



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**EXCLUSIVE
DISCOUNTS
FOR FAMILY
MEMBERSHIPS!**

READY. SET. SUMMER

Kishwaukee Family YMCA

SUMMER 2021 PROGRAM GUIDE

SESSION DATES:

Summer: June 14–August 14
(No classes June 28–July 4)

SWIM LESSON SESSION DATES:

Summer: June 14–August 15
(No classes June 28–July 4)

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

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: MEMBERSHIP PROGRAM

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 Now enrolling for the fall 2021-2022 school year

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



YMCA YOUTH PROGRAMS

Nurturing the Potential of Every Child and Teen

Youth Martial Arts (Ages 9-13)

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."

Summer: June 14-August 1

Beginners and Orange Belts

Thursday 5:30pm-6:15pm

Green-Black Belts

Thursday 6:30pm-7:15 pm

Family Members: \$22*

Members: \$56

Program Participant: \$84

**EXCLUSIVE
DISCOUNTS
FOR FAMILY
MEMBERSHIPS!**



Kid Power (Ages 5-8)

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!

Summer: June 14-August 1

Ages 5-6

Tuesday 6:00pm-6:45pm

Ages 7-8

Tuesday 7:00pm-7:45pm

Family Members: \$15*

Members: \$45

Program Participant: \$65

Building Strong Kids (Ages 8-15)

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.

Summer: June 14-August 14 (No class June 28-July 4)

Ages 8-11

Mondays 9:00am-9:30am

Ages 12-15

Wednesdays 9:00am-9:45am

Family Members: FREE*

Members: \$25

Program Participant: \$42

*Family Membership Fees cannot be combined with any other discount, including financial assistance scholarships.

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**



SWIM LESSONS

Kishwaukee Family YMCA

Session Dates:

Summer: June 14–August 14

*No lessons July 28–July 4



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 | | | | | | X | | |
| | 4:50pm-5:30pm | | | X | X | | X | | | | | | |
| | 5:40pm-6:20pm | | | | | X | | X | | | | | X |
| Tuesday | 4:00pm-4:40pm | | | | | | | X | | X | | | |
| | 4:50pm-5:30pm | | | | | X | | | X | | | | |
| | 5:40pm-6:20pm | | | | | | | X | | | | X | |
| Wednesday | 4:00pm-4:40pm | | | | X | | | | X | | | | |
| | 4:50pm-5:30pm | | | X | | X | | | | X | X | | |
| | 5:40pm-6:20pm | | | | | | | | X | | X | | |
| Thursday | 4:00pm-4:40pm | | | X | | | | | | X | | | |
| | 4:50pm-5:30pm | | | | | | | X | | X | | | |
| | 5:40pm-6:20pm | | | | | | X | | | | X | | |
| Friday | 10:50am-11:30am | X | | | | | | | | | | | |
| | 11:40am-12:20am | | X | | | | | | | | | | |
| Saturday | 9:00am-9:40am | X | | | | | | | | | | | |
| | 9:50am-10:30am | | X | | | | | | | | | | |
| | 10:40am-11:20am | | | | | | | | | | | | |

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 Opens

Monday, May 24, 2021

*Family Membership Fees cannot be combined with any other discount, including financial assistance scholarships.

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 |

◀ 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 |

◀ 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 |



YOUTH HOCKEY LEAGUE

Beginner/Intermediate: (Ages 6-15)

The Beginner/Intermediate 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: June 14-August 14 (Break: June 28-July 4)
Practice Days and Times: Thursdays 6:00pm-7:00pm
Games: Saturdays 10:30am-11:30am

Family Member Fee: \$100*
Member Fee: \$110
Program Participant Fee: \$140

Intermediate/Advanced: (Ages 6-15)

The Intermediate/Advanced level 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

The 14U and 16U levels are for the experienced player who is able to learn advanced drills and hockey techniques. 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: June 14-August 14 (Break: June 28-July 4)
Practice Days and Times: Thursdays 6:30pm-7:30pm
Games: Saturdays 11:30am-12:30am

Family Member Fee: \$100*
Member Fee: \$110
Program Participant Fee: \$140

*Family Membership Fees cannot be combined with any other discount, including financial assistance scholarships.



