



DOWNTOWN YMCA YMCA of Greater Flint

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARTNER WITH YOUTH FINANCIAL AID PROGRAM

Your monthly membership fee pays for equipment, upkeep, utilities, wages, pool chemicals and the variety of costs associated with operating our two branches. However, for some youth, families, and seniors, that monthly fee is too much to afford. Maybe it's the single mom trying to provide for her children, a high school student who wants to stay active with friends, or the senior on a fixed income. Whatever the case, there are some members of our community who desperately want the benefits of coming to the Y that you enjoy but couldn't afford it otherwise.

That's why the Partner With Youth Financial Aid Program is so important. We want to make the Y a place for all people regardless of skill, age, gender, race, and even ability to pay. Funds from the Partner With Youth program are used to subsidize the costs of memberships and camp scholarships for people in need. The person next to you on the treadmill, in water aerobics, lifting weights or drinking coffee could be helped by your generous donation. **If you are interested in making the difference in the lives of over 8,000 people in Genesee County, Pam Bailey at 810-232-9622.**

YMCA SAFE PLACES KINDERGARTEN - 12TH GRADES

Join us at one of our Y Safe Places sites this summer! Staff will lead fun activities in a safe and structured environment. The program is FREE for any child in the community. The sites are open Monday - Friday 4:00 to 7:00pm (unless otherwise specified). The program offers academic support, health and physical fitness activities, as well as the arts and sciences. We provide snack and dinner at all the sites. The program also takes field trips and participates in community events. For more information please call (810) 232-9622.

SITE INFORMATION:

- K - 12th Grades: Cathedral of Faith Church • 6031 Dupont St. • Flint, MI 48505
- K - 8th Grades: Downtown YMCA • 411 E. Third St. • Flint, MI 48503
- K - 12th Grades: Holy Redeemer Catholic Church • 1227 Bristol Rd. • Burton, MI 48529
- K - 12th Grades: Mt. Carmel Kennedy Center • 1610 W. Pierson Rd. Flint, MI 48504 (Monday, Tuesday, Thursday)
- K - 12th Grades: Mt. Olive Greer Family Life Center • 1601 Fay St. • Flint, MI 48503



YMCA'S SCOOP DE'LOOP AT THE DOWNTOWN YMCA • THURSDAY, JUNE 16

5K Run & Walk & Junior Scoop Shuffle (1/3 Mile)
Race starts at 6:30pm and ends with ice cream served at the finish!

Entry Fees:

- Event with a Shirt: Before June 9th • \$20 | After June 9th • \$25
- Event WITHOUT Shirt: Before June 9th • \$10 | After June 9th • \$15

Junior Scoop Shuffle (Starts at 6:15pm, 1/3 Mile)

Before June 9th • \$6 | After June 9th • \$10

Register online at www.riverbendstriders.com

Registration forms are available at both the Downtown and Pierson Road Branches and Bauman's Running and Walking Shop. For more information contact the Downtown YMCA at 810-232-9622 or Bauman's Running and Walking Shop at 810-238-5981

BLOOD PRESSURE SELF MONITORING PROGRAM

One in every three American adults has high blood pressure and rates are even higher in African American and Mexican American populations. High blood pressure increases the risk for heart attack, stroke, heart failure, and kidney disease but only half of those with high blood pressure have their condition under control.

Participants in this program will work with trained Healthy Heart Ambassadors for the duration of a four-month program. During this time, participants will be encouraged to:

- Self-measure their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

Participants will record their blood pressure readings using an easy-to-use, self-selected tracking tool. The Y will provide options for participants who need a home blood pressure monitor.

More information will be available closer to the program start date at the front desk at both branches. Contact Ashley Schlager, Healthy Living Director 810-732-9622 for more information.

DIABETES PREVENTION PROGRAM PROVIDED BY HURLEY WELLNESS SERVICES START DATE • THURSDAY • JUNE 2, 5 - 6 PM • Location Pierson Rd. Family YMCA

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).

COST: \$50

DPP IS A YEAR-LONG PROGRAM • CLASS IS 16 WEEKS FOLLOWED BY 6 MONTHLY SESSIONS
Please call 844.WELL4ME (935-5463) or email PreventDiabetes@hurleymc.com to register.



