



2024 SPRING SUMMER PROGRAM GUIDE



YMCA of Greater Michiana YMCA O'Brien Center

SPRING SESSION
April 21-June 8, 2024
Registration opens April 8

SUMMER I SESSION
June 9-July 20, 2024
Registration opens May 27

SUMMER II SESSION
July 21-August 24, 2024
Registration opens July 8

WELCOME

YMCA O'BRIEN CENTER

321 E. Walter Street
 South Bend, IN 46614
 574-299-3482



Facility

Monday-Thursday: 5:00 AM-9:00 PM
 Friday: 5:00 AM-7:30 PM
 Saturday: 6:00 AM-3:00 PM
 Sunday: 9:00 AM-2:00 PM



Childwatch

Monday-Thursday: 8:00 AM-8:00 PM
 Friday: 8:00 AM-6:30 PM
 Saturday: 8:00 AM-12:00 PM
 Sunday: Closed



SESSION CALENDAR

April							May						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	
June							July						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1		1	2	3	4	5	6
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													
August													
S	M	T	W	T	F	S							
				1	2	3							
4	5	6	7	8	9	10							
11	12	13	14	15	16	17							
18	19	20	21	22	23	24							
25	26	27	28	29	30	31							

Spring Session: April 21-June 8
 Summer I Session: June 9-July 20
 Summer II Session: July 21-August 24

Registration opens for next session
 Summer Break (June 30-July 6): No programs
 Closed Memorial Day and Independence Day

FOR YOUTH DEVELOPMENT

SUMMER DAY CAMP

YMCA O'Brien Center Summer Day Camp

June 3 – August 9 • 7:30 AM–6:00 PM

Join us for an action-packed summer! With 10 themed weeks, your child will spend time outdoors, engage in fun and games, get creative with crafts, and make lasting friendships. We prioritize character values in every activity, ensuring a well-rounded and enjoyable experience. Choose the weeks you want, and let the summer adventure begin!

WEEK	DATE	THEME	THURSDAY DRESS UP
1	June 3-7	Crafty Creators	Favorite Color
2	June 10-14	Jurassic Park	Camo Day
3	June 17-21	Let's Get Messy	Pajama Day
4	June 24-28	Pirates and Mermaids	Pirates and Mermaids
5*	July 1-3	Stars and Stripes	Red, White & Blue (Wednesday)
6	July 8-12	A Galaxy, Far, Far, Away	Tie-Dye
7	July 15-19	Magic Academy	You're a Wizard, Camper
8	July 22-26	Welcome to the Jungle	Favorite Animal
9	July 29-August 2	Under the Sea	Glitter, Glow and Sparkle
10	August 5-9	Mad Scientist	Backwards Day

A non-refundable \$50 deposit per week is due at time of registration. The remaining amount will be drafted two Fridays prior to the first day of care.

REGISTRATION IS OPEN NOW!

www.ymcagm.org/summer

**Registered families will receive a "What to Expect" email before each week.*

Click here to check out our camp brochure for more details!

WEEKLY RATES

Member: \$175/week

Community: \$245/week

*Week 5 Pricing Change:

Member: \$105

Community: \$150

WHAT TO BRING

- Backpack
- Sunscreen
- Bug Spray
- Swimsuit
- Towel
- Reusable Water Bottle
- Weather appropriate apparel – including closed toe shoes, hats, sunglasses, sweatshirts

CCDF VOUCHERS

Please note that CCDF Vouchers are accepted for care. To obtain a provider form, please contact Maycie Wise at mwise@ymcagm.org

FOR YOUTH DEVELOPMENT

YMCA CAMP EBERHART

Nestled next to beautiful Corey Lake in Three Rivers, Michigan, on 200 acres, YMCA Camp Eberhart is more than just camp. Sending your kids gives them the opportunity to learn and grow in an extraordinary environment. The skills learned during their time at camp will be used throughout their lives and they will never forget the time they spend here. We hear it from campers old and new: there is no place like YMCA Camp Eberhart in all the world.

2024 RESIDENT CAMP

Our time-honored program. Select from a variety of activities to give your camper the best experience possible.

Cost: \$825	Ages: 7-16
Session 1	June 16-21
Session 2	June 23-28
Session 3	June 30-July 5
Session 4	July 7-12
Session 5	July 14-19
Session 6	July 21-26
Session 7	July 28-August 2
Session 8	August 4-9
Session 9	August 11-16 (Ages 7-17)

SUMMER
2024
REGISTRATION
IS OPEN!

