FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2019 PROGRAM GUIDE

FREE WITH YMCA MEMBERSHIP!
Parent/Child Swim Lessons!

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

UPDATED 8/28/2019

Kishwaukee Family YMCA

SESSION DATES:
Fall 1: September 3-October 27
Fall 2: October 28-December 22

REGISTRATION DATES:
Member: 08/01/2019
Program Participant: 08/08/2019

Swim Lesson Session Schedule and Registration Dates can be found on the Swim Lessons page.

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 Sheridan Ernst Development Director at 815.756.9577 or sernst@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.

HALLOWEEN BASH

Saturday, October 19
4:00pm–8:00pm

Tickets on-sale September 3!

NEW LOCATION !!!!!

Sycamore High School Field House

the YMCA

FOR YOUTH DEVELOPMENT®
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Fun for the whole family!

SAVE THE DATE:

CHRISTMAS EXTRAVAGANZA

DECEMBER 6, 2019

KISHWAUKEE FAMILY YMCA 5:00PM–8:00PM

Infant/ Toddlers

- Play in Kid Zone while Mom and Dad workout
- Have my birdthday party here (page 41)
- Take a Parent/Child Swim Lesson (page 16)
- Play in the pool with my favorite adult during Open Swim times
- Join the Stroller Rollers club (page 8)
- Take a parent/child tumbling class (page 8)
- Try our new Parent Child Famiy play time (page 8)
- NEW! Parent's Day Out (page 9)
- Mommy and Me Ballet (page 12)

Preschool Age

- Play in Kid Zone while Mom and Dad workout
- Have my birdthday party here (page 41)
- Take a Preschool Swim Lesson (page 16)
- Play in the pool with my favorite adult during Open Swim times
- Try our new Parent Child Famiy play time (page 8)
- Preschool Tumbling (page 9)
- NEW! Preschool Lil' Sportsters (Page 9)
- NEW! Parent's Day Out (Page 9)
- Sign up for our Preschool Program (page 10)
- Kid Power Karate (page 11)
- Mommy and Me Ballet (page 12)
- Creative Dance (page 12)
- Rookies Indoor Soccer (page 24)

Grade School

- Play in Kid Zone/Activity Center
- Have my birdthday party here (page 41)
- Take a School Age Swim Lesson (page 16)
- Play in the pool with my favorite adult during Open Swim times
- Kid Power Karate (page 11)
- Youth Martial Arts (page 11)
- Building Strong Kids (Page 11)
- Shine Bright Youth Dance (Page 12)
- Superhero Kid's Half Marathon (page 13)
- Join Swim Team (Page 14)
- NEW! 4GI: Keeping Kids Active (page 18)
- NEW! CHAMPS (page 18)
- Before and After School Program (page 20)
- Kid's Night Out (page 22)
- Roller Skate with Friends (page 22)
- Youth Roller Hockey (page 23)
- Youth Soccer League (page 24)
- Jr. NBA Youth Basketball (page 25)
- Workout in the Wellness Center (must go through Family Fit orientation) (page 28)
- Indoor Triathlon (page 30)

Middle School

- Play in the Activity Center
- Have my birdthday party here (page 41)
- Take a swim lesson (page 16)
- Play in the pool with during Open Swim times (must pass swm test)
- Personal Training (page 32)
- Youth Martial Arts (page 11)
- Building Strong Kids (Page 11)
- Shine Bright Youth Dance (Page 12)
- Superhero Kids Half Marathon (page 13)
- Join Swim Team (Page 14)
- NEW! Jr. High Y Club (page 19)
- Kid's Night Out (page 22)
- Roller Skate with Friends (page 22)
- Youth Roller Hockey League (page 23)
- Youth Soccer League (page 24)
- Workout in the Wellness Center (must go through Youth/ Teen orientation) (page 28)
- Indoor Triathlon (page 30)

WHAT YOU CAN DO AT THE Y!

High School

- Private Swim Lessons (page 14)
- NEW! Aquatic Personal Training (page 32)
- Become a certified Lifeguard (page 40)
- Swim Team (page 14)
- Personal Training (page 32)
- Wellness Coaching (page 33)
- Wokout in the Wellness Center (must complete a wellness center orientation) (page 28)
- FREE Group Exercise Classes (pick up a schedule at the front desk or view online)
- Specialty Group Exercise Classes
  - -TRX (page 34)
  - -Functional Training (page 34)
  - -Tai Chi (page 35)
  - -Core Motion (page 35)
- CPR/AED Classes (page 40)
- Youth and Government (page 19)
- Roller Skate Nights (page 22)
- Racquetball (reserve the court 24 hours in advance)
- Open Gym (pick up a schedule at the front desk or view online)
- Walk the track
- Indoor Triathlon (page 30)

Adult/Senior

- Private Swim Lessons (page 14)
- Become a certified Lifeguard (page 40)
- Water Exercise Classes (pages 36 & 37)
- Personal Training & Small Group Training (page 32)
- NEW! Aquatic Personal Training (page 32)
- Wellness Coaching (page 33)
- Wellness Center (Sign up for a complimentary orientation) (page 28)
- Member Success Meeting (page 28)
- FREE Group Exercise Classes (pick up a schedule at the front desk or view online)
- Specialty Group Exercise Classes
  - -TRX (page 34)
  - -Functional Training (page 34)
  - -Tai Chi (page 35)
  - -Core Motion (page 35)
- Pedaling for Parkinson's (page 26)
- LIVESTRONG at the YMCA (page 27)
- CPR/AED Classes (page 40)
- Roller Skate Nights (page 22)
- Adult Co-Ed Soccer Leagues (page 38)
- Adult Hockey Leagues (page 38)
- Adult Co-Ed Volleyball Leagues (page 38)
- Barbed Wire Betties Roller Derby (page 38)
- Drop-In Pickleball (page 39)
- Drop-In Wallyball (page 39)
- NEW! Women's Health Improvement Plan #WHIP (page 29)
- Indoor Triathlon (page 30)
- Walk the Track
- Racquetball (reserve the court 24 hours in advance)
- Open Gym (pick up a schedule at the front desk or view online)
- Explore YMCA's across country with Nationwide Membership
- Senior Health & Fitness Showcase (page 35)

Families

- YMCA Halloween Bash (page 3)
- YMCA Christmas Family Extravaganza (page 3)
- Family Fun Nights (pages 6 & 7)
  - -Family Sports Zone
  - -Family Fun and Fitness
  - -Family Pool Parties
- Family Sunday Fundays (page 22)
  - - Family Nerf War
  - - Bingo & Ice Cream Sundae Bar
- Family Swim Time during Open Swim Times (pick up a schedule at the front desk or view online)
- Play a game of Around the World during Open Gym (pick up a schedule at the front desk or view online)
- Family Racquetball Game (be sure to reserve a court)
- Take a walk around the track as a family
- Sign up for our Indoor Triathlon (page 30)
- Workout Together as a Family in the Wellness Center. Be sure to sign up for a Family Fit Wellness Center Orientation (page 28)
- Small Group Personal Training (page 32)
- Explore YMCA's across country with Nationwide Membership
- Volunteer as a Family

