

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Greater Flint

BE HAPPY
BE HEALTHY
BELONG

YMCA OF GREATER FLINT FALL 2016 PROGRAM GUIDE

YMCA OF GREATER FLINT LOCATIONS

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

Pierson Road Family YMCA
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

October 1st – May 31st

Monday – Friday • 5am-10pm

Saturday • 6am-9pm

Sunday • 12pm – 7pm

June 1st – September 30th

Monday – Friday • 5am-10pm

Saturday • 6am-7pm

Sunday • 1pm-5pm

*Please note that all activities end 30 minutes prior to the building closing time to allow members time to finish in the locker rooms and exit the building by the posted closing time.

SCHEDULED HOLIDAY CLOSINGS

- Thanksgiving
- Christmas Eve
- Christmas Day
- New Year's Eve
Closing at Noon
- New Year's Day

FOLLOW US ON FACEBOOK & TWITTER

[Facebook.com/flintymca](https://www.facebook.com/flintymca)

[@YMCA_of_Flint](https://twitter.com/YMCA_of_Flint)



DOWNLOAD OUR APP

The YMCA of Greater Flint has an app! The app contains schedules as well as program information. If a facility has an unexpected closure, we send that information through a push notification. Download the app to stay current on what's happening at the Y.

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.

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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, contact Pam Bailey at 810-232-9622.

MEMBERSHIP SOCIAL EVENTS

The YMCA staff invites you to 4 social events throughout the year which are designed to create a fun and relaxed atmosphere for members and staff to socialize and enjoy fellowship at the Y.

Events are planned for the fall, winter, spring and summer and will be offered at varying times and both branches to ensure all members can participate in at least one event no matter what time or where you visit the Y.

These events are free member benefits.

FALL EVENTS: TAILGATES AT THE YMCA! Join us as we celebrate fellowship and football season!

Family Tailgate at the Pierson Road Family YMCA

Friday, September 30th • 4:30pm- 6:30pm

Show your spirit for your favorite team, whether it be high school, college, or professional. Bring the whole family for an evening cook out, lawn games, and s'mores! The YMCA will provide hot dogs, chips, lemonade and s'mores.

Michigan/Michigan State Rivalry Tailgate at the Downtown YMCA

Friday, October 28th • 1:00pm-3:00pm

Green & White or Maize & Blue? Wear your colors and show your spirit for favorite team, whether it's the Michigan Wolverines or the Michigan State Spartans! Join us for an afternoon with a cook out lunch and games! The YMCA will provide hot dogs, chips, lemonade and cookies.



SOCIAL RESPONSIBILITY

BE HEART HEALTHY

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:

- 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.

To Qualify:

- You must be 18 years old.
- Be diagnosed with high blood pressure.
- Have not experienced recent cardiac arrest.

Goals:

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

Dates/Office Hours:

- Enrollment is on going
- **Pierson Rd:** Monday • 8:00am-9:30am, Wednesday • 5:00pm-6:30pm
- **Downtown:** Wednesday • 11:00am-12:30pm, Thursday • 4-5:30pm

Program Fee: \$20.00

***Equipment Fee: \$35.00**

***TOTAL ENROLLMENT FEE: \$55.00**

*Equipment fee is only necessary if you need to purchase a blood pressure cuff from the YMCA.

For more information or to sign up:

Stop by the program table near the front desk at both branches during the office hours listed above or contact Ashley Schlager, Healthy Living Director at 810-732-9622.

MICHIGAN BLOOD – BLOOD DRIVE AT THE PIERSON ROAD FAMILY YMCA

Join with us to help the community by donating blood at the YMCA. Register online at www.miblood.org or contact Katie Turner at 810-732-9622.

AGES: 17+

August 29th • 3:00pm-7:00pm

October 24th • Time TBD

December 30th • Time TBD

2016 SANTA FAMILY RUN/WALK

Saturday, December 3rd 2016

The YMCA Santa Run is a combination of a 5k Fun Run/Walk and 1 mile walk around Downtown Flint.

