



THERE'S NEVER BEEN A BETTER TIME

**TO FIND YOURSELF AT THE**



**Warren Family YMCA** Winter 2009 Program Guide

# Strong Kids Campaign

## Build Strong Kids of All Ages

At the YMCA, we strive to make sure that every child's day brings about bigger and brighter achievements - but we can't do it alone. Your contribution ensures families of limited financial means are included in programs that will positively impact their lives.

### Your gift of \$10 per month

builds self-confidence by providing swim lessons and safety programs for three children in our community

### Your gift of \$25 per month

makes it possible for one child to attend summer camp, with life-enriching activities such as canoeing, horseback riding and fishing.

### Your gift of \$50 per month

allows one team of kids to learn skills, sportsmanship and teamwork through participation in YMCA youth sports.

### Your gift of \$100 per month

enables one child to attend YMCA resident camp for two weeks, provide a needy family with a full YMCA membership, or give a kid a full summer of day camp, providing a safe, healthy, fun place to grow.

### Your gift of \$250 per month

will enable our YMCA to develop new programs to teach the core values of caring, honesty, respect and responsibility to kids and families in our community.



"My son fell in a pool and nearly drowned when he was a toddler and was deathly afraid of the water. We enrolled him in the Y swim program and the counselors spent a lot of time with him to help him overcome his fears. Now he is a great swimmer and loves the water!"

-Nancy, Hunter's mom

"Favorite activities that my children enjoy at the Y are canoeing, archery, talent shows, family nights and of course, swimming. I cannot thank the entire staff enough for all their hard work and efforts."

-Nancy, mother of Becky and Matt

"I only want the best for my children, for them to grow up as well-rounded individuals in a safe and loving environment. The YMCA counselors are there to make sure that the kids are safe and that they have fun, but they've also been mentors to my children. I am not able to express in words how thankful I am to the YMCA".

-Cheryl, single mother of three

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Donation \_\_\_\_\_

Financial assistance helps ensure everyone belongs at the YMCA. Ask for details at the courtesy counter.



**YMCA MISSION:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

# The Warren Family YMCA

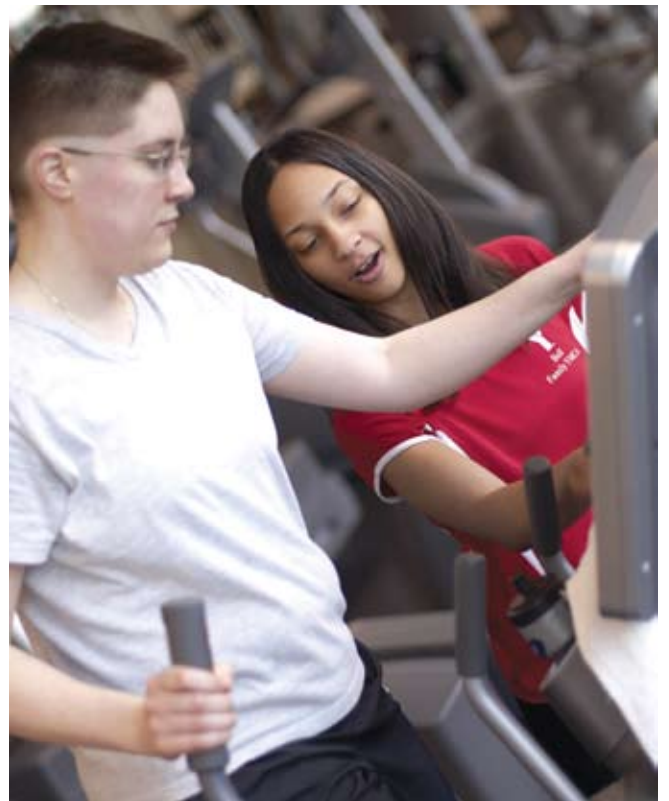
## WARREN FAMILY YMCA STAFF:

**Branch Operations Coordinator:** Sage Hegdal

**Health & Wellness Coordinator:** Michelle Jones

**Membership & Marketing Director:** Mike Zwack

**Building Generalist:** Ray Bork



**YMCA MISSION:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

# Contents and Information

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## SESSION DATES:

**Winter I Session:** January 12 - March 1, 2009

**Winter II Session:** March 2 - April 19, 2009

Fitness classes do not break for Winter break or Spring break.

