



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

START YOUR YEAR FRESH

OAK PARK YMCA



Winter 2 Session
2/20 - 4/8/12

Registration Begins
2/6/12

OAK PARK YMCA
900 Long Blvd.
517.827.9700
ymcaoflansing.org

WELCOME

Oak Park YMCA

ABOUT THE YMCA OF LANSING

When you join the YMCA of Lansing, you are coming together with men, women and children from your community who are committed to youth development, healthy living and social responsibility.

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive.

We do that by encouraging good health and fostering connections with new and old friends through sports, fun and shared interests.

AREAS OF FOCUS

The Y offers programs, services and initiatives focused on youth development, healthy living and social responsibility, according to the unique needs of the communities it engages.

The Y is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership.

STAFF

Todd Fisher, Executive Director

Jason Helman, Youth and Family Director

Anita Frese, Membership/Fitness Director

Amy Howe, Fitness/Personal Training Coordinator

Valerie Finney, Aquatics Director

Laura Newland, Child Care/Before After School Director

Joe Filko, Facilities Director

Chris Meese, Sports Coordinator

Melissa Whiteman, Membership Engagement Coordinator

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HOURS

Branch Hours

| | |
|-------------------|------------------|
| Monday - Thursday | 5:30am - 10:00pm |
| Friday | 5:30am - 9:00pm |
| Saturday | 7:00am - 9:00pm |
| Sunday | 9:00am - 8:00pm |

Holiday Hours

| | |
|--------------------------|--------|
| Easter Sunday, April 8th | Closed |
|--------------------------|--------|



VISIT US ON FACEBOOK!

Become a Fan Today

YMCA of Lansing, Oak Park Branch

YOUTH DEVELOPMENT

Oak Park YMCA

CHILD CARE

CHILD CARE

Child Care Infants (Weekly)

Oak Park YMCA Child Care is open year round and offers full and part time care. We accept DHS and provides scholarships when funds are available.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 0-1 | 2/20-4/8 | 7:00am-6:00pm | M-F | \$193 | \$198 | 79995 |

Child Care Toddlers (Weekly)

YMCA Child Care is open year round and offers full and part time care. We accept DHS and provide scholarships when funds are available.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 1-3 | 2/20-4/8 | 7:00am-6:00pm | M-F | \$173 | \$183 | 80002 |

Kids Gym

Ages 5-10, it's play time! A trained supervisor leads the way so parents are free to take part in other YMCA activities of their choice. Children 4 and under must be accompanied by an adult.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|----------|----------------|------|--------|-------|---------|
| 5-10 | 2/20-4/7 | 5:15pm-8:15pm | M-Th | Free | \$3 | 81006 |
| 5-10 | 2/25-4/7 | 8:00am-10:00am | Sa | Free | \$3 | 80006 |

Schools Out Club

Schools Out Club - Does your child have the day off, but you still have to work? Drop them off at the Oak Park YMCA for a day of fun and excitement in a safe environment. Activities include: Sports, Group Games, Arts and Crafts, Swimming and More! Please send your child with a healthy sack lunch, swimsuit and a towel. Transportation from the school to the Oak Park YMCA will be provided for Kendon, North and Wainwright Elementary schools. Space is limited so register early.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|---------------|------|--------|-------|---------|
| 5-14 | 2/20-2/20 | 7:00am-6:00pm | M | \$25 | \$32 | 79844 |
| 5-14 | 3/6-3/6 | 7:00am-6:00pm | Tu | \$25 | \$32 | 81005 |

Schools Out Club - Half Day

Schools Out Club - Does your child have the day off, but you still have to work? Drop them off at the Oak Park YMCA for a day of fun and excitement in a safe environment. Activities include: Sports, Group Games, Arts and Crafts, Swimming and More! Please send your child with a healthy sack lunch, swimsuit and a towel. Transportation from the school to the Oak Park YMCA will be provided for Kendon, North and Wainwright Elementary schools. Space is limited so register early.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|----------------|------|--------|-------|---------|
| 5-13 | 3/22-3/22 | 11:30am-6:00pm | Th | \$15 | \$20 | 79841 |

Spring Vacation Club

Spend your Spring Break at the YMCA. Your child(ren) will spend the day with trained YMCA staff. There will be a wide variety of activities to choose from including: arts & crafts, group games, outdoor fun, sports, contests and the occasional movie. Swimming will be done daily as well as field trips throughout the week. All children will be grouped in age-appropriate groups (5-6, 7-9, 10-12, 13-14).

| Age | Date | Time | Days | Member | Guest | Class # |
|------|---------|---------------|------|--------|-------|---------|
| 5-14 | 4/2-4/2 | 7:00am-6:00pm | M | \$25 | \$32 | 80894 |
| 5-14 | 4/3-4/3 | 7:00am-6:00pm | Tu | \$25 | \$32 | 80895 |
| 5-14 | 4/4-4/4 | 7:00am-6:00pm | W | \$25 | \$32 | 80896 |
| 5-14 | 4/5-4/5 | 7:00am-6:00pm | Th | \$25 | \$32 | 80897 |
| 5-14 | 4/6-4/6 | 7:00am-6:00pm | F | \$25 | \$32 | 80898 |

Tot Watch (Daily Drop In)

Ages 2 mos.-5 yrs.) this drop-in program is a flexible child care option while you are using the YMCA facilities!

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|------|---------|--------|-------|---------|
| 0-5 | 2/20-4/7 | | M-F, Sa | Free | \$3 | 80003 |

YOUTH DEVELOPMENT

Oak Park YMCA

Y-Care Center Pre-K (Weekly)

Y-Care Children's Center is nationally accredited through the National Academy for the Education of Young Children and recipient of consecutive YMCA Child Care Excellence awards. Y-Care is open year round and offers full and part time care. Y-Care accepts DHS and provides scholarships when funds are available.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 4-5 | 2/20-4/8 | 7:00am-6:00pm | M-F | \$163 | \$173 | 80000 |

YMCA Child Care Preschool (Weekly)

YMCA Child Care is open year round and offers full and part time care. We accept DHS and provides scholarships when funds are available.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 3-4 | 2/20-4/8 | 7:00am-6:00pm | M-F | \$163 | \$173 | 80001 |

Youth Overnight

A fun-filled overnight will include friends, games, crafts, swimming, snacks and a midnight pizza party! Bring a bedroll or sleeping bag, swimsuit and a towel. 8:30 PM to 8:00 AM. Pre-registration required the Thursday before the event.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|---------|---------------|------|--------|-------|---------|
| 5-12 | 3/2-3/2 | 8:30pm-8:00am | F | \$15 | \$20 | 79833 |