Both the 5k and 1 mile are family-friendly and children, strollers, and well-mannered dogs on leashes are welcome.

This is a fun charity event and is not timed.

A 5 piece Santa Suit

is included in the 5k and 1

mile registration fee that we ask all

participants to wear on race day. There will be refreshments

after the race in the Downtown YMCA parking lot. Camp

Copneconic will be providing fun for the kids in Santa's

Workshop at the Downtown YMCA.

ADULT 5K OR 1 MILE RUN/WALK • \$25

(Price increases October 31 to \$30)

CHILD (12YRS AND UNDER) 5K OR 1 MILE RUN/WALK • \$15

KIDS REINDEER RUN ¼ MILE • \$5



SOCIAL RESPONSIBILITY

AMERICAN RED CROSS LIFEGUARD CERTIFICATION COURSE

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. Participants must attend all sessions.

Prerequisites: 300yd swim,
2 minutes treading water with no
arms and 9ft dive to retrieve a 10lb brick.

AGES: 15+

ALL CLASSES ARE REQUIRED AND WILL BE HELD AT THE DOWNTOWN YMCA

October 14th • 5:00pm-9:00pm

October 15th • 9:00am-6:00pm

October 21st • 5:00pm-9:00pm

October 22nd • 9:00am-6:00pm

Y MEMBER FEE • \$215

NON-MEMBER FEE • \$265

AMERICAN RED CROSS CPR/AED AND FIRST AID CERTIFICATION COURSE

AGES: 15+

SESSION 1: September 20th • 5:00pm-9:00pm
Downtown YMCA

SESSION 2: October 6th • 5:00pm-9:00pm
Pierson Road Family YMCA

SESSION 3: November 5th • 5:00pm-9:00pm
Downtown YMCA

SESSION 4: November 29th • 5:00pm-9:00pm
Pierson Road Family YMCA

Y MEMBER FEE • \$90

NON-MEMBER FEE • \$115



AQUATIC PROGRAMS

SWIMMING LESSONS

**DOWNTOWN YMCA
& PIERSON ROAD FAMILY YMCA**
SESSION 1: September 19th – October 29th

DOWNTOWN YMCA
SESSION 2: November 3rd – December 17th
(NO CLASS November 24th & December 3rd)

PIERSON ROAD FAMILY YMCA
SESSION 2: October 31st – December 17th
(NO CLASS November 22nd-26th)



