

# MEMBER HANDBOOK

## Greater Midland Community Center

2205 Jefferson Ave | Midland, MI | 48640

989.923.4622 | [greatermidland.org](http://greatermidland.org)

## WELCOME & CONGRATULATIONS!

At Greater Midland, we are dedicated to promoting vitality, building belonging, and serving with heart. Our team strives to provide an exceptional experience every time you visit. Thank you for choosing Greater Midland Community Center as your partner in wellness and recreation. We're delighted to have you here!

## STAFF DIRECTORY >

**Terri Johnson**, President & CEO

**Andrea Secrease**, Executive Director

**Cally Taylor**, Director of Member Experience

**Jenny Roan**, Director of Camps & Recreation

**Tyler Miller**, Director of Aquatics

**Director of Athletics**

**Valerie Rico Faber**, Director of Wellness

**Amy Wozniak**, Wellness Coordinator

**Becca Chauvette**, Director of Early Childhood Education

**Amanda Ewald**, 50+ Program Coordinator

**Jennifer Adamcik**, Races Coordinator

**Emma Vermette**, Program Coordinator-Aquatics

**Madelyn Wissel**, Program Manager-Gymnastics,  
Cheer/Pom, Birthday Parties

**Emmett Long**, Rentals & Volunteer Opportunities

[asecrease@greatermidland.org](mailto:asecrease@greatermidland.org)

[ctaylor@greatermidland.org](mailto:ctaylor@greatermidland.org)

[jroan@greatermidland.org](mailto:jroan@greatermidland.org)

[tmiller@greatermidland.org](mailto:tmiller@greatermidland.org)

[info@greatermidland.org](mailto:info@greatermidland.org)

[faber@greatermidland.org](mailto:faber@greatermidland.org)

[awozniak@greatermidland.org](mailto:awozniak@greatermidland.org)

[bchauvette@greatermidland.org](mailto:bchauvette@greatermidland.org)

[aewald@greatermidland.org](mailto:aewald@greatermidland.org)

[jadamcik@greatermidland.org](mailto:jadamcik@greatermidland.org)

[evermette@greatermidland.org](mailto:evermette@greatermidland.org)

[mwissel@greatermidland.org](mailto:mwissel@greatermidland.org)

[elong@greatermidland.org](mailto:elong@greatermidland.org)

### Physical/Mailing Address

2205 Jefferson Ave.  
Midland MI, 48640

### Phone Number

989.923.GMCC (4622)

### Website

[GREATERMIDLAND.ORG](http://GREATERMIDLAND.ORG)

## CODE OF CONDUCT >

Greater Midland Community Center strives to provide a safe and welcoming environment for all. Members and guests are expected to conduct themselves in a respectful manner. The following are prohibited and may result in temporary or permanent loss of privileges.

- Endangering the health or safety of anyone
- Inappropriate language or behavior
- Stealing or damaging property
- Possession or use of alcohol or drugs
- Smoking, vaping, or other tobacco use
- Possession of weapons of any kind

Please report inappropriate conduct to Greater Midland staff. Suspension or termination of use may result from a violation of the code of conduct.

## NON-DISCRIMINATION STATEMENT >

Greater Midland prohibits, discrimination on the basis of race, color, religion, sex, gender identity, sexual orientation, gender expression, national origin, age, height, weight, marital or familial status, disability, present, past, or future military service, genetic information, or any other characteristic protected by federal, state, local laws governing non-discrimination in every location in which Greater Midland has facilities.

## DIVERSITY, EQUITY & INCLUSION STATEMENT >

At Greater Midland, we:

- Honor the differences that make our community strong.
- Meet people where they are in their journey.
- Cultivate an environment where people have the freedom to grow and develop.
- Foster physical, emotional, and social wellbeing.
- Are committed to making diversity, equity, inclusion, and justice a part of everything we do.

## HOURS OF OPERATION >

Memorial Day to Labor Day		Labor Day to Memorial Day	
Sunday	11 AM - 4 PM	Sunday	10 AM - 5:30 PM
Monday	5 AM - 9 PM	Monday	5 AM - 9 PM
Tuesday	5 AM - 9 PM	Tuesday	5 AM - 9 PM
Wednesday	5 AM - 9 PM	Wednesday	5 AM - 9 PM
Thursday	5 AM - 9 PM	Thursday	5 AM - 9 PM
Friday	5 AM - 7 PM	Friday	5 AM - 9 PM
Saturday	7 AM - 5:30 PM	Saturday	7 AM - 8 PM

## HOLIDAY CLOSURES/ADJUSTED HOURS

- New Year's Eve (adjusted hours)
- New Year's Day
- Easter
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving
- Christmas Eve (adjusted hours)
- Christmas Day

## INCLEMENT WEATHER POLICY >

### Group fitness classes, activities, programs, and adult/youth sports league games

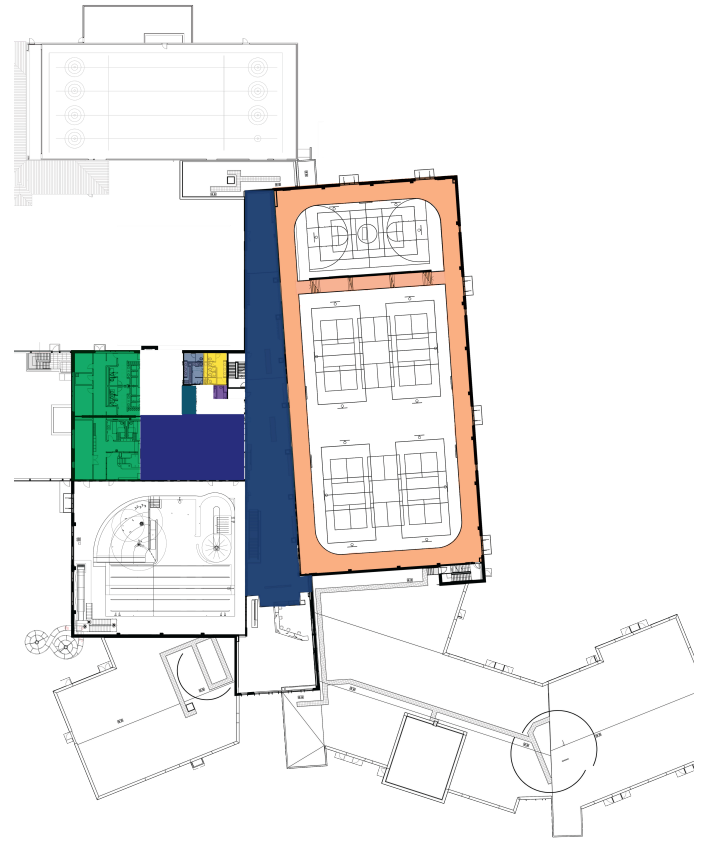
If Midland Public Schools are canceled or delayed – ALL morning classes will be canceled until noon. \*Drop-in activities, such as Jungle Gym and Kids Corner Babysitting, will still occur.