EDUCATION LEADERSHIP

ACADEMIC ENRICHMENT

Computer Class - Lego Robotics

Lego robotics teaches design and building of mechanical objects, programming basics, along with teamwork and project management skills. Students will work in small engineering teams to build and program robots to navigate in space and to pull or push other objects. Students will also learn about gears and motors, light and touch sensors and effective building techniques. Teams will modify their robots to accomplish one or two challenges from the First Lego League tournaments.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|---------------|------|--------|-------|---------|
| 9-13 | 2/20-3/28 | 6:00pm-7:30pm | M, W | \$15 | \$20 | 80017 |

EDUCATION LEADERSHIP

LEADERSHIP DEVELOPMENT

Computer Class - Scratch

(In ITEC Scratch classes, students design their own media while learning the basics of computer programming. With their imagination and a little bit of Scratch, students create animations and games and tell their own stories. Students learn basic programming and computer concepts, all made possible with Scratch.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|----------------|------|--------|-------|---------|
| 9-13 | 2/25-3/31 | 9:30am-11:30am | Sa | \$15 | \$20 | 80016 |



YOUTH DEVELOPMENT

Oak Park YMCA

Teen Leaders Club

The Teen Leaders Club was established to give teens the opportunity to provide volunteer service to the community and to the YMCA. Leaders Club is organized for the purpose of providing each member with the knowledge and training to help serve others while developing a healthy lifestyle for themselves along with other skills helpful to becoming a successful adult. Teens will create and work on community projects while making new friends. Contact the Youth and Family Director for an application or for more information.

| Age | Date | Time | Days | Member | Guest | Class # |
|-------|----------|---------------|------|--------|-------|---------|
| 13-17 | 2/21-4/3 | 6:00pm-7:30pm | Tu | Free | Free | 79907 |

SWIM SPORTS PLAY

RECREATION

Dance: Beginning Hip Hop

This fun, active class will teach kids basic hip hop dance moves and routines.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|----------|---------------|------|--------|-------|---------|
| 6-13 | 3/5-4/16 | 5:45pm-6:30pm | M | \$23 | \$35 | 79900 |

Dance: Introduction to Dance

Children will explore a variety of dance styles such as ballet, jazz, tap, etc., in a fun, energetic, active class.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|----------|---------------|------|--------|-------|---------|
| 6-13 | 3/9-4/20 | 6:00pm-6:45pm | F | \$23 | \$35 | 79899 |

Dance: Preschool Creative Movement

A beginning dance class that introduces kids to dance and basic ballet, tumbling and creative skills in a fun and active musical environment.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 3-5 | 3/8-4/19 | 6:00pm-6:45pm | Th | \$23 | \$35 | 79901 |

Lifeguard Certification (times vary)

This American Red Cross course includes training in Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer. Textbook and CPR mask are not included and must be purchased from the American Red Cross. Must be at least 15 years old, able to swim 300 yard continuously, and retrieve a 10-pound object from the pool bottom. Must attend all class dates. Call for additional information.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|------|-----------|--------|-------|---------|
| 15+ | 3/9-3/11 | | F, Sa, Su | \$160 | \$185 | 80902 |

SWIM SPORTS PLAY

YOUTH SPORTS PROGRAMS

Amateur Boxing Skills & Drills

Mike Thompson is a highly experienced Golden Gloves boxing contender as well as a Michigan based MMA fighter. He will teach you boxing techniques; help you to gain amazing fitness and confidence. There will be no contact in this class, but we do require a mouth guard and boxing gloves to attend class.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/20-4/2 | 3:30pm-4:30pm | M | Free | \$35 | 79870 |

Baseball: 1-on-1 Training

Receive private, 1-on-1 instruction from a YMCA instructor. The coach will work with you on hitting, throwing, fielding and strength and conditioning. Get ready for the spring season with private training. Sessions are one (1) hour each.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|----------|------|----------|--------|-------|---------|
| 8-17 | 2/20-4/7 | | By Appt. | \$50 | \$65 | 79883 |

YOUTH DEVELOPMENT

Oak Park YMCA

Baseball: Group Training

Our baseball training program is a great way to get ready for the spring season. The program is led by Will Bolish, a four-year letterwinner at Olivet College who also had a brief stint in the professional ranks overseas. Instruction is provided in hitting, fielding, pitching and strength and conditioning.

| Age | Date | Time | Days | Member | Guest | Class # |
|-------|-----------|----------------|------|--------|-------|---------|
| 8-12 | 3/11-4/22 | 11:45am-1:15pm | Su | \$65 | \$80 | 79927 |
| 13-17 | 3/11-4/22 | 1:30pm-3:00pm | Su | \$65 | \$80 | 79926 |

Basketball: 1-on-1 Training/4 sessions

This great training program is taught by Marcus Wourman of Basketball University. This is a complete basketball training and skills development program. Emphasizing speed, quickness and agility, this program is the right choice for any level athlete. Four, 1-hour sessions with Marcus.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|----------|------|----------|--------|-------|---------|
| 5-17 | 2/20-4/7 | | By Appt. | \$110 | \$120 | 79896 |

Basketball: Spring 5 & Under League

This league practices and plays games all on Saturdays. Participation prizes provided. Must contact the Oak Park branch and fill out a registration form to register. Early registration is strongly recommended as space is limited. Each participant must have a Oak Park Reversible Jersey, available at the welcome center for \$15.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 4-5 | 4/7-5/19 | 9:00am-12:00pm | Sa | \$16 | \$22 | 79897 |

Basketball: Spring 7 & Under League

Session will include weekly practices and games on Saturdays. Participation prizes provided. Must contact the Oak Park branch and fill out a registration form to register. Early registration is strongly recommended as space is limited. Each participant must have a Oak Park Reversible Jersey, available at the welcome center for \$15.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|----------------|------|--------|-------|---------|
| 6-7 | 3/26-5/19 | 10:00am-4:00pm | Sa | \$25 | \$35 | 79898 |

Basketball: 9 & Under League

Session will include weekly practices and games on Saturdays. Participation prizes provided. Must contact the Oak Park branch and fill out a registration form to register. Early registration is strongly recommended as space is limited. Each participant must have a Oak Park Reversible Jersey, available at the welcome center for \$15.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|----------------|------|--------|-------|---------|
| 8-9 | 3/26-5/19 | 10:00am-4:00pm | Sa | \$25 | \$35 | 79957 |



