



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POWERING SUMMER FUN



2019 SUMMER
Program Guide
Kankakee Area YMCA

1075 N. Kennedy Dr.

www.k3ymca.org

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CONTACT US

1075 N. Kennedy Dr.
Kankakee, IL 60901

(815) 933-1741

www.k3ymca.org

Follow us on social media



DING!

It's the Y!

- Alerts
- Class Schedules
- Y Barcode
- Program Guide
- Program Registration

**Download the Kankakee Area
YMCA app for FREE!**

VISIT US!

SUMMER HOURS

Monday – Thursday ... 4:30 AM – 9:00 PM

Friday 4:30 AM – 7:00 PM

Saturday 7:00 AM – 5:00 PM

Sunday 8:00 AM – 5:00 PM

YOUTH ACCESS

10-13 years old may use facility without a parent:

Monday – Friday .. 4:00 – 7:00 PM

Saturday 9:00 AM – 12:00 PM

HOLIDAY HOURS

May 27 Memorial Day 6:30 – 11:00 AM

July 4 Independence Day 6:30 – 11:00 AM

Sept. 2 Labor Day..... 6:30 – 11:00 AM

WHY THE Y?

We are more than a gym, we are a place to build relationships while building strength. You're not just a member, you're a part of a family that wants to see you succeed and be the best version of YOU!

MEMBERSHIP

- FREE Personal Training
- FREE Group Exercise Classes (Aqua, Aerobics, and Cycling)
- FREE Child Watch Services
- BRAND NEW state-of-the-art equipment
- SO much more!

FAMILY MEMBERSHIP

\$62/month

\$90 enrollment fee

ADULT MEMBERSHIP

\$44/month

\$65 enrollment fee

YOUNG ADULT MEMBERSHIP

\$18/month

\$25 enrollment fee

WE'RE FOR ALL

Everyone has the opportunity to join the Y! Our memberships are month to month with no lengthy contracts or outrageous joining fees.

Over 10% of our members take part in our Open Door (income based) memberships. Ask our Member Services desk for more information.

PROSPECTIVE MEMBERSHIP

Prospective membership allows a non-member to participate in a fee for service class for a specific length of time. It does not allow the use of the facility other than for the specific class.

CREDIT/REFUND POLICY

A Program Withdrawal Request form must be completed at the Member Service desk at least 1 week prior to start of the program. Credit may be given with the approval of the Program Director in the form of a refund or credit for future programs. Credits are not given for missed classes due to personal circumstances or cancelled classes due to an act of God or nature.

Class fees are prorated as necessary for holidays. The Y reserves the right to cancel or change a class time and will give a full credit on your account.

This policy does not apply to Day Camp or School Age Child Care. Refer to parent handbook.

FINANCIAL ASSISTANCE

Financial Assistance is available through an application process for additional assistance.

FACILITY ACCESS

Everyone 16 and older MUST present a state issued photo ID or must be a YMCA member to enter the facility.

SUPERVISION OF CHILDREN

Children 9 years and younger must be with a parent or guardian, in a class, structured program or Child Watch/Kid Zone. Parent or guardian must remain in the building.

CORPORATE MEMBERSHIP

The Y is proud of the companies who invest in the health of their employees through endorsing and supporting the YMCA Corporate Membership Program. Contact the Membership Director for more information.



LEARN, GROW & THRIVE

At the Y we believe having a healthy spirit, mind and body is important for everyone. We're here to watch your children while you work on becoming a better YOU!

CHILD WATCH

Children ages 6 weeks – 5 years
Time Limit: 2 Hours per day

Monday - Friday 8:00 AM - 12:00 PM
Monday - Thursday 4:00 - 8:00 PM
Friday 5:00 - 6:45 PM
Saturday 9:00 AM - 12:00 PM

KIDS' FIT ZONE

Children ages 5 – 13 years
Time Limit: 2 Hours per day

Monday - Friday 8:00 AM - 12:00 PM
Monday - Thursday 4:00 - 8:00 PM
Friday 5:00 - 6:45 PM
Saturday 9:00 AM - 12:00 PM

MEMBERS – FREE

PROSPECTIVE MEMBERS – \$5/visit/child

PRESCHOOL

The Grow Up Great Preschool, for children ages 3-5 years old, provides an enriching, nurturing environment that fosters learning and social development during the most important preschool years. Our High Scope Curriculum embraces a hands-on learning approach using people, objects, events and ideas in the areas of art, science, social-emotional development, language, literacy, math, movement and music. Children will use a wide range of programs including swim lessons and gym.