SEPTEMBER 2019

6

FAMILY SPORTS ZONE (1st Friday)
Family Basketball Challenge
Friday, September 6th at 5:30pm-6:30pm

13

FAMILY FUN AND FITNESS (2nd Friday)
Family Zumba
Friday, September 13th at 5:30pm-6:30pm

27

FAMILY POOL PARTIES (4th Friday)
Deep Sea Sharks
Friday, September 27th at 6:30pm-9:00pm

OCTOBER 2019

4

FAMILY SPORTS ZONE (1st Friday)
Family Volleyball
Friday, October 4th at 5:30pm-6:30pm

11

FAMILY FUN AND FITNESS (2nd Friday)
Halloween Family Functional Training
Friday, October 11th at 5:30pm-6:30pm

25

FAMILY POOL PARTIES (4th Friday)
Spooky Pool Party
Friday, October 25th at 6:30pm-9:00pm

NOVEMBER 2019

1

FAMILY SPORTS ZONE (1st Friday)
Family Dodgeball
Friday, November 8th at 5:30pm-6:30pm

8

FAMILY FUN AND FITNESS (2nd Friday)
Family Yoga: Inhale Love, Exhale Gratitude
Friday, November 8th at 5:30pm-6:30pm

22

FAMILY POOL PARTIES (4th Friday)
Thankful For You Swim Party
Friday, November 22nd at 6:30pm-9:00pm

DECEMBER 2019

13

FAMILY FUN AND FITNESS (2nd Friday)
12 Days of Christmas
Friday, December 13th at 5:30pm-6:30pm

27

FAMILY POOL PARTIES (4th Friday)
New Years' Splash
Friday, December 27th at 6:30pm-9:00pm

Bring your whole family to an evening of sports, fitness and swimming three Fridays each month!

NEW!
PARENT/CHILD CLASSES

NEW Stroller Rollers

Join new mom and personal trainer, for a special mommy and me Stroller Rollers fitness class catering to moms of all fitness levels: pregnancy fitness, new moms, and moms with one or more stroller-aged children. This interval-based class incorporates aerobics, strength training, and core exercises for a total body workout. Stroller Rollers will help moms get fit while spending quality time with their child, without having to put their baby in Kids Zone! **Moms must be at least 6 weeks postpartum (8 weeks for a c-section) with written clearance from their physician to workout with baby to participate.

Mondays **12:30pm-1:15pm**

Member Fee: FREE

Find it on the FREE Group Exercise Schedule

NEW Parent/Child Tumbling (Ages 0-5 years)

This class emphasizes basic motor skills, listening, and following directions in a class setting. Children will work on their hand-eye coordination, body awareness, and improving their strength and flexibility. Parent participation is required. This is a registered class included in membership. Minimum of 5 kids needed per session.

Session Dates:
Fall 1: September 3-October 27
Fall 2: October 28-December 22

Tuesdays **10:00am-10:30am**

Member Fee: FREE
Program Participant Fee: $35

NEW Parent/Child Family Play Time (Ages 0-5 years)

Indoor playtime where children can interact with each other. Children will develop relationships with peers, work on their balance and coordination, and get their wiggles out. Parent participation is required. This is a registered class included in membership. Minimum of 5 kids needed per session.

Session Dates:
Fall 1: September 3-October 27
Fall 2: October 28-December 22

Wednesdays **10:00am-10:30am**

Member Fee: FREE
Program Participant Fee: $35

FREE WITH YMCA MEMBERSHIP!

Parent/Child Swim Lessons! (page 16)

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NEW!
PRESCHOOL PROGRAMS

NEW Preschool Tumbling
(Ages 2-5)

Classes provide activities that include an aerobic warm-up and stretching. Children will work on developing motor skills, body awareness, hand-eye coordination, and improve their strength and flexibility. Minimum of 5 kids needed per session.

Session Dates:
Fall 1: September 3-October 27
Fall 2: October 28-December 22

Tuesdays **10:45am-11:30am**

Member Fee:	$48
Program Participant Fee:	$96

NEW Preschool Lil' Sportsters
(Ages 2-5)

This class is designed for kids who are new to sports and teaches basic skill development in soccer, basketball and more. Players are introduced to sports through drills, gym games and active play.This program provides a safe place for players to enhance motor skills, strengthen listening skills and build confidence. Minimum of 5 kids needed per session.

Session Dates:
Fall 1: September 3-October 27
Fall 2: October 28-December 22

Thursdays **10:45am-11:30am**

Member Fee:	$48
Program Participant Fee:	$96

NEW Parent's Day Out
(Ages 2-5 years: Must be Potty Trained)

Your child will enjoy activities like gym games, arts and crafts, playtime, stories and snack will give your child a fantastic day at the Y! Your child will get the opportunity to make new friends while developing their social skills. Snack will be provided. Water bottle is required. Minimum of 5 kids needed per session.
Time: 2:00pm-5:00pm

Friday, September 20th
Friday, October 18th
Friday, November 15th
Friday, December 20th

Member Fee:	$20
Program Participant Fee:	$40

the YMCA

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PRESCHOOL PROGRAMS 2019-2020

Nurturing the Potential of Every Child and Teen

Tadpoles Preschool

2 year olds

In Tadpoles, children will meet 2 days a week, and will develop skills in listening, following directions and sharing. This class also includes further development of large motor skills, as well as beginning age appropriate educational basics such as color, letter and number recognigiton. (Pull-ups are ok for this class.)

Tuesday/Thursday	9:00-10:30am
Member Fee:	$60/month
Program Participant Fee:	$120/month

Leap Frog Preschool

3-4 year olds

In Leap Frogs, children will meet 2 days a week, and will continue to grow their listening and following directions skills, while developing fine motor skills such as writing and using scissors. Further letter and sound recognition in incorporated into daily lessons, and social skills and independence are important skills for this class. Additional music, sports and swimming enrichment are included weekly. (Children may wear pull ups.)

Tuesday/Thursday	9:00am-12:00pm
Member Fee:	$110/ month
Program Participant:	$220/ month

Caterpillar Preschool

3-4 year olds

In this class, children meet 3 days a week, and will continue to develop fine motor skills with writing letters and cutting shapes. Children will work on letter and sounds as well as writing the alphabet. Some basics, such as addition and counting, as well as incorporating ideas of weather and measuring will help the children begin to explore math and science concepts. Additional music, sports and swimming enrichment are included weekly. (Children are recommended to be potty trained for this class.)

Monday/Wednesday/Friday	9:00am-12:00pm
Member Fee:	$145/ month
Program Participant:	$290/ month

Butterflies Preschool

4-5 Year Old

For Butterflies, children should be entering Kindergarten in the Fall of 2020. Classroom activities are designed to provide your child with the school readiness skills needed to enter Kindergarten. Children will review letter and sounds, and additional math concepts such as time, money, and addition will be introduced. Basic sight words will be part of the weekly themes and writing letters will also be practiced. Additional music, sports and swimming enrichment are included weekly. Parents will receive progress reports, and teachers will conduct conferences at the end of the program.

