



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOR SOMETHING EVERYONE

## 2015 WINTER PROGRAMS

JANUARY 5 - FEBRUARY 22 & FEBRUARY 23 - APRIL 19

### WINTER FAVORITES

- Swim Lessons
- Water Fitness Classes
- Body Sculpt/Yoga

**YMCA OF GREATER GRAND RAPIDS**

IONIA COUNTY YMCA • 250 East Tuttle • Ionia, MI 48846 • 616.527.5760 • [www.grymca.org](http://www.grymca.org)

# SWIM AND SPORTS

PARENT AND CHILD (6 MONTHS-3 YEARS)  
PRESCHOOL (3-5 YEARS)

Enjoy your family time together at the Y. From lap swimming and swim lessons, to water fitness programming, our Y offers unlimited opportunities to make memories and build skills to last a lifetime. Located within the Ionia High School, our six lane 25-yard-pool has a one-meter diving board.

## PARENT & CHILD

### SKIP

AGE 6 MONTHS-3 YEARS

Get in the pool with your child and build memories through games that teach your child beginner swim skills, while achieving comfort in the water.

- 30 minutes
- Waterproof diaper required for those not potty trained
- 12:1 student-to-instructor ratio

## BEGINNER

### PIKE

AGE 3-5 YEARS

Designed to help your child gain comfort and develop independent movement in the water as well as safe pool behavior.

- 30 minutes
- 4:1 student-to-instructor ratio

## INTERMEDIATE

### EEL

AGE 3-5 YEARS

Now that your child is comfortable and can move independently in the water, it's time to start learning basic swim strokes, how to float, and perform the progressive paddle stroke.

- 30 minutes
- 6:1 student-to-instructor ratio

## ADVANCED

### RAY

AGE 3-5 YEARS

Learn to dive, tread water, and build rescue skills while improving upon stroke skills and strengthening endurance.

- 30 minutes
- 6:1 student-to-instructor ratio

## STARFISH

AGE 3-5 YEARS

Get introduced to the breaststroke and butterfly as well as build endurance in the front and back strokes, while perfecting rescue skills.

- 30 minutes
- Swim cap and goggles are encouraged
- 6:1 student-to-instructor ratio

SWIM AND SPORTS		AGE	COST MEMBER/ NON MEMBER	JANUARY 5 - FEBRUARY 22 WINTER SESSION 1		FEBRUARY 23 - APRIL 19 WINTER SESSION 2	
PARENT AND CHILD PRESCHOOL							
PARENT AND CHILD	SKIP PARENT AND CHILD	6-36 MO	\$39/\$60	MO 6:30PM WE 6:30PM SA 10:30AM	MO 6:30PM WE 6:30PM SA 10:30AM		
BEGINNER	PIKE	3-5 YR	\$39/\$60	MO 6:30PM WE 6:30PM SA 10:30AM	MO 6:30PM WE 6:30PM SA 10:30AM		
INTERMEDIATE	EEL	3-5 YR	\$39/\$60	MO 6:30PM WE 6:30PM SA 10:30AM	MO 6:30PM WE 6:30PM SA 10:30AM		
ADVANCED	RAY	3-5 YR	\$39/\$60	MO 6:30PM WE 6:30PM SA 10:30AM	MO 6:30PM WE 6:30PM SA 10:30AM		
	STARFISH	3-5 YR	\$39/\$60	MO 6:30PM WE 6:30PM SA 10:30AM	MO 6:30PM WE 6:30PM SA 10:30AM		
REGISTRATION DEADLINE:				JANUARY 5		FEBRUARY 23 *No classes April 4 - 10	



# SWIM LESSONS

## KIDS (6-12 YEARS)

### BEGINNER POLLIWOG

Achieve comfort in the water while learning skills such as front, side and back paddle strokes as well as how to float.

- 45 minutes
- Swim cap and goggles are encouraged
- 4:1 student-to-instructor ratio

### GUPPY

Build upon skills and practice moves that lead up to the front and back crawl, sidestroke, breaststroke, and much more.