Visit campeberhart.ymcagm.org
to learn more!



OVERNIGHT CAMP

Aside from our classic week-long Resident Camp program, there are other options to suit your camper's age, experience, and interest such as Three-Day Try-It Camp, Leadership Core program, Service Crew, Staff-In-Training program, Ranch Camp (horseback riding), and Astro Camp (astronomy). **Y members receive \$100 off one week of overnight camp!**

DAY CAMP

Day Camp is perfect for ages 4-12 as an alternative to traditional day care or to test if they are ready for overnight summer camp. Our Day Camp consists of two groups, ages 4-7, and ages 8-12. Each group's programming is designed specifically for the age group.

YEAR-ROUND EXPERIENCES

Camp Eberhart is open year-round, offering programs and activities for everyone. Whether you are a family, business, church group, or school, a visit to our camp can be an incredible event. Our dining hall can also accommodate small or large group meals.

FOR YOUTH DEVELOPMENT

CHILD CARE

Y-CLUB AFTER SCHOOL CARE

END OF SCHOOL-6:00 PM

HOLY CROSS CATHOLIC SCHOOL

Y-Club After School Care is held on-site at Holy Cross Catholic School for students in grades pre-K through 8th grade.

MISHAWAKA CATHOLIC SCHOOL

Y-Club After School Care will be held at the Mishawaka Catholic School – St. Bavo Campus for students pre-K through 8th grade. Bussing will be provided for students from the St. Joseph and the St. Monica Campuses. Parents/Guardians will pick students up from the St. Bavo Campus.

SAINT JOSEPH GRADE SCHOOL

Y-Club After School Care is held on-site at Saint Joseph Grade School for students in grades Kindergarten through 8th grade.

HOLY CROSS	\$55/week
MISHAWAKA	\$60/week
SAINT JOSEPH	\$55/week

Please note that CCDF Vouchers are accepted for care. To obtain a provider form, please contact Maycie Wise at mwise@ymcagm.org

*Additional Charge for Early Dismissal Days

MUST DO MORNINGS Ages 6 weeks-12 years

The Y is here to support you each morning Monday-Friday from 9:00 AM-12:00 PM. Parents can utilize the Childwatch area for their kids and have the opportunity to leave the building to complete any must-do tasks. Daily, weekly, and monthly rates available. Open for members and the community.

6 WEEKS - 23 MONTHS	Member: \$15/day Community: \$20/day	Member: \$60/week Community: \$80/week	Member: \$240/month Community: \$320/month
24 MONTHS - 12 YEARS	Member: \$10/day Community: \$15/day	Member: \$40/week Community: \$60/week	Member: \$160/month Community: \$240/month



FOR YOUTH DEVELOPMENT

DANCE

INTRO TO TUMBLING

Ages 2-3 • Monday 5:00-5:30 PM

Ages 4-5 • Monday 5:45-6:15 PM

Participants will be introduced to basic tumbling skills, learn to follow directions, and work on body awareness and coordination.

Summer I & II Session

Member: \$45 • Community: \$90

BEGINNER BALLET

Ages 3-5 • Wednesday 4:30-5:00 PM

Ages 6-8 • Wednesday 5:15-5:45 PM

Participants will learn the basics of ballet in a fun and engaging way. Using creative movements and rhythmic activities, dancers will work on coordination and large motor skills, and most importantly, have fun!

Spring Session

Member: \$60 • Community: \$120

BEGINNER JAZZ

Ages 5-8 • Wednesday 6:00-6:30 PM

Dancers will use energy and enthusiasm to express movements through Jazz dance using animated expression to learn the fundamental technique, balance, and body isolation.

Spring Session

Member: \$60 • Community: \$120

BEGINNER HIP-HOP

Ages 5-10 • Thursday 4:30-5:15 PM

Ages 11-17 • Thursday 5:30-6:15 PM

In this class, participants will gain a basic understanding of rhythm and beginner hip-hop steps. Dancers will learn combinations, choreography, tricks, and improv.

Spring Session: \$50; Summer I & II Session: \$40

INTERMEDIATE HIP-HOP

Ages 5-17 • Thursday 6:30-7:15 PM

This class is for dancers who wish to build on their current hip-hop skills. Dancers will learn isolations, floor tricks, and advanced dance steps.

