



Winter Sessions 2019

 989.725.8136

Here for Families!

Winter Membership Specials

Join the YMCA Dec. 1 through Feb. 15 and we'll waive our Joiner Fee* Sign up before Jan. 31 and receive a free YMCA gift!

*Joiner fee waived for all new and renewing adult and family memberships.

visit us on Facebook

discover more at shiwasseeymca.org

Find it here...

- Page 2** Chairman's Roundtable
Building Hours
- Page 3** Membership Rates
Tot Watch
Mission Possible Team Edition
Dodgeball
- Page 4** Youth Development
Tumblebugs
Tumbleweeds
Youth Dance Program
- Page 5** Youth Development
Youth Basketball
Youth Volleyball
YMCA/Rotary Soccer
- Page 6** Healthy Living
Arthritis Foundation
-Aquatic Program
Personal Training
Kid's Birthday Party
- Page 7** Healthy Living
Group Exercise
Class Descriptions



Check the perfect gift off your shopping list. Surprise someone (or yourself) with a Y membership.

A Y membership means more. Stop by a Y today and let us surprise you!

NON PROFIT ORGANIZATION U.S. POSTAGE PAID PERMIT NO. 39 OWOSSO, MI

Shiawassee Family YMCA
515 W. Main Street
Owosso, MI 48867



THE Y: WHO WE ARE

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. As a dedicated association of staff, volunteers, donors, partners and allies, the Shiawassee Family YMCA is steadfast in our mission to build healthy, confident, connected and secure children, adults, families and communities throughout Shiawassee County.

THE YMCA IS FOR:

I. YOUTH DEVELOPMENT

Because we believe that all kids deserve the opportunity to discover who they are and what they can achieve, we will focus existing programs for children and teens to more clearly cultivate the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

II. HEALTHY LIVING

Because we believe we have a responsibility to make a positive and measurable impact on the community's health, we will directly leverage a mission centered on the balance of spirit, mind and body to strengthen and expand program offerings that bring families closer together, encourage healthy lifestyles and foster connections with others.

III. SOCIAL RESPONSIBILITY

Because we believe in fostering the care and respect all people need and deserve, we will thoughtfully listen and aggressively respond to our communities' most critical social needs.

STRENGTHENING THE FOUNDATIONS OF COMMUNITY

Strong Kids Campaign Financial Aid Program

Your monthly membership fee pays for equipment, upkeep, utilities, wages, cleaning chemicals and the variety of costs associated with operating our branch. 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 Strong Kids Campaign 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 Strong Kids Campaign 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 families in our community, please contact us at 989-725-8136.

SAVE THE DATE!
Healthy Kids Day
 at the YMCA
April 27, 2019

Chairman's Roundtable (\$1000+)

HK Allen Paper	Indian Trails
Lynn Bowne	Lamphere Plumbing
Chemical Bank	Brian Long
Bruce Cook	Main Beverage
Cook Family Foundation	Memorial Healthcare
First Contracting	NCG Owosso Cinemas
Gary Geiger	Owosso Bolt & Brass
Gilbert's Do It Best Hardware	Paul Parsons
Graham Accounting & Income Tax	Paul Davis Restoration
	Marvin and Marsha Schultz

Visit Us On Facebook

BUILDING HOURS

(Labor Day - Memorial Day)

Monday - Thursday: 5am - 10pm
Friday: 5am - 9pm
Saturday: 7am - 7pm
Sunday: 8am - 6pm

(Memorial Day - Labor Day)

Monday - Thursday: 5am - 10pm
Friday: 5am - 8pm
Saturday: 7am - 5pm
Sunday: 7am - 5pm

The YMCA will be closed on the following dates:

Christmas Eve, Monday, Dec. 24 closing at 3pm
Christmas Day, Tuesday, Dec. 25
New Year's Eve, Monday, Dec. 31 closing at 3pm
New Year's Day - Tuesday, Jan. 1
Easter - Sunday, April 21

Save The Dates!
43rd Annual
Curwood Festival of Races
June 8, 2019
 Half Marathon to start at 7:30am
 5K/10K to start at 8:30am
 Stop by the YMCA and get registered today!

Curwood
3-on-3
Basketball
Tournament
June 8,
2019
10am Start time
 3rd Grade through Adult

Winter Membership Specials

Join the YMCA between Now and Feb. 15 and we'll waive our Joiner Fee* Sign up before Jan. 31 and receive a free YMCA gift!