(Children must be potty trained)

Monday/Wednesday/Friday	9:00am-12:00pm
Member Fee:	$145/ month
Program Participant:	$290/ month

YMCA YOUTH PROGRAMS

Nurturing the Potential of Every Child and Teen

Session Dates:
Fall 1: September 3-October 27
Fall 2: October 28-December 22

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!

Session Dates:
Fall 1: September 3-October 27
Fall 2: October 28-December 22

Beginners:
Tuesday 5:45-6:30pm

Member Fee: $48
Program Participant Fee: $72

Advanced:
Tuesday 6:45-7:30pm

Member Fee: $48
Program Participant Fee: $72

Building Strong Kids (Ages 8-14)

For children ages 8-14 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. Program is free, registration is a must!

Tuesday 5:30-6:15pm

Member Fee: FREE
Program Participant Fee: $56

Find it on the FREE Group Exercise Schedule

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.

Session Dates:
Fall 1: September 3-October 27
Fall 2: October 28-December 22

Beginners - Orange Belts
Thursday 5:40-6:40pm

Member Fee: $52
Program Participant Fee: $78

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

Member Fee: $52
Program Participant Fee: $78

YMCA YOUTH DANCE ACADEMY

Session Dates: Fall 1: September 3- October 27 Fall 2: October 28-December 22

The Kishwaukee Family YMCA'S Youth Dance Academy will offer our youth members the ability to not only enjoy dance but enjoy learning a routine to partake in a performance in May! In each class, participants will learn, practice and perfect a routine that they will start learning in September and build on as the dance season goes on until May. Each session will build upon what they learned the previous session. The final result will be a performance in May, for all of the classes!

A free performance will take place in May, where the dancers will perform the dance they learned during the Academy. Refreshments to be provided and a date to be determined. A costume will be provided for the performance at no extra cost to the particpant. (Thank you to the Beth Fowler School of Dance)

Dance Academy Dress Code applies to Mommy and Me Ballet, Creative Dance & all Shine Bright Youth Dance Classes.
Girls- Pink leather/ pleather slippers, pink leotard (or camisole with spaghetti straps) pink tights (no attached skirts)
Boys- White T-shrit, Black Sweat pants, black jazz shoes or black ballet slippers.

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: $28
Program Participant Fee: $42

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: $48
Program Participant Fee: $72

Shine Bright Youth Dance

(5-8 year olds)

Especially for those Dancing Bright Stars! The Shine Bright Youth Dance Class will incorporate a variety of dance styles including but not limited to: Hip Hop, Poms and Cheer. Learn various moves and techniques to increase balance, confidence, coordination and agility!

Saturday 10:00-10:45am

Member Fee: $48
Program Participant Fee: $72

Shine Bright Youth Dance

(9-12 year olds)

Especially for those Dancing Bright Stars! The Shine Bright Youth Dance Class will incorporate a variety of dance styles including but not limited to: Hip Hop, Poms and Cheer. Learn various moves and techniques to increase balance, confidence, coordination and agility!

Wednesday 5:30-6:15pm

Member Fee: $48
Program Participant Fee: $72

the YMCA

FOR YOUTH DEVELOPMENT®
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2019 SUPERHERO KIDS HALF MARATHON

13.1 Miles... *One Mile at a Time!*

AUGUST 24–OCTOBER 5

Keep the whole family moving as we head into fall by joining the Superhero Kids Half Marathon! Walk or run 1 mile at a time, 12 times over the course of 6 weeks. On Race Day, gear up for the final 1.1 miles to complete the full half marathon distance with all the other Kids Half Marathon participants!

All who finish and turn in their mileage tracker, receive a Kids Half Marathon Finisher Medal! Participants will also receive a Superhero cape for the final run/walk!

One Mile Superhero Kick-Off Walk/Run:
Saturday, August 24 at 10:30am at the Y

Incredible Half Dash 1.1-mile Walk/Run:
Saturday, October 5 at 10:30am at the Y

A running/walking buddy (parent, grandparent or guardian) is required to join their child during kickoff and race day. Running buddy does not need to register, does not receive medal or cape. Open to youth ages 5-12.

$25/YMCA Members $40/Program Participants

WWW.KISHYMCA.ORG

PXME3229

PRIVATE SWIM LESSONS AND SWIM TEAM

Private Swim Lessons

7 Lessons for 30 min. each

Member Fee:	$210
Program Participant:	$420

4 Lessons for 30 min. each

Member Fee:	$140
Program Participant Fee:	$280

Semi-Private Swim Lessons (Group of 2)

7 Lessons for 30 min. each

Member Fee:	$350/group
Program Participant:	$700/group

4 Lessons for 30 min. each

Member Fee:	$240/group
Program Participant Fee:	$480/group

DCST Competitive Private Swim Lessons

7 Lessons for 30 min. each

Member Fee:	$210
Program Participant Fee:	$420

4 Lessons for 30 min. each

Member Fee:	$140
Program Participant Fee:	$280

DEKALB COUNTY SWIM TEAM

Stroke Clinic

Dates: September 3-September 19

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:	$40
Program Participant Fee:	$63

Rookie Week

Dates: September 23-September 27

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 Matt Anderson at manderson@kishymca.org or call 815.375.5399

Tuesday, September 17 at 6:15pm

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 months–3 years
PARENT* & CHILD: STAGES A–B

3 years–5 years
PRESCHOOL: STAGES 1–4

6 years–12 years
SCHOOL AGE: STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B / WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10–15 yards on his or her front and back?	NOT YET	3 / WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET	4 / STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5 / STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6 / STROKE MECHANICS

FALL SWIM LESSONS

		Parent Child Swim Lessons (6 mo-3 years)		Preschool Swim Lessons (Age 3-5 years)				School Age Swim Lessons (Age 6 -12 years)					
		Stage A	Stage B	Stage 1	Stage 2	Stage 3	Stage 4	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
Mon	4:45pm - 5:25pm	X		X	X								
	5:30pm - 6:10pm		X					X			X		X
	6:15pm - 6:55pm				X					X		X	
	7:00pm - 7:40pm					X	X		X				
Tues	9:30am - 10:10am			X	X								
	10:15am - 10:55am					X	X						
	4:45pm - 5:25pm			X		X		X					
	5:30pm - 6:10pm				X		X					X	X
	6:15pm - 6:55pm								X	X	X		
Wed	4:45pm - 5:25pm			X					X	X			
	5:30pm - 6:10pm				X		X				X		
	6:15pm - 6:55pm					X		X				X	X
Thurs	9:30am - 10:10am					X	X						
	10:15am - 10:55am			X	X								
	12:10pm - 12:55pm				X	X							
	4:45pm - 5:25pm				X				X	X			
	5:30pm - 6:10pm		X			X	X	X					
	6:15pm - 6:55pm			X							X	X	X
Fri	11:00am- 11:40am	X											
	11:45am - 12:25pm		X										
	12:10pm - 12:50pm			X	X	X	X						
	4:45pm - 5:25pm				X				X	X			X
	5:30pm- 6:10pm					X	X				X	X	
Sat	8:45am - 9:25am			X					X		X		
	9:30am - 10:10am	X			X					X			
	10:15am - 10:55am		X			X						X	
	11:00am - 11:40am						X	X					X

Fall 1: September 3–October 27
Members: July 29
Program Participants: August 5
*No class on September 2

Fall 2: October 28–December 22
Members: September 30
Program Participants: October 7
*No PM Classes Oct. 31
* No AM or PM Classes November 28, 29 & 30

FEES

Parent/Child Lessons
Member Fees: FREE
Program Participant Fees: $32

Preschool, School Age Swim Lessons
Member Fee: $65
Program Participant Fee: $110

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

School Age (6-12 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

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.

