WELCOME TO THE Y!

The Ann Arbor YMCA is a 501(c)3 non-profit organization serving Washtenaw County. Our organization is made up of people from every walk of life, working side by side to strengthen communities.

Together we strive to ensure that everyone, regardless of age, race, gender, gender identity, gender expression, income, faith, sexual orientation, diverse-abilities or cultural background can live life to its fullest. The Ann Arbor YMCA has been named an LGBTQ Championing YMCA by the YMCA of the USA in recognition of its diversity and inclusion work in the LGBTQ community and is a leader in the Diversity, Inclusion and Global Initiatives network.

The Y’s mission is to put our core values of caring, honesty, respect and responsibility into action through facilities and programs that build a healthy spirit, mind and body for all. We strive to empower all people to learn, grow and thrive. With a focus on Youth Development, Healthy Living and Social Responsibility, the Y nurtures the potential of every youth and teen, improves our communities’ health and well-being, and provides opportunities to give back to our neighbors.

Donating to our cause is easy: go to www.annarborymca.org/give.

If you have a skill, or just some time on your hands, the Y can probably help you use it for good! The Y works with five broad classes of volunteers:

- **Program volunteers** – people who directly help the YMCA carry out its programming: coaches, workshop leaders, mentors, event hosts and staff, referees and other game officials. There are many other program-specific positions.

- **Support volunteers** – behind-the-scenes administrative help for our professional staff!

- **Fundraising volunteers** – As a nonprofit, the YMCA relies on donations, so it needs plenty of campaigners for our Annual Campaign and more. Development volunteers may be enlisted for staffing phone banks or stuffing envelopes. They may help coordinate fundraising events.

- **Policy volunteers** – This group includes board members and committee members (all must enter a longer-term relationship with the organization governed by its bylaws). A policy volunteer not only gives time and effort to the organization but also helps guide its direction and determine its programming and priorities.

- **Managerial volunteers** – This group applies to trained professionals — including accountants, lawyers, executives, designers and IT workers — who donate their services pro bono

If you would like to search current volunteer opportunities, please go to https://www.annarborymca.org/about-your-ymca/volunteering/
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MEMBERSHIP

The Y is so much more – we’re a welcoming place to connect and learn with others. A place to get an extra boost of encouragement and motivation to lead a healthier lifestyle. An environment for kids to grow and a supportive community in which to do so. When you join the Y, you will find what makes us so much more.

Member Benefits:

- Access to all facility spaces, which can include: Family Pool, Lap Pool, Wellness Center, Gym and Indoor Track.
- Access to on-site parking
- Many free adult classes
- Early registration and discounted rates on classes, child care, summer camps and more
- Free drop-in Child Watch service while you work out included with family and single parent family memberships
- Free Wellness Center orientation
- Member appreciation events
- Free towel service
- Personal training
- Opportunities to volunteer at the Y and in the community
- Nationwide Access Membership gives you free access to all participating YMCA locations in the USA

Joining

Effective January 1, 2020:

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Membership Description</th>
<th>Monthly Rate</th>
<th>Joining Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teen</td>
<td>One person age 12-19</td>
<td>$15</td>
<td>$0</td>
</tr>
<tr>
<td>Young Adult</td>
<td>One person age 20-29</td>
<td>$35</td>
<td>$35</td>
</tr>
<tr>
<td>Adult</td>
<td>One person age 30-64</td>
<td>$52</td>
<td>$75</td>
</tr>
<tr>
<td>Senior</td>
<td>One person age 65 or older</td>
<td>$39</td>
<td>$60</td>
</tr>
<tr>
<td>Senior Couple</td>
<td>Includes two persons age 65 or older living in the same household</td>
<td>$78</td>
<td>$60</td>
</tr>
<tr>
<td>Family*</td>
<td>Includes two adults and dependent children under 23 living in the same household</td>
<td>$85</td>
<td>$100</td>
</tr>
<tr>
<td>Single Parent Family</td>
<td>One adult, with Head of Household tax status, and dependent children under 23 living in the same household</td>
<td>$68</td>
<td>$75</td>
</tr>
</tbody>
</table>

*Additional persons over 23 who are living in the household can be added to the family membership for $20 per billing cycle.