When you join the YMCA you will enjoy the following benefits:

- Discounts on YMCA programming including youth sports, group exercise and water aerobics.
- Full use of our facility including cardio equipment, free weights and circuit room, gymnasium, locker rooms, sauna and more!
- Access to Certified Personal Trainers
- The AWAY Program – Use your YMCA membership at other YMCAs while traveling. Policies vary from Y to Y. Beginning December 2017, YMCA members have nationwide reciprocity!
- Member engagement events
- Free Child Watch for Family Memberships
- Free Group Fitness Classes!!

FREE Equipment Orientation

When you're new to the YMCA or not sure how to use a certain machine, our staff are here to help! Members are given the opportunity to go through a free one-time orientation with a wellness staff. 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. Schedule your appointment at the Front Desk.

Corporate Memberships

Does your company have 5 or more people who would like to be YMCA members? You might qualify for membership pricing specials. Please contact the YMCA for more information.

The YMCA is all about families!

We'll watch the kids while you work out! Family memberships include FREE childcare 6 days a week. You can work out with complete peace of mind that your child is in a safe and fun environment! We offer free, age-appropriate babysitting for children 8 weeks to 13 years.

Tot Watch

(8 Weeks to 5 Years)

January - April Hours

Monday-Friday	9:00-11:30am
Saturday	9:00am-12:00pm
Monday-Thursday	5:00-8:00pm

Kids Gym

(5-13 Years)

Monday, Tuesday, Wednesday	5:00-8:00pm
Saturday	9:00am-12:00pm

Dodgeball at the Y!

Coming in January - Tournaments and League play for youth (Beginning at Age 5) through Adults and mixed ages for families to play together! Watch the website and social media for dates of play!

Current Membership Pricing Per Month

Adult	\$36.00
Family with 1 Adult	\$43.00
Family with 2 Adults	\$49.00
College Student	\$18.00
High School Student	\$18.00
Youth	\$75.00 Annually

NO CONTRACT REQUIRED

Financial Assistance:

The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based on their ability to pay. Through our Strong Kids Campaign, the Shiawassee Family YMCA is able to provide assistance to youth, adults and families based on individual needs and circumstances.



MISSION POSSIBLE TEAM EDITION

Session 1: Jan. 16 - Feb. 27
Session 2: March 13 - April 24

YOU CAN WIN AT LOSING WEIGHT!

We want YOU to take the challenge to lose those pounds for good!

- Mission Possible participants weigh-in at the YMCA every Wednesday between 5am and 8pm, at your convenience.
- When you pledge to lose at least 5lbs, you'll receive a special Mission Possible Y T-Shirt!
- Every participant will receive a pass to participate in group exercise classes.
- The overall winner will receive their registration fee back!

COST: \$25/Member \$30/Non Member

\$50 w/7 week YMCA membership/Non member

CHECK THIS OUT:

The fall group collectively lost 156lbs!
Average weight lost/participant was 9.9lbs!
Average % of body weight lost/participant was 4.72%!

Youth Development

Receive \$10 Off Each Additional Child for Families Registering more than one Child for Youth Programs.

Tumblebugs (Ages 2-3)

Your little one will be introduced to tumbling, pre-balance beam and pre-vault skills in our Kid's Gym on Thursdays. Children will develop coordinated movement, large muscle control, flexibility, strength and balance as they perform basic tumbling skills all while playing games, making friends, and enjoying parent involvement too. **5 participants required to host program.

Session 1: January 10 – February 21

Session 2: February 28 – April 18

Session 3: May 2 – June 13

Day/Time: Thursday 5-5:30pm

Register By: 1 Week prior to session start date

Cost: \$45/Member \$75/Non Member

Tumbleweeds 1 (ages 4-8)

Your little one will be introduced to tumbling, pre-balance beam and pre-vault skills in our Kid's Gym on Thursdays. Children will develop coordinated movement, large muscle control, flexibility, strength and balance as they perform basic gymnastic skills.

Level 2 is building on skills learned in Level 1 class.

**5 participants required to host program.

Session 1: January 10 – February 21

Session 2: February 28 – April 18

Session 3: May 2 – June 13

Day/Time Level 1: Thursday 5:30-6:15pm

Day/Time Level 2: Thursday 6:15-7pm

Register By: 1 Week prior to session start date

Cost: \$45/Member \$75/Non Member

Tumbleweeds 2 (Ages 8-12 or advanced skill level)

Introductory level skills will emphasize fine motor control, flexibility and strength. Balance and coordination will also be highlighted while students master basic tumbling skills and develop combination tumbling. Our Kid's Gym provides a perfect atmosphere for gymnastic skills. **5 participants required to host program.