- 45 minutes
- Swim cap and goggles are encouraged
- 6:1 student-to-instructor ratio

### INTERMEDIATE MINNOW

Learn to dive, perfect rescue skills, tread water and build on techniques with a focus on rotary breathing and flutter kicking.

- 45 minutes
- Swim cap and goggles are encouraged
- 6:1 student-to-instructor ratio

### FISH

Get introduced to the butterfly stroke and underwater swim skills, while strengthening backstroke, sidestroke, breaststroke and turns.

- 45 minutes
- Swim cap and goggles are encouraged
- 6:1 student-to-instructor ratio

### ADVANCED

#### FLYING FISH

Refine all strokes, increase distance and speed while building endurance to move to a more competitive level.

- 45 minutes
- Swim cap and goggles are encouraged
- 6:1 student-to-instructor ratio

#### SHARK

Further master competitive strokes and increase endurance while learning the inverted breaststroke, trudge crawl and compete in a 200 yard individual medley.

- 45 minutes
- Swim cap and goggles are encouraged
- 6:1 student-to-instructor ratio

**the YMCA**

## PRIVATE LESSONS

AGES 3+

Beginner or advanced, work with certified swim instructors individually or in a group. Lessons by appointment only. To sign up call 616.527.5760.

30 minute lessons

## SWIM LESSON FINDER

Ever wonder which swim lesson best meets your child's needs? Find out by matching your child's skills with our lessons on our Swim Lesson Finder at:

<http://www.grymca.org/programs/swim-lessons-finder>

### FAMILY FUN NIGHT

**SATURDAY, FEBRUARY 21 FROM 6:00 PM – 9:00 PM**

Cost \$2 per person or \$10 per family

Open to both members and non members of all ages. Join us for an evening filled with fun and activities, including open swim and gym, crafts, and movie with popcorn.

SWIM KIDS 6 - 12 YEARS		AGE	COST MEMBER/ NON MEMBER	JANUARY 5 - FEBRUARY 22 WINTER SESSION 1	FEBRUARY 23 - APRIL 19 WINTER SESSION 2
BEGINNER	POLLIWOG	6-12 YR	\$39/\$60	MO 7:00PM WE 7:00PM SA 11:00AM	MO 7:00PM WE 7:00PM SA 11:00AM
	GUPPY	6-12 YR	\$39/\$60	MO 7:00PM WE 7:00PM SA 11:00AM	MO 7:00PM WE 7:00PM SA 11:00AM
INTERMEDIATE	MINNOW	6-12 YR	\$39/\$60	MO 7:00PM WE 7:00PM SA 11:00AM	MO 7:00PM WE 7:00PM SA 11:00AM
	FISH	6-12 YR	\$39/\$60	MO 7:00PM WE 7:00PM SA 11:00AM	MO 7:00PM WE 7:00PM SA 11:00AM
ADVANCED	FLYING FISH	6-12 YR	\$39/\$60	MO 7:00PM WE 7:00PM SA 11:00AM	MO 7:00PM WE 7:00PM SA 11:00AM
	SHARK	6-12 YR	\$39/\$60	MO 7:00PM WE 7:00PM SA 11:00AM	MO 7:00PM WE 7:00PM SA 11:00AM
REGISTRATION DEADLINE:				JANUARY 5	FEBRUARY 23 *No classes April 4 - 10

# SWIM AND FITNESS

ADULT (AGES 13+)

## SWIM LESSONS

### BEGINNER

Gain comfort and learn the basics of the four developmental strokes. A special emphasis will be on rotary breathing. Progress at your own level.

- 45 minutes

### INTERMEDIATE

Develop strength in several strokes, survival techniques, rotary breathing, and overall confidence in the water.

- 45 minutes

## WATER FITNESS CLASSES

### AQUA FIT

Get a great cardiovascular workout utilizing both shallow and deep water aerobic movements to strengthen all muscle groups and increase joint flexibility.

