

FALL I & II 2017

Our members are our number one priority. As a member of the Belvidere Family YMCA, you can enjoy a full range of programs for youth development, healthy living and social responsibility.

YMCA MISSION

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

HOURS OF OPERATION

All physical areas of the building such as the gym, pool, and fitness center begin to close 15 minutes prior to the building closing and Monday through Friday the pool closes 30 minutes prior to closing.

Monday - Friday

5:00 AM - 10:00 PM

Saturday

7:00 AM - 5:00 PM

Sunday

7:00 AM - 3:00 PM

(Office opens at 8:30 AM & closes at 7:00 PM Monday - Friday. Saturday 7:00 AM - 3:00 PM and Sunday 7:00 AM - 1:00 PM)

BABYSITTING SERVICE (Newborn - 10 years of age)

Parents must be in the building. Free to Members. \$2.00 per hour for Non Members.

Hours: (We reserve the right to close babysitting at 8:00PM Mon – Thurs & 7:30PM Fri)

Monday-Thursday

8:00AM-12:00PM
4:00PM-8:30PM

Friday

8:00AM-12:00PM
4:00PM-8:00PM

Saturday

8:00AM-12:00PM

FALL I REGISTRATION FOR Fitness, and Adult Water Classes

Registration for Members and Current Class Participants: July 31st - August 13th

Registration for General Public: August 7th - August 13th

CLASSES RUN AUGUST 14TH – OCTOBER 21ST (10 weeks)

FALL I REGISTRATION FOR Youth Swim Lessons and Karate Classes

Registration for Members and Current Class Participants: August 14th - August 27th

Registration for General Public: August 21st - August 27th

SWIM LESSONS RUN AUG. 28TH TO OCTOBER 21ST (8 WEEKS)

FALL II REGISTRATION FOR ALL CLASSES

Registration for Members and Current Class Participants: October 9th - October 22nd

Registration for General Public: October 16th - October 22nd

CLASSES RUN OCTOBER 23RD – DEC. 16TH (8 weeks)

The Belvidere Family YMCA will be closed the following dates:

Monday, September 4th for Labor Day

Wednesday Nov. 22nd at 7PM

Thursday, November 23rd for Thanksgiving Day

Sunday, December 24th for Christmas Eve

Monday, December 25th for Christmas Day

Sunday, Dec. 31st Close at Noon for New Year's Eve

Monday, January 1, 2018 for New Year's Day

Sunday, Jan. 21, 2018 for DWI Swim Meet

FACILITY RENTAL

YMCA facilities are available for rentals. For more information contact Membership Services Desk at 815-547-5307.

SWIM BIRTHDAY PARTIES (5 - 10 years of age)

The YMCA will assist you with your birthday party and let us decorate for you! Parties are on Saturdays from 12-2pm, 1-3pm or 2-4pm. You are Welcome to bring in your own refreshments. **Fee:** \$95.00 for up to 10 children, each additional child is \$9.00.

SCHOOL AGE CARE **ALL DAY KINDERGARTEN – 8TH GRADE**

Schools served include: Perry, Washington, Lincoln, Meehan, Seth-Whitman, South and Central Middle Schools, Immanuel and St. James

BEFORE SCHOOL ADVENTURE CLUB

The Before School program will run from 5:30AM until the start of school. They will be transported by First Student to their prospective schools. A light breakfast, prepared by the staff, will be provided to the children. In addition, the staff will provide a structured morning routine that will include homework assistance and activities such as arts and crafts, board games and gym time.

Fee: Member Non-Member
\$40.00 weekly \$45.00 weekly

AFTER SCHOOL ADVENTURE CLUB

The After School Program runs from the end of school until 6PM. Students will be transported to the YMCA by First Student. Interactive and structured afternoon events will be planned and rotated daily. They will include homework jumpstart, arts and crafts, board games, fun fitness classes, structured gym games, swimming and outside play time (weather permitting). Additionally the After School program will include community partnerships to offer healthy living opportunities to the participants. *

Drop in care is a one day rate for those families that need last minute or infrequent child watch. Care must be secured by 6pm prior to the day needed.

Fee: Member Non-Member Drop In Rate
\$60.00 weekly \$65.00 weekly \$17.00 a day

BEFORE & AFTER SCHOOL ADVENTURE CLUB

Fee: Member Non-Member
\$80.00 weekly \$90.00 weekly

On early dismissal days (Sept. 13th, Oct. 11th, Nov. 8th & Dec. 13th) a \$5 additional fee will be assessed to anyone receiving After School care.

