

Battle Creek **Family YMCA**

PROGRAM & MEMBERSHIP INFORMATION
OCTOBER 5, 2009 - MAY 30, 2010

SOMETHING FOR EVERYONE - KIDS - TEENS - ADULTS - SENIORS



Holiday Closings

- November 26** - Thanksgiving
- December 24** - Christmas Eve
Closed at 12:00 pm (Noon)
- December 25** - Christmas Day
- December 31** - New Year's Eve
Closed at 5:00 pm
- January 1** - New Year's Day
Open from 10am to 5pm
- April 4** - Easter Sunday
- May 31** - Memorial Day

Main Building Hours

- Monday - Thursday**
5:30am - 9:30pm
- Friday**
5:30am - 8:30pm
- Saturday**
7:30am - 5:00pm
- Sunday**
10:00am - 5:00pm

Multi-Sports Center Hours

The Multi-Sports Entrance on Cherry Street is closed Monday-Friday 8:30am - 4:00pm. Members and guests must access the Multi-Sports Center through the Family YMCA Main Entrance during these times.

- Monday - Thursday**
8:30am - 8:30pm
- Friday**
8:30am - 7:30pm
- Saturday and Sunday**
10:00am - 5:00pm

Multi-Sports Center available by 24 hour advance reservation for volleyball, tennis, and batting cage reservations.

Child Watch Hours

- 6 weeks - 6 years old
- Monday - Saturday**
8:30am - 12:30pm
- Monday - Thursday**
4:00 - 7:30pm

Y in the Sky Hours

- 6 - 12 years old
- Monday - Thursday**
4:00 - 7:30pm
- Saturday**
8:30am - 12:30pm
- Holiday & Spring Break hours will be posted.

**FOR MORE THAN 120 YEARS, IT'S STILL ABOUT THE FUTURE
BUILDING STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES**

This brochure covers session dates:

- 09F2 - November 2 - December 19, 2009
- Begin To Swim Week: January 4-8, 2010
- 10W1 - January 11 - February 20, 2010
- 10W2 - February 22 - March 31, 2010
- 10SP - April 12 - June 5, 2010

**Register
NOW!**



**ACTIVATE
BATTLE CREEK**

MEMBERSHIP INCLUDES:

Aquatic Center

25 Yard Pool (82 degrees): Lap Swim
Therapy Pool (90 degrees) Therapy Classes
Both pools: Swim Lessons, Family Swims,
Water Exercise, Pool Party Rentals

Multi-Sports Center

Tennis, Volleyball, Basketball Courts,
Racquetball, Batting Cage (seasonal),
Soccer, Climbing Wall, Lock-Ins,
Team Practices, Tournaments, Leagues
FREE court time! (limited, see MSC)

Robert B. Miller, Jr. (HEC) Health Enhancement Center

Must be at least 13 yrs: Hammer Strength,
Icarian, Nautilus, 70+ Station
Cardiovascular Center, Broadcast TV,
2 Aerobic Studios with **FREE** Fitness
Classes, **FREE** Equipment Orientation.

Wellness Center

Must be at least 18 yrs: Cybex Equipment,
Total Body Arc Trainers, Personal TV's on
equipment, **FREE** Fitness Classes and
FREE Equipment Orientation

FREE YMCA Fitness Classes:

Over 80 Fitness Classes per week in the
Health Enhancement Center (HEC),
Wellness Center and Pools (Water Aerobics)
are **FREE** to Members 13+ yrs in Studios,
(Wellness Center classes 18 yrs+).
Please see Fitness Class Schedule available
online or at the Welcome Center for days &
times of classes.

Family Membership includes

FREE Child Watch

and **FREE** Y in the Sky!