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.

*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.

NEW!
4GI & CHAMPS

4th Grade Initiative (4GI): Keeping Kids Active

The YMCA is proud and very excited to introduce its new 4th grade initiative program. The 4th Grade Initiative (4GI) offers a free one-year YMCA membership to all existing and incoming fourth-graders throughout the community. 4GI aims to provide 4th graders with opportunities for fitness and sports as well as a chance to socialize with peers in a safe, supervised environment.

4th grade is a critical transition period for many young kids. The mission of the 4GI program is to assist children in this transition by providing programs that encourage well-rounded development that benefit kids physically and mentally.

The 4GI program aims to help develop well-rounded approaches to healthy living for all 4th graders. By signing up for the 4GI program, students receive a free one year membership to the Kishwaukee Family YMCA. Special programs are designed for 4th grade students specifically, and include fun activities throughout the school year and summer such as pool parties, scavenger hunts, crafts, ice cream socials, giant inflatables, and more. Homework help and leadership training is also included.

It's a time for 4th graders to have fun, stay fit, and meet friends!

Additional Perks:

- Sunday Family Time: FREE admission for 4th grader's immediate family members to YMCA facilities on Sunday's from 2:30-5pm.
- $25 program credit to be used for any YMCA program
- Special 4th grade fun nights (to be announced)
- Receive member rates for 4th graders when participating in additional YMCA programs
- Receive member rates for families of 4th graders that register for YMCA programs
- Monthly newsletters which include 4th grade activity schedule, special events, program reminders, and more

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CHAMPS

Choosing Healthy Actions, Mindset, Principles, and Spirit.

Give your fourth and fifth graders the experience of a 10-week program to learn whole-life health. Going into middle school and high school can be a rollercoaster ride for youth, so it is important for them to have a firm foundation to build character and leadership.

The Kishwaukee YMCA has partnered with DeKalb County Youth Service Bureau to design a program that incorporates teambuilding, problem solving, communication, and responsibility, along with the chance to enjoy YMCA recreational and physical fitness activities. Each participant will have a complimentary Y pass for the duration of the class.

Dates: September 12-November 21st (*no session October 31)

Thursdays at 6:00pm-7:00pm

Free for all 4th & 5th graders

YSB

the YMCA

NEW!
JR. HIGH Y CLUB

NEW Jr. High Y Club

Looking for something to do with your friends on Friday nights? Come check out our Jr. High Y Club that offer a fun and safe environment full of games, music and activities! This program will give middle school students a place to go in order to relax and hang out with friends, learn more about themselves and how they can make a positive impact in their community.

Time:	6:30pm-8:00pm
Dates:	October 11 & 25
	November 8 & 22
	December 13

Member Fee:	FREE
Program Participant Fee:	$5/night

Youth and Government (YAG)

Youth and Government (YAG) 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

Program dates: September 2019-March 2020
Registrations begins: August 1

(Meets weekly at the Kishwaukee Family YMCA to collaborate will fellow community students to research and develop a bill to bring in front of model legislative program. Mock legislations to occur in the Chicagoland area twice in preparedness for model legislation in Springfield.)

For more infromation please contact:
Heather Appling
Program Executive
happling@kishymca.org or 815.375.5405

2019-2020

BEFORE & AFTER SCHOOL PROGRAM
DEKALB SCHOOL DISTRICT 428
KISHWAUKEE FAMILY YMCA

BACK TO SCHOOL MEMBERSHIP SPECIAL!

Become a member in the month of September and we'll waive the joining fee! That's a savings of up to $99!

LEARN. GROW. THRIVE.

Before and After School is more than a program, it is a place for achievement, leadership and relationship building. This affordable program is designed for kids in grades K-5. It is a place for opportunities to be engaged in educational activities outside of the classroom while being physically active, socially active and having FUN! Program Locations: On-site at Brooks, Founders, Cortland, Little John*, Jefferson, Malta, Tyler and Lincoln. * There will be no before school program at Little John.

PROGRAM FEES

REGISTRATION FEE: $25

BEFORE SCHOOL: $11/DAY

AFTER SCHOOL: $15/DAY

EARLY RELEASE DAY: $30/DAY

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. The YMCA also accepts 4C.

The Y's before and after school program has just what your looking for!

- Nutritious Meals
- Educational Activities
- STEM Lessons
- Physical Activity
- Homework Help
- Arts and Crafts
- Caring and Professional Staff

FLEXIBLE SCHEDULE

Daily registration, choose your own attendance days.

HOURS

Monday-Friday
BEFORE: 7:00am-8:15am

AFTER: When the school bell rings until 5:30pm

Kishwaukee Family YMCA 2500 W. Bethany Rd. Sycamore, IL 60178 815.756.9577 www.kishymca.org
For more information please contact: Melissa Johnson, Youth Development Director at mjohnson@kishymca.org or 815.375.5406

SCHOOLS DAY OUT

Kishwaukee Family YMCA

YMCA Schools Day Out is designed to give busy families peace of mind when school is not in session. We provide children Kindergarten through 8th Grade, a safe, comfortable and nurturing environment where they can learn, grow, thrive and be active. Join us for fun games, sports, swiming, arts and crafts and so much more! Please bring a water bottle, two snacks, a bag lunch, swimsuit and towel.
Program Hours: 7:00am-5:30pm
Member Fee: $35 Program Participant Fee: $40

Program Dates:

September 27,
October 14 & 25,
November 27,
Winter Break: December 23, 26, 27, 30, January 2 & 3
January 20 & 31
February 17
Spring Break Camp: March 23-27 (Member Fee: $35/day or $160/week P: $40/day or $180/week)
April 10

NEW!
FAMILY SUNDAY FUNDAYS & MORE

NEW KIDS NIGHT OUT

Parents, enjoy a night out while your children have an evening filled with themed activities, crafts, games, pizza, a movie and popcorn! Multiple children? Second or third sibling receives 25% off! Space is limited to 20 participants. Movie and theme change each month.