Session 1: January 10 – February 21

Session 2: February 28 – April 18

Session 3: May 2 – June 13

Day/Time Level 1: Thursday 5:30-6:15pm

Day/Time Level 2: Thursday 6:15-7pm

Register By: 1 Week prior to session start date

Cost: \$45/Member \$75/Non Member

Youth Dance Program (Ages 4-14)

Take center stage with a great beginner dance class. Your child will learn ballet, jazz, and hip hop during a six week session. Your child will learn basic steps, exercises, basic center floor movements, and across the floor movements as well as brief dance history lessons. This class will introduce partner work and dance technique used in all dance styles at every dance studio. Your child will work on fine motor control, flexibility, balance, and much much more. **5 participants required to host program.

Session 1: January 9 – February 13

Session 2: February 20 – March 27

Session 3: April 17 – May 22

Day/Time: Wednesday 6-6:45 pm

Register By: 1 Week prior to session start date

Cost: \$45/Member \$75/Non Member

Youth Development

Youth Basketball League (Ages 5-12)

Everybody Plays, Everybody Wins! (Kindergarten – 8th Grade) Dribble, pass and score in this recreational basketball league for kids in grades K-8. Basic skills, team building and character development are emphasized. To keep competition in perspective, no score will be kept for games in the K-3 grades. All players will receive a team jersey and end of season award.

Session 1: January 26 – March 2

Day/Time: Weeknight practices, Saturday games, times TBD.
Register By: January 7 (No late registration accepted)
Cost: \$45/Member \$75/Non Member

Floor Hockey

Young children will be introduced and taught the basic skills of Floor Hockey. Children will learn the importance of teamwork and sportsmanship while enhancing their fine and gross motor skills. Floor hockey is played in running shoes. Each child will be provided with a team shirt and all equipment will be provided by the Y.

Session 1: January 24 – April 20

Day/Time 4-6 Year Olds: Thursday 5:45-6:45pm
Day/Time 7-10 Year Olds: Thursday 6:45-7:45pm
Register By: January 10
Cost: \$45/Member \$75/Non Member

Youth Volleyball

Bump, Set, Spike! This program will provide instruction, information and game play for youth looking to learn the sport of volleyball. There will be 4 weeks of practice and 3 weeks of game play. All players receive a team t-shirt and end of season award. **Minimum of 10 participants to host program.

Session 1: March 16 – April 20 (Saturdays)

Day/Time (7-10): Saturday 10am-11am
Day/Time (11-13): Saturday 11:15am-12:15pm
Register By: March 2
Cost: \$45/Member \$75/Non Member

YMCA/ROTARY Soccer League

YMCA Spring Soccer Registration is already here! Youth soccer is a great start for any child looking to learn the sport or improve their skills. There are volunteer coaches that will assist your child in learning the fundamentals of the game. Every player receives a team t-shirt and end of season award. Don't miss out on the great experience. Coaches, referees, and volunteers are needed!

Spring 2019

Session 1: April 27 – June 1

Register By: April 5 (No late registrations accepted)
Location: Hugh Parker Soccer Complex
Cost: \$45/Member \$75/Non Member

Flag Football

Learn the basics of offense and defense in an environment where everyone gets a chance. It's a great opportunity to develop skills, fundamentals, and sportsmanship while getting dirty without getting hurt. Practices and games held at a local field. Updates will be given closer to start date of exact location. 3 weeks of practices and 3 weeks of games.

Session 1: April 23 – May 28 (Tuesdays)

Register By: April 9
Location: TBA
Cost: \$45/Member \$75/Non Member

Christmas Break Camp

Join us during Christmas Break for our Christmas Camp. We will be doing basketball, dodgeball, indoor soccer, and spending time in the Kid's Gym. We will also be making gifts to give and other fun crafts. No electronics allowed. Christmas movies and snacks will be provided. Families are responsible for sending lunch. For ages 5-12.

December 24 – January 4

Time: 8am-4am Monday – Friday
(3pm pick up on Christmas Eve and New Year's Eve, No Camp on Christmas Day and New Year's Day)
Register By: December 14
Cost: \$120/Member \$145/Non-Member

Spring Break Camp

Join us for our Spring Break Camp this spring! We will be playing sports and making crafts all week! An afternoon snack will be provided. Families are responsible for sending lunch. There will be no field trips and no electronics allowed. For ages 5-12.

March 25 – March 29

Register By: March 15
Cost: \$120/Member \$145/Non Member

High School Sports

Y-Ball (High School Basketball)

If you are currently enrolled in high school and are not a member of a high school basketball team, you are eligible to play Y-Ball. Get your friends together and sign up a team to see who will win this year's championship!