(see front of brochure for hours/days)

Child Watch (6 WEEKS-6 YRS)

FREE to children with family memberships!
Parents or legal guardians sign youth in
and out and must remain in the building
at all times. Adventure Play Area, Games,
Movies, Infant Room, Computer Area,
Circle Time, CPR Certified Staff

Y in the Sky (6-12 YRS – students over 12 must have approval of Youth and Family Director)

FREE to children with family memberships!
Parents or legal guardians sign youth in
and out and must remain in the building at
all times. Youth Fitness Area, Youth Weight
Equipment, Ping Pong, FoesBall, Games,
Computer Area, Arts & Crafts, Movies,
Sports Wall, Track, Climbing Wall, and
Open Play Area

Teen Strength Training

A strength training class for teens 13-18 yrs,
held on Saturdays 10:00am - 11:00am
Fee: **FREE to Teen Members**
Contact: Julie Santure Ext. 130

Member Benefits Also Include

- Reduced program fees on Swim Lessons
- Reduced program fees on YMCA programs
- Exclusive "Members Only" programs

Try the Y Tuesdays

Third Tuesday of Every Month, Members can
bring in a prospective member as their guest.
Bring in a friend, neighbor, or colleague to
work out with you! One visit per year per
guest. Please call the Welcome Center, Ext.
105 or 104 for guidelines and information.

Wellness Series

Each month the Family YMCA will incorporate
a specific health and wellness topic into
member services and programs - during the
month watch for: Special Events, Educational
Promotions and Special Children's Activities.

Membership Appreciation Days

- October 28, 2009
- December 9, 2009
- January 6, 2010
- February 10, 2010
- April 21, 2010
- June 9, 2010
- August 4, 2010



Membership Options Include:

Corporate Memberships

The YMCA is a great place to get your
employees healthy, fit and motivated!
A YMCA representative will work with your
Human Resource department to design
an individualized membership plan.
Corporate memberships are offered at
a reduced group rate.
Ask us about the "Company of the Week".
Contact: Julie Tindol, Ext. 103.

Open Doors Scholarship

The Battle Creek Family YMCA offers
reduced fee membership and program fees
to individuals and families who qualify with
documented financial need.
Contact: Welcome Center, Ext 104/105
to receive a scholarship application form
or download at www.ymcabattlecreek.org

Commit to be Fit

SEPT 22 - NOV 19: 5-6pm

Join Anytime during the Program!

Community Based Fitness Program.
Program Designed for Women with 25
or more pounds to Lose
Fee: \$3 PER CLASS for community.
Contact: Julie Santure Ext 130

100 Mile Club

SEPT 28 - DEC 4

Accumulate your miles and Build a Better
You! Win an improved body, mind & spirit!
Fee: \$10 Members
Contact: Heather Coats, Ext 141
(SESSION: 09F1 AP-100MI)

Lights on After School

OCT 22 - 5:00-7:00pm

Fee: **FREE** for families in the Battle Creek
Community.
Contact: Mary Proulx, Ext 125

Holiday Holdout

WEIGH IN:

Monday, Nov 23 OR Tuesday, Nov 24

WEIGH OUT:

Wednesday, Jan 6 OR Thursday, Jan 7

Fee: **FREE to Members**

Contact: Wellness Coach, Ext.141

Begin to Swim

JAN 4 - 8, 2010

Youth classes for children K-4th grade.
See registration form for times/classes.
Fee: \$10 for community.
Contact: Kimberly Akins, Ext 126
(SESSION: 2010 AQ-BTS/TIME)

Choose to Lose

Coming January 11, 2009

Weight loss program designed with
personal attention with weekly weigh ins
& educational information to help you
reach your goals (similar to Biggest Loser)
Fee
Contact: Wellness Coach, Ext. 141
(SESSION: 10W1 AP-CHOOSE)

Weight Watchers Family Get Active

The YMCA's Get Active Program is
partnering with Weight Watchers Family
to create a healthy family weight program.
Contact: Mary Proulx Ext 125
Fee: \$99 for program
MEMBERSHIP TYPE: GETACTIVE
PROGRAM ONLY: SESSION: 09F2 OR 10W1 GETACT/WW

PALM (Pedal Across Lower MI)

February 8 – April 2, 2009

Indoor biking challenge.

Fee

Contact: Wellness Coach, Ext 141
(SESSION 10W2 AP-PALM)

8th Annual Indoor Triathlon Feb 26 And 27, 2010

Registration begins January 2, 2010,
SWIM/BIKE/RUN
Individuals, children, or 3 person teams
swim, bike, and run in segments!
Fee: See flyer for registration and rules.
Contact: Julie Santure, Ext 130
(SESSION: 2009 AP-TRI)

Please note: Youth 12 years and under must be accompanied by an adult
18 yrs or older, or participating in a program.
Parent/Guardian must remain in the building at all times.

