



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**EXERCISE YOUR HEART
IN MORE WAYS THAN ONE.**

Our Programs

Financial assistance is available.

When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community.

At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

For more than a workout. For a better us.

Riverview Family YMCA
1201 Northside Blvd, South Bend

Edison Lakes Family YMCA
205 W Edison Rd, Mishawaka

michianaymca.org
574.287.9622

AQUATICS

All aquatics classes are located at the Riverview Family YMCA

Fees = (Full Member/Non Member)

Class	Ages	Session Date	Day/Times	Fee	Note
Parent/Tot	6mo-3yrs	Oct 30 - Dec 18	Monday Monday 10:00-10:30a 6:30-7:00p	\$27/\$54	Classes are based on age, not skill level. Please sign up for correct age.
		Oct 31 - Dec 19	Tuesday 10:00-10:30a	\$27/\$54	
		Nov 1 - Dec 20	Wednesday 6:30-7:00p	\$27/\$54	
		Nov 4 - Dec 16	Saturday 9:00-9:30a Saturday 10:00-10:30a Saturday 11:00-11:30a	\$27/\$54	
Preschool Swim	3-5yrs	Oct 30 - Dec 18	Monday 10:00-10:45a Monday 4:00-4:45p Monday 5:00-5:45p Monday 6:30-7:15p	\$33/\$66	
		Oct 31 - Dec 19	Tuesday 10:00-10:45a Tuesday 4:00-4:45p	\$33/\$66	
		Nov 1 - Dec 20	Wednesday 4:00-4:45p Wednesday 5:00-5:45p Wednesday 6:30-7:15p	\$33/\$66	
		Nov 2 - Dec 21	Thursday 10:00-10:45a Thursday 4:00-4:45p	\$33/\$66	
		Nov 4 - Dec 16	Saturday 9:00-9:45a Saturday 10:00-10:45a Saturday 11:00-11:45a	\$33/\$66	
		Progressive Lessons	6-13yrs	Oct 30 - Dec 18	
Oct 31 - Dec 19	Tuesday 4:00-4:45p			\$33/\$66	
Nov 1 - Dec 20	Wednesday 4:00-4:45p Wednesday 5:00-5:45p Wednesday 6:30-7:15p			\$33/\$66	
Nov 2 - Dec 21	Thursday 4:00-4:45p			\$33/\$66	
Nov 4 - Dec 16	Saturday 9:00-9:45a Saturday 10:00-10:45a Saturday 11:00-11:45a			\$33/\$66	
Adult/Teen	13+yrs			Oct 30 - Dec 18	
Competitive Swim		Nov 2 - Nov 30	Monday 3:45-4:45p	\$48/\$76	

Riverview Family YMCA

Safety Classes

First Aid/CPR/AED

Fees: \$50/\$75 (Full Member/Non Member)

Times and Session Dates:

Saturday, October 14th; 1pm-5:30pm (Kitchen and Pool)
 Saturday, November 18th; 1pm-5:30pm (Kitchen and Pool)
 Saturday, December 9th; 1pm-5:30pm (Kitchen and Pool)

Stingray Swim Team (4yrs - 19yrs)

Two Week Trial

Fees: \$15/15 (Full Member/Non Member)

Available from Sep 5, 2017 - Mar 5, 2018

High School Season

Fees: \$250

Session Dates:

Sep 5, 2017 - Mar 5, 2018 (Off Nov - Jan)

Level 1 and 2 Swim Team

Fees: \$400 (Full Member Only)

One time technology fee of \$15 if new to the swim team

Session Dates:

Sep 5, 2017 - Mar 5, 2018 Can join at any time.