Ages: 5-12 years
Times: 6:00pm-9:00pm

Dates:
Friday, September 20th
Friday, October 18th
Friday, November 15th
Friday, December 20th

Member Fee: $20
Program Participant Fee: $30

LEARN MORE ABOUT OUR PARENT'S DAY OUT PROGRAM FOR 2-5 YEAR OLDS ON PAGE 9!

Roller Skating

Join us on our new day and time for roller skating fun! 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!

NEW DAYS AND TIMES

Every Thursday from 4:00pm-5:30pm beginning September 26-May 16.

Admission:
Member Fee: FREE
Program Participant Fee: $3

Skate Rental
Member Fee: $2
Program Participant Fee: $2

Special Saturday Skate Events:

Dates and Themes:
Saturday, October 26: Halloween Skate Night
Saturday, November 9: 80's Skate Night
Saturday, December 28 New Year's Celebration

Times: 5:00pm-8:00pm

Admission:
Member Fee: $5
Program Participant Fee: $5

Skate Rental
Member Fee: $2
Program Participant Fee: $2

FAMILY SUNDAY FUNDAYS

FAMILY NERF WAR

Join us for a classic family Nerf war in the gym! Test your skills and play against other families. FREE to all YMCA members. At least one adult per family must participate. Please bring your own Nerf guns and darts/bullets. Only bullets composed of foam or a similar soft material are permitted. The Y is not responsible for lost or damaged Nerf guns or ammo. It will be wise to identify what you bring with tape or a marker. Snacks will be provided, not bullets or Nerf guns. *Please bring your own protective eye gear, if you have it.

Date: Sunday, September 22
Time: 3:00pm-4:30pm

Members FREE
Program $10/family

BINGO & ICE CREAM SUNDAE BAR

Join us for a fun day of bingo and create your own ice cream sundae masterpiece. Families can win raffle prizes and enjoy getting to know other Y members! It's going to be a "sweet" night.

Date: Sunday, November 17
Time: 3:00pm-4:30pm

Members FREE
Program $10/family

the YMCA

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

YMCA YOUTH HOCKEY LEAGUE

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

YOUTH ROLLER HOCKEY

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

The beginning levels of the YMCA Youth 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:	September 26-December 7 (No games or practice will be held Thanksgiving week)
Practice Days and Times:	Thursdays 5:45pm-6:45pm
Games:	Saturdays
Member Fee:	$105
Program Participant Fee:	$135

YMCA Jersey and end of season medal are included in the fee!

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

The intermediate levels of the YMCA Youth 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:	September 26-December 7 (No games or practice will be held Thanksgiving week)
Practice Days and Times:	Thursdays 6:45-7:45pm
Games:	Saturdays
Member Fee:	$105
Program Participant Fee:	$135

YMCA Jersey and end of season medal are included in the fee!

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

The experienced levels of the YMCA Youth 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:	September 26-December 7 (No games or practice will be held Thanksgiving week)
Practice Days and Times:	Thursdays 7:45-8:45pm
Member Fee:	$105
Program Participant Fee:	$135

YMCA Jersey and end of season medal are included in the fee!

YOUTH SOCCER LEAGUE

Rookies Indoor Soccer
(Ages 4 -1st* Grade)

NEW! 10-WEEK LEAGUES

Games will be played on Sundays. There will be a 20 minute practice followed by a 30 minute game. All participants will receive a team jersey with their registration.
(There will be no games Thanksgiving week)

League Dates:	September 29-December 8
Registrtation Deadline:	September 13
Games:	Sunday mornings
Member Fee:	$75
Program Participant Fee:	$115

***NEW THIS YEAR!** 1st graders have the option of playing in the Rookies Indoor Soccer League or playing up with the Youth Indoor Soccer League with 2nd and 3rd graders. For more information about Rookies or Youth soccer please contact Fred Harris, Sports Coordinator at fharris@kishymca.org or 815.375.5385.

Youth Indoor Soccer
(Grades 1st-8th)

his 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. No games or practice Thanksgiving week.

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

League dates:	September 23-December 8
Registration Deadline:	September 13
Practice Times:	Weeknights
Game Days:	Sundays 11:00am-2:00pm (First Game September 29)
Coaches Meeting:	September 11 at 6:00pm-6:30pm
Divisions:	1st-2nd Grade 3rd-4th Grade 5th-8th Grade
Member Fee	$95
Program Participant Fee:	$135

the YMCA

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

YOUTH BASKETBALL

Nurturing the Potential of Every Child and Teen

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

Jr. NBA RookiesBasketball

(Ages 4 -1st* Grade)

Games will be played on Saturdays. There will be a 20 minute practice followed by a 35 minute game. **All participants will receive a Jr. NBA reversible basketball jersey with their registration. (There will be no games Thanksgiving week)**

League Dates:	September 28-December 7
Registration Deadline:	September 13
Games:	Saturday mornings
Member Fee:	$75*
Program Participant Fee:	$115*

NEW THIS SEASON!

Evaluation Clinic with the Illinois Panthers!

Saturday, September 14

(Age 4-1st Grade)

9:00am-10:00am

(Grades 2nd-5th)

10:30am-12:00pm

***NEW THIS YEAR!** 1st graders have the option of playing in the Jr. NBA Rookies League or playing up with the Jr. NBA Youth Basketball League with 2nd and 3rd graders. If you choose to play up please attend the 2nd and 3rd Grade Evaulations on September 14th from 10:30am-12:00pm

Jr. NBA Youth Basketball League

(Grades 2nd-5th)

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. **(There will be no games or practice Thanksgiving week)**

Games will be played on Saturdays and practices are held during the week.

Divisions:	2nd-3rd Grade 4th-5th Grade
Coaches Meeting:	September 14 at10:00am-10:30am
Practice Begins:	Week of September 23
League Dates:	September 23- December 7
Games:	Saturdays (First game: September 28)
Registration Deadline:	September 13
Evaluations:	Saturday, September 14 at 10:30am-12:00pm

Teams will be decided after evaluations September 14.
Coaches will then contact players about practice dates and times.

Member Fee:	$95
Program Participant Fee:	$135

NEW! 10-WEEK LEAGUES

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

For more information please contact Fred Harris, Sports Coordinator at fharris@kishymca.org or 815.375.5385.

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kishwaukee Family YMCA

PEDALING FOR PARKINSON'S

Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace – optimally, 80-90 revolutions per minute. Limited space available in class. Other classes may be added based off of interest.

WHEN: **Monday/Wednesday/Friday**
September 3-October 27
October 28-December 22

TIME: **1:30-2:30pm**

COST: **FREE** (Must present doctors referral before start of first class)

For questions please contact:

Cami Loving
Healthy Living Director
camil@kishymca.org /815.375.5381

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

LIVESTRONG FOUNDATION

Kishwaukee Family YMCA
2500 W. Bethany Rd.
Sycamore, IL 60178
p. 815.756.9577
f. 815.758.4549
www.kishymca.org

RENEW REBUILD RECONNECT

Partners in healing the whole person.

Helping cancer survivors begin the journey toward recovery.

