



YOU BELONG

**2019 Member &
Program Guide**

ANN ARBOR YMCA

KEEPING YOU INFORMED

2019 Facility Hours and Class Schedules

Nobody likes to be taken by surprise with a change to the regular routine. Please take a moment to record when the Y will be closed or hours curtailed in observance of national holidays AND when class sessions will be on break, or not held because of a holiday.

The Y will also communicate changes in building hours and classes by email, text (text: Facility to 99000 to sign up for alerts), on the website at www.annarborymca.org, on Facebook (Ann Arbor YMCA) and Twitter (@AnnArborYMCA). Please take a minute to make sure that your email is current in our database. Communication is a two-way street, and we want to make sure you are getting our messages.

HOURS: Mon–Fri 5:30 a.m.–10:00 p.m; Sat & Sun 7:00 a.m.–7:00 p.m.

2019 FACILITY SCHEDULE	
January 1, New Year's Day	Y open 7:00 a.m.–noon
January 1 – January 6	Wellness Mini Session
January 7 – February 24	Winter Session
February 13	Registration opens for Spring 1 Session
February 25 – April 20	Spring 1 Session
March 25 – March 31	AAPS Spring Break, No classes
April 10	Registration opens for Spring 2 Session
April 21, Easter	Closed
April 22 – June 9 (no scheduled classes 5.25–27)	Spring 2 Session
May 27, Memorial Day	Y open 7:00 a.m.–noon
June 12	Registration opens for Summer Session
June 17 – June 23	Wellness Mini-Session
June 24 – August 18	Summer Session
July 4, Independence Day	Y open 7:00 a.m.–noon
August 19 – September 1	Wellness Mini Session
August 28	Registration opens for Fall 1 Session
September 2, Labor Day	Y open 7:00 a.m.–noon
September 9 – October 27	Fall 1 Session
October 16	Registration opens for Fall 2 Session
October 28 – December 22 (no scheduled classes 11.25–12.1)	Fall 2 Session
November 28, Thanksgiving	Y open 7:00 a.m.–noon
December 18	Registration opens for Winter 1 Session
December 24, Christmas Eve	Y open 7:00 a.m.–noon
December 25, Christmas Day	Closed
December 31, New Year's Eve	Y open 7:00 a.m.–noon

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MEMBERSHIP

The Y is a cause for strengthening community. With a focus on nurturing kids and teens, improving people’s health and well-being, giving back and supporting our neighbors, your membership at the Y will bring about meaningful change in your life and in your community.

Our mission is to put our core values of caring, honesty, respect and responsibility into action through facilities and programs that build healthy spirit, mind and body for all. Each day, we work to ensure that everyone, regardless of age, race, gender, gender identity, gender expression, income, faith, sexual orientation or cultural background has the opportunity to live life to its fullest by getting the chance to learn, grow and thrive.

Y membership includes:

- Full daily access to the YMCA facility, including our pools, Wellness Center, track and gym
- Access to on-site parking
- Many free adult classes and reduced class rates
- Early online registration for classes and summer camps
- Free use of Child Watch service while you are at the YMCA with a family or single-parent family membership
- Free Wellness Center orientation
- Member appreciation events and programs
- Service opportunities
- National reciprocity at over 10,000 YMCAs throughout the USA

Joining

Registering to become a member is easy, and must be done in person at the downtown facility (400 West Washington Street). Please see a New Member Specialist for a tour of the facility and to complete registration paperwork.

Effective January 1, 2019:

Membership Category	Monthly Rate	Initial
Family*	\$83	\$100
Single Parent Family**	\$67	\$75
Adult (30–64)	\$51	\$75
Senior (65+)	\$38	\$60
Young Adult (20–29)	\$35	\$35
Teen (12–19)	\$15	\$0

*Includes 2 persons over 18 and children under the age of 23 living in the same household. Additional persons over 23 who are living in the household can be added to the family membership for \$20 per billing cycle.

**One adult, with Head of Household tax status, and his/her dependent children (age 23 and younger) who reside in the same household.

10% Member Discount for Military Veterans

Simply present your Retired Military ID, Veterans DD214 or Veterans ID Card from the Department of Veteran Affairs (must be honorably discharged to qualify) and we will waive the joining fee and you will receive 10% off your monthly draft fee. Discounted membership rates are as follows:

- Young Adult: \$31.50
- Adult: \$45.90
- Senior: \$34.20
- Senior Couple: \$68.40
- Single Parent Family: \$60.30
- Family: \$74.70

Payment Plans

- Automated monthly drafts may be established from checking accounts, credit and debit cards.
- Payments by cash, check or money order may be made annually.



National Reciprocity

The Ann Arbor YMCA participates in the YMCA National Reciprocity program, which allows current YMCA members traveling outside of their Association to utilize other YMCA facilities across the country. If you are an Ann Arbor Y member interested in visiting another Y, please consult the facility you are visiting to find out what policies and guidelines they have for the National Reciprocity Program. If you are a member of another Y and interested in making use of this facility, welcome! Please stop by the Membership Desk and we will help you get started.

Parking

On-site parking is available to Ann Arbor YMCA members only. Parking access cards are available for members only at the Membership Desk for a \$10 deposit. Rates vary based on length of time in the lot. Parking tickets are validated at the pay station in the lobby. The YMCA also offers a validation service for parking at the surface lot bounded by Huron, First, Washington and Ashley streets. Public street parking is also available.

Child Watch / Kid Zone

The Child Watch program is available free of charge on a first-come, first-served basis to children ages 4 months–11 years of age whose parents have a family or single-parent family membership at the Ann Arbor YMCA. Parents may leave their children at Child Watch for a maximum of two (2) hours per day. Parents **MUST** be in the YMCA facility when using this service. Kid Zone is an extension of the Child Watch program and is a free service for members provided on Saturdays and Sundays to children (ages 4–11 years old). Information regarding Child Watch and Kid Zone hours may be found on the website at www.annarborymca.org.

