



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVATE MORE THAN YOUR CORE

Join your Y community!

## SPRING PROGRAM GUIDE 2018



**Spring 1:**

**Feb 19– Apr 15**

Member Registration Begins Feb 5

Public Registration Begins Feb 12

**Spring 2:**

**Apr 16– May 26**

Member Registration Begins Apr 2

Public Registration Begins Apr 9

**YMCA OF KEWANEE** 315 W 1st St., Kewanee, IL 61443

309 853 4431

[kewaneymca.org](http://kewaneymca.org)

[facebook.com/kewanee.ymca](https://facebook.com/kewanee.ymca)

@YMCAofKewanee



## YMCA MISSION STATEMENT

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

## WELCOME TO THE Y!

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### YMCA BOARD OF DIRECTORS

Brandon Yaklich.....	President
Breanne Cinnamon.....	Vice-President
Lance Camp.....	Secretary
Tracy Lamb.....	Treasurer
Jason Anderson	Gary Bradley
Cody Hester	Nicole Lang
Mike Miler	Miriam Mock
Ben Nelson	Stephen Rider
Dave Stumphy	Jennifer Witte

### YMCA ADMINISTRATIVE STAFF

#### Executive Director:

Jill Milroy jillm@kewaneeymca.com

#### Finance/HR Director:

Jodi Wall jodiw@kewaneeymca.com

#### Membership & Youth Development Coordinator:

Angelina Nanninga angelinas@kewaneeymca.com

#### Program Director:

Rachel Shrum rachels@kewaneeymca.com

#### Wellness Director:

Kristi Johnston kristij@kewaneeymca.com

#### Kiddie Kollege Director:

Sue Christakos suec@kewaneeymca.com

#### Tumbling & Trampoline Office / Silver Sneakers / Rentals:

Mary Findley ymca.tumble@kewanee.com

#### Aquatics Coordinator:

Racheal Barnett 309-853-4431

#### Youth Sports Coordinator:

Cody Phillips 309-853-4431

### FACILITY HOURS /HOLIDAY CLOSURES

HOURS	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Effective Sept 5th</b>	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-9pm	8am-3pm	Closed
<b>Effective Oct 1st</b>	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-9pm	8am-5pm	Closed
<b>Effective Nov 1st</b>	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-9pm	8am-5pm	12-4pm
<b>Effective Apr 1st</b>	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-9pm	8am-5pm	Closed
<b>Effective June 1st</b>	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-9pm	8am-3pm	Closed

#### Special Event and Holiday Closings

Sun Apr 1st	Closed Easter Sunday
Mon May 28th	Closed Memorial Day
Wed July 4th	Closed Independence Day
(prorate given for Summer 1)	
Aug 13-19	Closed Annual Shutdown Week

## OUR FOCUS

The Y is the nation's leading nonprofit committed to strengthening communities thru programs & events that reflect the needs of the community with focus in the following areas:

- **For Youth Development** We believe in the importance of nurturing the potential of every youth.
- **For Healthy Living** We believe every individual should be welcomed to improve health & well-being.
- **For Social Responsibility** We believe in giving back and providing support to our neighbors.

**NO PERSON WILL BE DEPRIVED OF MEMBERSHIP OR PROGRAMS BECAUSE OF INABILITY TO PAY.**

### Scholarship Program

We believe everyone deserves a Y, so the YMCA of Kewanee offers financial assistance to individuals and families who might otherwise not be able to afford membership and program fees. Ask a staff member about financial assistance. Its easy to apply and we do all we can to make the Y a place for everyone...See page 5 for further information!

### EXPECTED YMCA CONDUCT

The Y makes every effort to provide a safe environment for our members. If an accident occurs please report it immediately to a staff member on duty. We strongly recommend that anyone using our facility consult with their physician in advance. Please be sure that as a participant in the Y facility you have read Pages 1-3 of the YMCA Program Guide and understand the facility rules.

The Y staff will deal with members and guests in a fair, professional, and consistent manner. Our staff on duty will implement the following if there should be an incident of inappropriate activity/conduct as listed below.

Members and guests of the Y should speak for oneself, listen to others, avoid put-downs, take charge of oneself, and show respect.

A person's behavior may not:

- 1) Be inappropriate to the situation.
- 2) Interfere with the safety of others.
- 3) Interfere with other members'/ guests' enjoyment and use of the facility.
- 4) Show lack of respect for the rights of others.
- 5) Damage YMCA or personal property.

Infractions such as: foul language, disrespect toward staff or other members/guests; excessive horseplay; entering age restricted areas will result in the member/guest being given a "time-out." Staff will speak to the member/guest about the behavior problem and expectations for improvement and future action (discontinuance of membership/ guest privileges) should behavior fail to improve.

Infractions such as: continuance of any of the behavior listed above; violence; fighting; theft; damage to property; possession, use, sale of drugs; or any type of harassment, will result in:

- 1) Filing of an incident report by staff member.
- 2) Immediate change in or suspension of YMCA privileges.

**It is understood that a member's/guest's participation is at the discretion of the YMCA.**

*The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.*

### VALUABLES

**The YMCA is not responsible for lost or stolen articles.**

Please lock up your valuable items or check them in at the front desk while participating in YMCA activities.

If you have lost an article, check with the courtesy desk or in our lost and found.

### KEWANEE AREA UNITED WAY

United Way contributions help subsidize many YMCA memberships. The Y partners with other local United Way entities whenever possible to meet community needs.



***Thank you to United Way & it's supporters for helping us make our community stronger.***

***If you are interested in making a contribution to KAUW please see Jodi Wall!!***

# HOW TO USE THE Y

## IT'S GOOD TO BELONG

At the Y, you aren't just a member of a facility you are a part of a cause. We are the leading charitable organization in youth development, healthy living and social responsibility.

We provide opportunities you need to become healthy, confident, and connected to others. When you join our "Y family" you will be encouraged by staff & others to get involved in programs, activities, volunteerism, philanthropy, and become an advocate of the Y's cause of strengthening our community.

## BE OUR GUEST (for non YMCA members)

We believe in opportunities for all to experience the endless benefits of the Y. We want to get to know you and you to know us.

Guests must present a current photo identification and purchase a pass as described below. A guest pass is valid for one day. *As a member based organization the Y reserves the right to curtail/limit guest visits.*

**Youth \$6    Family \$16    Adult/Senior/College \$9**

Use the facility more than 3x in a month?  
Save with a membership...

Up to 3 guest passes from up to 3 months prior can be applied toward a new membership if you decide to purchase a membership!

## FACILITY INFORMATION

### Basketball Gyms & Racquetball Courts– see page 19

#### Y Play–

- For Members and Paid class participants.
- Y Play not available to guest pass or drop in fee participants.
- Review guidelines posted in the room before using the Y Play program.

#### Cardio Rooms–

- Please use the sign up sheet located on the counter outside the cardio room to use machines.
- Clearly write your name in the slot for the machine and time you would like. Each slot is 20 minutes long. There is a 40 minute maximum, if the room is not busy you may sign up for an additional 20 minutes. If you are more than 5 minutes late for the time you signed up for you may lose your slot.

#### Hot Tub– see pool schedule for more info

- For use by those who are 16 years of age or older. Children under 16 years of age are not permitted.
- 10– 15 minute maximum usage time. We highly recommend you consult a physician before using.
- The lifeguard has the final authority.

#### Locker Rooms–

- Always secure your belongings in a locked locker; bring your own lock and remove it after each visit. If you would like a permanent locker please visit the desk.
- Children age 5yr & up must use their respective locker rooms. **Special Needs** changing available for parents with young children or for those who cannot negotiate stairs. All others are to use general locker room areas.

#### Parking–

- Y members and guests are welcome to park in the on street parking in front of the Y building, in the city lot behind the Dura Bowl, in the lot behind the YMCA, or along side the Y building in a marked space.
- Please do not park on east side of building in spaces marked for Ed's Heating Staff to avoid being towed.