For Saturday and Sunday classes, a determination will be made by 6 AM for all morning classes until noon.

Classes from 12 PM to 3 PM:	Classes from 3 PM to close:
At 10 AM - The determination will be made whether or not to cancel noon-3 PM classes. You may also contact the Welcome Center or extension 7 after 10 AM.	At 2 PM - The determination will be made whether or not to cancel 3 PM-close classes. You may also contact the Welcome Center or extension 7 after 2 PM.

The Midland Community Center may cancel classes due to inclement weather or other unforeseen circumstances such as a power outage, pool malfunction, evacuation, natural disaster, etc. Classes canceled due to such will not be issued a credit or refund.

## CENTER MAP >



## MAIN LEVEL

<span style="color: #e91e63;">■</span> Activity Rooms 1, 2 & 3	<span style="color: #3949ab;">■</span> Men's Restroom/Locker Room
<span style="color: #9e9e9e;">■</span> Administration	<span style="color: #8bc34a;">■</span> Mothers Room/Nursing Room
<span style="color: #ff9800;">■</span> Child Watch	<span style="color: #ff9800;">■</span> Multi-Activity Center (MAC Gym)
<span style="color: #4caf50;">■</span> Classrooms 1 & 2	<span style="color: #42a5f5;">■</span> Multi-Use Pool
<span style="color: #4caf50;">■</span> Community Wing	<span style="color: #9e9e9e;">■</span> Sauna
<span style="color: #9e9e9e;">■</span> Curling	<span style="color: #42a5f5;">■</span> Spa
<span style="color: #4caf50;">■</span> Early Childhood Education Wing	<span style="color: #9e9e9e;">■</span> Universal Changing Rooms/Locker Rooms
<span style="color: #ff9800;">■</span> Gymnasium	<span style="color: #fff176;">■</span> Women's Restroom/Locker Room
<span style="color: #e91e63;">■</span> Little Gym	<span style="color: #3949ab;">■</span> 24/7 Fitness

## MEZZANINE

<span style="color: #3949ab;">■</span> Assessment Rooms 1 & 2
<span style="color: #ff9800;">■</span> Elevated Walking/Running Track & Adventure Bridge
<span style="color: #3949ab;">■</span> Free Weights
<span style="color: #4caf50;">■</span> Group Fitness Studios 1 & 2
<span style="color: #3949ab;">■</span> Men's Restroom/Locker Room
<span style="color: #9e9e9e;">■</span> Universal Changing Rooms/Locker Rooms
<span style="color: #42a5f5;">■</span> Wellness Center
<span style="color: #fff176;">■</span> Women's Restroom/Locker Room

## GENERAL CENTER INFORMATION >

### Age Requirements:

- Ages 7 & under must be with an adult at all times outside designated programs.
- Ages 8-11 must have an adult in the facility outside designated programs.
- Ages 12-17 may use the facility independently. A waiver is required and guardian information must be provided prior to first use.

## PROVIDE FEEDBACK >

We want to hear from you! Tell us about your experience and help us as we continue to strive for excellence! See a Greater Midland staff member, fill out a Comment Card, or scan one of the many QR codes conveniently located throughout the Center.



## LOST & FOUND >

The Center is not responsible for the loss, damage or theft of personal property. We do retain lost and found items whenever possible. Please contact the Member Service Desk to inquire about lost items. Items will be kept for 7 days' and then donated.

***Members/guests assume all risks associated with participation in wellness areas at Greater Midland facilities including but not limited to; death, falls, contact with other members/guests, and misuse of equipment.***

## MEMBERSHIP OPTIONS >

Six different membership options are available:

<b>CENTER</b>	Access to the wellness center, track and adventure bridge, multi-use pool, court sports, 24/7 fitness during building hours, and Community Activity Pass programs.
<b>CENTER PLUS</b>	Includes all of the above amenities, plus full 24/7 fitness access, group fitness classes, child watch, and family drop-in activities.
<b>ALL ACCESS</b>	Includes all amenities of a Center Plus Membership, plus membership at the Tennis Center, Coleman Family Center, and North Family Center.
<b>INSURANCE BASED</b>	SilverSneakers® and Renew Active are insurance benefits available at no cost for adults 65+ through select Medicare plans. Greater Midland has three participating locations.

### Midland Community Center Insurance Based Amenities:

- All Group Fitness classes
- SilverSneakers® classes (*exclusive to SilverSneakers® participants only*)
- Wellness Center
- Indoor Track & Adventure Bridge
- 24/7 Fitness Center (during building operating hours)
- Greater Midland Walking Club
- Community Pass activities
- Multi-Use Pool + Spa + Sauna
- Drop-in court sports including pickleball, volleyball, and basketball

Check your SilverSneakers® eligibility by clicking [HERE](#).