YOUTH SPORTS

Sports Classes

Session Dates: Oct 30 – Dec 21

Classes meet **once** per week

Fees: \$25/\$50 (Full Member/Non Member)

Edison Lakes Family YMCA	Class	Ages	Day/Times	Note	
	Basketball Skills	4-6yrs	Mon or Wed Sat	5:30-6:00p 10:30-11:00a	Classes meet once per week
	Basketball Skills	7-9yrs	Mon or Wed Sat	6:15-7:00p 11:15-11:45a	Classes meet once per week
	Pre-Y Basketball	2-3yrs	Tue or Thur Sat	5:45-6:15p 9:00-9:30a	Classes meet once per week
	Pre-Y Multi-Sport	4-6yrs	Tue or Thur Sat	6:30-7:00p 9:45-10:15a	Classes meet once per week

Riverview Family YMCA	Class	Ages	Day/Times	Note	
	Basketball Skills	4-6yrs	Tue or Thur Sat	6:00-6:30p 10:30-11:00a	Classes meet once per week
	Basketball Skills	7-9yrs	Tue or Thur Sat	6:45-7:30p 11:15-11:45a	Classes meet once per week
	Pre-Y Basketball	2-3yrs	Mon or Wed Sat	5:00-5:30p 9:00-9:30a	Classes meet once per week
	Pre-Y Multi-Sport	4-6yrs	Mon or Wed Sat	5:45-6:15p 5:45-6:15p	Classes meet once per week
Volleyball	8-12yrs	Mon or Wed	6:30-7:30p	Classes meet once per week	



Tae Kwon Do

Session Dates: Oct 30 – Dec 21

Fees: (Full Member/Non Member)

Beginner 2-Day	\$50/\$100	1-Day Dragons (Track A or B)	\$35/\$70
Advanced 2-Day	\$55/\$110	2-Day Dragons	\$45/\$90
Hapkido 2-Day	\$55/\$110		

Edison Lakes Family YMCA	Class	Ages	Day/Times	Note	
	1-Day Little Dragons - Track A		Tuesdays	5:00-5:30p	Classes meet once per week
	1-Day Little Dragons - Track B		Saturdays	9:00-9:30a	Classes meet once per week
	2-Day Little Dragons		Tuesdays Saturdays	5:00-5:30p 9:00-9:30a	Classes meet twice per week
	1-Day Golden Dragons - Track A		Tuesdays	5:30-6:00p	Classes meet once per week
	1-Day Golden Dragons - Track B		Saturdays	9:30-10:00a	Classes meet once per week
	2-Day Golden Dragons		Tuesdays Saturdays	5:00-5:30p 9:30-10:00a	Classes meet twice per week
	Beginner 2-Day		Tuesdays Saturdays	6:00-6:45p 10:00-10:45a	Classes meet twice per week
	Advanced 2-Day		Tuesdays Saturdays	6:45-7:30p 10:45-11:30a	Classes meet twice per week
	Hapkido 2-Day		Tuesdays Saturdays	7:30-8:15p 11:30-12:15p	Classes meet twice per week

Riverview Family YMCA	Class	Ages	Day/Times	Note	
	1-Day Little Dragons - Track A		Tuesdays	6:00-6:30p	Classes meet once per week
	1-Day Little Dragons - Track B		Thursdays	5:00-5:30p	Classes meet once per week
	2-Day Little Dragons		Tuesdays Thursdays	6:00-6:30p 5:00-5:30p	Classes meet twice per week
	1-Day Golden Dragons - Track A		Tuesdays	6:30-7:00p	Classes meet once per week
	1-Day Golden Dragons - Track B		Thursdays	5:30-6:00p	Classes meet once per week
	2-Day Golden Dragons		Tuesdays Thursdays	6:30-7:00p 5:30-6:00p	Classes meet twice per week
	Beginner 2-Day		Mondays Thursdays	6:00-6:45p 6:00-6:45p	Classes meet twice per week
	Advanced 2-Day		Mondays Thursdays	6:45-7:30p 6:45-7:30p	Classes meet twice per week
	Hapkido 2-Day		Mondays Thursdays	7:30-8:15p 7:30-8:15p	Classes meet twice per week



YOUTH SPORTS

Dance/Tumbling/Cheerleading Classes

Session Dates: Oct 30 - Dec 21

Classes meet **once** per week

Fees: \$25/\$50 (Full Member/Non Member)