HEALTH & FITNESS

Whatever your fitness level, we have the program for you!
Our Schedules are on the web: www.ymcabattlecreek.org

To Help you on the Path to Wellness:

Aerobic Classes are FREE with your membership! We have over 80 ongoing classes per week, for all levels of fitness including yoga, pilates, kickboxing, circuit, Y-pump, spinning and zumba!

Silver Stars

Therapeutic/Beginner Class:

Workout designed for seniors, using chairs, bands and balls. Held in the HEC.

When: Mon & Wed 10:00am - 10:45am

Fee: **FREE to Members**

Contact: Heather Coats, Ext 141

Supervised Exercise Class

This class is designed for those who need to be monitored during exercise or who have coronary heart disease. Held in the HEC

When: Mon, Wed, Fri 9:30am - 10:15am

Fee: **FREE to Members**

Contact: Julie Santure, Ext 130

Twinges in the Hinges (POOL)

Help alleviate the discomfort of arthritis in our soothing 90 degree Therapy Pool

Excellent beginners low impact program.

When: Mon through Fri 11:00am - 11:45am

Mon, Wed & Fri 9-9:45am

Fee: **FREE to Members**

Non members must purchase \$10 day pass

Contact: Kimberly Akins, Ext 126

Health Screening

In conjunction with Regional Medical Lab, the YMCA offers a complete health screening analysis at a reduced rate with results (completely confidential) mailed to the participant. Tests include Chemistry Health Screening 19 tests; lipid panel, partial blood count, urinalysis and PSA, TSH, and Homocysteine.

Fee: Charged according to testing selected.

Contact: Julie Santure, Ext 130

Wellness Resource Center

The Battle Creek Family YMCA in conjunction with Kellogg Community College Student Nursing Program offers wellness education and screenings.

Mondays: 9:30am - 11am

Wednesdays: 8:30am - 11am

Fee: **FREE to Members**

Contact: Julie Santure, Ext 130

Massage Therapists Certified/Insured



Spa visit by appointment only.

Susan R. Pellandini, RDH, BS, MMT
269-986-0641 / siouxpell@juno.com

Dave White, CMT, AS
269-209-2846 / Dwwwhite100@aol.com

Michelle Silsbee, CMT, CPR/AED
517-403-1465 / mashellynn@gmail.com



The Wellness Coaches at the Battle Creek YMCA have extensive experience on the equipment in the HEC and Wellness Center. members with any questions should contact Heather Coats, Ext 141.

25 Yard and Therapy Pools

Lap Swim is held every weekday from 6-9:30am, 10:15-1:30pm, Mon & Wed, 3:30-4pm; Tues, Thurs and Fri. 3:30-6pm.

Saturdays lap swim is 8-11am.

Adult Swim and Family Swim is scheduled in both pools. Schedule may vary due to events and programs. Please check with the Welcome Center, Ext 104 or 105

Pools are closed Sundays early May -October.

Water Aerobics

Water aerobics are a great way to exercise. Set your own pace and intensity level with little or no impact on your joints. Class times may vary due to events, please check with the Welcome Center, ext 104 or 105.

Therapy Pool 90 degrees-shallow:

Mon, Wed, Fri 6:15am-7am; 7:30am-8:15am

Mon & Wed, 5:30pm-6:15pm;

Tues & Thurs 6-6:45pm; Sat 9am-9:45am;

25 Yard Pool 82 degrees - shallow-medium

Mon, Wed & Fri 9:30am-10:15am

Fee: **FREE to Members,**

Non members \$10 day pass

Contact: Kimberly Akins, Ext 126

Water Aerobic Classes are FREE With Your Membership! We have over 25 Water Aerobic Classes per week.



Please note: You must be 13 years old to use the Health Enhancement Center, and at least 18 years old to use the Wellness Center at the Battle Creek Family YMCA. Youth 12 and under have equipment made especially for their age group in the Y in the Sky.

FREE Equipment Orientation

When you join the Battle Creek Family YMCA, we want you to feel comfortable with the fitness equipment and enjoy your workouts.

Our Wellness Coaches are trained to provide basic instruction on fitness equipment and to assist you in beginning your fitness program.
Contact: Welcome Desk, Ext 104 or 105 to set your appointment today.

Small Group Personal Training

Workout will include both cardiovascular & strength/conditioning.

