the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER YOUR Y

2017 Fall Program Guide

Kishwaukee Family YMCA

SESSION DATES:

Fall 1: September 5-October 29
Fall 2: October 30-December 24

Registration Dates:

Member: 8/1/2017
Program Participant: 8/8/2017

WELCOME TO THE Y

Throughout DeKalb County, countless people know the Y. But there's so much more to our Y than one might think.

From exercise to education, from volleyball to volunteerism, from preschool to preventive health, the Y doesn't just strengthen our bodies. It strengthens our community.

The Y is so much more than a gym. It's a cause, dedicated to youth development, healthy living and social responsibility. For over 150 years, we've been proud to help our neighbors learn, grow and thrive. Yet we're called to do so much more. DeKalb County faces challenges that create a greater need than ever for the work we do every day. Fortunately, where some see obstacles, we see opportunities for our members, volunteers and staff to make a difference.

- Together, we will: Teach skills and values that help create a path to success for kids and teens.
- Inspire people of all ages to play, be active, and maintain a healthy lifestyle.
- Engage in work that fosters an inclusive, collaborative, proactive approach in addressing community needs.

But we need your philanthropic support to make it happen.

Every gift makes a difference. Everyone has a role to play. Together, we can achieve so much more. Give today. Contact Debbie Madeley, Development Director at 815.756.9577 or dmadeley@kishymca.org to join our cause!

Membership For All

We believe everyone deserves a Y, so the Kishwaukee Family YMCA offers financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Ask a staff member about financial assistance. It's easy to apply and the Y does everything it can to make the Y a place for all.

PRESCHOOL PROGRAMS

Nurturing the Potential of Every Child and Teen

Tadpoles Preschool

(For children 2 1/2-3 1/2 years of age)

Our teachers will welcome your child in a warm, safe and caring environment. Our values-based program will help young children learn essential social, physical and intellectual building blocks. Using a wide range of activities to stimulate your child's creativity, self-esteem and independence

Tuesday/Thursday 9:00-10:30am

Member Fee: $495/year or $55/month
Program Participant Fee: $990/year or $110/month

Caterpillars Preschool

(For children who are 3-4 years)

You may choose to add Art, Music, Swimming and Sports, to extend your child's experience.

Healthy child development starts early. That's why we offer preschool programs that help children learn the essential skills they need later in life. Our trained, supportive staff work to help everyone have the best possible start in their education and to be able to arrive at their first day of Kindergarten ready to learn.

Monday/Wednesday/Friday 9:00-10:30am

Member Fee: $585/year or $65/month
Program Participant Fee: $1,170/year or $130/month

-add Art, Music, Swimming and Sports for additional fee

Monday/Wednesday/Friday 10:30 am-12:00pm

Member Fee: $585/year or $65/month
Program Participant Fee: $1,170/year or $130/month

Leap Frog Preschool

(For children 3 1/2-4 1/2 years of age)

Leap Frog Participants MUST ALSO ENROLL in Swimming and Sports.Children watch and absorb knowledge, skills and values from everything and everyone around them. At the Y, we believe the values and skills learned early in life are vital building blocks for quality of life and future success. That's why our preschool programs are staffed with people who understand the cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things.

Tuesday/Thursday 9:00-11:00 am

-add Swimming and Sports

Tuesday/Thursday 11:00am-12:00pm

Member Fee: $900/year or $100/month
Program Participant Fee: $1,800/year or $200/month

Butterflies Preschool

(For children who are 4-5 years)

Butterfly participants MUST ALSO ENROLL in Music, Swimming and Sports. Our preschool programs focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, and trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

Monday/Wednesday/Friday 9:00-10:30 am

-add Music, Swimming and Sports

Monday/Wednesday/Friday 10:30am-12:00pm

Member Fee: $1,170/year or $130/month
Program Participant Fee: $2,340/year or $260/month

BEFORE & AFTERSCHOOL PROGRAMS

Nurturing the Potential of Every Child and Teen

YMCA Before and Afterschool Program

Afterschool at the Y engages kids in physically active, learning and imaginative activities that encourage exploration of who they are and what they can achieve. In addition to supplementing what they have learned in school, they participate in interactive learning that help build healthy habits, active lifestyles and continued learning. Students get assistance with their homework from trained Y staff, form long-lasting friendships that enhance their development and growth and learn skills that can build self confidence.

The YMCA has partnered with the DeKalb School District to offer before and after school care for youth in grades K - 5. A variety of activities are provided by the YMCA on site at the schools. By combining the strengths of our organizations, our youth benefit through a fun, well-rounded program that will keep them both mentally and physically healthy.

REGISTER NOW >

For more information please contact: Lesley Feyerherm 815.756.9577 ext 13 or lfeyerherm@kishymca.org;

To register: Visit us online at www.kishymca.org or stop by the YMCA Front Desk

Cortland Students register with Cortland School

YOUTH AND GOVERNMENT

Nurturing the Potential of Every Child and Teen

Youth and Government (Y&G) provides students the opportunity to experience the democratic process and develop the leadership skills needed to become citizens of a participatory society. Based on the motto "Democracy Must Be Learned By Each Generation," Youth and Government is a nationwide program that involves more than thousands of youth in grades 9-12 each year.

YMCA Youth and Government promotes:

- An understanding of local, state, national, and international concerns
- Research, study, and debate on public issues
- Exploration of careers in public service
- Interaction with adult and youth leaders involved in decision-making processes
- An understanding of political systems and the forum they provide for the effective and peaceful resolution of issues and concerns
- Appreciation for the diversity of viewpoints on public issues and a concurrent respect For ideas, beliefs and the positions of others
- Demonstration of citizenship responsibilities and leadership roles essential to the health of a participatory democracy

REGISTER NOW >

For more information on how to participate in Y&G, contact Lesley Feyerherm at lfeyerherm@kishymca.org or visit Ilinois YMCA Youth and Government.

YOUTH PROGRAMS

Nurturing the Potential of Every Child and Teen

Kid Power (Ages 5-7)

A child-centered class designed to instill confidence in children, empower them to find their voices to advocate for themselves, as well as protect and defend themselves using logic and reasoning first, or karate as a last resort. We use games, skits, and positive-behavior homework, and self-defense skills together to create a fun and important class for your child. Come join us!

Beginners:
Tuesdays 5:45-6:30pm

Member Fee: $34
Program Participant Fee: $45

REGISTER NOW >

Advanced:
Tuesdays 6:45-7:30pm

Member Fee: $34
Program Participant Fee: $45

REGISTER NOW >

Youth Martial Arts (Ages 8-13)

Participants in the Y's martial arts program will learn Isshin-ryu Karate and Lung Chi Chuan Fa Kung-fu in a structured and goal centered environment. Students develop self-confidence, personal discipline, pride, respect for themselves and others, and strategies for self-improvement. Practice of these martial arts improves strength, flexibility, physical conditioning, concentration, coordination, balance, speed, timing, reflexes, and body control.

