
10 – 11 AM SENIOR STRETCH	10 – 11 AM *AQUA AEROBICS	10 – 11 AM SENIOR STRETCH	10 – 11 AM *AQUA AEROBICS	10 – 11 AM SENIOR STRETCH	10 – 10:30 AM YOGA STRETCH
	5 – 6 PM BOOT CAMP		5 – 6 PM BOOT CAMP		10:30 AM – 11:30 AM ZUMBA TONING
6 – 7 PM *AQUA AEROBICS	6 – 7 PM YOGA	6 – 7 PM *AQUA AEROBICS	6 – 7 PM YOGA	6 – 7 PM VINYASA YOGA	11:30 AM – 12 PM ZUMBA TONING
6 – 7 PM SLOW FLOW YOGA	7 – 8 PM ZUMBA		7 – 8 PM ZUMBA SENTAO	CHECK THE FRONT DESK OR WEBSITE FOR ANY SCHEDULE CHANGES. PARTICIPANTS MUST BE AT LEAST 14 YEARS OLD TO ATTEND GROUP FITNESS CLASSES.	
	8 – 8:30 PM ZUMBA TONING	6:30 – 7:30 PM SLOW FLOW YOGA	8 – 9 PM ZUMBA STEP		

* Denotes classes held in the pool

Aqua Aerobics: Aqua Aerobics is a fitness class that is perfect for all fitness levels. This upbeat class will work the legs, arms, abs, and improve coordination. You will walk away refreshed from the water, stronger from the workout, and inspired with a new take on life.

Boot Camp: Be all that you can be! This military-style format includes calisthenics, cardio drills, and free weights in one power-packed hour.

Pilates: Challenging Your Core – We use our core muscles (abs and back) for everything we do in life, from picking up kids and playing sports. With dedication, Pilates will give you that strong core we all need. Most exercises can be modified for beginners and those who are looking to challenge their body. Perfect for men and women or those who have just had children.

Restorative Yoga: A relaxing and meditative experience designed to absorb the full benefits of the yoga practice. Excellent for all Levels!

Senior Stretch: This class will help improve overall strength and flexibility. The class is led by a certified senior fitness instructor who will guide you through the exercises at your own pace. This class is perfect for all ability levels.

Slow flow yoga: A creative sequence of postures that focuses on breathing and self-awareness. Designed to challenge and inspire a deeper practice within natural boundaries. Great for all levels.

Vinyasa Yoga: A creative and energetic sequence of postures designed to connect the breath, create heat, cultivate mindfulness and cleanse the body. A great way to advance your personal practice.

Yoga: Yoga is a perfect class for individuals of all fitness levels. Yoga uses breath and movement to improve flexibility, de-stress your mind and balance your body. This class will definitely strengthen your body, mind and spirit.

Zumba: Come join the party! This class will tighten and tone your core with rolling moves inspired by multi-national dance. This class uses Latin and international music that will set your energy levels soaring. This class is low impact and individuals of all ability levels are welcome.

Zumba Sentao: This workout takes the thrill of the fitness-party and partners it with explosive, chair based choreography to strengthen, balance and stabilize your core, and step up your cardio work in a whole new way.

Zumba Step: All of the Step toning and strengthening for your legs and glutes, plus all of the Zumba party fun you love.

Zumba Toning: This class focuses on toning Zumba style using specially designed Zumba Toning weights.

*Schedule is subject to change

YMCA Santa Run

Saturday, December 6th, 2014 • Noon

The YMCA Santa Run is a combination of 5K Fun Run/Walk and 1-Miles Walk around Downtown Flint for families and the casual walker/runner. This is a fun charity event and is not timed. A 5-piece Santa Suit is included in your registration fee that we ask each participant wear on the day of the event. There are no refunds or exchanges on Santa Suit sizes. This event raises money for the YMCA of Greater Flint scholarship assistance program. This fund provides assistance to youth and families in our community so that they may participate in YMCA programs.