Locker Rooms

There are lockers in the five changing rooms: Boys' (under 18), Girls' (under 18), Mens', Womens' and Universal Access. Guardians may accompany a child of the same gender into the Boys' or Girls' locker rooms. Guardians needing to accompany an opposite-gender child should use the Universal Access locker room where individual changing cabanas are provided for your convenience. In each locker room, you may put your belongings in any open locker and supply your own combination or key lock. Please remember to remove all belongings when you have finished for the day. Additionally, small security lockers are available on the first floor; master locks for the changing room lockers are for sale for \$7.

Keeping in Touch

Critical facility information about the building (including pool closures, snow days etc.) can be accessed on the website at www.annarborymca.org or by signing up for our SMS text messaging service.

Please text the appropriate keyword to 99000 on your smartphone:

- **Anuncios** (Spanish language)
- **Facility** (for building, pool and weather-related issues)
- **NewsAndEvents**
- **Birkett**
- **Childcare**
- **YouthSports** (for outdoor field sport weather-related issues)
- **CampAGQ** (Camp Al-Gon-Quian news)
- **TeenPrograms**
- **YpsilantiPrograms**

Your regular text messaging or data plan rates will apply. You can opt out at any time by texting **STOP** to 99000. If you do text **STOP**, you will be unsubscribed from all keywords, and must re-subscribe to any that you wish to continue with. Please note that the mailbox is unattended: if you have questions, please contact the Membership Desk at 996-9622. Get critical facility or program information immediately and easily!

Winter Weather Policy

On days when the temperature and/or wind chill are below -20°F or when the Road Commission declares unsafe roads, we will cancel morning classes until noon. We will make every effort to have this posted by 6:00 a.m. A decision will then be made by 9:00 a.m. whether to cancel classes after noon. Class cancellations will be posted on the website and on social media. Members and class participants will be emailed and those who have signed up for text alerts will be sent a text. Refunds will not be issued for programs or classes canceled due to weather. When possible make-up classes will be run and free mini-sessions will be offered between class sessions. Please note: The Ann Arbor YMCA may choose to run classes during times AAPS has canceled school; the cancellation of YMCA programs and classes is not dependent on AAPS closures.

The Ann Arbor YMCA holds the right to close facilities during extreme weather conditions to ensure staff and member safety.

Guest and Membership Policies

All guests of Ann Arbor YMCA members who are over the age of 18 must present a photo ID and complete an emergency medical contact form upon entering the facility. Guests who are under age 18 will need to bring an emergency medical contact form, signed by a parent or guardian, before they can use the facility. Anyone under the age of 18 will not be able to enter until this form is filled out, **NO EXCEPTIONS**. Contact forms need to be updated on January 1 of each calendar year. Emergency medical contact forms are also available at the Membership Desk or can be found on our website.

The Ann Arbor YMCA will review all prospective members and guests against the National Registry of Sex Offenders and prohibit membership or access to our Y for individuals classified as sex offenders. All new members and guests over the age of 18 must present a valid government-issued ID to use the Ann Arbor YMCA facility.

The Ann Arbor YMCA is a family facility. The philosophy of the YMCA is to promote respect among its members, guests, volunteers and staff members. By utilizing the Y, participants agree to respect others and to follow all policies and rules set forth by the Ann Arbor YMCA. Conduct that is deemed inappropriate at the YMCA may result in disciplinary action up to and including membership termination.

FINANCIAL ASSISTANCE/ SCHOLARSHIPS

The YMCA believes that everyone should have the opportunity to participate in the Y and pursue personal goals regardless of skill or financial level. Generous donations to the Y's Annual Campaign provide funds for scholarship assistance to

those who may need support. Financial assistance approval is based on a sliding fee scale designed to fit individual financial situations. Available funding is based on personal need, enrollment, and our financial resources.

- **Membership:** The Open Arms Financial Assistance Program offers scholarships towards membership allowing access to the gym, basketball courts, indoor pools and Wellness Center and all other membership benefits. Scholarships are awarded on the 1st and the 15th of each month. Applications submitted between the 1st and the 14th of the month will be approved for the 1st of the following month. Applications submitted between the 15th and 31st will be approved for the 15th of the following month. All applications require written proof of income to determine the appropriate scholarship award, renewed every 6 months.
- **Classes and Programs:** Class scholarship requests may be submitted the Friday-Sunday before each session's member online registration begins by completing an online form found in the Financial Assistance section of the website, <https://www.annarbormca.org/financial-assistancescholarships/>.
- **Child Care/ After Care Programs:** Limited scholarships are available beginning in September. Financial assistance for child care is distributed during the school year as available. Families needing support are encouraged to apply for financial assistance only after the child has been guaranteed a space in the program.
- **Ypsilanti Programs and Sports Leagues:** Information on financial assistance for Ypsilanti After School programs may be found in the registration flyer available at the student's school office.
- **Camp Al-Gon-Quian:** Campers applying for scholarships to Camp Al-Gon-Quian must register over the phone at the appropriate time by calling 734.661.8051. Because scholarship funds are limited, it is recommended that you register your camper for his or her session of choice as soon as registration opens. The spot will be held while the YMCA financial aid application is completed. You may submit your request by completing an online form found in the membership section of our website: <https://www.annarbormca.org/financial-assistancescholarships/>.
- **Day Camp:** YMCA summer day camps are all about discovery. Kids have the opportunity to explore nature, find new talents, try new activities and make lasting friendships and memories. All scholarship applications are evaluated based on family income and number of household members.

REGISTERING FOR CLASSES

- **Register online at www.annarbormca.org.** Click on red "Register" button at the top of the page. Follow instructions to create an account if you haven't yet. Find your program using the keyword search function. You may also search by day, time of day or age bracket. Register for most programs and special events.
- **Register in person.** Everyone is welcome to stop in and register for their favorite Y activity at the Membership Desk. Y staff will be glad to help you.
- **Register by phone.** We accept VISA, MasterCard, Discover or American Express.

Some Things to Remember

Payment is due upon registration. Payment methods accepted include: cash, check or charge (MasterCard, Discover, Visa, or American Express). Credit or debit cards must be used for phone or online registrations. A class age requirement must be met on or before the class session begins.

