



# YMCA OF GREATER FLINT



# SPRING PROGRAM GUIDE

APRIL 1 – MAY 10, 2024



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## WELCOME TO THE YMCA!

We welcome you to the new year and new possibilities! The team at the YMCA of Greater Flint is excited to make your YMCA member experience the best in 2024!

Our goal is to increase program opportunities and experiences for all ages. We will be adding a variety of new group fitness classes, youth programs, and engagement activities this year.

What we need from you is your feedback and program suggestions. We have launched a number of new operating procedures to improve the member experience and we would like to continue the process by using your feedback!

Thank you for choosing the YMCA of Greater Flint to pursue a healthy spirit, mind, and body! Together, we will make 2024 a memorable and monumental year!

YMCA STAFF

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## DO YOU HAVE A SUGGESTION?

At the Greater Flint Area YMCA we value our members feedback. Please follow the QR code to access our member feedback questionnaire. To speak directly to one of our team members, please use the "more information" page to access the phone numbers for each of our locations. Thank you for choosing the Greater Flint Area YMCA!







# SWIM LESSON STRUCTURE

## SWIM STARTERS

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.



**A / WATER DISCOVERY**  
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



**B / WATER EXPLORATION**  
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



**1 / WATER ACCLIMATION**  
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



**2 / WATER MOVEMENT**  
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



**3 / WATER STAMINA**  
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

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.



**4 / STROKE INTRODUCTION**  
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



**5 / STROKE DEVELOPMENT**  
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



**6 / STROKE MECHANICS**  
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



# SWIM LESSONS

## DOWNTOWN BRANCH

1

### BEGINNERS-WATER ACCLIMATION

THURSDAY'S Beginning 04/11/24  
11:00am-11:40am

AGES 3-5

1

### BEGINNERS-WATER ACCLIMATION

THURSDAY'S 04/11/2024-05/17/2024  
4:30pm-5:10pm

AGES 6-9

1

### BEGINNERS-WATER ACCLIMATION

THURSDAY'S 04/11/2024-05/17/2024  
6:10pm-6:50pm

AGES 9-12

1

### BEGINNERS-WATER ACCLIMATION

THURSDAY'S 04/11/2024-05/17/2024  
7:00p-7:50pm

AGES 6-10

2

### INTERMEDIATE WATER MOVEMENT

THURSDAY'S 04/11/2024-05/17/2024  
5:20pm-6:00pm

## PIERSON RD BRANCH

1

### BEGINNERS-WATER ACCLIMATION

TUESDAY's Beginning 04/02/24  
6:00pm-6:40pm

1

### BEGINNERS-WATER ACCLIMATION

SATURDAY's Beginning 04/06/24  
9:00am-9:40am

1

### BEGINNERS-WATER ACCLIMATION

SATURDAY's Beginning 04/06/24  
10:00am-10:40am

## SWIM LESSON RATES:

Member Rate: \$50

Non Member Rate: \$90

# 20% OFF

Youth Sports registration when  
enrolled before March 22nd

## PRIVATE SWIM LESSONS

Private swim lessons are the perfect way to gain individual attention and maximize your results! All ages and abilities are welcome to register. Private swim lessons packages include four 45 minute lessons. For more information, please contact either of our YMCA locations!

Member Rate: \$80

Non Member Rate: \$120





# OFFERINGS

## UPCOMING CERTIFICATIONS



The YMCA of Greater Flint is a proud provider of the Red Cross CPR/AED, Lifeguarding, and First Aid Certifications. Deadline for registrations are 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 the course begins. For more information, please contact Downtown YMCA Aquatics Director Kaitlin Filek at [kaitlinfilek@flintymca.org](mailto:kaitlinfilek@flintymca.org).

**LIFEGUARD CERTIFICATION CLASS DATES: MAY 6th,13th,20th,23rd & 27th**  
**100% OF COURSE MUST BE COMPLETED TO OBTAIN CERTIFICATION**  
**MEMBER RATE: \$250 NON MEMBER RATE: \$300**

## CORPORATE OUTINGS



Are you looking for a great team building opportunity for your organization or just a chance to have fun? Speak with our YMCA Leadership team today to learn how we have curate an outing that meets your needs at either of our YMCA locations or at your business. For more information on corporate outings at our Downtown location, please contact Executive Director John Rice today at [jrice@flintymca.org](mailto:jrice@flintymca.org).