Please note that on cancellation days due to weather or power outages neither program will be in session. For holidays, check with the YMCA for programming information.

SCHOOLS OUT CLUB FOR KINDERGARTEN – 8TH GRADE

Your child/children can have the opportunity to enjoy activities at the YMCA on their day off of school. Activities will include swimming, gym games, arts & crafts, and movies. Please have your child bring a swimsuit, towel, sack lunch, and a drink. Dates: Oct. 6th & 9th and Nov. 22nd from 5:30AM - 6:00PM

Fee: Member Non-Member
\$30.00 per day \$35.00 per day

YWCA approved payments accepted for Adventure Club, School's Out Club. Please contact us at 815-547-5307 for more information.

WINTER CAMP FOR KINDERGARTEN – 8TH GRADE

Come join us for some great fun during winter break with activities such as: swimming, arts & crafts, movies and gym games. Please have your child bring a swimsuit, towel, sack lunch, and a drink.

Dec. 26th, 27th, 28th, 29th and Jan. 2nd, 3rd, 4th and 5th. **A \$5 late fee will be assessed for anyone registering on the day of care.**

Fee: Member Non-Member
\$30.00 per day \$35.00

NORTH BOONE Y KID'S CLUB

The Belvidere Family YMCA is excited to continue to provide Before and After School care to the students at Poplar Grove Elementary, Manchester Elementary and Capron Elementary. Before and After Care will be provided at Poplar Grove Elementary, Capron and After Care will also be provided at Manchester school, for the 2017-2018 school year. Transportation to and from Manchester and Capron Elementary schools for the program at Poplar Grove Elementary will be provided by North Boone School District.

The Before School program will run from 5:30am until the start of school. A light breakfast, prepared by the staff, will be provided to the children. In addition, the staff will provide a structured morning routine that will include homework assistance and activities such as arts and crafts, board games and gym time.

The After School program will run from the end of school until 6:00pm. A healthy snack will be served to the participants. Interactive and structured afternoon events will be planned and rotated daily. They will include homework help, arts and crafts, board games, fun fitness classes, structured gym games and playground time (weather permitting). Additionally, the After School program will include community partnerships to offer healthy living opportunities and activities to the participants.

Fees:

Before and After School per Child

\$70 a week for members \$80 a week for non-members \$20 a day for drop in fee*

Before School per Child

\$30 a week for members \$35 a week for non-members \$10 a day for drop in fee*

After School per Child

\$50 a week for members \$55 a week for non-members \$15 a day for drop in fee*

* Drop in care is a one day rate for those families that need last minute or infrequent child watch.

Drop in care must be secured by 6 pm prior to the day needed.

For more information on the program or to sign up, please contact Allison at [815-547-5307](tel:815-547-5307).

YOUTH ACTIVITIES

DANCES (5th & 6th Grade)

The YMCA staff, chaperones, and uniformed police will host 5/6 grade dances in our gymnasium. Each dance will have a specific theme, and prizes are awarded to those in attendance who best exemplify the theme of the evening. Students are not allowed to enter the dance after 7:30 PM and cannot leave until 9:00 PM unless a parent comes in to pick them up. Refreshments are available for purchase.

Dates: September 22nd, October 27th, Nov. 17th and December 15th

Fee: \$7.00 at the backdoor

SWIM LESSONS

(Average water temperature is 84 degrees)

***No classes on Monday, September 4th or Thursday, November 23rd**

SWIM POLICY

In an effort to provide our members with the highest quality lessons with the most consistency, we do not offer make-up lessons. System credits will be granted with a doctor's note or in extreme circumstances with the permission of the Aquatic Director. Please understand there are times when instructors do get sick and cannot be in class. When this occurs, we will provide a substitute instructor. ATTENTION PARENT: We ask that you please watch your child/children's lesson from the

bleachers. If you have a question about a class, please feel free to call Cherie Dollinger at 815-547-5307.

ONE ON ONE SWIM LESSONS

If you would like to develop and improve your aquatic skills with one of our Instructors, please contact Cherie Dollinger at 815-547-5307. Lessons are ½ and hour each.

	<u>Member</u>	<u>Non- Member</u>
4 lessons	\$52.00	\$ 72.00
6 lessons	\$62.00	\$ 97.00
8 lessons	\$77.00	\$125.00

PARENT/CHILD (6 months - 3 years of age, min. of 3, max. of 12)

Water adjustment & play time for moms/dads and child. Children are required to wear swim diapers.