#### Sauna–

- Located in the adult locker rooms. For use by those who are 18yr or older.
- 10– 15 minute maximum usage time. We highly recommend you consult a physician before using.

#### Swimming Pool– see page 19 for more info

- All swimmers need to review the Safety information on the back side of the Pool Schedule before using the pool area.
- The lifeguard has the final authority.

#### Weight Rooms–

- For your safety please follow guidelines posted in the weight room, and conveyed by staff, if you have questions please ask staff for guidance!
- Proper attire and footwear is needed.
- No Food/drink (EXCEPT FOR WATER) permitted; drinking fountain is available
- For age 14yr & up who are safely utilizing the equipment and Age 11-14yr who are participating in youth fitness (pg 12)

## OTHER FEES

**Locker Rental:** Lockers in our Adult locker rooms are available for rent monthly. This allows you to keep your own lock on the locker and keep needed items inside.    **MENS short lockers \$6.50 per month    LADIES long lockers \$8 per month**

**Administration Fee:**    *If a participant cancels out of class they have the opportunity to take an account credit with no fee.*

**Return Checks:** \$25 fee charged on all returned checks.

**Refund Checks:** A \$5 processing fee will be deducted from a refund check.

# MEMBERSHIP MEANS MORE

More than just a gym, pool or place for fitness, YMCA members experience a sense of belonging that can't be found anywhere else! Our network of locations gives our members a chance to take charge of their health no matter where they travel.

## MEMBERSHIP TYPES:

**Youth** 18 years and younger

**College** Show schedule with minimum of 12 cr hrs.

**Adult** 19-64 years

**Senior** 65 years & up

**Senior Couple** Cohabiting couple in same house, and one member 65 years or older.

**Family** Cohabiting couple & dependant children to age 19 or to 23 if attending college 12 cr. Hrs. or more.

**One Parent Family** One parent with dependent children to age 19 or to 23 if attending college 12 cr. Hrs. or more.

*Note: A single parent or just 1 parent of co-habituating couple that wishes to join.*

**SilverSneakers** Healthways offers classes designed specifically for older adults, health education and social events to eligible Medicare plan member and Group retirees. With SilverSneakers you receive a **FREE** YMCA membership!

## MEMBERSHIP BENEFITS

- FREE Y Play (child watch)
- FREE wellness meeting
- Unlimited visits
- Unlimited land classes
- Special Member rates and priority registration
- Access to 6 lane pool
- Access to Whirlpool (16 & up)
- Adult locker rooms with Sauna (18 & up)
- Limited guest privileges
- Sweat towels at courtesy desk
- Strength training & free weight
- 2 Racquetball courts; 2 Basketball courts
- Indoor walking/running track and cardio room
- **MEMBERSHIP CARD** linked to your Y account with a photo of you to protect your membership.
- **YOUR Y IS EVERY Y!** Members are welcome at more than 1,000 Y's nationwide. Going on a vacation, business or family trip? Try a dip in another Y's pool, check out their weight room, or visit a fitness class! Contact the Y you are planning to visit for details. Proof of membership required. To participate in a paid program you would still need to pay the public/non member rate, as you are not a member of that Y.

## MEMBERSHIP RATES (MONTHLY):

**Join fee** 1 time fee, if not a member in past 30 days.

Youth \$19

College \$10

Adult \$37

Senior \$37

Senior Couple \$50

Family \$60

One Parent Family \$50

**Monthly fee** prorated to date of the month you join.

Youth (18 & under) \$17.50

College \$28

Adult \$37.50

Senior \$28.50

Senior Couple \$45

Family \$49.50

One Parent Family \$42

## PAYMENT OPTIONS:

**Continuous Draft:** Choose either credit/debit card or checking/savings account to be debited automatically once per month on the 1st or 15th of the month.

**Annual, 3mo. Or 6mo. Memberships:** Dues paid in full upon joining and renewed at the end of the term.

**Income-Based Scholarships:** Those with total household incomes of less than \$ may qualify. Proof of household income is required see page 5 for details.

## CANCELLATION:

Written consent required to cancel membership.

Example- To cancel for June; fill out form in May.

Not coming, will not stop your membership you are billed until you complete the form.

## MEMBER CARD:

For safety members should never loan their card to others, this will result in loss of membership privileges. Member card required to check out some items in the facility.

Replacement cards \$5





# BELONG TO A PLACE WHERE...

- Families come together, have fun and spend quality time with each other.
- Parents find a safe, positive environment for kids to practice good values, social skills and behaviors.
- Children and teens play, learn who they are, what they can achieve, and are accepted with open arms.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of purpose and belonging.

## WHAT IS AN INCOME BASED SCHOLARSHIP?

We strive to be a place for everyone to belong. If our membership rates are outside of your family's monthly budget, a scholarship form include your financial information to and get help today. We will contact you with a more affordable rate on membership and/or programs that is good for 6 months. After 6 months, resubmit your application and you will be contacted again.

Program and membership are based on what we need to cover building fees, staff costs and supplies, we work hard to keep costs as low as possible by partnering with other businesses and organizations in our community.

When you are given a discount on your membership or program fee that does not mean we are simply able to just give a better price, as we need all of the fee we charge in order to run our programs, the difference is made up by our scholarship fund.

## WHERE DOES THE INCOME BASED SCHOLARSHIP MONEY COME FROM?

Every year Y staff and Board Members spend several months seeking support from the community for the Y's Annual Campaign. Y staff hold several fundraisers over the course of the year supported by businesses in our community. As a non-profit, when we have a program that is doing great, we don't keep excess and there are no bonuses, the excess goes to other programs that need support like the scholarship fund to change people's lives.

## HOW TO APPLY

1. Come to the YMCA of Kewanee and ask at the desk for a scholarship application.
2. Complete the application fully and honestly; return it with the proper copies of paperwork.

### PAPERWORK YOU'LL NEED:

- **Monthly household income/expenses:** wages, spouse's wages, security/disability payments, Child Support, Alimony, public assistance, unemployment compensation, link card, interests, dividends, retirement, mortgage or rent, utilities, food, medical, child support.
  - **Important Forms:** Copies of: (we can run copies for you) most current W2, any other household income, 2 most current pay stubs.
3. After you submit ALL needed information. We will contact you with scholarship fees and information to complete the process.  
*The amount you are given will be a percentage. For example you may get a 30% discount on programs and membership, this would mean you would be asked to pay 70% of the regular membership or program fee.*
  4. Come to the Y pay your join fee (Youth: \$5, Adult/College/Senior \$10, and Family \$15) and membership percentage and get started that day!
  5. Every 6 months, participants are responsible for coming into the facility and re-applying.
  6. The scholarship is a membership and all membership policies apply (ie- cancellation).

**Every gift matters. Everyone has a role to play.**

**Not just strong kids... So much more.**

We have an extraordinary opportunity to ensure a brighter future for children, families and seniors throughout Henry, Stark and Western Bureau counties, only your support will make it possible. GIVE TODAY FOR TOMORROW.

Money is just one way to give, there are many more...

See how you can give back: [page 20!](#)

The Y. So Much More™  
Annual Campaign 2018

# Y TERMS DEFINED

**MEMBER**  
someone who holds a current membership in good standing with the YMCA of Kewanee

**PUBLIC**  
someone who does not have a YMCA of Kewanee membership or who is a visiting member from another Y

**PROGRAM**

- Class that meets on a regular basis
- Start and end dates are defined by 5 or 7 week long sessions.
- Requires registration
- May require you to fill out a form

**SPECIAL EVENT**

- One time event with theme
- Requires registration so we can get supplies!

## WHY REGISTER?

We want to

- provide you with a quality experience.
- have plenty of supplies on hand so everyone can enjoy.
- be sure everyone gets a healthy portion of any snacks we may be serving.
- Have enough staff on hand to help you enjoy the event safely.

