



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATING SMILES TOUCHING LIVES BUILDING COMMUNITY



WINTER PROGRAM GUIDE
2017-2018

Winter:

Jan 3– Feb 17

Member Registration Begins Dec 11

Public Registration Begins Dec 18

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

309 853 4431 kewaneymca.org 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
Effective Sept 5th	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-9pm	8am-3pm	Closed
Effective Oct 1st	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-9pm	8am-5pm	Closed
Effective Nov 1st	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-9pm	8am-5pm	12-4pm
Effective Apr 1st	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-9pm	8am-5pm	Closed
Effective June 1st	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-9pm	8am-3pm	Closed

Special Event and Holiday Closings

Sun Dec 24th	Closed Christmas Eve
Mon Dec 25th	Closed Christmas Day
Sun Dec 31st	Closed New Year's Eve
Mon Jan 1st	Closed New Year's Day
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

Child Watch–

- For Members and Paid class participants.
- Child Watch not available to guest pass or drop in fee participants.
- Review guidelines posted in the room before using the child watch 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.

JOIN US IN SOMETHING BIG

MEMBERSHIP BENEFITS

What will you get with your Membership?

- Development of Spirit, Mind, and Body
- Access to our 6 lane swimming pool & Whirlpool use ages 16 & up
- Adult locker room use for ages 18yr & up with saunas
- Work out towels available for check out at courtesy desk.
- Reduced class & event rates along with advance class registration for Members Only
- FREE child watch service during specified times
- FREE land fitness classes
- Strength training, free weight, racquetball court, indoor walking/running track, cardio room, and gym use
- Unlimited visits & Welcoming staff always on duty to greet you and answer your questions.
- FREE Y Equipment Orientations by a certified personal trainer monthly or upon request
- **MEMBERSHIP KEY TAG CARD** linked to your Y account with a photo of you to protect your membership. For safety members should never loan out their card to others, this would result in a loss of membership privileges. Replacement cards can be obtained for a \$5 fee. Member cards are required in order to check out some items in the facility.
- **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.
- Written consent is required in order to **cancel your membership**. Cancellations need to be made the month prior. For example, cancelling for the month of June you would need to fill out your form in May. Not coming into the facility will not automatically stop your membership you will be billed until you have filled out the form.

NO PERSON WILL BE DEPRIVED OF MEMBERSHIP OR PROGRAMS BECAUSE OF INABILITY TO PAY see pg 5

MONTHLY PAYMENTS MAKE JOINING EASY & AFFORDABLE...

When purchasing a membership you will be asked to pay:

- A **new member fee** one time fee, applies to those who have not been a Y member in the past 30 days.
- and a **monthly fee** prorated amount for the date of the month you are joining. After the first month you will pay the monthly fee only. Your monthly membership charge may be paid through bank draft from checking, savings or visa/master credit card.

Quarterly (3mo.), Semi Annual (6mo.) or Annual Memberships: Do not involve a monthly charge, but do include a new member fee.

Youth- Age 18 years and younger

Monthly \$17.50 New Member Fee \$19

College- show proof of college schedule with a minimum of 12 credit hours.

Monthly \$28 New Member Fee \$10

Adult- Age 19-64 years

Monthly \$37.50 New Member Fee \$37

Senior- Age 65 & up

Monthly \$28.50 New Member Fee \$37

Senior Couple- Cohabiting couple in the same household, one member of the couple must be 65 years or older.

Monthly \$45 New Member Fee \$50

Family- Cohabiting couple & dependant children to the age of 19 or up to 23 if they are attending college full time.

Monthly \$49.50 New Member Fee \$60

One Parent Family- One parent with dependent children to the age of 19 years or up to the age of 23 years if they are attending college full time. *Note: one parent means either a single parent or just 1 parent of a married or co-habiting couple that wishes to join, it just means only 1 of the parents are going to be on the membership.*

Monthly \$42 New Member Fee \$50

SilverSneakers- Healthways offers classes designed specifically for older adults, health education and social events to eligible Medicare health plan member and Group retirees. With the SilverSneakers network you will receive a **FREE YMCA** membership with access to a variety of participating locations!