## YOUTH & GOVERNMENT



A fun engaging group empowering the next generation with the YMCA's preteen and teen civic engagement programs. Participants will learn public speaking and debate skills while exploring issues important to them. This program is designed to cultivate leadership skills, global awareness, and a sense of responsibility among young individuals. This program also teaches participants to engage in meaningful discussions, develop their diplomatic acumen, and make a positive impact on the world. Join us in fostering informed and empowered youth who are prepared to tackle the complex challenges of our global community. For more information, please contact our Downtown YMCA Executive Director John Rice at [jrice@flintymca.org](mailto:jrice@flintymca.org)!



# EVENTS

## YMCA HEALTHY KIDS DAY

Healthy Kids Day is an annual national event celebrated at YMCA's across the country to help inspire healthy habits in kids and families. Y's host a variety of free activities to promote play and inspire a lifetime love of physical activity.

**PIERSON ROAD FAMILY YMCA**

**11:00am-12:30pm, SATURDAY, APRIL 13th**

**FREE FOR THE COMMUNITY!**

## 1 ON 1 BASKETBALL TOURNAMENT

Put your skills to the test with the Downtown YMCA 1 on 1 Basketball tournament!

**DOWNTOWN YMCA**

**SATURDAY, APRIL 27th**

**SAVE THE DATE!**

## YMCA SENIOR EXPO

Meet with vendors and organizations to learn more about ways to address your Physical, Mental, Emotional and Financial Health. FRUIT, SNACKS AND COFFEE PROVIDED  
FREE Demo classes in the racquetball court!

**PIERSON ROAD FAMILY YMCA**

**APRIL 24th, 10:00am-12:00pm**

## VAAA SENIOR NUTRITION

Presented by the Valley Area Agency on Aging, join us for a 2 part mini series on nutrition and meal preparation. Courses will cover meal planning, grocery shopping tips, budgeting, my plate for seniors, label reading, and so much more!

Registration is required, please call the Downtown YMCA at (810) 213-9622 or sign up online. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports.

**DOWNTOWN YMCA**

**APRIL 9th & APRIL 23rd**

**10:00am-11:00am**



# VAAA DEMENTIA CAREGIVING

Presented by the Valley Area Agency on Aging, join us for a 3 part mini series on caring for family members with Dementia. This course will provide information on the effect dementia has on the brain, methods for communicating with loved ones with dementia, managing stress and creating care giving environment.

Registration is required, please call the Pierson Road Family YMCA at (810) 732-9622 or sign up online. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports.

**PIERSON ROAD FAMILY YMCA**

**APRIL 8th , APRIL 15th & April 24th**

**10:00am-11:00am**



Safe Places is a FREE community-based summer and after school program for all youth grades K-12th. It is offered by the YMCA of Greater Flint at churches and community centers on the North side of the city of Flint. Although the program is free, prior registration is required before students can start session

We partner with a variety of community organizations to provide cultural and educational enrichment activities and skill building. Areas of focus include academics, sports, performing arts, technology, arts and crafts, nutritional and physical engagement. Summer opportunities to experience a week at our very own Camp Copneconic.

## **SITE LOCATIONS**

**Flint Development Center: 4121 MLK Ave, Flint MI; Monday – Friday from 4 – 7 pm**

**Cathedral of Faith; 6031 Dupont St, Flint; Monday – Friday from 4pm-7pm**

**For more information or to sign up, You can sign up and start on the same day at either of the sites, call Safe Places Director Monica Holmes at 810-232-9622**



COACH

# YOUTH PROGRAMS

## DOWNTOWN BRANCH

### Y HOOPSTERS

WEDNESDAY'S 6:00pm-7:00pm

SATURDAY'S 10:30am-11:30am

AGES 7-13 Member Rate: \$30 Non Member Rate: \$50

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

### NINJA TRAINING

TUESDAY'S 5:15pm-6:00pm

AGES 6-13 Member Rate: \$30 Non Member Rate: \$50

Adventurous, age appropriate activities based in martial arts, fitness, obstacle course, and gymnastics. Course will feature components to enhance coordination, balance, and strength in a supportive social atmosphere.

### SUPER HERO TRAINING

TUESDAY'S 4:20pm-5:00pm

AGES 1.5-5 Member Rate: \$30 Non Member Rate: \$50

Adventurous, age appropriate activities based in martial arts, fitness, obstacle course, and gymnastics. Course will feature components to enhance coordination, balance, and strength in a supportive social atmosphere.