Spring Session: \$50; Summer I & II Session: \$40



Hip-Hop classes instructed by Mike Jacob

Mike Jacob of Judah's Pride has been teaching Hip-Hop Dance for over 23 years. He uses his skills to promote self-confidence in his students. Dance students may be invited to participate in various performances with Judah's Pride throughout the year.



FOR YOUTH DEVELOPMENT

TAEKWONDO

YOUTH BEGINNER TAEKWONDO Ages 4-8

Tuesday 6:45-7:30 PM

Saturday 9:00-9:30 AM

Participants will learn discipline, focus, respect for themselves and others, and gain confidence.

Spring Session: Member: \$60 • Community: \$120

Summer I & II Session: Member: \$45 • Community: \$90

BEGINNER TAEKWONDO Ages 9+

Tuesday 5:45-6:30 PM

Saturday 9:45-10:30 AM

Participants will learn discipline and focus, while gaining confidence, learning to show respect for themselves and others. Participants will start at a white or yellow belt and can earn up to a black belt. Students who have earned a rank at a different school may be able to start at that rank.

Spring Session: Member: \$70 • Community: \$140

Summer I & II Session: Member: \$55 • Community: \$100

ADVANCED TAEKWONDO Ages 9+

Tuesday 6:45-7:15 PM

Saturday 10:45-11:30 AM

Already a yellow or green belt or higher? This class helps develop weapons defense, take-downs, advanced sparring, and forms. Students who have earned a rank at another school may be able to start at that rank.

Spring Session: Member: \$70 • Community: \$140

Summer I & II Session: Member: \$55 • Community: \$100

**Add a second taekwondo class
each week for only \$30/session!**



FOR HEALTHY LIVING

HEALTH & FITNESS

PERSONAL TRAINING Ages 13+

Work one-on-one with a trainer to get improved results for diverse needs such as weight loss, corrective exercise, strengthening, balance, sports, pre- and post-natal core training, and more! Specialized weight loss or sport-specific training for youth and teens is also available.

1 session = 1 hour. Sessions can be broken down by half hour.

	MEMBER COST	COMMUNITY COST
1 Session	\$45	\$60
4 Sessions	\$168	\$228
10 Sessions	\$390	\$526
25 Sessions	\$925	\$1,252
Group trainings are also offered for 2, 3, or 4 people. Visit ymcagm.org/PersonalTraining for a full price list.		

HEALTH COACHING

Are you ready to make a healthy change, but aren't sure where to start? Perhaps you've already started on your health journey, but need help taking it to the next level? Health coaches support:

- Weight loss
- Stress management
- Healthy eating
- Active living

Health coaching is a partnership between the coach and the client. Health coaches are certified and specialize in using a client-centered approach to empower clients to take the lead, set goals, and own their progress. Email healthyliving@ymcagm.org for more details.

HEALTHY U

Healthy U is a year-round interactive health and wellness education program with an emphasis on health benefits/impact, eating healthy, and participating in daily physical activity. The program focuses on school-age youth (pre-K – 8th grade), implementing evidence-based CATCH (coordinated approach to child health) curriculum and is incorporated into several youth programs including childcare, preschool, summer camps, homeschool, in-school, and afterschool programs.

*If you are an educator, principal, or parent who is interested in seeing your school offer Healthy U for students, please email Lydia Trout at ltrout@ymcagm.org.



FOR HEALTHY LIVING

HEALTH & FITNESS

MELT®

The MELT Method® is a breakthrough self-treatment system that aims to restore the body's connective tissue, eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living.

Workshops available for Corporate Wellness Partners.

Individual Sessions:

Member: \$40 • Community: \$55



BLOOD PRESSURE SELF-MONITORING

This four-month evidence-based program focuses on supporting participants in developing the habit of self-monitoring and identifying opportunities for action through weekly support consultations. Nutrition and physical activity information aids in blood pressure control through lifestyle change.

Email healthyliving@ymcagm.org for more details.

GET STARTED Free

Meet with a wellness coach to design a program, set goals and set a standard for working out. Learn about classes and programs the YMCA offers, and become comfortable with the facility and fitness equipment.

SMART START

Smart Start consists of 4 discounted half-hour training sessions for only \$40 designed to support you in pursuit of your health and wellness goals! Together, you will develop an achievable plan for success. One-time option per member. New personal training clients only.