Adult Registration \$25.00

Child Registration \$10.00

(Prices increase after Oct. 1st registration deadline)



Register Online at: www.flintymca.org

YOUTH DEVELOPMENT

Pierson Road Branch

SWIMMING LESSONS FALL SCHEDULE

Monday & Wednesday or Tuesday & Thursday Sessions

2 Times a Week for 3 Weeks

- September 8th – September 25th
 - October 6th – October 23rd
- November 3rd – November 21st

Saturday Only Sessions – 1 Time a Week for 6 Weeks

- September 13th – October 18th
- November 1st – December 13th

(Off November 29th)

Swimming Lesson Fees:

\$30 YMCA Members • \$55 Community Members

\$10 off for Additional Participants

SHRIMP: AGES 1-2 YEAR(S)

1 parent per child required in the water.

This class is designed to help you and your infant adapt to the water together through songs and games.

Monday & Wednesday 5:00pm – 5:30pm

Saturday 9:00am – 9:30am

PIKE: AGES 3-5 YEARS

Pike is the first level in the preschool program designed for tots with little water experience and also nervous in the water.

Monday & Wednesday 5:00pm – 5:30pm

Tuesday & Thursday 5:00pm – 5:30pm

Saturday 10:00am – 10:30am

RAY: AGES 3-5 YEARS

Ray is the second level in the preschool program designed for tots who love the water and are beginning to swim independently.

Monday & Wednesday 5:45pm – 6:15pm

Tuesday & Thursday 5:45pm – 6:15pm

Saturday 11:00am – 11:30am

POLLIWOG I: AGES 6-9 YEARS

Polliwog I is for elementary aged students who have little to no experience and may be nervous around the water.

Monday & Wednesday 5:00pm – 5:45pm

Monday & Wednesday 5:45pm – 6:30pm

Tuesday & Thursday 5:00pm – 5:45pm

Saturday 9:00am – 9:45am

POLLIWOG II: AGES 6-9 YEARS

Polliwog II is for elementary aged students who have taken swim lessons and are comfortable in the water. Polliwog II students are learning to swim without assistance.

Monday & Wednesday 5:45pm – 6:30pm

Tuesday & Thursday 5:45pm – 6:30pm

Saturday 11:00am – 11:45am

GUPPY: AGES 6+

Comfortable in the water, swimmers at this level are working towards swimming a length of the big pool. Students also have an understanding of freestyle and backstroke strokes.

Tuesday & Thursday 5:00pm – 5:45pm

Saturday 11:00am – 11:45am

MINNOW: AGES 6+

Minnows are comfortable in deep water. Swimmers are able to demonstrate all four strokes and are building endurance to swim 50 yards.

Tuesday & Thursday 5:45pm – 6:30pm

Saturday 10:00am – 10:45am

YOUNG ADULT: AGES 10-14

Designed for students who have little to no experience and may be nervous around the water.

Saturday 12:00pm – 12:45pm

ADULT: AGES 14+

This class is designed to meet the individual needs of each participant. Beginners will work on fundamental strokes and lap swimming skills. Advanced swimmers will focus on increasing endurance and improving strokes technique.

Saturday 12:00pm – 12:45pm

PRIVATE SWIM LESSONS

Our private lessons offer one on one instruction at a day and time that compliments your schedule. Let your instructor know if you want to conquer the fear of water or increase your endurance. Our knowledgeable staff will tailor the lesson to fit your needs.

Six - 45 Minute Lessons

\$75 YMCA Members • \$100 Community Member

(\$10 off for second participant)



YOUTH DEVELOPMENT

Pierson Road Branch

YMCA OF GREATER FLINT TORPEDOES SWIM TEAM: AGES 10+

Session I September 8th – October 18th

Session II October 27th – December 13th

Anyone with disabilities of spina bifida, cerebral palsy, blindness, deafness, amputations, spinal cord injuries or others are invited to join the team.