# CLASSES, EVENTS, HOW TO REGISTER WHAT IF I MISS?

Session	Dates	Member Registration	Public Registration
2017-2018			
Spring 1	Feb 19-Apr 7	Mon Feb 5	Mon Feb 12
Spring 2	Apr 9-May 26	Mon Mar 26	Mon Apr 2
Interim	May 29-Jun 2	Mon May 14	Mon May 21
Summer 1	Jun 4- Jul 7	Mon May 14	Mon May 21
Summer 2	Jul 9- Aug 11	Mon May 14	Mon May 21
Annual Shutdown	Aug 13- Aug 19	YMCA closed for maintenance and repairs.	
Interim	Aug 20- Sept 8		

### HOW TO REGISTER:

**Register Online at [www.kewaneymca.org](http://www.kewaneymca.org)**

Click on My Y account  
Create or Login with your username and password  
Register for most programs & special events!

### Register in Person

Everyone is welcome to stop in & register for their favorite Y activity. The Y staff will be glad to help you register during operating hours. (see page 1)

### Register by calling 853-4431

During operating hours you can call in and Y staff will be happy to help you register. We can charge a bank or credit card account you have on file with us or have a visa or master credit or debit card ready.

**REMEMBER:** Payment is due at time of registration. Class age requirements must be met at time of registration to participate or have approval from the program director.

**CLASSES:** Are run in 5 or 7 week sessions; dates listed above. Minimum participant numbers must be met. If class is cancelled due to low registration, those paid will be offered an alternate class, credit, or refund for remaining classes.

**PRORATES-** If you begin a class once the session has started you will be offered a prorate in weeks 3-5/7.

**SPECIAL EVENTS:** Minimum participant numbers must be met to hold events. Low registration cancellations will be made 4hours prior, those paid will be notified and credit will be given to their Y account.

**MISSING A CLASS:** Classes missed can be made up by scheduling a make up class with the program director. In case of illness a Y credit can be requested with a doctor's note. Make ups must be scheduled before the end of the session. Missing classes due to personal reasons does not qualify for a credit, you may request a make up class.

**MEMBER RATE:** In order to receive membership rate on programs participants must retain the membership for the complete session or if they chose to drop the membership they shall be charged the difference in the rate.

**INCLEMENT WEATHER:** Cancellations will be posted on [kewaneymca.org](http://kewaneymca.org), YMCA facebook and WKEI local radio station. Make up options or credits will be given to cover missed class/classes. **Kiddie Kollege, Silver Sneakers, Silver Splash and Aquacize will not meet in the event that Kewanee Schools are cancelled due to inclement weather.**



# FOR YOUTH DEVELOPMENT

## Nurturing the potential of every child and teen

We believe every child has potential, and we're here to nurture that potential. From youth sports to help with homework afterschool, to leadership development, the Y helps bring out the best in kids, and they keep surprising us with all they can do.

### CHILD CARE

**OUR YOUTH POLICY** For your child's safety the Y will strictly enforce the following:

1. NO ONE 7 YEARS OF AGE OR UNDER IS PERMITTED IN THE Y UNLESS ACTIVELY SUPERVISED BY A PARENT OR ADULT, except when attending a supervised Y program or event.
2. Parents of preschool children, 3 and younger, must stay in the building while the child is attending an activity.
3. Parents are also asked to observe the "5 and under" Rule, where children 6 years and older must use their respective locker rooms.
4. There are several age restrictive areas in our facility. Cardio, Weight & Strength training rooms all require you to be 14 years of age or older. Weight & strength training rooms do allow those who have passed youth fitness & conditioning age 11-14yrs to be present as long as they are following the rules and using the facility in a safe manner. The Adult Locker rooms require you to be 18 years of age and hot tub 16 years of age.
5. Youth ages 8-18 years are only permitted unsupervised in the facility during non school hours.
6. During school hours youth are expected to be in school or accompanied by a parent under active supervision and with permission to not be at school.

Please help your child know and follow the rules of the facility.

### Y PLAY FREE FOR MEMBERS & PAID CLASS PARTICIPANTS

Read our Y play policy before utilizing services. Y PLAY not available to guest pass or drop in fee participants. Check the board at the desk to see where Y PLAY will be located! In Y Play room on second floor at top of steps, in Youth Development room when downstairs.

Effective	Mornings:	Evenings:	Hours subject to change.
Mondays	8:30-10:30am	5:15-7:20pm	
Tuesdays	8:30-10:30am	5:15-7:20pm	
Wednesdays	8:30-10:30am	5:15-7:20pm	
Thursdays	8:30-10:30am	5:15-7:20pm	
Fridays	8:30-10:30am		

### SCHOOL OUT DAYS K-6th grades 8am-5pm

Bring sack lunch, swim suit & towel, comfortable shoes and clothing for play. Breakfast and afternoon snack provided. Lunch is normally 11-11:30am, Swimming is normally Fridays 2:30-3:30pm. Must have a minimum of 12 participants to run the event, by 11am the business day prior to the event date.

#### School Out Dates:

#### Try Online Registration!

Mon Feb 19th President's Day- "Starts" & Stripes

Fri March 9th (Kewanee school only) WILD Camp Out

Per FULL day: Y Member: \$16 Public: \$21

Per HALF day: Y Member: \$10 Public: \$15 (8-12:30 or 12:30-5pm)

Spring Break Camp Mon March 26-Mon Apr 2nd

Per FULL day: Y Member: \$16 Public: \$21

Per HALF day: Y Member: \$10 Public: \$15 (8-12:30 or 12:30-5pm)

**Attend 5 days or + & get \$5 discount!**

26th- Y-lympics, 27th- ARRGH Matey!, 28th Decades of Fun, 29th Space Station Vacation, 30th Paint here, there, everywhere, Apr 2nd Exploring the Sea.



### EARLY DISMISSAL DAYS

#### **Wethersfield Schools**

March 12th

April 9th

#### **Kewanee Schools**

February 9th

March 23rd

April 13th

May 18th

#### **Per day:**

Y Member: \$10

Non-Member: \$20

Kids Klub Participants: \$5 in addition



## KIDZ KLUB AFTERSCHOOL until 6pm After School Program K-6th grades

Not just busy time... carefully planned function to nurture the potential of your child.



- Water safety lessons on Fridays
  - Unplugged...No video games, cell phones and not more than 20 minutes of screen time per week.
- Supervised Homework Time
- Healthy snacks, healthy eating education, "polite bite"
- At least 45 minutes of heart pumping play every day
- Thursday tumbling time
- Outdoor activities, weather permitting
- Science & Craft projects that are fun and hands on
- Bussing may be available, check with your school
- Held at the YMCA of Kewanee
- Scholarships available apply within!
- Registration form available at the Y courtesy desk

Weekly fees	Fee:
1 day per week	\$14
2 days per week	\$20
3 days per week	\$23
4 days per week	\$25
5 days per week	\$28

### HEALTHY KIDS DAY 2018 & SUMMER CAMP REGISTRATION KICKOFF

Join us at the Y for a morning of fun, try out tumbling, swimming, and tons of other great activities. Find information on great activities to keep your child active this summer in the Kewanee Community!

**Saturday April 21st 10am-1pm**  
**FREE to the Community!**

The program meets and ends in our Youth Development room. On the first floor. This room provides a quiet and dedicated space for homework time, and has a wide range of hands on interactive play spaces for all ages.

So much more than just dodge ball, every week is fully planned with activities that are fun and exciting, kids will be begging to come back for more!

**FOR FULL INFORMATION AND ALL POLICIES  
PLEASE PICK UP A COPY OF OUR  
REGISTRATION HANDBOOK AT THE Y DESK,  
OR VIEW ONLINE AT KEWANEEYMCA.ORG**

## EDUCATION & LEADERSHIP

### KIDDIE KOLLEGE PRE SCHOOL



Kiddie Kollege is a state-licensed pre-kindergarten program for children (potty trained) who are ages 3-5. Our curriculum features hands on experiences that stimulate the development of a child's physical, emotional, social, intellectual and kindergarten readiness skills. The calendar will coincide with the public school systems calendar and more class days may be added if needed.