Financial Assistance

Regardless of your financial status, we will work with you to receive all the benefits of your membership. Through the generosity of donors, we are able to provide programs and services to those who may not otherwise be able to participate.
If you cannot afford the full cost of a YMCA membership, you may apply for financial assistance. Open Arms financial assistance applications are available to pick up at our front desk or online at www.annarborymca.org/financial-assistancescholarships.

All YMCA members receive the same membership benefits, regardless of assistance.

**Specialty Memberships**

**Veteran Discount:** The Ann Arbor YMCA is proud to offer eligible military veteran individuals and families a 10% discount on membership and a $0 joining fee. 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.

**Military Outreach Initiative:** In partnership with the Armed Services YMCA (ASYMCA), the Ann Arbor Y offers a 6 month membership through the Department of Defense’s (DoD) Military Outreach Initiative (MOI). The Armed Services YMCA has partnered with YMCA’s, as well as national and independent fitness centers nationwide to offer Title 10 service members and their family free access to fitness centers. Military families should contact the Membership Desk for more information on these special memberships.

**Corporate Wellness:** The Ann Arbor YMCA’s Corporate Wellness Program is an investment in your company’s most important resource – your employees. Contact the Membership Director to learn more about Corporate memberships.

**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**

**Onsite YMCA Parking Lot (54 spaces):** Parking is available for members only in our West Washington Street lot. To access, purchase a $5 Prox card at the Membership Desk. Rates: 0–2 hours: .375 per 15 minutes; 2–3 hours: $1.50 per 30 minutes; 3–4 hours: $3 per hour 15 minutes; 4 hours or more: $6 per 30 minutes. You may assign a credit card (no debit cards) to this access card to automatically charge parking fees. Visit the membership desk for details. Bicycle racks are also available under the building.
Loading/Unloading Zone: Cars may be parked in front of 400 West Washington Street for up to 15 minutes from 7 am – 7 pm. Cars left longer may be ticketed by the City of Ann Arbor.

Parking Validation: For $10 a month, members may also receive two free hours of validation in city lots while they are working out at the Y.

Child Watch / Kid Zone

The Child Watch program is available free of charge to parents who have a Family or Single Parent Family membership at the Ann Arbor Y on a first-come, first-serve basis for children ages 3 months to 11 years. Parents must remain in the facility while making use of Child Watch and are limited to using the service for a maximum of two hours per day. On Snow Days, Child Watch will open at 9 am.

Membership Policy

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

Guest Policy

18 Years and Older: All guests of Ann Arbor YMCA members who are over the age of 18 must present a valid driver’s license (or photo ID) upon the first visit. At that time the guest must complete the Guest Sign-in.

Under 18: All guests of Ann Arbor YMCA members who are under the age of 18 MUST bring an emergency medical contact form, signed by a parent or guardian, before they can use the facility. Emergency contact forms are valid for the calendar year they are completed in. Contact forms are available at the Membership Desk or can be found on our website.

FINANCIAL ASSISTANCE

The Y believes that every person should have an opportunity to participate and pursue their own personal goals regardless of skill or financial status. Generous donations to the Y’s Annual Campaign provide funds for scholarship assistance to those who may need support.

The Ann Arbor Y offers financial assistance for membership on a case-by-case basis dependent upon gross annual income, household, and special circumstances. We utilize current Housing and Urban Development (HUD) income data in Washtenaw County in order to distribute aid in a way that reflects our community.

• 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.annarborymca.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: Information on financial assistance for Ypsilanti After School programs may be found online or by contacting the Assistant Youth Programs and Day Camp Director.
• **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.annarborymca.org/financial-assistancescholarships/](https://www.annarborymca.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.annarborymca.org](http://www.annarborymca.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.

