NEW!
INTERACTIVE PROGRAM GUIDE

Inside this guide, click on the blue program/ class name and it will take you directly to our online registration portal!

Kishwaukee Family YMCA

WINTER 2017 PROGRAM GUIDE

SESSION DATES

Winter 1: January 9–March 5
Winter 2: March 6 – April 30
Spring: May 1– June 25

2500 W. Bethany Rd. Sycamore, IL 60178
815.756.9577 www.kishymca.org

the YMCA®

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

SAVE THE DATE: FEBRUARY 16, 2017
INDOOR TRIATHLON

SAVE THE DATE: APRIL 29, 2017
HEALTHY KIDS DAY

Kishwaukee Family YMCA
2500 W. Bethany Rd. Sycamore, IL 60178 815.756.9577 www.kishymca.org

BEFORE & AFTER School program

Grades K–8

NEW! Huntley, Clinton Rosette & Hiawatha

ARE YOU BORED BEFORE & AFTERSCHOOL?

The Y's afterschool program has just what you are looking for!

Snacks,Educational Activities, Physical Activity and Homework Help

PROGRAM REGISTRATION

Now Enrolling for the 2016-2017 school year

PROGRAM LOCATIONS

On-site at Brooks, Founders, Cortland, Little John, Jefferson, Malta, Tyler and Lincoln.
(Now serving Huntley, Clinton Rosette & Hiawatha Afterschool)

For more information please contact:
Lesley Feyerherm, Youth Development Director
lfeyerherm@kishymca.org or 815.756.9577 ext. 13

PROGRAM FEES

Before: $10 per day
After: $13 per day

FLEXIBLE SCHEDULE

Daily registration, choose your own attendance days

HOURS

Monday-Friday
Before: 7:00-8:15am
After: When the school bell rings until 5:30pm

FINANCIAL ASSISTANCE

The policy of the Kishwaukee Family YMCA is to never turn away a family regardless of ability to pay. Each year the YMCA raises funds during our Annual Campaign that are used to subsidize membership and program fees for deserving children and families. We believe all children deserve the opportunity to reach their full potential. The YMCA Afterschool Program also accepts 4C.

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child and Teen

2016-2017 SCHOOL YEAR

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:	$450/year or $50/month
Program Participant:	$900/year or $100/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:	$495/year or $55/month
Program Participant:	$990/year or $110/month

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

Monday/Wednesday/Friday	10:30 am-12:00pm
Member Fee:	$540/year or $60/month
Program Participant:	$1,080/year or $120/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:	$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:	$1,035/year or $115/month
Program Participant:	$2,070/year or $230/month

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 Districts to offer 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.

District #428 please contact: Lesley Feyerherm 815.756.9577 ext 13 or lfeyerherm@kishymca.org;

Sycamore Students: For more information contact the Sycamore Middle School OSCAR PRrogram at 815-899-8123.

YOUTH SPORTS

Roller Hockey League (Grades 1st-10th)

This is a skills based league designed for both beginners and experienced players to build and grow their skills in the game of Roller Hockey. There will be one practice during the week and one game Saturday afternoon every week during the league. Age Divisions may vary based on enrollment.

Required Equipment: Helmet with cage, gloves, elbow pads, hockey shin guards, hockey or sweat pants, roller skates and hockey stick.

Practice Begins:	January 23
Game Dates:	February 4-March 25
Registration Deadline:	January 11
Practice Schedule:	
	1st-3rd Grade: Thursdays 6-7pm
	4th-6th Grade: Mondays 7-8pm
	7th-10th Grade: Thursdays 7-8pm
Member Fee:	$48/63*
Program Participant:	$95/110*

No games the weekend of March 4 & 5 for DCST Swim Meet.

***Register for Rookies and Youth Soccer by December 31 to receive early bird pricing.**

Home School Sports

A class designed to help Home School students develop sports skills & meet new friends. In this class we learn about different sports each session & incorporate some classic gym games.