YOUTH DEVELOPMENT

Oak Park YMCA

Basketball: Preschool

An excellent introduction to the basics of basketball. Whether shooting, dribbling, or passing your child will learn on our adjustable height baskets and be better prepared for his/her future NBA stardom.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|-----------------|------|--------|-------|---------|
| 3-5 | 3/10-4/21 | 12:00pm-12:30pm | Sa | \$12 | \$15 | 79892 |

Basketball: Toddler

An excellent introduction to basketball and sports in general. With the assistance of a parent, our instructor will lead this class which will teach toddlers basic skills in a fun environment.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|-----------------|------|--------|-------|---------|
| 2-3 | 3/10-4/21 | 10:40am-11:10am | Sa | \$12 | \$15 | 80004 |

Cheerleading

This is a recreational cheerleading program where children will learn basic skills, cheers and routines.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|---------------|------|--------|-------|---------|
| 6-13 | 3/10-4/21 | 1:30pm-2:30pm | Sa | \$21 | \$28 | 80020 |

Gymnastics: Little Tumbler's

Beginners. Our Little Tumbler's Gymnastics class is a great way for kids to learn body awareness in a fun, active, social environment. Our class teaches beginning gymnastics techniques using a variety of equipment. Gymnastics has been shown to also improve motor skill development, cognitive skill development, flexibility, fitness, self-confidence, coordination, social skills and discipline.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|-----------------|------|--------|-------|---------|
| 6-13 | 3/10-4/21 | 10:00am-11:00am | Sa | \$30 | \$45 | 80039 |
| 6-13 | 3/7-4/18 | 6:00pm-7:00pm | W | \$30 | \$45 | 79980 |

Gymnastics: Mom and Tot

Mom and Tot Gymnastics introduces toddlers ages 1 to 4 to basic gymnastics through song, dance and group activities. Moms will work with their children at all times while the instructor guides participants through basic gymnastic movements designed to encourage each child's participation. This program helps develop the toddler's motor skills, balance and self-confidence.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 1-4 | 3/7-4/18 | 4:15pm-5:00pm | W | \$23 | \$35 | 79963 |
| 1-4 | 3/6-4/17 | 5:15pm-6:00pm | Tu | \$23 | \$35 | 79962 |

Gymnastics: Preschool

This active class will help improve children's body awareness, motor development, flexibility, cognitive skills, self-confidence, coordination, social skills and fitness. Children will be exposed to general gymnastics techniques and various equipment.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|----------------|------|--------|-------|---------|
| 3-5 | 3/10-4/21 | 12:30pm-1:15pm | Sa | \$23 | \$35 | 79893 |
| 3-5 | 3/7-4/18 | 5:15pm-6:00pm | W | \$23 | \$35 | 79982 |

Gymnastics: Terrific Tumbler's

Intermediate/Advanced. Terrific Tumbler's is a fun and active class that helps children develop coordination, body awareness and motor development skills. Children will learn basic to intermediate gymnastics techniques using various equipment. Gymnastics has been shown to also improve motor skill development, cognitive skill development, flexibility, fitness, self-confidence, coordination, social skills and discipline.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|-----------------|------|--------|-------|---------|
| 6-13 | 3/10-4/21 | 11:00am-12:00pm | Sa | \$30 | \$45 | 79966 |
| 6-13 | 3/7-4/18 | 7:00pm-8:00pm | W | \$30 | \$45 | 80035 |

YOUTH DEVELOPMENT

Oak Park YMCA

Soccer: Preschool

Participants will explore the fundamentals of soccer plus have fun in a non-competitive environment. Focus is on sportsmanship, teamwork, kicking, passing and scoring. Shin guards are recommended, but not required. Cleats are discouraged.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|----------------|------|--------|-------|---------|
| 3-5 | 3/10-4/21 | 12:40pm-1:10pm | Sa | \$12 | \$15 | 79983 |

Sports-Tacular: Preschool

Children will play soccer, basketball, floor hockey, t-ball and more in this fun sports class. They will learn new skills, develop sportsmanship, and basic concepts of sports while playing fun, non-competitive games. Emphasis is on playing sport games rather than drills.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|-----------------|------|--------|-------|---------|
| 3-5 | 3/10-4/21 | 11:20am-11:50am | Sa | \$12 | \$15 | 79902 |

Sports-Tacular: Toddler

Children will be introduced to concepts of soccer, basketball, t-ball, gymnastics and more. With the assistance of parents, the instructor will lead activities that will enhance your child's understanding of dribbling, shooting, kicking, passing, throwing, batting, running bases, as well as other sports concepts. Toddler Sports-tacular will help prepare children for development into preschool sports programs.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|-----------------|------|--------|-------|---------|
| 2-3 | 3/10-4/21 | 10:00am-10:30am | Sa | \$12 | \$15 | 80036 |

Tae Kwon Do

Tae kwon do is a Korean Martial Art and is the national sport of South Korea. It is characterized by fast, high and spinning kicks. Loosely translated, Tae kwon do means the way of hand and foot. Belt testing and competitions will be made available at additional costs. Participants will be required to purchase a uniform (gi).

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|--------|--------|-------|---------|
| 6+ | 3/6-4/19 | 6:00pm-7:00pm | Tu, Th | | | 79835 |

SWIM SPORTS PLAY

YOUTH SWIM LESSONS

Eel (Beg. II)

(Ages 3-5) Eel is the second level in our preschool age program. Swimmers will begin to swim without swim belts for increasing amounts of time, be introduced to the deep end, elementary backstroke and bobbing underwater.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|-----------------|--------|--------|-------|---------|
| 3-5 | 2/20-3/26 | 6:30pm-7:10pm | M | \$24 | \$42 | 79903 |
| 3-5 | 2/22-3/28 | 6:30pm-7:10pm | W | \$24 | \$42 | 79857 |
| 3-5 | 2/25-3/31 | 10:45am-11:25am | Sa | \$24 | \$42 | 79830 |
| 3-5 | 3/6-3/22 | 10:00am-10:40am | Tu, Th | \$24 | \$42 | 79955 |
| 3-5 | 3/6-3/22 | 5:45pm-6:25pm | Tu, Th | \$24 | \$42 | 79969 |

Fish (Inter. II)

(Ages 6 & up) Fish is the second of our intermediate classes. Swimmers must be able to swim one length of the pool in freestyle, backstroke, elementary backstroke and breaststroke. They will continue to develop these strokes along with being introduced to butterfly.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|-----------------|--------|--------|-------|---------|
| 6-12 | 2/22-3/28 | 5:45pm-6:25pm | W | \$24 | \$42 | 79949 |
| 6-12 | 2/25-3/31 | 11:30am-12:10pm | Sa | \$24 | \$42 | 79959 |
| 6-12 | 3/6-3/22 | 6:30pm-7:10pm | Tu, Th | \$24 | \$42 | 79921 |