FACILITY CLOSINGS

May 30 Memorial Day

July 4 Independence Day

August 21

Pierson Road Pool
& Hot Tub Closed

August 22 - 28

Entire Pierson Road Facility
Closed for Annual Building
Cleaning and Maintenance

August 28 - Sept. 5

Entire Downtown Facility
Closed for Annual Building
Cleaning and Maintenance

September 5 Labor Day

CANCELLED CLASSES/ REFUNDS/CREDITS

Occasionally, the YMCA will have to cancel a class due to lack of registration. If that 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)

YMCA of Greater Flint

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

YMCA CAMP BOOMERANG 2016



BEST SUMMER EVER!

YMCA Camp Boomerang is a summer Day Camp for kids ages 3-13 at the Pierson Road Family YMCA. We offer nine, one-week sessions beginning in mid-June. For more information, please pick up a Camp Boomerang brochure at the front desk of either branch.

MEMBER APPRECIATION KICKOFF TO SUMMER BBQ

Tuesday • June 7, 11am-1pm

Join us in celebrating the return of summer with a toast to good health and friendship at the Y's second annual Member Appreciation Kickoff to Summer BBQ. The Y will provide hot dogs, chips, and drinks; members are encouraged to bring a dish to pass.

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.

For questions or to schedule your personal training sessions please contact Ashley Schlager, Healthy Living Director at 810-732-9622.

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)



the DOWNTOWN YMCA YMCA of Greater Flint

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PRIVATE SWIMMING LESSONS

Have 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 build your endurance. Our skilled staff will be able to tailor the session for your child.

YMCA Member \$85 • Community Members \$110
Each session includes six, 45 minute lessons.

Contact Elizabeth Hudson to find out how to register & schedule your lessons at 810-232-9622 or by email at elizabethhudson@flintymca.org.

YOUTH BASKETBALL CAMP

Monday – Friday • 8:30am – 12:30pm

Session I July 18th – 22nd
Session II August 8th – 12th

The Downtown YMCA is offering 2 sessions of youth basketball camp for kids entering grades 3rd – 8th. Skilled instructors will focus on strength and conditioning, offensive and defensive skills. Each day will end with full court game play. The camp provides a shirt and daily snacks.

**YMCA Member \$35
Community Member \$40**



VOLUNTEERS NEEDED AT THE DOWNTOWN GARDEN

With Spring here it's time to start thinking about the Downtown Garden! Last year, our Safe Places Youth grew a variety of vegetables and flowers in the courtyard. If you want to help make this year's garden a success, contact Pam Bailey at 810.232.9622 to see how you can help.

We need volunteers to help plant, weed, water, and harvest our garden. Remember the garden is for everyone to enjoy so please feel free to sit in the courtyard and enjoy a cup of coffee, relax, and converse with friends.

••••• SWIM LESSONS •••••

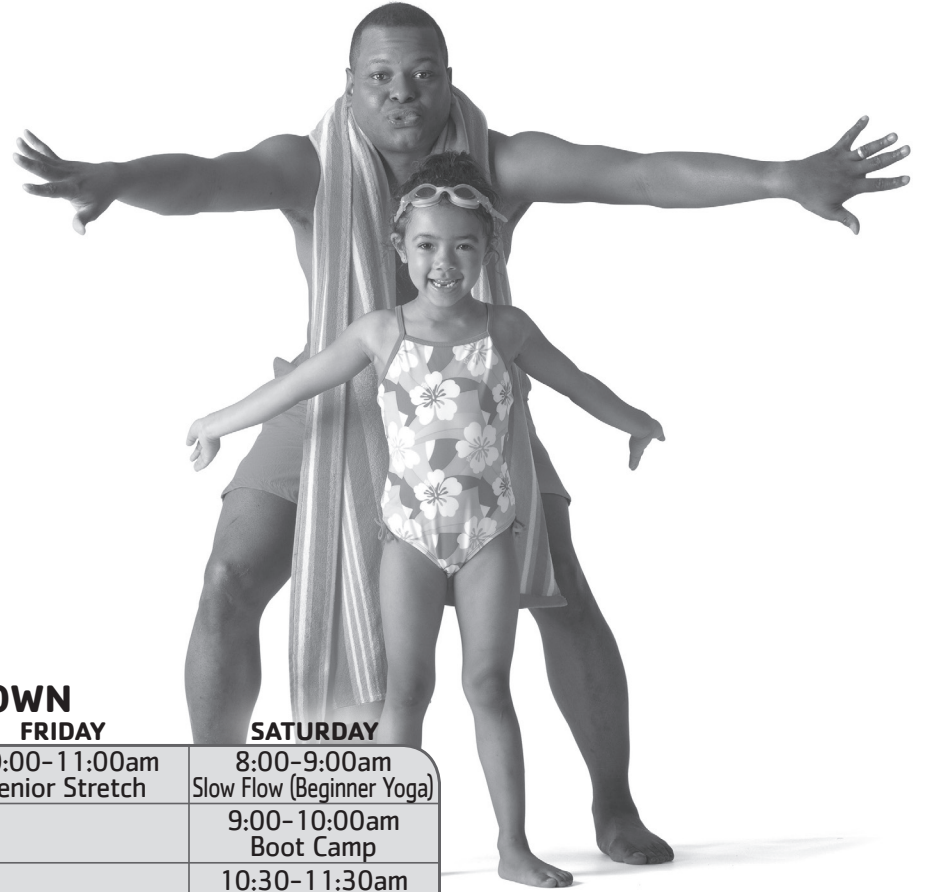
CLASSES MEET TUESDAY & THURSDAY FOR 3 WEEKS