<b>COMMUNITY ACTIVITY PASS</b>	Community Activity Pass is available for Individuals 18+, \$75 annually. Community Pass activities are included in all paid memberships as well as Insurance Based memberships. Guests may purchase a day pass to participate or “try-before-they-buy.”
--------------------------------	---

### Community Activity Pass Includes:

- Daily morning coffee
- Mahjong
- Euchre
- Billiards
- Line Dancing
- Puzzle

<b>AFTER SCHOOL YOUTH</b>	Access includes Center Membership equivalent for youth ages 13-17. Pass is valid during the Midland Public School year, Monday-Friday 2:30 PM-5:30 PM. The pass cost is \$75 for the school year.
---------------------------	---

## MEMBERSHIP GUIDE

### GREATER MIDLAND COMMUNITY CENTER MEMBERSHIP GUIDE

Membership Pricing	CENTER			CENTER PLUS			ALL ACCESS		
	Youth/Young Adult	Adult	Family	Youth/Young Adult	Adult	Family	Youth/Young Adult	Adult	Family
Membership Monthly Fee	\$28	\$48	\$67	\$31	\$53	\$82	\$36	\$58	\$96
One-Time Impact Fee	\$25	\$50	\$75	\$25	\$50	\$75	\$25	\$50	\$75
Annual Membership Cost	\$361	\$626	\$879	\$397	\$686	\$1,059	\$457	\$746	\$1,227
<b>Membership Benefits</b>									
Wellness Center	✓	✓	✓	✓	✓	✓	✓	✓	✓
Track & Adventure Bridge	✓	✓	✓	✓	✓	✓	✓	✓	✓
Multiuse Pool (Lap/Rec)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Court Sports (basketball, volleyball, pickleball etc.)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Spa (whirlpool) & Dry Sauna	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discounted Program Fees	✓	✓	✓	✓	✓	✓	✓	✓	✓
24/7 Fitness Center (Building Hours Only)	✓	✓	✓	✓	✓	✓	✓	✓	✓
24/7 Fitness Center (Full Access)				✓	✓	✓	✓	✓	✓
Group Fit / Virtual Classes				✓	✓	✓	✓	✓	✓
Child Watch				✓		✓	✓		✓
Family Drop-In Activities				✓		✓	✓		✓
Priority Registration							✓	✓	✓
PT Reward Program Eligibility							✓	✓	✓
Tennis Center (Access & select discounts)							✓	✓	✓
Coleman & North Family Ctr.							✓	✓	✓

SilverSneakers® & Renew Active® are insurance based programs. Those that qualify receive Adult Center membership with access to group fitness classes at no out-of-pocket cost.

The Greater Midland Community Center provides scholarships on a sliding fee scale to those eligible by income. Funding is provided by United Way of Midland County. Please inquire at our Welcome Center for more information: 989.923.4622 or visit [greatermidland.org](http://greatermidland.org)

**Youth/Young Adult:** Individual membership through 24 years of age.

**Adult:** Individuals 25+ years of age.

**Family:** Two adults 25+ years of age and all dependents residing at the same address 24 years old and under.

## MEMBERSHIP PAYMENT OPTIONS

The first month of membership dues and impact fee (payable whenever joining or re-joining) are payable at the time of sign-up at a prorated amount. Your membership dues can be paid via:

- Monthly Automatic Draft.** Under this plan, a charge will occur automatically on the 5th or 20th of the month, beginning with your first full month of membership. You may choose to draft from your checking or savings account, or a debit or credit card (Visa, MasterCard, American Express, or Discover). Your monthly dues continue as long as you are a member. You may discontinue your monthly draft by signing a membership cancellation form, available at the front desk, a minimum of 7 days before the next automatic draft.
- Annual Payment.** Annual payments in full may be paid by using cash, check, debit, or credit card (Visa, MasterCard, American Express or Discover).

*Please Note: If your draft information changes (your current card expires, account number changes, card is stolen, etc.), please notify us to avoid an additional fee for a declined account. Each unsuccessful draft will incur a fee of \$15.*

## MEMBERSHIP DUES REFUNDS

Monthly membership fees and impact fee are non-refundable. Annual membership dues are paid in full at purchase and cannot be refunded.

## MEMBERSHIP HOLD POLICY

Memberships may be placed on hold for up to 3 consecutive months once per calendar year. A hold fee of \$15 must be paid at the time of the request. Requests must be made in writing.



## MEMBERSHIP CANCELTATION POLICY

Automatic draft memberships may be canceled after the first successful auto-payment. Cancellation requests must be made a minimum of 7 days before the next scheduled automatic draft and must be submitted in writing. All outstanding membership balances must be paid before cancellation and no refunds will be issued for unused services.

Annual Memberships are not eligible for cancellation/refund.

## DAY PASS POLICY

Individuals may purchase a day pass to the Community Center for single day access. The Center reserves the right to limit the number of passes sold per day. Day passes are good for the single day of the original purchase. The daily fee charged is as follows:

- Youth (Ages 17 and under): \$7.00
- Adult (Ages 18 and over): \$10.00

## MEMBER RESERVATIONS

Group Fitness classes and Child Watch reservations are available to current, active members. Reservations may be made up to 7 days in advance [HERE](#).

Reservations may be canceled up to 1 hour before the reserved arrival time. Individuals who do not show up and fail to cancel their reservation may have reservation privileges revoked.

## MEMBERSHIP CARD AND 24/7 ACCESS CARD

- Each member receives a membership card to be used only by the assigned member. Sharing membership cards may result in permanent loss of membership.
- 24/7 access cards are available upon request and available to active Center Plus, All Access, Diamond, and Platinum members who are 18 years or older. 24/7 access cards are assigned individually and shall not be lent or allowed for others to use. Additionally, each member must scan their unique access card to enter the building. No "tailgating" is allowed.
- If either a membership card or access card is lost/stolen, alert a staff member right away.
- There is a \$15 replacement fee for each additional 24/7 access card issued after the first.

## EMPLOYEE WELLNESS PROGRAM

We take great pride in serving our community through unforgettable recreation, social services, and wellness experiences. Through our Employee Wellness Programs, we are able to connect with employers to help their employees lead longer, healthier lives. For more information contact Cally Taylor at [CTaylor@greatermidland.org](mailto:CTaylor@greatermidland.org).

## MILITARY PERSONNEL AND VETERAN BENEFITS

The impact fee is waived for any Military Personnel or Veteran with proof of service. Additionally, on the following holiday weekends, Military Personnel and Veterans may drop in for free.

- Memorial Day
- Independence Day
- Labor Day
- Veterans Day

## SLIDING SCALE FINANCIAL ASSISTANCE

We are committed to providing affordable and quality recreational, social, and personal development opportunities for all individuals and families. Funding is provided by the United Way of Midland County.