Class size is limited to 6

Held in the Health Enhancement Center (HEC).

6 one hour sessions.

Fee: \$56 Members

Contact: Julie Santure, Ext 130

Certified Personal Trainers:

Geno's Class: Fri 9am-9:45am

Session 09F2: Oct 23 - Nov 27

Session 10W1: Jan 8 - Feb 12

Session 10W2: Feb 19 - Mar 26

(PROG: AP-SGPT/GENO)

Joe's Class: Tues 5:45pm-6:30pm

Session 09F2: Oct 20 - Nov 24

Session 10W1: Jan 12 - Feb 16

Session 10W2: Feb 23 - Mar 30

(PROG: AP-SGPT/JOE)

Erik's Class: Thurs 6pm-6:45pm

Session 09F2: Oct 22 - Dec 3

(No Class Thanksgiving week, Nov 26)

Session 10W1: Jan 7 - Feb 11

Session 10W2: Feb 18 - Mar 25

(PROG: AP-SGPT/ERIK)

Personal Trainers

Whether you require assistance with exercise for athletic enhancement, weight loss, rehabilitative purposes or just for the extra motivation and challenge, Put the expertise and motivation of a Certified Personal Trainers to work for you!

Fee: \$40-50/hour

Contact: Julie Santure, Ext 130

YMCA Runners

Members 13 & over may utilize the Family YMCA track located on the third floor during the following hours:

Monday - Thursday 5:30am - 4pm

Friday 5:30am - 7:30pm.

Saturday 12:30pm - 3:00pm

Sunday 10:00am - 3:00pm

YMCA Run Team

Get ready for the Cereal City Classic!

Runners meet: Saturdays at 9am

Contact: Julie Santure, Ext 130

YOUTH AND FAMILY

Family Membership includes **FREE** Child Watch and **FREE** Y in the Sky! Honesty, Caring, Respect and Responsibility are core values incorporated into all activities.

Parents/Members:

The parent or legal guardian who signs the child in must be the same parent who signs the child out. You may only sign your own children into Child Watch and Y in the Sky.

You must be a parent or legal guardian of the child you are signing in.

No Exceptions. This is a liability issue.

Thank you, YMCA Management

Child Watch (6 wks-6 years)

Who: Ages 6 wks-6 years while parent(s) or legal guardians are utilizing facility.

When: Monday-Saturday 8:30am-12:30pm & Monday-Thursday 4:00pm-7:30pm

Contact: Mary Proulx, Ext. 125

Parents or legal guardians sign youth in and out and must remain in the building at all times. Child Watch is located in the Family Fun Center. We provide supervised care and activities for children while their parents are utilizing the Family YMCA. Children are divided into age appropriate groups. Circle Time is daily at 10am and 5pm. Arts & crafts, songs, stories and playtime are just a few of the activities your children will enjoy.

New to Child Watch!

Gym time & Tiny Tumblers-

Big Room: Thursdays 10:00am-10:45am

Baby Room: Thursdays 10:45am-11:00am



YMCA Literacy Program

- English as a Second Language
- GED Online Preparation
- Basic Adult Literacy Classes

FREE to the public

for more information call 788-0495 offered in partnership with the Literacy Council of Calhoun County



Y in the Sky (6-12 years)

Who: Ages 6-12

When: Monday-Thursday 4:00-7:30pm

Saturday 8:30am-12:30pm

Contact: Mary Proulx, Ext. 125

Parents or legal guardians sign youth in and out and must remain in the building at all times. Provides supervised care and activities for children while their parents or legal guardians are utilizing the Battle Creek Family YMCA. Reach for the Sky!!! Circuit Train, Run the Track, Play FoesBall, Ping Pong, Games, Climbing Wall, enjoy Arts & Crafts-the possibilities are endless! Caring, Honesty, Respect, and Responsibility are incorporated into daily activities.

New to Y in the Sky!

YMCA Earth Corps Service

Saturdays, 10:30 am

Always available at Y in the Sky:

- Circuit Training on our Fitness Equipment
- Mega Mileage Club
- Treadmills
- Games
- Sport Wall (Multi-Sports Center)

MARTIAL ARTS AT THE YMCA

Ages 9 to adult. Interested members may register in the Martial Arts room during class times.

Participants must pre-register.

