



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**EXCLUSIVE
DISCOUNTS
FOR FAMILY
MEMBERSHIPS!**

WHERE MEMBERSHIP MEANS MORE

WINTER 2021 PROGRAM GUIDE

Kishwaukee Family YMCA

SESSION DATES:

Winter 1: January 4-February 21

Winter 2: February 22-April 11

Spring: April 12-May 30

REGISTRATION DATES:

Member: 11/23/2020

Program Participant: 11/30/2020

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 60 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 Brian Bickner Development Director at 815.756.9577 or bbickner@kishymca.org to join our cause!

OPEN DOORS

As the nations leading non-profit dedicated to youth development, healthy living and social responsibility, the Y is committed to giving everyone in our community the opportunity to learn, grow and thrive, regardless of their financial circumstances.

That's why we offer our Open Doors program, which offers reduced membership rates to individuals whose financial circumstances may not allow them to pay the full membership rate. Members who experience temporary financial set back, such as a job loss, are also encouraged to seek temporary membership assistance through the Y's Open Doors program. The Y can provide financial assistance thanks to caring individuals and businesses who donate to our Annual Giving Campaign.





BETTER TOGETHER

YMCA 20/20 Member Referral Program

"Together" can make all the difference in reaching your goals. We know that exercising healthy habits with friends increases the likelihood that you will experience success, maintain long-term habits, and better enjoy your journey to wellness. That's why, the Kishwaukee Family YMCA is inviting you and a friend to be part of our Better Together 20/20 Member Referral Program.

With the Better Together 20/20 Member Referral Program when you refer a friend and they join the Y, you can both save 20% off the full rate monthly membership fee as long as you both maintain an active, qualifying membership. Some restrictions may apply.

Simply refer your friend below to get started. *Member referring must have a valid membership at the Kishwaukee Family YMCA.

IT PAYS TO SHARE A Y WITH A FRIEND!

It energizes your workouts!

Helps you both stay on track!

Friends provide motivation and support!

Trying new workouts is easier with a friend!

MEMBER REFERRAL CARD

(New members, bring this completed card when you join!)

Current Member Name: _____

Current Member Date of Birth: _____

Email: _____ Phone: _____

Referred Member Name: _____

Referred Member Date of Birth: _____

Email: _____ Phone: _____

PRESCHOOL PROGRAMS 2021-2022

Nurturing the Potential of Every Child and Teen

Program runs: September 2021-May 2022

Registration Fee: \$25 Registration Opens February 1, 2021 for returning students and February 15, 2021 for all

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 recognition. (Pull-ups are ok for this class.)

Tuesday/Thursday 9:00-10:30am

Member Fee: \$70/month
Program Participant Fee: \$140/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 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: \$120/month
Program Participant: \$240/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: \$155/month
Program Participant: \$310/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: \$155/month
Program Participant: \$310/month





FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

SUPPLEMENTAL SCHOOL AGE CARE

District #427 and District #428

TRANSPORTATION AVAILABLE!



SAFE & HEALTHY
ENVIRONMENT



LUNCH &
AFTERNOON SNACK



VIRTUAL LEARNING
SUPPORT



CARING & QUALIFIED
COUNSELORS



FUN PHYSICAL
ACTIVITY

What you can expect from the Y:

- Assistance with e-learning
- A variety of physically active and fun daily activities that allow your child to explore new interests
- Committed and qualified staff that love working with kids and encourage the use of the Y core values: respect, responsibility, honesty and caring
- Cleaning and safety protocols that have been modeled after the CDC and IDPH and approved by the DeKalb County Health Department.

Program Info:

- Monday-Friday
- Full Time/Hybrid
- Kishwaukee Family YMCA
- Kindergarten-6th Grade
- Bussing available
- Lunch and Afternoon snack included (meals are provided by Northern Illinois Food Bank)

kishymca.org

DeKalb Program Offerings

- Full Remote: Daily & Weekly
- Hybrid: Daily & Weekly
- Before School Daily
- After School Daily

Sycamore Program Offerings

- Full Remote: Daily & Weekly
- Hybrid: Daily & Weekly
- After School Daily

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 children and families.

4C- COMMUNITY COORDINATED CHILD CARE

The YMCA accepts Child Care Assistance (CCAP) funds, administered through 4C. Child Care Assistance (CCAP) is a child care financial assistance program provided by the Illinois Department of Human Services for working families.