Times & Fees:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon. 9:00- 9:30 AM	\$33.00*	\$84.00*	\$37.00	\$94.00
Sat. 9:15-9:45 AM	\$37.00	\$94.00	\$37.00	\$94.00

PRESCHOOL SWIM

(3 years - kindergarten, min. of 2, max. of 6)

*No classes on Monday, September 4th or Thursday, November 23rd

MINI-PIKE For those swimmers who are taking classes for the first time and those afraid of the water.

Times & Fees:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon. 9:30 - 10:00 AM	\$33.00*	\$84.00*	\$37.00	\$94.00
Tues. 4:00 - 4:30 PM	\$37.00	\$94.00	\$37.00	\$94.00
Wed. 9:00 – 9:30 AM	\$37.00	\$94.00	\$37.00	\$94.00
Thurs. 4:00 - 4:30 PM	\$37.00	\$94.00	\$33.00*	\$84.00*
Sat. 9:45 - 10:15 AM	\$37.00	\$94.00	\$37.00	\$94.00

PIKE To participate in this class level, your child must be able to swim 10 yards on their front and back (with the use of a floatation device) as well as float front and back 5 seconds unassisted.

Times & Fees:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon. 10:00-10:30 AM	\$33.00*	\$84.00*	\$37.00	\$94.00
Tues. 4:30-5:00 PM	\$37.00	\$94.00	\$37.00	\$94.00
Wed. 9:30-10:00 AM	\$37.00	\$94.00	\$37.00	\$94.00
Thurs.4:30-5:00 PM	\$37.00	\$94.00	\$33.00*	\$84.00*
Sat. 10:00-10:30AM	\$37.00	\$94.00	\$37.00	\$94.00

MINI-EEL To participate in this class your child must be able to swim 1 length of the pool unassisted with 1 1/2 bubble floatation device.

Times & Fees:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Tues. 5:00-5:30 PM	\$37.00	\$94.00	\$37.00	\$94.00
Thurs. 5:00- 5:30 PM	\$37.00	\$94.00	\$33.00*	\$84.00*
Sat. 10:30-11:00 AM	\$37.00	\$94.00	\$37.00	\$94.00

YOUTH SWIM

(6 yrs. & up, min. of 3)

*No classes on Thursday, November 24th

POLLIWOG (max of 6)

To move to the next level, your child must be swimming on his/her front and back with no assistance, with their face in the water doing rhythmic breathing.

Fee:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Tues. 4:00-4:45 PM	\$45.00	\$110.00	\$45.00	\$110.00
Thurs. 4:00-4:45 PM	\$45.00	\$110.00	\$40.00*	\$ 98.00*
Sat. 9:15-10:00AM	\$45.00	\$110.00	\$45.00	\$110.00

GUPPY (max of 8)

To move to the next level, your child needs to be able to swim on front, back, and side 2 lengths of the pool and have correct arm and leg positions while doing rotary breathing.

Fee:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Tues. 4:45-5:30 PM	\$45.00	\$110.00	\$45.00	\$110.00
Thurs. 4:45-5:30 PM	\$45.00	\$110.00	\$40.00*	\$ 98.00*
Sat. 8:30-9:15 AM	\$45.00	\$110.00	\$45.00	\$110.00*

MINNOW (max of 12)

Swim on front, back, and side 4 lengths of the pool with rotary breathing, tread water, and deep water dive.

Fee:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Tues. 4:30-5:15 PM	\$45.00	\$110.00	\$45.00	\$110.00
Thurs. 4:30-5:15 PM	\$45.00	\$110.00	\$40.00*	\$98.00*
Sat. 8:30-9:15 AM	\$45.00	\$110.00	\$45.00	\$110.00

SWIM TEAM

YMCA BARRACUDA COMPETITIVE SWIM TEAM (5 - 21 years)

Would you like to be a part of a top competitive swim team. Our 2016-2017 team came in THIRD PLACE this year at the IL State Championships. This professionally coached swim team works to mold healthy and trustworthy future citizens through emphasizing the ideals of good sportsmanship, loyalty, perseverance, courage, and reverence. The team competes as part of the Northwest District of the IL on the local level with a chance for swimmers to compete at both the State and National Level. Come try out the team free for a week!

Swimmers need to be able to swim 1 length of the pool using freestyle arms and face in the water.

There will be a parent meeting on August 14th at 6:30 pm in the social room of the YMCA. Team Practice Begins: Aug. 16th and practice times depend on which group level your swimmer qualifies for.

Check out the Team website at www.belviderebarracudas.org or contact Head Coach Matt Kopald at Matt.Kopald@gmail.com. A Family Membership is required to be on the team and must be kept for an entire year from the date you start it (example September to September) and CANNOT be cancelled at the end of the season. Swimmers on the high school swim team may have a 1 year young adult membership.