CHILD WATCH &
PRESCHOOL



1st day of school August 21

Monday, Wednesday, Friday 8:00 AM - 12:00 PM \$48/week



Y-KIDS

Before & After School Care

Y-Kids School Aged Child Care (SACC) is a before and after school aged child care program designed to meet the needs of children with working parents. SACC is designed to help develop children to their fullest potential, to support and strengthen the family unit, and to provide an environment of safety, support and care. Your child can participate in structured homework help & tutoring, age-appropriate games, arts & crafts, social interaction, activities to get them moving, and time for rest. After school activities may include outdoor play. Nutritious snacks are also provided daily. Our qualified staff is trained in CPR, AED, First Aid and child abuse prevention.

Full-time Payment Option

\$230/month/child (AM & PM)

Includes complimentary YMCA Family Membership!

A non-refundable registration fee of \$50 per family is due at time of registration. Automatic EFT required. 10% discount for additional children.

Part-time Payment Option

AM Care.....\$30/week/child

PM Care.....\$50/week/child

School's Out Days...\$26/day/child

A non-refundable registration fee of \$50 per family is due at time of registration. Automatic EFT required. 10% discount for additional children.

Register at the Kankakee Area YMCA.

State funding is available through CCR&R and we offer financial assistance for those who don't qualify. Call Elayne for assistance with CCR&R application. 815-933-1741 ext. 215

Bourbonnais School District Serves: BESD 53 Schools

Program held at Alan B. Shepard Elementary School

Kankakee School District Serves: KSD 111 Schools

Program held at Kennedy Middle School

Manteno School District Serves: Manteno Jr High Manteno Elementary Schools

Program held at Manteno Elementary School



WE'RE HERE TO HELP!

FREE! PERSONAL TRAINING

14 years and up

One-on-one instruction with a trainer who will develop an individualized plan just for your needs. The trainer will work with you each session to provide support, motivation, and guidance as you progress towards your fitness goals.

*Limit of 2 half hour sessions or 1 hour session per week with a trainer. Please call at least 24 hours in advance to cancel an appointment. \$15 non-cancellation fee will apply.

FREE! BUDDY & SMALL GROUP PERSONAL TRAINING

14 years and up

Studies show that working out with a group helps keep you and your buddy motivated to continue working out. That's why we are offering Buddy & Small Group Training to help improve your chances of staying committed and focused on your goals. Register for the free program at the Welcome Center with your group to start your fitness journey together. Same rules and fees as Personal Training apply.



FREE! FIT PASS ORIENTATION

10-13 years

A Fit Pass Orientation is required for anyone 10-13 years old to gain access into the Wellness Center. One of our trainers will show you proper technique, as well as guide you on which pieces of equipment to use. Upon completion, a Fit Pass will be issued. Fit Passes must be worn in the Wellness Center at all times to signify that you have completed the orientation.

FREE! WELLNESS CENTER ORIENTATION

14 years and up

This is an introduction on how to use the new equipment in the Wellness Center. A Fitness Specialist will demonstrate how to use the equipment safely.

WORK IT OUT!

Cardio Kickboxing

Join us for a high energy total body workout. Various combinations of kickboxing techniques keep this workout fresh and fun!

HIIT

A high energy workout designed to incorporate the whole body. Techniques taken from martial arts, Kung-Fu, kickboxing, and Muay Thai. Experience speed, agility, endurance training and a whole lot of fun!

Kids' Yoga (7-13 years)

This class features age appropriate music and encourages kids to find their inner peace.

Pilates

Tone up with Pilates! Our class targets your core muscles by using resistance to help build strength and flexibility.

Pound

This moderate to high intensity class includes the use of weighted drumsticks to strike in conjunction with music. This workout combines elements of plyometric, Pilates, and cardio, targeting smaller muscle groups and hard to reach areas. Accommodations can be made for all fitness levels!

R.I.P.P.E.D.

Experience this total body "plateau proof formula" workout utilizing resistance and cardio training which masterfully combines Resistance, Interval, Power, Plyometric, Endurance, and Diet to help you attain and maintain your fitness level.

Fundamental Stretch

Come and experience this whole body workout for your joints, limbs and health.

Step It Up

Looking to burn lots of calories? You will enjoy learning new patterns and combinations in a high energy and challenging atmosphere.

Total Ab Blast

Find that six pack you've been looking for! This is an intense 30 minute class that will focus on your core muscles.

Turbo Step

60 Minutes of cardio training that uses steps (risers) which can be adjusted to a height that creates just the right intensity as you work to improve agility, coordination, strength, and cardiovascular strength endurance.

Yoga

Breathe, focus, and relax while burning calories in our Hatha style yoga classes.