Beginner classes Jan 5-Feb 16; or Tues & Thurs 5:00pm-6:00pm (7 week session)

Advanced Class: (on-going) Tues & Thurs 6:00pm-8:00pm must have instructor approval for advanced class.

Fee: **FREE to Members**

Contact: Julie Santure, Ext 130



Battle Creek Family YMCA Youth & Family Events:

Lights On After School: October 22
Spooktakular Family Night: October 30
Turkey Trot Family Night: November 27

Family Day Activities: January 1, 2010
Heart to Heart Family Night: February 12
Healthy Kids Day: March 2010
Eggravaganza Family Night: April 2



WEIGHT WATCHERS FAMILY Get Active & Weight Watchers

Thanks to a healthy kids grant from Post Foods, the Battle Creek Family YMCA's Get Active Program is partnering with Weight Watchers to enhance our programming for families with concerns about their children's weight.

Weight Watchers Family is a program designed to help parents and caregivers create a healthy lifestyle for their children. Our trained coaches provide strategies and practical solutions to implement healthy changes that can help create a healthy weight home.

Registrations are limited, please call soon.

Fall Session: Oct 12 - Dec 14 (10 wks)

Meetings held Mondays, 6:30pm

Winter Session: Jan 11 - Mar 15 (10 wks)

Meetings held Mondays, 6:30pm

Fee

Contact & Registration:

Mary Proulx, 963-9622, Ext 125



Lemon Tree Preschool Limited openings for fall 2009!

Lemon Tree is the Battle Creek Family YMCA's licensed preschool. Lemon Tree strives to develop the whole child through activities such as art, music, free play and story time. Swimming, field trips, special guests & holiday celebrations are included in the curriculum.

Registration Fee: \$35

Monthly Fee:

4 Year Class: Mon. Wed. Fri. 8:30 – 11:00 am \$150. per month / \$140. (YMCA members)

3 Year Class: Tues. Thurs. 8:30 – 11:00 am \$125. per month / \$115. (YMCA members)

3/4 Year Class: Mon. Tues. Thurs. 12 - 2:30 pm \$150. per month / \$140. (YMCA members)

Contact: Sandy Jones, Ext. 160

SESSION: 09R - PROG: LT

Family Membership includes **FREE** Child Watch and **FREE** Y in the Sky!

AQUATICS SWIM CLASS SCHEDULE

Students receive the greatest benefit if they attend every class! We urge parents to bring children to every class possible. Make-up classes are not available due to the instructor/student safety ratio. No refunds or credits will be issued for classes missed due to absence without a note from a physician.

SWIM CLASS SESSIONS:

FALL SESSION #2 - 6 WEEKS
\$27.00 Member / \$54.00 Non-Member
09F2: November 2 - December 19
(First Saturday class starts Nov 7)
(No Classes Thanksgiving Week November 23-28)

BEGIN TO SWIM (2010) January 4-8
EVENING CLASSES/4 DAYS/45 MIN
\$10 Members & Non Members

WINTER SESSION #1 - 6 WEEKS
\$27.00 Member / \$54.00 Non-Member
10W1: January 11- February 20
(First Saturday class starts Jan 16)

WINTER SESSION #2 (Weekdays 6wks/Sat 5wks)
6 WEEKS \$27.00 Member / \$54.00 Non-Member
10W2: Weekdays February 22 - March 31
10W2 Saturday Classes see below
5 WEEKS \$22.50 Member / \$45.00 Non-Member
Saturdays- February 27-March 27

SPRING SESSION SP
7 WEEKS \$31.50 Member / \$63.00 Non-Member
10SP: April 12 - June 5
(First Saturday class starts Apr 17)
(No Classes Memorial Week May 24-29)

PRIVATE LESSONS

Thirty minute sessions. The instructor works one-on-one with the student. Scheduled with Aquatic Coordinator.
Fee: \$15 Member / \$30 Non Member
Contact: Kim Akins, Ext 126

FAMILY YMCA OPEN SWIM POLICIES

Children 6 years and under: must have an adult 18 years or older in the water with them at all times.
Children wearing flotation must have an adult within reach at all times.
Children 7-12 years: must be signed in with the lifeguard by a parent or guardian 18 years or older. The parent or adult guardian (18 years of age or older) signing the youth into the pool must remain in the building at all times. Lifeguards cannot be responsible to escort children to the restroom.