ADULT AQUATICS

*No classes on Monday, September 4th and Thursday, November 23rd

SNAP, CRACKLE AND POP (Arthritis Foundation/YMCA Program)

This class is designed for those who suffer from arthritis. A series of moderate flexibility and strengthening exercises are performed.

Fee:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon. 10:30–11:30AM	\$29.00*	\$67.00*	\$26.00	\$64.00
Tues. 9:00–10:00AM	\$33.00	\$70.00	\$26.00	\$64.00
Wed. 10:30–11:30AM	\$33.00	\$70.00	\$26.00	\$64.00
Thurs. 9:00–10:00AM	\$33.00	\$70.00	\$23.00*	\$59.00*
Fri. 9:00–10:00AM	\$33.00	\$70.00	\$26.00	\$64.00

AQUACIZE

A fun refreshing alternative, for swimmers and non-swimmers alike. Class includes a warm-up, cardio workout, and a cool down.

Fee:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Tues. 8:00-9:00 AM	\$26.00	\$64.00	\$26.00	\$64.00
Thurs. 8:00-9:00 AM	\$26.00	\$64.00	\$23.00*	\$57.00*

WATER COMBO

A combination of deep & shallow water exercises, pilates & a variety of music. Take advantage of the water's natural resistance and resistance equipment to improve cardiovascular endurance and tone the entire body.

Fee:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon. 5:00–5:45PM	Free*	\$55.00*	Free	\$60.00
Wed. 5:00–5:45PM	Free	\$60.00	Free	\$60.00

WATER SPLASH EXERCISE CLASS

This 45-minute shallow warm water exercise class is designed to improve muscle tone, flexibility, and strength. Swimming not required.

Fee:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon. 8:00 - 8:45 AM	Free*	\$55.00*	Free	\$55.00
Wed. 8:00 - 8:45 AM	Free	\$60.00	Free	\$55.00

AQUAROBICS

Want a fun alternative to a land class without the wear and tear on your joints. Come join this fun but intense work out held in the pool.

	Session I		Session II	
Fee:	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Fri. 8:00 – 9:00 AM	Free	\$70.00	Free	\$64.00

YOUTH SPORTS

FLAG FOOTBALL LEAGUE (CO-ED) 1st & 2nd Grade 11 vs 11

All leagues are required to wear helmets and mouth guards. No thigh pads or elbow pads are allowed. This will be the last year of helmet use for all of our leagues. A limited number of helmets are available for purchase at the cost of \$35 and are yours to keep at the end of the season. Helmet fitting day is Saturday August 26th by appointment only.

Registration: Monday July 10th – Aug. 26th
Coaches Meetings: Saturday, August 26th 9am
Practice Begins: Week of August 28th
Games: Sept 16th - Oct 28th

Fee:	<u>Member</u>	<u>Non-Member</u>	<u>Team</u>
	\$70.00	\$110.00	\$650.00

Teams of **a maximum of 16 players** can register for the fee of \$650.00 and provide your own coach. The YMCA (Mike Leonard) must approve the coach. If you are registering a team, players cannot register individually; the players must pay the coach who will pay the YMCA's full amount at the time of registration (NO EXCEPTIONS AND NO REFUND).

7 ON 7 FLAG FOOTBALL LEAGUE (3rd & 4th, 5th & 6th Grade)

This league will emphasize the same skills as the traditional leagues but with the advantage of all players being able to play skilled positions (quarterback, running back and receiving.) Rules will be adopted to still have lineman blocking to hone those skills as well. This league will be exciting with a lot of scoring and great defensive play.

Registration: Monday July 10th – Aug. 26th
Coaches Meeting: Saturday, August 26th 10am
League Play: Saturday September 16th thru Saturday October 28th
Practice Begins: Week of Aug. 28th

Fee:	<u>Member</u>	<u>Non-Member</u>	<u>Team</u>
	\$60.00	\$90.00	\$575.00

Teams of **a maximum of 10 players** can register for the fee of \$575.00 and provide your own coach. The YMCA (Mike Leonard) must approve the coach. If you are registering a team, players cannot register individually, the players must pay the coach who will pay the YMCA the full amount at the time of registration (NO EXCEPTIONS AND NO REFUND). Any questions please contact Mike Leonard at the YMCA (815) 547-5307.