Friday 5:30-6:30pm

\$30 YMCA Members • \$55 Community Member

YOUTH SPORTS

Participants will learn the basic rules and fundamentals of each sport through drills and games while also focusing on Sport for All, Sport for Fun. ***EVERYONE PLAYS!*** On Wednesdays we practice as a team and on Saturdays we come together for mini games. During this program we will incorporate the YMCA four core values of Caring, Respect, Honesty and Responsibility.

Soccer: Ages 3 - 11 years • September 10th – October 18th

Wednesdays 5:30 – 6:30 & Saturdays 9:30am – 10:30am

Bitty Basketball: Ages 3 - 11 years

October 28th – December 13th (*Off the Week of Thanksgiving*)

3 – 6 Year Olds: Tuesdays 5:30pm-6:15pm
& Saturdays 10:30am – 11:15am

7 – 11 Year Olds: Thursdays 5:30pm-6:30pm
& Saturdays 9:15am – 10:15am

FEE IS PER SPORT:

\$30 YMCA Members • \$55 Community Member

KIDS CORNER: AGES 1 – 6 YEAR(S)

(*Child must be walking independently*)

A supervised play area for children to play, explore and interact. This free member service allows you the freedom to enjoy the facilities while your children enjoy themselves in a safe, fun setting.

Monday – Friday 8:30am-12:00pm & 5:00pm-8:00pm

Saturday 8:30am-12:00pm

YOUTH FUN ZONE: AGES 7 – 13 YEARS

A gym and play area just for the kids to shoot some hoops, play a board game or catch up on homework. Kids will have a great time playing a game of four square or making an art masterpiece for the gallery. This is a free member service.

Monday – Friday 5:00pm-8:00pm

Saturday 8:30am-12:00pm

FREE FOR MEMBERS



HEALTHY LIVING

Pierson Road Branch

GROUP FITNESS SCHEDULE – FALL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:10 – 6 AM AMPED UP	5:10 – 6 AM AMPED UP	5:10 – 6 AM AMPED UP	7 – 8 AM GROUP CYCLING	
9 – 10 AM STEP	9 – 10 AM GROUP CYCLING	9 – 10 AM STEP	9 – 10 AM GROUP CYCLING	9 – 10 AM FITNESS INTERVALS	8 – 9 AM STEP
10:15 – 11:15 AM STRETCH & FLEX	9 – 10 AM BOOT CAMP	10:15 – 11:15 AM INTERVAL SCULPT	9 – 10 AM INTERVAL SCULPT	10:15 – 11:15 AM BEGINNER STEP	9:15 – 9:45 AM MUSCLE CONDITIONING
5:15 – 6:15 PM (STARTING 10/1) INSTRUCTOR SURPRISE	10:15 – 11:15 AM YOGALATES	11:30 AM – 12:15 PM FUNCTIONAL FITNESS	10:15 – 11:15 AM YOGALATES	11:30 AM – 12:15 PM FUNCTIONAL FITNESS	10 – 11 AM (STARTING 10/1) ZUMBA
		5 – 6 PM SYNRGY CIRCUIT		CHECK THE FRONT DESK OR WEBSITE FOR ANY SCHEDULE CHANGES. PARTICIPANTS MUST BE AT LEAST 14 YEARS OLD TO ATTEND GROUP FITNESS AND SPINNING CLASSES.	
6:30 – 7:30 PM GROUP CYCLING	6:30 – 7:30 PM AQUA ZUMBA	6 – 6:45 PM YOGA FOR CORE CONDITIONING	6 – 7 PM BOOT CAMP		
		6:30 – 7:30 PM CYCLE/SCULPT	6:30 – 7:30 PM AQUA ZUMBA		
7:30 – 8:30 PM ZUMBA	7:30 – 8:30 PM (UNTIL 9/30) ZUMBA	7 – 7:45 PM YOGA/PILATES (SPINNING STUDIO)	7:30 – 8:30 PM CARDIO KICKBOXING		
		7:30 – 8:30 PM ZUMBA			

CLASS DESCRIPTIONS

Group Cycling: An indoor cycling class. Each class will be led by a motivating instructor and accompanied by upbeat music to give you an experience you won't soon forget. It will challenge and strengthen your cardiovascular system to the fullest extent. Be prepared to work up a sweat as you ride through this exciting class.