Beginners - Orange Belts
Thursday 5:45-6:30pm

Green- Black Belts
Thursday 6:45-7:30pm

Member Fee: $38
Program Participant Fee: $50

REGISTER NOW >

Building Strong Kids (Ages 8-14)

For children ages 10-14 who want to start a healthier lifestyle and have fun! Includes active games, strength training and conditioning. Not only will kids get healthy but they'll build confidence. They will learn proper exercise techniques while having fun with other kids. This class will meet in the Multi-Purpose Room.

Tuesdays 5:30-6:15pm

Member Fee: $25
Program Participant Fee: $50

REGISTER NOW >

NEW! Youth Hula Hoop Dance (Ages 8-18)

Our hula hooping class for children and teens is a total blast! Hula Hoop Dance will improve coordination, increase flexibility and build core strength! Your child or teen will experience the excitement of hoop dance through learning fun tricks on and off the body (or through learning fun tricks in and out of the hoop)!

Friday 5:45-6:30pm

Member Fee: $25
Program Participant Fee: $50

REGISTER NOW >

Hula Hoop Dance (Family Friendly)

Join us for an exciting, fun new workout! Hula Hoop is great for abs, enhances cardio fitness, balance and coordination! This class helps us put play in our lives and gets our groove back. A great family activity! Children 7-12 must have an adult attend the class with them.

Dates: September 12-October 29
October 30-December 24
Tuesday 5:30pm-6:15pm

Fall 1
Member Fee: $21
Program Participant Fee: $41 -plus $5 per child

REGISTER NOW >

Fall 2
Member Fee: $24
Program Participant Fee: $46 -plus $5 per child

REGISTER NOW >

YOUTH PROGRAMS/ YOUTH SPORTS

Beth Fowler School of Dance

In 1983 Beth established the Beth Fowler School of Dance at the age of 15. Beth has danced professionally as a principle dancer with area dance companies and studied with the Milwaukee Ballet. In 1994 Beth established the Beth Fowler Dance Company which is a pre-professional group of dancers. She has developed dancers that were accepted with the Joffrey Ballet of New York City, Milwaukee Ballet, Chicago Bulls Luvabulls, to name a few, plus many that received college scholarships for dance. She has a great love for children which shows in her teaching. Students are eager to learn in programs that are both enjoyable and self-rewarding.

Mommy and Me Ballet (2-3 year olds)

An exciting opportunity for young children to explore and learn about the wonderful world of ballet. Combining creative movement with beginning ballet moves and terms, dancers pretend to be their favorite princes or princesses.

Friday 9:30-10:00am

Member Fee: $20
Program Participant Fee: $40

REGISTER NOW >

Creative Dance (3-5 year olds)

Dance is a great way for kids to get active and express themselves creatively. Use of structural outline to teach young children the fundamentals of ballet. This is a creative movement education program that uses progressive skill development that emphasizes body part awareness, coordination and posture.

Friday 10:15-11:00am

Member Fee: $30
Program Participant Fee: $45

REGISTER NOW >

Classes BELOW are held At Beth Fowler School Of Dance In Genoa.

Beginning Jazz I/II in Genoa (Ages 7-11)

Session: Aug. 22-Oct.15 & Oct. 17- Dec. 10
Day: Tuesday
Time: 5:00-6:00pm
Location: Beth Fowler School of Dance in Genoa

Member Fee: $40
Program Participant Fee: $70

REGISTER NOW >

Beginning Ballet II in Genoa (Ages 7-11)

Session: Aug. 22-Oct.15 & Oct. 17- Dec. 10
Day: Tuesday
Time: 6:15-7:45pm
Location: Beth Fowler School of Dance in Genoa

Member Fee: $60
Program Participant Fee: $100

REGISTER NOW >

YOUTH PROGRAMS

NEW! Youth Hula Hoop Dance (Ages 8-18)

Our hula hooping class for children and teens is a total blast! Hula Hoop Dance will improve coordination, increase flexibility and build core strength! Your child or teen will experience the excitement of hoop dance through learning fun tricks on and off the body (or through learning fun tricks in and out of the hoop)!

Friday 5:45-6:30pm

Member Fee: $25
Program Participant Fee: $50

REGISTER NOW >

Hip Hop Dance (Age 5-12)

Hip Hop is the perfect class for children who want to dance, stay active, and learn ... dance class that teaches boys and girls alike to step, stomp, and shake it out.

Friday 6:45-7:30pm

Fall 1
Member Fee: $25
Program Participant Fee: $50

REGISTER NOW >

Fall 2
Member Fee: $22
Program Participant Fee: $44

REGISTER NOW >

YOUTH SPORTS

Home School Sports

A class designed to give Home School students the opportunity to explore and develop sports stills. In this class we learn about different sports each session & incorporate some classic gym games.

Session Dates: September 5 - October 29
October 30 - December 24

Tuesdays and/or Thursdays 12:00-1:00pm

Member Fee: 1 day a week $36/
2 days a week $66

Program Participant Fee: 1 day a week $66/
2 days a week $83

REGISTER NOW >

YOUTH SPORTS

Nurturing the Potential of Every Child and Teen

Rookies Basketball (Ages 4 & K)

Games will be played on Saturdays. There will be a 20 minute practice followed by a 35 minute game. **All participants will receive a basketball with their registration.**

League Dates:	October 21-December 16
Registration Deadline:	September 18
Member Fee:	$41*
Program Participant Fee:	$82*

REGISTER NOW >

jr. NBA presented by UNDER ARMOUR

All players will receive a basketball and a Jr. NBA reversible basketball jersey included in registration.

Jr. NBA Youth Basketball League (Grades 1st-4th)

The Jr. NBA basketball league is a great program for girls and boys. The program is designed to enhance the youth basketball experience for kids of all skill levels. The Jr. NBA aims to develop a lifelong passion for the game of basketball by teaching boys and girls the fundamentals of the sport while instilling core values including teamwork, respect and sportsmanship.

Games will be played on Saturdays and practices are held during the week. **All participants will receive a basketball and a Jr. NBA reversible basketball jersey with their registration**

Divisions:	1st-2nd Grade 3rd-4th Grade
Coaches Meeting:	September 13 6:00-6:30pm
Practice Begins:	Week of October 9
League Dates:	October 21-December 16
Registration Deadline:	September 18
Member Fee:	$65.50*
Program Participant Fee:	$113.50*

REGISTER NOW >

Rookies Indoor Soccer League (Ages 4 & K)

Games will be played on Sundays. There will be a 20 minute practice followed by a 30 minute game. **All participants will receive a soccer ball with their registration.**

League Dates:	October 22-December 17
Registration Deadline:	September 18
Member Fee:	$41*
Program Participant Fee:	$82*

REGISTER NOW >

Youth Indoor Soccer League (Grades 1st-8th)

This is a skills based league designed for both beginners and experienced players to build and grow their skills in the game of soccer. Games will be played on Sundays and practices are held during the week. **All participants will receive a soccer ball with their registration.**

Divisions:	1st-2nd Grade 3rd-4th Grade 5th-8th Grade
Coaches Meeting:	TBD
Practice Begins:	Week of October 9
League Dates:	October 22-December 17
Registration Deadline:	September 18
Member Fee:	$48*
Program Participant Fee:	$96*

REGISTER NOW >

Rookies Floor Hockey League (Ages 4 & K)

The YMCA has a long history of introducing youth to sports that become a lifelong passionate pursuit. Our Youth Floor Hockey League will teach players the fundamental rules of the game, build new skills and develop team work.

