



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# UNPLUG AND RECONNECT

## BUILD POTENTIAL EXPLORE SOMETHING NEW

**ALL KIDS HAVE POTENTIAL.** That's why we support their academic, social-emotional and physical development from cradle to career with holistic programs that help kids realize who they are and all that they can achieve.



EXPLORATION  
& PLAY



FAMILY  
INVOLVEMENT



HEALTH &  
WELLNESS



STEAM



SWIM & SPORTS



SERVICE  
LEARNING



ACADEMICS



COLLEGE &  
CAREER  
EXPLORATION

### Swim, Sports & Play

This is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, participating at the Y is about building the whole child, from the inside out.

### Family Time

The Y is committed to helping families grow stronger and live healthier. We give families a place to connect with each other and the community, build lasting relationships and have fun together.

From group fitness classes to fun events at the Y, families can share recreational activities, learn new skills and just enjoy family time.

### Special Events

Join us for a variety of family-themed events throughout the year.

Annual events include a variety of runs, Healthy Kids Day and Family New Year's Eve. We also offer monthly Family Fun Night and Pool Parties and other activities.

For more information, contact Calvin Bassil, Youth & Family Program Director at (810) 987-6400 ext. 121 or [cbassil@bluewaterymca.com](mailto:cbassil@bluewaterymca.com).

# YOUTH PROGRAMS

## YOUTH SPORTS & RECREATION

We believe sports, fun and exploring new interests aren't just for the young. Along with improving health, whenever teamwork is involved, there's the added benefit of being connected to others. That's why you'll find a range of recreational activities at the Y. With something to offer everyone, there's no such thing as being too old to get in the game.

### CAMPS

(One Week)

Basketball  
Volleyball



### CLINICS

(Six Weeks)

Basketball  
Brazilian Jiu-Jitsu  
Goalball  
Little Sporters  
Soccer  
Sports of all Sorts  
Tennis  
Volleyball Basics  
Wrestling

### LEAGUES

(Organized Games)

Basketball  
Futsal  
Goalball  
Soccer  
T-Ball  
Volleyball

---

## YOUTH & FAMILY FITNESS

Physical activity is essential to a child's healthy development. The Y often is the starting point. Here, many young people learn about becoming and staying active. They can develop healthy habits that stay with them throughout their lives, and the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from taking your first organized class or building the positive relationships that lead to good sportsmanship and teamwork, participation at the Y is about building the whole child, from the inside out.

Family Wellness  
Family Yoga  
Fun Fitness

Kid's Circuit  
Little Ninjas  
Little Tumblers

Pound Fit  
Robotic Dancing  
Youth Strength Training

---

## SWIM & WATER SAFETY

As America's favorite swim instructor and leader in water safety, our swim lesson program is designed to teach personal water safety, stroke development, water sports & games, rescue and personal growth skills. Using both instruction and play, kids build their skills as they are ready, ensuring that they succeed often, build confidence and have fun. For more detailed information and swim schedules please see our swim brochure.

Safety Around the Water  
Swim Lessons

Porpoise Club  
Blue Water Otters Swim Team  
High School Swim Teams

**Not all programs are offered year round.**  
**For a complete list of current program offerings please visit**  
**[www.bluewaterymca.com/programs/register](http://www.bluewaterymca.com/programs/register)**



# YOUTH PROGRAMS

## SPECIALTY PROGRAMS

### HOME SCHOOL GYM & SWIM

Home School Gym & Swim is designed to promote lifetime fitness and friendships. We offer a positive environment with a balance of open gym time a structured age appropriate activities. Kids are encouraged to participate in an active gym program to help to build teamwork and sportsmanship. Open swim follows giving participants the opportunity to socialize with other homeschool children while playing in our state of the art swimming facility.

### SPARKS

Ignite your child's talent with Sparks programs. These 6-week hands-on programs are highly interactive and will teach your children while having fun! Programs topics vary throughout the year and are for children ages 6-12 who have completed kindergarten.

