

SPECIAL EVENTS



October 7

Pink Ribbon Party

A high-energy Zumba party; benefits Turning Point program for breast cancer survivors.

Time: 6 pm Location: Downtown

Cost: \$10 donation

October 29

Halloween

Fun for the entire family! Inflatables, floating pumpkin patch, mitten giveaway.

Location: Downtown YMCA

Time: Noon - 2 pm

Cost: FREE community event

November 11

Party for a Cause

Celebration of our Strong Kids Strong Communities campaign. Now on Friday!

Location: A1CU Event Center

Time: Doors open at 5:30 pm

Cost: \$50 members /\$60 community

WE ARE OPEN ON THANKSGIVING!

Get your workout in before your Thanksgiving Day celebration! We will be open on Nov. 24 from 7-10 am downtown.

Wellness Center, gyms and pools will be open. Special community rate for day passes: \$10 individual and \$20 family.

Have family visiting? Bring them to the Y with you! Stay tuned for holiday classes at our Summit Branch.



OPEN ROCK WALL

Drop-in Tuesday & Thursday nights from 6-8 pm.

FREE for members; community rate is \$14/indiv., \$25 per family. Tues. nights begin Sept. 6

MARTIAL ARTS

AGES 6+

Taekwondo

This martial art promotes self-defense, self-discipline, inner strength and endurance. Held at our Summit Branch.

M and W | 6-7 pm Beginner
7-8 pm Intermediate

Monthly | \$54 Members; \$74 Community

Aikido

Martial art based on harmony rather than conflict. Held downtown. Youth and Adult.

Saturday | 10-11 am (Y); 11 am-12 pm (A)
Tuesday | 6-7 pm (Y); 7-8 pm (A)

Monthly | \$54 for Members; \$74 Community



2022

Mid-August
through November

FALL

PROGRAM GUIDE

Downtown Hours

Summer Hours

June-September

M-F: 5 am to 8 pm

Sat: 7 am - 3 pm

Sun: Closed

Winter Hours

October-May

M-F: 5 am to 8 pm

Sat: 7 am - 5 pm

Sun: 11 am - 3 pm

Summit Hours

Summit is available for 24/7 access as a YMCA membership add-on.

See Group Ex Schedule for Summit class times

MEMBERSHIP SPECIALS

Oct. 1-31, 2022

Fall is for Families

Look for membership specials and fun family activities!

Coming this winter
Stay tuned for holiday specials

JACKSON YMCA

D: 127 W. Wesley St.

S: 2151 Ferguson Rd.

517.782.0537 JacksonYMCA.org

STAY CONNECTED ON SOCIAL MEDIA!



YOUTH PROGRAMS

After School Classes for Kids - Enroll Today!

When the school day is done, kids can stretch their legs, burn off energy and have a great time at the Y! Parents can get a workout or some "me" time while kids learn, play, and grow.

Choose your 6-week Adventure:

Swim IQ: Swim time, games, and development

Rock Climbing: Games and challenges

Appetite for Adventure: Kid-friendly recipes with delicious results



Session dates:

Sept. 12-Oct. 20 & Oct. 24-Dec. 8

Classes available Mon.-Thurs., 4:30-5:30 pm

Limited transportation may be available from schools below.

Pre-registration is required!

Transportation

M: Northwest

Tu: St. John's, St. Mary's, Queens

W: Michigan Center

Th: Dibble/Sharp Park

Cost for drop-off

\$44 Members; \$64 Community

With Transportation and snack

\$54 Members; \$74 Community

On-site care available M-F at Paragon. Begins Aug. 29. See website.

Program registration opens Aug. 15 in person or JacksonYMCA.org

Drop and Shop

Save the dates! Just in time for the holidays. Bring your kids to the Y for fun while you shop or relax. Activities include snack, swimming and holiday fun.