### Requirements for Recipients:

- Funding is limited and granted in a fair and consistent manner and available ONLY to Midland County residents or employees.
- Allocated at 20-70% depending on income, household size, and/or special circumstances.
  - Limits may be placed depending on funding availability.
  - The balance of cost not paid by assistance must be paid by the recipient at the time of registration.
- Available for most programs with the exception of, travel/tours, childcare for non-working parents, semi-private/private swim lessons, All Access memberships, auto drafts, adult leagues, art/craft supplies, uniforms, competitive teams, rentals, parties, personal fitness training, and other areas at GMCC discretion.

### Application Process:

- An application can be picked up at the Welcome Center or found online [here](#).
- Financial documentation required:
  - Most recent 1040 Tax Return
  - Social Security Benefit Eligibility Letter or any other means of income (if applicable)
  - Complete health & wellness surveys for all household residents
  - Completed & signed application form
- Eligibility or denial letter will be mailed directly within 72 hours of the completed application.

## WELLNESS >

### WELLNESS CENTER SIGNAGE

The following policies and signage are posted in the Wellness Center and free weight area.

#### WELLNESS CENTER

- > AGES 12-17 MUST COMPLETE WELLNESS CENTER ORIENTATION. ORIENTATION RECOMMENDED FOR ALL
- > AGES 14+ PERMITTED TO UTILIZE FREE WEIGHTS
- > DAY USE LOCKERS PROVIDED. NO BAGS ALLOWED ON FITNESS FLOOR
- > WE RESERVE THE RIGHT TO LIMIT OR RESTRICT THE USE OF OUTSIDE EQUIPMENT
- > INAPPROPRIATE LANGUAGE OR BEHAVIOR PROHIBITED
- > RETURN WEIGHTS AND EQUIPMENT TO PROPER PLACE
- > DO NOT DROP WEIGHTS
- > SHARE EQUIPMENT



#### 24/7 FITNESS

- > 24/7 ACCESS FOR AUTHORIZED MEMBERS 18 AND OLDER ONLY. DO NOT PROVIDE ACCESS TO OTHERS VIOLATION MAY RESULT IN LOSS OF MEMBERSHIP
- > WELLNESS CENTER ORIENTATION RECOMMENDED
- > DAY USE LOCKERS PROVIDED. NO BAGS ALLOWED ON FITNESS FLOOR
- > WE RESERVE THE RIGHT TO LIMIT OR RESTRICT THE USE OF OUTSIDE EQUIPMENT
- > USE EQUIPMENT FOR ITS MANUFACTURER INTENDED PURPOSES ONLY
- > RETURN WEIGHTS AND EQUIPMENT TO PROPER PLACE
- > SHARE EQUIPMENT



# FREE WEIGHTS

- AGES 14+
- DO NOT DROP WEIGHTS
- SHARE EQUIPMENT
- RETURN EQUIPMENT TO PROPER PLACE



**APPROPRIATE ACTIVE WEAR REQUIRED**  
INCLUDING SHIRT & CLOSE TOED ATHLETIC SHOES



**USE SPOTTER**  
WHEN NECESSARY



**HEADPHONES REQUIRED**  
FOR PERSONAL MUSIC

## LOCKERS

Electronic pin-pad lockers are located in the Wellness Center on the wall outside the free weight area and near the fitness desk and are available for day use only.

No bags or personal items are to be left on the Wellness Center floor.

## WELLNESS EQUIPMENT

We have equipment to help you achieve your goals, whether your focus is on improving flexibility, and cardiovascular fitness or using interval training to increase strength, speed, and muscular endurance.

### Wellness Center:

- Treadmills
- Curve Manual Treadmills
- Stair Steppers
- Bikes
- Rowers
- Ellipticals
- NuStep
- Ascent Trainers
- Jacobs Ladder
- Ski Erg
- Assault Runner
- Turf Area
- Half Squat Racks
- Smith Machine
- Free Weights (Dumbbells up to 120 lbs., Kettlebells, Slam Balls, Etc.)
- 8 Stack Multi-Station
- Pin Select Machines (Full Body Circuit)
- Plate Loaded Machines

### 24/7 Fitness Center:

- Treadmills
- Stair Steppers
- Ellipticals
- Bikes
- Smith Machine
- Dumbbells (up to 50 lbs.)
- Multi-functional Cable Machine
- Pin Select Machines: Leg Press, Leg Extension, Leg Curl
- Rower

For the health and safety of you and others always sanitize equipment and return items to their proper place after use.

## EQUIPMENT ORIENTATION

An equipment orientation can help you on your wellness journey by ensuring the safe use of equipment.

Equipment Orientation is **required for youth ages 12-17** before the use of age-appropriate equipment in the Wellness Center. Youth equipment orientation introduces the proper use and safety of age-appropriate weight machines and cardio equipment.

Our fitness attendants are readily available to provide an equipment orientation anytime during building hours, or you can schedule a time by emailing us at [wellness@greatermidland.org](mailto:wellness@greatermidland.org).

## 24/7 FITNESS

### During Building Hours:

Available during building hours for any member or guest 18+.

### Before/After Building Hours:

Available to members 18+ with a Center Plus, All Access, Diamond, or Platinum membership.

**24/7 Access:** Members can access 24/7 Fitness during building hours through the Community Wing corridor after checking in at the Welcome Desk.

A member access card can be provided to Center Plus, All Access, Diamond, and Platinum members who wish to utilize the space outside of building hours. Please see a Member Services Specialist at the Welcome Desk to get your unique member access card.

Members should **not** provide access to others using their unique access card, allowing others access could result in loss of 24/7 access or membership.

24/7 Fitness is the only amenity area at the Greater Midland Community Center that can be accessed outside of regular building hours and is an unstaffed wellness area. There is inherent risk in utilizing wellness equipment and/or participating in wellness activities, one should only participate if medically able.

We encourage everyone to complete a Center Orientation before utilizing any area of the facility. If you are unsure how to properly utilize a piece of equipment do not attempt on your own. A member of our wellness staff would be happy to assist. Please ask a Member Services Specialist at the Welcome Desk for assistance, they will connect you to the appropriate staff member.