**Monday, Wednesday  
and Friday mornings  
8:30-11:00am**

*Students swim Wednesdays!*

For more information or  
to register contact-

Director Sue Christakos at  
suec@kewaneymca.com



### YMCA YOUTH BOARD

Comprised of students from

- Kewanee High School
- Wethersfield High School

Meets monthly to discuss issues facing youth in our community and create possible solutions and opportunities for these issues.

Hosts meaningful activities for youth in our community through the Y in part with the Kewanee Community Drug & Alcohol Task Force.

PROJECTS:

- Fifth Quarter
- Red Ribbon Week
- Your Actions Matter the Illinois State Liquor Control Commission Program
- School year end 8th grader event



# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## COMPETITIVE TEAM SPORTS

### FLIP TOPS TUMBLING & TRAMPOLINE TEAM

Want to be on team? Contact Rachel Shrum at 853-4431 or [rachels@kewaneymca.org](mailto:rachels@kewaneymca.org).



FLIP TOPS uses rules, routines, & regulations of **USA Gymnastics**, the governing body for the sports in the USA.

**Our Mission is to** work hard, be positive, have fun, gain friendships, and support the members of our team in making good choices in & out of the gym while improving our talents and skills in the sport.

**What is required to compete:** The athlete must be approved by team coach. Team members need a Y membership, USA Gymnastics membership, & competition attire. Team members must also be enrolled and current on session class fees. Meets carry an additional fee and are optional, we attend about 2 per month December-July across IL, MI, IA, IN, and WI.

Team class schedule remains the same Fall- Spring, team members are responsible to keep class fees current with session.

Fees listed are per 7 week long session:

Minis- 2 classes/wk 2hrs & some Sats Y Member \$85  
Team 3- 2 classes/wk 2hr 30 min & Sats Y Member \$99

Team 2- 2 classes/wk 2hr 30 min & Sats Y Member \$99  
Team 1- 2 classes/wk 2hr 30 min & Sats Y Member \$105

Full Schedule? once a week team classes available \$65



### KRAKEN SWIM TEAM Age 6-21 yrs Want to be on team? Register at the Y desk!



Swim team uses regulations of YMCA Swimming & USA Swimming. Must be 6-21 yrs old, have a current Y family membership & able to swim length of pool on front and back proficiently. Week-end competitions optional some Saturdays and Sundays Oct through Apr. Coach will divide swimmers into 2 groups, lime and blue, to provide a more organized, efficient practice. Coached by head coach Racheal Barnett, assisting coache Julie Fristad, and volunteer coach Scott Packee.



**SUMMER SWIM TEAM INFO coming soon!!**

## SWIM SPORTS & PLAY



### Swimming today, Lessons For a Lifetime...

What you need to know:

- Lessons include 5 basic components water safety, personal growth, stroke development, water sports/games, and rescue. Levels are arranged by skill ability.
- **PARENTS** should plan to help their child through the locker room and find a seat in the bleachers, then parents should return to the lobby area to view class. We do not allow parents to watch from the pool deck. It can be very difficult for a child to focus on class if their parent is in the pool area because they are excited for you to see how well they are doing.
- You will know class is ending because the instructor will finish with a huddle with the kids. Your child will receive a progress report in week 6 detailing what they worked on over the session and what level will best fit them for the next session. If your child is absent the report may be picked up at the Y courtesy desk.
- **SAME DAY REGISTRATION** will be accepted **ONLY** in week 1 of the session. After week 1 we will accept registrations, but will **NOT** allow participants to register for a class the day of class.
- **LEVEL PLACEMENT AND ADVANCING** All incoming **NEW** students will be evaluated and put in a level to best challenge them. In order to advance a level, students must earn a grade of 4 or higher in stroke development and be able to demonstrate skills listed.

#### PARENT TOT age 6 months– 3 years

Children and their parents will gain comfort in the water being shown how to move through the water safely. Learning through songs, interaction with friends, blowing bubbles, body & movements. Children must wear a swim diaper for this class. Regular diapers not permitted in the pool or pool area as they are a health hazard.

**Saturdays 10:30-11**

*\*\*days and times subject to change pending enrollment.*

Y member \$24 Public \$44

### The Fish have moved on...

The Y is ushering in all new swim lessons the skills and levels have been updated with the newest in teaching techniques. Our focus is teaching your child to be safe in and around water, mastering basic flotation skills to help them build a strong foundation for their swim strokes.

To determine which level best fits your child see our swim lesson selector questionnaire at the Y desk.



### YOUTH SWIM LESSONS Age 3 years & up

Classes are offered in combinations of levels to allow for leadership opportunities and bolster self esteem in successful performance of skills. Class times listed are available for all swim levels.

#### SESSION DATES LOCATED ON PAGE 6 !!

\*\*\*Class times subject to change pending enrollment

<b>Mon &amp; Wed</b>	<b>3:30-4:10</b>	<b>4:15-4:55</b>	<b>5-5:40</b>
<b>Tues &amp; Thurs</b>	<b>3:30-4:10</b>	<b>4:15-4:55</b>	<b>5-5:40</b>
<b>SATURDAYS</b>	<b>9-9:40</b>	<b>9:45-10:25</b>	<b>10:30-11:10</b>

1 class a week/ 7wk session: Member \$32 Public \$61  
 2 classes a week/ 7wk session: Member \$53 Public \$96

*Need a week day class once per week?*

*Need a make up class? (see pg. 6 for more info)*

**Stop by the desk and submit a request form.**





# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## YOUTH SPORTS CLASSES & LEAGUES

### DANCE CLASSES age 3–adult

This continuous program, runs concurrent. A recital will be held in the spring (normally the Friday evening prior to Memorial Day). The class schedule will remain through the Spring II session.



No new registration is being taken for this program for the remainder of the year. Only current students may re-enroll.



St. PATRICK'S DAY  
NERF-TERNOON  
Age 7-13

AND

PRINCESS  
TEA PARTY  
Age 4 & up

on page 14!

Age	Class type	Y Members	Non Members
3 - 7 year olds	1 - 45 min. class per week for 7weeks	\$44	\$64
8 years & up	1 - 60 min. class per week for 7weeks	\$54	\$74

### PRIVATE & SEMI PRIVATE LESSONS

Want to work on your tumbling or trampoline OR swimming skills but your schedule simply won't allow classes? Work 1 on 1 or with a friend & instructor to really advance your skills. Available upon request for all ages, stop by Y desk and fill out a private lesson request form to get started!

6/ 30minute private lessons:

Y Member \$60                      Public \$76

6/ 45minute Semi-private lessons

Y Member \$40 each              Public \$56 each

\*\*Semi private is 2-3 participants and 1 teacher,

## YOU DID YOU KNOW...

YMCA Fitness classes are FREE to members

ages 16 and up!

### PARTIES & RENTALS FUN, SAFE AND UNIQUE PLACE TO SCHEDULE YOUR NEXT EVENT!

Contact Mary at 853-4431 or [ymca.tumble@kewanee.com](mailto:ymca.tumble@kewanee.com)



Boys love the tumbling center!

Run, wrestle, jump, bring a football!



Out large gym is perfect for a nerf birthday!



## YOUTH SPORTS CLASSES & LEAGUES

### TUMBLING, TRAMPOLINE & DOUBLE MINI CLASSES

Glen Andris Tumbling & Trampoline Center students are encouraged to advance at their own pace while developing self-esteem in a positive, safe environment. For more information on the sport visit [www.usagym.org](http://www.usagym.org) !

#### WHEN ARE CLASSES:

Fall-Spring: Monday– Thursday from 4-8:30pm.

Summer: Monday-Friday 8:30am-12pm & some evenings.

#### HOW CLASSES ARE DIVIDED:

- Class lengths set considering child's age/attention span
- Classes contain varying skill levels / each student progresses at their own rate.