## FITNESS SESSION DATES:

Winter I Session: January 12 - February 28

Winter II Session: March 1 - April 18

No class on the following date:

Saturday, February 21, 2009

April 10, 2009

## REGISTRATION DATES:

*Winter I Session:*

**Online:** November 10, 2008

**Facility Members:** December 22, 2008

**Program Members:** December 29, 2008

*Winter II Session:*

**Online:** January 19, 2009

**Facility Members:** February 9

**Program Members:** February 16

## WEATHER CLOSINGS:

The Warren Family YMCA will cancel classes and programs whenever the Warren Consolidated Public Schools close due to weather that causes unsafe road conditions. No refund or credit statement will be issued if class is cancelled due to inclement weather.

## REGISTRATION INFO:

**Online:** [www.ymcadetroit.org](http://www.ymcadetroit.org)

**Fax:** (586) 751-1329

**Mail:** 87777 Common Road  
Warren, MI 48093

**Walk In** registration is also available

## MEMBERSHIP CATEGORIES:

### Facility Membership

CATEGORY	DESCRIPTION
Family	Parents & Children 22 & under
Adult	30 and Up
Young Adult	18-29 Years
Teen	13-17 Years

Seniors 62 and older receive a 10% discount on full facility membership rates.

The YMCA reserves the right to change membership fees within 30 days of written notice to members.

### Program Membership

(for participating in YMCA programs only)

CATEGORY	ANNUAL
Individual	\$49
Family	\$75

\*This membership does not allow access to the facility, including the wellness center, child watch, or open gym.

For details on membership fees contact the Warren Family YMCA at (586) 751-1050 or visit our website, [www.ymcadetroit.org](http://www.ymcadetroit.org).

## HOURS OF OPERATION:

Monday - Thursday	5:30 a.m. - 9:00 p.m.
Friday	5:30 a.m. - 8:00 p.m.
Saturday	7:00 a.m. - 4:00 p.m.
Sunday	10:00 a.m. - 4:00 p.m.

For holiday hours, please check our website or inquire with front desk staff.

## CHILDWATCH HOURS:

Mon.-Fri	9:00 am - 1:30 pm, 5:00 pm - 8:00 pm
Saturday	9:00 am - 12:30 pm
Sunday	Closed

We will enforce the Child Watch exclusion of sick children policy.

## CHILD SUPERVISOR:

**YMCA MISSION:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## General Information (cont.)

The YMCA of Metropolitan Detroit strongly encourages parents to supervise all children under the age of 18 while in the facility. All children under the age of 13 are not permitted in the Wellness Center and must be accompanied by an adult at all times, unless the child is participating in a program.

### SUSPENSION GUIDELINES:

The YMCA of Metropolitan Detroit will enable its members to 'suspend' their membership due to temporary work relocations, medical necessities, and/or extended vacations.

*For approved requests:*

- Membership privileges may be suspended for a maximum period of three consecutive months per calendar year. A member may suspend his/her membership once in any 12 month period.
- During the period of suspension all facility access/usage is denied.
- During the period of suspension a monthly charge equal to 25% of the monthly membership dues will be charged. These fees must be paid in advance or through monthly EFT. At the end of the suspension period, normal billing will automatically resume at the then applicable rate.

*Memberships may be 'suspended' provided the following conditions are met:*

- The membership account is paid up to date; and
- The primary member has a temporary job relocation - at least 25 miles from branch location- as verified by the employer; or physical injury incapacitates the member to the extent that he/she cannot make use of the YMCA facilities. A physician's letter will be required to support this request; or the primary member will be on an extended vacation of longer than 28 days
- The suspension request has been completed and signed by the primary member, and the executive director has approved the initial suspension request; *and*
- 30 days notice is required for Suspension requests.