## GROUP FITNESS CLASSES

Greater Midland Community Center members can access Group Fitness classes if they have one of the following membership types: Center Plus or All Access. Group Fitness classes are accessible for a drop-in fee if you wish to experience a class and do not hold the above-mentioned membership types or wish to bring a friend.

We offer a variety of Group fitness classes designed to support your wellness goals and keep you moving and having fun. Classes are available for all fitness levels and can be modified for all abilities. Whether you're attending your first class or a longtime group fitness enthusiast, there is a class for you!

- Classes are available for participants ages 12-13 with adults 18+ present.
- Participants ages 14+ can participate independently.
- Pre-registration for class is required for members up to 48 hours before class starts.
- Outdoor/soiled shoes should not be worn in studios
- Drinks must be in spill proof containers.
- Gym bags are not allowed on the studio floor
- Always sanitize equipment and return items to their proper place after use.
- Wait for prior class participants to finish, clean up, and exit the studio before entering.

For more information on Group Fitness contact Amy Wozniak, Wellness Coordinator at [awozniak@greatermidland.org](mailto:awozniak@greatermidland.org) or 989-923-4622 ext. 2251.



## PERSONAL TRAINING

All Greater Midland Personal Trainers are certified and offer flexible schedules. Our trainers evaluate your individual needs and develop a personalized exercise and lifestyle program to meet your unique goals. Our trainers carry one or more certifications from nationally recognized organizations and/or a degree in exercise science.

All clients complete a consultation and Client Agreement with a trainer before their first session. Consultations include fitness assessment, overview of expectations, safety, discussion of goals, etc. to ensure your trainer has all the necessary information to help you be successful.

### 30-Minute and 1-Hour Sessions Available.

Clients can earn rewards by joining Greater Midland's Personal Training Rewards Program. For more information or to set up sessions with a Greater Midland Personal Trainer contact Valerie Faber, Director of Wellness at [vfaber@greatermidland.org](mailto:vfaber@greatermidland.org), or 989-923-4622 ext. 2253.

*Clients have 6-months to complete purchased sessions. Greater Midland cannot extend the expiration of sessions. **No exceptions.***

## INDOOR TRACK AND ADVENTURE BRIDGE

The Indoor Track & Adventure Bridge is a year-round space for walkers, joggers, and runners alike.

The Indoor Track & Adventure Bridge is available at all times during regular building hours.

- Individuals 5 and under are not permitted.
- Individuals aged 6-11 must be accompanied and supervised by an adult 18+
- Individuals aged 12+ are permitted to use the track independently.

**Track Lanes:** The track offers three lanes for running, jogging, and walking.

Inside Lane	Running	8.77 laps = 1 Mile
Middle Lane	Jogging	8.5 laps = 1 Mile
Outside Lane	Walking	8.25 laps = 1 Mile


### Track Rules

- To avoid injury please avoid sudden stops, change lanes if adjusting speed, and use corners/appropriate Wellness Center areas for stretching/breaks.
- Leaning over and/or climbing on railings is strictly prohibited and could result in serious injury or death.
- Throwing any items from the track is strictly prohibited.
- Strollers and wagons are not permitted on the track. Wheelchairs and walkers are permitted on the track, walkers are not permitted for use on Adventure Bridge.
- For the safety of all participants spectating from the track is prohibited. Bleachers are provided in the gymnasium and a variety of seating can be found along the main-level corridor.


## Track Directions & Signage:

### TRACK

MONDAY, WEDNESDAY,  
FRIDAY, SUNDAY




TUESDAY, THURSDAY,  
SATURDAY




### TRACK


TUESDAY, THURSDAY,  
SATURDAY




MONDAY, WEDNESDAY,  
FRIDAY, SUNDAY




- OPEN TO AGES 12 AND OLDER
- INSIDE LANE - RUNNING
- MIDDLE LANE - JOGGING
- OUTSIDE LANE - WALKING
- NO SPECTATING FROM TRACK
- NO CLIMBING ON OR LEANING OVER RAILING




**HEADPHONES REQUIRED**  
FOR  
PERSONAL MUSIC



**NO  
FOOD**



**DRINKS**  
IN SPILL PROOF  
CONTAINERS



**PHOTOS / RECORDINGS**  
PROHIBITED WITHOUT  
EXPRESS PERMISSION

## CHILD WATCH >

Child Watch is a safe and supportive environment for your children, so you can work your way to a healthier, happier you. Our friendly and caring staff provides an environment for your children to develop socially, emotionally, cognitively, and physically through activities such as reading, interactive games, and other group activities.

### Hours of Operation:

Sunday	CLOSED
Monday	8 AM - 12 PM   5:30 PM - 7:30 PM
Tuesday	8 AM - 12 PM   5:30 PM - 7:30 PM
Wednesday	8 AM - 12 PM   5:30 PM - 7:30 PM
Thursday	8 AM - 12 PM   5:30 PM - 7:30 PM
Friday	8 AM - 12 PM
Saturday	9 AM - 11 AM

**Ages:** 3 months through 9 years. A parent or guardian age 18 or older must sign in/out each child.

**Cost:** Center Plus and All Access Family Members have complimentary access to Child Watch for up to 90 minutes per child per day. Non-members or Center members fee is \$3/visit for the first child and \$1 per additional child (90-minute time frame applies to all).

**Room Capacity:** 18. Once capacity has been reached, additional children cannot be accepted. The Center reserves the right to change the hours based on usage.

**Reservations:** Members may reserve and secure their time slot up to 7 days in advance. Non-members may reserve a spot up to 1 day in advance. Reserve [here](#).

*Parents/guardians must remain on the Community Center campus at all times. Please bring your own bottles, diapers, and snacks for your child (nut free), and label all your belongings.*

## AQUATICS >

Greater Midland offers a vast variety of aquatic programming. Different areas and features of the pool may be reserved or closed for programs and specific groups at certain times. Please visit [greatermidland.org](http://greatermidland.org) or visit the Welcome Desk for availability and drop-in schedule.

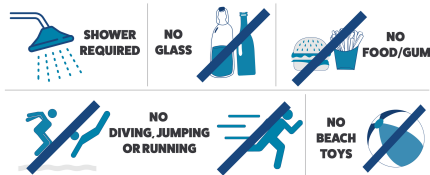
For the safety and enjoyment of all, Greater Midland requires the following:

- Ages 5 and under require an adult (18+) in the water and within an arm's reach.
- Ages 6-11 require a supervising adult (18+) on the pool deck.
- Ages 12 and older may access the pool independently.