REGISTRATION OPENS

SESSION 1
YMCA MEMBERS • August 15th
NON MEMBERS • August 22nd

SESSION 2
YMCA MEMBERS • October 3rd
NON MEMBERS • October 10th

Y MEMBER FEE • \$40
NON-MEMBER FEE • \$65

SWIMMING LESSONS AT THE YMCA OF GREATER FLINT

PARENT/CHILD LESSONS	DOWNTOWN Y	PIERSON ROAD FAMILY Y
PARENT/CHILD • This class is designed to help you and your infant or toddler adapt to the water together. Swimmers will learn to be comfortable and safe in the water.	Thursday • 5:00-5:30pm Saturday • 10:00-10:30am	Monday • 5:00-5:30pm Saturday • 10:00-10:30am
PRESCHOOL LESSONS AGES 3-5	DOWNTOWN Y	PIERSON ROAD FAMILY Y
PIKE • Students are taught rudimentary front and back strokes, learn water safety, blow bubbles, float, learn core values and have fun! Enrollment Expectations: Follow directions and be comfortable in the water.	Thursday • 5:45-6:30pm Saturday • 10:45-11:15am	Mon or Thurs • 6:00-6:30pm Tuesday • 5:30-6:00pm Saturday • 9:30-10:00am or 11:30am-12:00pm
RAY • Learn front and back crawl, how to tread water, elementary backstroke and breaststroke introduced, increasing endurance, and have fun! Enrollment Expectations: Can swim about 20 yards independently.	Thursday • 6:30-7:00pm Saturday • 11:30am-12pm	Mon • 5:30-6pm or Thur • 5-5:30pm Tuesday • 6:00-6:30pm Saturday • 9:00-9:30am or 11:00-11:30am
STARFISH • Mastery of front/back crawl, sidestroke, elementary backstroke and breaststroke with increased distance. Enrollment Expectations: Can swim >25 yards independently using different strokes.		Tues • 5-5:30pm or Thur • 5:30-6pm Saturday • 10:30-11:00am
YOUTH LESSONS AGES 6-10	DOWNTOWN Y	PIERSON ROAD FAMILY Y
POLLIWOG I • Students are taught front and back strokes, how to float, learn water safety, gain confidence as well as play games. Enrollment Expectations: Follow directions and be comfortable in the water.	Thursday • 5:45-6:30pm Saturday • 11:00-11:45am	Mon • 5-5:45pm or Thur • 5-5:45pm Tues • 5-5:45pm or 5:45-6:15pm Saturday • 11:00-11:45am
POLLIWOG II • Students will learn front/back crawl, how to breathe in the water to swim 20 yards independently and may be introduced to elementary backstroke. Enrollment Expectations: Confidence in water and the ability to follow directions.	Thursday • 5:45-6:30pm Saturday • 11:00-11:45am	Mon • 5:45-6:30pm or Thur • 5:45-6:30pm Saturday • 10:00-10:45am
GUPPY • Students learn front/back crawl, sidestroke, elementary backstroke, may be introduced to breaststroke, confident in deep water, rhythmic breathing. Enrollment Expectations: Controlled body movement in the water, confidence.	Thursday • 5:00-5:45pm Saturday • 10:00-10:45am	Mon • 5-5:45pm or Thur • 5:45-6:30pm Saturday • 9:00-9:45am
MINNOW • Students learn free, back and breast strokes, increase distance, use proper technique, as well as learn to stay safe near water. Enrollment Expectations: Can swim long distances using basic strokes.	Thursday • 5:00-5:45pm Saturday • 10:00-10:45am	Monday • 5:45-6:30pm
YOUTH LESSONS AGES 10-14	DOWNTOWN Y	PIERSON ROAD FAMILY Y
FISH • Further refinement of rotary breathing and strokes including butterfly, increasing distance, treading, and introduction to surface dives and other skills. Enrollment Expectations: Can swim long distances using all strokes, except butterfly.	Thursday • 6:30-7:15pm Saturday • 12:00-12:45pm	
SHARK • Butterfly stroke introduced, open turns, long distances to increase stamina, as well as mastery of other strokes. Enrollment Expectations: Can swim long distances, surface/standing dives and tread.	Thursday • 6:30-7:15pm Saturday • 12:00-12:45pm	
YOUNG ADULT • This class is designed to meet the individual needs to each participant. Beginners will learn to enjoy the water, work on fundamental strokes and lap swimming skills. Advanced swimmers will focus on increasing endurance and improving strokes technique.		Tuesday • 5:45-6:30pm
ADULT LESSONS AGES 14+	DOWNTOWN Y	PIERSON ROAD FAMILY Y
ADULT • This class is designed to meet the individual needs of each participant. Beginners will learn to enjoy the water, work on fundamental strokes and lap swimming skills. Advanced swimmers will focus on increasing endurance and improving strokes techniques.	Thursday • 6:30-7:15pm Saturday • 12:00-12:45pm	Wednesday • 5:45-6:30pm

AQUATIC PROGRAMS

PRIVATE SWIM 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 • \$90

COMMUNITY MEMBERS • \$115

Each session includes six, 45 minute lessons.

