



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG COMMUNITIES START HERE

YMCA OF GREATER FLINT

DOWNTOWN YMCA

Winter Program Guide 2024

January 29–March 17



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

WELCOME TO THE NEW YEAR

Happy New Year!

We hope this letter finds you well and filled with excitement for the possibilities that lie ahead in 2024. As we step into the new year, the YMCA of Greater Flint, Downtown Branch is thrilled to welcome you to our upcoming winter program session, packed with engaging activities and opportunities for personal growth.

At the YMCA, we believe in fostering a sense of community, promoting healthy living, and providing diverse programs that cater to the needs and interests of our members. We are excited to be focusing on expanding our offerings this year.

Here's a glimpse of what you can expect in the upcoming program session:

1. **Fitness and Wellness Classes:** Embark on a journey to better health with our fitness and wellness classes. From high-energy group workouts to mindfulness programs, we have programs catered to all fitness levels.
2. **Youth and Family Programs:** Engage your family in fun and educational activities designed to strengthen bonds and create lasting memories. Our youth programs focus on character development, skill-building, and, of course, having a great time!
3. **Aquatics Programs:** Dive into our aquatics programs, where you can learn to swim, participate in water fitness classes, or simply enjoy recreational swim time. This year we will be implementing a new nationally accredited swim lesson program led by nationally certified swim instructors.
4. **Adult Sports Programs:** Continue your lifelong wellness journey with our adult sports programs. Enjoy the spirit of friendly competition with like-minded individuals in a supportive and welcoming environment.

Thank you for being a valued member of the YMCA community. We look forward to seeing you at our programs and events throughout the year.

Sincerely,

Your YMCA Downtown Branch Team

General Program Information

Canceled 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 YMCA has to cancel the class.

Our makeup classes would take place the week of March 1

Wellness Overview

Equipment Orientations

Every Member is 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.

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 are accompanied by a parent. Orientations will last approximately 45 minutes.

Appointment times and availability vary; please sign-up at the front desk.

Partner With Youth Financial Aid Program

Did you know the Y is more than just a pool or a gym? We are a fixture in our community helping everyone, regardless of their ability to pay, achieve healthy bodies, minds and spirits. We can't do it on our own though, that's where we depend on our generous supporters! Every dollar raised goes right back to the community through impactful programming, financial assistance, and camp scholarships. The PWY campaign makes Y Safe Places possible in our community. It helps every 4th grader within the City of Flint learn how to swim through our 4th Grade Safety Around Water program. Your membership dues pay for our facilities and our dedicated staff, while every penny of Partner with Youth donations goes back to you, our community.

For more information contact Sheila Zorn at sheilazorn@flintymca.org.

REGISTER EARLY AND SAVE

**Registration opens:
January 10**

**Register by January 21
to receive 20% off**

**Session Dates:
January 29–March 17**

**Registrations after
January 27 are subject
to a \$15 late fee**

**Financial assistance is available
for both membership rates and
program costs.**

**Inquire at our membership desk
to learn more.**

Family Events

We are excited to host several family events this winter! Events do fill quickly-advanced registration is highly encouraged to save your spot. Spaces are limited 48 hours in advance of the event dates.

Family Fridays

On the First Fridays of the month this winter, from 6:00-7:30pm we invite your family to join us for an evening of themed crafts, activities, obstacle course, snacks, and fun.

January 19 **Time Travel Adventure**
March 1 **Wizards World**

Family members: Free -Registration
48 hours in advance
Youth members: Free w/Adult Chaperone
-Registration
48 hours in advance
Non members: \$5 event fee per child

At least 1 adult must be present and providing supervision for their child for Family Events.

Family NERF Night

Join us for a night of NERF. Families can bring their own NERF gear or borrow our YMCA equipment. A course will be provided in the gym for games of NERF tag and challenge.

Date: Friday, February 16 Theme: Star Wars Themed
Family members: \$5 per child
Youth members: \$5 per child
Non members: \$10 event fee per child

At least 1 adult must be present and providing supervision for their child for Family Events.

Second Saturday Teen Time

Teens are welcome to join us on the second Saturday of March at the Downtown Branch for a mix of basketball contests, NERF tag, gaga ball, paint night, table games, and more. Activities are facilitated by YMCA staff.

Date: March 9
Ages: 10-14
Time: 2:00 - 3:30pm

Family Members: \$5 Per Child
Youth Members: \$5 Per Child
Non Members: \$10 Event Fee Per Child

Corporate Events









Are you looking for a great team building opportunity for your organization or just a chance to have fun? Speak with our YMCA leadership today about how we may curate an outing that meets your needs either hosted at the YMCA or at your location. Examples include:

- Group Yoga
- Leadership & Collaboration Workshop
- Team Building w/NERF Tag
- Group Wellness Orientation
- Facilitated Problem Solving & Brainstorming Sessions
- Recreational time with Pickle ball & Basketball

Please contact Jrice@flintymca.org for inquiries.