## AQUATIC SIGNAGE

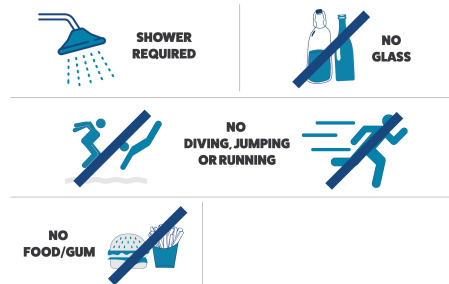
### POOL

- > CHILDREN UNDER 5 REQUIRE AN ADULT (18+) IN THE WATER WITHIN ARM'S REACH
- > AGES 6-11 REQUIRE SUPERVISING ADULT (18+) ON DECK
- > AGES 12 AND OLDER MAY ACCESS THE POOL INDEPENDENTLY
- > AGES 6 AND UNDER MUST PASS SWIM TEST OR WEAR LIFE JACKET TO ACCESS THE LAP AREA
- > CONSIDER UNDERLYING HEALTH CONDITIONS BEFORE USE
- > ADULTS RESPONSIBLE FOR SUPERVISING THEIR CHILDREN
- > SHORT WHISTLE - LOOK TO LIFEGUARDS FOR DIRECTIONS
- > LONG WHISTLE - EXIT POOL IMMEDIATELY
- > SPILL PROOF DRINKS PERMITTED IN SEATING AREAS ONLY
- > PEOPLE WITH OPEN SORES, RASHES, UNHEALED WOUNDS, OR INFECTIOUS CONDITIONS NOT PERMITTED
- > THE FOLLOWING ARE NOT PERMITTED:
  - > DIVING, JUMPING OR RUNNING
  - > ROUGH PLAY INCLUDING BUT NOT LIMITED TO: DUNKING, PUSHING, THROWING, ETC.
  - > STREET SHOES ON DECK



### SPA

- > AGES 5 AND UNDER ARE NOT PERMITTED
- > AGES 6-11 REQUIRE SUPERVISING ADULT (18+)
- > AGES 12-17 REQUIRE SUPERVISING ADULT WHEN THE POOL IS NOT OPEN
- > PROPER SWIM ATTIRE REQUIRED
- > CONSIDER UNDERLYING HEALTH CONDITIONS BEFORE USE
- > HOT WATER IMMERSION WHILE UNDER THE INFLUENCE OF DRUGS OR ALCOHOL MAY LEAD TO SERIOUS CONSEQUENCES
- > LONG EXPOSURE MAY RESULT IN NAUSEA, DIZZINESS, OR FAINTING
- > ROUGH PLAY INCLUDING BUT NOT LIMITED TO: DUNKING, PUSHING, THROWING, ETC. NOT PERMITTED



## AQUATIC PROGRAMS

Greater Midland takes pride in having options for all ages, activity levels, and accessibility levels to exercise. The pool features a zero-depth entry area, which provides an entry point for individuals regardless of mobility. There is a water wheelchair for use to get into the pool, and a transition wall at the hot tub to assist getting in and out. The maximum depth of this area is 3.5 feet.

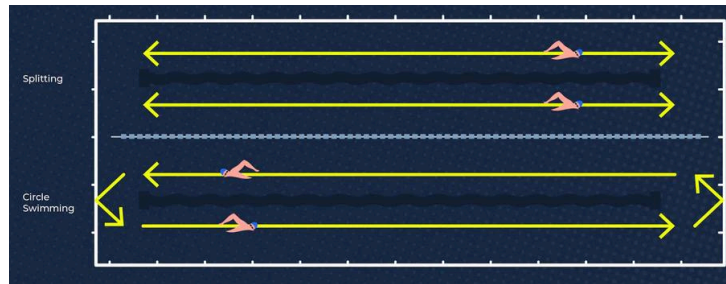
**Aquatic Group Fitness:** Classes are available to those with a Center Plus, All Access, Core + or Diamond membership and SilverSneakers® participants. Drop-in passes for Group Fitness are also available.

The SilverSneakers® Splash offering is ONLY available to SilverSneakers® eligible participants. Please see the [Group Fitness](#) schedule for days, times, and class descriptions.

**Lap swim:** Offered during scheduled times when all 4 lane lines are in the pool. This time is reserved for exercise, and not “free” or “open” swimming.

Before participating in lap swim, ensure you are confident that you can swim 25 yards (1 length) continuously before resting. Pool age rules will still apply to lap swim.

If two swimmers are sharing a lane, “splitting the lane” is acceptable. If three swimmers are sharing a lane, then circle swimming is required. Please see the picture below for reference.



**Rec Swim:** Non-lap lane areas of the pool are available. Spray features, slide, and water attractions will not be active at this time. The Resistance Channel and therapy water jet bench will be turned on and available for use.

*The Resistance Channel is an oval-shaped portion of the pool for individuals during Rec Swim to wade with or against the water current.*

**Open Swim:** The entire pool is available for use, lap lanes will be removed, spray features are active, and the slide is operational in 30-minute intervals.

Slide riders must be a minimum height of **42"** to ride the slide.

**Swim Lessons:** Greater Midland is proud to offer this critical program to all ages. The goal of all swim lesson programs hosted by Greater Midland is to provide lifesaving and lifelong skills.

Our Parent/Child classes start at 6 months and go up to 3.5 years. Group Learn to Swim lessons are for those 3 to 16 years. Private Swim Lessons are available for any age. Our new offering of Adult Beginner Swim Lessons is for anyone 18+.

## AQUATIC PARTNERS

Greater Midland Community Center is proud to partner with Midland Dolphins and Midland Masters Swimming

**Midland Dolphins:** A local competitive swim team affiliated with USA Swimming for ages 5-18. Prospective swimmers must be able to swim a 25-yard freestyle and 25-yard backstroke continuously with no rest before enrolling. Please read all group descriptions before enrolling to ensure you enroll in the correct group.