Yogalates

We combine Pilates and yoga for total body workout focused on toning the glutes, thighs and stomach. This low-impact workout will increase your flexibility, muscular strength, posture, and alignment through yoga poses, breathing and relaxation.

Zumba

A fun class that feels more like a night out dancing than a workout! This is an easy aerobic style class with a combination of fast and slow rhythms that tone and sculpt.

Fit Mix

A total body workout with a variety of exercises each week. Great for those new to fitness or beginning again and tired of doing the same thing class after class!

MEMBERS – FREE
PROSPECTIVE MEMBERS – 10 CLASSES/\$65



QUEENAX CLASSES

QUEENAX BOOTCAMP

Improve endurance, strength, core stability, and much more using this state of the art system. Queenax Bootcamp is a strength-based, high intensity workout using all parts of the system.

QUEENAX BODY SHOP

Queenax Body Shop is a challenging, aerobic style of cardio and strength on our Queenax system. Toning for total body and strength in a fun and unique format.



QUEENAX PILATES

Incorporating Pilates movements through a special piece of equipment called the Superfunctional, this workout uses straps and a bar attached to the Queenax system to improve core strength while allowing for an overall stronger and more functional body.

TRX TABATA

High Intensity Intervals will be used to supercharge your TRX Suspension Training workout. The basic HIIT technique is to alternate periods of extremely high intensity exercise with short rest periods for a specified number of sets.

QUEENAX CIRCUIT

Queenax Circuit is a strength-based circuit using all parts of the Queenax.

QUEENAX SUPERFUNCTIONAL

Superfunctional utilizes the superfunctional trapeze system on the Queenax for a total body circuit workout.



MEMBERS – FREE
PROSPECTIVE MEMBERS –
10 CLASSES/\$65

LET'S CYCLE!

REV IT UP

A 45 minute high energy cycling class that features a fast paced fun ride with music that makes you want to move.

TURBO CYCLE

Take the challenge and bring your fitness to the next level with this hour long cardio cycle class.

POWER PEDAL

Looking to effectively train every part of your body? Get peddling and use weights to "power" through intervals of lower body and upper body movements that will improve your cardio endurance as well as muscular strength.

RHYTHM RIDE

Challenge yourself and burn calories as you push through intervals that are choreographed to go along with the highs and lows of the music. A lower body as well as a rhythmic upper body workout will give you the ride of your life!

AQUA AEROBICS

Try aerobics with a splash! In this class you will try a variety of routines in varying depths of water.

Tuesday & Thursday 9:00–10:00 AM

Saturday 8:00–9:00 AM

AQUA MIX

We mix it up! Aerobics and resistance combine for a great mix.

Monday, Wednesday & Friday

12:30–1:15 PM

DEEP WATER AEROBICS

This class will get your heart pumping! Participants should be comfortable in deep water.

Monday, Wednesday & Friday

8:15–9:00 AM

EARLY BIRD CYCLE

Start your morning off on the right foot... or pedal! Join us for an aerobic exercise to get your heart pumping and blood flowing.

RIP & RIDE

Achieve total body fitness in this cycling class that integrates the use of hand weights for upper body strength with the lower body and core conditioning of cycling for overall impact.

PEDAL ON

Cardio inspired class that brings out your inner athlete leaving you feeling successful regardless of your fitness level. Join in on a ride that will improve your cardio, endurance, and strength and will keep you coming back for more.

MEMBERS – FREE

PROSPECTIVE MEMBERS – 10 CLASSES/\$65

JUMP IN!

ENERGIZE! DEEP WATER

Drop in after work and spend some time in the pool. Different exercises in different water depths will boost your energy.

Tuesday & Thursday 5:45–6:30 PM

TWINGES IN THE HINGES

Have arthritis? This class focuses on slow movements and range of motion.

Tuesday & Thursday 1:00–1:45 PM

MEMBERS – FREE

PROSPECTIVE MEMBERS – 10 CLASSES/\$65

THE RIGHT CLASS FOR YOU!

6-18 MONTHS

SHRIMP

1 or both parents will be in the Swan pool with their child.

18-36 MONTHS

Does your child swim without holding onto a parent? Is your child comfortable with an instructor?

YES

PERCH

This class uses bubble belts, but parents don't need to be in the Swan pool. Must have instructor approval.

NO

KIPPER

Parents are still in the Swan pool and bubble belts are used.

3-5 YEARS

Looking for a beginners class?

NO

Is your child able to swim on their front & back with just flotation the length of the large pool? Do they put their face in the water?

YES

YES

PIKE

Not ready to be on their own?