### Program Refund Policy

- Class cancellations made prior to the first class meeting will receive a full refund.

- Cancellations made before the second class will receive a prorated refund.

- No refunds will be given after the second class meets. Exceptions may be considered with a doctor’s note or the program director’s approval.

### Register Using Our New Mobile App

Download app by searching “Daxko” in the App Store or Google Play. Download & open the app. Search for Ann Arbor YMCA. Set notification and location preferences. Search for class under the Programs link. Select and click Register.

### Registration Dates

<table>
<thead>
<tr>
<th>Session</th>
<th>Program Dates</th>
<th>Member Registration Opens</th>
<th>Non-Member Registration Opens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter</td>
<td>Jan. 6–Feb. 23</td>
<td>Dec. 18</td>
<td>Dec. 20</td>
</tr>
<tr>
<td>Spring 1</td>
<td>Feb. 24–Apr. 19</td>
<td>Feb. 12</td>
<td>Feb. 14</td>
</tr>
<tr>
<td>Spring 2</td>
<td>Apr. 20–June 7</td>
<td>Apr. 8</td>
<td>Apr. 10</td>
</tr>
<tr>
<td>Summer 1</td>
<td>June 22–July 26</td>
<td>June 10</td>
<td>June 12</td>
</tr>
<tr>
<td>Summer 2</td>
<td>July 27–Aug. 30</td>
<td>July 15</td>
<td>July 17</td>
</tr>
<tr>
<td>Fall 1</td>
<td>Sep. 14–Oct. 25</td>
<td>Sep. 2</td>
<td>Sep. 4</td>
</tr>
</tbody>
</table>
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

Locker Rooms
There are lockers in the five changing rooms: Boys’ (under 18), Girls’ (under 18), Men’s, Women’s 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.

**Kit Lockers:** Kit Lockers are small, individual lockers large enough to store personal care items such as shampoo, lotion and hair dryers for those members who regularly shower at the Y.

**Pricing:**
- Adult, standard kit locker: $10/month
- Senior, standard kit locker: $5/month
- Full-size locker: $20/month

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](http://www.annarborymca.org) or by signing up for our SMS text messaging service.

Please text the appropriate keyword to 844.608.9622 on your smartphone:
- Facility
- Pool
- YonTheFly
- ChildDevelopmentCenters
- YouthSports (for outdoor field sport weather-related issues)
- CampBirkett
- CampAGQ

Your regular text messaging or data plan rates will apply. You can opt out at any time by texting **STOP** to 844.608.9622. 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!

**DOWNLOAD OUR APP!** Find programs, schedules and critical information all on your phone. Search “Daxko” in the App Store; download and open the app and then search for Ann Arbor YMCA. Set your notification and location preferences.

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.

**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**
  - Cotton fabric clothing may not be worn in our pools because it causes both maintenance issues for pools and safety issues for swimmers. Cotton is a natural fiber that absorbs water, making a cotton garment heavier than synthetic swim wear when wet, thus posing a safety risk for swimmers.
  - 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?**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months–3 years</td>
<td>Parent &amp; Child: Stages A–B</td>
</tr>
<tr>
<td>3 years–5 years</td>
<td>Preschool: Stages 1–4</td>
</tr>
<tr>
<td>5 years–12 years</td>
<td>School Age: Stages 1–6</td>
</tr>
<tr>
<td>12+ years</td>
<td>Teen &amp; Adult: Stages 1–6</td>
</tr>
</tbody>
</table>

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

**WHICH STAGE IS THE STUDENT READY FOR?**

- **A / WATER DISCOVERY**
  - Can the student respond to verbal cues and jump on land?
  - Not Yet

- **B / WATER EXPLORATION**
  - Is the student comfortable working with an instructor without a parent in the water?
  - Not Yet

- **1 / WATER ACCLIMATION**
  - Will the student go underwater voluntarily?
  - Not Yet

- **2 / WATER MOVEMENT**
  - Can the student do a front and back float on his or her own?
  - Not Yet