Edison Lakes Family YMCA	Class	Ages	Day/Times	Note	
	Beginner Ballet	3-6yrs	Tue Fri	5:45-6:15p 6:20-6:50p	Classes meet once per week
	Ballet 2	6-8yrs	Tue Fri Sat	6:05-6:35p 7:00-7:30p 11:00-11:30a	Classes meet once per week
	Jazz	7-12yrs	Sat	11:45a-12:15p	Classes meet once per week
	Beginner Tap	6-12yrs	Fri	5:00-5:30p	Classes meet once per week
	Intermediate Tap	6-12yrs	Fri	5:40-6:10p	Classes meet once per week
	Tumbling	2-3yrs	Mon Thur	5:30-6:00p 5:30-6:00p	Classes meet once per week
	Tumbling	4-6yrs	Mon Thur	6:15-6:45p 6:15-6:45p	Classes meet once per week

Riverview Family YMCA	Class	Ages	Day/Times	Note	
	Beginner Ballet	3-6yrs	Fri	4:30-5:00p	Classes meet once per week
	Ballet 1		Fri	6:30-7:00p	Classes meet once per week
	Ballet 2	6-8yrs	Fri	5:10-5:55p	Classes meet once per week
	Jazz	7-12yrs	Fri	6:00-6:30p	Classes meet once per week
	Cheerleading	7-12yrs	Tue	5:30-6:00p	Classes meet once per week
	Tumbling	2-3yrs	Wed Sat	5:30-6:00p 11:15-11:45a	Classes meet once per week
	Tumbling	4-6yrs	Wed Sat	6:15-6:45p 12:00-12:30p	Classes meet once per week



Youth Basketball League

When kids play Y-Sports, they develop more than skills — they develop character. Our Youth Basketball League is from **January 22-March 31** and models fairness and hard work while emphasizing teamwork, cooperation, and good values in this non-competitive program. Everyone plays, everyone wins!

Kids Night Out

Join the Youth Development Team for Kids Night Out - now better than ever! We will provide your kids with a nutritious dinner, planned games and activities, free time, open swim, and a movie with a snack to end the evening.

Ages: Kindergarten - 6th grade.

Dates: October 7; November 4th; December 2nd

Times: 5:00pm-9:30pm

Fee: \$15 for Members, \$25 for Non-Members
(Pre-Registering is recommended)

Homeschool PE

Homeschool children will learn the fundamentals of fitness and swimming. Students will participate in numerous activities that focus on physical fitness, team building, conditioning and learning to swim or working on stroke development and technique. We encourage each child to adopt a healthy lifestyle, which includes swimming and physical fitness.

Ages: 4-18

Fall Session: September 21 - December 14 (no class November 23-24)

Times:

Thursdays 10a-12p

Fridays 12:45p-2:45p

Fee: \$60/100 (full member/nonmember)

Winter Break Day Camp

Day camp can offer almost all of the benefits of traditional camp—new experiences, skill building, a sense of community and lasting friendships — in rural and urban settings while allowing campers to return home each afternoon. Expect new and fun activities that will add not only build skills but great new friends and character values for life.

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



HEALTHY LIVING

Smart Start

This program engages you on a personal level and is FREE for all members. Through the program, you will receive up to four one-on-one sessions with a YMCA Wellness Coach. Coaches will introduce you to the ActivTrax online tool as well as orient you to the YMCA.

LIVESTRONG at the YMCA

This is a small-group program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis by working with certified LIVESTRONG at the YMCA Instructors on cardiovascular endurance, strength training, balance, and flexibility.

Thanks to generous community support, we are able to offer this program at no cost and include a complimentary household membership. Please email livestrong@michianaymca.org for more details.

YMCA'S Diabetes Prevention Program

This program helps individuals with prediabetes learn how to make simple changes to lose weight, live healthier, and hopefully avoid the onset of type 2 diabetes. A trained lifestyle coach provides facilitated group support and guidance on tactics to improve eating habits, physical activity, and other life choices over the course of 25 one-hour sessions.

Please email ydp@michianaymca.org for more information.

Personal Fitness

Personal Training

Our personal trainers can help you with weight loss, body toning, sport-specific training, injury prevention, rehabilitation, and more. Individual sessions start at \$35 for members. Please visit michianaymca.org for details.

Group Exercise

We offer over 70 group exercise classes at each location every week to serve every fitness level and interest. Check out our latest group exercise schedules for details.

Aquatics

We offer swim lessons and water aerobics as well as open lap swimming. Please see our current pool schedule for details.