NO

Does your child do everything in Pike 2, have good understanding of rotary breathing, swim freestyle laps, and consider themselves advanced?

EEL

YES

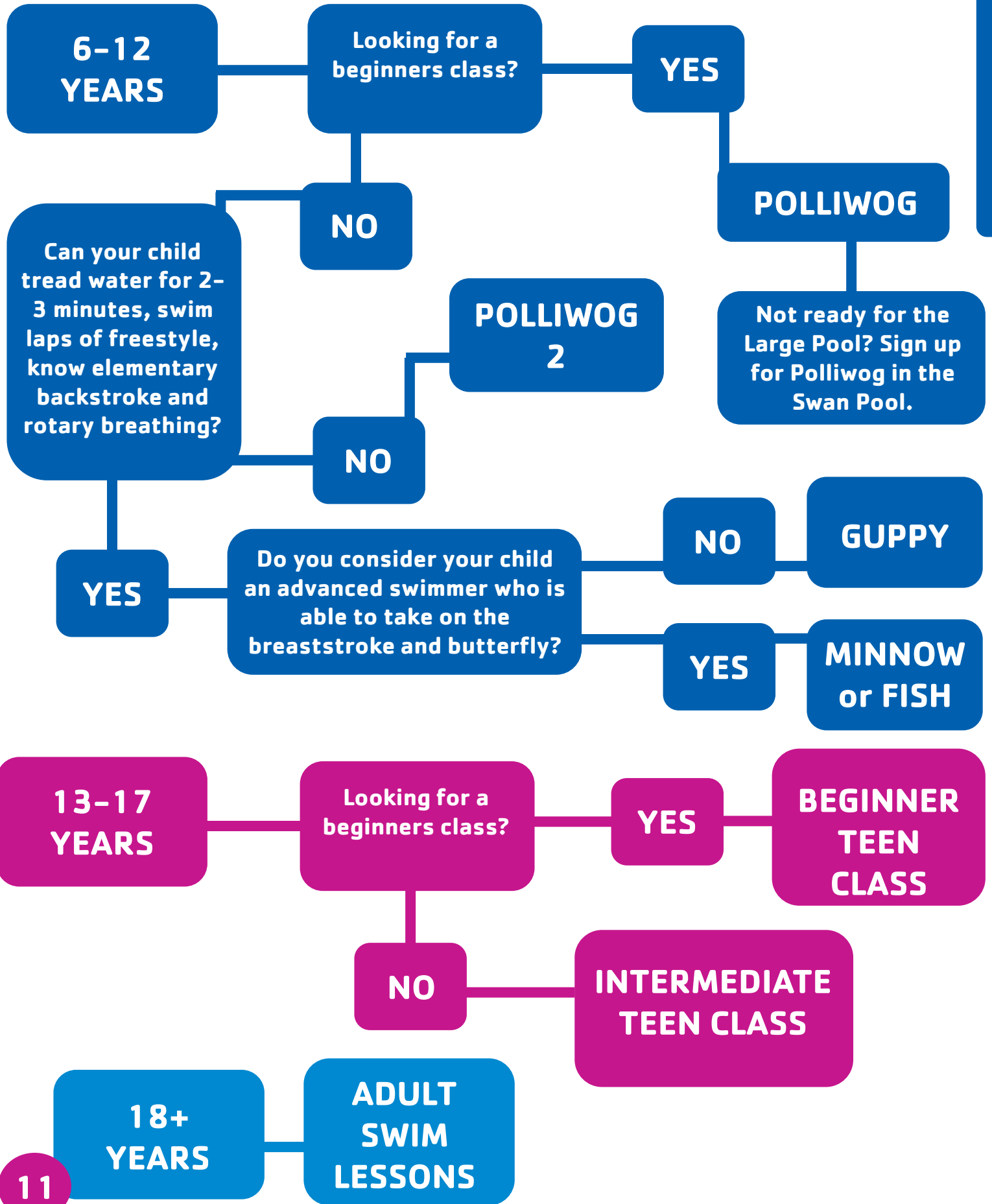
TUNA

Our instructors work with your child to progress into Pike in the Swan pool.

PIKE 2

RAYS or STARFISH

THE RIGHT CLASS FOR YOU!



