



Winter I 2019 - updated 1/31/19
 Youth and Family @ YMCA of the Blue Water Area
 January 7th - March 3rd

1525 Third Street
 Port Huron, MI 48060
 (810) 987-6400

	MON	TUE	WED	THU	FRI	SAT	SUN
9am						Swim Lessons 9am - 12pm	
						Little Ninja's 9:15am - 10am	
10am					Water Safety - 4th Grade 10am - 11am	Little Tumblers 10:15am - 11am	Family Swim River Toys 10am - 1pm
11am						Family Yoga 11:15am - 12pm	
						SPARKS - Jr. Chef 11:30am - 1pm	
12pm				Home School Gym 12:15pm - 1:15pm		Splash Down - River, Toys, Slide 12pm - 5pm	
						Circuit - Adaptive 12:15pm - 1pm	
1pm				Home School Swim - Open Swim 1:15pm - 2:15pm		Dance Aerobics - Adaptive 1:15pm - 2pm	Brazilian Jiu Jitsu 1pm - 3pm
							Family Wellness- Duffy 1pm - 3pm
							Splash Down - River, Toys, Slide 1pm - 4:30pm
3pm	PHASD Swim Team 3pm - 5pm		PHASD Swim Team 3pm - 5pm	PHASD Swim Team 3pm - 4pm	PHASD Swim Team 3pm - 5pm	Futsal 3pm - 9pm	
4pm	Pound Fit 4:15pm - 5pm	Porpoise Club 4:30pm - 5:30pm		Swim Lessons 4:30pm - 6pm			
	Monday Movers 4:30pm - 5pm						
5pm	Nationals Futsal 5pm - 9pm	Youth Basketball 6-9 5:30pm - 6:30pm	Little Sporters 5:30pm - 6:15pm	Kids Circuit 5:30pm - 6:15pm		Family Swim River Toys 5pm - 7:30pm	
				Porpoise Club 5:30pm - 6:30pm			
6pm	Family Swim River Toys 6pm - 8pm	Splash Down - River, Toys, Slide 6pm - 8pm	Family Swim River Toys 6pm - 8pm	Splash Down - River, Toys, Slide 6pm - 8pm	Nationals Futsal 6pm - 8pm	Family Wellness- Duffy 6pm - 8pm	
	Blue Water Otters 6pm - 7pm	Blue Water Otters 6:30pm - 7:30pm	Blue Water Otters 6pm - 7pm	Youth Strength Training 6:30pm - 7:15pm			
				Blue Water Otters 6:30pm - 7:30pm			
7pm					Splash Down - River, Toys, Slide 7pm - 8pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions YMCA of the Blue Water Area

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Blue Water Otters - The goal of the Blue Water Otters Swim Team is to teach competitive swimming techniques and Y core values, to develop self-esteem, and to meet new friends and have fun. The swim team is open to those ages 6 to 18 that can swim one length of the pool.

Brazilian Jiu Jitsu - Brazilian Jiu-Jitsu is a martial art and self-defense system that concentrates on grappling and ground fighting. BJJ stresses leverage and techniques.

Circuit - Adaptive - Strength training using body weight designed for students of mixed abilities to build muscle, confidence and friendships.

Dance Aerobics - Adaptive - Because dance is fun! Adaptive Programming Dance Aerobics encourages self-expression, exercise and creativity while interacting with others of like needs in a non-judgmental setting. Students of mixed abilities thrive in an open environment.

Family Swim River Toys - Make a date with the kids for an afternoon or evening of fun splashing in the pool with the buckets, sprays and Lazy River.

Family Wellness- Duffy - Get moving and get healthy while working out as a family in the Duffy! All children must attend an equipment orientation class prior to using the fitness center.

Family Yoga - Find fun family time with easy to do yoga poses the whole family can do together. Come experience greater balance and flexibility in your life.

Futsal - Spend this Fall improving your ball skills, passing ability and reaction time. While enjoying the sounds of upbeat music playing the entire time. A weighted ball keeps it closer to the ground and the hardwood surface makes this a much faster pace

Home School Gym - Home School Gym & Swim is designed to promote lifetime fitness and friendships.

Kids Circuit - Learn about healthy living while rotating through stations with jump ropes, steps, cones, exercise bands and agility games (push-ups, jumping jacks, sit-ups, and more). Kids will have fun warming up and training in basic fitness skills.

Little Ninja's - Young boys and girls develop respect and discipline as they learn basic martial arts in a fun way. Your little ninja will learn proper form for kicks & punches to achieve board breaking abilities!

Little Sporters - Give your child his or her first shot at some of the most popular sports around. Children will get an introduction to their favorite sports with the teaching of fundamentals, rules of the game, and teamwork.

Little Tumblers - Watch your child build strength, agility & character as they learn first year gymnastics and tumbling skills.

Monday Movers - Learn how to make healthy choices while exercising with jump ropes, parachutes, throwing discs, obstacle courses, and more! Participants will walk away from this class with a better understanding of how easy it is to maintain a healthy lifestyle!

Nationals Futsal - Spend this Fall improving your ball skills, passing ability and reaction time. While enjoying the sounds of upbeat music playing the entire time. A weighted ball keeps it closer to the ground and the hardwood surface makes this a much faster pace

PHASD Swim Team - Contact Aley Minton at (810) 824-0345 for more information. You must be a Port Huron Area School District Student to participate.

Porpoise Club - The Porpoise Club is an introduction to competitive swimming for 6 to 18 year olds, providing the experience of being part of a team and their practices. Porpoise club focuses on competitive skills without the full commitment of a competitive team

Pound Fit - Find your rhythm with Pound Fit, a full-body cardio/jam/exercise session that combines light resistance with constant drumming. An overall fun and feel good workout! This is a great class for families!

SPARKS - Jr. Chef - The perfect combination of family bonding and delicious foods! Learn the correct way to peel, chop, mash, grind, beat, measure, and season. Then get to taste the results of your efforts. Create a cookbook of the delightful creations.

Swim Lessons - Our swim lesson program is designed to teach personal water safety, stroke development, water sports & games, rescue and personal growth skills.

Water Safety - 4th Grade - 4th Grade Water Safety Program

Youth Basketball 6-9 - Did you know that basketball actually started at the Y? Our Basketball program is not only fun but educational as well. We aim to improve your child's ability in dribbling, shooting, defense, passing and their overall love of the game.

Youth Strength Training - A fun, interactive class for our kids! Youth Strength Training provides supervised introduction on the foundations of physical fitness and personal wellness.