



**DOW BAY AREA FAMILY YMCA**  
For a better us.®

PROGRAMS

MEMBERSHIP

EVENTS

ABOUT US

GIVE

## Happy New Year from the Dow Bay Area Family YMCA!

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### New Year discounted joining fees!

This is the perfect time to tell a friend or loved one to join the Dow Bay Area Family YMCA!

**BE HEALTHY. BE STRONG.**  
**BELONG**

67% off joining fees plus one free personal training session  
JANUARY 1-12

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### 24/7 Fitness Coming Soon!

Enjoy our Membership Discount now and prepare for our new 24/7 Area coming to the Dow Bay Area Family YMCA Community Room and Fitness Studio in Spring 2019!

# LATE NIGHT SNACK? LATE NIGHT WEIGHT RACK!

COMING SPRING 2019



## 2018 Improvements!

We have taken many strides to make our facility better, smarter, and more efficient to help our members and guests focus on what's important in their body, spirit, and mind. [Click here to see some improvements we have made during the past year.](#) Thank you to all who have helped us along the way to strengthen the foundations of our community through Youth Development, Healthy Living, and Social Responsibility.





# WINTER II PROGRAM GUIDE AVAILABLE NOW!

View it online at  
[ymcabaycity.org/program-guide](http://ymcabaycity.org/program-guide)

**Sign up today!**



## NEW YEAR FIT CHALLENGE

**JANUARY 21 – MARCH 15**

### Orientation:

**January 14<sup>th</sup> & 15<sup>th</sup>  
at 6:00PM in the Family Center**  
**Y-Members Only**      **Cost: \$65**

### Challenge Includes:

- 2 Fit Challenge Bootcamps per week
- Nutrition Seminars with Dietician, Scott Nelson
- Personalized workout plan with weekly coaching
- Nutrition and Activity Tracking
- Prizes and more!

**Contact Nicole at**  
**[njewell@ymcabaycity.org](mailto:njewell@ymcabaycity.org)**  
**for more information!**

[ymcabaycity.org/new-year-fit-challenge](http://ymcabaycity.org/new-year-fit-challenge)



# 42<sup>nd</sup> Annual Bean/Smith Paddleball Tournament

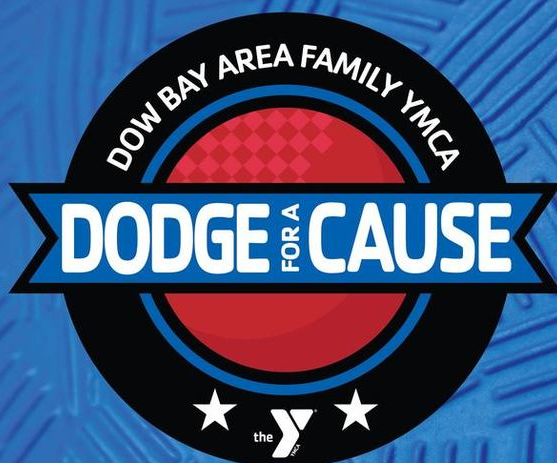


January 26, 9:00am  
\$35/player \$70/team

Register by January 21<sup>st</sup>

(Shirts not guaranteed after January 12<sup>th</sup>)

For more information contact Nancy Powers at  
989.895.8596 or npowers@ymcabaycity.org



Register by February 1st!  
[ymcabaycity.org/dodgeball](http://ymcabaycity.org/dodgeball)

**SATURDAY,**  
**FEBRUARY 2ND 2019**  
**DOW BAY AREA FAMILY YMCA**

**PLAYER'S LOUNGE WITH  
REFRESHMENTS FOR ADULT  
TEAMS**

**FREE GUEST PASSES FOR  
YOUTH TEAMS**

**PRIZES FOR CHAMPIONS**

**ADULT TEAMS \$250  
YOUTH TEAMS \$100**





## SIGN UP AND DEVELOP YOUR BASKETBALL SKILLS!

Tuesdays and Thursdays  
6:30-7:30PM

January 15 - February 7th

Contact Nate Goddard  
[ngoddard@ymcabaycity.org](mailto:ngoddard@ymcabaycity.org)

7TH/8TH GRADE

# BASKETBALL CLINIC



## REGISTRATION

NOV 1 - JAN 20

BCPS and Bangor Students: \$40  
Community Members: \$55

## LATE REGISTRATION

JAN 21 - FEB 4

BCPS and Bangor Students: \$55  
Community Members: \$70



### JEFF BUCZEK MEMORIAL FUND SCHOLARSHIPS AVAILABLE

To apply and get information visit  
[ymcabaycity.org/jeff-buczek](http://ymcabaycity.org/jeff-buczek)

## BUMP, SET & SPIKE TO THE TOP

The 2019 YVA is right around the corner!