SUMMER SESSION I June 10 – July 13 (5 weeks)

Member registration begins **May 20**

Prospective Member registration begins **May 27**

SUMMER SESSION II July 15 – August 17 (5 weeks)

Member registration begins **July 1**

Prospective Member registration begins **July 8**



PARENT/CHILD (6 months – 5 years) 30 minute lessons

SHRIMP (6 – 18MO)

MO 7:00PM
TU 9:00AM
WE 4:30PM
TH 6:30PM
SA 8:45AM

KIPPER (18 – 36MO)

MO 7:00PM
TU 9:00AM
WE 4:30PM
TH 6:30PM
SA 9:15AM

PERCH (2-3YR)

MO 6:30PM
TU 9:30AM

TUNA (3-5YR)

TH 7:00PM

MEMBERS \$15

PROSPECTIVE MEMBERS \$35

PRE-SCHOOL (3-5 years) 45 minute lessons

PIKE (3-5YR)

BEGINNER
MO 10:00AM
MO 5:00PM
TU 10:45AM
TU 4:15PM
TU 5:45PM
WE 10:00AM
WE 5:00PM
TH 10:45AM
TH 5:45PM
SA 9:45AM
SA 10:30AM

PIKE 2 (3-5YR)

BEGINNER
MO 10:00AM
MO 5:00PM
TU 10:45AM
TU 5:45PM
WE 10:00AM
WE 5:45PM
TH 10:45AM
TH 5:45PM
SA 9:45AM

EEL (3-5YR)

INTERMEDIATE
MO 10:00AM
MO 5:00PM
TU 10:45AM
TU 5:45PM
WE 10:00AM
WE 5:00PM
TH 11:45AM
TH 5:45PM
SA 9:45AM

RAY (3-5YR)

ADVANCED
MO 10:00AM
MO 5:00PM
TU 10:45AM
TU 5:45PM
WE 10:00AM
WE 5:00PM
TH 10:45AM
TH 5:45PM
SA 9:45AM

STARFISH (3-5YR)

ADVANCED
MO 10:00AM
MO 5:00PM
TU 10:45AM
WED 10:00AM
TH 10:45AM

MEMBERS \$20

PROSPECTIVE MEMBERS \$45

SCHOOL AGE (6-12 years) 45 minute lessons

POLLIWOG (6-12YR)

BEGINNER

MO 9:15AM (Swan)
MO 4:15PM
MO 5:00PM
MO 5:45PM (Swan)
TU 10:00AM (Swan)
TU 10:45AM
TU 4:15PM
TU 5:00PM (Swan)
WE 9:15AM (Swan)
WE 5:00PM
WE 5:45PM (Swan)
TH 9:15AM (Swan)
TH 10:45AM
TH 4:15PM
TH 5:00PM (Swan)
SA 9:45AM
SA 10:30AM

POLLIWOG 2 (6-12YR)

BEGINNER

MO 10:45AM
MO 5:45PM
TU 10:00AM
TU 5:00PM
WE 10:45AM
WE 5:45PM
TH 10:00AM
TH 5:00PM
SA 9:00AM
SA 10:30AM

GUPPY (6-12YR)

INTERMEDIATE

MO 10:45AM
MO 5:45PM
TU 10:00AM
TU 5:00PM
WE 10:45AM
WE 5:45PM
TH 10:00AM
TH 5:00PM
SA 9:00AM

MINNOW/FISH (6-12YR)

ADVANCED

MO 10:45AM
MO 5:45PM
TU 10:00AM
TU 5:00PM
W 10:45AM
TH 10:00AM
TH 5:00PM

FLYING FISH/SHARK (6-12YR)

ADVANCED

MO 5:45PM
TU 10:00AM
TU 5:00PM
TH 10:00AM
TH 5:00PM

POLLIWOG CLASS FOR CHILDREN UNDER 4 FEET TALL HELD IN SWAN POLL.

MEMBERS \$20

PROSPECTIVE MEMBERS \$45

SUMMER SESSION INTENSIVE SWIM LESSONS

Jump start your child's swimming skills with Intensive Swim Lessons. Lessons are held 4 days each week to give your child extra practice. Pike, Polliwog and Polliwog 2 levels only.

Monday – Thursday for 2 weeks

June 10 – 20

July 8–18

July 22–Aug 1

Pike & Polliwog 1 1:30–12:00 PM

Polliwog & Polliwog 2

6:30–7:00 PM

MEMBERS – \$24

PROSPECTIVE MEMBERS – \$56

**SPECIALTY SWIM
CLASSES**

BEGINNER TEEN SWIM LESSONS

Designed for teens who are not familiar with swimming or uncomfortable in deep water.

WE 11:30 AM–12:15 PM

TH 6:30–7:15 PM

MEMBERS – \$20

PROSPECTIVE MEMBERS – \$45

INTERMEDIATE TEEN SWIM LESSONS

Designed for teens who are able to swim the length of the pool and comfortable in deep water.