For more information, contact Tyler Miller, [tmiller@greatermidland.org](mailto:tmiller@greatermidland.org)

**Midland Masters Swimming:** A competitive swim team for individuals 18+. If you are a former swimmer who struggles to lap swim on your own, think about attending a Midland Masters practice to get team-oriented training.

## AQUATIC RENTALS

Partial or full pool rentals are available. Greater Midland has a variety of birthday party packages, and field trip rates, and is happy to work with sports teams, Boy Scout/Girl Scout Clubs, etc. Please reach out to [elong@greatermidland.org](mailto:elong@greatermidland.org) for any rental inquiries.

## UNIVERSAL CHANGING ROOM HALLWAY >

The Universal Changing hallway houses an accessible changing room, including a universal accessible changing room featuring an adult changing table, co-ed sauna, co-ed spa, day-use lockers, suit spinner, and access to the men's and women's locker rooms. This hallway is a shared space and requires appropriate clothing. Do not leave personal belongings in changing rooms or locker rooms. Lockers are provided for safe storage of personal belongings (day use only.)

## UCR HALLWAY SIGNAGE

### SAUNA

- > MUST BE 12 YEARS OF AGE OR OLDER
- > APPROPRIATE CLOTHING/SWIM WEAR MUST BE WORN AT ALL TIMES
- > NO LOTIONS/OILS
- > NO EXERCISE PERMITTED
- > DO NOT POUR WATER ON HEATING ELEMENT DUE TO RISK OF ELECTROCUTION
- > LONG EXPOSURE MAY RESULT IN NAUSEA, DIZZINESS, OR FAINTING
- > RECOMMENDED TO LIMIT USAGE TO 10 MINUTES



**HEADPHONES REQUIRED**  
FOR  
PERSONAL MUSIC



**NO  
FOOD**

**DRINKS**  
IN SPILL PROOF  
CONTAINERS



**PHOTOS/RECORDINGS**  
PROHIBITED WITHOUT  
EXPRESS PERMISSION



## GYMNASIUMS >

### GYM

- > AGES 7 AND UNDER MUST BE ACCOMPANIED BY AN ADULT
- > AGES 8-11 MUST HAVE AN ADULT PRESENT IN THE FACILITY
- > INAPPROPRIATE LANGUAGE OR BEHAVIOR PROHIBITED
- > RETURN SPORTS EQUIPMENT TO ITS PROPER PLACE
- > CHECK THE GYM SCHEDULE FOR GYM AVAILABILITY



**APPROPRIATE ACTIVE  
WEAR REQUIRED**  
INCLUDING SHIRT & CLOSE TOED  
ATHLETIC SHOES

**DRINKS**  
IN SPILL PROOF  
CONTAINERS



**NO  
FOOD**



**HEADPHONES REQUIRED**  
FOR  
PERSONAL MUSIC



**NO HANGING**  
ON NETS OR RIMS

## PROGRAMS >

Greater Midland Community Center offers a wide variety of programs for all ages and interests. From swim lessons and athletics to cooking and sewing there is something for everyone!

Participants can find a comprehensive list of programs, detailed descriptions, and schedules in our program brochure at <https://www.greatermidland.org/programs>.

For convenient registration, participants can register online after setting up their household account at <https://register.greatermidland.org/wbwsc/webtrac.wsc/login.html>.

- Select “create new account”
- Complete prompts

Participants can also register in person at the Welcome Desk with one of our knowledgeable Member Services Specialists.

## SUMMER CAMPS

Greater Midland Summer Camps, where being a kid is simply awesome!

Our camps offer an abundance of excitement, safety, and endless fun. Each summer at our Community Center, Tennis Center, North Family, and Coleman Family Centers, we provide a nurturing environment where kids can thrive, gain independence, engage in hands-on learning, boost self-confidence, and forge lifelong friendships.

Nearly 5,000 campers from across the Great Lakes Bay Region flock to our Centers. Here's why:

- Curbside Drop-Off
- Before/After Care
- Meals provided through partnership with Meet Up & Eat Up
- Licensed, Trained & Caring Counselors
- Character Development
- State-of-the-Art Centers

Visit our [Camps page](#) to learn more about Greater Midland Summer Camps.

## RACES

Kicking off race season each year in June is our Flagship event, the Dow RunWalk! Dow RunWalk is the largest foot race in the community and second in our region. The Dow RunWalk offers a race for everyone: 10K run, 5K run, 5K walk, Duo (5k+10k), 1 mile run and Tot Trot DASH to the FINISH!

July features our Tri-Kids-Try youth triathlon. We offer a Mini TKT for ages 3-5 and or main event TKT for ages 6-15. TKT challenges kids to swim, bike and run all while having fun!

August rounds out our race season with two great races. Run the River, part of River Days, is an evening run with views of hot air balloons, the Tittabawassee River and more!

Last but not least, a home run event, the Great Lakes Loons Pennant Race. All participants will start and finish at the stadium and receive a game ticket.

Greater Midland Races are truly comm**YOU**nity events offering four great races each summer.

## TRIPS & TRAVEL

Greater Midland Travel is a great way to vacation under the leadership of amazing staff who will make your trip stress-free, memorable, and fun! Travel season is typically May through November with a variety of Motorcoach bus trips planned exploring all Michigan has to offer.

At least one extended trip is offered each year, typically in the first week of October.

## TAX PROGRAM

AARP Foundation Tax-Aide is the nation's largest, free, volunteer-run, tax assistance and preparation service available to taxpayers with low to moderate income, with an emphasis on senior citizens and basic returns. Volunteers are trained to assist in filing the 1040 tax form and basic returns.

With the financial support of the United Way and volunteer leadership from AARP, the Greater Midland Community Center is the largest AARP Tax-Aide site in the State of Michigan.

Appointments can be scheduled through the Community Center beginning the second week of January until appointments are full.

## EARLY CARE AND EDUCATION >

### ONSITE CARE

Our STAR rated and licensed Early Care & Education program is committed to providing a safe and nurturing environment that encourages every child to develop meaningful connections and to grow and learn through play and exploration.

Each age group participates in an enriching daily routine and carefully planned activities designed to promote healthy physical, social/emotional, and cognitive development. At Greater Midland, we know all children can be successful. It is our privilege and responsibility to provide high Equality Early Care & Education for all learners.