YOUTH DEVELOPMENT

Oak Park YMCA

Flying Fish (Adv. I)

(Ages: 6 & up) Flying Fish is the first of our advanced swim classes. Swimmers must be able to swim at least two continuous lengths of the pool in freestyle, backstroke, elementary backstroke, and breaststroke. They will continue to develop these skills as well as butterfly. They will also be introduced to flip turns.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|-----------------|------|--------|-------|---------|
| 6-12 | 2/20-3/26 | 6:15pm-7:00pm | M | \$24 | \$42 | 80903 |
| 6-12 | 2/25-3/31 | 11:30am-12:10pm | Sa | \$24 | \$42 | 79947 |

Guppy (Beg. II)

(Ages 6 & up) Guppy is the second level in our school age program. Swimmers must be able to swim at least one half a pool length on their own to enroll in this class. They will continue to improve their skills in freestyle, backstroke, elementary backstroke and treading water, along with being introduced to standing dives.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|-----------------|--------|--------|-------|---------|
| 6-12 | 2/20-3/26 | 5:45pm-6:25pm | M | \$24 | \$42 | 79973 |
| 6-12 | 2/25-3/31 | 10:00am-10:40am | Sa | \$24 | \$42 | 79886 |
| 6-12 | 3/6-3/22 | 6:30pm-7:10pm | Tu, Th | \$24 | \$42 | 79916 |

Minnow (Inter. I)

(Ages 6 & up) Minnow is the first of our intermediate classes. Swimmers must be able to swim at least one length of the pool in freestyle and backstroke to enroll in this class. They will be introduced to breaststroke and will continue to develop their skills in freestyle, backstroke, elementary backstroke and treading water.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|-----------------|--------|--------|-------|---------|
| 6-12 | 2/22-3/28 | 5:45pm-6:25pm | W | \$24 | \$42 | 79975 |
| 6-12 | 2/25-3/31 | 11:30am-12:10pm | Sa | \$24 | \$42 | 79976 |
| 6-12 | 3/6-3/22 | 6:30pm-7:10pm | Tu, Th | \$24 | \$42 | 79929 |

Pike (Beg. I)

(Ages 3-5) Pike is the first level in our preschool age program. Swimmers will work on blowing bubbles, floating, jumping in and reaching and pulling with a swim belt.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|-----------------|--------|--------|-------|---------|
| 3-5 | 2/20-3/26 | 6:30pm-7:10pm | M | \$24 | \$42 | 79972 |
| 3-5 | 2/22-3/28 | 6:30pm-7:10pm | W | \$24 | \$42 | 79856 |
| 3-5 | 2/25-3/31 | 10:45am-11:25am | Sa | \$24 | \$42 | 79932 |
| 3-5 | 3/6-3/22 | 10:00am-10:40am | Tu, Th | \$24 | \$42 | 80029 |



YOUTH DEVELOPMENT

Oak Park YMCA

Pike (Beg. I)

(Ages 3-5) Pike is the first level in our preschool age program. Swimmers will work on blowing bubbles, floating, jumping in and reaching and pulling with a swim belt.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|--------|--------|-------|---------|
| 3-5 | 3/6-3/22 | 5:45pm-6:25pm | Tu, Th | \$24 | \$42 | 79954 |

Polliwog (Beg. I)

(Ages 6 & up) Polliwog is the first level in our school age program. Swimmers will be introduced to sitting dives and develop freestyle, elementary backstroke and treading water.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|-----------------|--------|--------|-------|---------|
| 6-12 | 2/20-3/26 | 5:45pm-6:25pm | M | \$24 | \$42 | 79889 |
| 6-12 | 2/25-3/31 | 10:00am-10:40am | Sa | \$24 | \$42 | 79888 |
| 6-12 | 3/6-3/22 | 6:30pm-7:10pm | Tu, Th | \$24 | \$42 | 79885 |

Ray (Inter. I)

(Ages 3-5) Ray is the third level in our preschool age program and the first class in which swimmers will not use swim belts. Swimmers will be introduced to rotary breathing, backstroke and treading water.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|-----------------|--------|--------|-------|---------|
| 3-5 | 2/20-3/26 | 6:30pm-7:10pm | M | \$24 | \$42 | 79855 |
| 3-5 | 2/22-3/28 | 6:30pm-7:10pm | W | \$24 | \$42 | 79928 |
| 3-5 | 2/25-3/31 | 10:45am-11:25am | Sa | \$24 | \$42 | 79922 |
| 3-5 | 3/6-3/22 | 10:00am-10:40am | Tu, Th | \$24 | \$42 | 80037 |
| 3-5 | 3/6-3/22 | 5:45pm-6:25pm | Tu, Th | \$24 | \$42 | 79911 |

Shark (Adv. II)

(Ages 6 & up) Shark is the second of our advanced swim classes. Swimmers must be able to swim at least four continuous lengths of freestyle, backstroke and breaststroke, as well as one length of butterfly. They will continue to develop skills in the four competitive strokes and increase endurance.

| Age | Date | Time | Days | Member | Guest | Class # |
|------|-----------|-----------------|------|--------|-------|---------|
| 6-12 | 2/20-3/26 | 6:15pm-7:00pm | M | \$24 | \$42 | 80904 |
| 6-12 | 2/25-3/31 | 11:30am-12:10pm | Sa | \$24 | \$42 | 79919 |

Starfish (Inter. II)

(Ages 4-5) Starfish is the fourth level in our preschool age program. Swimmers will be introduced to sitting dives, backstroke and treading water. They will also continue to develop freestyle and elementary backstroke.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|-----------------|--------|--------|-------|---------|
| 4-5 | 2/20-3/26 | 6:30pm-7:10pm | M | \$24 | \$42 | 79873 |
| 4-5 | 2/22-3/28 | 6:30pm-7:10pm | W | \$24 | \$42 | 79904 |
| 4-5 | 2/25-3/31 | 10:45am-11:25am | Sa | \$24 | \$42 | 79915 |
| 4-5 | 3/6-3/22 | 10:00am-10:40am | Tu, Th | \$24 | \$42 | 79971 |
| 4-5 | 3/6-3/22 | 5:45pm-6:25pm | Tu, Th | \$24 | \$42 | 79941 |