WE 11:30 AM–12:15 PM

TH 6:30–7:15 PM

MEMBERS – \$20

PROSPECTIVE MEMBERS – \$45

ADULT SWIM LESSONS

Do you want to learn to swim or improve your strokes? Instruction is tailored to individual ability and goals.

MO 9:15–10:00 AM

WE 9:15–10:00 AM

WE 6:30–7:15 PM

SA 9:00–9:45 AM

MEMBERS – \$20

PROSPECTIVE MEMBERS – \$45

ADAPTIVE SWIM LESSONS

If your child has special needs and wants to learn to swim or be comfortable in the water, try our adaptive swim lessons. Skills are modified to meet individual abilities and needs. Adaptive package includes four 30 minute lessons and can be arranged by contacting the Aquatics Director.

MEMBERS – \$37

PROSPECTIVE MEMBERS – \$85

PRIVATE SWIM LESSONS

Private swim lessons may be arranged with the Aquatics Coordinator. Private lesson package includes four 30 minute lessons.

MEMBERS – \$72

PROSPECTIVE MEMBERS – \$144

KANKAKEE AREA YMCA STINGRAYS

WEBSITE: www.k3ymca.org/stingrays

FACEBOOK: www.facebook.com/KankakeeAreaYMCAStingrays

KANKAKEE AREA YMCA Stingrays



SWIM TEAM

The philosophy of the Kankakee Area YMCA Stingrays is to make swimming enjoyable for all participants regardless of ability. The team is open to swimmers ages 5-18 that can safely swim 50 yards of freestyle. We provide an environment where children can become better swimmers by learning proper stroke technique and practicing that technique during practice and at swim meets. The successful swimmers in our program will strive to do the best of his/her ability to improve stroke technique and support the efforts of other members of the team.

MUST BE YMCA MEMBER TO PARTICIPATE ON FALL SWIM TEAM.

COMPETITIVE SWIM LESSONS

**Are you ready for summer swim season?
Want to stay in shape for the fall? Join
us as we focus on conditioning and
refinement of the four competitive
strokes, starts, and turns and stay in
condition. Monthly fee includes
unlimited practices.**

June and July

Mondays, Tuesdays, Thursdays
6:30 – 7:30 PM
Wednesday
4:00 – 5:00pm

**MEMBERS - \$35.00/month
PROSPECTIVE MEMBERS -
\$77.00/month**

PRE-SEASON STROKE CLINIC

Two days working on each of the four competitive strokes will get you ready for the short-course swimming season! Sign up for the pre-season stroke clinic, then join the fall swim team and receive \$10 off registration fee!

Monday, Aug. 26 – Thursday, Aug. 29 and
Tuesday, Sept. 3 – Friday, Sept. 6
6:30-7:30 PM

**MEMBERS - \$30
PROSPECTIVE MEMBERS - \$65**

FALL SEASON

Monday, September 16 – February 2020

Registration Fee - \$50.00

**Please check the k3ymca.org/stingrays website for practice times,
fees, and team information.**

ADULT/SENIOR SPORTS

ADULT/SENIOR WALKING/RUNNING CLUB

18 YEARS & UP

Walking and running are two popular methods of fitness in the Kankakee Area. With our miles of outdoor trails, its no surprise that many YMCA members choose walking and running as preferred forms of fitness.

Dates and times TBD.

Please contact the YMCA for specific dates and times.

ADULT/SENIOR PICKLEBALL

18 YEARS & UP

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-pasted competitive game for experienced players.

Tuesdays 11:00am-1:00pm

Saturdays 1:30pm-3:30pm

Members: Free Prospective Members: \$7



YOUTH T-BALL CLINICS

MIGHTY MITE T-BALL CLINIC

3-4 YEARS

This 4-week clinic is designed to introduce 3 & 4 year olds to the sport of T-ball. The clinic is on Thursday evenings 5:15-6:00 PM.

Clinic Begins - April 25

MEMBERS - \$15

PROSPECTIVE MEMBERS - \$30

CO-ED T-BALL CLINIC

5-7 YEARS

This 4-week clinic is designed to introduce 5-7 year olds to the sport of T-ball. The clinic is on Thursday evenings 6:00-6:45 PM.

Clinic Begins - April 25

MEMBERS - \$15

PROSPECTIVE MEMBERS - \$30

CO-ED BASEBALL CLINIC

8-10 YEARS

This 4-week clinic is designed to introduce 8-10 year olds to the sport of baseball. The clinic is on Thursday evenings 6:00-6:45 PM.