Member: \$40 • Community: \$80

GROUP FITNESS CLASSES Free for Members

Our fitness classes are designed to challenge the body through all planes of motion for a well-rounded workout. We offer over 50 group exercise classes weekly. With this variety, you are sure to find something to fit your schedule and fitness level! Our energetic and inspiring certified instructors are ready to motivate you to be your best.

Scan the QR code to see our entire schedule of classes or visit ymcagm.org/schedules.



FOR HEALTHY LIVING

CORPORATE WELLNESS

A YMCA Corporate Wellness partnership can help you build a culture of health! You are in a unique position to have a lasting impact on the well-being of your employees. Through wellness workshops, on-site fitness programming, education, and health coaching, we can help you focus on meeting the individual needs of your team. Our membership and programs are tailored to fit your corporate environment and will help your employees achieve a greater sense of wellness and improved health. We invite you to join us in helping our community lead healthier and more productive lives.



Let's work together

- Designate a wellness representative or committee to be the contact for our partnership.
- Share YMCA marketing materials with employees in your organization to improve their health.
- Option to contribute toward a portion of your employees' monthly membership rates! We offer payroll deduction and facility usage reports.
- Partners report increased productivity, improved employee engagement, positive culture shift, and lower health care costs.

Your organization will get one FREE wellness workshop or on-site fitness program from an accredited YMCA instructor!

Email healthyliving@ymcagm.org or call 577-233-7760 for more details!

LIVESTRONG® AT THE YMCA

This 12-week exercise program and support group is for cancer survivors to help achieve improved wellness at no cost. Participants meet twice weekly with certified instructors and personal trainers who have undergone specialized training in the elements of supportive cancer care.

Spring Session: April 22–July 17

Open to adults 18 years or older at no cost

STAYSTRONG at the YMCA

This program is available for graduates of LIVESTRONG® at the YMCA to continue their physical activity and stay connected with classmates.

No cost to participants



EVENTS



SATURDAY, JULY 20, 2024

2024 RACE FOR YMCA

PRESENTED BY HONOR CREDIT UNION

5K/10K

Register today at
ymcagm.org/RaceYMCA
or at Member Service!

Proceeds from the race will benefit the Benton Harbor–St. Joseph YMCA’s annual campaign, which provides financial assistance for memberships and programs to local children and families in need. Your support helps guarantee that everyone—regardless of their circumstances or ability to pay—can belong to the Y. All ages are welcome! Live and virtual race options.

YMCA GOLF CLASSIC

FRIDAY, JUNE 14, 2024

Our 3rd annual Golf Classic will be held on Friday, June 14, 2024, at Elbel Park Golf Course. Golfers will enjoy an 18-hole, four-person scramble event with registration beginning at 8:00 AM and a shotgun start at 9:00 AM. Lunch, two drink tickets, a golf-related gift, contests on the course, free driving range, and golf carts are included with sponsorship and/or registration.

LIVESTRONG® at the YMCA is a 12-week, no-cost program for adult cancer survivors and their families. The goal of the program is to help survivors recover from their cancer diagnosis and treatments by working to improve their overall strength, endurance, balance, and flexibility while building relationships and finding support with other participants.

Register today at ymcagm.org/golf or at Member Service!



STAY CONNECTED

When the YMCA of Greater Michiana has program changes, cancellations or other information to share, we'll always do our best to communicate with our members! You can find information on our website, social media pages, mobile app, and email newsletters.

www ymcagm.org

 @ymcagm

 YMCAGreaterMichiana

 YMCA of Greater Michiana



NEWSLETTER KNOW-HOW

- All YMCA of Greater Michiana members are automatically enrolled in our email communications.
- To guarantee you're receiving emails, verify your email address at the Member Service Desk.
- Non-Members can opt-in to email communications via the form on our website. Scan the QR Code to sign up!

MOBILE APP

HOW TO DOWNLOAD

1. Open your phone's app store
2. Search "Daxko"
3. Download our app—it's FREE!
4. In the app, search for "YMCA of Greater Michiana" and select your branch
5. Make sure notifications are turned ON
6. Stay connected!

BENEFITS OF THE APP

- Instant notifications, including class cancellations
- View class schedules
- Facility information & hours
- Program registrations
- Digital facility check-in