Kishwaukee Family YMCA

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



KIDS NIGHT OUT!

Full Evening of Fun: Games, Sports, Crafts, Movies, Friendships and much more!

Parents, enjoy a night out while your children have an evening filled with themed activities, crafts, games, pizza, a movie and popcorn! Space is limited. Program runs 6:00-8:00pm.
Pre-registration is required.

Ages 3-5

March 16, April 13, May 11, September 14, October 12, November 16 & December 14

Ages K-6th

March 17, April 14, May 12, September 15, October 13, November 17 and December 15

Fees:

Family Member: \$20

Member: \$25

Program Participant: \$45

YMCA YOUTH PROGRAMS

Nurturing the Potential of Every Child and Teen

Youth Martial Arts (Ages 8-13)

The class will follow IDPH guidelines of no-contact training, masks, and distancing. Student activities will focus on basic skill development, traditional form mastery, punching bag work, and self-defense applications under the philosophy that "Problems are solved with logic and reason. Karate is only used in self-defense."

Winter 1: January 4-February 21

Winter 2: February 22-April 11

All Levels:

Tuesdays 6:00pm-6:45pm

Family Member: \$20

Member: \$52

Program Participant: \$78

Spring: April 12- May 30

Beginners and Orange Belts

Thursday 5:40pm-6:40pm

Green-Black Belts

Thursday 6:45pm-7:45 pm

Family Members: \$22

Members: \$56

Program Participant: \$84

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DISCOUNTS
FOR FAMILY
MEMBERSHIPS!**



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!

Spring: April 12- May 30

Beginners

Tuesday 6:00pm-6:45pm

Advanced

Tuesday 6:45pm-7:30pm

Family Members: \$20

Members: \$52

Program Participant: \$78

Tumbling 1 (Age 3-6)

This is a fun entry level tumbling class which provides instructions through various activities and stations on tumbling basics such as beam, rolls, cartwheels and handstands. Instructors will provide aerobic warm-up, skill instruction and cool down.

Session Dates:

Winter 1: January 4-February 21

Winter 2: February 22-April 11

Spring: April 12-May 30

Ages 3-4 years

Wednesday 5:00pm-5:45pm

Ages 5-6 years

Wednesday 6:00pm-6:45pm

Family Members: \$45

Members: \$50

Program Participant: \$60

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**



YMCA SWIM LESSONS

Kishwaukee Family YMCA

Session Dates:

Winter 1: January 4-February 21

Winter 2: February 22-April 11

Spring: April 12-May 30



SAFE & HEALTHY ENVIRONMENT



SMALL CLASS SIZE



CARING & QUALIFIED INSTRUCTORS



PROGRESSIVE CURRICULUM



POSITIVE FAMILY ENVIRONMENT

		Parent/Child Swim Lessons (Age 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	
Monday	4:00pm-4:40pm			X									X	
	5:00pm-5:40pm								X					X
Tuesday	4:00pm-4:40pm				X			X						
	5:00pm-5:40pm								X	X				
Wednesday	3:00pm-3:40pm													
	4:00pm-4:40pm						X			X				
	5:00pm-5:40pm										X			
Thursday	4:00pm-4:40pm			X			X							
	5:00pm-5:40pm					X		X						
Friday	3:00pm-3:40pm	X												
	4:00pm-4:40pm		X											
Saturday	9:00am-9:40am	X			X									
	10:00am-10:40am		X			X								
	11:00am-11:40am										X			

Parent/Child Swim Lessons

Family Membership Fee: Free
 Member Fee: \$21
 Program Participant Fee: \$33

Preschool and School Age Swim Lessons

Family Membership Fee: \$25
 Member Fee: \$66
 Program Participant Fee: \$111

Registration Dates

Winter 1: December 7
 Winter 2: February 10
 Spring: April 6



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DIVE IN & TRY IT OUT!

DeKalb County Swim Team

Kishwaukee Family YMCA

Stroke Clinic

April 13–April 29

Stroke clinic focuses on improving swimming skills, endurance and technique in all four competitive strokes.

Tuesday/Thursday 6:00pm–7:00pm

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

Tuesday/Thursday 7:00pm–8:00pm

Returning swimmers 9 and older and new swimmers 13 and older

Informational Parent Meeting

Tuesday, April 27 at 6:15pm

For parents of new swimmers or those interested in joining DCST. Location: YMCA Lap Pool Lobby

DCST Rookie Week (Give it a try week!)