Youth Strength Training

Twelve to fourteen year olds work with a wellness coach for three sessions to earn the right to exercise in our fitness centers on their own.

YOUTH DEVELOPMENT

Classes

Basketball Skills Class: Ages 4-9

Learn and develop basketball skills. We work on defensive and offensive skills, shooting, footwork, and much more. No experience necessary.

Pre-Y Basketball Class: Ages 2-3

Be part of this fun class for boys and girls where emphasis is placed on the child's development in basketball skills, while also working on gross motor skill development.

Parent participation is required.

Pre-Y Multi-Sport Class: Ages 4-6

Not sure what sport to try? Come out and try them all. We will cover basic gym games, soccer, basketball, and t-ball!

Volleyball: Ages 8-12

This class is great for all skill levels. We practice passing, setting, serving underhand, calling the ball, and general rules of the game.

Cheerleading: Ages 7-12

This class develops cheers, works on flexibility and range of motion, and will include jumps and mounts.

Tumbling/Gymnastics: Ages 2-6

Introduce your child to the basics of gymnastics. We teach somersaults, introduction to handstands, balance, and flexibility. **Parent participation is required.**



YOUTH DEVELOPMENT

Tae Kwon Do

Tae Kwon Do teaches effective techniques for discipline, self-confidence, self-control, healthy living, and service to our community. This program is designed to instill students with the basic tenets of success, integrity, honor, discipline, and mastering weaknesses.



Little Dragons: Ages 4 & 5

Kids learn the tenets of Tae Kwon Do: discipline, listening skills, stranger danger, bully defense, building the little warrior ethos, and basic Tae Kwon Do techniques. Students earn up to 9 stripes as they progress through the program.

Golden Dragons: Ages 6 & 7

Participants learn the tenets of Tae Kwon Do: discipline, helping others, listening skills, stranger danger, bully defense, building the little warrior ethos, and basic techniques. Students start as White Belts and can earn up to a Blue Belt in this program.

Beginner Tae Kwon Do: Ages 8 & Older

Kids start as a White or Yellow Belt and can earn up to a Black Belt in this program. They will learn to master their weaknesses. Students who have earned a rank at a different school may be able to start at that rank.

Advanced Tae Kwon Do: Ages 8 & Older

Already a Yellow with Green Stripe or Green Belt or higher? This program helps develop weapons defense, take-downs, advanced sparring, and forms. Students can earn up to a Black Belt in this program. Those who have earned a rank at a different school may be able to start at that rank.

Hapkido: Ages 15 & Older

Hapkido is the art of coordinated harmony of energy, which teaches advanced locks, throws, and take downs. This art focuses on proven street-level tactics that go to the core of self-defense. Students learn to fall properly, strike quickly and decisively, and to perform holds to subdue an attacker quickly. Note, this is a physical class that involves falling, rolling, and ground combative skills.

Sports Leagues

When kids play Y-Sports, they develop more than skills; they develop character. Our volunteer coaches model fairness and hard work while emphasizing teamwork, cooperation, and developing good values in this non-competitive program.

Basketball and soccer leagues are offered. See current schedule.

We offer a convenient way to communicate with parents about Y youth sports teams, coaches, game times, and practice schedules. Check out MichianaYSports.org for more information!

Dance

Beginner Ballet: Ages 3-6

Students will learn the basics of ballet as we discover movements, techniques and combinations through games and exercises.

Ballet II: Ages 6-8

Students will continue to build upon rhythm and coordination skills while incorporating more difficult movement. There will be an increase in ballet vocabulary, and the class will alternate between center and barre work. Stretching, strengthening, and floor exercises are incorporated. Along with the expanded ballet vocabulary, this class places an emphasis on musicality and its movement application. Students will practice dancing alone, with a partner, and as a group.



Jazz: Ages 7-12

Jazz is a hybrid of several dance forms and is driven by popular music and culture. Students will learn isolation of the torso and head as well as arms and legs.