#### HOW A CLASS RUNS:

- Circuits with independent & 1 on 1 teaching stations
- Independent stations cover fine to large motor skills & may not look like training to everyone.

If you have a question/concern about what your child is working on please don't hesitate to ask!

#### HOW TO REGISTER FOR A CLASS:

##### 1. GET A FORM

Paper Registration form: at the Y or the gym

Online Registration: [kewaneeymca.org](http://kewaneeymca.org)

##### 2. COMPLETE FORM & SUBMIT

Include conflicts/carpool needs to get best class time for your family.

##### 3. WE WILL CALL YOU

with a class day, time, cost and starting date

**As long as a student is continuously enrolled in the program, no new form is needed Fall 2017 –Spring 2018.**

***Registration forms need to be re-done every year in Fall and Summer.***

#### WHAT TO WEAR TO CLASS:

- Comfy stretchy attire; Shirt tucked in;
- NO buttons, zippers, sharp objects, dangling objects
- Hair tied back & off face;
- Clean socks for trampoline
- Working level 3.5 or higher/ We strongly recommend trampoline shoes and leotard. *New & like new leos available in the tumbling lobby.*

#### HOW OFTEN ARE CLASSES:

All students attend class once a week (except team)

Fall-Spring: 7 week long sessions

Summer: 5 week long sessions

**CLASS FEES:** Due by week 2 of the Fall-Spring sessions and week 1 of summer sessions to avoid a late fee.

#### PARENT TOT ages 18 months-3 years/ 45 min class

**Y Member \$29 Public \$54** 1 teacher to 8 students

- Parent accompanies child through obstacles
- Children learn to trust instructor other than parent
- 2 foot jumping, seat and dog drops, tuck jumps
- Front and back roll, headstand, handstand cartwheel

#### SUPER TUMBLE TOT ages 3-4 years/ 60 min class

**Y Member \$43 Public \$69** 1 teacher to 6 students

- head/hand stand, cartwheel, front/back rolling, bridge
- seat, doggy, and front drop, tuck, straddle, pike 1/2 turn jumps; walks on beam, hangs on bar.

#### ULTRA TOT age 5-6 years/ 1 hour 15 min class

**Y Member \$52 Public \$77** 1 teacher to 7 students

*\*\*Combined with pre rec class to allow beginners to see skills they are working on.*

- handstand, cartwheel, round off, limbers, walkovers, handsprings, front/back drops, doggy fronts, combining skills, casting & flipping on bar, jumps/turns/balance positions on beam.

#### PRE REC ages 6-7 years/ 1hour 30 min class

**Y Member \$56 Public \$79** 1 teacher to 7 students

*\*\*Combined with ultra tot for leadership opportunities.*

- Skills from ultra tot and back handsprings

#### REC Combo- ages 8 years & up/ 2 hour class

**Y Member \$71 Public \$95** 1 teacher to 10 students

- Skills from previous levels & back/front flipping skills, combinations of skills

#### REC Only one- ages 8 years & up/ 1 hour class

**Y Member \$43 Public \$69** 1 teacher to 10 students

Only tumbling or trampoline, not both

#### BOYS HEROES age 5-10 years/ 1 hour 15 min class

**Y Member \$52 Public \$77** 1 teacher to 6 students

Skills: same as ultra tot.

#### BOYS LEGENDS with instructor approval/ 1hr 30 min class

**Y Member \$56 Public \$79**

Class meets with the Boys Heroes group but will stay for an additional 15 minutes for more advanced skill work.

### **FLIP TOPS TUMBLING & TRAMPOLINE COMPETITION TEAM see page 9**





# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## RECREATION, ARTS & HUMANITIES (YOUTH )

### TUMBLING GYM PLAY TIME Age 7yrs & under

Participants do not have tumbling experience to attend this time. Children age 3yrs & under must be accompanied by a parent or guardian. Parents/guardians may not use any of the equipment.

**Fridays 5:15-5:45pm**

Feb 2nd, Feb 16th,  
Mar 9th, Mar23rd,  
Apr 6th, Apr 20th

Per event: Y Member: \$2 Public: \$4

### OPEN TUMBLING Age 7yrs & up

The white trampolines & double mini are not available for this time.

**Fridays 5:45-6:45pm**

Feb 2nd, Feb 16th,  
Mar 9th, Mar23rd,  
Apr 6th, Apr 20th

Per event: Y Member: \$3 Public: \$5

### PRESCHOOL OPEN GYM Age 5yrs & under

Structured open tumbling gym; instructor leads participants thru open play. Participants age 1-2 years may attend but must be accompanied by an adult.

**Wednesdays 11:15-12:15pm**

**Feb 7, Feb 21, Mar 7, Mar21, Apr 11, Apr 25**

Per child per event: Y Member: \$2 Public: \$5

### YOUTH FITNESS & CONDITIONING Age 11-14yrs

Learn bodyweight movements for a stronger more powerful body! Gradual exposure to strength machines, safety, form & alignment will earn you respect in the weight room. Must register at Y to attend. Successful completion will allow permission to use weight room when following a fitness plan designed with help of trainer.

FREE WITH MEMBERSHIP...Register to attend

**Meets Tues & Thurs 4:30-5:15pm**

### EXTRA OPEN SWIMS

Days when school is not in session for the full day we will offer extra open swimming time 2:30-3:30pm.

### TWEEN NIGHT Age 9-13yrs

A fun night at the Y, all participants will get the chance to swim, have free time in the tumbling gym, join in a theme activity, and have some free time in the basketball gyms. Hang out with friends at the Y on Fridays. Activities are flexible so all participants will enjoy the night how they want! **Pizza sold by the slice \$1! If participant is turning 9 within 30 days of the event they can attend.**

**Fridays 7-10pm**

**Feb 2nd- WINT-LYMPICS**

**Feb 16th-Awesome 80's**

**Mar 9th- Basketball Madness**

**Mar 23rd-Leprechaun Treasure Hunt**

**Apr 6th-Glow egg hunt**

**Apr20th-Beach Party**

**NEW- Register by 5pm Friday of event to save \$10!! No registration after 7:15pm night of event.**

Per event by 5pm Friday of event: Member \$5 Public \$10

5:01-7:15pm Friday of event: Member \$15 Public \$20

### HOMESCHOOL FITNESS OPEN TIME

Come fellowship with other home school families while participating in a fitness activity once a month, swimming, tumbling and trampoline and basketball gyms.

**Thursdays 2-3:30pm**

**Feb 15 T & T and Gym**

**Mar 15 Swim and Gym Apr 26 T & T and Gym**

For 1 event date 1 time:

Y Members \$6 per family Public \$12 per family

### HEALTHY KIDS DAY 2018

Join us at the Y for a morning of fun, try out tumbling, swimming, and tons of other great activities. Find information on great activities to keep your child active this summer in the Kewanee Community!

**Saturday April 21st 10am-1pm**

**FREE to the Community!**

## RECREATION, ARTS & HUMANITIES (YOUTH & FAMILIES)

### SWIMMING POOL USE

All Swimmers must follow the Aquatic Safety Plan on the back of the pool schedule, the lifeguard has the final authority.

For full descriptions of swim times view page 15.

Complete schedule available at Y desk or online at [kewaneeymca.org](http://kewaneeymca.org)

### GLAM NIGHT Age 7-13

Grab your friends, get your best dress and shoes and come for a night of fun! Bring your brush we will style your hair and do your nails then have some dance party fun! DINNER NOT INCLUDED, Must register, 10 participants required to hold event

Fri March 16th 7-9 pm

Register by Thursday March 15th 5pm & SAVE!

Y Member \$5 Public \$10

Register 5:01 3/15/18- 3 pm 3/16/18:  
Member \$15 Public \$20

No registration after 3:15pm day of event

### St. PATRICK'S DAY—WEAR YOUR GREEN! NERFTERNOON Age 7-13

- Swim 3-4pm
- Bring your nerf device!
- Target practice
- Shield making
- Nerf War
- Pizza \$1/ slice

SAT March 17th 3-6 pm

Register by Friday March 16th 5pm & SAVE!