May 3–May 7

Rookie Week is an opportunity to try out the team and meet the coaches!

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 for all ages. Warm-ups: 6:00–6:30pm. Meet: 6:30–7:30pm

KISHWAUKEE FAMILY YMCA



DCST



DCST PRIVATE SWIM LESSONS

◀ 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



SPORTS TRAINING

BEYOND THE BASICS! Individual Sport Specific Training

Be ready for the next level by working with highly experienced coaches, through Individual or Group Sport Specific Training offered at the Y. Advance your sport specific skills to achieve that competitive edge and reach a higher level of playing. Training is open to Y members of all ages.

GETTING STARTED ON INDIVIDUAL SPORT SPECIFIC TRAINING. Purchase individual or group sessions online or in person at the Y. Sessions should be paid in full at time of purchase. Group sessions should be purchased by one participant. You will be contacted by the coach to establish schedule of paid sessions.

Individual Training Rates

Duration of Session	# of Sessions		
	1 Session	5 Sessions save 10%	10 Sessions save 15%
30 Minute Session	\$15.00	\$67.50	\$127.50
60 Minute Session	\$30.00	\$135.00	\$255.00



Group Training Rates

Duration of Session	# of People	# of Sessions		
		1 Session	5 Sessions Save 10%	10 Sessions Save 15%
30 Minute Session	2	\$25.00	\$112.50	\$187.50
	3	\$30.00	\$135.00	\$255.00
60 Minute Session	2	\$50.00	\$225.00	\$375.00
	3	\$60.00	\$270.00	\$510.00



YOUTH SPORTS

Nurturing the Potential of Every Child and Teen

Skills and Drills Training Camps (Ages 5-13)

Our skills and drills training camps are developed specifically to help athletes engage in activities that match their interests and to fuel their passion or even help them hone in on a new hobby. This skills focused camp will teach the fundamentals while building confidence in their ball/puck handling. They will have a blast learning more about their sport, teamwork and body control in these 7 week camps

Winter 1: January 4-February 21

Winter 2: February 22-April 11

Spring: April 12-May 30

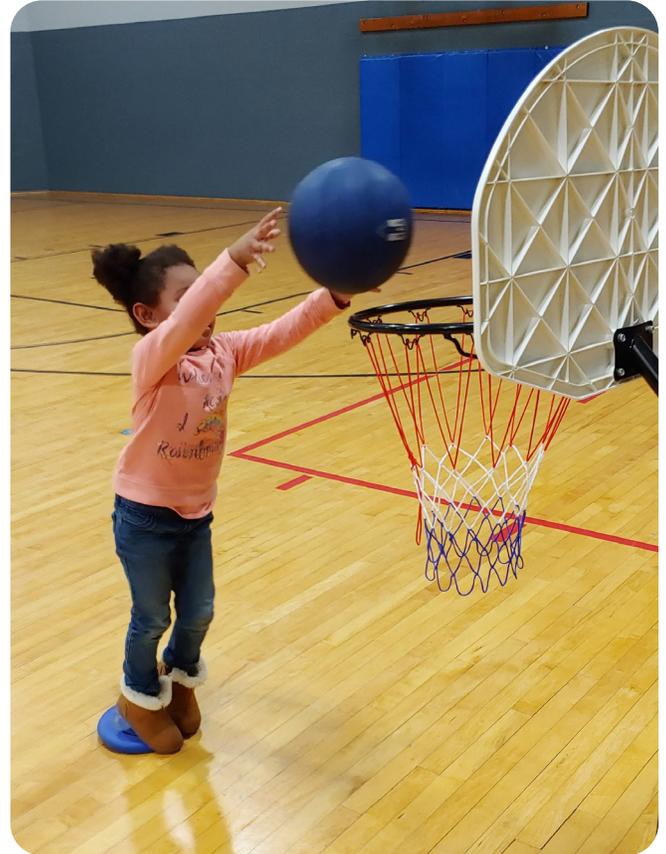
Saturdays

Jr. NBA	9:00am-10:00am
Volleyball	10:00am-11:00am
Soccer	11:00am-12:00pm
Hockey	12:00pm-1:00pm

Family Member Fee: \$18

Member Fee: \$30

Program Participant Fee: \$60



WIN A FREE WEEK OF CAMP!

Be entered to win 1 free week of summer camp when you register for 5+ weeks by March 31! 4 chances to win!