Dates

Saturday, Nov. 26

"Cookie Pajamarama"

Saturday, Dec. 17

"Wacky Tacky Sweater Weather"

Times

10 am - 1 pm

Ages

6-12

Cost per child

\$19 members/\$24 community

AQUATICS

Youth Swim Lessons

***NEW 8-class curriculum. More instruction time!** Build confidence and teach kids life-saving skills. Ages 6 months to 12 years. See flyer for information on times and swim levels.

Mon./Wed. sessions **Saturday sessions**

Sept. 12 - Oct. 5

Sept. 10 - Oct. 1

Oct. 10 - Nov. 2

Oct. 8 - Oct. 29

Nov. 7 - Nov. 30

Oct. 5 - Nov. 26

Dec. 5 - Dec 14*

*Holiday mini session

Cost per session (Members/Community):

M/W: \$54/\$74 Sat./Holiday: \$27/\$37

Orca Swim Team

Competitive student swim team. Team practices/competes year-round. Must be a Y member to participate. \$54 per month.

Adult Aqua Classes

Get a great, low-impact workout!

Aqua Zumba

A fun, invigorating dance party!

Tu & Th | 6-7 pm

Saturday | 12:15-1:15 pm

Cost per class:

Free for members; \$14/class for community

Aqua Fit

Cardio and strength/toning workout.

M-F | 10-11 am Sat. | 9-10 am

Cost per class:

Members: \$8 per class/\$22 monthly

Community: \$14/\$98 for 10-class card



*NEW Preschool Swim & Gym

Drop off kids ages 3-5 on Wed. am for activities, games, and pool time. Parents are welcome to leave the facility! Monthly registration required. Begins Sept. 7.

8:30 - 10:30 am

\$44 members; \$64 community

Kid's Zone

Child watch for ages 6 weeks to 8 years while you are in the facility. See brochure for hours.

Free for Y Family/Household Members
\$5/child Adult Members/Community

Winter Break Camp!

Mark your calendars for our annual day camp, Dec. 26-Jan. 6. Look for complete details this fall.



Join us for our FREE Youth Sports Open House!

Saturday, Sept. 10, 9-10 am

Drop in, meet our staff and try out a new sport.

Session I: Sept. 17 - Oct. 22 **Session II: Oct. 29-Dec. 3**

Programs are Saturdays, 9-11 am; locations listed below

Soccer (TBA)

Ages 3-4 & 5-7

Tumblebugs (YMCA)

Ages 3-4

Flag Football (TBA)

Ages 7-9 & 10-12

Rock Climbing (YMCA)

Ages 5-7 & 8-12

Programs are weekday evenings, 5:30-6:30 pm, Downtown

***NEW Sports Conditioning, Ages 7-12**

This program gets kids active and ready for the winter season. 6-week session. Starting dates Sept. 15 & Oct. 28

***NEW Tai Chi, Ages 7-12**

6-week session. Starting dates Sept. 12 and Oct. 24

Cost per session for all youth sports:

\$44 Members; \$64 Community

NEW!

ADULT HEALTH & WELLNESS

Adult Flag Football (18+)

Join us for this fun, new program!

Held Saturdays, Sept. 17-Oct. 22

11 am; Location TBA

\$44 members; \$64 community

Racquet Sports

Pickleball

Enjoy Pickleball, a paddle sport for all ages and skill levels. Begins in the fall.

M-F | 8:30-10:30 am

Free for Members; \$14 Community

Racquetball

Courts: Two racquetball

Free for Members; \$14 Community

Note: All programming subject to change/availability

Group Ex/Personal Training

Visit our website for schedules and pricing.

Specialty

Rock Steady Boxing

Tu & Th | 1:15-2:55 pm at our Summit Branch

Friday | Optional strength class, Downtown

Pedaling for Parkinson's

Mon & Wed | 11 am-noon at our Downtown Branch

Contact mailynn@jacksonymca.org for info.

Turning Point

Support program for breast cancer survivors.

Tuesday | 6-7 pm in the Wellness Center. Contact

turningpoint@jacksonymca.org.

Gym and Indoor Track

Open for use, no reservations required.