Session Dates:	February 7-March 21
	April 4-May 16
Tuesdays and/or Thursday	12:00-1:00pm
Member Fee:	1 day a week $30/ 2 days a week $45
Program Participant:	1 day a week $60/ 2 days a week $75

Volleyball Skills (1st-6th Grade)

Session Dates:	January 23-February 27
	March 13-April 17
Time:	1st-3rd Grade: Monday 4:30-5:30pm
	4th-6th Grade: Monday 5:30-6:30pm
Member Fee:	$35
Program Participant:	$70

Holiday Basketball Camp (Grades 1st-5th)

Session Dates:	December 27-29
Time:	11:00am-12:00pm
Registration Deadline:	December 18th
Member Fee:	$20
Program Participant:	$35

Holiday Soccer Camp (Grades 1st-6th)

Session Dates:	December 20-22
Time:	11:00am-12:00pm
Registration Deadline:	December 18th
Member Fee:	$20
Program Participant:	$35

YOUTH DEVELOPMENT

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 particpants will receive a basketball with their registration.**

League Dates:	February 4-March 25
Registration Deadline:	January 22
Member Fee:	$37/52*
Program Participant	$74/89*

Youth Basketball (Grades 1st-4th)

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

Divisions:	1st-2nd Grade 3rd-4th Grade
Coaches Meeting:	January 18 6:00-6:30pm
Practice Begins:	Week of January 23
League Dates:	February 4-March 25
Registration Deadline:	January 11
Member Fee:	$43/58*
Program Participant:	$77/92*

***Register for Rookies and Youth Basketball by December 31 to receive early bird pricing.**

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 particpants will receive a soccer ball with their registration.**

League Dates:	February 5-March 26
Registration Deadline:	January 22
Member Fee:	$37/52*
Program Participant	$74/89*

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:	January 23 6:00-6:30pm
Practice Begins:	Week of January 23
League Dates:	February 5-March 26
Registration Deadline:	January 11
Member Fee:	$43/58*
Program Participant:	$77/92*

***Register for Rookies and Youth Soccer by December 31 to receive early bird pricing.**

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

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

No sports games the weekend of March 4 & 5 for a DCST Swim Meet

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:	$45

Advanced:

Tuesdays	6:40-7:30pm
Member Fee:	$34
Program Participant:	$45

Youth Martial Arts (Ages 8-12)

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	6:40-7:30pm
Member Fee:	$38
Program Participant:	$50

Building Strong Kids (Ages 10-14)

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 at the Front Desk at 5:30pm

Tuesday	5:30-6:15pm
Member Fee:	$21
Program Participant:	$42

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.

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:	$45

Beginning Ballet (Ages 6 - 12)

Beginning Ballet is a fun introduction to ballet basics including flexibility, strength, and how to execute proper ballet steps with good form

.

Tuesday	3:45-4:30pm
Member Fee:	$30
Program Participant:	$45

Hula Hoop Dance

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.

Tuesday	5:30pm-6:15pm
Member Fee:	$24
Program Participant:	$46

-plus $5 per child

Hip Hop Dance (Age 4-12)

Ages 4-6

Thursdays	4:30-5:15pm

Ages 7-12

Fridays	4:30-5:15pm
Member Price:	$25
Program Participant:	$50

Program Overview

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

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

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.

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

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.

*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.

Winter 1: January 9-March 5	**Winter 2:** March 6 - April 30	**Spring:** May 1- June 25
Member: $57 Program Participant: $114	Member: $57 Program Participant: $114	Member: $57 Program Participant: $114
Registration Dates: Member: 11/14 Program Participant: 11/21	Member: 2/6 Program Participant: 2/13	Member: 4/3 Program Participant: 4/10

		Parent/Child Swim Lessons (6 mo-3 years)		Preschool Swim Lessons (Age 3-5 years)				School Age Swim Lessons (Age 6-12 years)						Teen Swim Lessons (Age 12-15 years)		Adult Swim Lessons (Age 16 and up)	
		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**	**Adult 1-3**	**Adult 4-6**
Mon	4:45 - 5:25	X		X				X		X				X			
	5:30 - 6:10		X		X	X		X	X								
	6:15 - 6:55						X			X	X		X		X		
	7:00 - 7:40									X	X	X				X	
Tues	9:30 - 10:10	X		X		X											
	10:15 - 10:55		X		X											X	
	4:45 - 5:25	X		X		X		X	X								
	5:30 - 6:10						X			X	X		X				X
	6:15 - 6:55											X	X				
Wed	4:45 - 5:25				X	X		X	X	X							
	5:30 - 6:10						X			X	X		X		X		
	6:15 - 6:55											X	X				
Thurs	9:30 - 10:10		X		X		X										
	10:15 - 10:55	X		X		X											
	1:15-2:15			Homeschool Swim Lessons													
	4:45 - 5:25			X	X			X		X							X
	5:30 - 6:10		X							X	X	X					
	6:15 - 6:55										X		X				
Fri	11:00 - 11:40	X		X													
	11:45 - 12:25				X	X											
	4:45 - 5:25				X					X	X	X					
Sat	8:00 - 8:40													X		X	
	8:45 - 9:25	X		X				X	X								
	9:30 - 10:10				X	X		X		X							
	10:15 - 10:55		X								X	X	X				
	11:00 - 11:40						X			X	X						X