College Membership

Holiday Special

Starts Dec 15th – ends Jan 20th

\$25

BELONG TO A PLACE WHERE...

- Families come together to 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?

The YMCA of Kewanee strives to be a place for everyone to come and belong. If our membership rates are outside of your family's monthly budget, you can provide us with financial information to apply for an income based scholarship. Our Membership Staff will then offer you a more affordable rate on membership and/or programs for 6 months. After 6 months we ask that you resubmit your application, because we know circumstances change.

The amount we charge for our programs and membership is 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 work hard to seek support from the community for the Y's Annual Campaign. We 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, that excess goes back to other programs that need support like the scholarship fund to change people's lives.

HOW DO I APPLY?

Come into the YMCA of Kewanee and ask at the Courtesy desk for an income based scholarship application. Complete the application and return it with the proper copies of paperwork.

- **Your 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:** Please submit a copy of: (we can run copies for you) your most current W2, any other household income, and 2 most current paycheck stubs.

Once you have applied for scholarship you will be contacted with scholarship fees and given 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. With the membership you will be asked to pay a flat rate join fee Youth: \$5, Adult/College/Senior \$10, and Family \$15. Once you come in to finish the process you will be ready to enjoy the Y! Income based pricing is re-evaluated every 6 months, at which time, participants are responsible for coming into the facility and re-applying.

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.

For more on how you can give back see page 20!

**The Y. So Much More™
Annual Campaign 2017**

Y TERMS DEFINED

<p>MEMBER someone who holds a current membership in good standing with the YMCA of Kewanee</p>	<p>PUBLIC someone who does not have a YMCA of Kewanee membership or who is a visiting member from another Y</p>	<p>PROGRAM</p> <ul style="list-style-type: none"> • Class that meets on a regular basis • Start and end dates are defined by our 5 or 7 week long sessions. • Requires registration • May require you to fill out a form 	<p>SPECIAL EVENT</p> <ul style="list-style-type: none"> • One time event with theme • Requires registration so we can get supplies!
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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			
Fall 1	Sept 11-Oct 28	Mon Aug 14	Mon Aug 21
Fall 2**	Oct 30-Dec 16	Mon Oct 16	Mon Oct 23
**No PM classes Oct 31, Nov 22, Nov 23. Make ups held Dec 19, 20, 21.			
Interim	Dec 18-Jan 2	Mon Dec 11	Mon Dec 18
Winter**	Jan 3-Feb 17	Mon Dec 11	Mon Dec 18
**No classes Jan 1-2. Winter session Mon & Tues classes are prorated.			
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

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, 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 Aquazize 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 ACCOMPANIED 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 12/1/17-	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. 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 Jan 15th Martin Luther King Jr. Day- Slither Roar Explore!

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

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

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

Christmas Break Camp Thurs Dec 21-Wed Jan 3rd (CLOSED MON JAN 1st!)

Per day: Y Member: \$16 Public: \$21 **Attend 5 days or + & get \$5 discount!**

Spring Break Camp Mon March 26-Mon Apr 2nd

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

December 11th

March 12th

April 9th

Kewanee Schools

December 20th

February 9th

March 23rd

April 13th

Per day:

Y Member: \$10

Non-Member: \$20

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.

BEGINS August 21st 2017



- Swimming & 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

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**

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

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
suc@kewaneeymca.com



HIGH SCHOOL YOUTH BOARD

The high school youth board is comprised of students from Kewanee and Wethersfield Schools in a range of grade levels. The Youth Board meets once per month to discuss issues facing youth in our community and create possible solutions for these issues.

The Youth Board helps host meaningful activities for youth in our community through the YMCA in part with the Kewanee Community Drug and Alcohol Task Force.

Each year the Youth Board participates in Your Actions Matter a program through the Illinois State Liquor Control Commission to raise awareness in the community about not serving or purchasing alcohol for minors.