### ALL SPORTS

THURSDAY'S 4:15pm-5:00pm

AGES 3-5 Member Rate: \$30 Non Member Rate: \$50

This class is perfect for the young and the wiggly! Class includes group activities, sharing, and taking turns. Introduction to traditional sports along with group games!

### CHESS CLUB

WEDNESDAY'S 4:30pm-5:30pm

AGES 6-13 Member Rate: \$30 Non Member Rate: \$50

The game where skill meets strategy. Chess club will introduce you to the game of chess and provide the tools for a lifetime of play.

### NERF & DODGEBALL CLUB

MONDAY'S 6:30pm-7:30pm

AGES 3-5 Member Rate: \$30 Non Member Rate: \$50

Kids will develop team work, problem solving, sportsmanship, and put strategy into practice. Challenging scenarios will put participants to the test through games of NERF tag and Dodgeball. The Y provides the equipment, obstacles, coordination, and fun!

### DISCOVER Y

TUESDAY'S 9:00am-9:45am & 3:15pm-4:00pm

AGES 3-5 Member Rate: \$30 Non Member Rate: \$50

Foster your child's early development through crafts, food activities, games, and story time. Features movements that promote fine motor skills and confidence building.

# 20% OFF

Youth Sports registration when enrolled before March 22nd



# YOUTH PROGRAMS

## FLINT FALCONS SWIM TEAM

The Flint YMCA Falcons is the Flint area's premier competitive age group swim team. We are a USA (US Olympic Team sanctioning body) and YMCA affiliated team, offering the best in stroke and turn development, as well as physical conditioning. We offer year round opportunities for swimmers. For more information about our spring and summer seasons please contact our head coach Taylor Quartermours at [taylorq@flintymca.org](mailto:taylorq@flintymca.org).



## PIERSON RD BRANCH

### YOUTH FITNESS

**TUESDAY & THURSDAY 5:30pm-6:30pm**

**AGES 7-12**

Learn the foundations of exercise through fun! Youth Fitness incorporates a variety of activities & games to introduce children to a healthy lifestyle. Classes are led by one of our Nationally Certified Personal Trainers.

### INTRODUCTION TO DRAWING

**MONDAY'S 6:00pm-6:45pm**

**AGES 5-12 MEMBER : \$30 NON MEMBER: \$50.00**

Learn the fundamentals of drawing mechanics. Participants will learn drawing techniques through interactive challenges and activities. This course is for beginners who wish to develop their skills.

### YOUTH KNOCKERBALL

**WEDNESDAY'S 5:30pm-7:45pm**

**AGES 8-12 MEMBER : \$30 NON MEMBER: \$50.00**

Get in the game with Youth Knockerball! Every Thursday night we will be providing Knocker Soccer for ages 7-12. Games will be played with teams of 4 and the team with the most goals after 15 minutes wins.

### INTRODUCTION TO PAINTING

**MONDAY'S 7:00pm-7:45pm**

**AGES 5-12 MEMBER : \$30 NON MEMBER: \$50.00**

Learn the fundamentals of drawing mechanics. Participants will learn drawing techniques through interactive challenges and activities. This course is for beginners who wish to develop their skills.

# 20% OFF

**Youth Sports registration when enrolled before March 22nd**



# HEALTHY LIVING

## DOWNTOWN BRANCH

### LAND CLASSES

Stretch & Strength

Circuit Training

Yoga

Zumba for kids

Boxing

Strength Training

Zumba

### AQUA CLASSES

Aqua Aerobic Movement

Aqua Zumba

For class descriptions, please visit us online at [www.flintymca.org](http://www.flintymca.org)

## REACH YOUR HEALTH GOALS WITH PERSONAL TRAINING!

Our licensed team of Personal trainers are ready to help you achieve your health and wellness goals for 2024! Please stop by our front desk to learn more about scheduling your assessment with one of our nationally certified Personal Trainers.

**DOWNTOWN YMCA:**

CT HALL

**PIERSON ROAD FAMILY YMCA:**

ROSLEEN HAWA

HANNA ABUAITA

TIMMERY YODER

KAMAR INGRAM



**COMPLIMENTARY  
PERSONAL TRAINING  
SESSION**



**MUST REDEEM BY MAY 10TH, 2024**

## PIERSON RD BRANCH

### LAND CLASSES

Cardio Pump

Ab Attack

Zumba

Cycling/ The Edge

Morning Flow &

Meditation Yoga

Pilates

Cardio Step

Functional Fitness

Barre

Yoga

Gentle Yoga

Senior Circuit

Group Cycling

Strength & Tone

H.I.I.T

ABsolute

Conditioning

Gentle Yoga

Mobility Chair Yoga

Cardio Circuit

AMRAP Attack

### AQUA CLASSES

Aqua Aerobic Movement

Aqua Zumba

For class descriptions, please visit us online at [www.flintymca.org](http://www.flintymca.org)