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:
February 4, 5 & 11, 12
April 22, 23 & 29, 30
May 13, 14 & 20, 21
June 10, 11 & 17, 18
August 12, 13 & 19, 20
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

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.

Homeschool Lessons

Lessons geared for the home schoool family with children ages 6-14. Each 40 minute lessson incorporates skill and stroke development, pool and personal safety and basic rescue skills. Students learn through guided discovery, fun games, repetition and practice.

Member Fee:	$57
Program Participant:	$114

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	$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	$450/group

DCST Competitive Private Swim Lessons

7 Lessons for 30 min. each

Member Fee:	$200
Program Participant:	$400

Stroke Clinic (September 6-September 22)

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:	$35
Non-Member Fee:	$55

Rookie Week (Two week trial begins September 26)

Member Fee:	$25
Non-Member Fee:	$25

2016-2017 Winter Season

(Returning Swimmers will begin October 3)

New Swimmers*

Registration Fee	$25
Initial payment	$90
5 monthly payments	$50

Terriers, Golden Retrievers, Grayhounds

Registration Fee	$25
Initial payment	$110
5 monthly payments	$54

Huskies, St. Bernards, Labs, Newfoundlands, Great Danes

Registration Fee:	$25
Initial payment	$131
5 monthly payments	$83

Mastiff, Bulldog, National

Registration Fee:	$25
Initial payment	$172
3 monthly payments	$133

A swimmer is considered new after a 2 season
*Regardless of practice group except Bull Dogs/

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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 Friday and 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.

DAY	TIME	ADMISSION FEE	SKATE RENTAL
Wednesday	4:00pm-6:00pm	FREE for Members/ $3 for Non-Members	$2 Skate Rental
Friday	8:00pm-10:00pm	$4 for Members and Non-Members	$2 Skate Rental
Saturday	6:30pm-10:00pm	$5 for Members and Non-Members	$2 Skate Rental

COMING TO THE Y IN 2017...

Wellness Walking Track Club

Walk the track and track your laps! Ever wonder how far you have walked in a year? Track your laps and win! Every (10) laps equals (1) mile. Submit your completed miles to the Healthy Living Director and we'll track the miles you walk throughout the year. For every 25 miles, you walk, we'll mark your spot on the Wellness Track Tracker. Accumulate miles to win prizes. Need an extra incentive, for just $5 we will provide you with your own tracking book to log your miles.

Program begins January 1, 2017

Super Bowl Workout Blitz

Get your workout in before the big game! It's Super Bowl Sunday. Sample a variety of classes, maybe a class you've never tried! Wear your team gear and enter for a raffle drawing!

February 5 2017 10am-12pm

HEALTHY LIVING

Improving the Nation's Health Well-being

NEW! Know Your Fitness Numbers

- 1st Tuesday of each Month 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!

NEW! Y-Fit Talks

Have you been a member for some time but still have some burning questions related to equipment and exercise in the Wellness Center? We've got just what you need! Join certified personal trainers for a guided Exercise Education Talk. Come with questions, we are here to help.

1st Thursday of each Month (January-May)
(Jan. 5, Feb. 2, Mar 2, Apr. 6 & May 4)

10am-11am & 5pm-6pm

Personal Training at the Kishwaukee Family YMCA works!

Here are recent results/comments of some of our clients:

A woman in her 30's reported going from a size 8 to a size 4.

A woman in her 50's reported reducing her total cholesterol from 245 to 161.

A woman in her 50's reported that her doctor no longer deemed her a candidate for back surgery.

A man in his 30's lost over 90 pounds.

A teenage DCST swimmer cut 30 seconds off her time.

A woman in her 40's stated she ran 3.5 miles in 43 minutes and just a year ago the thought of running a mile was so far out of reach that thinking about it overwhelmed her.

One hundred percent of our clients responded in a recent survey that they would recommend their trainer to others.

