



# PIERSON ROAD FAMILY 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'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](http://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](mailto:PreventDiabetes@hurleymc.com) to register.



## 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

### 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](http://www.campcopneconic.org)  
(810) 629-9622

[www.flintymca.org](http://www.flintymca.org)

## PIERSON ROAD KID ZONE

New Schedule Begins Week of June 20th • Closed July 4th & September 5th

### KIDS CORNER (1-6 YEARS OLD)

#### Must be independently walking

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.

M-Th: 8:30am-12:00pm / 5:00pm-8:00pm • Fri.: 8:30am-12:00pm

### YOUTH FUN ZONE (7-13 YEARS OLD)

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 great time playing a game of four square or making an art masterpiece for the gallery.

M, W, F: 8:30am-12:00pm • M-Th: 5:00pm-8:00pm

## 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.





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### FREE HEALTH SCREENING

**Monday • August 15, 8:30am-12:30pm & 3-5pm**

Please join us for a free health screening provided by Hurley Wellness Services. The screenings offered are: Weight, Body Fat Percentage, Blood Pressure, and Heart Rate.

### FAMILY GYM

We invite your family to join us for sports in the Family Gym space this summer! Our staff will lead the activity, you and your family come and join in on the fun! No need to register or sign up for these activities.

June 23 • 6pm Dodgeball  
July 14 • 6pm Basketball  
July 30 • 2pm Pickleball and Badminton

### MEMBER APPRECIATION KICKOFF TO SUMMER BBQ

**Wednesday • June 8, 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.

### 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 Emily Stetson to find out how to register & schedule your lessons at 810-732-9622 or by email at [piersonaquatics@flintymca.org](mailto:piersonaquatics@flintymca.org).

### 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)

## ••••• SWIM LESSONS •••••

### CLASSES MEET TWICE A WEEK FOR 3 WEEKS

Session 1 • June 20- July 7 (no class on July 4th with make-up July 8th)  
Session 2 • July 11- July 28  
Session 3 • August 1- August 18

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

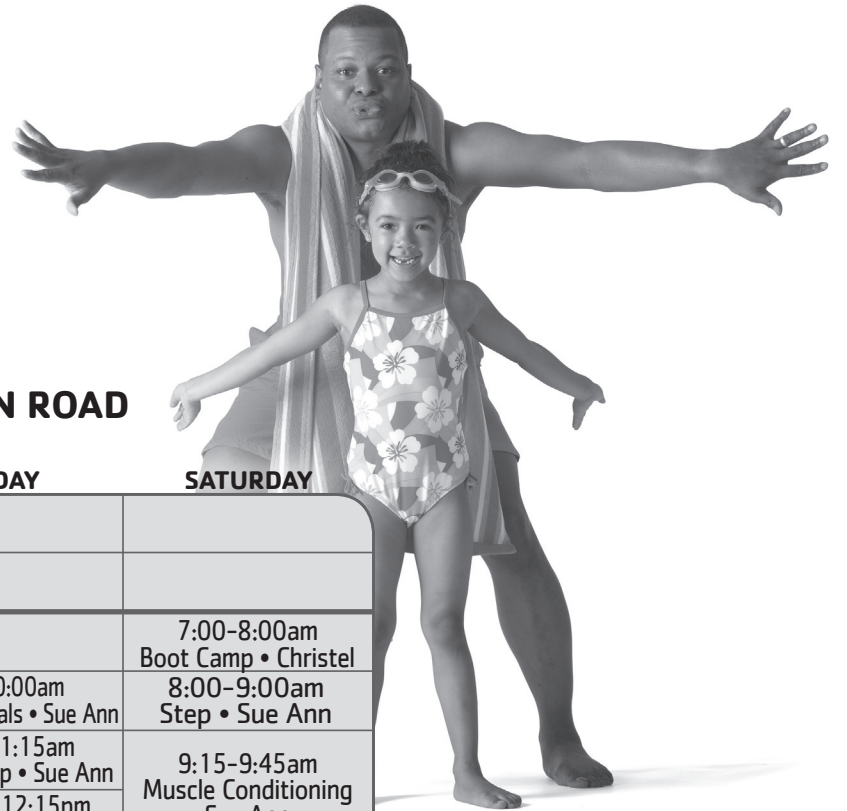
#### MONDAY & WEDNESDAY

12:00-12:30pm Pike  
12:00-12:45pm Polliwog 1 & Guppy  
12:30-1:00pm Ray  
12:45-1:30pm Polliwog 1 & Polliwog 2  
1:00-1:30pm Pike

5:00-5:30pm Shrimp  
5:00-5:45pm Polliwog 1  
5:00-5:45pm Torpedoes  
5:30-6:00pm Pike  
5:45-6:30pm Guppy/Minnow  
6:00-6:30pm Ray

#### TUESDAY & THURSDAY

5:00-5:30pm Ray  
5:00-5:45pm Polliwog 2  
5:30-6:00pm Pike  
5:45-6:30pm Young Adult/Adult  
6:00-6:30pm Pike