# OVERNIGHT AND DAY CAMP

## YMCA CAMP COPNECONIC FENTON, MI

Camp Copneconic is known as one of the best camping experiences in the Midwest. We offer something for everyone with traditional camp activities combined with adventures such as zip lining, water sports, rock climbing wall, horseback riding and more. Through our thoughtfully designed camp experiences, campers develop skills that will serve them for life. Forming life-long friendships, participating in activities that help kids conquer fears, and building character are all part of the camp experience that builds confidence and fosters independence. Financial Assistance available. For more information visit [campcopneconic.org](http://campcopneconic.org) or call 810-629-9622.



## YMCA CAMP BOOMERANG FLUSHING, MI

**JUNE 17th–June 21st: Boomerang in outerspace**

**JUNE 24th–June 28th: Games galore**

**JULY 1st–3rd: Party in the USA**

**JULY 8th–12th: Wacky water week**

**JULY 15th–19th: Boomerangs got talent**

**JULY 22nd–26th: Holidays unite**

**JULY 29th–AUGUST 2nd: Sports of all sorts**

**AUGUST 5th–9th: Boomerang Olympics**

**AUGUST 12th–16th: Wilderness explorers**

**AUGUST 19th–23rd: Mega messy week**

## CAMP COPNECONIC OVERNIGHT CAMP SCHEDULE

**\$800/Session**

**Entering Grades 4th– 12th**

**Session 1: July 7–12**

**Session 2: July 14–19**

**Session 3: August 4–9**

**Session 4: August 11–16**

## CAMP COPNECONIC DAY CAMP SCHEDULE

**Day Camp \$315/Session**

**4 years old – Entering 8th Grade**

**Session A: June 17th–21st**

**Session B: June 24th–28th**

**Session C: July 1st–5th**

**Session D: July 8th–12th**

**Session E: July 15th–19th**

**Session F: July 22nd–26th**

**Session G: July 29th–August 2nd**

**Session H: August 5th–9th**

**Session I: August 12th–16th**

**Session J: August 19th–23rd**



## YMCA CAMP BOOMERANG RATES

**Weekly member rate: \$185**

**Weekly non member rate: \$205**

## ALL THE SUMMER FUN YOU CAN FIT INSIDE A BACK PACK!

Are you looking for a fun engaging experience for your children? Look no further than Camp Boomerang! At Camp Boomerang, we have been making lasting summer memories for greater flint area residents since 2009. Camp Boomerang is a day camp that operates from 8:00am -3:00pm. Stop by our call the Pierson Road Family YMCA today to register!

# MORE INFORMATION

## PARTNER WITH YOUR CAMPAIGN

Every year, the YMCA of Greater Flint raises funds to provide reduced rate programming for families in need in our communities. We could not make the impact we have without the philanthropic support from our donors.

To join our cause a schedule a donation to the Partner with Youth Campaign, please follow the QR code to our donations page on our website.

## FINANCIAL ASSISTANCE APPLICATION

Our mission is put into action when everyone is included. We believe the highest quality programs, services, equipment, and facilities should be accessible to every child, adult, family and senior from any race, religion, socio-economic background or area in our community. Membership is available to all those who qualify through financial aid.



## GUEST PASS POLICY

A Guest Pass becomes void once you leave the building. The YMCA reserves the right to restrict the sale of Guest Passes during certain days and times. Anyone 14 and older must have valid photo identification in order to purchase a Guest Pass and have a legal guardian sign a one time liability waiver for facility use. Anyone 13 years or younger must be accompanied by an adult 18 years or older. A Guest Pass gives you access to the facility for one visit only.

## REFUND/CANCELLATION POLICY

Membership is a continuous membership plan. If you wish to terminate your membership in any way, you must give the Y (15) days notice by email to the Membership Director or come into the Y to make appropriate changes.

## LOCATIONS

**DOWNTOWN BRANCH**  
(810) 232-9622  
411 E. 3rd St.  
Flint, MI 48503

**PIERSON RD BRANCH**  
(810) 732-9622  
5219 W. Pierson Rd.  
Flushing, MI 48433

**CAMP COPNECONIC**  
(810) 629-9622  
10407 North Fenton Rd  
Fenton, MI 48430