League Dates:	October 23-December 18
Practice and Games:	Mondays at 5:30-6:30pm
Registration Deadline:	September 18
Member Fee:	$41*
Program Participant Fee:	$82*

REGISTER NOW >

***To ensure timely publication of sports rosters and schedules, those looking to register after the published deadline must receive the approval of the Program Executive. A $15 processing fee will be applied to those registrations.**

Rosters and schedules will be posted online at www.quickscores.com/kishymca

YOUTH SPORTS

Placement Tryouts for Youth Hockey League:
Saturday, September 23rd from 1-4pm.
Placement is at the coaches discretion. Age and skill levels will be considered. Younger first timers might be recommended to start with floor hockey or individual instruction.

CORSAIRS YOUTH ROLLER HOCKEY

REGISTER NOW >

6U, 8U/Mini Mite, Mite (beginning developmental)**

The beginning levels of the Corsairs Hockey Organization are for the relatively new hockey player with limited or no experience.

The 6U and 8U levels are designed for the novice player who is new to both skating and the game of hockey. This level focuses on the physical basics of skating (forward, backward, turning, and stopping), basic stick/puck handling, passing, and shooting. The program is intended to help the new player develop the basic hockey foundational skills to play and compete in organized and structured hockey team environment.

Session Dates: October 5 - December 2
Practice Days and Times: Thursdays 5:45pm-6:45pm

Member Fee: $69
Program Participant Fee: $121
(Jerseys already purchased)

Member Fee, including custom jerseys: $139
Program Participant Fee, including custom jerseys: $191
(Jerseys are required)

10U, 12U/Squirts, Peewee (intermediate)**

The intermediate levels of the Corsairs Hockey Organization are for the player who has progressed past the basics of hockey skills and is ready to further enhance their skill sets in the sport. (Beginning developmental level skills are highly recommended or upon coaches assessment)

The 10U and 12U levels are designed for the intermediate player who has a solid foundation for skating and a decent understanding of the game of hockey. The program is intended to help the continuing player refine their skating, stick/puck handling, and shooting skills while continuing to learn more details about the game in a structured hockey team environment.

Session Dates: October 5-December 2
Practice Days and Times: Thursdays 6:45-7:45pm

Member Fee: $69
Program Participant Fee: $121
(Jerseys already purchased)

Member Fee, including custom jerseys $139
Program Participant Fee, including custom jerseys $191
(Jerseys are required)

14U, 16U/Bantam, Midget (experienced)***

The experienced levels of the Corsairs Hockey Organization are for the player that has a good foundation of hockey skills set and solid grasp on the details of the game (Beginning and Intermediate skills are required or upon coaches assessment)

The 14U and 16U levels are for the experienced player who is able to learn advanced drills and hockey techniques as well as play at a competitive level. Players are evaluated and split into teams for the session. Aside from physical skills; a focus is put on developing team dynamics, communication, and leadership to enhance the players as they continue through their hockey career.

Session Dates: October 2-December 2
Practice Days and Times: Mondays 6:45-7:45pm & Thursdays 7:45-8:45pm

Member Fee: $100
Program Participant Fee: $174
(Jerseys already purchased)

Member Fee, including custom jerseys $170
Program Participant Fee, including custom jerseys $244
(Jerseys are required)

Each level requires at least two-hour weekly time commitment, consisting of one day of skill development training and one day of games. The games are intended to give the player the opportunity to take newly developed skills into a competitive atmosphere.

**The 6U, 8U, 10U, and 12U levels are a "house" program, which means all games are held at the Kishwaukee Family YMCA and will only include players within the Corsairs program.
***The 14U - 16U levels are played as mainly a house league within the Corsairs program. However, exhibition games against other roller hockey programs may be scheduled, too.

PRIVATE SWIM LESSONS AND SWIM TEAM

PRIVATE SWIM LESSONS

Private Swim Lessons

7 Lessons for 30 min. each

Member Fee:	$200
Program Participant:	$400

4 Lessons for 30 min. each

Member Fee:	$135
Program Participant Fee:	$270

Semi-Private Swim Lessons (Group of 2)

7 Lessons for 30 min. each

Member Fee:	$330/group
Program Participant:	$660/group

4 Lessons for 30 min. each

Member Fee:	$225/group
Program Participant Fee:	$450/group

DCST Competitive Private Swim Lessons

7 Lessons for 30 min. each

Member Fee:	$200
Program Participant Fee:	$400

4 Lessons for 30 min. each

Member Fee:	$135
Program Participant Fee:	$270

DEKALB COUNTY SWIM TEAM

Stroke Clinic

Dates: September 5-21

Returning swimmers 8 and younger and new swimmers 12 and younger.

Tuedsay/Thursday	6:00-7:00pm

Returning swimmers 9 and older and new swimmers 13 and older

Tuesday/Thursday	7:00-8:00pm

Member Fee:	$37
Program Participant Fee:	$60

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Rookie Week

Dates: September 25-29

Monday-Thursday will be practice. 6:00-7:00pm for 8 and under. 6:00-7:30pm for 9 and older.
Friday is a mock meet. Warm-ups: 6:00-6:30pm
Meet: 6:30-7:30pm

Member Fee:	$25
Program Participant Fee:	$25

Informational Meeting for Parents

For parents of all new swimmers or those interested in joining DCST. If you cannot attend this meeting please contact Brian Bickner at bbickner@kishymca.org or call 815.756.9577 ext. 26

Tuesday, September 19 6:15pm

SWIM LESSONS

Parent/Child
6 mos. –3 yrs.
Stages A–B

Preschool
3–5 yrs.
Stages 1–4

School Age
6–12 yrs.
Stages 1–6

Teen & Adult
12+ yrs.
Stages 1–6

School Age (6-12 years), Teen & Adult (12+ years)

Parent/Child (6 mo.-3 years)

Preschool (Age 3-5 years) Stage 1-4

SWIM STARTERS

Parent* & child lessons

STAGE A Water Discovery

Introduces infants and toddlers to the aquatic environment

STAGE B Water Exploration

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

STAGE 1 Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

STAGE 2 Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently

STAGE 3 Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages

Outcomes

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

SWIM STROKES

Skills to support a healthy lifestyle

STAGE 4 Stroke Introduction

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

STAGE 5 Stroke Development

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

STAGE 6 Stroke Mechanics

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

DEKALB COUNTY SWIM TEAM

Competition

The mission of DCST is to foster children's enjoyment of swimming as a life-long activity and sport by promoting individual skill improvement and achievement of personal goals through participation with other children within a framework of fun and friendship.

Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

FALL 1: September 5-October 29

Member Fee: $60
Program Participant Fee: $120

REGISTER NOW >

FALL 2: October 30- December 24 (No class Oct. 31 or Nov. 23, 24 & 25)

Member Fee: $60
Program Participant Fee: $120

Fees will be discounted at Registration

REGISTER NOW >

		Parent/Child Swim Lessons (6 months-3 years)		Preschool Swim Lessons (3-5 years)				School Age Swim Lessons (6-12 years)						Teen Swim Lessons (Age 13-15)		Adult Swim Lessons (Age 16+)	
Day	Time	Stage A	Stage B	Stage 1	Stage 2	Stage 3	Stage 4	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 1-3	Stage 4-6	Stage 1-3	Stage 4-6
Monday	4:45pm - 5:25pm	X		X	X			X		X							
	5:30pm - 6:10pm		X			X		X	X		X						
	6:15pm - 6:55pm				X		X			X		X			X		
	7:00pm - 7:40pm								X		X		X	X		X	
Tuesday	9:30am - 10:10am	X		X		X											
	10:15am - 10:55am				X		X									X	
	1:15pm - 1:55pm			X	X	X											
	4:45pm - 5:25pm	X		X		X		X		X							
	5:30pm - 6:10pm						X		X	X	X						X
	6:15pm - 6:55pm											X		X			
Wed	4:45pm - 5:25pm				X	X		X	X	X							
	5:30pm - 6:10pm			X		X	X				X		X				
	6:15pm - 6:55pm											X			X		
Thursday	9:30am - 10:10am				X	X											X
	10:15am - 10:55am		X	X			X										
	1:15pm - 1:55pm	Home School Swim Lessons Stage 1 & 2						Home School Swim Lessons Stage 3 & 4						Home School Swim Lessons Stage 5& 6			
	4:45pm - 5:25pm			X	X			X	X	X							
	5:30pm - 6:10pm		X			X	X				X	X					
	6:15pm - 6:55pm											X	X				
Friday	11:00am - 11:40am	X		X													
	11:45am - 12:25pm				X	X											
	4:45pm - 5:25pm				X				X		X		X				
Saturday	8:00am - 8:40am													X		X	
	8:45am - 9:25am	X		X				X	X								
	9:30am - 10:10am				X		X			X			X				
	10:15am - 10:55am		X						X		X	X					
	11:00am - 11:40am					X	X						X				X

HEALTHY LIVING

Know Your Fitness Numbers

First Tuesday of each Month located by the Wellness Center at 8am-9am, 11am-12pm, 5pm-6pm

Numbers You will get to know:
Resting Heart Rate, Heart Rate Zones, Weight, Body Fat Percentage, BMI & Basal Metabolic Rate

Member Success Meetings

A 30 minute meeting with a Wellness Professional to discuss your goals and match you with the Y programs and services that can best help you to attain them. You will be given a menu of wellness options from which to choose, including many of the following programs. Please contact the Healthy Living Director to schedule your free MSM!

Fitness Assessment

Please contact the Healthy Living Director to set up an appointment.

Member Fee:	$26
Program Participant Fee:	$47

Group Exercise Punch Card

Available to community participants interested in participating in Y Group Exercise classes (Specialty classes not included). Punch cards are available for purchase at the Member Service Desk for $90 each. Each card has ten punches and is good for one class, if space is available.

10 class punch card	$90

WELLNESS CENTER ORIENTATIONS

Family Fit Orientations (Ages 8-11)

Following the completion of the Family Orientation, members will have access to use the all cardio equipment, selectorized weight machines and body weight exercises. They will also be educated in performing body weight exercises.

1. Since it is a family affair, parents or guardians must attend the orientation and work out with their youth in future visits. Members must pass a test and have parent consent at the end of the orientation, prior to facility access.

2. Parents/Guardians and children are both required to wear a Green Wristband while in the Wellness Center together, indicating they have completed the Family Fit Orientation. Wristband can be picked up at the Member Relations Desk.

3. YMCA Employees reserve the right to ask both parents/guardians and children to leave the Wellness Center if they do not have a wristband and are not together at all times.

Mondays	10:15am & 6:15pm
Saturdays	11:00am

Youth/Tween Orientation (Ages 12-15)

Following the completion of the Youth/Tween Orientation, members will have access to use all cardio equipment, selectorized strength machines and light free weights not within the free weight area.

1. Members must pass a test at the end of the orientation, prior to facility access.

2. Youth are required to wear a Green Wristband while in the Wellness Center; wristbands can be picked up at the Member Relations Desk.

3. YMCA employees reserve the right to ask youth/tweens to leave the Wellness Center if they do not have a wristband and are abusing their privilege of being in the Wellness Center.

Mondays	10:15am & 6:15pm
Saturdays	11:00am

Teen/Adult Orientation (Ages 16+)

Get acquainted with the Wellness Center equipment, learn safe techniques for equipment use, proper lifting form, and etiquette. Chat with one of our friendly and experienced staff about your fitness goals.

1. Even if you've used the equipment before, this orientation is extremely helpful. During this 45-minute session a trained wellness staff member will lead you through cardio and strength equipment to better understand how to use them properly to get the most out of your workout.

Appointments are available the following days and times:

Wednesday	10:00am-10:45am
Thursday	6:00pm-6:45pm
Saturday	11:00am-11:45am

PERSONAL TRAINING

We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer.

PERSONAL TRAINING

Everyone knows that exercise is one of the most important things you can do to improve your health. Exercising with a Personal Trainer can change your life. Our trainers provide knowledge, accountability and motivation. They can create exercise programs specifically designed to help you reach your goals. If you have a history of starting and stopping exercise programs, personal training is a great way to help you develop consistency. If exercise is already part of your lifestyle, Personal Training can take you to new heights.

Individual Training

Been struggling to achieve your goals? Bored with the same workouts you've been doing forever? Your body deserves a NEW, unique fitness plan, designed for you! At the Kishwaukee Family YMCA you can attain the goal you have been striving for by using a personal trainer. They can be your coach, motivator, educator and inspirational leader on your fitness journey.

A personal trainer will help determine your goals and design a program specific to your needs. They are certified and knowledgeable on a variety of topic and training regimens, allowing for flexibility, fun and ultimately progress!

30 Minute Sessions
45 Minute Sessions
60 Minute Sessions
90 Minute Sessions

Partner Training

We know it's hard to make a change alone, so we have taken the stress away by adding Partner Training Sessions! You can have your 30, 45 or 60 minute session with your best friend, mom, brother or daughter! This 2-on-1 method still makes it easy for you to get everything you want out of a personal trainer, but you are able to have a partner.

30 Minute Sessions
45 Minute Sessions
60 Minute Sessions
90 Minute Sessions

Are you interested in hiring a Personal Trainer? Please contact the Healthy Living Director for more information.