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.



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 6-21yrs 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. Weekend 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 Nathan Wager, and assisting coaches Julie Fristad, Racheal Barnett.



Regular Season Begins: Monday September 18th

ALL SWIMMERS MUST BE REGISTERED WITH THE DESK IN ORDER TO SWIM AT PRACTICE.

Swim team Schedule: No practice will be held- Oct 31st, Nov 22, Nov 23, Dec 25, Jan 1, Jan 2

Team will practice some Saturdays in Oct, Nov, dates TBA time 8-9am.

Monthly payment plans available, must set up via swim team bank draft form, **fee is \$4 per month** that you choose to divide it up among over the full rate.

	***\$10 per child discount for siblings.	Full season Sept 18-Mar 22	First Half season Sept 18- Dec 14	Last half season Dec 18-Mar 22
LIME	Mon & Wed 415-515pm, Tues & Thurs 5-6pm	\$217	\$119	\$117
BLUE	Mon & Wed 630-8pm, Tues & Thurs 5-630pm	\$230	\$125	\$123

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

Mon & Wed	3:30-4:10	4:15-4:55	5-5:40
Tues & Thurs	3:30-4:10	4:15-4:55	5-5:40
SATURDAYS	9-9:40	9:45-10:25	10:30-11:10

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

Dance provides opportunities for body awareness, alignment, physical expression, and creativity. Dance students will learn a progression of techniques and terminology through tap, jazz and ballet. Hip Hop classes are available for ages 13 and over. Classes offered in combinations and held **weekday afternoons/evenings**. 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 take nfor this program for the remainder of the year. Only current students may re-enroll.

Age	Class type	Y Members	Non Members
3 - 7 year olds	1 - 45 min. class per week for 7weeks	\$42	\$62
8 years & up	1 - 60 min. class per week for 7weeks	\$52	\$72



YOUTH BASKETBALL LEAGUE

**4-6 years– Instructional and scrimmage
K, 1, 2 & 3-4th grades– League Play**

Our youth basketball leagues are a great way for your kids to fine tune their skills, practice good sportsmanship and have fun. This recreational basketball league emphasizes skill development, character development and fun. Children need sneakers with non marking soles & youth sport shirt to participate. For more information see the registration form at the Y.

BEGINS: Sat Jan 6th with Training Camp

9-9:45am 4-6 years old
10-11am for Grades K, 1, 2
11-12am for Grades 3, 4

***Note Kindergarten parents have the option to register in instructional play or league play.*

All Games on Saturday mornings 9am-12:30pm times TBA pending enrollment. Practices will be once a week.

Division/ grade:	Games:	Y Member Fees	Non Member Fees
Biddy Basketball– PreK & K Instructional only	Saturday 9-945am small gym	\$26	\$49
K, 1st-2nd form teams and play games. Practice at least once a week.	Saturday 10-11am Big gym	\$39	\$59
3rd-4th form teams and play games. Practice at least once a week.	Saturday 11am-12pm Big gym	\$39	\$59

PRIVATE & SEMI PRIVATE LESSONS

See page 14

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 !

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 are set considering the child's age, learning level and attention span. Classes contain a varying skill level of students because each student progresses at their own rate.

HOW A CLASS RUNS: Circuits with independent and 1 on 1 teaching stations. Independent stations involve a variety; covering everything from 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: Registration forms can be picked up at the Courtesy Desk, Tumbling Desk, or filled out on our website. Please be sure to include all conflicts/ carpool needs so we can work with you to get the best class time for your family. Once you register we will contact you with a class day and time and your starting date.

WHAT YOU SHOULD WEAR TO CLASS: Comfortable stretchy attire that does not include buttons, zippers, sharp or dangling objects. Shirts tucked in; Hair tied back & off face; clean socks for trampoline. Leotards not required but are strongly recommended. New & like new leos available in the tumbling lobby.