SUMMER SPORTS CAMPS

Spend your summer with us! Our sports camps not only teach skills, they are fun! Meet new friends, hang out with our coaches and get in the game. Every camp features skill development and scrimmages designed to help take you to the next level.

FLOOR HOCKEY CAMP

(Ages 3-8)

Improve your game over the summer! Our hockey clinic will include puck handling drills, shooting drills and scrimmage time. Camps are for beginner to advanced hockey players.

Camp Dates:

June 21 & 22

July 19 & 20

August 9 & 10

Camp Times:

1:00pm-3:00pm

Family Membership Fee: \$18*

Member Fee: \$25

Program Participant Fee: \$45

TUMBLING CAMP

(Ages 3-6 & 7-12)

Our tumbling camp is designed to develop the fundamentals while focusing on various activities such as beam, rolls, cartwheels and handstands. Instructors will provide aerobic warm-up, skill instruction and cool down.

Camp Dates:

June 7 & 8 (Ages 3-6)

July 5 & 6 (Ages 7-12)

July 19 & 20 (Ages 3-6)

Camp Times:

10:30am-12:00pm

Fees:

Family Membership Fee: \$15*

Member Fee: \$22

Program Participant Fee: \$42

BASKETBALL CAMP

(Ages 4-7 & 8-12)

Our basketball camp is designed to develop fundamental basketball skills while learning teamwork, strategy and sportsmanship. Campers will learn basketball rules, shooting, passing and ball handling. They will also learn offensive and defensive skills like rebounding and team play.

Camp Dates:

June 14 & 15

July 12 & 13

August 2 & 3

Camp Times:

10:00am-12:00pm

Family Membership Fee: \$18*

Member Fee: \$25

Program Participant Fee: \$45

*Family Membership Fees cannot be combined with any other discount, including financial assistance scholarships.

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 |





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 IS NOW OPEN
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 or 3 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 2021

New this summer is Kinder Camp for campers entering Kindergarten in the Fall of 2021. 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!



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 10:00am

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 10:00am

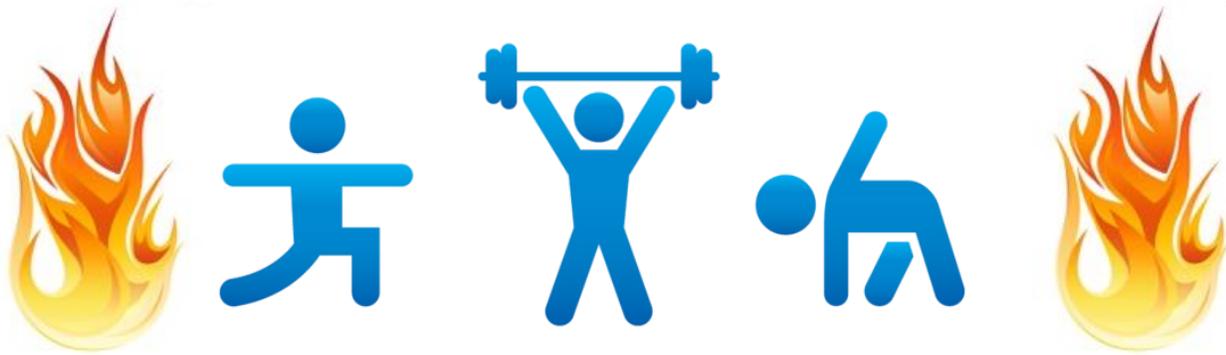
Teen/Adult Orientation (Ages 16+)

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
Thursday 6:00pm
Saturday 10:00am



Summer “BURN THE FAT” Challenge!

WHEN: June 14th – August 14th

WHAT: Lose 3% Body Fat to Win!

COST: \$30 (members only)

Program Features

- Initial & Final Measurements Tuesday, June 15th and Monday, August 16
 - 8-9 am, 11 am – 12pm, and 5-6 pm (both dates)
- Food Planning Tips & Recipes
- Free Wellness Center Orientations
- Three (3) 30-minute free Personal Training Sessions
- Personal Training Specials for Challenge Participants ONLY!
- Discounts on Wellness Coaching Packages for Challenge Participants ONLY!