CAMP IS Y.

YMCA Summer Day Camp

Remember the fun of summer when you were a kid? Exploring the outdoors, spending time with friends, playing games and splashing in the pool? At Y camp, we create an exciting, safe environment for kids to have an unforgettable summer of fun. And while they're taking part in unique experiences and adventures, they're also building self-esteem, developing interpersonal skills and making lasting friendships and memories.

REGISTRATION FOR THE BEST SUMMER EVER OPENS FEBRUARY 1, 2021
For more information visit www.kishymca.org/programs/summer-camp

2021 SUMMER CAMP!

Preschool Camp

Ages: 3-4 years

New this summer include 2 day, 3 day or 4 day options, and you can choose your days of the week to attend that work best with your schedule!

Kinder Camp

Age: Entering Kindergarten in Fall 2020

New this summer is Kinder Camp for campers entering Kindergarten in the Fall of 2020. Since this will most likely be your child's first experience at a full day of camp, we want to make this transition easier. Kinder Camp will be separate from the older children for the majority of the day, have their own separate curriculum that is age appropriate, while still including all the great aspects of summer camp like swimming, arts & crafts, sports, on-site field trips and more!

Explorers Camp

Age: 1st - 5th grade

Explorers campers will spend fun-filled days doing group activities, creative art experiences, games, and exploration, as well as cool field trips and special events. These campers will have the chance to work on improving their social and emotional skills in a supportive and safe environment.

Adventure Camp

Age 6-8th grade

New this year, Junior High campers will experience Adventure Camp, which will include weekly adventure field trips, weekly water park trips, and a weekly local community service trip, as well as swimming on-site twice a week. Our goal is to nurture life lessons in kids and work to develop character and leadership skills. Daily activities include creative art experiences, character development, social development, physical activity, and Adventure!



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FOR YOUTH DEVELOPMENT
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FOR SOCIAL RESPONSIBILITY

STAY FIT AND CONNECTED

FROM THE COMFORT OF YOUR HOME Virtual Personal Training KISHWAUKEE FAMILY YMCA

Stay active and connected from the comfort and convenience of your home with virtual personal training! Our certified personal trainers will guide you through a workout, with equipment you have at home or equipment available on loan from us, so you stay active and achieve your goals.

How does virtual personal training work?

You and your trainer will "meet" via Zoom for 30 minutes. Your trainer will guide you through a workout that you can do at home, using little to no equipment, that will help you reach your goals.

What if I do not have any equipment at home?

No problem! Your trainer can design workouts using just your bodyweight or things you have at home, such as a chair or steps. Clients also may borrow dumbbells, weighted bars, and resistance bands from the YMCA. Equipment rental is free, and equipment must be returned upon completion of virtual personal training. Supplies are limited; some other equipment is available upon request.

How much does virtual personal training cost?

Virtual personal training is available in packages of 1, 3, 6 and 10 sessions, all 30 minutes each. Sessions start at \$29.50 for active members and \$59 for on-hold/community members. See below for detailed rates.

How do I sign up for virtual personal training?

Contact Cami Loving, Program Operations Director at 815-375-5381 or camil@kishymca.org.

RATES

Number of Sessions	Active Member Price	On-Hold/Community Member
1	\$29.50	\$59.00
3	\$75.00	\$150.00
6	\$132.00	\$264.00
10	\$205	\$410.00

Sessions expire three (3) months from date of purchase.



FOR YOUTH DEVELOPMENT
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FOR SOCIAL RESPONSIBILITY

**STAY HEALTHY
AND CONNECTED**

WHEN YOU CAN'T GET TO THE YMCA

Virtual Wellness Coaching

KISHWAUKEE FAMILY YMCA

Virtual Wellness Coaching offers all the benefits of traditional wellness coaching in the comfort of your own home!

What is Virtual Wellness Coaching?

Virtual Wellness Coaching (VWC) can help you create and sustain a healthy lifestyle where you look and feel your best! You will benefit from VWC by establishing a connection with someone who will support you and keep you accountable, discuss healthy eating, exercise, and work with you on how to handle emotional stress and total holistic support to stay well during this challenging time.

Why is Virtual Wellness Coaching important?

The key to success is consistency. Life often gets busy and with VWC, you can stay consistent to reach your goals.

How do I sign up for Virtual Wellness Coaching?

Work with the Program Operations Director to sign up for a VWC package.