Program Refund Policy

All program fees are to be paid at the time of registration. Cancellations made prior to the first class meeting will receive a full YMCA credit voucher or refund. Cancellations made before the second class meeting will receive a pro-rated YMCA credit voucher or refund. No refunds or credits will be given after the second class meets. Exceptions may be considered with a doctor's note or program director's approval.

2019 Registration Dates

Session	Program Dates	Member Registration Opens	Non-Member Registration Opens
Winter	Jan. 7–Feb. 24	Dec. 19, 2018	Dec. 21, 2018
Spring 1	Feb. 25–Apr. 20	Feb. 13	Feb. 15
Spring 2	Apr. 22–June 9	Apr. 10	Apr. 12
Summer	June 24–Aug. 18	June 12	June 14
Fall 1	Sep. 9–Oct. 27	Aug. 28	Aug. 30
Fall 2	Oct. 28–Dec. 22	Oct. 16	Oct. 18

FACILITY GUIDELINES

Ann Arbor YMCA Facility Hours

- Monday–Friday, 5:30 a.m.–10:00 p.m.
- Saturday–Sunday, 7:00 a.m.–7:00 p.m.
- For the safety of our members, guests and children in the facility, **IDENTIFICATION IS REQUIRED TO ENTER**
 - YMCA Membership Card
 - Photo ID is required for guests 18 and older

POOL GUIDELINES

At the Ann Arbor YMCA we care about the safety of our young members and guests. We have swim test procedures in place to help keep children safe in the water. Please use water bottles made of non-breakable material. Thank you for leaving electronic devices outside the Aquatics Center. Feel free to use these devices in the lobby.

Please note: The pools close 15 minutes before the facility: 9:45 p.m. Monday–Friday and 6:45 p.m. Saturday and Sunday.

SWIM ATTIRE

The Y is a place where all people of all walks of life can learn and love to swim, wearing a spectrum of colors, fabrics and accessories. Below are pool guidelines to keep all swimmers safe and keep our pools clean. Examples of appropriate swim attire:



Swimwear must be clean and designated for pool use

- The YMCA does not allow swimmers of any age to enter the pool in street clothes.
- Swimmers must bring a change of clothes specifically designated for the pool use.
- Swimsuits must not be transparent.

All swimmers must take a shower before entering the water

- Taking a cleansing shower before entering the pool helps to keep dirt and germs out of the water. In addition, hair products and skincare products such as lotions, cologne and make-up will cause chemical imbalances in the pools. Thank you for helping us keep the pool clean!

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

- ▶ Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY

- ▶ Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

- ▶ Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

- ▶ Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

- ▶ Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

- ▶ Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

- ▶ Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

- ▶ Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS

SWIM TEST ELEMENTS

- Swim 50 yards. Competitive stroke must be in good form. “Doggie paddling” does not count
- Jump into the deep end and tread water for 30 seconds

RED WRIST BANDS AND CHILDREN 6 AND UNDER

- All children 7–14 years of age who have declined to take the swim test or who have not passed must remain in the Family Pool at all times
- Lifejackets available—just ask a lifeguard
- Children 6 and under must be within arms reach of a parent at all times

GREEN WRIST BANDS

- Children ages 7–14 who have passed the swim test
- May swim in both lap and family pools (appropriate use of lap pool is a must). Stop by the Lifeguard Office to receive your band after successfully completing the test.

HEALTH & WELLNESS CENTER GUIDELINES

- Thank you for leaving cell phone conversations outside the Wellness Center. Feel free to use your cell phone in the downstairs lobby. When playing music on your electronic device, please use headphones or ear buds at all times.
- Cardio machines may be used for up to 45 minutes. Please use the sign-up boards before using any cardio machines.
- Members and program participants should be able to dress comfortably throughout the facility while upholding and supporting the values of this family-serving organization.
 - Chests and buttocks must be covered.
 - Closed-toe athletic shoes with non-marking soles must be worn unless otherwise indicated by a class instructor.
 - Clothing with offensive language, images or controversial slogans is prohibited.
 - Ann Arbor YMCA staff shall apply the dress code consistently and in a manner that does not reinforce or increase marginalization or oppression of any group based on age, body type/size, cultural observance, ethnicity, gender expression, gender identity, household income, sexual orientation, race or religion.
- Members/guests must be at least 12 years old to access Wellness Center equipment. Members/guests ages 12 and 13 may use the cardio and machine weight equipment after completing an equipment orientation, and may use free weights under direct supervision of a guardian. Members/guests age 14 and above have full Wellness Center access.
- Your health matters. Please wipe off equipment after each use. Towels and disinfectant spray are available at several stations for your convenience.
- Please do not drop weights, and limit their use to the free-weight area of the Wellness Center.
- For the convenience of others, return all equipment to its original location. Thank you for helping us keep the equipment clean.
- Please refrain from using chalk or rosin in the Wellness Center.

CHILD DEVELOPMENT PROGRAMS

Early Childhood Development Programs

Early Childhood Development at 400 West Washington Street: Our NAEYC-accredited (National Association for the Education of Young Children) Early Child

Development full-day program runs year round for children ages 2½ to 5 years old, and is open Monday through Friday from 7:30 a.m. to 6:00 p.m. The full-day program offers three, four, and five days per week attendance. Each day our Child Care staff provides morning and afternoon snacks, activity centers, large motor activities, and rest-time in the afternoon. Families provide a packed lunch for their child and a blanket for rest-time. There is a sliding scale for financial assistance as needed.

Ypsilanti YMCA Child Development Center is a full-day, year-round program open Monday through Friday from 6:30 a.m. to 6:30 p.m. Priority registration is given to children ages 18 months to five years old of EMU students and families who reside within Ypsilanti Housing Commission and the Ypsilanti Community Schools district. Breakfast, lunch and snack are provided as part of the program. There is a sliding scale for financial assistance as needed.



Glacier Hills YMCA Child Development Center will launch Spring 2019 on the beautiful campus of the Glacier Hills Senior Living Community Campus: 1200 Earhart Rd, Ann Arbor, MI 48105.

This facility will have capacity for 48–50 children: infants (six weeks) through age 5 and will prioritize admission for the children of Glacier Hills staff (whose tuition will be supported by Glacier Hills) and for the relatives of residents. If there is additional capacity, spots will open to the children of Trinity Health System staff and the general public. There will be a sliding scale for financial assistance as needed. Hours of operation will be 6:15 a.m. to 6:15 p.m. Monday–Friday.