Tap: Ages 6-12

Students will develop dance skills and learn combinations as they make musical rhythms with their feet. **Tap shoes required.**

YOUTH DEVELOPMENT

Swim Team

Riverview Family YMCA Only

Stingrays Swim Team (5 - 18 Years)

We are very proud of our 11-time Indiana YMCA State Championship team, not only for their wins, but also for their self-confidence developed through teamwork and individual excellence.

Kids may join the Stingrays any time of the year. Our seasons are September through March and May through July. Your child may join the team when able to swim a minimum of 2 lengths (50 yards) of both front crawl and backstroke and has been introduced to breast stroke.

Swim team members must be full members of the YMCA of Michiana. For more information or questions email swimteam@michianaymca.org

Safety Classes

Riverview Family YMCA Only

Lifeguard Training

Training in lifesaving skills such as lifeguarding and CPR present opportunities for youth to take on greater responsibility for themselves and others. Learn the skills necessary to handle emergencies.

For more information, contact Amy Milliman, Aquatics Director, at amilliman@michianaymca.org.

CPR/AED & First Aid

You will learn infant, child & adult CPR, rescue breathing, clearing an obstructed airway as well as how to use an AED. You will also learn basic first aid skills: control bleeding, basic splinting, F.A.S.T., R.I.C.E., and more. You must participate in 100% of the class and show competency in performing the skills in order to obtain certification. This is a 2-year certification. Bring a lunch. There is a minimum of 4 participants, and you must be registered two days in advance of class date.

Youth Swim Lessons

Riverview Family YMCA Only

Parent-Tot Swim Lessons

6 months - 3 years old with parent or adult guardian

We play games, sing songs, lightly splash in the water and blow bubbles to learn to feel comfortable in the water. Remember to bring rubber pants or swim diapers. Parent-Tot swim lessons are 30 minutes, beginning at the same time as the Progressive Lessons and ending 15 minutes earlier.

*Minimum of 5 participants per class.

Preschool / Progressive Swim Lessons

Our swim lessons are family friendly. You pick the day and time that works for you, and we do the rest. On the first day of class, we'll test and divide the kids by skill. Once divided, they will be with this group for the whole session. Parents are allowed on deck the first and last classes only.

PRESCHOOL LESSONS (3 - 5 years)

These lessons include levels: Mini Pike, Pike, Mini Eel and Ray.

PROGRESSIVE LESSONS (6 - 13 years)

These lessons include levels: New Polliwog, Experienced Polliwog, Guppy, Minnow, Fish, Flying Fish, and Shark.

Private Swim Lessons: Ages 5 Years+

Can't make our class schedule? Prefer more attention? You can set up an appointment for one lesson or more! Each lesson is 30 minutes and may be private, with a certified instructor, or family and friends can learn together in groups of 2 or 3 with one instructor. Available for ages 5 and up. Punch cards are available.

Please contact amilliman@michianaymca.org for more information.

Teen/Adult Swim Lessons

It's never too late to learn to swim, improve your skills or add swimming for cross-training. Improve your swimming abilities with our certified instructors. From beginning to advanced levels, you will learn about water hazards, boating safety, floating, jumping into water, return-to-entry-point, glides, and breathing skills. You will improve your backstroke, front/back crawl, breaststroke, butterfly, sidestroke, dives, flip turns, and gain confidence in and around the water.

Child Care

Before & Afterschool Care

During the school year, we provide a recreation-based program designed to fill time gaps before and after school with creative and constructive activities. Kids will have opportunities to foster their creativity and express their talents in many areas of interest taking advantage of all the Y has to offer.

Child Watch

Enjoy a good workout while your children play, explore, and learn with experienced, caring YMCA staff. We offer free drop-in childcare for up to two hours for those with full family memberships.

Family Programs: Drop-Off Child Care

Each month, we offer opportunities for free drop-off childcare if you need to run errands or just want some time to yourself. Available to those with full family memberships only.

Kids Night Out

On the first Saturday of each month during the school year, we offer Kids Night Out when we are open exclusively for kids. Children will choose between games, arts & crafts, Nintendo Wii, gym games, racquetball, and swimming. Dinner and a snack are provided.

SOYI: School's Out, Y's In!

While we follow the South Bend school calendar, we are OPEN when the schools are closed, even on snow days! You can rely on us to provide a fun-filled day program for your kids. From arts & crafts to games to swimming, all kids in grades K-6 can find a safe place to learn, play and grow. Just remember to bring a sack lunch, swimsuit, and towel.