CLASS MAKE-UP/REFUND POLICY

If a person withdraws from a class up to seven days prior to the start of the class, he/she will receive a refund check. A participant withdrawing from a program less than seven days prior to the start of the class will receive a credit memo which may be used within 6 months.

Swim Lessons: Days/Times

Parent/Child	
Ages: 6 months to 3 years AQ-SK - Shrimp/Kipper Parent and child work together in this water adjustment class. This class meets in the warm water of the Therapy pool.	
Class Times	
Sat	10:30-11am

Preschool			
Ages: 3 years to 5 years			
AQ-PE - Pike: Non-swimmer AQ-PE - Eel: Water adjusted beginner AQ-RS - Ray: Beginning to swim AQ-RS - Starfish: Swimmer			
Class Times			
Mon	10:30-11am	4:50-5:20pm	7-7:30pm
Wed	10:30-11am	4:50-5:20pm	7-7:30pm
Sat	10:00-10:30am		

Youth	
Ages: 6 years to 14 years	
Level 1 - AQ-PP - Polliwog: Beginners Level 2 - AQ-PG - Guppy: Must be able to swim one pool length Level 3 - AQ-PM - Minnow: Must be able to swim two pool lengths Level 4 - AQ-FI - Fish: Breast stroke is introduced and other strokes refined Level 5 - AQ-FF - Flying Fish: Work on butterfly, sports & games, water safety & endurance Level 6 - AQ-SH - Shark: Side stroke is introduced and strokes perfected Level 7 - AQ-PO - Porpoise: Advanced swimmers. Lifesaving skills introduced. Volunteer opportunities.	
Class Times	
Polliwog, Guppy & Minnow: Class Times:	
Mon	4-4:45pm 6-6:45pm
Wed	4-4:45pm 6-6:45pm
Sat	11-11:45am
Fish, Flying Fish, Shark, Porpoise Class Times:	
Mon	6-6:45pm Wed 6-6:45pm
Sat	11-11:45am

POOL PARTIES!
Birthdays or other occasions!
Pool parties provide your group of up to 25 children with one hour in the pool and one hour in our party room. Invitation postcards are available for an additional \$5 / package of 28.
Fee: \$85 Member / \$125 Non Member
Contact: Nora Petznik Ext 123
events@ymcabattlecreek.org



Master Swim Team

If you love to swim and have fun while staying fit, this swim team is for you. Competitive age groups range from 19-105. Masters can compete in individual one day meets, as well as a State and National Championships.
Contact: Kimberly Akins, Ext 126

Y Swim Lessons are comprised of five main components: personal growth, personal safety, stroke development, water sports & games, and rescue. Each skill level builds upon the preceding level. Children progress through the following levels at their own pace.

MULTI-SPORTS CENTER

Please note: Youth 12 years and under must be accompanied by an adult 18 years or older or participating in a program. Parent/Guardian must remain in the building at all times.



Multi-Sports Center Hours

October 5, 2009 - May 30, 2010

Multi-Sports Center available by 24 hour advance reservation for volleyball, tennis, and the Batting Cage.

The Multi-Sports Entrance, 17 Cherry Street is closed Monday-Friday 8:30am - 4:00pm. Members and guests must access the Multi-Sports Center through the Family YMCA Main Entrance during these times.

Hours:

Monday - Thursday: 8:30am - 8:30pm

Friday: 8:30am - 7:30pm

Saturday and Sunday: 10:00am - 5:00pm

The Multi-Sports Center is available to rent for special events, tournaments, games, lock-ins and parties.

Contact: Brad McCormack, Ext. 102
email: events@ymcabattlecreek.org

DAY PASS RATES

Youth-12 Years \$4

Youth 13-17 years \$6

Adult All Purpose \$10

Family All Purpose \$16

Adult Full Service \$15

Sports Center Rentals

The Family YMCA's Multi-Sports Center is available to Battle Creek Family YMCA Members and Non members for tournaments, sporting events, leagues, physical education classes, practices, games, lock-ins and other special events. Early reservations are recommended. The YMCA has a 24 hour cancellation policy.

Contact: Brad McCormack Ext. 102

Adult Group Court Rentals

Courts are reserved in advance by paying \$22 Hour/Court at time of reservation. All non members must purchase a day pass the day of the rental. Members must show membership card or positive ID.