WATER EXERCISE CLASSES

LOW INTENSITY

◀ **Aquability for All**

Increase your mobility with this no-impact, deep-water workout. Participants wear flotation belts to help maintain proper posture and build core strength. This class is beneficial to anyone, yet is geared toward people with physical challenges, such as MS, fibromyalgia, and limited mobility. Those who use physical aids, such as walkers or wheelchairs, or who are post-rehab will benefit from this class. The class finishes with stretches in the shallow water.

Monday/Wednesday/Friday 11:30am-12:15pm

Member Fee: \$20.25/month*

Program Participant Fee: \$30/month*

Tuesday/Thursday 6:15pm-7:00pm

Member Fee: \$14/month*

Program Participant Fee: \$20.25/month*

◀ **Low-Impact Aquacise**

Let the water cushion your movements in this class designed to improve joint mobility and reduce arthritis-related pain with smooth, low-impact exercises and stretching. This program was originally developed by the National Arthritis Foundation in conjunction with Y-USA.

Monday/Wednesday/Friday 10:00am-10:45am

Member Fee: \$20.25/month*

Program Participant Fee: \$30/month*

Auto Enroll for Water Exercise

Sign up now for the remainder of 2021! Fees will be withdrawn from an account of your choice on the 1st of each month! Discounted monthly rates for all water classes Dec 2021.

There will be no classes the following dates for all water exercise classes:

January 1-3

August 23-September 6

November 25 & 26;

December 20-31

MODERATE INTENSITY

◀ **Water Jog**

This fast-moving, low-impact class uses float belts to allow you to run in deep water and incorporates arm movements for a total-body workout. 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.

Monday/Wednesday/Friday 7:00am-7:45am

Member Fee: \$20.25/month*

Program Participant Fee: \$30/month*

Tuesday/Thursday 8:30am-9:15am

Member Fee: \$14/month*

Program Participant Fee: \$20.25/month*

◀ **SPLASH**

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 to the workouts. The aquatic environment cushions joints and movements in this low-impact class.

Monday/Wednesday/Friday 8:30am-9:15am

Member Fee: \$20.25/month*

Program Participant Fee: \$30/month*

HIGH INTENSITY

◀ **Shallow Water Tabata**

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. Whether your goal is muscle tone, weight loss, or both, this class will provide it.

Monday/Wednesday 5:45pm-6:30pm

Member Fee: \$14/month*

Program Participant Fee: \$20.25/month*

HIGH INTENSITY CONT.

◀ **Deep Water Tabata in the Lap Pool**

Take tabata interval training to the deep end! Tabata interval training is one of the most effective types of high-intensity interval training. Mixing this format with the properties of water allows each class to blast away the calories and provide noticeable results in a short amount of time.

Tuesday/Thursday 9:00am-9:45am

Member Fee: \$14/month*

Program Participant Fee: \$20.25/month*



PERSONAL TRAINING

**PRICES AS
LOW AS
\$20.00 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!

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.

Kayla Heimerman, Healthy Living Coordinator
kaylah@kishymca.org



BEFORE



AFTER

STRENGTH IN SMALL NUMBERS SPECIAL!

Small Group and Partner Personal Training Specials
Get Fit with friends in a safe, socially distanced private space in person or virtual!

All partner and small group training packages are

20% OFF

January 1-31, 2020

Interested? Please contact:
Kayla Heimerman

Healthy Living Coordinator
kaylah@kishymca.org or 815.375.5402

"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



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BONUS BUYS

Pay-the-Day Personal Training Special KISHWAUKEE FAMILY YMCA

Give yourself the gift of health and wellness with bonus personal training sessions in December. Stay active and achieve your goals with this limited-time special!

Purchase any 10-session package and choose one or three bonus 30-minute sessions and pay the day, per session from December 1-20.

For example:

On December 5, buy a package of 10 sessions (any length) and choose 1 bonus 30-minute session for \$5
OR 3 bonus 30-minute sessions for \$15

On December 11, buy a package of 10 sessions (any length) and choose 1 bonus 30-minute session for \$11
OR 3 bonus 30-minute sessions for \$33

To take advantage of this limited-time special Contact Cami Loving, Program Operations Director at 815-375-5381 or camil@kishymca.org.

Above rates are for Active Members. On-Hold/Community Member Rates Vary
Bonus sessions expire 3 months from date of purchase.
Special cannot be combined with any other coupon, discount, or promotion.