Session 1 • June 21st – July 14th (No class on July 5th or 7th)
Session 2 • July 19th – August 4th
Session 3 • August 9th – August 25th

See front desk or website for class descriptions.
YMCA Member \$35 • Community Member \$60

TUESDAY & THURSDAY

- 5:00 – 5:30pm Shrimp/Inia (Parent and Tot)
- 5:45 – 6:15pm Pike
- 6:30 – 7:00pm Ray
- 5:45 – 6:30pm Polliwog I
- 5:45 – 6:30pm Polliwog II
- 5:00 – 5:45pm Guppy
- 5:00 – 5:45pm Minnow
- 6:30 – 7:15pm Fish/Shark
- 6:30 – 7:15pm Young Adult/Adult



GROUP EXERCISE SCHEDULE • DOWNTOWN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00-10:00am Boot Camp		9:00-10:00am Boot Camp	10:00-11:00am Senior Stretch	8:00-9:00am Slow Flow (Beginner Yoga)
10:00-11:00am Senior Stretch	10:00-11:00am Aqua Aerobics*	10:00-11:00am Senior Stretch	10:00-11:00am Aqua Aerobics*		9:00-10:00am Boot Camp
11:00-11:30am Tai Chi		11:00-11:30am Tai Chi			10:30-11:30am Zumba
4:00-5:00pm Vinyasa Yoga	4:00-5:00pm Slow Flow (Beginner Yoga)		4:00-5:00pm Slow Flow (Beginner Yoga)		11:30am-12:00pm Pound
5:00-5:30pm Pound	5:00-6:00pm Boot Camp	5:00-6:00pm Vinyasa Yoga	5:00-6:00pm Boot Camp		
6:00-7:00pm Aqua Aerobics*	6:00-7:00pm Yoga	6:00-7:00pm Aqua Aerobics*	6:00-7:00pm Yoga		
6:00-7:00pm Ashtanga Yoga	7:00-8:00pm Zumba		7:00-8:00pm Zumba Sentao		
	8:00-8:30pm Zumba Toning		8:00-8:30pm Work-It Circuit		

For program descriptions, call or stop by the front desk. Class schedule is subject to change. Participants must be at least 14 years of age to participate in classes.



DOWNTOWN POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 – 9:00am Adult Lap Swim					6:00-9:00am Adult Lap Swim	
	10:00-11:00am Water Aerobics		10:00-11:00am Water Aerobics		1:00-6:00pm Open Swim	1:00-4:00pm Open Swim
11:00am-1:00pm Fitness Swim	11:00am-1:00pm Fitness Swim	11:00am-1:00pm Fitness Swim	11:00am-1:00pm Fitness Swim	11:00am-1:00pm Fitness Swim		
	4:00-5:00pm Open Swim*		4:00-5:00pm Open Swim*			
5:45-7:00pm Fitness Swim	5:00-7:15pm Swim Lessons	5:45-7:00pm Fitness Swim	5:00-7:15pm Swim Lessons	6:30-9:00pm Open Swim*		
6:00-7:00pm Water Aerobics	7:15-9:00pm Open Swim*	6:00-7:00pm Water Aerobics				
7:00-9:00pm Open Swim*		7:00-9:00pm Open Swim*	7:15-9:00pm Open Swim*			

*Open Swim times may have a portion of the pool reserved for swim lessons. Pool schedule subject to change at any time due to program and scheduling needs.