FALL BASKETBALL

3rd & 4th GRADE	Co-ed	teams and draft league
5th & 6th GRADE	Boys	teams and draft league
4th,5th & 6th GRADE	Girls	teams and draft league
7th & 8th GRADE	Girls	teams and draft league

The YMCA will allow teams of up to 10 to register as a team as well as take individual sign-ups. Those individuals will then make up their own teams.

All special requests due to ride sharing will be considered but not guaranteed.

Registration: September 11th - October 13th

Coaches Meeting: Saturday October 14th at YMCA

3rd/4th grade 9:00 am

5th/6th grade 10:30 am

7th/8th grade 10:30 am

Practice Begins: Week of October 16th **Games Begin:** Saturday, November 4th

Anyone registering after October 14th will pay an extra \$5.00 per person or \$25.00 per team late fee.

Fee:	<u>Member</u>	<u>Program Member</u>	<u>Team</u>
	\$70.00	\$110.00	\$650.00

PERSONAL BASKETBALL INSTRUCTION

Coach Eric Ross will instruct your child in all aspects of the game from dribbling, passing and shooting and playing great defense. This instruction time will surely help your child improve his skills and become a better player right away. These personal sessions will run all fall and winter on Sundays with 2 time slots available. There will be an 11AM until Noon slot and a noon until 1pm time slot. Any questions contact Mike Leonard at the YM CA.

Fee: \$20.00 per 1-hour time slot **Time Slots:** 11am until 1 pm on Sundays

ADULT LEAGUES

MEN'S SUNDAY NIGHT FALL BASKETBALL LEAGUE

This league is designed for recent college grads, those still in college and those in the working world who still have game. This league has grown each year and this year we will take advantage of Sunday afternoons and evenings. We will have 10 team spots available and it is first come first served. We play under IHSA rules and Code of Conduct and each team must provide a roster of players before the first game. Rosters can be amended up to the start time of your 2nd game. Teams must provide their own clearly numbered jerseys. The season starts OCTOBER 8th (Sunday) and runs 6 weeks with a single elimination tourney to end the season.

Registration: September 11th – Oct. 5th

Fee: \$400.00* per team.

*(\$200 deposit and a copy of your roster due by Oct 5th to hold your spot)

MEN'S SUNDAY NIGHT WINTER BASKETBALL LEAGUE

This league is designed for recent college grads, those still in college and those in the working world who still have game. This league has grown each year and this year we will take advantage of Sunday afternoons and evenings. We will have 10 team spots available and it is first come first served. We play under IHSA rules and Code of Conduct and each team must provide a roster of players before the first game. Rosters can be amended up to the start time of your 2nd game. Teams must provide their own clearly numbered jerseys. The season starts JANUARY 14th (Sunday) and runs 6 weeks with a single elimination tourney to end the season.

Registration: December 14th thru January 13th

Fee: \$400.00* per team.

*(\$200 deposit and a copy of your roster due by January 13th to hold your spot)

EARLY MORNINGS & NOON BASKETBALL

The Belvidere Family YMCA is bringing Noon Basketball back to the Belvidere area. Mondays thru Fridays you can buy a weekly pass that will allow you in our gym from 5am until 8am and 11am until 12:45pm (members of the YMCA are free) to play pickup games of basketball or just work on your

basketball skills. The passes are good for only the week you purchase them. So for example if Tuesday of that week you buy the pass, it will expire on Friday of that week. To get the best bang for your buck make sure and get the pass on Mondays of each week. Tell all your friends who are weekend warriors that they can be a basketball warrior ALL WEEK long with this very affordable option. Any questions contact Mike Leonard at 815-547-5307.

Fee: \$5.00 per week

YOUTH AND ADULT 3 ON 3 BASKETBALL LEAGUES

With the popularity of the BIG 3 basketball league that just started for retired pro's we are going to have a Saturday afternoon 3 on 3 league using the same rules in this new league. The rules will include 4 point shots beyond the regular 3 point line and exciting free throws worth more depending on where the foul occurs. This league will run Sept. 9th through October 14th. So get a team of 5 together and check out the age groups offered.

5th/6th grade boys, 5th/6th grade girls, 7th/8th grade boys, 7th/8th grade girls, High School boys, High School girls, Men 18 to 25 and men 26 and older.

Fee: \$200.00 per team (must provide your own jerseys)

Minimum of 4 teams in each division for it to run

MARTIAL ARTS

***No classes on Monday, September 4th**

KARATE KIDS (3 - 5 years of age, min. 2 participants)

Children are fascinated by martial arts: the Ninja Turtles to Power Rangers for example. This program gives them the opportunity to learn martial arts skills properly and safely from professional instructors. Our karate kids program is designed to be fun and less competitive while teaching martial arts skills, stranger awareness skills and everyday safety skills while reinforcing the life lessons being taught at home.