Amped Up: High Intensity, high impact workout that combines weights and cardio to rev up your day & your body!

Boot Camp: Build Strength and endurance in this station to station exercise format. Fun and Challenging!

Beginner Step: Sweat it off with simpler steps. Great for beginners and end with a low intensity class focusing on range of motion and light strength training.

Cardio Kickboxing: A high energy class that combines the elements of aerobics, boxing and martial arts. Cardio Kickboxing does not involve any physical contact between participants but will incorporate the same challenging moves as kickboxing.

Cycle/Sculpt: A great fat burning spinning class that incorporates a HIIT workout off the bike! Fun music and great energy to burn fat and sculpt muscles! All fitness levels welcome.

Fitness Intervals: A high energy workout that incorporates resistance, intervals, power, plyometric, and endurance. Guaranteed to challenge your body!

Functional Fitness: A class geared towards seniors but we welcome everyone! This class will help with the strength and functional aspects of ADL's (Activities of Daily Living).

Interval Sculpt: A total body conditioning class combining bursts of cardio and strength training, focusing on building lean, long muscles.

Instructor Surprise: Come in for a surprise workout from Yoga to Boot Camp. Until you start you won't know what to expect! Be prepared for anything

Muscle Conditioning: Muscle Conditioning class to target major muscle groups using free weights, bands, and balls. Burn calories while gaining lean muscle, increasing strength and endurance.

Pilates: This inspiring workout focuses on posture, flexibility & strengthening the body's core.

Tabata/H.I.I.T: A high intensity cardio/strength class using timed interval sets and moderate to low rest intervals to ensure a great workout.

Stretch/Flex: A low intensity class focusing on range of motion and light strength

Step: A choreographed cardio and strength based class using an elevated platform to increase the intensity of the

Synrgy Circuit: This total body circuit class based on the Synrgy machine will challenge your body both mentally and physically. This class welcomes all fitness levels!

Yoga for Core Conditioning: This class offers a yoga flow that is designed to focus on core muscles conditioning. We will be working on stability and balance using a variety of poses to effectively better posture, movement and flexibility.

Yogalates: This class will combine the Yoga and Pilates principals into one relaxing and fun class.

Zumba: Latin Rhythms and easy to follow moves to create a one-of-a kind fitness program.

HEALTHY LIVING

Pierson Road Branch

CERTIFIED PERSONAL TRAINING

Our Personal Trainers are caring, competent and experienced. Whether your personal goal is to lose fat, build core strength and increase flexibility, gain muscle strength or break through plateaus, our Personal Trainers can help you achieve your goals.

Sessions are 50 minutes in length.

One on One Session \$25
12 Session Package \$275
(\$25 Savings)

Group Session \$18
12 Session Package \$200
(\$16 Savings)

(Up to 4 Participants - Each member must purchase sessions)

Please contact Ashley Schlager at the Pierson Road Branch for more information.
810-732-9622

WEIGHT LOSS CHALLENGE

Get a head start to the holiday season with an 8-week fitness program designed to help you lose weight and make that lifestyle change to a new healthier you! Initial weigh-in will be on October 14th. No class on Thursday, November 27th. Last class will be on November 25th.

Class will include:

- Weekly Weigh-Ins (Tuesdays)
- Pre and Post Fitness Assessment
- Healthy Recipes
- 45 Minute Workout Challenges
- 20 Minute Nutrition Education

October 14th – November 25th

Tuesday & Thursday

6:15pm-7:45pm

YMCA Member \$75.00 • Community Member \$100.00

Contact Ashley Schlager, Healthy Living Director for more information.

WATER GROUP EXERCISE CLASSES

AQUA FLEX

Toning and stretching with a low impact cardio workout. Perfect for people with arthritis.

Monday, Wednesday, Friday 2:00-3:00pm

TONE-ROBICS

Moderate impact workout that is fun and challenging. This class combines aerobic exercise and strength training in the water.