Our trainers can help you no matter what your age, fitness level or goal. They have experience working with clients of all ages and fitness levels. And we have a wide variety of training and payment options designed to fit any budget. Contact the Healthy Living Director today to find out how your goals can be reached with the help of a YMCA personal trainer!

Small Group Wellness Center Orientations

Age: 16 – Adult
The YMCA offers complimentary orientations to the equipment in the Wellness Center. YMCA fitness staff will introduce you to a wide variety of equipment.

Fee: Free for Members
Appointments are available the following days and times:

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

These time slots are intended to be for small groups and will be taken on a first-come, first-served basis (no appointment necessary). Please arrive at the entrance of our Wellness Center at the beginning of the times listed above.

Teen Wellness Center Orientation

The Teen Strength Certification program is designed to introduce teenagers to basic strength training and carido equipment. This program will focus on exercise safety and injury prevention. Upon successful completion of this program, participants will be certified to use the Wellness Center.
Age: 12-15 years
Fee: Free for YMCA members

Group appointments are available the following days and times:

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

These time slots are intended to be for small groups and will be taken on a first-come, first-served basis (no appointment necessary). Please arrive at the entrance of our Wellness Center at the beginning of the times listed above.

Fitness Assessment

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

Member Fee:	$26
Program Participant:	$47

Belly Dancing 101

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, trims the waist line and strengthens the back and abdominal muscles.

Friday	11:10am-12:00pm
Member Fee:	$38
Program Participant:	$55

Hula Hoop Dance

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.

Tuesday	5:30pm-6:15pm
Member Fee:	$24
Program Participant:	$46

-plus $5 per child

Non-Member Group Exercise Punch Card

10 classes	$90

TRX Suspension Training

30 Minute Classes

Tuesdays	5:30am-6:00am
Tuesday	10:30am-11:00am
Wednesday	4:30pm-5:00pm
Thursdays	5:30am-6:00am
Member Fee:	$40
Program Participant:	$80

45 Minute Classes

Tuesday	7:00am-7:45pm
Thursday	7:00am-7:45pm
Saturday	9:10am-9:55am
Member Fee:	$47
Program Participant:	$92

Create your own TRX POD

TRX PODS are available at most times of day. You bring 3-10 people and we will train you using the TRX! Multiple pricing options available. Please contact the Healthy Living Director for details.

PODS Training

PODS is a cost-effective personal training option that lets you work with a certified personal trainer as part of a group of three to five training partners. A great way to get connected and stay motivated! Please schedule a Member Success Meeting at the Front Desk to determine whether this program is right for you.

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:	$35

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.

Wednesday 4:00-4:55pm

Member Fee: $16
Program Participant: $30

FREE GROUP EXERCISE CLASS DESCRIPTIONS

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

KishHealth System
part of Northwestern Medicine

Belly Dance: a low-impact cardiovascular exercise that also helps strengthen muscles, especially the back and abdominal muscles. Belly dancing may help boost confidence and self-esteem.

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.

Boot Camp: Maximize your workout with strength training, HIIT, cardio, and even learn some of the newest fitness exercises in a fun group setting!!

Basic Boot Camp: Race training for fall 2016 5k or 10k races. Meets outdoors by pond track or sports center if rain. Be prepared to have fun, run, and work hard. All Fitness levels welcome!!!

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

Enhance 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 Core: Train like an athlete in 30 action packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, prevent back pain and give you ripped abs! Motivating instructors and music will coach you through functional and integrated exercises using your body weight, a weight plate, a towel and a platform - all to challenge you like never before.

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!

Group Ride: The "ride" consists of nine tracks that make use of different terrains, speeds, and intensity levels to create a fun and highly effective, interval-based cardiovascular 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.

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!

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.

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.

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.

LOW INTENSITY WATER EXERCISE

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*

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

Member Fee: $11.50/month*
Program Participant Fee: $23.00/month*

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*

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*

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*

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*

MODERATE INTENSITY WATER EXERCISE

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*

Tu/Th 8:40-9:25am

Member Fee: $11.50/month*
Program Participant Fee: $23.00/month*

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*

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*

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 21-September 4; November 23-25;
December 21-31

HIGH INTENSITY WATER EXERCISE

Aqua Boot Camp

Love Bootcamp style training? Try it in the pool! Aqua Bootcamp will increase endurance and tone your whole body without the impact on your joints. No swimming skills required.