School Age Child Care Program

School Age Child Care at 400 West Washington Street: The YMCA’s School Age Child Care Program (SACC) provides a safe, comfortable environment for children from kindergarten through fourth grade to acquire life and social skills and learn the Y’s character values of honesty, caring, respect and responsibility. Our program includes healthy snacks and help with homework, plus physical and outdoor activities with our caring staff. For an additional fee, children may be registered for swimming, dance, gymnastics, and martial arts classes. The child care staff will escort your child to and from YMCA classes between 4:15–5:45 p.m.

Tuition choices include two, three, four or five days per week. Our SACC program provides daily transportation from local Ann Arbor public schools (AAPS). Bus pickup locations for the school year are Ann Arbor Open, Bach, Eberwhite, Haisley and Wines. Other students may be dropped off at the Y for the program beginning at 3:00 p.m.

Our SACC program provides full-day care when Ann Arbor public schools are closed for in-service days and school vacation. The program is open from 8:00 a.m.–6:00 p.m. Please bring a packed lunch and swimsuit for your child. When Ann Arbor Public Schools or Ypsilanti Community Schools are closed for Snow Days, the Child Development Centers will open no earlier than 9 a.m. to allow staff and families to arrive safely if we are going to open that day. Delays or closings can be found on our website, the Ann Arbor YMCA Facebook page, on your local news channel or by texting “Childcare” to 99000.

On Snow Days when care is provided, registered Child Development Center families may arrive as usual at 9:00 a.m. School age families must call the Membership

Desk at 734.996.9622 beginning at 7 am to get on the waitlist for care. Priority is given to children who currently attend our after school program, then to anyone else first come, first served. Everyone pays a fee for Snow Days as follows:

- Currently enrolled children \$30
- YMCA Members \$40
- Non-Members \$45

Pre-registration is required and can be completed with the Child Care Director. For enrollment of any of the school days off, your child must have the following forms on file: Child Information Card, Permission Form and Statement of Good Health.

School Age Child Care at YIES (Ypsilanti International Elementary School):

Ypsilanti International Elementary School (YIES) Before/After Care: The Ann Arbor YMCA offers before and after school care to YIES students at 503 Oak Street, Ypsilanti, MI 48198. The program runs September–June. Monday–Friday 7:00–8:30am and 3:00 p.m. to 6:00 p.m. Care is provided on half-days, but the program is closed on Snow Days and No School Days when the YIES building is closed.

Teen After School Program

The Teen After School Program (TASP) at 400 West Washington Street:

provides teens with a safe and nurturing environment where they can develop healthy relationships and learn foundational skills through the Y core values of honesty, caring, respect and responsibility. Activities focus on leadership, teamwork, individual growth, and healthy lifestyles. We also offer academic assistance and plenty of free time for your teen. Regularly scheduled activities include indoor and outdoor activities, field trips, and service-learning. Transportation is provided for as many participants as possible and is limited based on capacity. Financial aid is also available to qualifying applicants.

The Ann Arbor YMCA TASP offers full-day care when Ann Arbor public schools are closed for in-service days and school vacation (8:00 a.m.–6:00 p.m.) for an additional fee of \$35 for both TASP participants and other Teen members. This service is open to all TASP participants, as well as Teen members for a fee of \$35 per day. Care may be available on AAPS snow days.

CLASSES AND ACTIVITIES

Infant, Pre-school and Family Activities

The Y has programs to help your family stay strong, healthy and connected to others and to our community.

CHILD WATCH (4 MONTHS – 11 YEARS) / KID ZONE (AGES 4 – 11)

Child Watch is a free service available with either a Family or Single-Parent Family membership while you are in the building. Have peace of mind while your child is cared for by our trained and caring staff during your workout. Child Watch is open 8:00 a.m.–1:30 p.m. and 3:00 p.m.–8:00 p.m. Monday–Friday, on Saturdays 9:00 a.m.–2:00 p.m., Sundays 10:00 a.m.–2:00 p.m.

Kid Zone (available for ages 4–11) is available on Saturdays and Sunday from 10:00 a.m.–1:00 p.m.

FAMILY EVENTS

The Y offers free family events throughout the year for our members. Meet new friends and try new things with your Y community.

FAMILY HOOPS

Saturday afternoons are all about family time in the gym. One court is reserved so that families may play together while making use of Y equipment.

KIDS' NIGHT OUT (AGES 3–10)

Kids' Night Out gives parents an opportunity to spend a night out while kids enjoy a variety of fun activities at the YMCA. Supervised by our Child Watch staff, your child will enjoy dinner, themed crafts and fun games.

Infant, Toddler and Pre-school Classes

The Y offers our youngest members opportunities to learn and grow through independent programming and parent-tot classes. A full list of classes is available on the website at www.annarborymca.org. Categories include:

- **Dance:** Creative movement, pre-ballet
- **Gymnastics:** Parent/tot and independent
- **Martial Arts:** First Kicks
- **Spanish Zone:** Spanish language and culture
- **Sports:** Kick/Catch/Throw
- **Swimming At the Y:** Swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. The benefits of participating in our swim lessons program are far greater than just physical health. At our Y, the focus is on building the whole child from the inside out, so kids will learn about the rewards of persistence and courage, in addition to mastering their swimming strokes. Please see Stage Descriptions and Level Selector graphic on page 9.
- **Together Time:** Nurturing Baby and You, Playgroup, Parent/tot gymnastics and swim lessons



School Age Activities, Leagues and Classes

Happy Kids, Healthy kids: Y Kids! Y school age classes and programs nurture mind, body and spirit to help kids grow in every way. Choose from arts to athletics: there's a class or program to interest every child. A full list of classes is available on the website at www.annarborymca.org. Categories include:

- **Adventure Guides**
- **Arts & Humanities:** Theater, mixed-media art, guitar, piano
- **Dance:** Tap, hip hop jazz, pre-ballet
- **Fencing:** Beginning and intermediate levels
- **Gymnastics:** Beginning, intermediate, advanced
- **Leadership opportunities:** Leaders Club, Youth Advisory Council
- **Martial Arts:** Aikido, Judo and Karate
- **Spanish Zone:** Spanish language and culture immersion
- **Sports Leagues and Clinics:** Baseball and T-Ball, basketball, flag football, SNAG Golf Clinic, soccer, synchronized swimming and Ultimate Frisbee. Y sports leagues and classes emphasize life-long physical activity and character development by incorporating the core values of caring, honesty, respect and responsibility into their curriculum.

