

MARK YOUR CALENDARS

MEMBERSHIP DRIVE

Resolution Solution, Join with no join fee

Jan 2 - 31, 2017

MIND OVER MATTER

12 week weight loss support group meet once a week

\$80 for members, \$120 for community

Begins January 9th

GLOW PARTY

Pound & Zumba Party to help support YMCA Strong Kids, Strong Community Campaign and Children's Miracle Network.

6-8:00pm, February 3rd

HEALTHY KIDS DAY@

Healthy Kids Day@ is a **FREE** community event full of fun activities meant to help build on the incredible potential inside each and every child. Bring the family for a healthy, fun-filled day in the YMCA parking lot! **No join fees** on memberships this day!

Saturday, April 29, 10-12:00

QUEST SPIRIT RUN

Girl Quest Boy Quest 5k Run/Walk

May 20th at 9:00 a.m.

SPLASH WEEK

SPLASH is a **FREE** water safety and basic swim program for children ages 3-14. Check our website for registration details.

May 30-June 2

SUMMER DAY CAMP

Jackson YMCA summer day camps are all about discovery. Kids have the opportunity to explore nature, find new talents, try a variety of activities, and make lasting friendships and memories. Camp is offered to ages 4-14 from **June 12-August 18**. Check out our website for more details!



Download our Jackson YMCA App for updates and alerts!



LIKE JACKSON YMCA ON FACEBOOK

JACKSON YMCA

127 W. Wesley St. Jackson, Michigan 49201
517.782.0537 Jacksonymca.org



Our Mission:

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

Our Core Values:

Honesty, Caring, Respect, and Responsibility

The YMCA mission driven charity. An individual will not be denied membership or program participation due to proven inability to pay. **Financial assistance is available to those who qualify.**

FUN TIMES ARE WAITING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JACKSON YMCA
Winter-Spring Brochure
January-May 2017





SPORTS

The Y is the starting point for many youth to learn about becoming and staying active and developing healthy habits they'll carry with them throughout their lives.

The benefits are far greater than just physical health. From building stronger skills to gaining self-confidence, youth sports at the Y are about more than just the game, they are about building the whole child, from the inside out.

WINTER SPORTS LEAGUES

Basketball / Indoor Soccer / Cheerleading

Co-Ed Ages 4-9
Members: \$25 Community: \$40

- **Winter I:** January 19 - February 18
- **Winter II:** February 25 - March 25

GIRLS VOLLEYBALL

Members: \$35 Community: \$55

- **Session I:** January 21 - February 18
 - **Session II:** February 25 - March 25
- Two Divisions:** 3rd-5th & 6th-8th
Day & Time: Saturdays, 1:00-2:30pm

SPRING SPORTS LEAGUES

Members: \$30 Community: \$45
April 8- May 20

- **Spring Soccer** Co-Ed, Ages 3-5
- **T-Ball** Ages Co-Ed, 4-5
- **T-Ball** Ages Co-Ed, 6-7



GYMNASICS

Members: \$35 Community: \$55

Sessions run monthly January-May

Parent Child Tumbling (Walking - 3 Years)

Tues/Thurs, 5:15pm-5:45

Bronze - Intro to Gymnastics (Ages 3 and Up)

Tues/Thurs, 5:00pm-5:45pm

Silver - Basic Skills (Ages 3 and Up)

Tues/Thurs, 5:50pm-6:35pm

Gold - Advanced Skills (Ages 3 and Up)

Tues/Thurs, 6:40pm-7:25pm

Platinum - Routine development (Ages 3 and Up)

Tues/Thurs, 7:30-8:15

AIKIDO

Aikido is a non-competitive art based on the philosophy and martial arts of the Japanese Samurai.

Members: \$20/mth

Community: \$40/mth

Ages: 5 - 13

Thurs: 6:00-6:45pm, **Sat:** 11:00-11:45am

TAE KWON DO

Tae means kick or to strike with the foot, Kwon means fist or to strike with the hand, Do means discipline or art.

Members: \$28/mth

Community: \$38/mth

Ages: 8-13

MWF; 4:00-5:00pm



OPEN ROCKWALL

Tues/Thurs 6:00-8:00pm

Members: FREE, Community: \$8

SWIM TEAM

The Jackson YMCA ORCA Swim Team is a fun swim program for youth ages 5-17 to improve swim strokes and learn to swim competitively. The philosophy of YMCA swimming is that, "Everybody Swims, Everybody Wins." For more information please contact Coach Sean at coach-sean@orcrasofjackson.com.