Cami Loving, Healthy Living Director
camil@kishymca.org or 815.756.9577 ext. 38

Small Group Training

Class times don't fit your schedule? Grab 2-5 of your friends for our cost-effective personal training PODS. You and your friends work with a certified personal trainer who is committed to helping you improve your physical fitness, health and overall quality of life. All sessions are catered to the groups' needs to help everyone achieve maximum results and meet their fitness goals!

30 Minute Sessions
45 Minute Sessions
60 Minute Sessions

TRX Training

Suspension Training exercise techniques are designed to intentionally displace one's center of gravity, which activates the core in every exercise. In addition to offering a range of intense movements targeting the abdominal muscles specifically, significant fore strengthening is integrated into each back, shoulder, chest, hip and leg exercise as well. Learn More

30 Minute Sessions
45 Minute Sessions

"When I first came to the Y I was experiencing thyroid and weight problems and dealing with a long term injury. I was up to 214 pounds at that time and in need of surgery for my back. Under the supervision of a physician I went to the Y to strengthen my core where I began working with [my personal trainer] at the Y. I began to realize how important that core strength is to my overall health and avoiding injury. I benefited a great deal from personal training and lost over forty pounds. **The Y was a vital part along with my physicians to being able to avoid surgery. And because of that, I am very grateful to the Y."**

– Vicki W.

FREE GROUP EX CLASSES

(See online or printed schedule for class days a times) All Free Group Exercises classes are underwritten by Northwestern Medicine.

Northwestern Medicine®

CLICK TO VIEW SCHEDULE >

Beginners Yoga/Pilates: Relax while developing a stronger mind, spirit, and body regardless of fitness level. Stretch, strengthen, relax, and calm yourself in a stress-free environment.

Challenge Group: Build confidence and relationships as you build strength in this straight-to-the-point resistance training class. There's no choreography to learn, but you will use weights, bars, bands and balls. Join us for the challenge and find out how much fun hard work can be!

Circuit Training: Move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include strength machines, weights, running in place, stability balls, etc. Class may be modified for all levels of fitness.

Core: A strong core, from your shoulders to your hips, will improve your athletic performance, prevent back pain and give you a strong midsection! Motivating instructors and music will coach you through functional and integrated exercises using your body weight, and weight plates, - all to challenge you like never before.

Enhanced Fitness - For Seniors: -combines the key components of fitness: strength training, cardiovascular, flexibility and balance. Classes begin with warm-up, followed by work with light, soft weights, a cardio session and finish with cool down & stretching

eXtreme Boot Camp: This class will help you reach your goals whether you need to kick start your fitness or just add something new to your current training. All of our activities are designed to make you strong, healthier, and more physically fit. Program incorporates a variety of strength activities, circuit training, intervals, and boot camp type training. Must be HS age or older. Indoors and out.

Group Active: Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility. All in a supportive group environment, with motivating music and caring instructors. Get more out of life!

Group Power: Your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

Indoor Cycling (formerly known as Group Ride) is a class that will lead you through an indoor bike cycling journey that simulates a variety of terrains, hills, and intervals. Great for toning the lower body as well as the heart and lungs! Great music to accompany a great workout!

H.I.I.T.: High Intensity Interval Training can increase fitness and maximize fat loss in a short amount of time. High intensity cardio bursts alternated with lower intensity resistance training sets. Modifications for all fitness levels are provided.

Have a Ball: Exercising with a stability ball will improve balance, muscular strength, and mobility while providing a challenging and fun workout. Have a ball!

Hula Hoop: Join us for an exciting, fun new workout! Hula Hooping is great for the abs, enhances cardio fitness, motivates the digestive tract, helps us put play back in our lives and gets your groove back! Great family activity! Open to anyone from age 7 to adult!

Power Yoga: A historical wellness system that revitalizes the complete body. This class is for all ages and abilities. This class will focus on Yoga style movements to increase strength, flexibility and internal awareness. In Yoga, it's not where you start, it's the journey!

Pilates: Use Pilates and yoga based stretches, poses, and breathing to strengthen and tone muscles, improve posture, relaxation, flexibility and balance. Pilates has been defined as movement flowing outward from a strong center focusing on using slow, controlled movements to condition the body, reduce stress and boost energy.

Strength and Balance (for those with limited mobility): Studies show it is never too late to build muscle strength and endurance to help accomplish daily tasks, improve balance, lose weight and increase flexibility. Use of bands, tubes, weights, balls and chairs will be included depended on participants needs. Developed with Northern Ill U.

Silver Sneakers: A little quicker paced than Senior Strength. Use of bands, tubes, and small weights to music. Developed with Silver Sneakers. Must be 65 years old.

Silver Sneakers Yoga: Heathway's older adult class that specifically targets flexibility, range of movement, balance and mind, body integration. Exercises are done standing or in a chair. No floor work. Shoes are worn.

Spin: An indoor cycling class that is fun and energizing, while creating a sense of community and a shared purpose to bring health and cardiovascular fitness. Motivating music will empower you to push yourself to the next level.

Step and Strengthen: Reduce stress, increase strength and improve your balance and coordination. Let the music move you and join our friendly, supportive group in this class that combines traditional step and strength training moves.

Stretch and Flexibilty: Work on head to toe flexibility and balance in this class. Designed to meet everyone's ability, this class is designed to increase mobility and balance for the entire body, if needed Thera bands and chairs will be used. *Bring a Yoga Mat

Yoga: can help you develop a stronger spirit, mind and body, regardless of your fitness level. Come learn basic postures, stretches, and relaxation in a stress-free atmosphere. Goals of the program are strengthening muscles, increasing flexibility, symmetry, and relaxation.

Spin & Yoga Fusion: An energizing 30 minute Spinning class with motivating music that creates a sense of community and a shared purpose to improve health and cardiovascular fitness, immediately followed by a fitness yoga class with traditional yoga postures designed to develop balance, dynamic strength and flexibility.

Zumba: A high energy, motivating Latin flavored dance party that fuses aerobic fitness with fast and slow rhythms to burn calories and tone the body. Regardless of your age or ability level, you'll leave feeling empowered, happy and energized! **ages 13+

Zumba Gold: designed with slower pacing to cater to the needs of beginners, new to Zumba, and for active older adults.

SPECIALTY GROUP EXERCISE CLASSES

Indo-Row

Indo-Row® is designed specifically for first-time rowers, no experience is necessary. Indo-Rowers burn calories, sculpt muscle and enjoy a fun interval workout in a uniquely motivating, team-oriented fitness environment.