Monday-Friday 8:30-9:30am

Monday, Wednesday, Friday 11:00-12:00pm

HYDROROBICS

Not for the faint of heart! This fast paced high impact workout will increase your fitness level through intense aquatic training.

Monday, Wednesday 6:30-7:30pm

Saturday 8:00-9:00am

AQUA ZUMBA®

Splash your way into shape with this fun low impact workout! This program gives new meaning to the idea of a refreshing workout, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Tuesday 6:30-7:30pm

Thursday 6:30-7:30pm



SOCIAL RESPONSIBILITY

Pierson Road Branch

HALLOWEEN SPOOKTACULAR • FRIDAY, OCTOBER 24TH **6:00pm – 8:00pm**

We welcome you to join us in celebrating the Halloween season! Bring your children out to participate in spooky themed crafts and activities. Enjoy some delicious cider and donuts and trick or treat around our trail. Don't forget your costume! Limited to first 100 registered.

Free for YMCA Members

PARENT'S NIGHT OUT • FRIDAY, DEC. 5TH *(Ages 5 – 13 years)* **6:00pm-9:00pm**

Need a date night or time to finish up some holiday shopping? Drop your kids off at the Y for a fun night full of games, crafts and swimming. Our awesome staff will make sure it will be a night to remember.

FREE for YMCA members

DROP & SHOP **SATURDAY, DECEMBER 6TH, 13TH, & 20TH** *(Ages 5-13)* **12:00pm-5:00pm**

Drop your kids at the Y for a fun day and lunch while you finish up your shopping and holiday preparations!

YMCA Member \$15 • Community Member \$18

FLICK N FLOAT NIGHT **7:00pm**

Bring a floatie and a friend and come out to the Y for a film in the pool!

September 19th
October 10th
November 7th
December 19th

FREE for YMCA Members *(Limited to first 50 Registered)*

CERTIFICATION COURSES

American Red Cross Lifeguard Training Course: Ages 15+ October 9th – 12th

Class will be held at the Pierson Road YMCA on Thursday, Friday and Sunday. Class will be held at the Downtown YMCA on Saturday of the session. Participants must attend all classes to complete the course.

\$200 YMCA Members • \$250 Community Members

Prerequisites: 300yd swim, 2 minutes treading water with no arms and 9ft dive to retrieve a 10lb brick. Upon completion of the class participants will be certified in Lifeguarding, First Aid, CPR and AED. Participants must be 15 years old to participate. Participants must bring swimsuit, towel, pocket mask and Lifeguard manual to every class. Manual can be purchased from the Red Cross or printed online from their website.

AMERICAN RED CROSS CPR/AED AND FIRST AID COURSE: AGES 15+ Session I • October 16th **5:00pm – 9:00pm**

Session II • November 11th
5:00pm – 9:00pm

\$75 YMCA Members • \$100 Community Members

This one-day class will teach you the CPR, AED and First Aid for the infant, child, and adult. You learn how to respond to common first aid emergencies as well as how to respond to cardiac and breathing emergencies in adults, including the use of automated external defibrillators (AED).



CAMP COPNECONIC

MOTHER & DAUGHTER RANCH CAMP

SEPT. 19TH, 7:00pm UNTIL SEPT. 21ST, 11:00am

Quality time with moms and daughters can be in short supply in today's busy world. Camp Copneconic offers the perfect weekend getaway, combining riding horses in the out-of-doors and spending valuable time together. Moms and daughters affectionately care for their horses, learn new riding skills, and head out on our miles of horse trails. They'll also get to enjoy other great camp activities throughout the weekend.

Cost: \$200 per Pair (Mother/Daughter • \$50 additional person)

RPM RELAY • SEPTEMBER 28, 2014

Held at YMCA Camp Copneconic, the 2014 RPM Relay is a family-fun team triathlon relay made up of Kayaking, Mountain Biking and Cross Country Running. If you feel up to the challenge, run the whole event solo! All proceeds go to the YMCA of Greater Flint's Partner with Youth Fund, helping kids and families take part in YMCA programs.