HOW OFTEN ARE CLASSES: Classes meet once a week

Fall-Spring: for a 7 week long session.

Summer: for a 5 week long session.

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

ALL STUDENTS NEED TO COMPLETE A NEW REGISTRATION FORM !!

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.

PARENT TOT ages 18 months–3 years/ 45 min class

Y Member \$29 Public \$54 1 teacher to 6 students

Parent accompanies child through a series of obstacles, to a teacher taught station. Children learn to trust an instructor other than their parent, small and large motor skills, & basic tumbling/trampoline skills.

SUPER TUMBLE TOT ages 3–4 years/ 60 min class

Y Member \$43 Public \$69 1 teacher to 5 students

Students maneuver a series of independent stations, to a one on one teacher station. Skills included: head/hand stand, cartwheel, seat, doggy, tummy drop, position & turning 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 5 students

***Combined with pre rec class to offer more time slots and allows beginners to see the skills they are working towards while also offering motivation.* Skills: handstand, cartwheel, round off, limbers, walkovers, handsprings, front/back drops, doggy fronts, combining skills, casting on bar, flipping on bar, vaulting, & jumps/turns/ balance positions on beam.

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

Y Member \$56 Public \$79 1 teacher to 6 students

***Combined with ultra tot class to offer more time slots & opportunities for leadership.* Skills: those from ultra tot as well as back handsprings.

REC Combo– ages 8 years & up/ 2 hour class

Y Member \$71 Public \$95 1 teacher to 8 students

Tumbling, double mini & trampoline with some bars, beam & vault skills as well as important conditioning to strengthen for upcoming more advanced skills. Skills: those 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 6 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

Dec 8th, Dec 15th, Dec 22nd,
Jan 12th, Jan 26th, 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

Dec 8th, Dec 15th, Dec 22nd,
Jan 12th, Jan 26th, Feb 2nd, Feb 16th,
Mar 9th, Mar23rd, Apr 6th, Apr 20th

Special dates over Christmas Break: 1-2pm
Wed Dec 27th, Thurs Dec 28, Fri Dec 29

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

Dec 13, Dec 27, Jan 10, Jan 24, 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 4-5pm

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

Dec 15th- Masquerade hunt

Dec 22nd -Nerf night

Jan 12- Music trivia

Jan 26-Let the GAMES begin

Feb 2nd, Feb 16th-Awesome 80's

Mar 9th, Mar 23rd, Apr 6th, Apr20th

NEW- Register by 5pm Friday of event to save \$5!! 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

Sept 14 Swim and Gym **Oct 19** Tumble & Trampoline and Gym

Nov 16 Swim and Gym **Dec 14** T & T and Gym

Jan 18 Swim and Gym **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

For all 8 event dates:

Y Members \$28 per family Public \$36 per family

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 Jan 19th 7-9 pm

Per event: Y Member \$5 Public \$10

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

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,

NEW YEAR'S EVE LOCK IN 2017-2018

FOR Ages 6-12yrs.

Hey Moms or Dads... have a relaxing new year's eve while the kids run and play at the Y! Bring swim suit & towel, comfortable shoes and clothing for play. Dinner, midnight snack, and breakfast snack are provided. Try Online Registration! Must have a minimum of 10 participants to run the event.

Dec 31st 7pm- Jan 1st 7am

Register by Fri Dec 29th 9pm:

Y Members \$25 Public \$30

Register Dec 29th 9:01pm-Sun Dec 31 7:15pm:

Y Members \$35 Public \$40

Due to a loss in grant funding the cost has increased. For 12 hours of fun and care \$25 is still less expensive than a sitter!!

Ages 13 -14 volunteer to work the event, please fill out a volunteer app at the Y desk and return to Rachel Shrum, Program Director.

Cost- \$10 this covers your food for the night.