Monday	5:30am
Tuesday	10:00am
Tuesdays	7:45pm
Wednesday	5:30am
Thursday	10:00am
Saturday	7:45am

Member Fee: $47
Program Participant Fee: $92

REGISTER NOW >

TRX Suspension Training

30 Minute Classes

Tuesdays	5:30am-6:00am
Thursdays	5:30am-6:00am

Member Fee: $40
Program Participant Fee: $80

45 Minute Classes

Tuesday	7:00pm-7:45pm
Thursday	7:00pm-7:45pm
Saturday	9:10am-9:55am

Member Fee: $47
Program Participant Fee: $92

REGISTER NOW >

TRX Kettle Bell Fusion

45 Minute Classes

Monday	5:15pm-6:00pm
Wednesday	5:15pm-6:00pm

Member Fee: $47
Program Participant Fee: $92

REGISTER NOW >

Tai Chi

Tai chi is a softer martial art with roots in kung-fu. The flowing and graceful movements of tai chi can reduce stress and anxiety, improve balance and body control, increase the feeling of peace and well being, promote health and healing, and be used as a means of self-defense. Learn the breathing, movement, and philosophy of tai chi and begin to practice this ancient art form of "MEDITATION IN MOTION".

Tuesday 4:45pm-5:35pm

Member Fee: $18
Program Participant Fee: $35

REGISTER NOW >

Belly Dance

This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you to build necessary strength. It provides an awesome workout, trimsthe waist line and strengthens the back and abdominal muscles.

Friday 12:10-1:00pm

Member Fee: $38
Program Participant Fee: $55

REGISTER NOW >

Beginning Ballet for Adults

This class is designed for adults who wish to learn the principals of classical ballet from the very beginning. The class helps adults to improve their posture, coordination, muscle tone, and flexibility. This class is open to adults of all ages and no previous dance experience is necessary.

Wednesdays 4:00-4:55pm

Member Fee: $16
Program Participant Fee: $30

REGISTER NOW >

Hula Hoop Dance (Family Friendly)

Join us for an exciting, fun new workout! Hula Hoop is great for abs, enhances cardio fitness, balance and coordination! This class helps us put play in our lives and gets our groove back. A great family activity! Children 7-12 must have an adult attend the class with them.

Dates: September 12-October 29
October 30-December 24
Tuesday 5:30pm-6:15pm

Fall 1
Member Fee: $21
Program Participant Fee: $41 -plus $5 per child

REGISTER NOW >

Fall 2
Member Fee: $24
Program Participant Fee: $46 -plus $5 per child

REGISTER NOW >

WATER EXERCISE CLASSES

LOW INTENSITY

Low Impact Shallow Water Aquacise

(Formerly Arthritis Aquatics and Special Needs Aqua Ex) Let the water cushion your movements in this class designed to improve joint mobility and reduce arthritis related pain with smooth, very low impact exercises and stretching. This program was originally developed by the National Arthritis Foundation in conjunction with Y-USA. Also great for people with joint replacements.

M/W/F 9:00-9:50am

Member Fee: $17.25/month*
Program Participant Fee: $34.50/month* REGISTER NOW >

Tu/Th 11:15am-12:00pm

Member Fee: $11.50/month*
Program Participant Fee: $23.00/month* REGISTER NOW >

Re-Coup/MS

This class was developed to address the individual needs and goals of people with physical challenges in a pool environment. Individuals with MS, Fibromyalgia, mobility challenges, physical aid appliances, or who are post-rehab could benefit from this class. This class wears float belts in the deep water to help maintain proper posture and build core strength, and finish the class with stretches in the shallow water.

M/W/F 10:00-11:00am

Member Fee: $17.25/month*
Program Participant Fee: $34.50/month* REGISTER NOW >

Water Walking

This shallow water class is appropriate for persons with mobility or balance challenges and joint replacements. Walking against the resistance of the water is an excellent way to build strength and endurance with virtually no impact on joints.

M/W/F 10:00-10:30am

Member Fee: $17.25/month*
Program Participant Fee: $34.50/month* REGISTER NOW >

Low Impact Aquacise / Deep Water

Suspend yourself in deep water in this no-impact workout. Float belts keep participants' head and shoulders out of water and let individuals focus on balance, strength, endurance, and core muscles. This easy going workout is perfect for people who want to work against the resistance of the water. Final stretches are done in shallow end.

Tu/Th 6:15-7:00pm

Member Fee: $11.50/month*
Program Participant Fee: $23.00/month* REGISTER NOW >

KSRA/Special Needs Water Walk

This class has been developed in cooperation with KSRA (Kishwaukee Special Recreation Association) and is designed specifically for people with different abilities. This class focuses on water walking and fun exercises designed to assist the participant's cardio endurance and balance, and to increase enjoyable physical activity. To receive assistance for the class participant, the registration must be completed through KSRA.

Tu/Th 1:15-2:00pm

Member Fee: $30.25/month*
Program Participant Fee: $60.50/month* REGISTER NOW >

Water Ballet

Shallow Water Ballet is designed for participants to safely focus on joint mobility, flexibility, balance and stamina while having fun. Ballet terminology and technique will be used to instruct proper movement

Tuesdays 7:00-7:45pm

Member Fee: $6/month*
Program Participant Fee: $12/month* REGISTER NOW >

NEW! Auto Enroll for Water Exercise

Sign up now for the entire 2017 year! Fees will be withdrawn from an account of your choice on the 1st of each month! Discounted monthly rates for all water classes in August & December 2017. **There will be no classes the following dates for all water exercise classes:** January 2-3; May 29; July 4; August 14-September 4; November 23-25; December 21-31

WATER EXERCISE CLASSES

MODERATE INTENSITY

Senior Water Exercise (65+)

Build new friendships and a better sense of well-being. Improve your balance, strength, and coordination and keep your heart healthy. Great workout in shallow water, with a deep water option available. Ideal for all fitness levels, non-swimmers included.

M/W/F 1:05-1:55pm

Member Fee: $11.25/month*
Program Participant Fee: $34.50/month* REGISTER NOW >

Water Jog / Deep Water Exercise

Great exercise and a fun class – all in a fast moving non-impact water workout! Float belts are used to allow you to run in deep water and incorporate arm movements. Improve your balance, core strength, cardiovascular endurance and muscle tone using the buoyancy and resistance of the water. Final stretching exercises take place in shallow water but are no impact.

M/W/F 7:00-7:45am

Member Fee: $17.25/month*
Program Participant Fee: $34.50/month* REGISTER NOW >

Tu/Th 8:40-9:25am

Member Fee: $11.50/month*
Program Participant Fee: $23.00/month* REGISTER NOW >

Silver SPLASH / Shallow Water Exercise

Fun shallow water exercises set to great music improve agility and flexibility while addressing cardiovascular strength and endurance conditioning. Silver Sneakers kickboards, pool noodles, and other equipment are used to add variety and fun to the workouts. The aquatic environment cushions joints and movements in this low impact class.

M/W/F 8:00-8:50am

Member Fee: $17.25/month*
Program Participant Fee: $34.50/month* REGISTER NOW >

HIGH INTENSITY

Aqua Groove

This aquatic fitness class will incorporate water resistance training and cardio segments with a little dance flair. It will be taught to music and will focus on fun, safe exercises for the entire body.