Y Member \$5 Public \$10

Register 5:01 3/16/18- 3 pm 3/17/18:  
Member \$15 Public \$20

No registration after 3:15pm day of event

### CANVAS CREATIONS age 5yr & up

Fun with art and no mess to clean up at home!! Each person will create a canvas that they can take home and hang, or give as a gift. Meets in the Pool lobby.



**SPACE IS LIMITED to 12 REGISTER EARLY!**

Fri Feb 23rd & Mar 16th  
530-630pm

Per event:  
Y Members \$10  
Public \$15

### MEMBER APPRECIATION WEEK Feb 11th-17th

Bring a friend to land fitness class FREE all week!

Sun Feb 11th FREE Spin Demo Class 9:30-10:15am  
(must register to attend)

Sun Feb 11th 1-3pm-  
Members bring a friend to open swim FREE!

Feb 13th & 15th FREE blood pressure checks 11:30-12

Lost your card? Get a new one FREE this week!

Get a friend to JOIN THE Y and be entered to WIN a prize  
(free spin class, personal training, free 1 mo membership & more!)  
**New members pay no join fee this week!**

### PRINCESS TEA PARTY Age 4 & up

Girls put on your best princess attire and join us for a royal affair! Some of the Disney princesses will join us for a fun evening with dinner, dancing, hairstyles, make up station, nail art and tons more princess activities.

Sat Feb 24th 5-7:30pm

Per event: Y Member \$10 Public \$15

### Tumbling Lock In Age 6-13

Come have a fun sleepover at the Y. Participants will swim, play flashlight tag, gym games, and then spend the rest of the evening in the tumbling center. Event begins and ends in the tumbling gym. DO NOT have to be a student or tumbler to attend this event is open to everyone! Bring flash light, sleeping bag, swim wear and tennis shoes.

Must register, 15 participants required to hold event

Sat March 10th 7pm - Sun March 11th 7am

Register by Thursday March 8th 5pm & SAVE!

Y Member \$18 Public \$22

Register 5:01 3/8/18- 7 pm 3/10/18:  
Member \$22 Public \$26

No registration after 7:15pm day of event

**PARTIES & RENTALS FUN, SAFE AND UNIQUE PLACE  
TO SCHEDULE YOUR NEXT EVENT!**

Contact Mary at 853-4431 or



# FOR HEALTHY LIVING

Improving the nation's health and well-being

## RECREATION, ARTS & HUMANITIES (ADULTS)

### SWIMMING POOL USE

**All Swimmers must follow the Aquatic Safety Plan on the back of the pool schedule, the lifeguard has the final authority.**

**OPEN SWIM**—is for everyone, pool rules regarding swimming do apply, test mark protect program will be in place.

**FAMILY SWIM**— a time for families to enjoy the pool and socialize. Youth must be accompanied by an adult.

**ADULT SWIM**—open time for adults to wade, water walk, and swim.

**LAP SWIM** – Lap lanes available during these times to continuously swim laps for fitness purposes. Youth are permitted if they are continuously swim laps for fitness purposes & following the pool rules.

**SWIMMING LESSONS**— for ages 6 months to 15 years. See page 11 for more information.

**WATER EXERCISE**— we offer several different types of water exercise classes to accommodate all fitness levels see pg 18

**RENTALS**— the pool is available for rent for your next event! See page 12 for more information!

**LOCKER ROOMS**— Please see Page 3 regarding children and locker room usage.

### BASKETBALL GYM USE

Our second floor basketball gyms are open for use all hours the Y is open. The Y reserves the right to close the gyms for programs or rentals, but will strive to offer space for all.

Full court play is permitted; however during times when the facility is busy you may be asked to play half court so that all may be accommodated. Players are expected to follow the Y code of conduct as listed in this guide. No food or drink is permitted in the gyms. Proper footwear and clothing required. Abuse or improper use of equipment not tolerated.

**FULL COURT PLAY** in the large gym for high school age&up:

**MONDAYS 7-9pm \*\*when no pickleball is reserved**

**WEDNESDAYS 7-9pm**

**FRIDAYS 7-9pm**

**SATURDAY afternoons \*\*depending on programs/events**

**Volleyball Play available:**

**TUESDAYS & THURSDAYS 5:15-when leagues begin**

### PICKLEBALL

A combination of tennis, badminton and ping pong. This mini tennis game is played by two or four people on a badminton sized court with a perforated plastic ball and paddle. Easy for beginners to learn, but can be a fast-paced game for experienced players.

**Courts available by reservation only.**

**May be reserved not more than 1 week in advance.**

**On-going reservations not available.**

*Please call 853-4431 or stop by the YMCA desk to reserve your court time so we can arrange for staff to set up the nets for you.*

### RACQUETBALL

Racquetball offers a unique opportunity for fun fitness! Courts are located on the second floor. Balls & racquets available to check out for age 8yrs & up. MEMBERS may reserve a court time at the Y desk.

### MONTHLY BLOOD PRESSURE CHECKS!

Each Month we will offer a time members can come in and have blood pressure checked for FREE! We will also have a tracking log available so you can track your progress!

**Fri Feb 2nd 8:45-9:15am**

**Feb 13th & 15th 11:30am-12pm**

**Mar, Apr May TBA**

Contact Kristi Johnston for more information at [kristij@kewaneeymca.com](mailto:kristij@kewaneeymca.com)

### 30 MINUTE CRUSH FREE TO MEMBERS!

Watch the bulletin boards in workout areas for **daily:**

**\*workout**

**\*healthy recipe**

**\*healthy habit**

Challenge yourself and others to complete one or all three, daily! (Mon-Fri) You will have access to a planned workout/ recipe/healthy habit each day, posted throughout the Y. This workout will enable you to come in with a plan, challenge your body, and bring excitement to your workouts! Watch the boards within the Y for tips on healthy living. Applying these daily can increase your health and happiness!

### SPRING ADULT LUNCHEON

Adult luncheon, come fellowship with friends and enjoy a great program. Please bring a dish to share. Meat Drinks & Table service provided.

TBA

## RECREATION, ARTS & HUMANITIES (ADULTS)

### Co-Ed ADULT VOLLEYBALL LEAGUE

A league for teams that are already formed. All players must be 18 years of age or older and out of high school.

The league will run for 10 weeks and on the 11th week, a tournament will be held.

Complete a registration form and turn in with payment at courtesy desk. Game play will be in the large gym starting at 6:00pm Tuesdays and Thursdays with teams consisting of a combination of both men and women on the court at the same time. (We will work to keep game play to once per week, we may go to Thursdays only if there is a low number of teams)

AWARDS given for Tourney Champ, League Champ, and NEW- special individual player prizes also available.

NEW LEAGUE BEGINS: Fall 2018      Current League Plays tourney and finishes in April

Team Fee: \$90-1 payment made at YMCA desk

Business sponsorships welcome!

Y members: FREE

Non-Member: \$25 fee    Sub Fee: \$5 for Non-Members



## YOUTH & ADULT MARTIAL ARTS

**Meet Master Marland Rachel**— Master rank 5th dan black belt in TaeKwonDo with Stoner's Martial Arts, Kyumson Martial Arts Academy & Breakout Christian Self Defense. Master rank 4th dan black belt in Jiu-Jitsu with Stoner's Martial Arts. 2nd dan black belt in hapkido with International Combat Hapkido Federation. Black belt in oriental weapons through Breakout Christian Self Defense. Instructor Certified for Military Combatives through the MCA a branch of ICHF. Founder of Young-ui Jeongsin (Spirit of the Dragon) Martial Arts. Teacher at Kewanee High School. Certified Self Defense Instructor.



**PARTICIPATION AGE:** Child must be able to stand still and follow instructions. Master Marland Rachel will determine after the 1st trial class, if the student will be mature enough to continue in the class.