- 1 hour, with 3 day or 2 day options
- Swimmers and non swimmers, all fitness levels
- Equipment provided

### DEEP CURRENTS

A low to moderate intensity class held in deep water. Get a great low impact cardio workout to help improve joint mobility and strength.

- 1 hour
- Swimmers and non swimmers, all fitness levels
- Equipment provided

### TIDAL WAVE 1

A great introduction to aerobic water exercise and athletes looking for cross-training, as well as injury prevention and recovery.

- 1 hour
- Low to moderate intensity
- Equipment provided

### TIDAL WAVE 2

Focus on core and cardio work in this moderate to advanced water exercise class.

- 1 hour
- Moderate to high intensity
- Equipment provided

### WET WORKOUT

Perform a wide range of motions to keep you flexible and fit while burning calories and having fun in the shallow or deep end of the pool.

- 1 hour, with 3 day and 2 day options
- Low to moderate intensity
- Equipment provided

## DROP IN KIDZONE

AGES 3 MONTHS - 10 YEARS

Need someone to watch the kids while you work out? We've got you covered. Pre-register 24 hours in advance by calling 616.527.5760 to reserve your spot.

\$2/hour first child

\$1/hour for each additional child

\* Parent/guardian must present at the YMCA during KidZone services.

ADULT		AGE	COST MEMBER/ NON MEMBER	JANUARY 5 - FEBRUARY 22 WINTER SESSION 1	FEBRUARY 23 - APRIL 19 WINTER SESSION 2
LESSONS	BEGINNER	18+	\$30/\$60	WE 7:30PM	WE 7:30PM
	INTERMEDIATE	18+	\$30/\$60	WE 8:15PM	WE 8:15PM
WATER FITNESS	AQUA FIT	13+	\$59/\$98*	MO/WE/FR 8:00AM	MO/WE/FR 8:00AM
	DEEP CURRENTS	13+	\$45/\$70*	MO/WE 7:00PM	MO/WE 7:00PM
	TIDAL WAVE LEVEL 1	13+	\$45/\$70*	TU/TH 6:00PM	TU/TH 6:00PM
	TIDAL WAVE LEVEL 2	13+	\$45/\$70*	TU/TH 7:00PM	TU/TH 7:00PM
	WET WORKOUT	13+	\$59/\$98*	MO/WE/FR 9:00AM	MO/WE/FR 9:00AM
FITNESS	BODY SCULPT FOR YOU At Canterbury Estates	13+	\$45/\$70*	MO/TH 6:00PM	MO/TH 6:00PM
	YOGA At Canterbury Estates	13+	\$45/\$70*	MO/TH 7:00PM	MO/TH 7:00PM
REGISTRATION DEADLINE:				JANUARY 5	FEBRUARY 23 *No classes April 4 - 10

\* Aqua Fit and Wet Workout price for twice per week \$45 Member/ \$70 Non Member.

\* Fitness classes drop in rate is \$6 per class.

## FITNESS CLASSES (AT CANTERBURY ESTATES IN IONIA)

### BODY SCULPT FOR YOU

Work major muscle groups of your upper and lower body during this total body workout - plus enjoy abdominal work, to stabilize and strengthen your core.

- 1 hour
- Equipment provided

### YOGA

Reduce stress, tone, relax, stretch and strengthen muscles through meditation, postures, and relaxation with attention to breathing to calm and focus the mind.

For all levels.

- 1 hour
- Equipment provided (welcome to bring your own yoga mat)

## LOOKING FOR AFTER SCHOOL CHILD CARE?

For after school child care, check out our Saranac location for children in Kindergarten - Grade 5. For more information stop by the main office, call 616.897.8445, or email lowellychildcare@grymca.org.

IONIA COUNTY YMCA

WHY WE RUN  
5&10K

HITS THE ROAD



AT SARANAC HIGH SCHOOL SUNDAY, APRIL 19, 2015

To benefit the Ionia County YMCA Annual Campaign. **The Y. So Much More™**

Register at [grymca.org/whywerun](http://grymca.org/whywerun)