HEALTHY LIVING

Oak Park YMCA

FAMILY TIME

FAMILY TIME

Birthday Party

Celebrate your child's birthday at the Oak Park YMCA and leave the fuss to us! Party packages include: set up, clean up, balloons, cake, time in kid's gym, and a choice of a variety of activities including, swimming, group games and gym time. A birthday shirt is included for the guest of honor! Trained YMCA staff will take care of everything. Call today to schedule your party.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|--------|--------|-------|---------|
| 1+ | 2/25-4/7 | 12:00pm-5:30pm | Sa, Su | \$105 | \$125 | 80025 |

Healthy Kids Day

Join us Saturday, April 28, from 1:00pm to 3:00pm for a day of healthy family activities and a chance to win a discount on summer day camp registrations. Activities will be led by trained YMCA staff. There will be a bounce house, sample fitness and nutrition classes, prizes and more.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|---------------|------|--------|-------|---------|
| 1+ | 4/28-4/28 | 1:00pm-3:00pm | Sa | \$105 | \$125 | 80899 |

HEALTH WELL BEING FITNESS

GROUP CLASSES

30 Min. Strength

This class is 30 minutes of strength training. You will work your upper and lower body using weights, bands, tubes and the physioball.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 14+ | 2/20-4/4 | 9:00am-9:30am | M, W | Free | \$35 | 79829 |

Active Older Adults

Improve your strength, balance, flexibility, and cardiovascular strength and endurance with this program designed especially for seniors. Your first 7 week session is free and each session after is only \$25!

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|--------|--------|-------|---------|
| 60+ | 2/21-4/5 | 9:00am-11:00am | Tu, Th | Free | Free | 80031 |

Active Older Adults (Cont)

Improve your strength, balance, flexibility, and cardiovascular strength and endurance with this program designed especially for seniors.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|--------|--------|-------|---------|
| 60+ | 2/21-4/5 | 9:00am-11:00am | Tu, Th | \$25 | \$25 | 80040 |

Adult Boxing Skills & Drills

Mike Thompson is a highly experienced Golden Gloves boxing contender as well as a Michigan based MMA fighter. He is bringing his skills and knowledge to this class to teach you the same skills and conditioning techniques that top contenders use to prepare themselves for their battles in the cage. A mouth guard and boxing gloves are required for this class.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 18+ | 2/20-4/2 | 4:30pm-5:30pm | M | \$35 | \$63 | 79847 |

Adult Dance

Got a wedding, reunion, anniversary, or Dancing With The Stars party? Want to expand your dance beyond hand waving and hip shaking? If you can count to four, and six, you can learn partner dances- East Coast Swing and Night Club Two Step.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 16+ | 2/20-4/2 | 8:00pm-9:00pm | M | \$21 | \$42 | 80033 |

Arms & Abs

This class offers 25 minutes of arm exercises using dumbbells, bands, tubes and your own body weight. The last 20 minutes you will work on strengthening your abs.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/22-4/4 | 5:30pm-6:15pm | W | Free | \$42 | 79884 |

HEALTHY LIVING

Oak Park YMCA

Bosu Blast

Increase your cardio, agility, & balance. This class is designed to take you to the next level. Class is intermediate to advance. Please wear well fitted shoes.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 0+ | 2/22-4/4 | 5:45pm-6:30pm | W | \$30 | \$60 | 79876 |

Break Out

Break out of your comfort zone and harness your full potential by changing up your workout routine. In this class you will do just that. Each week will be a different format to keep your mind and body fine tuned.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 14+ | 2/23-4/5 | 12:15pm-1:00pm | Th | Free | \$30 | 79860 |

Butts & Guts

In this class you will tone your legs, butt and stomach. Get ready to sweat and use your own body weight and incorporate weights, tubes and more for a great workout.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/22-4/4 | 6:20pm-7:05pm | W | Free | \$35 | 79956 |

Capoeira- Brazilian Martial Art & Dance

Capoeira (pronounced cop-a-way-da) is a Brazilian self-defense art form with strong aerobic and dance elements. The only indigenous martial art of the Americas, Capoeira was developed by African slaves in Brazil. Live music will be used and movement names will be taught in Portugese! Its barefoot circle format will focus on the aerobic and strength work needs to perform with power, flexibility, endurance, mental alertness, and self-discovery. Please wear loose pants (capri or full length) and loose top/t-shirt. Co-ed. Taught by Manhoso

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|-----------------|------|--------|-------|---------|
| 13+ | 2/25-4/7 | 11:20am-12:20pm | Sa | \$45 | \$65 | 80026 |

Cardio Strength Combo

Raise your heart rate, burn calories, and increase your strength with this combination cardio and resistance training class.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|---------|--------|-------|---------|
| 13+ | 2/20-4/6 | 9:00am-10:00am | M, W, F | Free | \$70 | 80027 |

CORE Extreme

This class is designed to address functional needs of everyone; athlete or just freedom from back pain. Addresses coordination, plyometrics, multi-planar movement and rhythm, spinal strength and conditioning. Uses large physioballs, small medicine balls, hand held and barbell weights, elastic and body weight resistance.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/20-4/2 | 6:00pm-7:00pm | M | Free | \$40 | 80024 |

DP Maintenance

This class is designed for individuals who have completed the Diabetes Prevention Program. This class includes one hour of interactive lecture and 30 minutes of group exercise.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 14+ | 2/22-4/4 | 7:00pm-8:00pm | W | \$30 | \$35 | 80022 |

Enhance Fitness (Mason)

Improve your strength, balance, flexibility, and cardiovascular health with this program designed for seniors. This evidence-based program is endorsed by the Michigan Department of Community Health Arthritis Program and the CDC.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|-----------------|---------|--------|-------|---------|
| 50+ | 2/20-4/6 | 10:00am-11:00am | M, W, F | \$42 | \$42 | 79996 |



HEALTHY LIVING

Oak Park YMCA

Enhance Fitness (Oak Park)

Improve your strength, balance, flexibility, and cardiovascular health with this program designed for seniors. This evidence-based program is endorsed by the Michigan Department of Community Health Arthritis Program and the CDC.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|-----------------|---------|--------|-------|---------|
| 50+ | 2/20-4/6 | 8:00am-9:00am | M, W, F | \$20 | \$42 | 79960 |
| 50+ | 2/20-4/6 | 11:00am-12:00pm | M, W, F | \$20 | \$42 | 79961 |
| 50+ | 2/20-4/6 | 1:00pm-2:00pm | M, W, F | \$20 | \$42 | 79869 |

Enhance Fitness (ULC)

Improve your strength, balance, flexibility, and cardiovascular health with this program designed for seniors. This evidence-based program is endorsed by the Michigan Department of Community Health Arthritis Program and the CDC.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|-----------------|---------|--------|-------|---------|
| 55+ | 2/20-4/6 | 10:45am-11:45am | M, W, F | \$42 | \$42 | 79858 |