Fee:	Session I (8 weeks)		Session II (8 weeks)	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon. 5:45- 6:15 PM	\$60.00*	\$102.00*	\$68.00	\$116.00

JUNIOR (6 - 13 years of age)

When is the best time to start your child in martial arts classes? The answer is **NOW!** Our Junior program explores the basic concepts of martial arts and self-defense, while promoting physical health and a positive lifestyle. **CHOOSE FROM ANY ONE OF THE KARATE ACADEMY CLASSES PER WEEK**

Fee:	Session I (8 weeks)		Session II (8 weeks)	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
	\$68.00	\$116.00	\$68.00	\$116.00

ADVANCED KARATE (14 years of age & up)

Whether your goal to get in better shape, relieve stress, or just feel more confident in everyday life, we will help you achieve your maximum potential. This karate class is designed for all fitness and ability levels.

Fee:	Session I (10 weeks)		Session II (8 weeks)	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Wed. 6:00-6:45 PM	\$85.00	\$145.00	\$68.00	\$116.00

KARATE ACADEMY

Martial Arts is a fun, educational, and healthy way for individuals and families to keep physically fit and learn respect and how to resolve conflicts peacefully. We hope our students will never be picked on or need to fight, but should the occasion arise, we will teach them how to protect themselves. More than kicking and punching, we teach our students life skills that will help them succeed in life. Let Master Keith Burritt (6th degree Black Belt in Tae Kwon Do, Karate and a Certified Personal Trainer) and his staff take you on the first step toward self-improvement. The YMCA reserves the right to cancel this class if registration numbers are not sufficient.

<u>Mon.</u>	<u>Wed.</u>	<u>Fri.</u>
4:30 - 5:15 PM	4:30 - 5:15 PM	5:30 - 6:20 PM
5:15 - 6:00 PM	5:15 - 6:00 PM	

***No class on Monday, September 4th**

Fee:	Session I (10 weeks)		Session II (8 weeks)	
	<u>Member</u>	<u>Program Member</u>	<u>Member</u>	<u>Program Member</u>
Individual	\$120.00	\$184.00	\$120.00	\$184.00
Family	\$168.00	\$240.00	\$168.00	\$240.00

KYUKI-DO

A mixed Martial Art that utilizes the force of Karate & Tae-Kwon-Do, the strategies of Judo & Jujitsu, the joint manipulation of Hapki-Do, the skills of modern Wrestling & Boxing and the graceful movements in utilizing various Ancient Weapon techniques. Kyuki-do is a fun and unique 45-minute class that is great for cardio, flexibility, focus, balance and muscle tone. It is a way to get the most out of your lunch hour two days a week, relieving stress, getting in shape, and building confidence. It provides a simple, but very effective, way to develop your mental and physical health. Come and join us today.

Fee:	Session I		Session II	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Tues. 12:15 -1:00 PM	\$57.00	\$98.00	\$64.00	\$110.00
Thurs.12:15-1:00 PM	\$57.00	\$98.00	\$53.00*	\$96.00*
Tues/Thurs.12:15-1:00PM	\$110.00	\$195.00	\$100.00*	\$185.00*

***No class on Thursday, November 23rd**

PERSONAL TRAINING

PERSONAL TRAINING: Donny Penny or Ed Marquez

If you're looking for conditioning, improved athletic performance or just someone to motivate you, then our certified personal trainers will tailor an exercise program to meet your needs. Please contact the Y for more details.

Fee: \$20 for ½ hour appointment	
\$30 for 1 hour appointment	\$100 for 4 appointments
\$190 for 8 appointments	\$285 for 12 appointments

GOAL SETTERS (11 & 12 years of age)

You must be 13 years old to be in the fitness center, unless you attend this informational, hands-on fitness session. Learn to use the appropriate and most efficient cardiovascular and strength training equipment to meet your goals. Upon completion of two 1-hour classes, you will be allowed to use the Fitness Center and Weight Room as long as you have your Goal Setters Card with you. For questions or to register for your sessions, please call 815-547-5307. **Free to Members Only**

FITNESS

*No classes on Monday, September 4th, Thursday Nov. 23rd and Fri. Nov. 24th

All Fitness classes are **FREE TO MEMBERS** but registration for all fitness classes is mandatory. A fitness class will be cancelled after two weeks for the remainder of the session if the class size is less than 4 participants. Please bring a sweat towel and water bottle. (12 years of age and up)

FOREVER FIT (Aerobic Room) Free to Members!