PIERSON ROAD FAMILY YMCA • Contact Emily Stetson, Aquatics Coordinator at 810-732-9622 or by email at: piersonaquatics@flintymca.org.

DOWNTOWN YMCA • Contact Elizabeth Hudson, Aquatics Director at 810-232-9622 or by email at: elizabethhudson@flintymca.org.

YMCA OF GREATER FLINT TORPEDOES SWIM GROUP

AGES: 6+

The Torpedoes Swim Group is open to children and young adults with disabilities. Each week our caring swim instructors will focus on swimming technique and endurance training for all abilities. Each six-week session will end with an in-house swim meet complete with medals!

Location: Pierson Road Family YMCA

WEDNESDAY 5:00-5:45PM

SESSION 1: September 19th - October 29th

SESSION 2: October 31st - December 17th

(NO CLASS November 22nd - 26th)

Y MEMBER • \$40

NON MEMBER • \$65

REGISTRATION OPENS:

SESSION 1 • AUGUST 15TH

SESSION 2 • OCTOBER 3RD

FLINT YMCA FALCONS SWIM TEAM

Our mission is to provide a place for children to excel in the sport of swimming, learn to be a part of a team and achieve their full potential! All swimmers are placed in the proper training level by the coaching staff based on age and ability. Your child will receive top quality coaching from our certified and experienced coaches.

If you would like to experience swimming with the Falcons, we encourage you to attend our Fall Clinic:

**September 12th, 14th & 15th
4:30pm-5:30pm at the Downtown YMCA**

Fee • \$25

For more information on the Falcons Swim Team, visit our website at: flintfalcons.org or contact Head Coach, Adam Cooper at 810-280-4838 OR 810-232-9622.

YMCA FLINT FALCONS



SWIM TEAM



HEALTHY LIVING PROGRAMS

EQUIPMENT ORIENTATIONS

New to the YMCA or not sure how to use a certain machine? Members are given the opportunity to go through a free one-time orientation with a wellness coach. Equipment orientations will help you learn the proper form and technique for the weight equipment and how to use the cardio equipment. Appointment times and availability vary; please sign-up at the front desk or with a wellness coach.

YOUTH FITNESS CERTIFICATIONS

Are you between the ages of 12-13 and looking to be able to use the fit zone? Youth ages 12-13 are able to use the fit zone and circuit room area after they have completed an orientation and written test with a wellness coach and must be accompanied by a parent. Orientations will last approximately 45 minutes. Appointment times and availability vary; please sign-up at the front desk or with a wellness coach.

PERSONAL TRAINING

Reach your health and fitness goals under the guidance of a YMCA Personal Trainer. Our 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 detailed information, stop by the front desk or contact Ashley Schlager, Healthy Living Director at 810-732-9622 at the Pierson Y or Shelly McArthur at 810-232-9622 at the Downtown Y. Participants must be YMCA members.

One on One Training:

**\$25.00 per session or
\$275.00 for a 12 session package (\$25 Savings)**

Group Training (2-4 Individuals):

**\$18.00 per session or
\$200.00 for a 12 session package (\$16 Savings)**
(Up to 4 Participants – Each Member Must Purchase Sessions)

WATER AEROBICS

Our water based aerobics classes will get you moving with no impact on joints and muscles. Our classes are designed for participants of all levels as well as non-swimmers. Stop by the front desk for a current class offering and program descriptions. These classes are included with your membership!

Below are some of the classes you may see on the schedule throughout the year:

- Aqua Box
- Aqua Flex
- Aqua Zumba
- Hydrorobics
- Tone-Robics

GROUP FITNESS CLASSES & CYCLING

The YMCA of Greater Flint offers many group fitness and cycling classes for all abilities. Our caring and experienced instructors will motivate you to be your best. Group fitness classes are a great way to meet other members with similar fitness goals and keep you coming back. Our instructors will provide classes that will get your heart pumping and help you to burn calories! Stop by the front desk for a current class offering or check out the YMCA of Greater Flint App for the current schedule. These classes are included with your membership!