Fitness Kickboxing

Fitness Kickboxing packs a punch! It's a one-hour session that works the entire body, burns hundreds of calories, builds endurance and strength, and reinforces basic self defense. Best of all, it is one of the best ways to get rid of the frustrations of a tough day! The Saturday class meets at 10:00am

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------------|--------|-------|---------|
| 15+ | 2/21-4/7 | 6:00pm-7:00pm | Tu, Th, Sa | \$47 | \$80 | 79948 |

Group Cycling

Using a studio cycle with a weighted flywheel, this heart pounding workout will take you on incredible journeys that challenge your spirit, mind and body.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 16+ | 2/20-4/2 | 12:15pm-1:00pm | M | \$30 | \$60 | 79991 |
| 16+ | 2/20-4/2 | 5:30pm-6:15pm | M | \$30 | \$60 | 79990 |
| 16+ | 2/20-4/2 | 6:30pm-7:15pm | M | \$30 | \$60 | 80021 |
| 16+ | 2/21-4/3 | 9:00am-9:45am | Tu | \$30 | \$60 | 79944 |
| 16+ | 2/22-4/4 | 5:30pm-6:30pm | W | \$30 | \$60 | 80250 |
| 16+ | 2/22-4/4 | 6:30pm-7:15pm | W | \$30 | \$60 | 79936 |
| 16+ | 2/23-4/5 | 9:00am-9:45am | Th | \$30 | \$60 | 79946 |
| 16+ | 2/23-4/5 | 6:00pm-6:45pm | Th | \$30 | \$60 | 79989 |

Group Cycling (Beg.)

If you have ever wanted to try group cycling, but felt it would be too difficult, this class is for you! The class begins with an introduction to the basics of group cycling. The instructor adjusts the intensity according to the participants.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 14+ | 2/22-4/4 | 7:30pm-8:15pm | W | \$30 | \$60 | 79992 |

Group Cycling (one hour)

Using a studio cycle with a weighted flywheel, this heart pounding workout will take you on incredible journeys that challenge your spirit, mind and body.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 16+ | 2/21-4/3 | 6:00pm-7:00pm | Tu | \$35 | \$70 | 79945 |
| 16+ | 2/22-4/4 | 5:45am-6:45am | W | \$35 | \$65 | 79943 |

Interval

Cardio and strength combo class..get max results in less time.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 13+ | 2/20-4/4 | 12:15pm-1:00pm | M, W | Free | \$49 | 79828 |

J-A-A-M

Jane-Anita-Amy-Marni- This class will add variety to your week: Cycling, weight lifting, suspension training, kettlebell, step and much more. Each week will be different! Come join the fun! All levels welcome!

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 16+ | 2/24-4/6 | 5:45am-7:00am | F | Free | \$40 | 80034 |

HEALTHY LIVING

Oak Park YMCA

Jump Start

The Jump Start program is an initial fitness assessment, consultation and orientation. You will meet one-on-one with a Wellness Coach during two separate sessions. In the first session, a Wellness coach will administer a basic fitness assessment. Based on the results and your fitness goals, the Wellness Coach will make appropriate recommendations for your exercise routine. During the second session, the Wellness Coach will guide you through our Nautilus equipment and cardiovascular machines. Session 3 - Upon completion of the first two sessions, your coach will sign you up for a group lecture entitled Exercise 101 in which a Personal Trainer will spend about an hour talking more in depth about the basic components of fitness. At this time, you will have a chance to learn the basics of strength training, monitoring your heart rate, and much more." Graduation All participants who complete

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|------|----------|--------|-------|---------|
| 13+ | 2/20-4/8 | | By Appt. | Free | \$120 | 79935 |

Kettlebell

Are you ready for a fun and challenging workout? This class will take you through 45 minutes of intense strength training and cardio workout. Join the fun and see amazing results!

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 14+ | 2/21-4/3 | 12:15am-1:00pm | Tu | Free | \$60 | 79866 |
| 14+ | 2/22-4/4 | 7:15pm-8:00pm | W | \$30 | \$60 | 79986 |
| 14+ | 2/23-4/5 | 6:00am-6:45am | Th | \$30 | \$60 | 79895 |

Maui Thai Kick Boxing/Kung Fu

Muay Thai-Kick Boxing refers to the sport of using martial-arts-style kicks and boxing-style punches to defeat an opponent in a similar way to that of standard boxing. Kickboxing is a standing sport and does not allow continuation of the fight once a combatant has reached the ground.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 15+ | 2/20-4/2 | 7:00pm-8:30pm | M | \$42 | \$72 | 79894 |

Mix-it-up aerobics

This class combines all your favorites: step, hi/low, kickbox, strength and more!

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/20-4/4 | 5:45am-6:45am | M, W | Free | \$70 | 80032 |

Mix-It-Up Saturday

This class combines all your favorites: Step, Hi/Low, Kickbox, Strength and more! Check out the schedule at the Welcome Center.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 13+ | 2/25-4/7 | 9:00am-10:00am | Sa | Free | \$40 | 79974 |

Pilates

Exercises will focus on mind body awareness, combining strength, stretch and balance work.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/23-4/5 | 5:45pm-6:45pm | Th | \$27 | \$49 | 79990 |

Power Workout

This strength and conditioning class offers a total body workout using bars and dumbbells.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|--------|--------|-------|---------|
| 13+ | 2/21-4/5 | 5:45am-6:45am | Tu, Th | Free | \$55 | 79987 |
| 13+ | 2/21-4/5 | 4:30pm-5:30pm | Tu, Th | Free | \$55 | 79988 |

Power Yoga

Yoga develops strength, flexibility and relaxation by adapting the body to postures which fit individual needs.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/24-4/6 | 6:00am-7:00am | F | \$27 | \$49 | 79985 |

Step Aerobics

Ever popular step aerobics. Control the intensity of your workout by adding arm movements and adjusting the step height. Add a core class for a well rounded workout.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|--------|--------|-------|---------|
| 13+ | 2/21-4/5 | 5:45pm-6:45pm | Tu, Th | Free | \$70 | 79910 |

HEALTHY LIVING

Oak Park YMCA

Step Aerobics

Ever popular step aerobics. Control the intensity of your workout by adding arm movements and adjusting the step height. Add a core class for a well rounded workout.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/26-4/1 | 3:00pm-4:00pm | Su | Free | \$50 | 79978 |

Strength Training for Triathletes

A strength & conditioning class designed specifically for the special needs of a triathlete. This program will help you develop core stability & focused muscle development necessary for enhanced speed and efficiency in swimming, cycling, and running.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 15+ | 2/20-4/2 | 6:30pm-7:15pm | M | \$21 | \$35 | 79931 |

Strength & Stretch

In this class you will perform total body strength training followed by a 20 minute stretch. A great way to end your work week!