**WHAT YOU SHOULD WEAR TO CLASS:** Students should come to class in comfy stretchy clothing and bare feet, once attending class your instructor will provide an order form to purchase a uniform. ORDERS PLACED at the end of week 2.

### LIL' DRAGONS

Martial Arts program for youth ages 5-6years.

**Wednesdays**  
**6:30-7pm**

Y Member \$29  
Public \$52

### TAEKWONDO

A Korean martial art with a heavy emphasis on kicks. Basic and advanced forms, strikes, kicks, weapon disarming, and pressure point.

**Mon & Wed 7-8pm**

Taekwondo Weaponry: Wed 8-9pm

1 class/week: Member \$66    Public \$89  
2 classes/week: Member \$78    Public \$99  
*ADD ON- already paid for hapkido, add on weaponry for this discounted rate:*    Y Member \$20    Public \$34

### HAPKIDO

A hybrid martial arts program for ages 10 & up consisting of basic strikes and kicks, joint locks, pressure point application, counter grabs, and weapons disarming (knife, gun, club...not actual weapons used during classes).

**Mondays 8-9pm**

1 class/week: Y Member \$66    Public \$89  
*ADD ON- already paid for Taekwondo add hapkido for this discounted rate:*    Y Member \$20    Public \$34



# FOR HEALTHY LIVING

Improving the nation's health and well-being

**PERSONAL FITNESS** for questions contact Kristi Johnston at [kristij@kewaneymca.com](mailto:kristij@kewaneymca.com)

## YMCA WIFI! TWO Signals Available

1. Go to settings
2. Select [Y lobby quest](#)
3. Enter password [ymcaguest](#)
4. Enjoy!



1. Go to settings
2. Select [YMCA Guest WiFi](#)
3. Click  Terms & Conditions box
4. Click [Connect](#)
5. Enjoy!

## MEDITATION WITH KRISTI age 16 yrs & up

Take charge of your mind, body, and spirit with meditation. Connect with your true self and source of energy. Promote healing and relaxation. Your clear, and calm mind will encourage positive self-awareness, self-acceptance, and happiness. Improve your heart health and immunity, while reducing the stress and negative energy in your life.

**Tuesday February 13th 6-6:30pm- location TBA**

Per class: Y members \$5 Public \$8

## MEMBER APPRECIATION WEEK Feb 11th-17th

Bring a friend to land fitness class FREE all week!

Get a friend to JOIN THE Y and be entered to WIN a prize

(free spin class, personal training, free 1 mo membership & more!)

**New members pay no join fee this week!**

**SEE MORE ON PAGE 14!!**

## PERSONAL TRAINING

Helpful tool for anyone from beginner to advanced. Several trainers with different specialty areas to meet your scheduling and fitness needs all with certification.

**Pick up your personal training tri fold at the YMCA courtesy desk or check online at [www.kewaneymca.com](http://www.kewaneymca.com) for full background on our trainers and more information!**

### How to get started:

1 Register for your initial assessment at the Y desk and pick up a packet to fill out. *Initial assessment required before you can begin training.*

2 Turn completed packet back in at the Y desk, and we will contact you within 72 hours to set up initial meeting.

3 After your initial assessment is complete you and your trainer can decide what package will best fit your goals.

4 Visit the Y desk to purchase your training package and begin meeting with your trainer!

## SPRING INTO WELLNESS age 16 yrs & up

A calendar of daily activities to promote a healthy mind, body, and spirit. In addition, activities that promote the development of social relationships. Work on your own schedule, but stay accountable by joining the program and logging your time!

**Begins March 5th**

Per class: Y members \$5 Public \$8

## BEACH CAMP age 16 yrs & up

4 Saturdays of conditioning to get you ready for the activities of summer! You will be coached through a variety of drills, stations, and exercises that will challenge and expand your level of fitness!

**Begins April 2018**

Y members \$20 Public: \$35

## DIABETES PREVENTION PROGRAM- Y TAKE CONTROL

FREE 1 month membership with Physician's referral  
For more information on this program contact  
Kristi Johnston at [kristij@kewaneymca.com](mailto:kristij@kewaneymca.com)

## EQUIPMENT ORIENTATION

**FREE for members!**

Need assistance on how to use our equipment? Stop by our desk and ask staff OR Schedule an orientation with a personal trainer.

A Personal Trainer will instruct you on safe use and function of equipment in the facility, questions welcome.

Register at the desk, Wellness Director, Kristi Johnston, [kristij@kewaneymca.com](mailto:kristij@kewaneymca.com) will set up a time to meet with you.



**GROUP FITNESS CLASS INFORMATION**

**FEES:** FREE for Y Members  
Drop in Fee: (1 class 1 time) \$4

**OTHER INFORMATION:** Classes meet in west room unless otherwise stated. Minimum of 3 participants to hold a class. Classes are for participants age 14yr & up unless otherwise stated NO EXCEPTIONS, FREE Child Watch available see pg 7!

**CLASS OFFERINGS:** Include but are not limited to CIRCUITS, YOGA, PIYO, BODY FUSION, ZUMBA, SilverSneakers, Strength Training.

**For class schedule & descriptions pick up Fitness Schedule at the Y desk or visit [kewaneymca.org](http://kewaneymca.org)**

**Group Exercise Policies & Guidelines**

- Warm up is an important to your workout!
- Arriving late? Kindly take a spot in the back so you don't disturb the class in progress.
- Reserving places is not permitted.
- Classes are a group activity; follow the routine to the best of your ability, adaptations offered to fit your needs.
- For the safety of participants it is important that the class can hear the instructor, please keep talking to a minimum during class and feel free to schedule extra stretching time with your friends after class where you can chat it up!
- Wait for previous class to finish before entering the room to set up.
- Wipe down equipment you use after class with the provided wipes.
- As a courtesy to others who may have allergies, please avoid wearing heavy perfume/cologne.
- Any class offered outdoors may be relocated or cancelled due to weather. Call the Y to confirm.
- Instructor substitutions may occur.
- Sweat towels are provided & Don't forget your water bottle!!

**SPIN**

Indoor cycle class for adults (16 years with a parent or 18 years and older) that simulates outdoor cycling. This sweat-dripping calorie burning workout combines a calming environment, camaraderie, positive energy and a mental journey to still the mind, and stir your soul. The best part... you work at your own pace! All fitness levels welcome in this non-competitive environment. Ride as a pack with a common goal: become fit, healthy and happy. Spin is more than a workout, it's a philosophy to live by, a journey moving towards a healthier mind & body.

**SCHEDULE:** On group fitness schedule at the Y desk, and online.

**CLASS DESCRIPTIONS:** on the back of class schedule available at the Y desk & [online at kewaneymca.org/schedules](http://kewaneymca.org/schedules).

**Pricing** Y members- \$5 per ride Public \$8 per ride

**Register** Classes open for registration for upcoming week every Monday for Y members and Friday for non-members. Register and pay for each class you want to attend. There are 12 slots open for each class. Registration may be done online, or in house at the Y. **All riders should carefully read our SPIN 101 prior to attending their first class available at the Y desk or online at [kewaneymca.org](http://kewaneymca.org)**

**WATER EXERCISE**

The YMCA's Water Fitness program encourages people of all ages to use the buoyant qualities of water to enhance their physical fitness through exercise. It's an ideal form of exercise for all ages and increases physical strength and endurance without putting stress and strain on joints. Swimmers and non-swimmers alike can take part in this type of exercise to reduce emotional stress and tension, improve health, and encourage and improve feelings of well-being and self-esteem.

**Fees for Water Exercise:**

2x a week, 14 classes: Y Member \$42 Public \$89  
3x a week, 21 classes: Y Member \$51 Public \$99  
Drop in fee—1 class 1 time: Y Member \$6 Public \$12

**Aquacize** Low impact class, meets in shallow water, geared specifically towards individuals who need a low stress workout for feet/knees/hips.