### GUEST GUIDELINES:

NON MEMBER (ADULT) GUEST FEE IS \$10

NON MEMBER (UNDER18) GUEST FEE IS \$5

- Guests may only enter the YMCA when accompanied by a member. A member may host a maximum of two (2) members at a time.
- The same non-member can only be a guest once per month with a maximum of two visits per year.
- A guest fee will be charged for guest usage of the YMCA.
- All guests must present picture identification and complete a registration and waiver of liability form prior to entry into the YMCA
- A parent or legal guardian must accompany all guests under the age 18 or present an authorization form for release of liability signed by a parent or legal guardian prior to using the YMCA.
- No passes will be issued for open basketball.

### AWAY GUEST GUIDELINES:

(ALWAYS WELCOME AT THE YMCA)

Visiting members from an out-of-town YMCAs are welcome by showing their YMCA membership card with the AWAY logo and paying a \$5 guest fee per visit. Current members may also participate in the AWAY program when traveling.

A listing of AWAY participating YMCAs can be found at [www.ymca.org](http://www.ymca.org).

**Want more information?** visit our website—[www.ymcadetroit.org](http://www.ymcadetroit.org)

# Health & Fitness

## Fitness Class Policies:

We reserve the right to cancel any fitness class when four or fewer members are in attendance.

No outside shoes are permitted inside the studio; please change them prior to entering.

All classes require pre-registration.

## Aerobics & Cardio

### Zumba

Day: T/TH

Time: 11 AM -12 PM

Day: Saturday

Time: 10 – 11 AM

Cost: A/G FREE

Program Member: \$45

### Zumba

Day: Thursday

Time: 7 – 8 PM

Cost: A/G \$30

Program Member: \$55

## High Impact Aerobics

### Kickboxing

Day: M

Time: 7-8 PM

Cost: A/G \$30

Program Member: \$55

## Low Impact Aerobics

### Low Impact Floor Aerobics

Day: M/W/F

Time: 8:30 – 9:30 AM

Cost: A/G FREE

Program Member: \$45

## Step Aerobics

Step Aerobics

Day: W

Time: 9:30 – 10:30 AM

Cost: A/G FREE

Program Member: \$45

### Step Strength Circuit

Day: M

Time: 6 – 7 PM

Cost: A/G \$30

Program Member: \$55

## Strength & Tone

### Total Body Sculpt

Day: T/TH

Time: 10 – 11 AM

8 – 9 PM

Day: Sat

Time: 11 AM – 12 PM

Cost: A/G FREE

Program Member: \$45

### Express Total Body Sculpt

Day: T & TH

Time: 12:15 - 1 PM

Cost: A/G FREE

Program Member: \$45

### Weight Training For Teens

A class specialized for 10-17 year olds to start strength training and having fun in a group fitness class. All types of equipment will be used and every muscle will be challenged. Dress comfortably and wear athletic shoes.

Day: M/W

Time: 3:45 – 4:30 PM

Cost: FREE to A/G Members

Program Member: \$15

## Crosstraining

### Crosstraining

Day: Wednesday

Time: 6 – 7 PM

Cost: A/G \$30

Program Member: \$55

### Boot Camp

Day: Sat

Time: 8 – 9 AM

Cost: A/G \$30

Program Member: \$55

## Pilates & Yoga

PILATES

### Pilates

Day: T & TH

Time: 6 - 7 PM

Cost: A/G \$30

Program Member: \$55

### Express Pilates

Day: M & F

Time: 12:15 -1 PM

Cost: A/G FREE

Program Member: \$45

YOGA

### Yoga

Day: M

Time: 8 – 9 PM

Day: W

Time: 12:15 - 1 PM

5 – 5:45 PM

Cost: A/G FREE

Program Member: \$45

### Yoga

Day: Tues

Time: 7-8 PM

Cost: A/G \$30

Program Member: \$55

**Want more information?** visit our website—[www.ymcadetroit.org](http://www.ymcadetroit.org)

# Health & Fitness, Martial Arts

## Cycling

### Cycling

Day: W

Time: 7-8 PM

Day: Sat

Time: 9 – 10 AM

Cost: A/G \$40

Program Member \$65

### Teen Orientation

Ages: 13 - 17 years

All teens who wish to utilize the wellness center must first successfully complete the Teen Strength Training program. Once they “graduate” they are welcome to participate independently in the wellness center utilizing what they learned.