Date: Wednesdays, February 7 – March 21

Time: 6pm
Register By: January 28
Cost: \$45/Member \$75/Non Member

Healthy Living

Co-Ed Volleyball League

Competitive league play, sign up your team today!

Session 1: January 14 – April 15 (Mondays)

Register By: January 3

Cost: \$250/Team (full payment is due at registration)

Personal Training

Individual, Group or Youth

Are you getting bored with your current workout? Do you need a push to get you to your next level of physical fitness? Our certified personal trainer is just what you need.

Adult Individuals: \$30/session \$140/5 sessions
\$270/10 sessions

Youth Individuals: \$20/session
Group (2-4): \$15/session

Group Training (2-4) \$20/session \$95/ 5 sessions
\$180/10 sessions

*Personal Training gift certificates are available

Pickleball at the Y!

January 15 – April 15

Drop in Pickleball – 2 courts per daily session

Day/Time: Monday, Tuesday, Wednesday & Thursday 9-11am
Sunday 2-4pm

Free for YMCA Members; \$5 drop in fee for Community Members who are Potential YMCA Members – \$40 for a punch card for 10 visits



INSPIRATION RECREATION EDUCATION

'18-'19 Before & After School Program

DURAND BOXCAR IN COLLABORATION WITH THE SHIAWASSEE FAMILY YMCA AFTERSCHOOL CHILD ENRICHMENT PROGRAM

Location: Robert Kerr Elementary School

Before School Hours: 6-8:30am

After School Hours: 3:30-6pm

Before School Weekly Cost \$35 first child,
\$30 second child, \$25 third child (and beyond)

After School Weekly Cost (includes daily snack):
\$35 first child, \$30 second child, \$25 third child (and beyond)

Sign up for both before school and after school for
\$60 per week, a savings of \$40 per month!

Drop in Rates \$15 per day (1 or 2 Days Only Elementary)

Financial Assistance available to those who qualify.
For more information, contact Site Director, Matt Day at
mday@shiawasseeymca.org

Aqua-Flexible (Arthritis Aquatics Class)

Exercise in this non-aerobic water exercise class designed to minimize stress on joints, improve flexibility and strengthen muscles while enjoying the buoyancy and relaxation of the warm water pool. No swimming experience is necessary. Water shoes are recommended.

Session 1: January 8 – February 21

Register by December 26, 2018

Day/Time: Tuesday & Thursday 1-2pm

Instructor: Robin Russell

Session 2: February 26 – April 11

Register by February 16

Day/Time: Tuesday & Thursday 1-2pm

Instructor: Robin Russell

Session 3: April 16 – May 30

Register by April 6

Day/Time: Tuesday & Thursday 1-2pm

Instructor: Robin Russell

Location: All classes at MHC Woodard Station



**Memorial & the
Healthcare**



**SHIAWASSEE
FAMILY YMCA**

Arthritis Foundation Water Exercise

Community Class offered by Memorial Healthcare and Shiawassee Family YMCA

The Arthritis Foundation Aquatic Program is a recreational group exercise program that was co-developed by the Arthritis Foundation and the YMCA of the USA. This program is designed for anyone with arthritis or related rheumatic health issues or musculoskeletal conditions, ranging from people who are sedentary and very limited by impaired joint mobility to those with only mild joint involvement and/or problems with fatigue. Participants improve their joint flexibility, endurance and reduce their pain and stiffness while supported by the water's buoyancy and resistance. Water temperature is minimum of 84 degrees.

Days & Time: Mondays & Fridays 12:30-1:30pm

Session 1: January 7 – February 22

Register by December 26, 2018

Cost: \$40

Session 2: February 25 – April 12

Register by February 16, 2019

Cost: \$40

Session 3: April 15 – May 31

Register by April 9, 2019

Cost: \$40

Instructor: Robin Russell

Location: All classes held at MHC Woodard Station

Days & Time: Mondays & Thursdays 4-5pm

Session 1: January 7 – February 21

Register by December 26, 2018

Cost: \$40

Session 2: February 25 – April 11

Register by February 16, 2019

Cost: \$40

Session 3: April 15 – May 30

Register by April 9, 2019

Cost: \$40

Instructor: Robin Russell

Location: All classes held at MHC Woodard Station

KID'S GYM BIRTHDAY PARTY

Leave the fun to us with a birthday party at the YMCA. Let the Y staff coordinate, plan and set up a party full of fun and games. Parties should be scheduled at least two weeks in advance for a Saturday or Sunday afternoon. Your YMCA Birthday Party includes a birthday cake, drinks, table service. Parties are limited to 10 kids, add additional children for \$2 each.