Below are some of the classes you may see on the schedule throughout the year:

- Amped Up
- Beginner Step
- Boot Camp
- Cardio Kickboxing
- Cardio Sculpt
- Double Trouble
- Fitness Intervals
- Functional Fitness
- Group Cycling (Pierson Rd. location only)
- Interval Sculpt
- Muscle Conditioning
- Stretch & Flex
- Step
- Tai Chi
- Yoga
- Yogalates
- Zumba



HEALTHY LIVING PROGRAMS

PICKLEBALL

Pickleball is a recreational sport that is designed to be played by children and adults of all ages and abilities. It is played on a badminton-sized court with a specialized paddle and ball. **To help new participants learn the game, our current players will be offering instruction on Wednesday, October 19th from 10am-12pm.**

Come try this sport that is sweeping the nation!

Pickleball is scheduled as an open gym activity and is available to all on:

**Mondays • 8am-10am (Competitive Play)
10am-12pm**

Wednesdays & Fridays • 10am-12pm

LAZY TRIATHLON

Location: Pierson Road Family YMCA

The Iron Man Triathlon is one of the hardest events in the world, consisting of 2.4 mile swim, 112 mile bike, and a 26.2 mile run all in one day. Are you up for completing the challenge in 8 weeks?

Details: Events do not have to be done in the order of the traditional triathlon. Pick up your tracking sheets at the front desk. Participants will be in charge of their own tracking sheets (Honor System) and will turn them in on November 28th.

Swim: 2.4 miles or Water Walk, Water Aerobics (each 60 minutes class=.10 miles)

Bike: 112 Miles or elliptical 112 miles or group cycling class (60 minutes class=15miles)

Run: 26.2 miles or WALK, Step, Kickboxing, Boot Camp or Zumba (each 60 minutes class=3 miles)

Start Date • October 3rd to November 28th.

FREE MEMBER BENEFIT!

Each completed triathlon participant tracking sheet turned in by November 28th will be entered in to win a free 1-month membership!

Y HOLIDAY CHALLENGE 2016

Location: Pierson Road Family YMCA

Stay motivated during the busy holiday season by participating in the Y Holiday Challenge 2016! Members will participate in weekly fitness activities of varying degrees of difficulty depending on your fitness level (beginner, intermediate, or advanced) provided by the YMCA. Members will then track their progress and completion of each challenge. Pick up your Holiday Challenge Packet at the front desk. Participants will be in charge of their own tracking sheets (Honor System) and will turn them in no later than closing on December 31st.

Start Date:

Wednesday • December 1st - Saturday • December 31st

FREE MEMBER BENEFIT!

Each completed Holiday Challenge participant tracking sheet turned in by December 31st will be entered in to win a free 1-month membership!

HEALTH SCREENING

October 17th •8:00am-12:00pm & 4:00pm-6:00pm

Location: Pierson Road Family YMCA

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.



YOUTH & FAMILY PROGRAMS

KIDS KORNER

Location: Pierson Road Family YMCA

Our Kids Korner is a supervised play area for children to play, explore and interact under the watchful eye of our staff. This free member service allows you the freedom to enjoy the facilities while your children enjoy themselves in a safe, fun setting. This is a free member benefit for family memberships. Guests must purchase a day pass.

AGES: 1-6 *Kids must be independently walking

• MORNING HOURS:

Monday – Friday • 8:30am-12:00pm

Saturday • 8:30am-12:00pm

• EVENING HOURS:

Monday & Wednesday • 5:00pm-8:30pm

Tuesday, Thursday & Friday • 5:00pm-8:00pm

YOUTH FUN ZONE

Location: Pierson Road Family YMCA

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. This is a free member benefit for family memberships. Guests must purchase a day pass.