- **3 / WATER STAMINA**
  - Can the student swim 10–15 yards on his or her front and back?
  - Not Yet

- **4 / STROKE INTRODUCTION**
  - Can the student swim 15 yards of front and back crawl?
  - Not Yet

- **5 / STROKE DEVELOPMENT**
  - Can the student swim front crawl, back crawl, and breaststroke across the pool?
  - Not Yet

- **6 / STROKE MECHANICS**
  - Can the student swim front crawl, back crawl, and breaststroke across the pool and back?
  - Not Yet

**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 2 1/2 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 located at 111 South Wallace Blvd, Ypsilanti, MI 48197. It 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** is located on the beautiful campus of the Glacier Hills Senior Living Community Campus: 1200 Earhart Rd, Ann Arbor, MI 48105. This facility has capacity for 48–50 children: infants (six weeks) through age 5. There is a sliding scale for financial assistance as needed. Hours of operation are 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. 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. Delays or closings can be found on our website, the Ann Arbor YMCA Facebook page, on your local news channel or by texting ChildDevelopmentCenters to 844.608.9622.

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 on a first come, first served basis for a fee.

Pre-registration is required and can be completed with the Child Development 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 to 9:00 a.m. and 4:00 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. 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. 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 (3 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 2–10)

Kids’ Night Out gives parents an opportunity to spend time together 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. Children must be potty-trained, or if not, in pull-ups.

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, Move and Learn
• Gymnastics: Parent/tot and independent
• 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 10.
• Together Time: Nurturing Baby and You, Zumbini, 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](http://www.annarborymca.org). Categories include:

- **Adventure Guides**
- **Arts & Humanities:** Theater, mixed-media art, guitar, piano, Kids in the Kitchen
- **Dance:** Tap, hip hop jazz, pre-ballet
- **Fencing:** Beginning, intermediate and advanced levels
- **Gymnastics:** Beginning, intermediate, advanced
- **Leadership opportunities:** Leaders Club, Youth Advisory Council
- **Martial Arts:** Aikido, Judo and Karate
- **Spanish in Motion:** Spanish language and culture immersion
- **Sports Leagues and Clinics:** Baseball and T-Ball, basketball, flag football, SNAG® Golf Clinic, soccer, 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 10 to help place your child in the appropriate swim lesson. To schedule a private lesson, please contact Aquatics Coordinator Kimberley Baetz at 734.800.4286 or kbaetz@annarborymca.org.
  - **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.

- **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, English as a Second Language

• **Dance:** Ballet, Belly Dancing, Bollyfit®, Nia®, Salsa, Tap, Zumba®

• **Fencing:** Beginning, intermediate and advanced 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](http://www.annarborymca.org), many of them free with membership.

• **Gymnastics:** Beginning, intermediate, advanced

• **Leadership Opportunities:** Leaders’ Club, Youth Advisory Council

• **Martial Arts:** Aikido, Judo and Karate, Capoeira

• **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 or motivation, 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), 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 734.800.4286 or kbaetz@annarborymca.org.

• **Lessons:** See Stage Descriptions and Level Selector graphic on page 10.
  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.

• **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 Vinyasa, Iyengar, Chair Yoga, Yoga for Athletes, Yin Yoga and Hatha 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, 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

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, English as a Second Language
- **Dance:** Ballet, Belly Dancing, Bollyfit®, Nia®, Salsa, Tap, Zumba®
- **Fencing:** Beginning, intermediate and advanced levels
- **Fitness:** Over 30 different types of fitness classes are listed on the website at [www.annarborymca.org](http://www.annarborymca.org), many classes are free with membership.
- **Gymnastics**
- **Martial Arts:** Aikido, Judo, Karate and Tai Chi, Capoeira
- **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 17 and up. To schedule a private lesson, please contact Aquatics Coordinator Kimberley Baetz at 734.800.4286 or kbaetz@annarborymca.org.
- **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.
- **Yoga:** The Y offers more yoga disciplines than any other local facility. Yoga choices include: Vinyasa, Iyengar, Chair Yoga, Yoga for Athletes, Yin, and Hatha/Restorative classes.
# Classes and Activities