In this class, they will gain an acceptance and understanding of their body, how it works, and how to keep it healthy. Furthermore, they will learn how to use all of the exercise and strength equipment properly to prevent injuries to their muscles, bones, and joints. Pre-registration is required. Check with courtesy counter for dates and times.

Cost: FREE to G/A Members only

### SilverSneakers®

Get fit and make friends! SilverSneakers® is the nation's leading exercise program for older adults. Try the SilverSneakers® class to increase your strength and flexibility...and feel good! The fitness program is offered free through select health plans. Come join the fun with exercise classes, social gatherings, monthly pot luck lunches, field trips, special events and much more!

### Muscular Strength And Range Of Movement:

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, a ball offered for resistance, and a chair is used for seated and/or standing support.

Day: Mon/Wed/Fri

Time: 10:30 AM -11:30 AM

Day: Saturday

Time: 12:00 PM – 1:00 PM

Cost:

Select Health Plan Members - FREE

A/G Members - FREE

Program Members: \$45/7 wks

Price is based on one class per week for the session.

## Martial Arts

### Karate

Ages: 7-14

Day: M/TH

Time: 5:15 PM – 6:00 PM

Cost: A/G \$75

Program Member \$105

### Little Dragons

Age: 5-6

Day: M

Time: 4:30 PM – 5:15 PM

Cost: A/G \$60

Program Member \$85

### Forza Sword Training

Day: F

Time: 5:15 PM – 6:00 PM

Cost: A/G \$30

Program Member: \$55



**Want more information?** visit our website—[www.ymcadetroit.org](http://www.ymcadetroit.org)

# Sports

## Preschool Sports

### Rookies Basketball

Ages 4 - 5

Day: M

Time: 5:30 – 6:30 PM

Day: T

Time: 5:30 – 6:30 PM

Ages 6 – 7

Day: T

Time: 6:30 – 7:30 PM

Day: TH

Time: 6:30 – 7:30 PM

Day: F

Time: 5:30 – 6:30 PM

Cost: A/G Members: \$65  
Community Members \$120

### Tiny Tumblers

Age: 3 - 5

Day: T

Time: 5:30 – 6:00 PM

Cost: A/G Members: \$35  
Program Members: \$53

## Youth Sports

### Youth Basketball

Ages 8 - 9

Day: M

Time: 6:30 – 7:30 PM

Day: W

Time: 5:30 – 6:30 PM

Cost: A/G Member \$65  
Community Member \$120

Ages 10 – 12

10-week travel league  
begins February 2

### Teen Basketball

Ages 13 – 15

10-week travel league  
begins February 2

### Cheerleading

Day: TH

Time: 5:30 – 6:30 PM

Cost: A/G member \$45  
Program Member \$65

### Gymnastics

Level 1

Day: T at the YMCA

Time: 5:30 – 6:30 PM

Day: S at All World

Time: 10:00 – 11:00 AM

Level 2

Day: T at the YMCA

Time: 7:00 – 8:00 PM

Day: S at All World

Time: 1:00 – 2:00 PM

Cost: A/G: \$50  
Program member \$65

Ages: 6 and up

### Competitive Gymnastics Team

Gymnasts with advanced skills,  
approved by the coach

Cost: 2 days a week: \$110  
Saturdays only: \$90

## Adult Sports

### Adult Basketball League

Age: 18 and up

Day: SU

Time: Games begin at 4:00 PM

Cost: \$320 + deposit



**Want more information?** visit our website—[www.ymcadetroit.org](http://www.ymcadetroit.org)

## Y Personal Training

An interactive personal fitness program delivered by nationally certified personal trainers, to ensure that you reach your health and fitness goals faster and more safely than with your current workout program. Two complimentary sessions are available to full facility members.