- Expert, caring staff
- Warm spirit of community
- Safe, comfortable place
- Working at your own pace

CLASS SCHEDULE

LIVESTRONG at the YMCA is a Free 12-Week researched based physical activity and well-being program designed to help cancer survivors reclaim their total health. Open to YMCA members and the community.

Session: September 3-November 21
Days: Tuesday/Thursdays
Time: 1:30pm-2:45pm

If you or someone you know would benefit from participating in our LIVESTRONG at the YMCA Program please contact:

Cami Loving,
Healthy Living Director
815.375.5381
camil@kishymca.org

LIVESTRONG® AT THE YMCA

HEALTHY LIVING

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 YMCA Front Desk to schedule your free MSM!

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 Yellow 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	10:00am & 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	10:00am & 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

NEW!
WOMEN'S HEALTH IMPROVEMENT PLAN #WHIP

Join us for this 4 part series to improve your health and well-being. Our experienced instructors will guide you through each stage in a safe and supportive environment. Sign up for all 4 and receive a discount.

#WOWW: Women Only, Weightlifting Workshop

This workshop will be a judgment/intimidation-free zone to LEARN and gain confidence. With a focus on safety and proper lifting techniques, you will gain a working knowledge of weight training exercises and feel confident when weight lifting combined with a fun night out! Women Ages 16+.

September 5th, 2019
5:30pm-6:45pm
Wellness Center
Maximum 20 participants
Member Fee: $25 Program Participants: $35

#WINS: Women's Ideal Nourishment Seminar

This seminar is interactive, educational and will inspire lasting change. Discover your ideal nourishment balance for daily living, an active lifestyle and continued health. Participants will receive the tools necessary to address all aspects of wellness - mind, body and spirit. Women Ages 16+.

October 3rd, 2019
5:30pm-6:45pm
Conference Room
Maximum 20 participants
Member Fee: $25 Program Participants: $35

#WSD: Women's Self Defense

Be Aware! Be Empowered! Be Safe! Identify and avoid dangerous situations. Make safe choices. Physically stop an attack. Be the Victor, Don't be the victim. Dress in exercise clothing and plan on using your voice and being physical. Participants may participate in the physical activities at their comfort level. Women Ages 16+

December 5th, 2019
5:30pm-6:45pm
Studio
Maximum 20 participants
Member Fee: $25 Program Participants: $35

#WAMM: Women's Approach to Mindfulness and Meditation (MPR)

Women's Approach to Mindfulness & Meditation is a workshop where you will cultivate mindfulness and meditation skills. Through learning how to be more mindful, you may experience less stress, better sleep and less self-judgment. Beyond simply decreasing your stress, this workshop offers approaches and skills to help you find more satisfaction in your daily life. Out of mindfulness and meditation come patience in daily life...for yourself, your family and your community.

The workshop is designed to help you learn mindfulness through the practice of meditation which can calm and focus your mind. If you are feeling pressured and stressed, or just interested in learning a new skill that can enrich your life, this workshop is for you! Women Ages 16+.

November 7th, 2019
5:30pm-6:45pm
Multi-Purpose Room
Maximum 20 participants
Member Fee: $25 Program Participants: $35

2019 INDOOR TRIATHLON

November 17, 2019

NEW 8 WEEK TRAINING PROGRAMS

SWIMMING CLUB

More information coming soon!

CYCLING CLUB

More information coming soon!

RUNNING CLUB

More information coming soon!

20
MINUTE
SWIM
SWIM
BIKE
20
MINUTE
BIKE
20
MINUTE
RUN
RUN

PERSONAL TRAINING

PRICES AS LOW AS $17.50 PER SESSION

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.

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!

Small Group Training

Class times don't fit your schedule? Grab 3-5 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!

NEW! AQUATIC PERSONAL TRAINING

Aquatic Personal Training and partner training is one way you can improve your health and well-being. Everyone has different fitness or rehabilitation goals. and personal training in the water is a great way to help you reach yours. At the Y, our certified personal trainers will guide and train you, while keeping you motivated to reach your goals.

Interested? Please contact:
Brian Bickner
Senior Aquatics Director
bbickner@kishymca.org or 815.375.5389

Are you ready to take charge of your fitness goals with the help of a Personal Trainer? Please contact the Healthy Living Director for more information on our pricing and packages.

Cami Loving, Healthy Living Director
camil@kishymca.org

"The biggest benefit of working with a personal trainer is the variety of exercises my trainer adds to my routine. Fred keeps my workouts fun, full of variety, and teaches me how to do things independently on the days we are not training. Because of my trainer, I now have the confidence to workout with the weights and cables in the wellness center."

-Lindsay Armour

WELLNESS COACHING

Wellness Coaching at the Kishwaukee Family YMCA is for adults who are interested in making healthy changes to their current lifestyle. YMCA Wellness Coaches will guide you towards making sustainable choices that will positively impact your overall health and well-being.

By providing you with the accountability you need, Wellness Coaches will be there every step of the way to help you accomplish all your specific lifestyle, nutrition, and/or fitness goals.

Choose what works best for you:

Package A • Initial 60-minute intake interview • Three, 30-minute meetings • Three text check-ins **$120**	**Package B** • Initial 60-minute intake interview • Six, 30-minute meetings • Six text check-ins **$180**
Package C • Initial 60-minute intake interview • Nine, 30-minute meetings • Nine text check-ins **$270**	**Optional Add-On(s)** • Grocery list breakdown (30-minutes) • Meal planning (30-minutes) • 3 extra text check-ins **$25 Each**

FUNCTIONAL TRAINING CLASSES

Queenax Circuit

This class is all about variety! Move through several stations in a fast paced circuit format to get a fun, total body strength and cardio workout!

Fall 1: September 3-October 27
Fall 2: October 28-December 22

Mondays 5:30pm-6:15pm

Member Fee:	$20
Program Participant:	$20

Tuesdays 6:10pm-6:55pm

Member Fee:	$20
Program Participant:	$20

Thursdays 6:10pm-6:55pm

Member Fee:	$20
Program Participant:	$20

Kickboxing

Unleash your inner fighter with a high-intensity workout that blends basic boxing techniques with cardio and strength exercises. The movements are fun and easy to follow; no previous boxing experience needed.

Fall 1: September 3-October 27
Fall 2: October 28-December 22

Tuesdays 5:30pm-6:15pm

Member Fee:	$20
Program Participant:	$20

Funtional Training for Seniors

This class will help active older adults improve and maintain strength, balance and flexibility for everyday tasks, such as lifting, carrying, and getting up from the floor, in a supportive, small group environment

Fall 1: September 3-October 27
Fall 2: October 28-December 22

Fridays 10:00am-10:45am

Member Fee:	$20
Program Participant:	$20

TRX Fusion

Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. The TRX Suspension trainer is the original, best-in-class workout system that leverages gravity and your body weight to perform hundred of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

Fall 1: September 3-October 27
Fall 2: October 28-December 22

45 Minute Classes

Tuesday	5:30am-6:15am
Tuesday	7:00pm-7:45pm
Thursday	5:30am-6:15am
Thursday	7:00pm-7:45pm

Member Fee:	$20
Program Participant Fee:	$20

SPECIALTY GROUP EXERCISE CLASSES

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". This class is free of charge for Y members but registration is a must.