Sports programs run throughout the school year, (gymnastics year-round) for kindergarten through 5th grade. Outdoor sports league games are played at nearby community fields. Teams generally meet once a week for practice with a game following. A variety of classes are offered throughout the year to teach skills and expose children to new sports.

- **Swimming At the Y:** Swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. The benefits of participating in swim lessons program are far greater than just physical health. At our Y, the focus is on building the whole child from the inside out, so kids will learn about the rewards of persistence and courage, in addition to mastering their swimming strokes. With two indoor pools, private, semi-private and group lessons as well as a competitive team, we have a place for everyone in the pool.
 - **Lessons:** Youth swim lessons (taught in the lap pool) emphasize skill development and water safety. Check out our Stage Descriptions and Swim Lesson Selector on page 9 to help place your child in the appropriate swim lesson.
 - **Swim Team:** The Barracudas Swim Team provides an opportunity for swimmers to train and expand their skills with practices Monday through Thursday. Team members are encouraged to make as many practices as they are able. The team competes in YMCA and SMSL (Southern Michigan Swim League) swim meets.
 - **Synchronized Swimming and Team Synchronized Swimming:** Improves swimmers' strength, flexibility, and breath support while learning routines and incorporating music. Competitive and non-competitive options are available for swimmers 7–19 years old.
- **Youth in Government:** The YMCA Michigan Youth in Government program provides middle school students with an opportunity to learn about state legislation. In weekly meetings September–December participants work together to share ideas, develop bills and grow as leaders.
- **Youth Volunteer Corps (YVC):** YVC engages youth ages 11–17 in service-learning projects that are challenging, rewarding and educational to serve the needs of the community and promote a lifetime ethic of service.

Teen Activities, Leagues and Classes

The \$15/month teen membership for youth ages 12–19 is a launch pad for teens looking for active lifestyles. Teens may access all the Y has to offer including programs offered to promote character development, leadership, and social responsibility. In addition to health and fitness classes designed specifically for teens, those aged 14 and up are allowed to participate in most adult fitness classes.

- **Arts and Humanities:** Guitar and piano lessons
- **Dance:** Ballet, Belly Dancing, Bollyfit®, Nia®, Salsa, Tap, Zumba®
- **Fencing:** Beginning and intermediate levels
- **Fitness:** The Y offers classes for all ages, all levels and all interests. From low-impact exercise, stretching and strength-training to yoga, teens can find a group class that's fun, supportive and keeps them moving. Classes are led by certified instructors who ensure proper technique, provide guidance and encouragement. Over 30 different types of classes are listed on the website at www.annarborymca.org, many of them free with membership.
- **Gymnastics:** Beginning, intermediate, advanced
- **Leadership Opportunities:** Leaders' Club, Youth Advisory Council
- **Martial Arts:** Aikido, Tae Kwon Do, Judo and Karate
- **Personal Training:** The YMCA's team of trained exercise specialists and personal trainers can help you reach your health and wellness goals. Whether you're seeking general conditioning, motivation, or nutrition advice, our personal trainers are experienced in working with people of all ages and fitness levels.
- **Sports Leagues and Clinics:** Middle School Basketball (ages 11–14), Synchronized Swimming, Badminton (18+), Basketball (18+), Futsal (15+), Pickleball (18+), Volleyball (15+), Ultimate Frisbee Clinic

Y sports leagues and classes emphasize life-long physical activity and character development by incorporating the core values of honesty, caring, respect and responsibility into their curriculum. Teams generally meet once a week for practice with a game following.

- **Studio Cycling:** Join us for an invigorating, low-impact indoor cycling class. The Y offers classes for all levels of indoor cycling experience. Classes are open to teens 14 and up.
- **Swimming:** Many teens and adults learn to swim at the YMCA under the patient and skillful direction of YMCA aquatics professionals. Enjoy learning with others, or in one-on-one lessons to work at your own pace. Once you learn to swim, you'll never feel unsafe around water, and you can enjoy the many physical benefits regular swimming can provide. To schedule a private lesson, please contact Aquatics Coordinator Kimberley Baetz at 734.661.8020 or kbaetz@annarborymca.org.
 - **Lessons:** See Stage Descriptions and Level Selector graphic on page 9. Swim lessons (taught in the lap pool) emphasize skill development and water safety.
 - **Swim Team:** The Barracudas Swim Team provides an opportunity for swimmers to train and expand their skills with practices Monday through Thursday. Team members are encouraged to make as many practices as they are able. The team competes in YMCA and SMSL (Southern Michigan Swim League) swim meets.
 - **Synchronized Swimming and Team Synchronized Swimming:** Improves swimmers' strength, flexibility, and breath support while learning routines and incorporating music. Competitive and non-competitive options are available for swimmers 7–19 years old.
- **Youth in Government (YIG):** The YMCA Michigan Youth in Government program provides middle school students with an opportunity to learn about state legislation. Students meet weekly September–December to share ideas, develop bills and grow as leaders. The high school YIG program runs from September through March/April. Participants focus on governmental process, but delve deeper into the current issues facing the state of Michigan.
- **Yoga:** The Y offers more yoga disciplines than any other local facility. Choose between special flow classes just for teens, Vinyasa, Iyengar, Chair Yoga, Yoga for Runners, Yin Yoga and "Yoga-lates" (Pilates/Yoga). Yoga classes are open to teens 14 and up.
- **Youth Volunteer Corps (YVC):** YVC engages youth ages 11–17 in service-learning projects that are challenging, rewarding and educational to serve the needs of the community and promote a lifetime ethic of service.