Clinic Begins April 25

MEMBERS - \$15

PROSPECTIVE MEMBERS - \$30



YOUTH T-BALL LEAGUES

MIGHTY MITE CO-ED T-BALL LEAUGE

3-4 YEARS

This is a 7-week league designed to teach 3 & 4 year olds the basic fundamentals of baseball. The first portion of the evening consists of practice with a short game to follow. The league is played on Monday evenings with Tuesdays reserved if needed.

Registration Deadline – May 26

Leagues Begin – June 10

MEMBERS – \$40

PROSPECTIVE MEMBERS – \$80

CO-ED T-BALL LEAUGE

5-7 YEARS

This is a 7-week league designed to teach 5-7 year olds the basic fundamentals of baseball. Players have one practice per week with their team and games are played on Saturday mornings with Friday evenings reserved if needed. Practice night preference and special requests will be taken into consideration but are not guaranteed.

Registration Deadline – May 26

Leagues Begin – May 27

MEMBERS – \$40

PROSPECTIVE MEMBERS – \$80

CO-ED COACH PITCH LEAGUE

8-10 YEARS

This is a 7-week league designed to teach 8-10 year olds the basic fundamentals of baseball. Players have one practice per week with their team and games are played on Saturday mornings with Friday evenings reserved if needed. Practice night preference and special requests will be taken into consideration but are not guaranteed.

Registration Deadline – May 26

Leagues Begin – May 27

MEMBERS – \$40

PROSPECTIVE MEMBERS – \$80



SUMMER YOUTH VOLLEYBALL DROP IN

Bump, set, spike, and score! Calling all girls and boys interested in learning more about volleyball. These are one day clinics for members and prospective members to learn the basics of volleyball.

4th-5th grade 9am-10am

6th-8th grade 10:30am-12pm

June 9

July 21

August 11

MEMBERS - \$5

PROSPECTIVE MEMBERS - \$10



TRACK & FIELD

This clinic is designed to introduce children to the sport of track and field events and learn the proper technique of running. This is a two week clinic for ages 5-16.

Registration cost includes a t-shirt.

Level 1: Ages 5-8

Tuesdays and Thursdays

June 4, 6, 11, 13

From 5:30-6:15PM

Level 2: Ages 9-16

Tuesdays and Thursdays

June 4, 6, 11, 13

From 6:15-7:15PM

MEMBERS - \$25

PROSPECTIVE MEMBERS - \$50



YOUTH OUTDOOR SOCCER

MIGHTY MITE CO-ED OUTDOOR SOCCER LEAGUE

3-4 YEARS

This 7-week league is designed to teach 3 & 4 year olds the basic fundamentals of soccer. The first portion of the evening consists of practice followed by a short game. Shin guards are required and must be provided by the participant.

Registration Deadline – Aug 16
League Begins – August 26

MEMBERS – \$40

PROSPECTIVE MEMBERS – \$80

YOUTH CO-ED OUTDOOR SOCCER LEAGUE

5-11 YEARS

This 7-week league is designed to teach the basic fundamentals of soccer according to the appropriate age level (5-7 and 8-11). Players have one practice per week with their team. Practice night preference and special requests considered but are not guaranteed.

Registration Deadline – Aug 16
League Begins – August 26

MEMBERS – \$40

PROSPECTIVE MEMBERS – \$80



YOUTH SPORTS

Through practice and game play children are taught teamwork and sportsmanship as well as the four core values of the Y:

Caring, Honesty, Respect, and Responsibility.

Volunteer Coaches Needed! Coaching at the Y allows you to make a difference in your community and in the lives of local children. Become a mentor by teaching kids the Y way to play!

ADULT/CHILD/INFANT CPR & AED & FIRST AID

Youth 13 years old and up are eligible to take this full course. You will receive a two year certification upon successful completion of the course. This class is not suitable to lifeguards or healthcare professionals. Must sign up 2 days in advance.

Full Course (Bring Lunch)

Wednesday, June 5 9:30 AM – 3:30 PM

Saturday, August 10 9:30 AM – 3:30 PM

MEMBERS – \$70

PROSPECTIVE MEMBERS – \$110.00

ADULT/CHILD/INFANT CPR & AED

Saturday, July 13 8:30 AM – 12:30 PM

MEMBERS – \$50

PROSPECTIVE MEMBERS – \$70

FIRST AID

Monday, July 15 5:00 PM – 8:00 PM

MEMBERS – \$40

PROSPECTIVE MEMBERS – \$60

LIFEGUARD COURSES Ages 15+

Pre-Requisite: Lifeguard class candidates must swim 300 yards using front crawl and breaststroke, dive and retrieve a 10lb brick from bottom of pool, and tread water without hands for 2 minutes. Upon successful completion of the course, participants will receive a two year certification in Lifeguarding, First Aid and Professional CPR/AED from the American Red Cross.