AGES: 7-13

• MORNING HOURS:

Saturday • 8:30am-12:00pm

• EVENING HOURS:

Monday & Wednesday • 5:00pm-8:30pm

Tuesday, Thursday & Friday • 5:00pm-8:00pm

HALLOWEEN SPOOKTACULAR

Location: Pierson Road Family YMCA

We invite you to join us in celebrating the Halloween season! Bring your children out to participate in spooky themed crafts and activities. Enjoy some delicious donuts and trick or treat around our trail. Don't forget your costume! This is a free member benefit for family memberships. Guests must purchase a day pass.

Friday, October 28th • 5:00-7:00pm



KIDS NIGHT OUT

Location: Pierson Road Family YMCA

Enjoy a night out on the town while the kids enjoy the evening at the YMCA! Children take part in activities such as arts and crafts, sports, games, and more. Registration will close a week prior to event. The YMCA will provide a pizza party for registered participants. This program is offered for current YMCA members.

AGES: 5-13

November 18th • 5:00pm-9:00pm

December 9th • 5:00pm-9:00pm

**MEMBER FEE: \$20 for the first child,
\$10 each additional child**

TEEN NIGHT OUT

Location: Pierson Road Family YMCA

During this unique program, teens can hang out at the Y AFTER HOURS! Our youth program staff will organize and supervise activities such as swimming, basketball, dodgeball and card games. Light snacks will be provided. This event is offered for current YMCA members.

AGES: Kids in 7-12th grades

Saturday, October 8th • 8:30pm-11:00pm

**MEMBER FEE: \$20 for the first child,
\$10 each additional child**



YOUTH & FAMILY PROGRAMS

YOUTH BASKETBALL

Location: Downtown YMCA

Our experienced instructors will focus on teamwork in a fun, safe and supportive environment. We will also teach the importance of strength and conditioning. The class will work on ball handling as well offensive and defensive skills. Each class will end with full court play time.

AGES: 1st – 8th grades

SESSION 1: September 24th – October 29th
9:30-11:30am

SESSION 2: November 5th – December 17th
(NO CLASS December 3rd)
9:30-11:30am

Y MEMBER • \$40
NON MEMBER • \$65



Y SAFE PLACES

Join us at one of our Y Safe Places sites! 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 daily Monday – Friday (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 Moses Bingham at (810)232-9622.

AGES: Kindergarten – 12TH GRADES

SITE INFORMATION:

BERSTON FIELDHOUSE • K-12TH GRADES

MONDAY - THURSDAY

3300 SAGINAW ST. FLINT 48505

CATHEDRAL OF FAITH CHURCH • K-12TH GRADES

6031 DUPONT ST. FLINT 48505

DOWNTOWN YMCA • K-8TH GRADES

411 E. THIRD ST. FLINT 48503

HOLY REDEEMER CATHOLIC CHURCH • K-12TH GRADES

1227 BRISTOL RD. BURTON 48529

KENNEDY CENTER

K-12TH GRADES

MON/TUES/THUR

1610 W. PIERSON RD.

FLINT 48504

MT. OLIVE GREER

FAMILY LIFE CENTER

K-12 GRADES

1601 FAY ST.

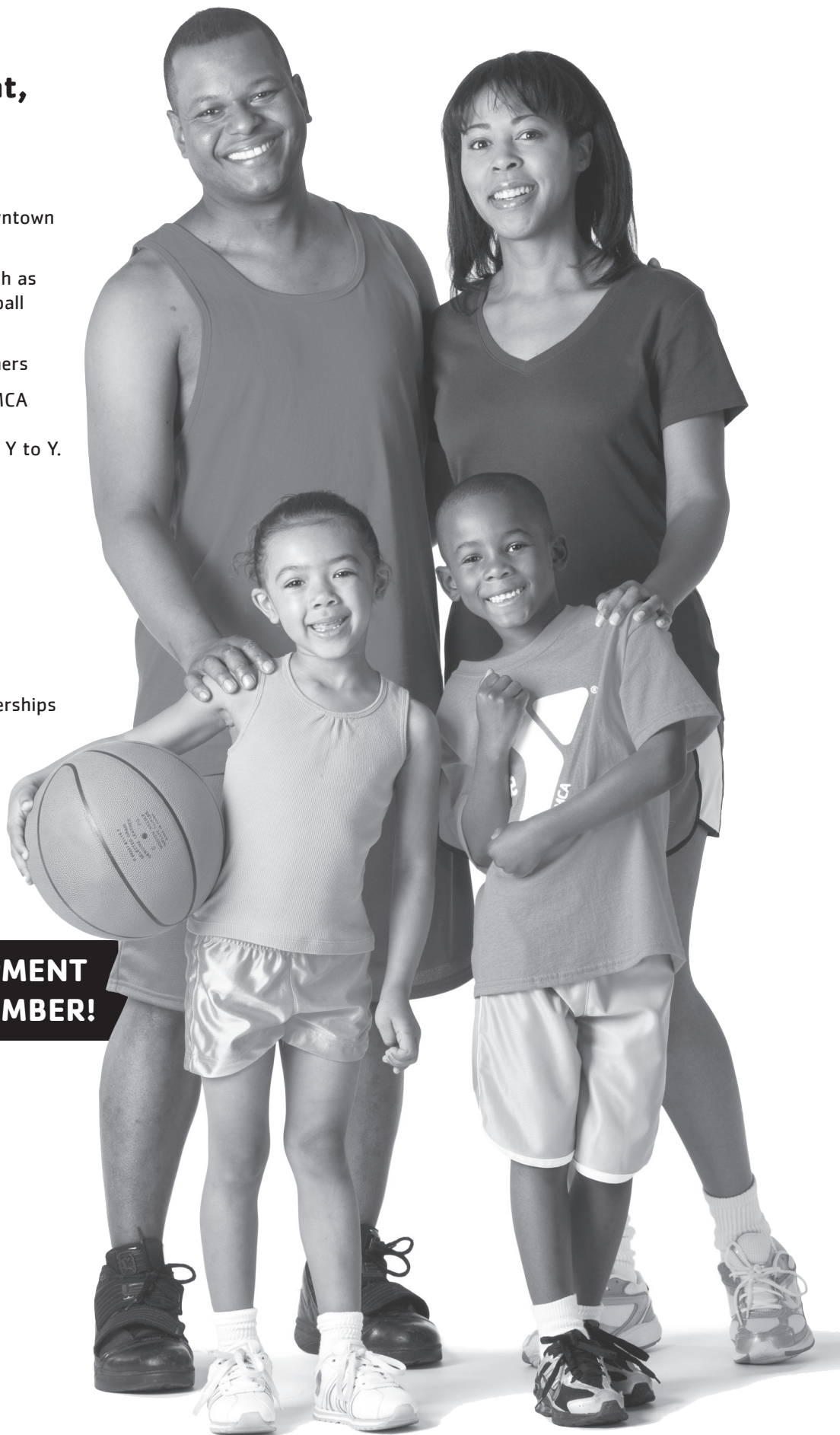
FLINT 48503



MEMBER BENEFITS

As a member of the YMCA of Greater Flint, you will enjoy the following benefits:

- Unlimited access to both the Downtown & Pierson Road locations.
- Discounts on YMCA programs such as Swimming Lessons, Youth Basketball and other programs.
- Access to Certified Personal Trainers
- The AWAY Program – use your YMCA membership at other YMCAs while traveling. Policies vary from Y to Y.
- Free water aerobics classes at both branches.
- Free group fitness classes at both branches.
- Member engagement events.
- Early program registration for Swimming Lessons.
- Free child watch for family memberships at the Pierson Road location.



**NEW CARDIO EQUIPMENT
COMING THIS NOVEMBER!**