Adult and Senior Activities, Leagues and Classes

The Y offers activities, leagues and classes for all fitness levels and interests. From low-impact exercise and chair classes, stretching and strength training to indoor cycling, water exercise, and yoga, there's a group class that's fun, supportive and keeps you moving. By participating in group exercise classes, members can come make new friends and be part of a community. Our classes are led by certified instructors who ensure proper technique, provide guidance and encouragement.

INTERESTED IN TRYING OUT A CLASS?

Many of our adult classes allow for drop-ins. **Group classes:** \$7 member/\$17 community member. Availability may be limited due to space available in the class or studio. Adult and youth classes that are progressive or require prior experience may not allow drop-ins. **Members and community members may also purchase a class punch card:** \$65 for 11 classes for members, \$170 for 11 classes for community members. This card can be used for any adult group exercise class except: TRX, Iyengar Yoga, Kettlebell, Dance and Martial Arts and expires 6 months after the sale date. Classes are subject to cancellation due to low enrollment and class access is dependent upon availability.

PERSONAL TRAINING

The Y has a diverse roster of personal trainers ready to help you achieve your fitness goals. Receive individual attention, guidance and motivation from your personal trainer. Schedule one session or a series! To learn more about Personal Training, fill out a Personal Training Interest Form found at the Membership Desk or in the Wellness Center.

ADULT AND SENIORS CLASSES AND ACTIVITIES

BEGINNER/GENTLE
AOA (Active Older Adults)
Aqua Aerobics
Arthritis Water Exercise
All Around Fitness
Beginning Pilates
Beginner Yoga
Conditioning for Life
Core Essentials
Enhance Fitness
Flex & Firm
Gentle Fitness: Strong & Healthy
Gentle Flow
Gentle NIA

INTERMEDIATE
Aqua Dance
Barre 360
Bike & Tone
Cardio Karate
Cycling with Power
Get Fit
Group Strength
HIIT Circuits
Intermediate Pilates
Intermediate Pilates Mat Flow
Intermediate Vinyasa Yoga
Iyengar Yoga Level 1/2
Kettlebells
Mindful Vinyasa Yoga
Outdoor Conditioning

ADVANCED
Body Core
Crossfire

Intro to Moving for Better Balance
Iyengar Yoga Level 1 or Gentle Iyengar
Mindful Movement Pilates
Moving for Better Balance
NIA
Prenatal Water Aerobics
Tai Chi
Teen Vinyasa Yoga
Vinyasa Yoga
Vinyasa Yoga for Athletes
Yin Yoga
Yogailates
Zumba Gold

POUND
Power Lunch
Power Yoga
Step Survival
Studio Cycling
Studio Cycling Express
Tabata HIIT
Total Body Conditioning & Stretching
Total Body HIIT
TRX
Vinyasa Yoga
WaterEx
WERQ Dance Fitness
Zumba
Zumba Toning

HIIT TRX
Total Body HIIT

Any class may be modified to suit your ability; this list will give a general idea of how strenuous you may find it to be.

- **Arts and Humanities:** Guitar and piano lessons
- **Dance:** Ballet, Belly Dancing, Bollyfit®, Nia®, Salsa, Tap, Zumba®
- **Fencing:** Beginning and intermediate levels
- **Fitness:** Over 30 different types of fitness classes are listed on the website at www.annarborymca.org, many classes are free with membership.

- **Gymnastics**
- **Martial Arts:** Aikido, Jujitsu, Judo, Karate and Tai Chi
- **Moving for Better Balance:** A falls-prevention program
- **Sports Leagues and Clinics:** Badminton, Basketball, Volleyball, Futsal and Pickleball leagues are available seasonally. Both Badminton and Pickleball play are free to members.
- **Studio Cycling:** Join us for an invigorating, low-impact indoor cycling class. The Y offers classes for all levels of indoor cycling experience.
- **Swimming:** Lots of adults learn to swim at the YMCA under the patient and skillful direction of YMCA aquatics professionals. Enjoy learning with others, or one-on-one lessons to work at your own pace. Once you learn to swim, you'll never feel unsafe around water, and you can enjoy the many physical benefits regular swimming can provide. Adult classes are offered for ages 16 and up.
- **Volunteering:** The Ann Arbor YMCA is committed to strengthening community through social responsibility initiatives. We facilitate volunteer opportunities throughout Washtenaw County through our adult volunteer program Togetherhood which is the Ann Arbor Y's adult member-led volunteer service program and the Y's signature program for advancing social responsibility.
- **Yoga:** The Y offers more yoga disciplines than any other local facility. Choose between special flow classes just for teens, Vinyasa, Iyengar, Chair Yoga, Yoga for Runners, Yin Yoga and "Yoga-irates" (Pilates/Yoga).

HEALTH MANAGEMENT PROGRAMS

The Ann Arbor YMCA provides low or no-cost programs that help prevent the onset of a chronic condition or help adults with a chronic disease learn how to manage and improve their health. Programs include:

- **Arthritis Exercise (EnhanceFitness):** EnhanceFitness is an evidence-based group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. EnhanceFitness is proven to increase cardiovascular health, muscular strength, flexibility and balance. Participants can either sit or stand during the class. *This class is offered free to members.*
- **Diabetes Prevention Program:** For those at risk for type 2 diabetes, making small, measurable changes can reduce your risk and help you live a happier, healthier life. To participate in the program, you must be: 18 years or older, overweight (BMI of 25 or higher, 22 or higher for Asians, diagnosed with pre-diabetes via one of three blood tests or a previous diagnosis of gestational diabetes. If you do not have a blood test results, you must have a qualifying risk score.