Full Class

Friday, May 31 5:00 – 6:30 PM

Monday, June 3 4:00 – 8:30 PM

Wednesday, June 5 4:00 – 8:30 PM

Thursday, June 6 2:00 – 8:30 PM

Friday, June 7 2:00 – 6:30 PM

MEMBERS – \$200

PROSPECTIVE MEMBERS – \$250

Review Course

Is your lifeguard certification expiring? Take the recertification class before your license expires. Call the Aquatics Coordinator at (815) 933-1741 ext. 219 for more information.

Friday, May 31 5:15 – 6:45 PM

Tuesday, June 4 5:00 – 8:30 PM

Thursday, June 6 5:00 – 8:30 PM

MEMBERS – \$75

PROSPECTIVE MEMBERS – \$100



BIRTHDAY PARTIES

Let us make your child's birthday one that they will never forget! One hour of swimming and one hour in the party room for your snacks and party fun. Must register and pay 10 days in advance. Swim first for Saturday parties and Sunday 2:30- 4:30 PM parties. Sunday 12-2 PM parties swim in the second hour.

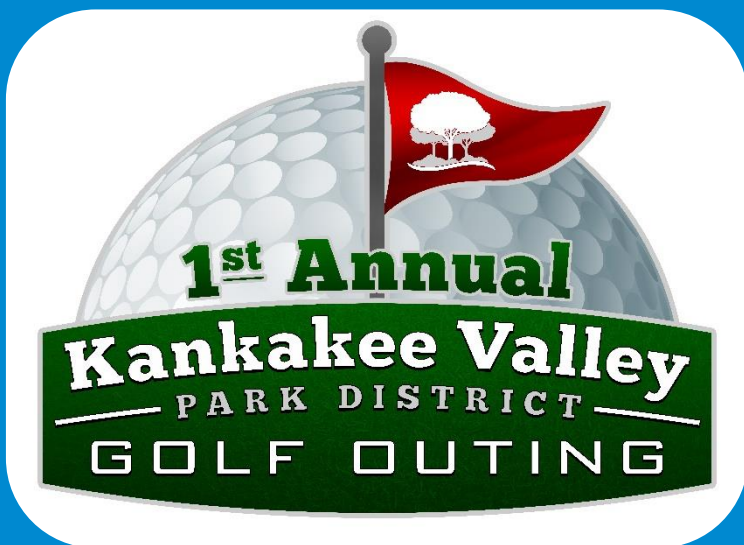
Saturdays and Sundays

12:00-2:00PM or 2:30-4:30PM

MEMBERS - \$140

PROSPECTIVE MEMBERS - \$160

BIRTHDAY PARTIES



**SAVE THE DATE:
KVPD GOLF OUTING
OCTOBER 4TH!!**

THE YMCA'S MISSION

TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE
THROUGH PROGRAMS THAT BUILD A HEALTHY SPIRIT,
MIND AND BODY FOR ALL.

THE YMCA'S CORE VALUES

CARING

HONESTY

RESPECT

RESPONSIBILITY

THE YMCA'S PROMISE

STRENGTHENING THE FOUNDATIONS OF COMMUNITY.

SUMMER DAY CAMP

At A Glance

Find us on Facebook!
www.facebook.com/CampDiscover

SUMMER CAMP

DATE	THEME
June 10-14	Welcome Back Spirit Week!
June 17-21	All About Animals
June 24-28	Full Stem Ahead
July 1-5 (No Camp 7/4)	Rockin' in the USA!
July 8-12	Go Green
July 15-19	Comic Books and Cosplay
July 22-26	Every Hero Has a Story
July 29-Aug 2	Passport
Aug 5-9	Discover Nature
Aug 12-16	Carnival Style (*No specialty camp this week*)

DATE	SPECIALTY
June 10-14	Flag Football/Cheerleading/Junior Lifeguard
June 17-21	Soccer/Dance/Cooking
June 24-28	Slimy Science/Baseball/Cheerleading
July 1-5 No Camp 7/4)	Photography/Spa/Archery
July 8-12	Water Sports/Basketball/Gardening
July 15-19	Super Heroes/DIY Camp/Soccer
July 22-26	Cooking/Archery/Art
July 29-Aug 2	Soccer/Volleyball/Lego
Aug 5-9	Swim Team/Dance/Master Chef (*No specialty camp next week*)

Camp Discover
 MEMBERS – \$95/week
 PROSPECTIVE MEMBERS - \$115/week

Specialty Camp & Preschool Camp
 MEMBERS – \$115/week
 PROSPECTIVE MEMBERS - \$135/week