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 13+ | 2/24-4/6 | 12:15pm-1:00pm | F | Free | \$35 | 79909 |

Stronger Longer Fitness

In this class you will improve your cardiovascular conditioning, range of motion, flexibility, coordination and strength.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|--------|--------|-------|---------|
| 50+ | 2/21-4/5 | 9:15am-10:30am | Tu, Th | Free | \$62 | 79938 |

Suspension Training

Using straps suspended from the ceiling, gravity, and the leverage of your own body weight, this 45 minute class is designed to give you an intense full body workout and develop strength, balance, flexibility and joint stability.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 15+ | 2/23-4/5 | 5:15pm-5:45pm | Th | \$25 | \$50 | 79942 |

Tabata

30 minute Tabata: Tabata is a simple, but powerful, fitness challenge. See results in both stamina and strength. This workout is an interval training cycle of maximum intensity exercise followed by a short rest. Tabata training helps you produce maximum results in minimum time.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 16+ | 2/20-4/2 | 6:00pm-6:30pm | M | \$20 | \$45 | 80018 |

Tandem Training

Tandem Personal training is a great way for you and a friend to workout together. Get your workout buddy and sign up today!

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|------|----------|--------|-------|---------|
| 13+ | 2/20-4/8 | | By Appt. | \$35 | \$45 | 79908 |

Tri-Training Adv.

This class is designed for those athletes with long distance triathlon aspirations. Athletes must be proficient in all 3 disciplines of the triathlon experience. Coaching will include periodization to maximize training, efficiency evaluation, and nutrition. Participants must have their own bike, bike trainer & heart rate monitor. Participants must be able to complete a 1/2 mile swim, 6 mile run and a 30 mile bike. **INSTRUCTOR APPROVAL REQUIRED**

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 14+ | 2/25-4/7 | 6:15am-9:00am | Sa | \$80 | \$100 | 79836 |

Triathlon Training

This class is designed for the athlete who is already physically fit & looking for a new challenge, or the experienced triathlete who wants a tough, energetic group to train with for the upcoming season. Participants must be able to complete 60 minutes of continuous & rigorous physical activity.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 14+ | 2/24-4/6 | 7:15am-10:00am | F | \$65 | \$90 | 79849 |
| 14+ | 2/25-4/7 | 8:45am-11:30am | Sa | \$65 | \$90 | 79838 |
| 14+ | 2/25-4/7 | 10:45am-1:30pm | Sa | \$65 | \$90 | 79875 |

HEALTHY LIVING

Oak Park YMCA

Try A Tri (Beg.)

This class is designed specifically for the beginner student attempting their first triathlon or with limited experience in any discipline (swimming, biking, or running). Participants must be able to complete 45 minutes of continuous cardio activity without rest.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 14+ | 2/25-4/7 | 7:45am-10:30am | Sa | \$65 | \$90 | 79851 |

Turning Point Yoga

This program is designed specifically for breast cancer survivors. Each participant is evaluated on a one-on-one basis, creating an individualized program, consisting of fitness and yoga training that will be closely monitored in a group setting by certified staff. Class limited to 10 people.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/20-4/2 | 5:00pm-6:00pm | M | Free | Free | 79871 |

Yoga

Yoga develops strength, flexibility and relaxation by adapting the body to postures which fit individual needs. All ages and fitness levels welcome.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 13+ | 2/20-4/2 | 9:45am-10:45am | M | \$27 | \$49 | 79951 |
| 13+ | 2/21-4/3 | 5:45pm-6:45pm | Tu | \$27 | \$49 | 79950 |
| 13+ | 2/22-4/4 | 9:45am-10:45am | W | \$27 | \$49 | 79914 |
| 13+ | 2/23-4/5 | 12:15pm-1:00pm | Th | \$27 | \$49 | 79981 |
| 13+ | 2/24-4/6 | 9:45am-10:45am | F | \$27 | \$49 | 79968 |

Yoga (beginning)

If you have never tried Yoga and have always wanted to, then this is the class for you. This is a slow paced class that will teach you the proper form and technique. Yoga develops strength, flexibility and relaxation by adapting the body to postures which fit individual needs.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/20-4/2 | 7:00pm-8:00pm | M | \$27 | \$49 | 79831 |

Yoga for Athletes

This is a challenging yoga class for athletes that already have a strong aerobic base. Athletes can build flexibility and strength for their sports by cross-training with a yoga workout.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/22-4/4 | 5:30pm-6:30pm | W | \$27 | \$49 | 79843 |

Yogalates

This fusion of yoga poses and pilates is a sure way to get you looking good and feeling great!

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 13+ | 2/21-4/3 | 7:00pm-8:00pm | Tu | \$27 | \$49 | 79891 |
| 13+ | 2/23-4/5 | 7:00pm-8:00pm | Th | \$27 | \$49 | 79998 |

Zumba Dance

Combines high energy and motivating music with unique moves and combinations. ZUMBA is a fusion of Latin and International music and dance themes that create a dynamic, exciting and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|-----------------|------|--------|-------|---------|
| 13+ | 2/21-4/3 | 10:00am-11:00am | Tu | \$32 | \$64 | 79861 |
| 13+ | 2/21-4/3 | 7:00pm-8:00pm | Tu | \$32 | \$64 | 79924 |
| 13+ | 2/22-4/4 | 6:45pm-7:45pm | W | \$32 | \$64 | 79977 |

Zumba Gold

ZUMBA Gold is for the active, older or de-conditioned adult. It provides choreography that can safely and easily be learned. Like ZUMBA Basic Fitness, it incorporates musical styles like Merengue, Salsa, Cumbia, Reggaeton and Belly dancing with unique moves and combinations. ZUMBA Gold provides a fun, enjoyable social environment and it is a great way to improve physical and mental health at the same time.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 50+ | 2/21-4/3 | 9:00am-10:00am | Tu | \$26 | \$56 | 79864 |

HEALTHY LIVING

Oak Park YMCA

HEALTH WELL BEING FITNESS

HEALTHY LIFESTYLES

Health Seekers Fitness Challenge

As a participant in this class you will be part of a team. You will meet with your team leader once a week for weigh in and support. This class also allows you to enroll in a member fee class. TEAM LEADERS: Amy Howe- Wednesday 7:00pm, Kirk Henske Tuesdays 5pm and Marni Thurston Wed. 7am