To help reduce your risk for diabetes, your goal in the YMCA's Diabetes Prevention Program is to reduce your body weight by 7% and increase your physical activity to at least 150 minutes per week within the first half of the program. For example, if you weigh 200 pounds, your goal for the first half of the program would be to lose 14 pounds and increase your physical activity to what could be a brisk 30-minute walk five days per week. *This class is offered free to members.*

- **LIVESTRONG® at the YMCA:** LIVESTRONG at the YMCA focuses the whole person—not the disease. The free, 12-week program meets twice per week for 75 minutes and uses traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. You'll focus on:
 - Building muscle mass and strength
 - Increasing flexibility and endurance
 - Improving confidence and self-esteem
 - Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program has ended. Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community—a safe, comfortable place for you to build companionship with others affected by cancer and share stories and inspiration. *This class is offered free to members and community members.*



- **Moving for Better Balance:** Moving For Better Balance is a falls-prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities. *This class is offered free to members.*
- **Pedaling for Parkinson's:** Research conducted at the Cleveland Clinic showed a 35% reduction in Parkinson's Disease symptoms by the simple act of pedaling a bicycle at a rapid pace, optimally 80–90 revolutions per minute. This research inspired the launching of Pedaling for Parkinson's™ (PFP), an indoor cycling program geared specifically towards individuals with Parkinson's disease. Each one hour exercise session consists of a 10 minute warm-up, up to a 40 minute main exercise set, and a 10 minute cool-down. Rest breaks will be taken as needed. Participants will ride within their pre-determined heart rate zones and will be closely monitored by program facilitators. *This class is offered free to members.*

SUMMER CAMPS

The Y's day and overnight summer camps provide safe communities where young people explore, build self-esteem and interpersonal skills and make lasting friendships and memories.

CAMP AL-GON-QUIAN (AGES 6–16)

Camp Al-Gon-Quian is an overnight camp on the shores of Burt Lake in northern Michigan. Campers ages 6–16 enjoy one or two-week sessions. Registration for Camp Al-Gon-Quian begins in early December for returning camp families and current Y members followed by open registration for all others in early January.

DAY CAMPS IN YPSILANTI (AGES 6–16)

Full and half-day options at three sites in Ypsilanti. Priority registration is given to Ypsilanti Community Schools students.

CAMP BIRKETT (AGES 5–14)

A traditional day camping program, Camp Birkett provides a full-day of enriching experiences that promote skill development, self-confidence, and fun in a safe environment. With over 100 years of history, Camp Birkett has continued to offer a summer outdoors, immersed in a natural environment on the shores of Silver Lake in Pinckney. Facilities include a lake-view lodge, athletic field, gaga-pit, locker and changing rooms, archery range, waterfront, and watercraft areas.

Campers participate in traditional camp activities each week, including canoeing, swimming, arts and crafts, sports, nature exploration, and archery. Each week-long session also has a unique theme to provide a creative spin on camp activities and create lasting memories. Camp Birkett is the ideal place to spend summer days.

IN-BUILDING SPECIALTY AND SPORTS CAMPS (AGES 5–17)

Full and half-day options are available. At the Y, we inspire kids to work together and play together, creating friendships that can last a lifetime! Rooted in caring, honesty, respect and responsibility, our holistic approach works wonders: preparing kids for life, one fantastic summer at a time. Our highly-trained staff helps campers realize that the Y is a place where they belong and can be themselves while trying new things, building new skills and making new friends. We are here to show kids all they can accomplish when they believe in themselves. They thrive, knowing they can relax in a safe, nurturing and inclusive environment.

TEEN CAMPS (AGES 12–16)

Teen Adventure (field trip-based), counselor-in-training programs, Youth Volunteer Corps, special interest half-day camps.

STAFF DIRECTORY

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Ypsilanti Youth Programs & Day Camps	661.8031

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Youth and Family Program Coordinator	Glynette Harris
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Ypsilanti YMCA CDC Director	Queayna Battle
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Ypsilanti Youth Programs & Day Camps	661.8031

HEALTH MANAGEMENT

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Health Management Co-Coordinator	Suzanne Kessler
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Wellness & Group Exercise Coordinator	Emily Fransen
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Central Billing Specialist	Becca Melangton
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New Member Engagement Coordinator	Jameson Tamblyn
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Program Registrar	Scott Powers
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SPORTS

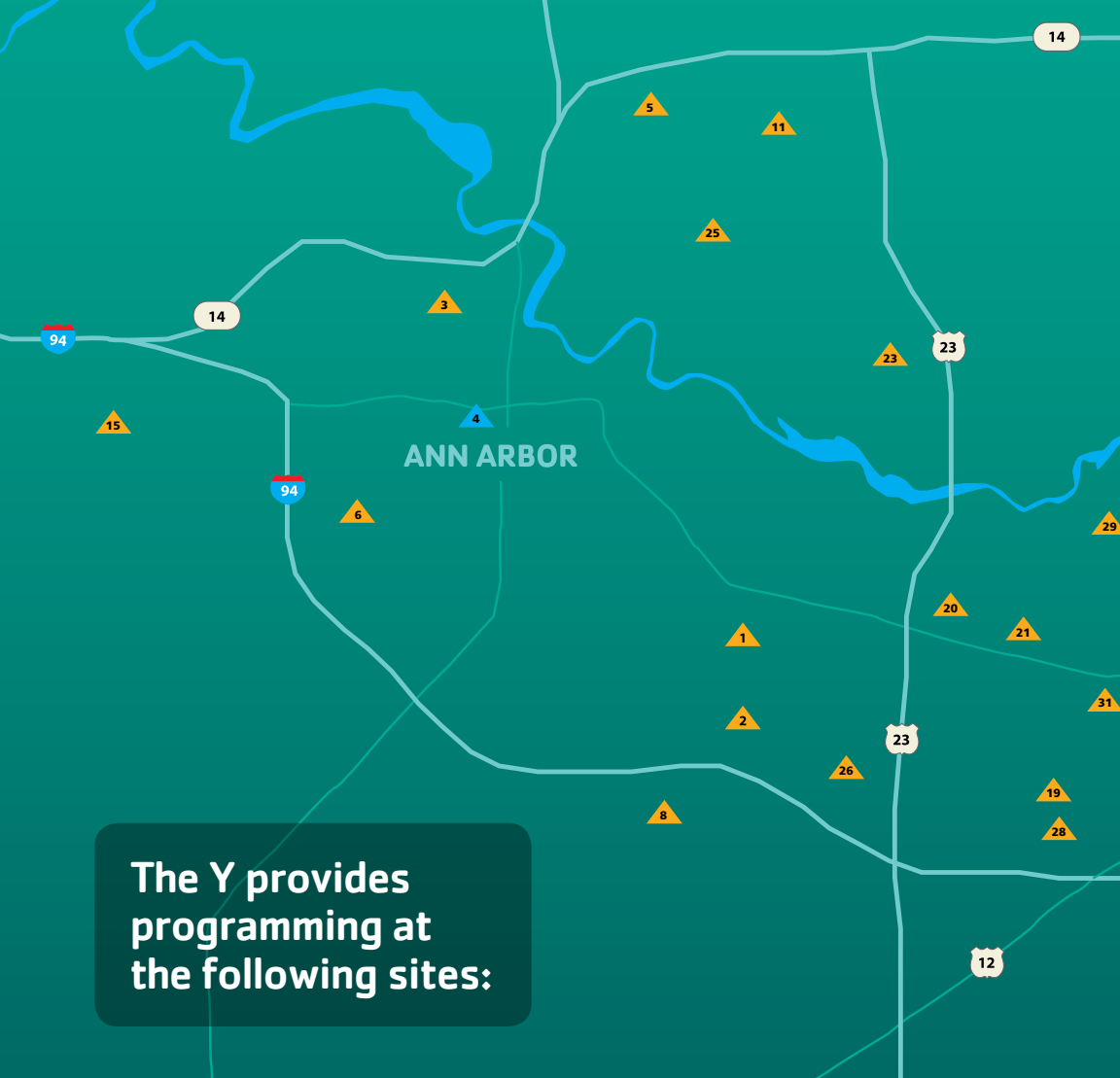
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YOUTH/TEEN PROGRAMS