YOUTH DEVELOPMENT

DAY CAMPS

Friendship • Accomplishment • Belonging

At the YMCA of Michiana, we offer day camps during major school breaks to help keep kids active and learning while school is out.

Our day camps offer a mix of fun and educational activities aimed at improving kids' well-being. Our activities help children:

- Learn and master skills
- Build friendships
- Find a place to belong

Summer Day Camp

Locations

Camp Cooper at the Riverview Family YMCA.
Edison Lakes Day Camp at The Res in Mishawaka.

Age-focused Camper Huddles

K1 Huddle for Campers Entering 1st Grade: This group is for our youngest campers. Campers and staff spend time together playing games and working on activities specifically designed to focus on motor skill and emotional development while fostering a sense of independence.

2/3 Huddle for Campers Entering 2nd and 3rd Grade: This is one of our biggest groups. This age group spends their afternoons engaging in activities that encourage goal setting and team building. Campers in this age group are really coming into their own in terms of likes and dislikes. We want to make sure that we are helping your child foster a strong sense of self-confidence, while learning to accept the differences in others as well.

4/6 Huddle for Campers Entering 4th-6th Grade: This group focuses on the needs of our oldest campers. Campers will participate in programs that fit the needs of an older age group. We focus on teamwork, sportsmanship, and fostering positive relationships with peers. We provide a safe place for these campers to be independent and provide them plenty of opportunities to choose specific activities.

Leaders Huddle for Teens Entering 7th or 8th Grade: Counselors in Training, CIT, is for our campers who aren't quite old enough to stay home alone all day and who want to learn responsibility in a camp setting over the summer months. CITs get to work side-by-side with our camp staff and coordinators to help plan/run activities, assist in our daily camp operations and much more. Campers will be given opportunities to learn job skills as well as take on responsibilities that are different from being just a camper.

Spring and Winter Break Day Camps

We offer day camp services during the South Bend School Corporation's spring and winter breaks at the Riverview Family YMCA.

Spring Break Sports Camps

Pre-Y Sports Camp: Ages 4-6 yrs

Get a taste of all our YMCA Sports programs during Spring Break Week. Monday - Thursday. Basketball, football, soccer, and t-ball.

School Age Sports Camp: Ages 7-12

Get a taste of all the sports programs the Y has to offer. Monday - Thursday. All skill levels welcome. Basketball, football, soccer, and baseball.

YMCA Camp Eberhart

The Y has a long, proud history in camping activities and YMCA Camp Eberhart has been committed to nurturing youth development for more than 100 years. Not only do we provide a lifetime's worth of skills and experiences, but YMCA Camp Eberhart also strengthens the foundations of our communities by helping our campers become better people.

We are a haven for learning and achievement for all children with the core values of caring, honesty, respect, and responsibility at the heart of everything we do.

We offer day camp, overnight camp, and specialty camps for kids. We even offer backpacking trips to provide a truly unique opportunity to learn self-reliance and confidence.

In addition to youth camping, we offer outdoor education for youth and adults, family camps, and corporate team building.

Please visit ymcacampeberhart.org for more information.



SOCIAL RESPONSIBILITY

In addition to offering the equipment and facilities that you would expect at a fitness facility, the Y offers so much more to make you and your community stronger.

Here are a couple of programs that we offer to help improve lives and build strong individuals and families. These programs are provided free of charge and are supported by charitable donations and grants.

Please note that these programs are not currently open enrollment as we work directly with local schools to recruit children.

Summer Learning Loss Prevention

We know that resource-challenged kids who don't read at grade level by the third grade are significantly less likely to graduate high school. Our Summer Learning Loss Prevention Program provides literacy instruction to first and second graders reading below grade level to help them succeed in school and life.

Michiana Swims

For children ages 1-14, fatal drowning is the second-leading cause of unintentional injury-related death.

Michiana Swims saves lives by providing local second graders with free swim lessons to teach them safety and confidence around water.

Download our app to view current group exercise and pool schedules as well as youth programs.

Search for YMCA of Michiana in your app store.