Tu/Th 8:00-8:30am

Member Fee: $20.50/month*
Program Participant Fee: $45.50/month* REGISTER NOW >

Tu/Th 7:10-7:55pm

Member Fee: $20.50/month*
Program Participant Fee: $45.50/month* REGISTER NOW >

H.E.A.T (High Energy Aquatic Training)

Burn calories and build muscle while having a great time! High energy music and moves will keep you running, kicking, boxing and more. We use both the shallow end and deep end of the pool as well as a variety of equipment to keep things exciting. Swimming skills are not necessary if you wear a float belt for deep end exercises. Join us as we turn up the HEAT in the pool! (Rec Pool)

M/W/F 7:00-7:45am

Member Fee: $17.25/month*
Program Participant Fee: $34.50/month* REGISTER NOW >

Tu/Th 8:40-9:25am

Member Fee: $11.50/month*
Program Participant Fee: $23.00/month* REGISTER NOW >

NEW! Auto Enroll for Water Exercise

Sign up now for the entire 2017 year! Fees will be withdrawn from an account of your choice on the 1st of each month! Discounted monthly rates for all water classes in August & December 2017. **There will be no classes the following dates for all water exercise classes:** January 2-3; May 29; July 4; August 14-September 4; November 23-25; December 21-31

ADULT SPORTS

LEAGUES

Co-Ed Volleyball League (Age 18+)

Games are played on Tuesday nights at 7:00, 8:00 or 9:00pm. Teams can consist of up to 3 guys and 3 girls on the court for a total of 6 players. If you are a single player who is looking for a team to play with please stop by the YMCA front desk or register online to be placed on the interest list.

League Dates;	September 5-December 5
Tournament Date:	November28 & December 5
Member Team Fee:	$286
(50% of the players must be members to receive Member Team Fee)	
Program Particpant Team Fee:	$362

REGISTER NOW >

Adult Roller Hockey League (Age 18+)

League Dates;	September 17-December 17
Tournament Date:	December 17
Evaluations	September 10
Registration Deadline:	September 9

(No games for the December 10th Swim Meet)

Member Fee:	$82
Program Particpant Fee:	$163
Goalie Member Fee:	$40
Goalie Program Particpant Fee:	$80

REGISTER NOW >

DROP-IN

Adult Drop-In Soccer

Monday/Wednesday	8:00-10:00pm
Location:	Sports Center
Member Fee:	FREE
Program Participant Fee:	$10 per visit

Adult Drop-in Wallyball

Thursdays	8:00-10:00pm
Location:	Racquetball Court 2
Member Fee:	FREE
Program Participant Fee:	$10 per visit

Adult Drop-in Hockey

Thursdays	8:00-10:00pm
Location:	Sports Center
Member Fee:	FREE
Program Participant Fee:	$10 per visit/ $5 for goalies (Limit 4 goalies per night)

Adult Drop-In Pickleball

Pickleball is a newer sport that takes elements from badminton, tennis and ping pong. Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced competitive game for experienced players.

Mon/Wed/Fri	1:00pm-4:00pm
Location:	Sports Center
Member Fee:	FREE
Program Participant Fee:	$5 per visit

Non-Member Drop-In Punch Pass

These passes are valid for Adult Drop-in Pickleball at the Kishwaukee Family YMCA.

Non-Member Fee:	$50

LIFEGUARD, FIRST AID & CPR COURSES

AMERICAN RED CROSS LIFEGUARDING COURSE

Build responsibility and skills for life by becoming a certified Red Cross lifeguard. Upon completion of the course, participants will be certified in Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years of age before the end of the course.

Course Dates:
October 7, 8 & 14, 15

- 10:00am-4:00pm each day

December 27, 28 & 29

- 9am-5pm each day

Member Fee: $225
Program Particpant Fee: $300

REGISTER NOW >

Recertifiation Course Dates:
October 14 & 15

10:00am-4:00pm each day

December 28 & 29

1pm-5pm on Dec. 28
9am-5pm on Dec. 29

Member Fee: $112.50
Program Particpant Fee: $150

REGISTER NOW >

All participants need to pass the swimming requirements prior to the class. In order to prove you can do the prerequisite skills, participants must contact the Kishwaukee YMCA's Lifeguard Coordinator, Dave Epert at (815) 756-9577 x26 or depert@kishymca.org, prior to the class to set-up a time to perform the skills.

The prerequisite skills are as follows:
1. Swim 300 yard continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
- Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
- Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
-Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

CPR/AED REFRESHER COURSES

This course will refresh your CPR/AED skills. This class is only avaialble to those who hold a valid CPR/AED Certification and are looking to renew their certification. This instructor led classroom learning and skill session will give you the opportunity to practice and demonstrate skill competency required for certification. Upon successful completion of this course you will receive a certificate for Adult and Pediatric CPR/AED valid for two years.

September 16	10:00am
September 20	6:00pm
October 21	10:00am
October 25	6:00pm

REGISTER NOW >

Member Fee: $40 Program Participant Fee: $60

FIRST AID COURSES

This course will include: Checking an Unconscious person; Asthma; Sudden Illness; Heat Related Illnesses; Wounds; Injuries to the Head, Neck and Spine; Psychological and Mental Health Problems. Because CPR and AED require separate training for certification, these topics are not part of this course. Students are encouraged to register for the American Red Cross CPR/AED course as a complement to this course.

September 9	10:00am
September 13	6:00pm
October 22	10:00am
October 26	6:00pm

REGISTER NOW >

Member Fee: $45 Program Participant Fee: $70

CPR/AED COURSES

This course will prepare you to recognize and care for a variety breathing and cardiac emergencies involving adults,children and infants. This instructor-led classroom learning and skill session will give you the opportunity to practice and demonstrate skill competency required for certification. Upon successful completion of this course you will receive a certificate for Adult and Pediatric CPR/AED valid for two years.

August 19	10:00am
August 31	6:00pm
October 7	10:00am
October 11	6:00pm

REGISTER NOW >

Member Fee: $45 Program Participant Fee: $70

ROLLER SKATING

Show off your roller skating skills at our roller rink! Fun for the whole family, all skill levels welcome! Open to YMCA members and non-members! We have skates for rent!

We will be accepting cash only for admission and skate rentals. Please enter through Door D on Saturday nights. All purchases can be made in the Sports Center. Children under the age of 10 must be accompanied by an adult 16 or older.

CLICK TO VIEW SCHEDULE >

ROLLER SKATING KICKS OFF OCTOBER 7!

DAY	TIME	ADMISSION FEE	SKATE RENTAL
Wednesday	4:00pm-6:00pm	FREE for Members/ $3 for Non-Members	$2 Skate Rental
Saturday	6:30pm-10:00pm	$5 for Members and Non-Members	$2 Skate Rental

BIRTHDAY PARTIES & FACILITY RENTALS

BIRTHDAY PARTIES

What better way to celebrate your child's birthday than with a party at the YMCA? We offer the use of our Gym or Pool with a YMCA staff person to coordinate your chosen activities. Party times are available Saturdays and Sundays.

What Your Party Includes:
Enthusiastic staff committed to providing a fun entertaining atmosphere for your birthday celebration for up to 20 guests. Additional guests will be $3 a person. Staff will engage your guests in an energetic activity of your choice. Once the activity portion of the party is completed you will continue the celebration by enjoying your birthday treats. Staff will assist you with treats and presents. Post party cleanup will be completed by staff.