- Hours: 7 AM - 6 PM, Monday through Friday
- Serving: Infant to Preschool
- DHHS/Child Care subsidy accepted
- Limited number of sliding fee scholarships available to qualifying families
- 19 Day minimum

For more information or to schedule a tour please contact Becca Chauvette, Director of Early Childhood Education at [bchauvette@greatermidland.org](mailto:bchauvette@greatermidland.org) or (989) 923-GMCC (4622).

### BEFORE AND AFTER SCHOOL PROGRAM

Quality Time Before/After School Program is a comprehensive program designed to provide school-aged students in our community with enriched learning experiences that extend beyond the traditional school day.

This program is a collaborative effort between Greater Midland Community Centers and Midland Public Schools aimed to foster well-rounded and academically successful individuals while improving school attendance, academic achievement, and life skills.



- Hours: 7 AM - 9 AM Before Care, 3 PM - 6 PM After Care, Monday through Friday
- DHHS Assistance accepted and Financial Assistance Available
- 10 sessions minimum
- Full day care on snow/inclement weather days, professional development days, and winter/spring break.

**Melanie Pesta**  
*Multi-Site Director*  
[mpesta@greatermidland.org](mailto:mpesta@greatermidland.org)

Adams Elementary  
 Woodcrest Elementary  
 Siebert Elementary  
 k-2 Summer Program

**Jessica Acton**  
*Multi-Site Director*  
[jacton@greatermidland.org](mailto:jacton@greatermidland.org)

Central Park Elementary  
 Chestnut Hill Elementary  
 Plymouth Elementary  
 3-5 Summer Program

**Carpenter Pre-Primary**  
[bchauvette@greatermidland.org](mailto:bchauvette@greatermidland.org)

### GREATER MIDLAND COMMUNITY CENTER PARTNER AGENCIES >

- AARP
- City of Midland
- Community Mental Health
- Dive and Glide Scuba
- Great Lakes Loons
- Midland County Educational Service Agency
- Midland Curling Club
- Midland Dolphins
- Midland Masters Swimming
- Midland Public Schools
- MyMichigan Medical Center
- Rock Steady Boxing Mid Michigan
- United Way

### ALL GREATER MIDLAND OPERATING UNITS >



### OUR IMPACT >

Founded in 1919, Greater Midland Community Centers, Inc. has been a cornerstone for connection among Midland residents for over a century. Today, we have expanded to six operating units across Midland County, serving over 30,000 people annually.

Our purpose is to Promote Vitality, Build Belonging, and Serve with Heart. We offer a wide range of services, including wellness and fitness programs, early childhood education, senior activities, recreation, youth programs, and essential needs support.

Guided by over 40 community leaders on our governing boards and in collaboration with more than 20 community partner organizations, we are dedicated to creating a welcoming space for every resident, regardless of their geography or income.



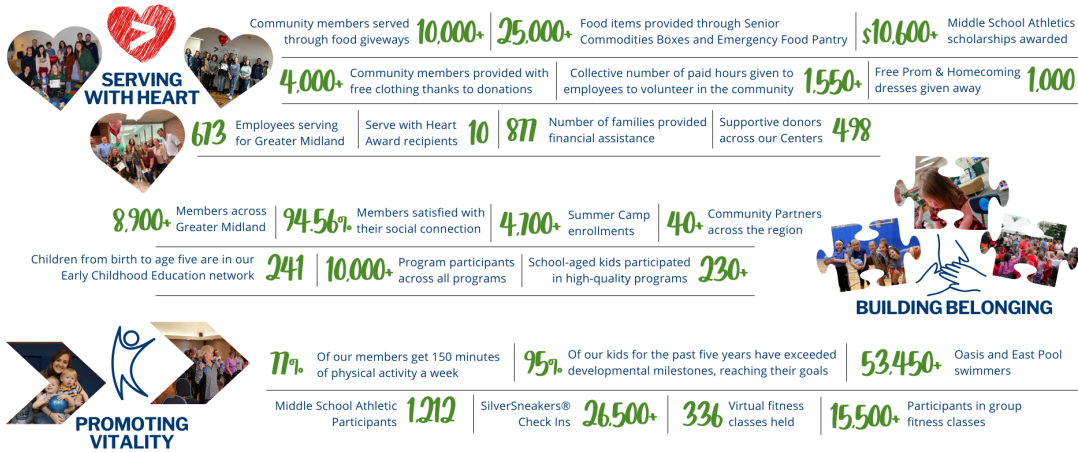
# 2023 A YEAR OF great IMPACT

## OUR GREATER MIDLAND PURPOSE

PROMOTE VITALITY

BUILD BELONGING

SERVE WITH HEART



## YOUR IMPACT

Greater Midland is powered by the community. 76% of our annual revenue is generated from our membership and programs. This means when you sign your child up for a gymnastics class, baking camp, or become a member you are directly supporting people in need right here in our community.

If you'd like to make a contribution to support our impact please visit, [greatermidland.org/givegreater](http://greatermidland.org/givegreater).

## SPONSORSHIP OPPORTUNITIES >

Gymnasium Scoreboard Signs <b>EXCLUSIVE SPONSOR</b>	<b>8'x18"</b>	<b>\$6,000</b>
Digital Ad Internal Display Screen	<b>3840x2160</b> Rotation between 10 screens	<b>\$5,000</b>
Digital Program Brochure	<b>4 Editions annually</b> ¼ page ad ½ page ad	<b>\$250/edition</b> <b>\$500/edition</b>
Water Fountain Stations <b>EXCLUSIVE SPONSOR</b>	<b>(6) Framed 8.5"x11"</b>	<b>\$2,500</b>
Banner	<b>60"x24"</b>	<b>\$1,000-\$1,500</b>
Pace Clocks	<b>(5) 24"x18"</b>	<b>\$1,000/clock</b>
Shout Out Sign	<b>24"x18"</b>	<b>\$500-\$750</b>

Sponsorship agreements are for 1 calendar year unless otherwise stated. Other opportunities are available for specific programs, events, and sites. For more information and to reserve a sponsorship contact us at

[funddevelopment@greatermidland.org](mailto:funddevelopment@greatermidland.org)