NEW: Nationally Recognized Swim Lesson Curriculum

We are excited to launch an amplified swim lesson curriculum led by nationally accredited and certified YMCA Swim Lesson Instructors. Swim lessons are broken down by skill level to intentionally support youth in their learning journeys.

SWIM STARTERS		SWIM BASICS (Safety Around Water)			SWIM STROKES		
Parent* & child lessons		Recommended skills for all to have around water			Skills to support a healthy lifestyle		
A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics
							
Introduces infants and toddlers to the aquatic environment		Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills		Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	Encourages forward movement in water and basic self-rescue skills performed independently	Develops intermediate self-rescue skills performed at longer distances than in previous stages	
Outcomes Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.		Outcomes Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: <ul style="list-style-type: none">- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit- Jump, push, turn, grab			Outcomes Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.		

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Stages of Learning

-  Infant & Toddler
6 mos.–3 yrs.
Stages A–B
-  Preschool
3–5 yrs.
Stages 1–4
-  School Age
5–12 yrs.
Stages 1–6
-  Teen & Adult
12+ yrs.
Stages 1–6

WINTER SESSION OFFERINGS

Parent/Child (Age 1.5–3)

Water Discovery:

Mondays 9:00–9:35am

Water Exploration:

Mondays 9:45–10:20am

Mondays 3:30–4:05pm

Preschool (Ages 3–5)

Water Acclimation:

Mondays 4:15–4:50pm

Water Movement:

Wednesdays 4:15–4:50pm

Wednesdays 3:30–4:05pm

School Age (Ages 6–12)

Water Acclimation: (Ages 6–9)

Wednesdays 5:00–5:40pm

Water Movement: (Ages 6–9)

Wednesdays 6:00–6:40pm

Water Movement: (Ages 9–12)

Tuesdays 7:15–7:55pm

Group Swim Lessons

Our group swim lessons aim for a maximum 1:5 ratios for Preschool and 1:8 ratios for instructor/participant ratio for school age classes. Parent/child classes are at a 1:10 ratio for parent/child pairs.

Program Fee:

\$50 Members

\$90 Non-Member

Early Registration Fee:

(before January 21):

\$40 Members

\$72 Non-Member

Private Swim Lessons

Program Fee:

\$80 Members

\$100 Non-Member

for six 40 minute long sessions

Financial assistance is available for both membership rates and program costs. Contact our Aquatics Director at KaitlinFilek@flintymca.org to learn more.

YOUTH & FAMILY

Sports

Indoor T-ball

Ages 3-5 years

Thursdays 4:00-4:35pm

Focus on the basic skills of baseball including hitting, throwing, catching and base running.

Sports Buddies

Ages 2.5 - 5 years

Wednesdays 4:10-4:45pm

This class is perfect for the young and wiggly! Class includes group activities, sharing, and taking turns.

Introduction to games (duck, duck, goose, Captains Deck, Oscar's Trash Can, etc), parachute fun, bean bag/ring toss, obstacle courses, and more.

Y Hoopsters

6-9 years:

Tuesdays 6:15-7:00pm

Saturdays 9:00-9:45am

9-12 years:

Wednesdays 5:30-6:15pm

Saturdays 10:00-10:45am

12-15 years

Wednesdays 6:30-7:15pm

Saturdays 11:00 - 11:45am

A great opportunity for skill development in basketball. Focus is on building skills; ball handling, passing, shooting, defense, team play, and sportsmanship.

Program Fee:

\$30 Members

\$55 Non-Member

Early Registration Fee:

(before January 21):

\$24 Members

\$43 Non-Member

Arts & Enrichment

Kiddie Club

Ages 1-3 years

Tuesdays 9:30-10:05am

Wednesdays 3:00-4:05pm

Foster your child's early development through crafts, food activities, games, and movements that promote fine motor skills and build confidence. Introduction to color, textures, and shapes while using various materials and story telling.

Preschool Club

Ages 3-5

Tuesdays 10:30-11:15am

This creative class themes crafts, cooking, and motion with story telling components and a new exciting theme each week!

Zumbini

Ages 0-5 with caregiver participation required

Mondays 10:30-11:15am

Designed for kids ages 0-4 and their caregivers, Zumbini combines music, dance and educational tools for 45-minutes of can't-stop, won't-stop bonding and fun!