Requirements

- Registration required prior to June 14th
- Must attend both measurement dates (Initial and Final)
- Minimum 12 visits per month
- Reduce body fat percentage by 3% to be eligible to win



**MEET ALL THE GOALS OF THIS CHALLENGE AND YOU
WILL BE ENTERED INTO A DRAWING TO WIN 10 (ten)
FREE 30-MINUTE PERSONAL TRAINING SESSIONS**

the



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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
FOR HEALTHY LIVING
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 August & December 2021.

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

January 1-17
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*



PADDLE UP



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



PICKLEBALL

Kishwaukee Family YMCA

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:

Monday/Wednesday/Friday

1:00pm-3:00pm

Sports Center

Kishwaukee Family YMCA

2500 W. Bethany Rd.

Sycamore, IL 60178

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: August 31–November 18, 2021

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:

Kayla Heimerman

Healthy Living Coordinator

815.375.5402

kaylah@kishymca.org

LIVESTRONG® AT 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: Tuesday/Thursday
June 1-September 2, 2021
September 7-December 30, 2021

TIME: 10:00am-11:00am

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

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

For questions please contact:

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Healthy Living Coordinator
kaylah@kishymca.org /815.375.5402

PERSONAL TRAINING

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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!

PRICES AS
LOW AS
\$20.00 PER
SESSION

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
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Summer Special! Personal Training

June 1 – June 30

(new and existing clients)

**10% off any
individual personal
training package**

July 1-31

(new and existing clients)

**20% off partner
personal training
package**

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:
Jen Luchessi
Child Care Coordinator
jenl@kishymca.org
815.375.5386



MEMBERSHIP STAFF

Marty Miller: Member Experience Director

E: mmiller@kishymca.org

P: 815.375.5400

Britany Garcia-Medina

Membership Coordinator

E: bgarcia-medina@kishymca.org

P: 815.375.5392

PROGRAM STAFF

Cami Loving: Program Operations Director

E: camil@kishymca.org

P: 815.375.5381

Jen Luchessi: Child Care Coordinator

E: jenl@kishymca.org

P: 815.375.5406

Matt Anderson: Senior Head Coach DCST

E: manderson@kishymca.org

P: 815.375.5399

Josh Norek: Head Age Group Coach DCST

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P: 815.375.5389

Kayla Heimerman: Healthy Living Coordinator &

Swim Lesson Coordinator

E: kaylah@kishymca.org

P: 815.375.5402

Megan Hildreth: Sports Coordinator

E: mhildreth@kishymca.org

P: 815.375.5385

ADMINISTRATIVE STAFF

Mark Spiegelhoff: CEO

E: marks@kishymca.org

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Marc Marion: Finance Director

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Brian Bickner: Development Director

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Dionne Horne: Human Resources Director

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Walter Meyers: Facility Director

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Heather Dunker: Marketing Director

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Deb Hartman: Office Manager

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Nichole Elliott: Office Support Specialist

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FOLLOW US:



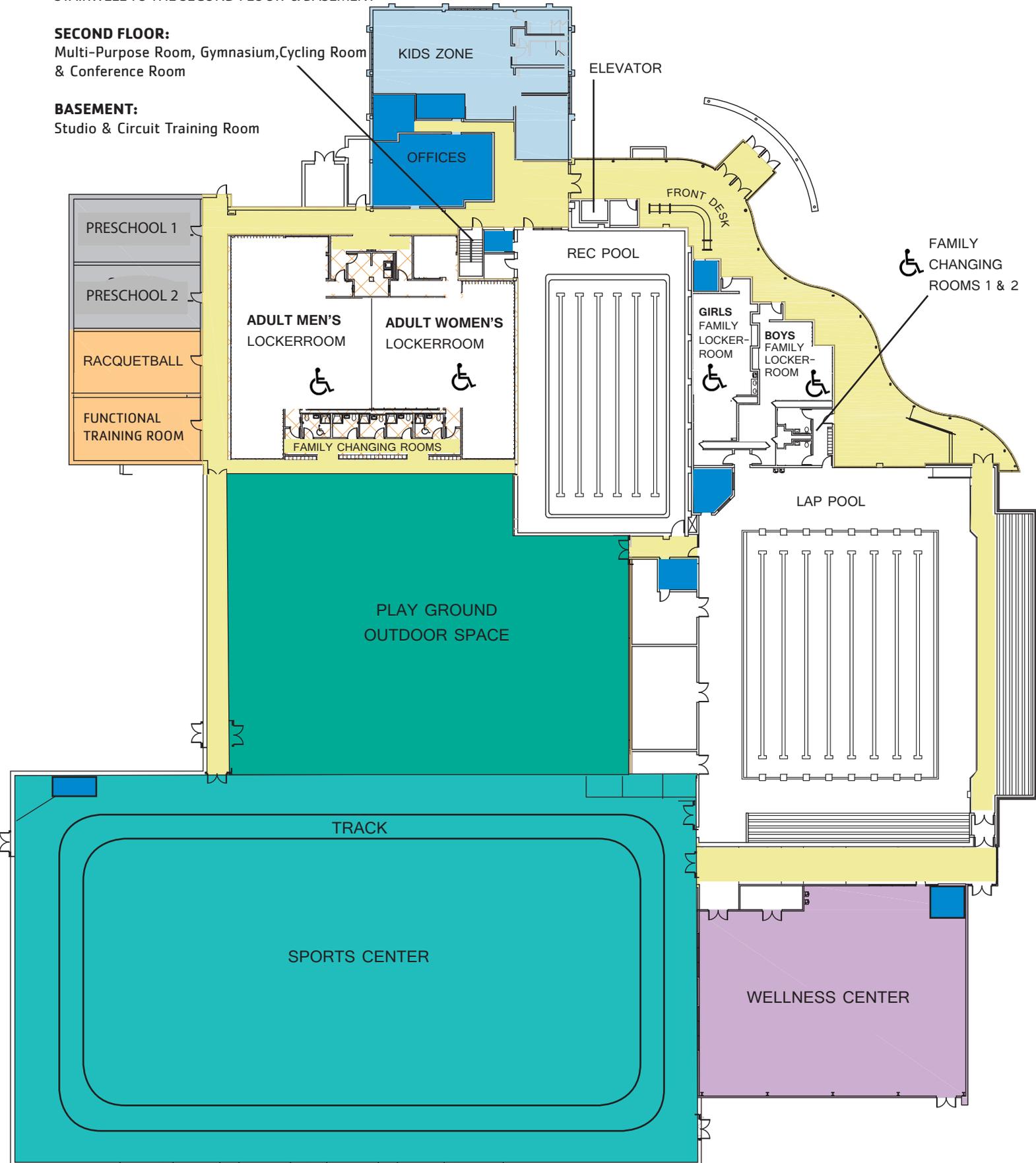
STAIRWELL TO THE SECOND FLOOR & BASEMENT

SECOND FLOOR:

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

BASEMENT:

Studio & Circuit Training Room



◀ **Kishwaukee Family YMCA Hours**

| | |
|-----|---------|
| M-F | 5am-9pm |
| Sat | 7am-4pm |
| Sun | 8am-2pm |

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

| | |
|-----------|-------------------------------|
| Monday | 8am-10:00pm and 4:30pm-7:30pm |
| Tuesday | 8am-10:00pm and 4:30pm-7:30pm |
| Wednesday | 8am-10:00pm and 4:30pm-7:30pm |
| Thursday | 8am-10:00pm and 4:30pm-7:30pm |
| Friday | 8am-10:00pm |
| Sat | CLOSED |
| Sunday | CLOSED |

HOLIDAY HOURS 2021/2022

MEMORIAL DAY 2021

Kishwaukee Family YMCA: CLOSED

4th OF JULY 2021

Kishwaukee Family YMCA: CLOSED

THANKSGIVING 2021

Kishwaukee Family YMCA: CLOSED

CHRISTMAS EVE 2021

Kishwaukee Family YMCA: 5am-2pm

CHRISTMAS DAY 2021

Kishwaukee Family : CLOSED

NEW YEAR'S EVE 2021

Kishwaukee Family YMCA: 5am-2pm

NEW YEAR'S DAY 2022

Kishwaukee Family YMCA: TBD

EASTER SUNDAY 2022

Kishwaukee Family YMCA: CLOSED