## Beginner/Gentle
- AOA (Active Older Adults)
- Aqua Aerobics
- Arthritis Water Exercise
- All Around Fitness
- Beginning Pilates
- Beginning Pranayama Yoga
- Group Strength
- Beginner Yoga
- Conditioning for Life
- Core Essentials
- Enhance Fitness
- Flex & Firm
- Gentle Fitness: Strong & Healthy
- Hatha / Restorative Yoga
- 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
- Vinyasa Yoga
- Yoga for Athletes
- Yoga Blend
- Yin Yoga
- Zumba Gold

## Intermediate
- Barre 360
- Bike & Tone
- Cardio Karate
- Cycling with Power
- Get Fit
- HIIT Circuits
- Intermediate Pilates
- Intermediate Pilates Mat
- Intermediate Vinyasa Yoga
- Interval Strength
- Iyengar Yoga Level 1/2
- Kettlebells
- Mindful Vinyasa Yoga
- Outdoor/Indoor Conditioning
- Power Lunch
- Shape Up
- Step Survival
- Studio Cycling
- Studio Cycling Express
- Total Body Conditioning & Stretching
- Total Body HIIT
- TRX
- TRX Blast
- Vinyasa Yoga
- WaterEx
- WERQ Dance Fitness
- Women’s Strength Training
- Zumba
- Zumba Toning

## Advanced
- Body Core
- Crossfire
- HIIT TRX
- Total Body HIIT
2020 Adult Sports Leagues Schedule

**BASKETBALL**

**Winter:** Registration: December 18th, 2019  
Season Runs: January 12th–February 23rd

**Spring 1:** Registration: February 12th  •  Season Runs: March 3rd–April 15th

**Spring 2:** Registration: April 8th  •  Season Runs: April 26th–June 7th

**Summer:** Registration: June 10th  •  Season Runs: June 28th–August 16th

**Fall 1:** Registration: August 19th  •  Season Runs: September 13th–October 25th

**Fall 2:** Registration: October 14th  •  Season Runs: November 1st–December 20th

**FUTSAL**

**Winter:** Registration: December 18th  •  Season Runs: Jan 5th–Feb 18th

**Spring 1:** Registration: February 12th  •  Season Runs: March 1st–April 19th

**Fall:** Registration: October 14th  •  Season Runs: November 3rd–Dec 15th

**VOLLEYBALL**

**Winter:** Registration: December 18th  •  Season Runs: Jan 5th–Feb 18th

**Spring 1:** Registration: February 12th  •  Season Runs: March 3rd–April 15th

**Fall 2:** Registration: October 14th  •  Season Runs: November 3rd–December 15th

**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:

**Enhance® Fitness (Arthritis Exercise)**

Enhance Fitness 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. Enhance Fitness 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.*

**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.*

**MOOD LIFTERS™**

The 15 week-long program meets weekly to help people live the life that they want. Mood Lifters takes a comprehensive approach towards encouraging mentally healthy changes in five domains known to impact wellness: body, thoughts, feelings, behaviors and relationships. This program is appropriate for adults 18 and over who are willing to work to make positive changes in their life. This includes people who are dealing with stress or struggling with anxiety, depression or low mood. Each week provides strategies to reach personal goals for behavior change to improve your mood.
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 Camp in Ypsilanti (ages 6–12)
Full day camp 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 5–16)
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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Communications Director .................................................... Jan Hack
661.8047 • jhack@annarborymca.org
Comptroller ............................................................................. Jon Makarewich
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Facilities Director ................................................................. Chris Biggs
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President/CEO .......................................................................... Toni Kayumi
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VP Youth Development & Membership ................................. Becca Schnetzer-Humbel
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Aquatics Director ..................................................................... Becky Epstein
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Youth Program & Day Camp Director ................................. Kyandé Sanders
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Ypsilanti YMCA CDC Director .............................................. Donetta Mazyck
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Youth Program and Day Camp Director .............................. Kyandé Sanders
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Ypsilanti Youth Programs & Day Camps Asst. Director .... Cara Easley
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Director of Healthy Living .................................................... Kit Kieser
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Health Innovations Coordinator ........................................... 661.8044