Financial assistance is available for both membership rates and program costs. Contact our membership team to learn more.

REGISTER EARLY AND SAVE

Registration opens: January 4

Register by January 21 to receive 20% off

Session Dates: January 29-March 17

Registrations after January 27 are subject to a \$15 late fee

TEEN & ADULT SPORTS

Pickleball Club

Pickleball is a net court sport using a paddle and perforated plastic ball for a 'life-sized' ping pong game. There are some similarities to badminton & tennis, but Pickleball has several unique rules that allow all skill levels to play together. Games will be organized on regulation size indoor courts at our gym for singles and doubles format games and facilitated by YMCA staff.

Pickleball is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Participants have the option of signing up for a daytime club, or PM club. Activities hosted and facilitated by a trained YMCA Staff member. Our Club Combo option also allows players to join both groups at a discounted rate.

Club runs February 20 and run through April 18 with additional competitions, incentives, and outings that will be introduced by the staff host throughout the season.

Option A: **Tuesdays 11:30am-1:00pm, Wednesdays 12:15pm-2:00pm**
Members \$30 Non Members \$40

Option B: **Thursdays 5:00-6:30pm**
Members \$15 Non Members: \$22

Combo Club: Option A & B
Members \$38 Non Members: \$52

Register by January 21 for 20% off registration fees

4v4 Full Court Adult Basketball League

Opportunity for 6 regular season games plus playoffs. Full court, staff refereed games. Games are scheduled on a rotating day/time schedule based on team schedules and league size. Games held on Tuesdays and Thursdays after 7:30pm. Earlier games and weekend alternatives can be scheduled as needed.

Games begin February 8 and run through March 31

League prices: **Members: \$50 Early Registration: \$40 (by January 27)**
Non Members: \$70 Early Registration \$57 (by January 27)

Getting involved:

1) Select a Team Captain—each team must select one team captain to be their point person for communication. Team captains will receive emails from the YMCA regarding game days/times that are scheduled. If your team needs any special accommodations (ex. unavailable until 8pm, not able to play one week, etc) please also share this information with the YMCA through your team captain.

2) Register All Team Members— teams can register for the 4 vs. 4 league at the YMCA welcome center or online. Participants must register in order for teams to play. If a team member is not registered, they will not be able to participate in that day's game. For scheduling purposes, teams that are not registered at least one week in advance may not be able to play the following week. Teams are allowed up to 9 players.

Please note: at this time we are not able to guarantee placement for individual players on teams. If you are an individual participant looking for teammates, please email jrice@flintymca.org your interest prior to registration to see the status of team formations.

Email Roster—Team captains, please send an email to jrice@flintymca.org to include: Team Name, Roster Names, and best contact info.



WELLNESS PROGRAMS

Group Exercise

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. Activities range from being catered towards families to adults. These classes are included with your membership!

Strength Training: Personal Training Club

There is no better way to stay motivated than in a team setting. Work with a group of three or more participants and receive the personalized attention and expertise of a fitness professional and the motivation and accountability of being in a group all at the same time. This club is based on strength training in our weight room.

6 week session

January 29–March 17

Thursdays 6:30–7:30pm

Program cost: \$100

Early Registration (by January 21): \$70

Personal Training

Reach your health and fitness goals under the guidance of a YMCA Personal Trainer.

For detailed information, stop by the front desk for a Personal Training questioner form to start!

One on One Training:

\$25.00 per session;

\$275.00 12 session package

Group Training: (2–4 Individuals):

\$18.00 per session per person;

\$200.00 12 session package



Personal Training

Interest Form

Please fill out online or at
our membership desk

COMMUNITY AMERICAN RED CROSS CLASSES

The YMCA of Greater Flint is a proud provider of the American Red Cross CPR/AED, Lifeguarding and First Aid Certification Trainings. Deadline for registrations is 4 days in advance of in person class time. All classes include 2 year certification. Classes are subject to change based on enrollment. Confirmation emails will be sent the week before class. Learn more by emailing KaitlinFilek@Flintymca.org.

CPR & AED for Professional Rescuers

In person training and skills test

February 10 9:00am–2:00pm

Members: \$45

Non Members: \$60

Administering Emergency Oxygen

In person training

March 8th 1:00–3:00pm

Members: \$30

Non-Members: \$40

Prerequisites: Must be CPR certified

Requirements: Must be at least 16 years old. Must be able to get down on knees.

Lifeguard Training

In person training

Thursdays, February 1, 8, 15, 22, 29

4:00–8:00pm

Member: \$200 Non-member: \$250

Please contact KaitlinFilek@flintymca.org for Lifeguard re-certification or additional certification information, prerequisite information, and any additional support.