## SPECIAL EVENTS

### FAMILY FUN NIGHT & POOL PARTIES

Join us for a Friday night of fun you won't forget. Each month we will bring families together through pool parties, game and movie nights! With a different theme each month, you will create memories that will last a lifetime.

### HEALTHY KIDS DAY®

Nothing charges kids up like summer - and HEALTHY KIDS DAY® is the Y's official start to the best summer ever! Join us for a special day of free, fun activities to help build on the incredible potential inside every child. The Y supports families in their efforts to teach healthy habits and keep kids active and learning, preparing them for a brighter future.

### NEW YEAR'S EVE AT THE Y!

Ring in the New Year with a Y family focused celebration. Activity stations include Tumble Town, Challenge Course and bubbles, balls and music in the Pool. A balloon drop will highlight the New Year's countdown. Pre-register and save. Priced per family. Balloon drop is at 9:00 PM.

### WALK FOR SUMMER READING

The St Clair County Medical Society is working to improve the health of students by promoting walking programs in the elementary schools. The **Walk for Summer Reading Program** began as a pilot program at Cleveland Elementary School in 2009 and since then more than 25,000 children in St Clair County have walked to "earn" more than 33,000 books for summer reading. Each participating school receives a grant to purchase books that are distributed to the students prior to summer vacation.

### Y RUN SERIES

Lace up those shoes and grab the family for a fun run you won't forget! The Y Run series is a great way for families to come together, work towards a common goal and feel the achievement of crossing the finish line together! Race details and registration are available on Run Sign Up. [www.runsignup.com](http://www.runsignup.com).

**For information on Early Learning and Afterschool Programs please see our Child Development Brochure.**

# FAMILY FUN GUIDE

PROGRAM	DAYS	TIMES	DETAILS
<b>Family Fun Parties</b>			
All Ages Free to members Open to the community \$5.00 per person for the community, children 3 & under: FREE	Last Friday of every Month	6:00 – 8:00 PM	Join us for a Friday night of fun you won't forget. Each month we will bring families together through pool parties, game and movie nights! With a different theme each month, you will create memories that will last a lifetime.
<b>Splashdown</b>			
All ages Free to members	Tues/Thurs Friday Saturday Sunday	6:00 – 8:00 PM 6:00 – 8:00 PM Noon – 5:00 PM 1:00 – 4:30 PM	Spend quality time with your family and have fun in the pool with buckets, sprays and slides! Slide height requirement: 48 inches
<b>Family Swim Time</b>			
All ages Free to members	Mon/Wed/Fri Mon/Wed/Fri Mon/Wed Saturday Sunday	Noon – 2:00 PM 4:00 – 5:00 PM 6:00 – 8:00 PM 5:00 – 7:30 PM 10:00 AM–1:00 PM	Make a date with the kids for an afternoon or evening of fun splashing in the pool with the buckets, sprays and Lazy River.
<b>Open Wellness</b>			
Parents & their Children 10-12 years old Free to members	Saturday Sunday	6:00 – 8:00 PM 1:00 – 3:00 PM	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.

## BIRTHDAY PARTIES AT THE Y

Make this year's birthday a party to remember! Schedule a 2-3 hour party in one of our party rooms and enjoy use of the recreation pool or the gym! Contact Lisa Kramp, Administrative Assistant, at (810) 987-6400 ext. 139 or [lkramp@bluewaterymca.com](mailto:lkramp@bluewaterymca.com) for additional information and to book your party today!



**YMCA OF THE BLUE WATER AREA**  
1525 3rd Street, Port Huron, MI 48060  
(810) 987-6400 Fax: (810) 987-7251  
[www.bluewaterymca.com](http://www.bluewaterymca.com)

**ELECTRONIC CHECK-IN,  
SCHEDULES, ONLINE  
REGISTRATION – THERE'S AN  
APP FOR THAT!**

Download the app through the Apple Store or Google Play Store by searching "YMCA of the Blue Water Area." It's free and it gives you the most up-to-date information about what is happening at the Y!