Personal Training Coordinator ............................................. Gail Epstein
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Wellness & Group Exercise Coordinator .............................. Emily Fransen
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Membership Director .................................................. James Highsmith
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Program Registrar .................................................. Scott Powers
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Welcome Center Coordinator .................................... 661.8046

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Y on the Fly Director ............................................................ Tess Jackson
734.225.2300 • tjackson@annarborymca.org

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Teen and Volunteer Director ............................................ Abbey Davis
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Ypsilanti Youth Programs and Day Camp Asst. Director .... Cara Easley
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Y on the Fly Coordinator .................................................... Jermaine Wells
jwells@annarborymca.org

Youth in Government Coordinator ................................. Madison Kranning
661.8021 • mkranning@annarborymca.org
The Y provides programming at the following sites:

1. **Ann Arbor Open School**: 920 Miller Avenue, Ann Arbor 48103, Youth in Government
2. **Ann Arbor YMCA**: 400 West Washington Street, Ann Arbor 48103
3. **Camp Al-Gon-Quian**: 9928 M-68, Burt Lake 49717
4. **Camp Birkett**: 9141 Dexter Townhall Road, Pinckney 48169
5. **Clague Middle School**: 2616 Nixon Road, Ann Arbor 48105, Youth in Government
6. **Community Family Life Center**: 1375 South Harris Rd, Ypsilanti 48198, Y on the Fly
7. **Cultivate Coffee and Tap House**: 307 North River Street, Ypsilanti 48198, teen programming
8. **East Arbor Academy**: 6885 Merritt Road, Ypsilanti 48197, after school classes, Youth in Government
9. **Evergreen Apartments**: 3089 Woodland Hills Dr., Ann Arbor 48108, swim lessons
10. **Fortis Academy**: 3875 Golfside Road, Ypsilanti 48197, after school classes, Youth in Government, Y on the Fly
11. **Glacier Hills YMCA Child Development Center**: 1200 Earhart Road, Ann Arbor 48108, child care
12. **Glencoe Hills Apts**: 2201 Glencoe Hills Drive, Ann Arbor 48108, swim lessons, Y on the Fly
13. **Global Tech Academy**: 1715 E Forest Ave, Ypsilanti, 48198, Ypsi Camp, after school sports
14. **Golfside Lake Apts**: 2345 Woodridge Way, Ypsilanti 48197, swim lessons, Y on the Fly
15. **Green House Montessori School**: 3613 Green Brier Blvd, Ann Arbor 48105, swim lessons
16. **Hamilton Crossing**: 596 South Hamilton Street, Ypsilanti 48197, Y on the Fly
17. **Hollow Creek**: 118 South Grove Street, Ypsilanti 48198, Y on the Fly
18. **Light of the World Academy**: 550 E Hamburg St, Pinckney 48169, Y on the Fly
19 Lincoln Middle School: 8744 Whittaker Road, Ypsilanti 48197, Youth in Government
20 Park Place: 1980 Pauline Blvd, Ann Arbor 48103, swim lessons
21 Pinckney Library: 125 Putnam Street, Pinckney 48169, Y on the Fly
22 Putnam Township Square: 3280 West M-36 Pinckney 48169, Y on the Fly
23 Roundtree Apts: 2835 Roundtree Boulevard, Ypsilanti 48197, swim lessons
24 Rutherford Pool: 975 Congress St, Ypsilanti 48197, swim lessons
25 Sauk Trail Pointe: 928 West Michigan Ave, Ypsilanti 48197, Y on the Fly
26 Schooner Cove Apts: 5050 Schooner Cove Boulevard, Ypsilanti 48197, swim lessons, Y on the Fly
27 West Willow Neighborhood Association: 2057 Tyler Rd, Ypsilanti 48198 Y on the Fly
28 Ypsilanti District Library: 229 W Michigan Ave, Ypsilanti 48197, Y on the Fly
29 Ypsilanti District Library – Superior: MacArthur Boulevard, Ypsilanti 48198, physical activity programs
30 Ypsilanti International Elementary School: 503 Oak Street, Ypsilanti 48198, before & after school child care, sports programs, Y on the Fly
31 Ypsilanti Community Middle School: 510 Emerick, Ypsilanti 48198, Y on the Fly, Youth in Government
32 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.
2020 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 844.608.9622 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.