SWIM LESSONS

YMCA lessons use a learn to swim progression from water orientation to stroke development that meets the needs of swimmers at all levels. Participants learn water safety skills and stroke development in a fun and supportive environment that emphasizes character development and physical fitness. Each age has a range of classes for appropriate development and growth of various ability levels. We offer lessons throughout the week on Mon/Fri, Tues/Thurs, or Saturday mornings.

Session Dates:

Winter II: Jan 9 - Feb 4, **Winter III:** Feb 6 - Mar 4, **Spring I:** Mar 6 - Apr 1, **Spring II:** Apr 3 - 29, **Spring III:** May 1 - 27



Membership Special:

Resolution Solution,

No join fees Jan 2 - 31, 2017

SCHOOLS OUT Y's OPEN

AFTERSCHOOL



BUS-IN AT THE Y

The Bus-In Program at the Y engages kids in physically active, learning and imaginative activities. The YMCA Blue Bus picks up kids at local elementary schools after school up to five days per week and brings them to the YMCA. Kids will participate in various activities including seasonal crafts, Swim Lessons, Kid's Zumba, rockwall, and Ninja Warriors. Available Mon-Fri from school dismissal till 6:00. School out days offered at the YMCA when school is off.

Full-Time (3-5 days per week):
 \$45/members & \$65/community

Part-Time (1-2 days per week):
 \$25/members & \$45/community

**The YMCA follows Jackson Public School's Calendar.

AFTERSCHOOL AT PARAGON CHARTER ACADEMY

The after school program runs five days per week from school dismissal until 6pm. The kids will participate in various activities including art, sports, and games, that help make friends and build character through the Y's Core Values of honesty, caring, respect, and responsibility.

Full-Time (3-5 days per week):
 \$30/members & \$40/community

Part-Time (1-2 days per week):
 \$15/members & \$25/community



SPRING BREAK CAMP 2017

Doesn't spring break seem to catch us all by surprise every year? Luckily, we offer Spring Break Camp!

Hours: Drop off 7-9am, Pick-up 5-6pm

Ages: 4-14

Dates and Prices:

April 3-7 **Members:** \$125/wk & **Community:** \$145/wk

SCHOOL-OUT DAYS AT THE Y

When Jackson Public schools are closed due to weather or planned days off, the YMCA will have all day camp from 7:00am-6:00pm. \$25/members & \$35/community

LAZY TRIATHLON

February 6- March 10



Come out of hibernation and join us for a Lazy Triathlon! Run, bike and swim your way to better health at your own pace. Cost is \$20 for members. Tri it to get active, Tri it to have fun, or just Tri it for the T-Shirt!

PARENTS NIGHT OUT

Parents Night Out is a fun night for the kids! Parents go out to eat, enjoy some time away, we've got your kids and they will love it! Kids will have dinner, swim, play gym games and more. Don't miss out! Parents night out is the first and third Friday of the month.

Ages: 4-14 **Times:** 5:30pm-9:00pm
Members \$8 **Community** \$18

(\$5 fee added for same day registration)

Upcoming Themes:

Jan. 6th	Pj Party
Jan. 20th	Breakfast For Dinner
Feb. 3rd	Polka Dots
Feb. 17th	Sports Night
Mar. 3rd	Wet 'n' Wild
Mar. 17th	Favorite Stuffed Animal
April 7th	Blast from The Past
April 21st	Disney
May 5th	Hipster
May 19th	Super Hero



BOOK YOUR EVENT

At the Y we are more than happy to accommodate your event.

Our Base Package Includes

- One hour in the party room
- One activity
- A party host

Activities Available

- Swimming
- Rock Wall
- Gym Games
- Gymnastics

# of Kids	Members	Community
0-10	\$60	\$80
11-15	\$70	\$90
16-20	\$80	\$100



Additional activities are \$30 each. All activities are one hour in length.

GIRL QUEST BOY QUEST

A running and enrichment program for kids grades 3-7 in and around Jackson, MI. Training program for kids with a goal of completing a 5k run at the end. We focus on health and fitness and positive self-image. Want to join a team or have questions, please contact Jennie@jacksonymca.org

Spirit 5k Run/Walk: May 20 @ 9:00 am

Spring Session: March 6th - May 22nd

K-CLUB

K-Club is a program available to children ages 6-10 while parents are participating in YMCA programs. Parents are welcome to bring their children Monday-Thursday 4:30-7pm. K-Club is a great way to get your child involved in healthy activity, while you achieve your wellness goals. **Free for members & \$5 for comm.**