Fall 1: September 3-October 27
Fall 2: October 28-December 22

Tuesday 4:45pm-5:35pm

Member Fee: FREE
Program Participant Fee: $28

Find it on the FREE Group Exercise Schedule

Core Motion

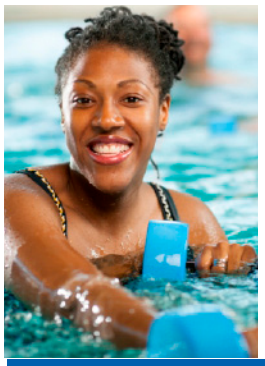
formerly known as Belly Dance

Strengthen and tone your core with the graceful movements of Middle Eastern belly dancing. The fluid motion of this dance class will build stamina, improve balance and flexibility, and strengthen the muscles of the core including abdomen and hips.

Friday 11:10-12:00pm

Member Fee: FREE

Find it on the FREE Group Exercise Schedule



the YMCA

SENIOR HEALTH & FITNESS SHOWCASE

Celebrating seniors and showcasing physical activity & healthy living resources in our community!

YOU'RE INVITED!

WEDNESDAY

OCTOBER 9, 2019

8:30AM-11:30AM

KISHWAUKE FAMILY YMCA

WATER EXERCISE CLASSES

LOW INTENSITY

Low Impact Shallow Water Aquacise

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: $19.25/month* (Dec. Fee: $13/mo)
Program Participant Fee: $29/month* (Dec. Fee: $19.50/mo)

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

Member Fee: $13.00/month* (Dec. Fee: $8.75/mo)
Program Participant Fee: $19.50/month* (Dec. Fee: $13.50/mo)

Strength, Stretch, Recover, Relief/ Deep Water

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: $19.25/month* (Dec. Fee: $13/mo)
Program Participant Fee: $29/month* (Dec. Fee: $19.50/mo)

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: $19.25/month* (Dec. Fee: $13/mo)
Program Participant Fee: $29/month* (Dec. Fee: $19.50/mo)

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: $13.00/month* (Dec. Fee: $8.75/mo)
Program Participant Fee: $19.50/month* (Dec. Fee: $13.50/mo)

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: $19.25/month* (Dec. Fee: $13/mo)
Program Participant Fee: $29/month* (Dec. Fee: $19.50/mo)

Auto Enroll for Water Exercise

Sign up now for the entire 2019 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 December 2019. **There will be no classes the following dates for all water exercise classes:** January 1-4; May 27; July 4; August 5-September 2; November 28 & 29; December 23-31

WATER EXERCISE CLASSES

MODERATE INTENSITY

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: $19.25/month* (Dec. Fee: $13/mo)
Program Participant Fee: $29/mo* (Dec. Fee: $19.50/mo)

Tu/Th 8:40-9:25am

Member Fee: $13.00/month* (Dec. Fee: $8.75/mo)
Program Participant Fee: $19.50/mo (Dec. Fee: $13.50/mo)

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: $19.25/month* (Dec. Fee: $13/mo)
Program Participant Fee: $29/mo* (Dec. Fee: $19.50/mo)

HIGH INTENSITY

Deep Water Tabata in the Lap Pool

Tabata interval training is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time. Weather you goal is muscle tone, weight loss, or both, this class will provide what you are looking for.

Tu/Th 9:00-9:55am

Member Fee: $13.00/month* (Dec. Fee: $8.75/mo)
Program Participant Fee: $19.50/mo (Dec. Fee: $13.50/mo)

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. Sign up as a single player this year.

League Dates;	September 24-December 17
Tournament Date:	December 10 & December 17
Registration Deadline:	September 13

-No Games Tuesday November 26

Member Fee:	$55
Program Particpant Team Fee:	$83

ADULT ROLLER HOCKEY LEAGUE (AGE 18+)

League Dates;	September 29-December 15
Tournament Date:	December 15
Evaluations	September 26
Registration Deadline:	September 13
Practices:	Fridays 8:00-10:00pm

Member Fee:	$85
Program Particpant Fee:	$128
Goalie Member Fee:	$45
Goalie Program Particpant Fee:	$90

BARBED WIRE BETTIES WOMEN'S ROLLER DERBY LEAGUE

The Barbed Wire Betties are an empowering group of women helping to bring back a lost sport–roller derby. Our mission is to build friendships within the community, raise self-esteem and improve with healthy changes. League runs all year. Try-outs take place in the winter and fall. No program September 3-22.

Fall 1: August 14-October 27

Member Fee:	$45
Program Participant Fee:	$90

Fall 2: October 28-December 22

Member Fee:	$35
Program Participant Fee:	$70

NEW! 12-WEEK LEAGUES

NEW CO-ED SOCCER LEAGUE (AGE 18+)

Join the Y's recreational adult co-ed league for fun and friendly games of soccer. This is a fast paced, value based competitive league .

League Dates;	September 24-December 17
Tournament Date:	December 10 & December 17
Registration Deadline:	September 13
Practices:	Wednesdays 8:00-10:00pm
Game Days:	Mondays 7:00pm-10:00pm

Member Fee:	$85
Program Particpant Team Fee:	$128

ADULT DROP-IN SPORTS

ADULT DROP-IN WALLYBALL

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

Member Fee:	FREE
Program Participant Fee:	$7 per visit

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
Begins:	September 23

Member Fee:	FREE
Program Participant Fee:	$5 per visit

NON-MEMBER DROP-IN PUNCH PASS FOR PICKLEBALL

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

Non-Member Fee:	$50

CERTIFICATION 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 5, 6 & 12, 13
- 10am-4pm each day

December 27, 28, 30
- 9am-5pm each day

Member Fee: $225
Program Particpant Fee: $300

Recertification Course Dates:

October 12, 13
- 10am-4pm each day

December 28, 30
-1pm-5pm on Dec. 28/9am-5pm on Dec.30

Member Fee: $112.50
Program Particpant Fee: $150

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 Family YMCA's SeniorAquatics Director, Brian Bickner at (815)375.5389 or bbickner@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.

NEW FOR LIFEGUARDS!

Participants can now earn 1/2 of their Lifeguard class fee back by Lifeguarding for the Y! To qualify, participants must work an average of 3 shifts or 8 hours each week for 6 months. Stay for1 year working 3 shifts or 8 hours each week and earn the other 1/2 back. For more information please contact: Brian Bickner, Senior Aquatics Director at bbickner@kishymca.org or 815.375.5389

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. Classes run 7:00pm-9:00pm

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. Classes run 7:00pm-9:00pm

Member Fee: $45
Program Participant Fee: $70

CPR/AED AND FIRST AID COURSES

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 and First Aid. Classes run 9am-12pm

Member Fee: $80
Program Participant Fee: $120

BIRTHDAY PARTIES & FACILITY RENTALS

The perfect place to host your child's birthday party! Kishwaukee Family YMCA offers a variety of birthday packages for ages 3-12. All parties include 90 minutes of activity with one of our staff members and 30 minutes for food, cake and gifts. We also provide tablecloths, one set of plates, napkins, cups and forks for up to 20 guests.