**Meets 8-8:45am  
Mondays  
Wednesdays  
&/or Fridays**

**SilverSneakersSplash** Offers fun shallow water moves with a specially designed Silver Sneakers kickboard to improve agility, balance, flexibility and cardiovascular endurance. No swimming ability is required.

FREE to Silver Sneakers Members!  
**Meets 9:30-10:15am  
Tuesdays & Thursdays**

**AquaFit** Medium to high intensity depending on class participants. Cardiovascular along with toning, flexibility, and abdominal work.

**Meets 5:45-6:30pm  
Mondays & Wednesdays**



# FOR HEALTHY LIVING

## Improving the nation's health and well-being

Achieving and maintain wellness is a task that is never finished. That's why a healthy lifestyle is so important. We're here to help you, regardless of your starting point, with a variety of classes and support to keep you healthy in spirit mind and body.

### HEALTHY LIFESTYLES

#### AMERICAN RED CROSS LIFEGUARD CLASSES Develop skills valued by future employers!

Learn the newest in Lifeguard Training to prevent & respond to aquatic emergencies. Course includes surveillance, rescue, 1st Aid & CPR/AED for the Professional Rescuer, and professional lifeguard responsibilities. This course is for standard pools and not for rivers, ponds, lakes or oceans; waterfront certification available for a separate fee. Must be 15 years old on or before the final scheduled session of this course. *Swim requirements: 300yards continuous swimming demonstrating breath control using front crawl, breast stroke or a combination. Tread water for 2 minutes using only the legs. Timed 20 yard swim without goggles then dive to a depth of 10 feet to retrieve a 10lb object return to surface and swim on back 20 yards and exit the water carrying the object.*

For a full list of information/ required swim skills visit: [kewaneyymca.org](http://kewaneyymca.org)

Classes instructed by Stephanie Martinez Or Amanda DeValkenaere

UPCOMING CERTIFICATIONS: TBA MARCH 2018

RE-CERTIFICATIONS: Call 853-4431 to schedule or recert at a class listed above.

\$159 new 2 year certification \$95 re-cert good for 2 years

**\*\*Certifications include personal mask keychain!**

#### AMERICAN RED CROSS 2yr CPR/AED

\$67 for Certification and Recertification

NEXT CERTIFICATION: MARCH 2018 TBA

RE-CERTIFICATIONS: Call 853-4431 to schedule a recert at your convenience. Fill out request form at Y desk.

Certify with the Y & refresh your skills anytime we hold a class for free!

- Must register for refreshers.
- When refreshing you do not have to test.
- Refreshers will not re-certify you.
- Only valid for those who took their certification with the Y.
- Good in both CPR/AED & Lifeguard Certifications.



**TOGETHER WE CAN  
CREATE A BETTER US**

## GIVE TODAY

Every dollar donated to the YMCA of Kewanee has a lasting impact on the people of your community. Give today for

**\$50**

1 session of  
Swim Lessons  
or  
Water Exercise  
classes

**\$100**

1 week of  
Summer  
Camp

**\$225**

1 year Youth  
Membership  
or  
6 mo. Senior  
Membership

**\$500**

1 year  
Membership  
For 1 parent  
family



# FOR SOCIAL RESPONSIBILITY

## Giving back and providing support to our neighbors

A spirit of giving is a part of what makes the Y the Y. We're a community and we lend a hand where we can.

### CORPORATE WELLNESS

For every 100 employees in the United States...

- 27 have cardiovascular disease,
- 24 have high blood pressure,
- 50 have high cholesterol,
- 26 are at least 20% overweight,
- 59 do not get adequate exercise ,
- 21 smoke

SOURCE: US Department of Health and Human Services

Not only that but a study by the wellness council of America found that for every dollar invested into wellness, a median savings of \$24 in missed work and health care costs is achieved. Through corporate wellness offerings your employees can get fit and feel great all while improving your company's fiscal fitness.

Contact Kristi Johnston for more information at [kristij@kewaneeymca.com](mailto:kristij@kewaneeymca.com)

## Kewanee YMCA Swim Team Happy Joe's Fundraiser

When: Wednesday,  
February 21<sup>st</sup> 5-7pm.

Where: Kewanee Happy Joe's 515 Tenney Street Kewanee, IL.

Why: To support the Kewanee YMCA Swim Team!

*Tickets on sale now at the YMCA front desk.*

*Come out and help support the Kewanee Kraken!*



### HOW CAN I GIVE BACK?

You don't have to have large sums of money to give back. There are lots of ways you can help the Y and it's Annual Campaign.

First you can **VOLUNTEER**, if you have enjoyed your time at the Y, why not give that back to someone else? Volunteer and touch someone else's life, share your time or any talents you may have. We have special fundraiser events that are lots of fun to help with like Christmas Auctions and Color Runs, and our afterschool program loves getting presentations on unique things like painting, sewing, duck calls and more, whatever your talent, even if you can't think of a way to share it, we can. We are all in this together, and you are important to us! Apply to volunteer at the desk!

Another way to give back, and one of the easiest is to **SHARE YOUR STORY**. Many people don't realize all our Y does in their community. Share with them, as much or as little as you like. Maybe you really felt a relief from your crazy day when you got to workout in your fitness class tonight. Maybe your little girl just gained a whole lot of confidence by realizing she no longer needs her floatie to swim. Or maybe you volunteered today and made a friendship with some one new and unexpected. Whatever the case may be, share it, on facebook, in person, over the phone and more, your Y has so much to offer everyone don't be afraid to let them know!

**GIVE** Donations are great, no matter the amount. We are all in this together, imagine if each person were willing to share a little we could create a lot! The Annual Campaign is supported by many different people, 100% of our Board donates, our staff donate, the local schools get involved, and even little ones donate. We have one little guy who donates some of the change he collects in his piggy bank every year, going on 3 years now. While he may not be giving much, the amount doesn't matter because he is learning to have a giving heart and to help others who may be in need, creating a value that will last a lifetime. Support something you believe makes a difference in the lives of others.

**If you would like to volunteer at the YMCA  
please pick up an application at the Y desk and share with us your talents,  
WE COULD USE SOMEONE LIKE YOU!!**



**Kewanee, Illinois 61443**

**\* 315 West 1st Street \***

**The YMCA of Kewanee**

**\* Fax-309-856-5300**

**\* www.kewaneymca.org \***

**Phone-309-853-4431**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			FEBRUARY			
11 Membership Special Begins!  Members bring a friend to swim FREE 1-3pm!	12 Winter Week 7  Register now for spring!	13 Meditation 6:30-7pm	14	15 Home School Time 2-3:30	16 Tumbling Open Gyms 515-545pm & 545-645pm  Tween Night 7-10pm	17
18	19 School Out Day 8am-5pm  Spring 1 Week 1 NEW session begins today!	20	21 Preschool Open Tumbling 1115am-1215p	22	23 Canvas Creations 5:30-6:30pm	24 Princess Party 5-7:30pm
			MARCH			
25	26 Spring 1 Week 2	27	28	1	2	3
4	5 Spring 1 Week 3	6	7 Preschool Open Tumbling 1115am-1215p	8	9 Tumbling Open Gyms 515-545pm & 545-645pm  Tween Night 7-10pm	10 Tumbling Gym lock in 7pm-Sunday 7am!
11	12 Spring 1 Week 4	13 Free Blood Pressure Checks 11:30-12	14	15 Free Blood Pressure Checks 11:30-12  Home School Time 2-3:30	16 Canvas Creations 5:30-6:30pm  Glam Night 7-9pm	17 Nerfternoon 3-6pm
18	19 Spring 1 Week 5	20	21 Preschool Open Tumbling 1115am-1215p	22	23 Tumbling Open Gyms 515-545pm & 545-645pm  Tween Night 7-10pm	24
25	26 Spring 1 Week 6  Members register now for Spring!  Spring Break Camp 8am-5pm	27 Spring Break Camp 8am-5pm	28 Spring Break Camp 8am-5pm	29 Spring Break Camp 8am-5pm	30 Spring Break Camp 8am-5pm	31