Check-In starts at 10:00am, First Wave begins at Noon.

Run the event as a team or as an individual!

Pre-Registration: \$90 per team or \$45 for individual

Week of Event Registration: \$120 per team

or \$60 per individual

DADDY & DAUGHTER ADVENTURE CAMP

OCTOBER 10, 7:00 PM UNTIL OCTOBER 12, 11:00 AM

Relationships between dads and their daughters are special! Camp Copneconic offers an amazing Adventure Camp full of one-on-one bonding time in nature and a variety of camp adventures to choose from. Whether its horseback riding, tandem kayaking, mountain biking, high ropes and zip lines, camp crafts or 'chillaxin' around the campfire cooking s'mores, this weekend will build a special bond and memories cherished forever.

Cost: \$200 per Pair (Father/Daughter - \$50 per each additional person)

MOM & SON HALLOWEEN CAMP

OCTOBER 17, 7:00 PM UNTIL OCTOBER 19, 11:00 AM

Moms and sons have always enjoyed Halloween together. Camp Copneconic decided to offer a full weekend of 'Goblins and Ghoulish Good Times' and a special opportunity for moms and sons to laugh and play. Autumn at Camp presents a beautiful backdrop for camp activity choices like pumpkin carving, canoeing, tandem kayaking, horseback riding, giant swing, 'Creek Freak' zip line, and many more. Evenings at camp are magical with bonfires and s'mores, and a fun 'Trick-or-Treat' Trail on Saturday evening.

Cost: \$200 per Pair (Mother/Son - \$50 per each additional person)

"LEGEND OF SLEEPY HOLLOW" HALLOWEEN OVERNIGHT CAMP

OCTOBER 24, 6:00 PM UNTIL OCTOBER 26, 2:00 PM

Join us for a "Howling" great weekend at camp! Campers check in Friday evening and begin with S'mores and an opening campfire 'Halloween' style. Saturday is full of theme activities and traditional camp favorites. Legendary theme events will take place and include the highlight of the weekend, the 'Haunted Treasure Trail. Campers fend off ghosts and goblins attempting to scare campers away from their treasured finds.

Cost: \$140 per Camper (Campers 3rd through 11th Grade)

FOR MORE INFORMATION
OR TO REGISTER FOR
PROGRAMS AT
CAMP COPNECONIC
PLEASE CALL
810-629-9622.



YMCA OF GREATER FLINT – DOWNTOWN POOL TIMES – FALL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 - 9 AM FITNESS SWIM	5 - 9 AM FITNESS SWIM	5 - 9 AM FITNESS SWIM	5 - 9 AM FITNESS SWIM	5 - 9 AM FITNESS SWIM	6 - 9 AM ADULT LAP SWIM	1 - 6 PM OPEN SWIM
10 AM - 1 PM FITNESS SWIM	10 AM - 1 PM FITNESS SWIM	11 AM - 1 PM FITNESS SWIM	10 AM - 1 PM FITNESS SWIM	11 AM - 1 PM FITNESS SWIM	9:30 AM - 12:30 PM SWIM LESSONS	
	10 - 11 AM WATER AEROBICS		10 - 11 AM WATER AEROBICS		1 - 6 PM OPEN SWIM	
4 - 5:45 PM SWIM TEAM		4 - 5:45 PM SWIM TEAM				
5:45 - 7 PM FITNESS SWIM		5:45 - 7 PM FITNESS SWIM				
6 - 7 PM WATER AEROBICS	5:45 - 7:30 PM SWIM LESSONS	6 - 7 PM WATER AEROBICS	5:45 - 7:30 PM SWIM LESSONS	6:30 - 9 PM OPEN SWIM		
7 - 9 PM OPEN SWIM IN SMALL POOL ONLY	7:30 - 9 PM OPEN SWIM	7 - 9 PM OPEN SWIM IN SMALL POOL ONLY	7:30 - 9 PM OPEN SWIM			
						PLEASE CHECK AT THE FRONT DESK FOR ADDITIONAL OPEN SWIM TIMES ON TUESDAYS, THURSDAYS & FRIDAYS.