YMCA Member: \$125 Non-Member: \$150

Healthy Living

Boot Camp: A high energy, timed interval class that includes different cardio segments with strength conditioning.

Butt and Gut – Two areas we want to look good. This class offers a variety of exercises to flatten and tighten those specific body parts.

Circuit Training – A class that is a great boredom buster. It offers cardio benefits to help you burn calories. Sculpt your muscles and blast fat with this timed interval workout. Beginner to intermediate fitness level.

Core and Stretch: Tighten and tone your abs, obliques, and lower back. This class has a strong focus on core strength and stretching out commonly tight areas of the body including the back, hips, and legs. Many of your body's movements originate from your core, and working toward improving its strength will enhance your posture, spinal alignment, stability and more. All fitness levels are welcome!

Cycle 101 – Using our new Cycles, pedal your way to fitness. All levels of fitness are encouraged to enjoy the ride and get fit while doing it. Weight training is included.

Cycle & Sculpt: This class will utilize Cycle 101 practices and end with focused exercise to help sculpt and strengthen muscles. All fitness levels are encouraged to participate!

H.I.I.T. – High Intensity Interval Training. Take your exercise routine to a new level or give it a push. This timed interval class will focus on 1 to 2 minutes of high energy movements with a 15 to 30 second recovery. Increase your energy, strength and endurance. Give your Fit a H.I.I.T.

Metabolic Conditioning – This class will utilize dumbbells, suspension trainers, compound exercises, and body weight exercises to get a full body workout in under an hour. If you are short on time and looking for a high calorie burn this is the class for you! Why run on a treadmill for an hour when you can lift weight faster and burn double the calories! Modifiable for all fitness levels.

Pilates – Down to the core with a little bit more. Utilizing a breathing technique that engages your core throughout the workout. Easy to follow low-impact moves that will help you accomplish deep muscle conditioning and toning. Appropriate for all fitness levels.

Tai Chi: Tai Chi is an ancient martial arts discipline that helps participants learn balance and coordination. This is also a great class for students with chronic conditions such as arthritis and joint or tissue inflammation, among others. Movements are slow and detailed and follow a predictable progression.

Toning: This class is a combination of body sculpting exercises designed to tone and strengthen all areas of the body. Light weights are used.

Total Body Circuit Training: This class will burn fat in less time as you improve endurance and build strength! You'll be challenged with intense intervals and brief rest periods. Each muscle group will be worked using a circuit format that incorporates cardiovascular segments to keep the heart rate elevated. Weight can be adjusted for various fitness levels. All fitness levels are encouraged and welcomed!

Yoga: This class will cover the basics of yoga: breath, relaxation, meditation and basic movements.

Y's Body Shop – Keeping in shape never got easier. This low-impact class is designed for the active older adult or for those who need a level one class to get moving at a slower pace. Core work included.

GROUP EXERCISE SCHEDULE

Session 1 – January 8 – February 23

Session 2 – February 25 – April 13

Day	Time	Class	Instructor
MONDAY	7am	Y's Body Shop (max. 40)	Hannah
	9am	H.I.I.T (max. 45)	Robin
	9:30am	Strength Conditioning	Robin
	10:30am	Tai Chi (Member Lead)	Gerry
	6pm	Zumba®	Becky
TUESDAY	5:30am	Cycle 101 (Member Lead)	Anna
	9am	Pilates	Robin
	10am	Metabolic Conditioning (45)	Robin
	6pm 7pm	Low Impact Aerobics Yoga	Colleen Colleen
WEDNESDAY	5:30am	H.I.I.T. (45)	Robin
	7am	Y's Body Shop (40)	Hannah
	9am	Cycle 101	Robin
	10:30am	Tai Chi (Member Lead)	Gerry
	5:30pm	Toning	Becky
	6pm 6:30pm	Circuit Training Butt & Gut	Cim Cim
THURSDAY	5:30am	Cycle 101 (Member Lead)	Anna
	9am	Pilates	Robin
	10am	Metabolic Conditioning (45)	Robin
	6pm	Total Body Circuit Training	Hannah
	6:30pm 7pm	Core & Stretch Cycle & Sculpt	Hannah Sarah
FRIDAY	7am	Y's Body Shop (max. 40)	Hannah
	9am	Boot Camp	Robin
	10:30am	Tai Chi (Member Lead)	Gerry

Unlimited Class Pass: Non Member - \$55/session **Drop In:** Non Member \$8/class

Zumba® - Zumba ® is a fusion of Latin and International music/dance themes that create a dynamic, exciting experience and is based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Class is taught by a licensed Zumba® instructor.

**Group Exercise
Classes are
FREE
for members**

*some exceptions apply