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



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 10th 5-7:30pm

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



PARENT'S DAY OUT

Hey Moms or Dads... still have some shopping, or cleaning or relaxing you need to do before the holiday season? Sign the kids up for parent's day out and get out on your own for a bit! Bring sack lunch, swim suit & towel, comfortable shoes and clothing for play. An afternoon snack provided. Try Online Registration! Must have a minimum of 10 participants to run the event.

Saturday January 27th 9am-3pm

SPACE IS LIMITED REGISTER EARLY!

Y Members \$10 Non Members \$15

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

Contact Mary at 853-4431 or ymca.tumble@kewanee.com



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.

COFFEE & CANVASES

The art we will be painting will be holiday themed where you can add your family name. It would make a great gift or a beautiful holiday decoration. Fun with art and no mess to clean up at home!! Meets in the Pool lobby. **SPACE IS LIMITED to 12 REGISTER EARLY!**

Fri Jan 19th 9-10am

Per event: Y Members \$10 Public \$14



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: Thursday January 18th 2017

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

BRING YOUR RIDE INSIDE

Spin classes being added :

Tuesdays & Thursdays 8:30-9:15am

Saturdays & Sundays 8:30-9:15am



*take time,
rejuvenate your body
and your mind.*

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 Jan 9th 11:30am-12pm

Tuesday February 13th 6-6:30pm

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

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

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 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!

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!

RESOLUTION RELAY In 2018, I AM _____!

- * Happy *Energetic *Balanced *Strong
- *In Control of My Diet and Weight *Feeling Healthy Overall

You fill in the blank with a tailored approach to the new year! This is a personal challenge, designed to help you develop goals that bring more happiness and joy to your life! This is a 7 week program. Each week, bringing a different area of health and wellness to focus.

1 x week: meet with health & wellness coach for topic coverage/goal setting/support

1 x week: meet with trainer for group training; or opt for a planned workout (prepared for you to do on your own)

Y members \$TBA Public \$TBA

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 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

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://online.at.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**

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 9:40-10:15am
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

Classes instructed by Stephanie Martinez Or Amanda DeValkenaere

UPCOMING CERTIFICATIONS: TBA JAN 2017

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: DATES/TIMES 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

NERFTERNOON WITH DAD Age 5yrs & up

Sat Feb 3rd 3-6pm

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

Register by Thursday Feb 1st & SAVE!

Register by 5pm Thurs Feb 1st:
Member \$5 Public \$10

Register 5:01 2/1/18- 3 pm 2/3/18:
Member \$15 Public \$20

No registration after 3:15pm day of event

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!!**



The YMCA of Kewanee * 315 West 1st Street * Kewanee, Illinois 61443

Phone-309-853-4431 * www.kewaneymca.org * Fax-309-856-5300

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY						
31 New Year's Eve Lock In 7pm-7am	1 Y Closed New Year's Day	2 Dance classes resume	3 New Winter Session Begins	4	5	6 Youth Basketball League Training Camp
7	8 Winter Week 2	9 Meditation 11:30am-12pm	10 Preschool Open Tumbling 1115am-1215p	11	12 Tumbling Open Gyms 515-545pm & 545-645pm Tween Night 7-10pm	13 Youth Basketball League Games begin
14	15 Winter Week 3 School Out Day 8am-5pm	16	17	18 Home School Time 2-3:30 Adult Volleyball League Begins	19 Coffee & Canvases 9-10am Glam Night 7-9pm	20
21	22 Winter Week 4	23	24 Preschool Open Tumbling 1115am-1215p	25	26 Tumbling Open Gyms 515-545pm & 545-645pm Tween Night 7-10pm	27 Parent's Day Out 9am-3pm
FEBRUARY						
28	29 Winter Week 5	30	31	1	2 Tumbling Open Gyms 515-545pm & 545-645pm Tween Night 7-10pm	3 Nerf afternoon with Dad 3-6pm
4	5 Winter Week 6 Members register now for Spring!	6	7 Preschool Open Tumbling 1115am-1215p	8	9	10 Princess Party 5-7:30pm
11	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
MARCH						
25	26 Spring 1 Week 2	27	28	1	2	3