YMCA OF GREATER FLINT – PIERSON ROAD POOL TIMES – FALL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 - 8:15 AM ADULT LAP SWIM	5 - 8:15 AM ADULT LAP SWIM	5 - 8:15 AM ADULT LAP SWIM	5 - 8:15 AM ADULT LAP SWIM	5 - 8:15 AM ADULT LAP SWIM	6 - 8 AM ADULT LAP SWIM	
8:30 - 9:30 AM TONE-ROBICS	8:30 - 9:30 AM TONE-ROBICS	8:30 - 9:30 AM TONE-ROBICS	8:30 - 9:30 AM TONE-ROBICS	8:30 - 9:30 AM TONE-ROBICS	8 - 9 AM HYDRO-ROBICS	
9:30 - 11 AM SCHOOL PROGRAMS	9:30 AM - 12 PM SCHOOL PROGRAMS	9:30 - 11 AM SCHOOL PROGRAMS	9:30 AM - 12 PM SCHOOL PROGRAMS	9:30 - 11 AM SCHOOL PROGRAMS	9 AM - 1 PM SWIM LESSONS	UNTIL SEPT. 30 1 - 4:30 PM OPEN SWIM
11 AM - 12 PM TONE-ROBICS		11 AM - 12 PM TONE-ROBICS		11 AM - 12 PM TONE-ROBICS		
12 PM - 1 PM ADULT LAP SWIM	12 PM - 1 PM ADULT LAP SWIM	12 PM - 1 PM ADULT LAP SWIM	12 PM - 1 PM ADULT LAP SWIM	12 PM - 1 PM ADULT LAP SWIM	1 - 4 PM OPEN SWIM	STARTS OCT. 1 12 - 1 PM ADULT LAP SWIM
1 PM - 2 PM SCHOOL PROGRAMS	1 PM - 3 PM SCHOOL PROGRAMS	1 PM - 2 PM SCHOOL PROGRAMS	1 PM - 3 PM SCHOOL PROGRAMS	1 PM - 2 PM SCHOOL PROGRAMS		
2 - 3 PM AQUA-FLEX	3 - 4 PM AFTER SCHOOL PROGRAMS	2 - 3 PM AQUA-FLEX	3 - 4 PM AFTER SCHOOL PROGRAMS	2 - 3 PM AQUA-FLEX		1 - 6 PM OPEN SWIM
3 - 4 PM AFTER-SCHOOL PROGRAMS		3 - 4 PM AFTER-SCHOOL PROGRAMS				
4 - 5 PM ADULT LAP SWIM	4 - 5 PM ADULT LAP SWIM	4 - 5 PM ADULT LAP SWIM	4 - 5:00 PM ADULT LAP SWIM	3 - 4 PM AFTER-SCHOOL PROGRAMS	4 - 5 PM ADULT LAP SWIM	
5 - 6:30 PM SWIM LESSONS	5 - 6:30 PM SWIM LESSONS	5 - 6:30 PM SWIM LESSONS	5 - 6:30 PM SWIM LESSONS	4 - 5:30 PM ADULT LAP SWIM		
6:30 - 7:30 PM HYDRO-ROBICS	6:30 - 7:30 PM AQUA ZUMBA	6:30 - 7:30 PM HYDRO-ROBICS	6:30 - 7:30 PM AQUA ZUMBA	5:30 - 6:30 PM TORPEDOES SWIM TEAM	UNTIL SEPT. 30 5 - 6 PM OPEN SWIM	
7:30 - 9 PM OPEN SWIM	7:30 - 9 PM OPEN SWIM	7:30 - 9 PM OPEN SWIM	7:30 - 9 PM OPEN SWIM	6:30 - 9 PM OPEN SWIM	STARTS OCT. 1 5 - 8 PM OPEN SWIM	