This class is a great low impact workout that uses a variety of music for aerobic conditioning and strength training.

Fee:	Session I (10 weeks)	Session II (8 weeks)
	<u>Non-Member</u>	<u>Non-Member</u>
Mon/Wed/Fri. 8:30-9:45 AM	\$100.00*	\$71.00

PEDAL & PUMP (Aerobic Room) Free to Members!

Whether you are just starting out or love a class setting, then Pedal & Pump is just right for you. This class will challenge and improve your cardiovascular endurance and strength. We will be incorporating spinning bikes and core pole to give you a full body workout.

Fee:	Session I (10 weeks)	Session II (8 weeks)
	<u>Non-Member</u>	<u>Non-Member</u>
Tues./Thurs. 8:30-9:30AM	\$64.00	\$51.00*

CARDIO MADNESS (Aerobic Room) Free to Members!

This power blast workout will tighten and tone your entire body. Try some new power packed cardio and super strength moves. A dynamite class!!

Fee:	Session I (10 weeks)	Session II (8 weeks)
	<u>Non-Member</u>	<u>Non-Member</u>
Mon/Wed. 5:15-6:15 PM	\$60.00*	\$51.00
Sat. 8:15-9:15 AM	\$64.00	\$51.00

ZUMBA (Max. of 25) (Aerobic Room) Free to Members!

Take the "work" out of "workout." Join us for one of the newest and hottest classes around. Zumba is easy and fun. Zumba is a fusion of Latin and International music dance themes, creating a dynamic, exciting, and effective fitness workout.

Fee:	Session I (10 weeks)	Session II (8 weeks)
	<u>Non-Member</u>	<u>Non-Member</u>
Mon. 6:15 – 7:00PM	\$53.00*	\$48.00
7:15 - 8:15PM	\$60.00*	\$51.00
Wed. 6:15 – 7:15PM	\$64.00	\$51.00

HIIT HARD CORE (Gym) Free to Members!

Get in the ring with us for new fast and challenging cardio drills.

Fee:	Session I (10 weeks)	Session II (8 weeks)
	<u>Non-Member</u>	<u>Non-Member</u>
Mon/Wed 8:30-9:45 AM	\$66.00*	\$71.00*

Beginning Boxing/Strength

Learning some basic combinations of boxing while at the same time working on building up the

strength of the muscles using dumbbells and bodyweight exercises.

Fee:	Session I (10 weeks)	Session II (8 weeks)
Mon/Wed 3:30 – 4:30 PM	<u>Non-Member</u>	<u>Non-Member</u>
	\$95.00	\$71.00

Legs/Core

Working on the core to stabilize the body while building up the endurance and toning building up the legs. Using dumbbells, bodyweight, and steppers to build up the legs.

Fee:	Session I (10 weeks)	Session II (8 weeks)
Thursdays 4:30 – 5:30PM	<u>Non-Member</u>	<u>Non-Member</u>
6:00 – 7:00PM	\$64.00	\$51.00

Tabata

High intensity cardio/strength training based workouts hitting larger muscle groups with circuit type training that include short rest times to keep the heart rate up. Using a combination of dumbbells, bodyweight moves, steppers and more to build up the strength while also keeping the heart rate up.

Fee:	Session I (10 weeks)	Session II (8 weeks)
Tuesday 4 – 5 PM	<u>Non-Member</u>	<u>Non-Member</u>
5 – 6PM	\$64.00	\$51.00

FITNESS ON DEMAND FOR MEMBERS

Fitness On Demand is a fun, unique way to take group fitness classes. You go in and choose the class you want! It's fitness on your schedule with the class you choose at the time you choose! The motorized screen will lower and the on-screen instructor starts the class. The system is located in the upstairs aerobic room. Go up by yourself or grab some friends and help yourself to its use when there is not an instructor led class being run. Must be 16 years or older to use or accompanied by an adult. Please ask the front counter for more information! Fitness on Demand classes are free of charge. Classes added every month, include Latin dance, yoga, kickboxing, cardio sports drill, Body Burn and so many more!



Get fit, have fun, make friends...

An innovative national exercise program specifically designed for the unique health and physical needs of older adults. This program focuses on improving strength, flexibility, balance, and coordination. You will also enjoy the great music and camaraderie of the other participants in the program.

SILVER SNEAKERS CLASS

These classes combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic movements. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position. This class is designed for 65 and older.