Are you ready? YVA is designed to give young volleyball athletes 1st through 6th grade the fundamental skills and knowledge to develop into volleyball players. Players will be trained through drills and live game play to learn the basics of volleyball, the value of teamwork, dedication, and sportsmanship.

### BUMPSTERS

1st/2nd Grades

Tuesday nights from 5:30 - 6:15 pm  
February 19th- March 26th

### 3RD/4TH GRADES

Clinic Style Sessions

Saturdays from 9:00-10:30 am  
Starts February 16th.

### 5TH/6TH GRADES

Players will be split into teams based on school. Teams will practice during the week at local schools and games will be played on Saturdays and a few Wednesdays at the YMCA. Games will start on Saturday February 23rd.



DOW BAY AREA FAMILY YMCA  
[ymcabaycity.org/volleyball](http://ymcabaycity.org/volleyball)  
989.895.8596



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**WEDNESDAYS 7-9PM**  
**FEBRUARY 6<sup>TH</sup> - APRIL 3<sup>RD</sup>**

# **9 BALL**

## **POOL LEAGUE**

**Ages 15+**

**Y-Member \$20**  
**Prospective Member \$25**

**Contact Nate Goddard**  
**[ngoddard@ymcabaycity.org](mailto:ngoddard@ymcabaycity.org)**

# **PARENTS NIGHT OUT**

**Calling all parents! When was the last time you had a night to yourselves? Drop your children off at the YMCA for some well-deserved time off!**



## **Register for January 18th!**

Your kids will have time in the pool (ages 5 and up), themed games, and crafts. Children ages 2 months to 12 years welcome! Unlimited pizza included. Please register by January 16th at [www.ymcabaycity.org/parents-night-out/](http://www.ymcabaycity.org/parents-night-out/)

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## **Breakfast with Santa**

**Thank you** to our staff and volunteers for the successful Breakfast with Santa! We fed and spread Christmas joy to almost 500 people! A huge thanks to Bay Area Community Foundation for awarding us a grant, allowing us to feed our community!





## Introducing Veteran Open House Days!

We are inviting all Veterans with proof of service and their families to use our Dow Bay Area Family YMCA facilities on the last Sunday of every month! We would like to thank all of our community veterans for their service, so these open house days will be of no cost to you.

**VETERAN  
OPEN  
HOUSE  
DAYS**



**YOU'RE INVITED!**

Enjoy our Facilities with  
your family all Sunday long  
at no cost to you.

Happening the last Sunday  
of every month.

**\*Please provide proof of  
service.**

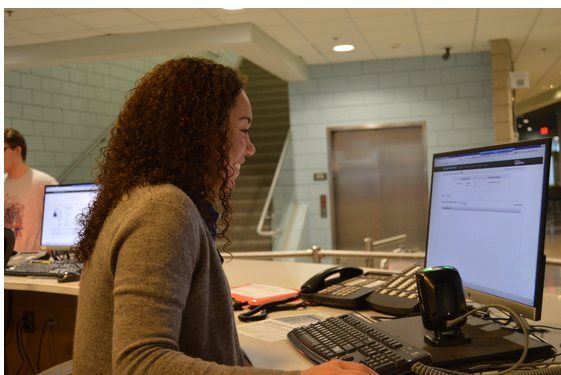


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SNOW.  
SNOW.  
ICE.  
ICE.  
SALT.  
SALT.

PLEASE KEEP ALL  
OF IT OUTSIDE  
THIS WINTER

Give us a call  
989.895.8596



## Join our team

We're on the lookout for our newest YMCA Staff. Visit [ymcabaycity.org/jobs](http://ymcabaycity.org/jobs) for more.

[Facilities Management Intern](#)

[Pilates Instructor](#)

[Winter Youth Programs Intern](#)



## Member of the Month

**Bryan Jezowski**

"Every one here--from the people upstairs to the people at the front desk--keep me motivated and inspire me to keep coming every day. My membership here is not only physical, it's mental too."



## Employee of the Month

**Taylor Johnson**

**Lifeguard**

"I love working with all of the staff. When I first moved here, they really took me under their wing and became some of my best friends."

## HOURS OF OPERATION

Monday - Thursday: 5:00am - 9:30pm  
Friday: 5:00am - 9:00pm  
Saturday: 7:00am - 7:00pm | Sunday: 9:00am - 5:00pm

## LOCATION

225 Washington Avenue  
Bay City, Michigan 48708







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