



# 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 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.**

### FACILITY CLOSINGS

**May 29** ..... Memorial Day

**July 4** ..... Independence Day

**August 20** .....

**Pierson Road Pool & Hot Tub Closed**

**August 21 - 27** .....

Entire **Pierson Road Facility Closed** for Annual Building Cleaning and Maintenance

**August 27 - Sept. 4** .....

Entire **Downtown Facility Closed** for Annual Building Cleaning and Maintenance

**September 4** ..... 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.

### STAY UP TO DATE ON CLASS CANCELLATIONS

Download the mobile app in the app store. Search **YMCA of Greater Flint**.

### FOLLOW US ON FACEBOOK & TWITTER

Facebook.com/flintymca  
@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](http://www.flintymca.org)

## YMCA SAFE PLACES • KINDERGARTEN - 12TH GRADES

**Come join us at one of our Y Safe Places sites this summer!** Safe Places staff leads fun activities daily in a safe and structured environment. The program is FREE for any child in the community. The sites are open Monday - Friday 4:00pm to 7:00pm (unless otherwise specified) able to start the same day they register. The program offers academic support, health and physical fitness activities, as well as the arts and crafts and science. We provide snacks and dinner at all sites. Safe Places also take field trips and participate in events around the community. Impacting lives daily. For more information please contact Moses (810) 232-9622.

### SITE INFORMATION:

- K - 12th Grades: **Mt Carmel Kennedy Center.** 1610 W Pierson Rd, Flint MI 48504
- K - 12th Grades: **Cathedral of Faith.** 6031 DuPont St, Flint MI 48505
- K - 12th Grades: **Holy Redeemer Catholic Church.** 1227 Bristol Rd, Burton MI 48529
- K - 12th Grades: **Mt Olive Family Life Center.** 1601 Fay St, Flint MI 48503
- K - 12th Grades: **Berston Fieldhouse.** 3300 Saginaw St, Flint MI 48505
- K - 8th Grades: **Downtown YMCA.** 411 E Third St, Flint MI 48503

**Help us celebrate!!** In collaboration with Flint Development Institute, Safe Places will open its 7th site. Located at the former Bunche Elementary School, serving children K - 12th grades.

## YMCA'S SCOOP DE'LOOP AT THE DOWNTOWN YMCA - Thursday • June 29

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 22 • \$20 | After June 22 • \$25
- Event WITHOUT Shirt: Before June 22 • \$10 | After June 22 • \$15

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

Before June 22 • \$6 | After June 22 • \$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.

## COLLEGE STUDENT SUMMER MEMBERSHIP 2 OR 3 MONTH OPTION • NO INITIATION FEE

### 2 Month Membership Options:

- June 1 - August 1 or June 15 - August 15
- Young Adults (18-23) \$48\*
- Adults (24 and Over) \$98\*

### 3 Month Membership Options:

- May 1 - August 1 or May 15 - August 15
- Young Adults (18-23) \$72\*
- Adults (24 and Over) \$147\*

Membership must be paid in full at the time of sign up and member must show valid student ID to qualify.  
\*Rate will not be pro-rated for a partial month.



## KIDS KORNER/YOUTH FUN ZONE

**New Schedule Begins Week of June 19**

Closed July 4, September 2 & September 5

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

\*Must be independently walking

**Mon-Fri: 8:30am-12:00pm**

**Mon-Thurs: 5:00pm-8:00pm**

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.

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

**Mon, Wed, Fri: 8:30am-12:00pm**

**Mon-Thurs: 5:00pm-8:00pm**

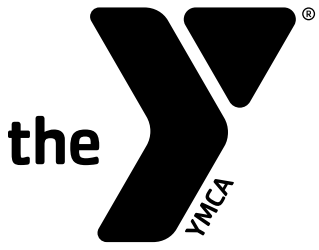
A gym and play area just for the kids to shoot some hoops, play a board game or catch up on homework. Kids will have great time playing a game of four square or making an art masterpiece for the gallery.

## YMCA CAMP BOOMERANG 2017

### 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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## MEMBERSHIP APPRECIATION KICKOFF TO SUMMER BBQ Wednesday • June 7th – 11am-1pm

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

## 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)



## 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
- Interval Sculpt
- Muscle Conditioning
- Stretch & Flex
- Step
- Tai Chi
- Yoga
- Yogalates
- Zumba



## ••••• SWIM LESSONS ••••• CLASSES MEET TWICE A WEEK FOR 3 WEEKS

### REGISTRATION

#### Members:

Session 1 – 5/22

Session 2 – 6/12

Session 3 – 7/10

#### Non-Members:

Session 1: 5/29

Session 2: 6/19

Session 3: 7/17

### Monday and Wednesday

Session 1 • June 19 – July 6

Session 2 • July 10 – July 27

Session 3 • July 31 – August 17

12:00-12:30 – Pike  
 12:00-12:45 – Polliwog 1  
 12:00-12:45 – Guppy/Minnow  
 12:30-1:00 – Ray  
 12:45-1:30 – Polliwog 1  
 12:45-1:30 – Polliwog 2  
 1:00-1:30 – Starfish

5:00-5:30 – Shrimp  
 5:00-5:45 – Polliwog 1  
 5:00-5:45 – Polliwog 2  
 5:30-6:00 – Pike  
 5:45-6:30 – Young Adult/Adult  
 6:00 – 6:30 – Ray

### Tuesday and Thursday

Session 1 • N/A

Session 2 • July 10 – July 27

Session 3 • July 31 – August 17

5:00-5:30 – Ray  
 5:00-5:45 – Polliwog 2  
 5:30-6:00 – Pike  
 5:45-6:30 – Guppy/Minnow  
 6:00-6:30 – Starfish

**YMCA Member \$40**

**Community Member \$65**

## 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 \$95**

**Community Member \$115**

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