ADULT SPORTS LEAGUES



ADULT CO-ED VOLLEYBALL LEAGUE (AGE 18+)

Tuesdays
League Dates; 6:30pm-8:30pm
January 19-April 13
(No games March 23)

Tournament Date: April 6 & 13

Member Fee: \$275/team
(50% of the team must be members)

Program Participant Fee: \$300/team

Captains Meeting: Tuesday, January 12 @ 6:30pm

ADULT PICKLEBALL

A paddle-sport created for all skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for all experienced players. Free for YMCA Members and \$5 per visit for non-members. For ages 18 and up.

Schedule: Mondays, Wednesdays, Fridays

Time: 1:00pm-3:00pm

Location: YMCA Sports Center



FOR YOUTH DEVELOPMENT
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New Year's Revolution Challenge

YTRACK

**ACCUMULATE MINUTES TO WIN
KISHWAUKEE FAMILY YMCA**

Start a health revolution in 2021! Log 1200 minutes of exercise through group classes, personal training sessions or individual workouts! All participants who reach 1200 minutes will be entered to win 10, 30-minute personal training sessions.

JANUARY 1 – FEBRUARY 28, 2021

Participants get 2, 30-minute personal training sessions (in-person or virtual) PLUS exclusive access to virtual group exercise classes during the challenge to reach your goal!

Active Members: \$30

On-Hold/Community Members: \$60

Challenge sessions expire March 1, 2021
Special cannot be combined with any other coupon, discount, or promotion.



SATURDAY NIGHT ROLLER SKATING

Join us for Saturday Skate Events! 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. Pre-registration is required.

Saturday, January 2: New Year's Skate

Saturday, January 16: Family Skate Fun

Saturday, February 13: Valentine's Skate

Saturday, February 27: Family Skate Fun

Saturday, March 13: St. Patrick's Skate

Saturday, March 27: Spring Break Skate

Saturday, April 10: Family Skate Fun

Saturday, April 24: Glow Skate

Saturday, May 22: Skating into the Summer

5:00pm-8:00pm

Pre-registration is required. No cash transactions will take place the night of the event.

Rates:

Family Member Fee: Free

Members: \$2/person

Program Participant: \$5/person

Skate Rental: \$2 per person

BIRTHDAY PARTIES

The perfect place to host your child's birthday party! The Kishwaukee Family YMCA offers a variety of birthday packages for ages 3-12. All parties include 60 minutes of activity with one of our staff members and 60 minutes for food, cake and gifts. We also provide a party kit with table cloths, one set of plates, napkins, cups and silverware for up to 20 guests.

SPORTS PARTY

This party is perfect for the sports enthusiast in the family. Package includes 60 minutes of a sport of choice with one of our staff to provide instruction, and 60 minutes for food, cake and gifts. (Or you may choose 2 sports for 30 minutes each) You provide the food and set-up decorations. Sports Offered: Basketball, Roller Skating, Soccer, Dodgeball

Family Member Fee:	\$200.00
Member Fee:	\$250.00
Program Participant Fee:	\$300.00

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.

Family Member Fee:	\$250.00
Member Fee:	\$300.00
Program Participant Fee:	\$350.00

For more information please contact:
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MEMBERSHIP STAFF

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ADMINISTRATIVE STAFF

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FOLLOW US:



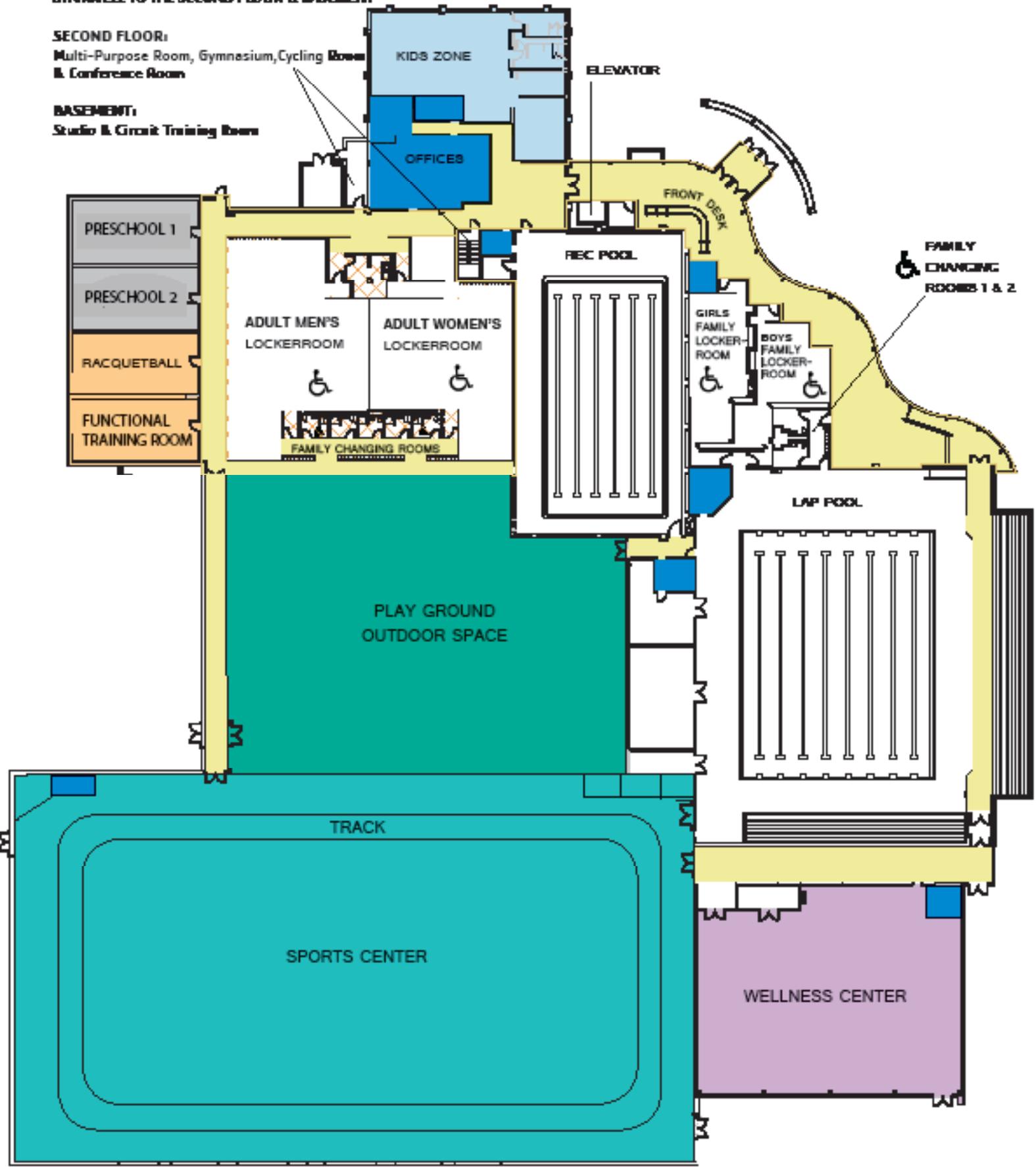
STAIRWELL TO THE SECOND FLOOR & BASEMENT

SECOND FLOOR:

Multi-Purpose Room, Gymnasium, Cycling Room & Conference Room

BASEMENT:

Studio & Circuit Training Room



◀ **Kishwaukee Family YMCA Hours (Beginning September 8)**

M-F	5am-9pm
Sat	7am-5pm
Sun	8am-4pm

◀ **Kid Zone/Activity Center Hours (Beginning September 8)**

Monday	8am-12:00pm and 4:30pm-6:30pm
Tuesday	8am-12:00pm and 4:30pm-6:30pm
Wednesday	8am-12:00pm and 4:30pm-6:30pm
Thursday	8am-12:00pm and 4:30pm-6:30pm
Friday	8am-12:00pm
Sat	CLOSED
Sunday	CLOSED

HOLIDAY HOURS 2020

THANKSGIVING 2020

Kishwaukee Family YMCA: CLOSED

CHRISTMAS EVE 2020

Kishwaukee Family YMCA: 5am-2pm

CHRISTMAS DAY 2020

Kishwaukee Family : CLOSED

NEW YEAR'S EVE 2020

Kishwaukee Family YMCA: 5am-2pm

NEW YEAR'S DAY 2021

Kishwaukee Family YMCA: 8am-6pm

EASTER SUNDAY 2021

Kishwaukee Family YMCA: CLOSED

MEMORIAL DAY 2021

Kishwaukee Family YMCA: CLOSED

4th OF JULY 2021

Kishwaukee Family YMCA: CLOSED