DOWNLOAD OUR APP! Find programs, schedules and critical information all on your phone. Search “Daxko” in the App Store; download and open the app and then search for Ann Arbor YMCA. Set your notification and location preferences.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Event/Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 1, New Year’s Day</td>
<td>Y open 7:00 a.m. – noon</td>
</tr>
<tr>
<td>January 1 – January 5</td>
<td>Wellness Mini Session</td>
</tr>
<tr>
<td>January 6 – February 23</td>
<td>Winter Session</td>
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<tr>
<td>February 12</td>
<td>Registration opens Spring 1 Session</td>
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<tr>
<td>February 24 – April 19</td>
<td>Spring 1 Session</td>
</tr>
<tr>
<td>March 30 – April 5</td>
<td>AAPS Spring Break, No classes</td>
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<tr>
<td>April 8</td>
<td>Registration opens Spring 2 Session</td>
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<tr>
<td>April 12, Easter</td>
<td>Closed</td>
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<tr>
<td>April 20 – June 7 (no scheduled classes 5.23–25)</td>
<td>Spring 2 Session</td>
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<tr>
<td>May 25, Memorial Day</td>
<td>Y open 7:00 a.m.–noon</td>
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<tr>
<td>June 8 – 14 (both pools closed for cleaning)</td>
<td>No Classes</td>
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<tr>
<td>June 10</td>
<td>Registration opens Summer 1 Session</td>
</tr>
<tr>
<td>June 15 – June 21</td>
<td>Wellness Mini-Session</td>
</tr>
<tr>
<td>June 22 – July 26</td>
<td>Summer 1 Session</td>
</tr>
<tr>
<td>July 4, Independence Day</td>
<td>Y open 7:00 a.m.–noon</td>
</tr>
<tr>
<td>July 15</td>
<td>Registration opens Summer 2 Session</td>
</tr>
<tr>
<td>July 27 – August 30</td>
<td>Summer 2 Session</td>
</tr>
<tr>
<td>August 31 – September 6</td>
<td>Wellness Mini Session</td>
</tr>
<tr>
<td>September 2</td>
<td>Registration opens Fall 1 Session</td>
</tr>
<tr>
<td>September 7, Labor Day</td>
<td>Y open 7:00 a.m.–noon</td>
</tr>
<tr>
<td>September 14 – October 25</td>
<td>Fall 1 Session</td>
</tr>
<tr>
<td>October 14</td>
<td>Registration opens Fall 2 Session</td>
</tr>
<tr>
<td>October 26 – December 20</td>
<td>Fall 2 Session</td>
</tr>
<tr>
<td>November 23 – 29</td>
<td>Mini Session</td>
</tr>
<tr>
<td>November 26, Thanksgiving</td>
<td>Y open 7:00 a.m.–noon</td>
</tr>
<tr>
<td>December 16</td>
<td>Registration opens Winter Session</td>
</tr>
<tr>
<td>December 21 – 27</td>
<td>No classes</td>
</tr>
<tr>
<td>December 24, Christmas Eve</td>
<td>Y open 7:00 a.m.–noon</td>
</tr>
<tr>
<td>December 25, Christmas Day</td>
<td>Closed</td>
</tr>
<tr>
<td>December 31, New Year’s Eve</td>
<td>Y open 7:00 a.m.–noon</td>
</tr>
</tbody>
</table>