Getting Started
Reservations for birthday parties should be made at least two weeks in advance. Reservations are taken at the front desk where you will complete a registration form and make the full payment. If you should need to cancel your party, a minimum $25.00 cancellation fee will be charged. The price in full will be kept if you cancel with less than 14 days notice and we are unable to book another party in your place.

Gym Birthday Party (1/2 of the Gym): $125

Choose your Activity**:** King/Queen of the Basketball Court, Soccer Kick-Off, Dynamic Dodgeball, A Taste of Summer Camp

Add a Bounce House for an additional $75

Pool Party: $200

Specialty Party: $150

Choose your Activity: Mad Scientist, Young Artist (Drawing or Painting), Creative Crafts, Minute to Win it Games, Roller Skating*

*ROLLER SKATING PARTIES: Please speak with Katisha or Lesley Pepperman PRIOR to making a reservation.

If you have questions please contact
Katisha Muhammad
Youth Development Coordinator
kmuhammad@kishymca.org
815.756.9577 ext. 19

FACILITY RENTALS

For more information on facility rentals please contact Dave Dick, Program Executive at daved@kishymca.org or 815.756.9577 ext. 37

	Studio	Sports Center - Full Court (14,000 sq. ft)	Sports Center - Half Court (7,000 sq. ft)	Conference Room
YMCA Member Fee	$20 per hour	$75 per hour	$50 per hour	N/A
Non-Member Fee:	$30 per hour	$100 per hour	$75 per hour	N/A
After Hours YMCA Member Fee:	Not available for rent after hours	$175 per hour	Not available for rent after hours	N/A
After Hours Non-Member Fee:	Not available for rent after hours	$200 per hour	Not available for rent after hours	N/A
Non-Profit Rates	N/A	N/A	N/A	$25 per hour, $75 for half day (up to 4 hours)
For Profit Rates	N/A	N/A	N/A	$50 per hour, $175 for half day (up to 4 hours)

CONTACT US

815.756.9577 www.kishymca.org

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Britney Young:
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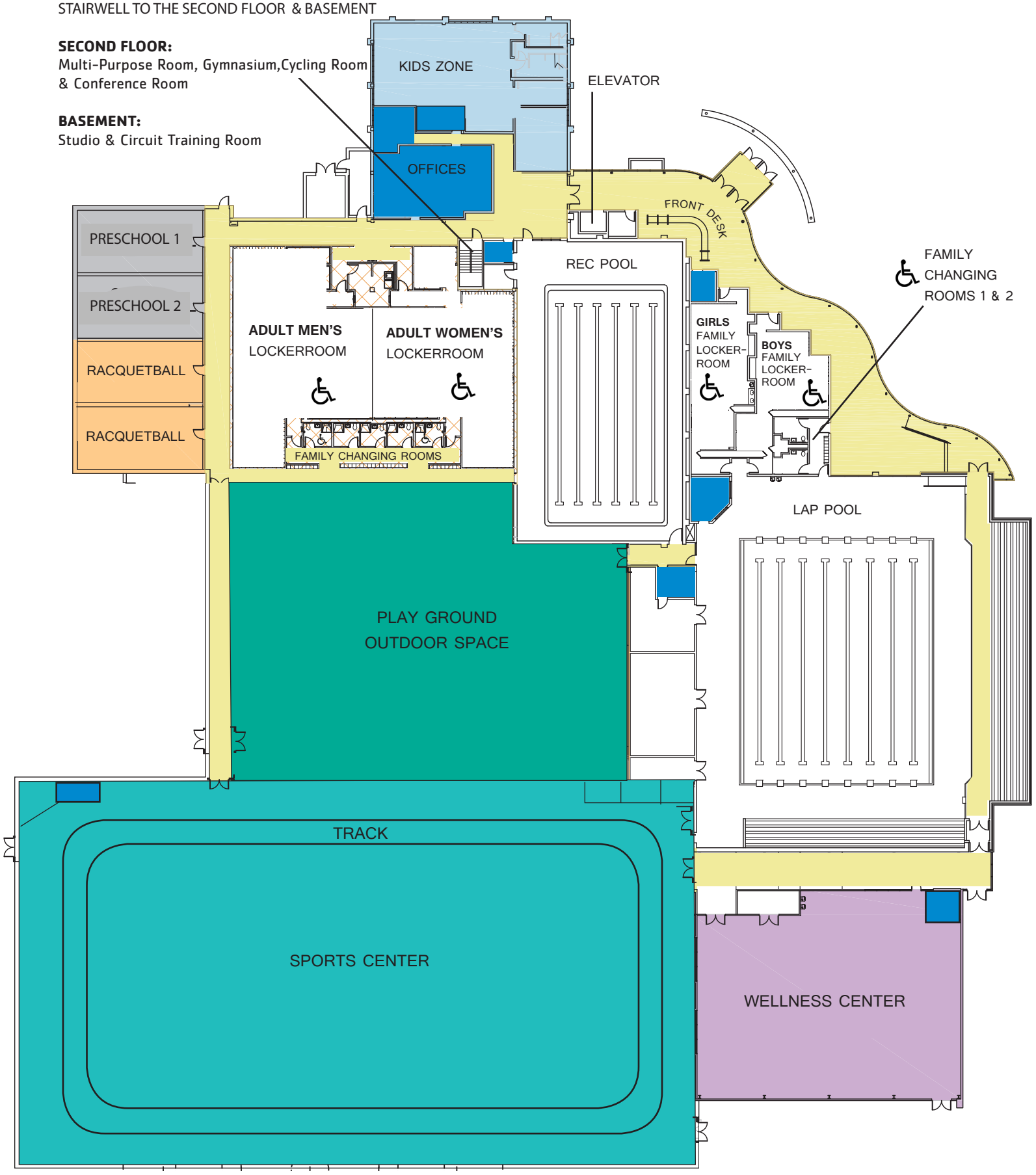
Follow us online:

STAIRWELL TO THE SECOND FLOOR & BASEMENT

SECOND FLOOR:
Multi-Purpose Room, Gymnasium,Cycling Room & Conference Room

BASEMENT:
Studio & Circuit Training Room



Kishwaukee Family YMCA Hours
(Tuesday after Labor Day- May 31)

M-F	5am-10pm
Sat	6am-6pm
Sun	10am-6pm

Kishwaukee Family YMCA Hours (June 1-Labor Day)

M-F	5am-9pm
Sat	6am-6pm
Sun	10am-6pm

Kid Zone/Activity Center Hours (September 5 - May 31)

Monday	8am-1:30pm and 4pm-8:00pm
Tuesday	8am-1:30pm and 4pm-8:00pm
Wednesday	8am-1:30pm and 4pm-8:00pm
Thursday	8am-1:30pm and 4pm-8:00pm
Friday	8am-1:30pm and 4pm-8:00pm
Sat	8am-12:00pm
Sunday	10am-12:00pm