

SPECIAL EVENTS

Nov. 26-Dec. 20 The Giving Tree

Help us give families a great Xmas; select an ornament and bring unwrapped gifts to the front desk.

Location: Downtown YMCA



Dec. 26-Jan. 6 Winter Break Camp

Ages 5-14; daily 8:30 am-5 pm.

Dates: Dec. 26-30 and Jan. 2-6

Weekly rate

Members \$149, Community \$199

Dec. 25-31

Member Appreciation Week

All group ex classes are free this week AND members can bring a guest to class/no charge.

Jan. 2 -16

Celebrate the New Year!

Start your 2023 off by celebrating YOU, with \$0 join fee specials.

Jan. 23 - March 20

Shape Up Jackson

Build healthy habits in this annual weight-loss competition from K105.3

Details: Sign up in Jan. at k1053.com

March 3

YMCA Birthday/Glow Party

Join us as we celebrate 127 years, with Membership specials and a Zumba Glow Party.

Location: Downtown; details early next year

Download our APP!

Stay connected
with our app!



Available in the
App Store
or Google Play, download
YMCA Universal App.

Features include check in for you and your family, Y news, push notifications, class schedules, on-demand content, and much more. Download it today!

MARTIAL ARTS

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

STAY CONNECTED ON SOCIAL MEDIA



2023 PROGRAM GUIDE WINTER

Celebrate the New Year with \$0 Join Fees!

We want to help you start the year off right with \$0 Join Fees, January 2 -16. That's up to \$100 in savings!



- And...as a member, you can also access our Summit Branch 24/7, when you upgrade for \$4.99 a month and purchase an access card.

Downtown Hours

October-May

M-F: 5 am to 8 pm

Sat: 7 am - 5 pm

Sun: 11 am - 3 pm

JACKSON YMCA
D: 127 W. Wesley St.
S: 2151 Ferguson Rd.
517.782.0537
JacksonYMCA.org

YOUTH PROGRAMS

Sign up now
at JacksonYMCA.org

After-School Adventure

Kids can spend a fun afternoon at the Y! Monday through Thursday we will provide transportation from local schools to the Y for a choice of:

- Swim IQ: Learn Splash Grow
- Thrills and Skills: Rock Climbing
- Appetite for Adventure: Cooking
- Extreme Sports: Pickleball, Soccer, Basketball

Monday-Northwest

Tuesday-Queens, St. Mary, St. John

Wednesday-JPS Hunt, Dibble, Sharp Park

Thursday-Keicher and Arnold (Michigan Center)

Time: After school until 5:30 PM

Snack included

Cost Per Session:

Please visit our website JacksonYMCA.org for details

Financial assistance is available



WINTER SESSION I

Begins Jan. 16, 2023

WINTER SESSION II

Begins Feb. 27, 2023

Kids Zone

Pursue your health and wellness goals while your kids are cared for in a positive environment. Ages 6 weeks to 8 years.

M-F | 8 am-7:45 pm

Sat | 8 am-1 pm

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

OPEN ROCK WALL

Drop-in Tuesday & Thursday nights from 5:30-7:45 pm, Saturday afternoons from 11:15-1:30. FREE for members; community rate is \$15 per individual, \$30 per family.

Winter Youth Sports

Participants will learn new skills, burn some energy, and interact with their peers in a fun, safe environment.

Session Dates: Jan. 21-Feb. 25 and Mar. 4-April 22

Soccer

Intro to Soccer (Ages 3-4)

Youth Soccer (Ages 5-8)

Basketball

Intro to Basketball (Ages 3-4)

Youth Basketball (Ages 5-8)

Gymnastics (Tumbling Only)

Intro to Tumbling (Ages 3-5)

Youth Tumbling (Ages 6-12)

Rock Climbing

Intro to Rock Climbing (Ages 5-12)

Cost per session:

\$44 Members; \$64 Community

See flyers for complete details; see separate listings in this guide for Martial Arts and Swim Team.



AQUATICS

Group Swim Lessons

Build confidence and learn life-saving skills. Ages 6 months to Teen/Adult. See flyer for information on times and swim levels.

Mon./Wed. sessions

Jan. 9-Feb. 1

Feb. 6-March 1

March 6-29

Saturday sessions

Jan. 7-28

Feb. 4-25

March 4-25

Mon./Wed. cost per session:

\$54 Members; \$74 Community

Saturday cost per session:

\$27 Members; \$37 Community

Orca Swim Team

Join the Orca competitive swim team, open to ages 5-17. Must be a Y member to participate. Contact orcaswimteam@jacksonymca.org for more information on how to join!

Cost per month: \$72

Adult Aqua Classes

Aqua Zumba

A fun, invigorating dance party!

Tu & Th | 5:30-6:30 pm Sat | 12:30-1:30 pm

Cost per class:

Free for members; \$15/class for community

Aqua Fit

Cardio and strength/toning workout.

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

Cost per class:

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

Community: \$15/\$98 for 10-class card

Private Swim Lessons

Contact alexa@jacksonymca.org to schedule private or semi private lessons. Open to all ages and swim abilities.

Four 45 minutes lessons cost

\$98 Members; \$138 Community

ADULT HEALTH & WELLNESS

Racquet Sports

(As of Jan. 1, 2023)

Pickleball

Enjoy Pickleball, a paddle sport for all ages and skill levels.

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

Free for Members; \$15 Community

Racquetball

Courts: Three racquetball/one squash

Free for Members; \$15 Community

Gym and Indoor Track

Open for use, no reservation required.

Group Ex/Personal Training

Visit our website for the monthly schedule of group exercise classes; contact the front desk for personal training pricing and information.

Specialty

Rock Steady Boxing

Non-contact fitness program designed for people with Parkinson's.

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

Contact mailynn@jacksonymca.org for info.

Turning Point

Support program for breast cancer survivors;

Contact frontdesk@jacksonymca.org for info.