SPORTS PARTY

This party is perfect for the sports enthusiast in the family. Package includes 90 minutes of sport of choice with one of our staff to provide instruction. (Or you may choose 2 sports for 45 minutes each) You provide the food and set-up decorations. Sports Offered: Basketball, Roller Skating, Soccer, Dodgeball

Member Fee: $160.00
Program Participant Fee: $220.00

Fees include up to 20 guests. There is a $5 charge for each additional participant.

POOL PARTY

This party is perfect for the swimmer in your family. This package includes 60 minutes of swimming and 60 minutes for food, cake and gifts. You provide the food and set-up decorations.

Member Fee: $240.00
Program Participant Fee: $300.00

Fees include up to 20 guests. There is a $5 charge for each additional participant.

For more information please contact: Melissa Johnson at mjohnson@kishymca.org or 815.375.5406

FACILITY RENTALS

For more information on facility rentals please contact Heather Appling, Program Executive at happling@kishymca.org or 815.375.5405

	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

MEMBERSHIP STAFF

Lori Trousdale: Member Experience Director
E: loritb@kishymca.org
P: 815.375.5400

PROGRAM STAFF

Brian Bickner: Senior Aquatics Director
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Nicole Lambert: Youth Development Coordinator
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Fred Harris: Sports Coordinator
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Heather Appling: Program Executive
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Deb Hartman: Office Manager
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P: 815.375.5387

Marty Miller: Office Support Specialist
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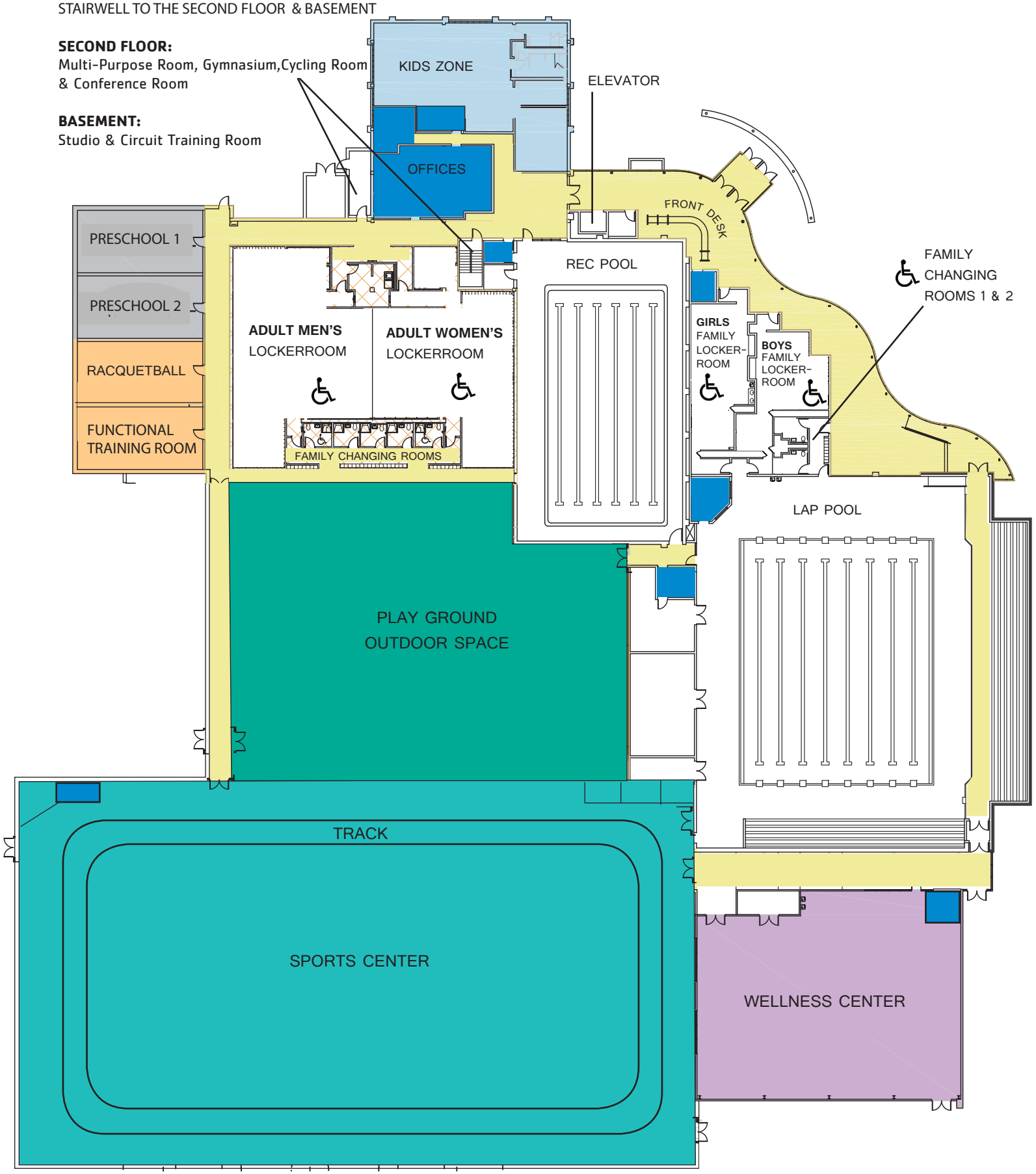
P: 815.375.5393

FOLLOW US:

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	8am-6pm

Kishwaukee Family YMCA Hours (June 1-Labor Day)

M-F	5am-9pm
	9pm-10pm (Wellness Center Only)
Sat	6am-6pm
Sun	8am-6pm

Kid Zone/Activity Center Hours

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 (No Friday Evenings June 1- Labor Day)
Sat	8am-12:00pm
Sunday	10am-12:00pm

HOLIDAY HOURS 2019

EASTER SUNDAY 2019
Kishwaukee Family YMCA: CLOSED

MEMORIAL DAY 2019

Kishwaukee Family YMCA: CLOSED

4th OF JULY 2019

Kishwaukee Family YMCA: CLOSED

LABOR DAY WEEKEND 2019 (Sat. Sun. & Mon.)

Kishwaukee Family YMCA: CLOSED Saturday, Sunday and Monday

THANKSGIVING 2019

Kishwaukee Family YMCA: CLOSED

CHRISTMAS EVE 2019

Kishwaukee Family YMCA: 5am-2pm

CHRISTMAS DAY 2019

Kishwaukee Family : CLOSED

NEW YEAR'S EVE 2019

Kishwaukee Family YMCA: 5am-2pm

NEW YEAR'S DAY 2020

Kishwaukee Family YMCA: 8am-6pm