Why should you take advantage of our new Personal Training program?

- You will learn the fundamentals of biomechanics and proper exercise techniques for safety and great results.
- Motivation! You will be excited by the results and stick with your workout program!
- Creates a schedule that maximizes your time and effort.
- Achieve better health, better confidence, lower stress levels, stronger body inside and out and be a great role model to your kids, spouse and co-workers.

## Wellness Center & Free Weights

Children 10-12 years old are only permitted in the wellness center during family fitness hours. Teens ages 13 -17 years old may use the wellness center after completing the teen strength training orientation.

## Small Group Personal Training

A one on one demanding workout in a group setting designed only for those tough enough to follow orders from a nationally certified Personal Trainer. It appeals to people with busy schedules who need to pack a hard workout into a quick hour.

Contact Michelle Jones  
mjones@ymcametrodetroit.org for  
a schedule of upcoming sessions.

## Personalized Fitness

Two options for members that need the flexibility of choosing the time or group exercise class to personalize their fitness goals and schedules.



## Fitness Punch Card

Enjoy any of our fitness classes.  
Punch cards expire at the end of each session.  
We are not responsible for lost or stolen cards.  
Punch cards are non-refundable.  
Registered members have priority.  
12 classes per session \$75

## Drop In Fitness

Members drop in daily to any of the fitness classes for \$6 per class.  
Registered members have priority.

**Want more information?** visit our website—[www.ymcadetroit.org](http://www.ymcadetroit.org)

# Preschool Programs, Camp

## Kinder Prep

Ages: 3 - 5

Day: T/TH

Time: 9:00 – 11:00 AM

Cost: A/G Member: \$105

Program Member: \$185

## Preschool Art

Ages: 3 - 5

Day: T

Time: 11:15 – 12:00 PM

Cost: A/G Member \$35

Program Member \$50

## School's Out Camp

### Winter Break Camp

Ages 5 - 15

Day: February 16 – 20, 2009

### Spring Break Camp

Ages 5 - 15

Day: April 13 – 17, 2009

Camp Hours: 9:00 AM – 4:00 PM

Before Care: 7:00 – 9:00 AM

After Care: 4:00 – 6:00 PM

Cost:

A/G Members: \$130/wk

Community Members: \$190/wk



**Want more information?** visit our website—[www.ymcadetroit.org](http://www.ymcadetroit.org)

## Dance

PRESCHOOL

### Ballet

Age: 3 – 5

Day: TH

Time: 5:00 – 5:30 PM

Cost: A/G Members \$90

Program Members \$135

All dance classes are 14 weeks

### Tap

Age: 3 – 5

Day: TH

Time: 5:30 -6:00 PM

Cost: A/G Members \$90

Program Members \$135

All dance classes are 14 weeks

YOUTH

### Youth Ballet

Age: 6 - 15

Day: M

Time: 5:00 – 6:00 PM

Cost: A/G Members \$90

Program Members \$135

All dance classes are 14 weeks

### Youth Tap

Age: 6 - 15

Day: T

Time: 5:00 – 6:00 PM

Cost: A/G Members \$90

Program Members \$135

All dance classes are 14 weeks

### Polish Dancing

Age: 3 - 8

Day: M

Time: 6:00 -6:30 PM

Cost: A/G Members \$90

Program Members \$135

All dance classes are 14 weeks



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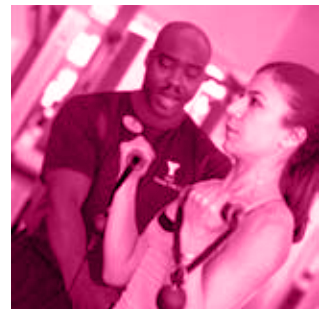


**Warren Family YMCA**  
8777 Common Road  
Warren, Michigan 48093  
(586) 751-1050  
warrenymca@ymcametrodetroit.org

*We build  
strong kids,  
strong families,  
and strong  
communities.*

Current Resident Or:

THERE'S NEVER BEEN A BETTER TIME



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