Friday 5:15am-6:00am

Member Fee: $10.25/month*

Program Participant Fee: $22.75/month*

Aqua Zumba

It's a Zumba Pool Party! Same great music and fun as Zumba, but with the added benefit of increased resistance due to the water! This invigorating workout in the shallow water will have you laughing, splashing, and having a great time. Integrating the Zumba formula with traditional aqua fitness, this class blends it all together into a safe, challenging water based workout that's cardio-conditioning, body-toning, and a ton of fun!

Tu/Th 8:00-8:30am

Member Fee: $20.50/month*
Program Participant Fee: $45.50/month*

Tu/Th 7:10-7:55pm

Member Fee: $20.50/month*
Program Participant Fee: $45.50/month*

Sat 7:00-7:50am

Member Fee: $10.25/month*
Program Participant Fee: $22.75/month*

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)

Wed 6:15-7:00pm

Member Fee: $10.25/month* Program Participant Fee: $22.75/month*

Sat 8:00-8:45am

Member Fee: $10.25/month* Program Participant Fee: $22.75/month*

Beginner H.E.A.T

Friday 5:30-6:15pm

Member Fee: $10.25/month* Program Participant Fee: $22.75/month*

ADULT SPORTS AND RECREATION

Co-Ed Volleyball League (Age 18+)

Games are played on Tuesday nights at 7:15, 8:15 or 9:15pm. 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 contact the Sports Director to put you on an interest list. Age 18 and up

Jessica Bacon	815.756.9577 jbacon@kishymca.org

League Dates;	January 17-April 4
Tournament Dates:	April 11 & 18
Registration Deadline:	January 11
Captains Meeting:	January 11 at 6:00pm (Sports Center)

Member Team Fee:	$260

(50% of the players must be members to receive Member Team Fee)

Program Particpant Team Fee:	$315

Adult Roller Hockey League (Age 18+)

League Dates:	January 8-May 21
Tournament Date:	May 21
Registration Deadline:	January 8

Teams will be chosen on the first night of the league

(No games January 29, March 5 & April 16 for DCST Swim Meet)

Member Fee:	$80
Program Participant:	$160

Goalie Member Fee:	$40
Goalie Program Participant:	$80

Non-Member Drop-In Punch Pass

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

Non-Member Fee:	$90

Adult Drop-in Soccer

Monday/Wednesday	8:00-10:00pm
Location:	Sports Center

Member Fee:	FREE
Program Participant:	$10 per visit

Adult Drop-in Wallyball

Thursdays	8:00-10:00pm
Location:	Racquetball Court 2

Member Fee:	FREE
Program Participant:	$10 per visit

Adult Drop-in Hockey

Thursday	8:00-10:00pm
Location:	Sports Center

Member Fee:	FREE
Program Participant:	$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:	$10 per visit