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Teen Engagement Coordinator	Tess Jackson
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Youth in Government Coordinator	Madison Kraning
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**CHANGE
STARTS
HERE!**



The Y provides programming at the following sites:

- 1 Allen Elementary:** 2560 Towner Boulevard, Ann Arbor, 48104, Get Fit
- 2 Ann Arbor Adventist Elementary School:** 2796 Packard Street, Ann Arbor, 48108, physical education
- 3 Ann Arbor Open School:** 920 Miller Avenue, Ann Arbor, 48103, Youth in Government
- 4 Ann Arbor YMCA:** 400 West Washington Street, Ann Arbor, 48103
- 5 Avalon Housing at Carrot Way:** 31 Carrot Way, Ann Arbor, 48105, Get Fit
- 6 Avalon Housing at Pauline Blvd:** 1500 Pauline Boulevard, Ann Arbor, 48103, Get Fit
- 7 Beatty Early Learning Center:** 1661 Leforge Road, Ypsilanti, 48198, family engagement events
- 8 Bryant Elementary School:** 2150 Santa Rosa Drive, Ann Arbor, 48108, Get Fit
- 9 Camp Al-Gon-Quian:** 9928 M-68, Burt Lake, 49717
- 10 Camp Birkett:** 9141 Dexter Townhall Road, Pinckney, MI 48169
- 11 Clague Middle School:** 2616 Nixon Road, Ann Arbor 48105, Youth in Government
- 12 Cultivate Coffee and Tap House:** 307 North River Street, Ypsilanti, 48198, teen programming
- 13 East Arbor Academy:** 6885 Merritt Road, Ypsilanti, 48197, after school classes
- 14 Eastern Michigan University:** 900 Oakwood Street, Ypsilanti, 48197, day camp
- 15 Emerson School:** 5425 Scio Church Road, Ann Arbor 48105, Youth in Government
- 16 Erickson Elementary:** 1427 Levona Street, Ypsilanti, 48198, after school clubs
- 17 Estabrook Elementary:** 1555 West Cross Street, Ypsilanti, 48197, after school clubs
- 18 Ford Early Learning Center:** 2440 East Clark Road, Ypsilanti, 48198, after school clubs
- 19 Fortis Academy:** 3875 Golfside Road, Ypsilanti, 48197, after school classes
- 20 Glencoe Hills Apts:** 2201 Glencoe Hills Drive, Ann Arbor, 48108, swim lessons
- 21 Golfside Lake Apts:** 2345 Woodridge Way, Ypsilanti, 48197, swim lessons



- 22 Holmes Elementary:** 1255 Holmes Road, Ypsilanti, 48198, after school clubs
- 23 King Elementary School:** 3800 Waldenwood Drive, Ann Arbor, 48105, Get Fit
- 24 Lincoln Middle School:** 8744 Whittaker Road, Ypsilanti 48197, Youth in Government
- 25 Michigan Islamic Academy:** 2301 Plymouth Road, Ann Arbor, 48105, physical education, after school sports
- 26 Mitchell Elementary School:** 3550 Pittsview Drive, Ann Arbor. 48108, Get Fit
- 27 Perry Child Development Center:** 550 Perry Street, Ypsilanti, 48197, physical activity classes
- 28 Roundtree Apts:** 2835 Roundtree Boulevard, Ypsilanti, 48197, swim lessons
- 29 Sanctuary at St. Joseph's Village:** 5341 McAuley Drive, Ypsilanti, MI 48197, physical activity for seniors
- 30 Schooner Cove Apts:** 5050 Schooner Cove Boulevard, Ypsilanti, 48197, swim lessons, day camp
- 31 Ypsilanti Community High School:** 2095 Packard Road, Ypsilanti, 48197, swim lessons
- 32 Ypsilanti District Library – Superior:** MacArthur Boulevard, Ypsilanti Charter Township, 48198, physical activity programs
- 33 Ypsilanti International Elementary School:** 503 Oak Street, Ypsilanti, 48198, before & after school youth and adult physical activity programs, sports programs
- 34 Ypsilanti Community Middle School (1/18–6/18):** 235 Spencer Lane, Ypsilanti, 48198, East Washtenaw Basketball League
- 35 Ypsilanti Community Middle School (7/18–12/18):** 510 Emerick, Ypsilanti 48198
- 36 Ypsilanti YMCA Child Development Center:** 111 South Wallace Boulevard, Ypsilanti, 48197, child care

Locations highlighted in blue indicate a branch of the Ann Arbor YMCA.



ANN ARBOR YMCA

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