Contact: Brad McCormack Ext 102

Our Multi-Sports Center's seven (7) multi-purpose courts offer flexibility and a variety of programming options. Sport options include; Tennis, Volleyball, Soccer, Basketball, Baseball, Indoor Hockey and a Climbing Wall. Three (3) Racquetball courts are in the YMCA's main building.

Court Usage

Battle Creek Family YMCA Members may utilize courts **FREE** of charge for up to two hours per day (one court per Member, based on availability). Battle Creek Family YMCA Members may book courts one week in advance. **Please call 24 hours in advance of time to book courts requiring set up.** Non members must purchase a day pass and may utilize open courts on a walk-in basis.

Guaranteed Court Time

Battle Creek Family YMCA Members can purchase guaranteed court time by paying \$22/hr/court for a minimum of 10 weeks in advance.

Contact: Brad McCormack Ext 102

- **Racquetball**
The YMCA has three quality racquetball courts (based on availability)
- **Basketball**
The YMCA has four quality Basketball courts (based on availability)
- **Tennis**
The YMCA has up to seven Tennis courts (based on availability).
- **Volleyball**
The YMCA has up to seven quality Volleyball courts (based on availability).
- **Batting Cage**
NEW! Electronic Cage is 12' x 12' x 70' and is available seasonally. Pitching machine, pitching mound, and balls will be provided. Participants must provide their own bats and helmets. Adult supervision (18 or over) is required.

Multi-Sports Special Programs

Detroit Piston's Camp

October 24 & 25

9-12pm

Fee

Contact: Brad McCormack Ext 102

Hitting League

Coming February 2010

Fee

Contact: Brad McCormack Ext 102

Adult Volleyball Leagues

Coed Adult Volleyball (6 persons) Teams play 2 matches per Sun evening & referee one match, starting 4:30 p.m.

Leagues are A-Advanced; B-Intermediate; C-Fun.

Session I: Sept. 20, 27; Oct. 4, 11, 18, 25; Nov. 1, 8 (tournaments 3 p.m.).

Session II: starts Nov. 15, 22, Dec. 6, 13, Jan. 10, 17, 24, 31 (tournaments 3 p.m.).

Session III: Feb. 14, 21, 28; March 7, 14, 21, 28 (double session at 2 p.m.)

Cost: \$270 per team; Team Captains are responsible for turning in fees.

More Information on Volleyball Leagues

Contact: Carl Olson: 269-965-3551 or 269-965-3955

email: legendumpire1@yahoo.com

Registration forms are available at the YMCA Welcome Center Desk or <http://www.ymcabattlecreek.org>

Racquetball Leagues

Register by October 9, for 1st session!

Session One: October 19 & 20, 2009.

Session Two: TBA

Register at the Welcome Center Desk, Ext 104 or 105.

Beginners through Advanced.

Fee: **FREE to Members**

Contact: Brad McCormack Ext 102

Racquetball Tournament

October 16, 17, 18

Beginners - Advanced

Register at the Welcome Center Desk, Ext 104 or 105.

Fee: Member: \$25 Non-member: \$30

Contact: Brad McCormack Ext 102

SESSION: 09F2 - PROG: AP-R/TRN A, B, or C

Youth Indoor Sports

Wattles Park Men's Club

Partnering with the Battle Creek Family YMCA, the Wattles Park Men's Club will be offering indoor sports including floor hockey, basketball, baseball, soccer and volleyball.

Contact: Wattles Park Men's Club,

Gary Lincoln 269-979-4336

or go to www.wpmc.net.

Management Team

Dan Fullenkamp, Ext. 110, Chief Executive Officer
Julie Tindol, Ext. 103, Associate Executive Director
Julie Santure, Ext. 130, Executive Program Director
Lorna Nenciarini, Ext. 107, Controller



Mary Proulx, Ext. 125, Youth & Family Director
Jill Hinde, Ext 113, Literacy/Fund Development
Kimberly Adkins, Aquatic Supervisor, Ext 126
Lee Swegles, Ext. 170, Maintenance Supervisor
Brad McCormack, Building Manager, Ext 102

The YMCA is committed to helping you and your family succeed in achieving a long-lasting HEALTHY lifestyle.