CONTACT US 815.756.9577

Membership Staff

Rachel Hernandez | Membership Director
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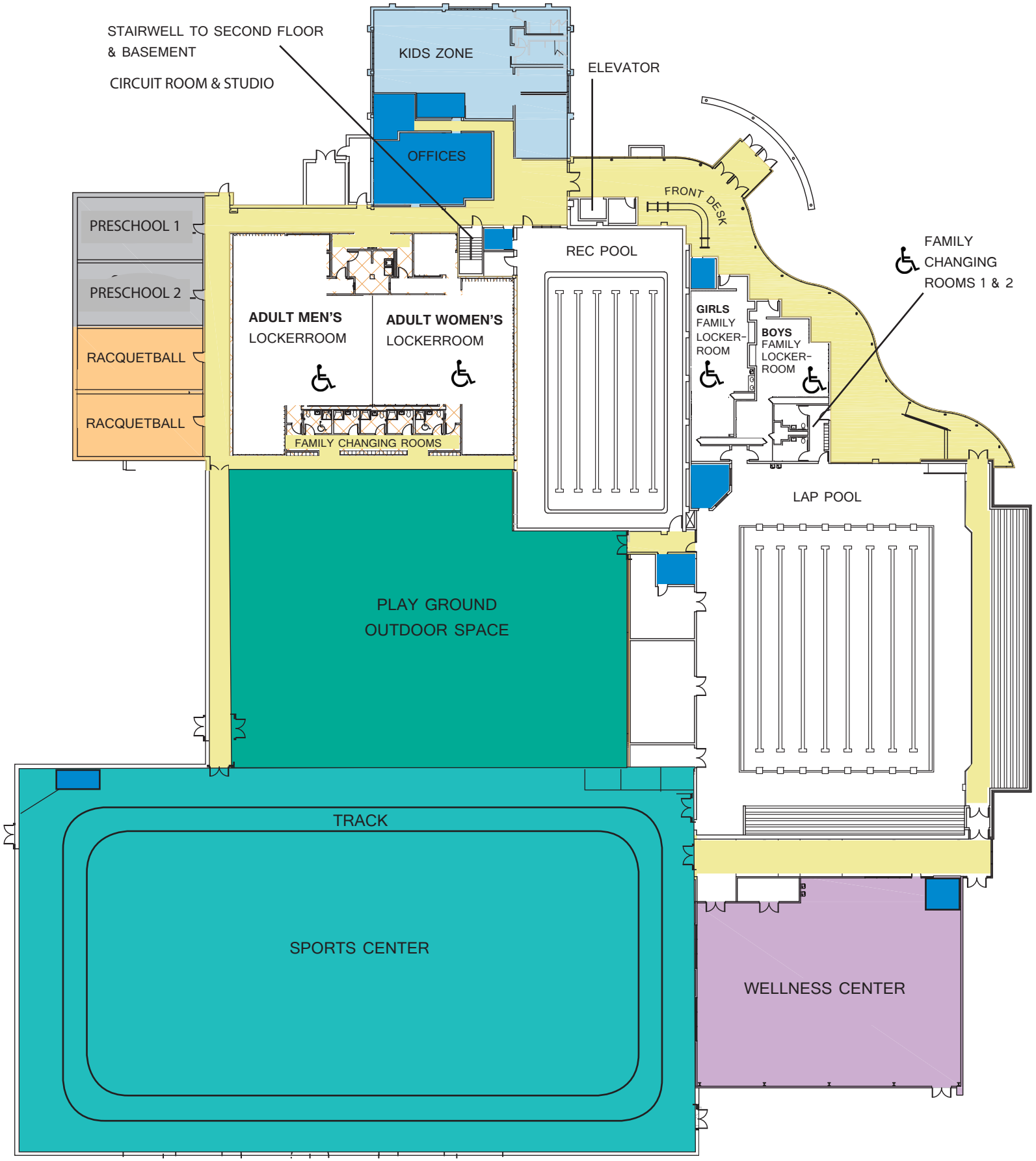
STAIRWELL TO SECOND FLOOR
& BASEMENT
CIRCUIT ROOM & STUDIO
KIDS ZONE
ELEVATOR
OFFICES
FRONT DESK
PRESCHOOL 1
PRESCHOOL 2
RACQUETBALL
RACQUETBALL
REC POOL
FAMILY
CHANGING
ROOMS 1 & 2
ADULT MEN'S
LOCKERROOM
ADULT WOMEN'S
LOCKERROOM
GIRLS
FAMILY
LOCKER-
ROOM
BOYS
FAMILY
LOCKER-
ROOM
FAMILY CHANGING ROOMS
LAP POOL
PLAY GROUND
OUTDOOR SPACE
TRACK
SPORTS CENTER
WELLNESS CENTER

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 Hours (September 5 - May 31)

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

HOLIDAY HOURS

CHRISTMAS EVE 2016
Kishwaukee Family YMCA: 6am-2pm

CHRISTMAS DAY 2016
Kishwaukee Family YMCA: CLOSED

NEW YEAR'S EVE 2017
Kishwaukee Family YMCA: 6am-2pm

NEW YEAR'S DAY 2017
Kishwaukee Family YMCA: 10am-6pm

EASTER SUNDAY 2017
Kishwaukee Family YMCA: CLOSED

MEMORIAL DAY 2017
Kishwaukee Family YMCA: CLOSED

4th OF JULY 2017
Kishwaukee Family YMCA: CLOSED

LABOR DAY WEEKEND 2017 (Sep. 2, 3 & 4)
Kishwaukee Family YMCA: CLOSED

THANKSGIVING 2017
Kishwaukee Family YMCA: CLOSED

YMCA Birthday Parties

We now offer pool 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: $125 Add a Bounce House for an additional $75 **Pool Party:** $200

If you have questions please contact Katisha Muhammad at kmuhammad@kishymca.org or 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)