### GROUP EXERCISE & CYCLING SCHEDULE • PIERSON ROAD BEGINS JUNE 6

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY                                       | SATURDAY   |
|---|--|---|--|--|--|
| 9:00-10:00am<br>Group Cycling • Donita            | 9:00-10:00am<br>Group Cycling • Paulette                             |   | 9:00-10:00am<br>Group Cycling • Roz  |  |  |
| 6:30-7:30pm<br>Group Cycling • Marie              |  |   |  |  |  |
| 9:00-10:00am<br>Double Trouble<br>Melissa/Tiffany | 5:10-6:10am<br>Amped Up • Melissa<br>9:00-10:00am<br>Boot Camp • Roz | 5:10-6:10am<br>Boot Camp • Christel<br>9:00-10:00am<br>Step • Roz | 5:10-6:10am<br>Amped Up • Melissa<br>9:00-10:00am<br>Interval Sculpt • Tiffany | 9:00-10:00am<br>Fitness Intervals • Sue Ann  | 7:00-8:00am<br>Boot Camp • Christel<br>8:00-9:00am<br>Step • Sue Ann |
| 10:15-11:15am<br>Stretch & Flex • Suzanne         | 10:15-11:15am<br>Yogalates • Suzanne                                 | 10:15-11:15am<br>Interval Sculpt • Tiffany                        | 10:15-11:15am<br>Yogalates • Tiffany   | 10:15-11:15am<br>Beginner Step • Sue Ann     | 9:15-9:45am<br>Muscle Conditioning<br>Sue Ann                        |
| 11:30am-12:15pm<br>Beginner Tai Chi - Gloria      |  | 11:30am-12:15pm<br>Functional Fitness • Suzanne                   |  | 11:30am-12:15pm<br>Beginner Tai Chi - Gloria |  |
| 5:45-6:45pm<br>Total Body Sculpt • Christel       | 6:00-7:00pm<br>Boot Camp • Kathy                                     |   |  |  |  |
| 7:30-8:30pm<br>Zumba • Marquita                   |  | 7:30-8:30pm<br>Zumba • Marquita                                   |  |  |  |

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.



### PIERSON ROAD POOL SCHEDULE

| MONDAY                         | TUESDAY                          | WEDNESDAY                      | THURSDAY                         | FRIDAY                           | SATURDAY                      | SUNDAY                   |
|--------------------------------|----------------------------------|--------------------------------|----------------------------------|----------------------------------|-------------------------------|--------------------------|
| 5:00 - 8:15am Adult Lap Swim   |                                  |                                |                                  |                                  | 6:00-8:00am<br>Adult Lap Swim | 1:00-4:30pm<br>Open Swim |
| 8:30-9:30am<br>Tone-Robics     | 8:30-9:30am<br>Tone-Robics       | 8:30-9:30am<br>Tone-Robics     | 8:30-9:30am<br>Tone-Robics       | 8:30-9:30am<br>Tone-Robics       | 8:00-9:00am<br>Hydro-Robics   |                          |
| 9:30-11:00am<br>Adult Lap Swim | 9:30am-11:00am<br>Adult Lap Swim | 9:30-11:00am<br>Adult Lap Swim | 9:30am-11:00am<br>Adult Lap Swim | 9:30-11:00am<br>Adult Lap Swim   |                               |                          |
| 11:00am-12:00pm<br>Tone-Robics |                                  | 11:00am-12:00pm<br>Tone-Robics |                                  | 11:00am-12:00pm<br>Tone-Robics   |                               |                          |
| 12:00pm-1:30pm<br>Swim Lessons | 11:00am-2:30pm<br>Open Swim*     | 12:00pm-1:30pm<br>Swim Lessons | 11:00am-2:30pm<br>Open Swim*     | 12:00pm-1:30pm<br>Adult Lap Swim |                               |                          |
| 1:30-2:30pm<br>Aqua Flex       |                                  | 1:30-2:30pm<br>Aqua Flex       |                                  | 1:30-2:30pm<br>Aqua Flex         |                               |                          |
| 2:30-4:30pm<br>Camp Boomerang  | 2:30-4:30pm<br>Camp Boomerang    | 2:30-4:30pm<br>Camp Boomerang  | 2:30-4:30pm<br>Camp Boomerang    | 2:30-4:30pm<br>Camp Boomerang    | 9:00am-6:00pm<br>Open Swim    |                          |
| 5:00-6:30pm<br>Swim Lessons    | 5:00-6:30pm<br>Swim Lessons      | 5:00-6:30pm<br>Swim Lessons    | 5:00-6:30pm<br>Swim Lessons      |                                  |                               |                          |
| 6:30-7:30pm<br>Hydro-Robics    | 6:30-7:30pm<br>Aqua Zumba        | 6:30-7:30pm<br>Hydro-Robics    | 6:30-7:30pm<br>Aqua Zumba        | 4:30-9:00pm<br>Open Swim         |                               |                          |
| 7:30 - 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.