Fee:	<u>Y & Silver Sneakers Member</u>	<u>Non-Member</u>
Tues/Thurs 9:30 - 10:15 AM	Free*	\$3.00 per class*
Tues/Thurs 10:30 - 11:15 AM	Free*	\$3.00 per class*

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COMMUNITY DEVELOPMENT

HALLOWEEN FESTIVAL FAMILY NIGHT

Celebrate Halloween with your child/children in costumes and enjoy the Monster Cookie Walk and Haunted House craft.

Please register by October 19th

Date: Friday, October 20th from 6:30 – 7:30 PM

Fee: Free

SCHOLARSHIP ASSISTANCE FOR MEMBERSHIP

No one is ever turned away for a membership because of the inability to pay. Financial assistance is available. For more details on assistance, please call 815-547-5307.

PATRICK J. MURPHY TOWNSHIP YOUTH RECREATION SCHOLARSHIP

The Belvidere Family YMCA announces a partnership with the Belvidere Township. The goal of the scholarship is to increase the recreational opportunities of youth living within Belvidere Township whose families are facing financial hardship. Scholarship assistance is based on a sliding scale based on annual income. Some of programs that qualify for assistance are swim lessons, karate and youth sports leagues. For more information on the Patrick J. Murphy Youth Recreation Scholarship or for an application, please contact the Belvidere Y at [815-547-5307](tel:815-547-5307).

YMCA POLICIES & PROCEDURES

YMCA DIVERSITY STATEMENT

It is the policy of the Belvidere Family YMCA to provide equal opportunities to all in the community, to provide program facilities that are accessible and to administer its programs in a manner that does not discriminate against any person because of race, creed, color, religion, sex, national origin, handicap, age, political affiliation or citizenship.

ADA STATEMENT

The Belvidere Family YMCA intends to comply with the intent and spirit of the Americans with Disabilities Act to the best of our ability. If you are in need of special assistance, please contact the YMCA so that we may make accommodations.

A.W.A.Y.

YMCAs across the country provide A.W.A.Y. services to Y members at no cost or a reduced guest fee. The A.W.A.Y. plan is subject to each local Y's policy. The Belvidere Family YMCA, Stateline YMCA and the YMCAs of Rock River Valley look forward to serving you through a reciprocal membership agreement. Ask staff for more details regarding the policies.

YMCA CODE OF CONDUCT

*Children under the age of 7 must be accompanied by a parent unless in a structured program or the playroom

*An adult must accompany children under the age of 13 after 7:00pm unless in a structured program

*Parents are responsible for the actions of their children

*Parents with children in the playroom must be in the building

*For Health and Safety reasons **TOBACCO PRODUCTS IN ANY FORM ARE NOT PERMITTED IN THE BUILDING OR ANYWHERE ON YMCA PROPERTY.**

*Program Members are not members of the YMCA but can participate in programs by paying an additional fee.

*Members of all ages are expected to behave in an appropriate manner, failure to do so could result

in termination of membership.

GUEST POLICY

The YMCA sells guest passes to those who are not member. **No one under the age of 18 using a guest pass is allowed to use the Wellness center/weight room.** Members in good standing will receive three guest passes a year. Anyone purchasing a guest pass is expected to behave in an appropriate manner, failure to do so could result in you being asked to leave and not being allowed to purchase another guest pass.

Daily Fee:	<u>Youth (under 18 years of age)</u>	<u>Adult</u>	<u>Family</u>
	\$3.00	\$5.00	\$10.00

WELLNESS CENTER/WEIGHT ROOM

The Wellness Center is available to members 13 years of age and older. Orientations on proper use of the machines and training etiquette are available at no charge for members by calling 815-547-5307 to schedule an appointment with one of our Wellness center staff. Children under the age of 13 are not allowed in the Wellness center/weight room and we ask that they please not sit in the hallway. Those ages 11- 12 who have taken the Goal Setters class are allowed but we ask that they wear their Goal Setters tag they have been given.

REFUNDS/POLICIES

Program refunds by check will be granted approximately 30 days from the date of the request for the following reasons only:

1. Medical excuse
 2. Bank draft error on the YMCA's part
 3. YMCA cancels class
- All refunds will be applied as a system credit unless a monetary refund is requested.
 - No refunds or make-ups for classes, or programs that fall on holidays, or for weather-related cancellations, including power outages.
 - We do not prorate for late sign ups.
 - No refunds will be made once a program or session has started.
 - Fitness classes run the first two weeks of the session. If classes do not reach their minimum requirement of attendance after two weeks, the YMCA reserves the right to cancel the class and you will receive a prorated refund.
 - The YMCA does not accept postdated checks. A \$30.00 NSF fee will be applied for any returned checks or bank drafts.