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 15+ | 2/21-4/3 | 5:00pm-5:30pm | Tu | \$50 | \$75 | 80706 |
| 15+ | 2/22-4/4 | 7:00am-7:30am | W | \$50 | \$75 | 80707 |
| 15+ | 2/22-4/4 | 7:00pm-7:30pm | W | \$50 | \$75 | 80708 |

Healthy Habits

In this class you will learn the importance of eating healthy and the benefits of exercise. One of the best ways to prevent diabetes is to lose 5-7% of your body weight and to exercise at least 5 days a week for 30 minutes. Join us for Healthy Habits and begin living a Healthy Lifestyle.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 16+ | 2/22-4/4 | 5:30pm-6:30pm | W | \$30 | \$35 | 80028 |

TRX Bootcamp

Come join us for this fun, demanding fitness class. In this class you will use the TRX trainer to increase your strength and cardio. You will also be challenge with boxing drills, and abdominal work.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 14+ | 2/20-4/2 | 5:30pm-6:15pm | M | \$30 | \$60 | 79854 |

HEALTH WELL BEING FITNESS

PERSONAL FITNESS

49 Day Body Challenge

Looking for an intense workout and basic nutrition guidelines? This is the class for you. Two days a week you will meet with Amy Howe a certified personal trainer to keep you accountable while you reach your fitness goals. Cardiovascular exercise, strength training, flexibility and healthy food choices will be covered each week. What are you waiting for? Class size is limited first come, first serve!

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|--------|--------|-------|---------|
| 18+ | 2/21-4/5 | 6:00pm-7:00pm | Tu, Th | \$168 | \$210 | 79877 |

Personal Training (One Appt)

Achieve your health and fitness goals with one-on-one guidance through a program designed just for you.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|------|----------|--------|-------|---------|
| 13+ | 2/20-4/8 | | By Appt. | \$50 | \$60 | 79933 |

Personal Training 1 year 52 sessions

One day of personal training a week for one full year! Expires 1 year from purchase date. Cannot be combine with other offers.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|------|----------|---------|---------|---------|
| 13+ | 2/20-4/8 | | By Appt. | \$1,700 | \$1,700 | 79958 |

Personal Training 12 Pack

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|------|----------|--------|-------|---------|
| 13+ | 2/20-4/8 | | By Appt. | \$504 | \$624 | 79940 |

Personal Training 15 Pack

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|------|----------|--------|-------|---------|
| 13+ | 2/20-4/8 | | By Appt. | \$600 | \$750 | 79905 |

Personal Training 6 Pack

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|------|----------|--------|-------|---------|
| 13+ | 2/20-4/8 | | By Appt. | \$264 | \$324 | 79939 |

HEALTHY LIVING

Oak Park YMCA

HEALTH WELL BEING FITNESS

WATER ACTIVITIES

Adult Swim Lessons

Adjust to the water, learn new strokes or refine present skills based on your individual needs.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|-----------|-----------------|------|--------|-------|---------|
| 13+ | 2/25-3/31 | 12:15pm-12:45pm | Sa | \$24 | \$42 | 81240 |

Aqua-Fit

This exercise program helps increase joint mobility while focusing on stretching, gentle strengthening techniques and light aerobic activity.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|---------|--------|-------|---------|
| 50+ | 2/20-4/6 | 8:30am-9:30am | M, W, F | Free | \$75 | 79993 |
| 50+ | 2/20-4/6 | 9:35am-10:35am | M, W, F | Free | \$75 | 79999 |

Deep Water Workout

Deep water aerobics will give you a great workout with absolutely no impact on your joints. Uses floatation belts to provide buoyancy. Must be comfortable in deep water.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|--------|--------|-------|---------|
| 18+ | 2/21-4/5 | 5:40pm-6:40pm | Tu, Th | Free | \$55 | 80023 |

Tri Swim Training

This class is designed to improve overall body position in the water to create a greater sense of efficiency. Make your swims faster while retaining more energy. Learn new skills such as a flip turn and dolphin kick. Our instructors will work with you to help improve your conditioning and techniques.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|---------------|------|--------|-------|---------|
| 16+ | 2/20-4/2 | 5:30pm-6:15pm | M | \$21 | \$35 | 79863 |
| 16+ | 2/24-4/6 | 7:15am-8:00am | F | \$21 | \$35 | 79997 |

Water Aerobics

Enjoy an aerobic workout with less stress on your joints. Great for all ages. Swimming skills are not required.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|------|--------|-------|---------|
| 16+ | 2/20-4/4 | 6:30pm-7:30pm | M, W | Free | \$55 | 79953 |
| 16+ | 2/25-4/7 | 9:30am-10:30am | Sa | Free | \$30 | 79952 |

SPORTS RECREATION

ADULT TEAM SPORTS

Private Sports Lessons

1/2 hour of private instructions from trained YMCA staff designed to improve specific aspects of sports. Basketball, Swimming, Softball, Baseball, Soccer, Volleyball, Wrestling and more are available.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|------|----------|--------|-------|---------|
| 5+ | 2/20-4/7 | | By Appt. | \$23 | \$32 | 79984 |

Racquetball Lessons

1/2 hour lesson taught by qualified YMCA staff. Beginner to advanced.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|------|----------|--------|-------|---------|
| 6+ | 2/20-4/7 | | By Appt. | \$23 | \$32 | 79923 |



HEALTHY LIVING

Oak Park YMCA

SPORTS RECREATION

RECREATION

Tae Kwon Do

Tae kwon do is a Korean Martial Art and is the national sport of South Korea. It is characterized by fast, high and spinning kicks. Loosely translated, Tae kwon do means the way of hand and foot. Belt testing and competitions will be made available at additional costs. Participants will be required to purchase a uniform (gi).

| Age | Date | Time | Days | Member Guest | Class # |
|-----|----------|---------------|--------|--------------|---------|
| 6+ | 3/6-4/19 | 6:00pm-7:00pm | Tu, Th | | 79834 |

GROUP INTERESTS

LIFE LONG LEARNING

Adult Computer Class - Every Day Digital

ITEC Everyday Digital training is for the adult novice computer user. This course will teach participants general computer skills including, how to connect with family and search for information on the internet, upload videos and pictures. Lab days and times are Tuesdays and Thursdays, 6:30pm to 8:30pm.

| Age | Date | Time | Days | Member | Guest | Class # |
|-----|----------|----------------|--------|--------|-------|---------|
| 18+ | 2/20-4/5 | 9:30am-11:30am | Tu, Th | \$15 | \$15 | 79994 |



YMCA OF LANSING

**OAK PARK YMCA
900 Long Blvd.
517.827.9700
ymcaoflansing.org**