

## SUMMER 2016

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.

#### **Monday - Friday**

5:00 AM - 10:00 PM

#### **Saturday**

7:00 AM - 5:00 PM

#### **Sunday**

7:00 AM - 3:00 PM

### **MEMBERSHIP OFFICE HOURS**

#### **Monday - Friday**

8:30 AM - 7:00 PM

#### **Saturday**

7:00 AM - 3:00 PM

#### **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

#### **Monday-Thursday**

8:00AM-12:00PM

4:00PM-8:30PM

#### **Friday**

8:00AM-12:00PM

4:00PM-7:00PM

#### **Saturday**

8:00AM-12:00PM

We reserve the right to close babysitting at 8:00PM Monday - Thursday if there are no children present.

### **SUMMER I SESSION REGISTRATION**

Registration for Members and Current Class Participants: May 16<sup>th</sup> – May 29<sup>th</sup>  
31<sup>st</sup> Registration for the General Public: May 23<sup>rd</sup> - May 29<sup>th</sup>

**CLASSES RUN MAY 31<sup>ST</sup> - JULY 2<sup>ND</sup>, unless otherwise noted in the class description.**

### **SUMMER II SESSION REGISTRATION**

Registration for Members and Current Class Participants: June 20<sup>th</sup> - July 3<sup>rd</sup>  
Registration for General Public: June 27<sup>th</sup> - July 3<sup>rd</sup>

**CLASSES RUN JULY 5<sup>th</sup> – AUGUST 6<sup>th</sup>, unless otherwise noted in the class description.**

**The Belvidere Family YMCA will be closed the following dates:**

**Monday, May 30<sup>th</sup> for Memorial Day**  
**Monday, July 4<sup>th</sup> for Independence Day**  
**Monday, September 5<sup>th</sup> for Labor Day**

## RENTALS & PARTIES

### **FACILITY RENTAL**

YMCA facilities are available for rentals. For more information, please contact us at 815-547-5307 or info@belviderefamilyymca.org.

### **SWIM BIRTHDAY PARTIES (5 – 10 years of age)**

The YMCA will decorate for your Birthday party. Feel free to bring in your own refreshments. Parties are on Saturdays from 1 - 3 or 2 - 4 PM.

**Fee:** \$95.00 for up to 10 children, each additional child is \$9.00.

## SCHOOL AGE CARE

### **Y KIDS CAMP SUMMER CAMP (Kindergarten - 8<sup>th</sup> Grade)**

**Contact: Allison Massa**

We provide a great atmosphere for campers with daily arts & crafts, gym and outdoor games, swimming, weekly field trips and team building activities that emphasize caring, honesty, respect and responsibility. A lunch, beverage, sunscreen, swimsuit and towel must be brought daily. We will provide breakfast in the morning and a snack in the afternoon. **Camp Starts May 23<sup>rd</sup> with hours being from 5:30AM – 6:00PM.**

#### Field Trips

	<u>Member</u>	<u>Non- Member</u>
Week 1: Cherry Bowl (May 26 <sup>th</sup> )	\$130.00	\$140.00
Week 2: GAR Trampoline Park (June 3 <sup>rd</sup> )	\$130.00	\$140.00
Week 3: Carnival Week (All week)	\$130.00	\$140.00
Week 4: Donley's Wild West (June 16 <sup>th</sup> )	\$135.00	\$145.00
Week 5: Rockford Speedway (June 22 <sup>nd</sup> )	\$130.00	\$140.00
Week 6: Legoland Discovery Center (June 30 <sup>th</sup> )	\$135.00	\$145.00
Week 7: Wet & Wild Week (All Week)	\$125.00	\$135.00
Week 8: Summerfield Zoo (July 14 <sup>th</sup> )	\$130.00	\$140.00
Week 9: Pearl Lake (July 21 <sup>st</sup> )	\$135.00	\$145.00
Week 10: Discovery Center (July 28 <sup>th</sup> )	\$130.00	\$140.00
Week 11: Monkey Joes (Aug. 4 <sup>th</sup> )	\$130.00	\$140.00
Week 12: Boone Co Fair (Kids Day)	\$125.00	\$135.00

All field trips are subject to change. Due to inclement weather, field trips may need to be re-scheduled within the 12 weeks of camp.

Be the first to take advantage of our early sign-ups. If your 11 week enrollment is paid in full before the start of camp, you will receive Week 12 FREE! (A \$125.00 value) \*Must follow refund policy in our brochure.

WE accept State funding through the YWCA, please call 815-968 -9681 for assistance.

State Funding must be approved and paperwork handed in before camp care can start.

**ALL STATE FUNDED CAMPERS ARE RESPONSIBLE FOR THEIR FIELD TRIP COSTS PER WEEK AND MUST BE PAID BEFORE THE FIELD TRIP DATE!**

### **BEFORE SCHOOL ADVENTURE CLUB**

All Day Kindergarten - 8<sup>th</sup> Grade

Along with providing quality after school care, the YMCA now offers before school care. Parents can drop off their children at 5:30 AM and the YMCA staff will serve a light breakfast, help with schoolwork, play games with your children and then take them to school. Schools served include: Perry, Washington, Lincoln, Meehan, Whitman,

Immanuel, St. James and South and Central Middle Schools.

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

### **AFTER SCHOOL ADVENTURE CLUB**

All Day Kindergarten - 8<sup>th</sup> Grade

This program starts every day after school. The YMCA vans will be picking up at the following schools: Perry, Washington, Lincoln, Meehan, Whitman, Immanuel, St. James and South and Central Middle Schools. After school activities include completing homework, team building, swimming, team sports, and arts & crafts. An afternoon snack is included. Adventure Club runs until 6:00 PM.

**Fee:** Member                      Non-Member  
\$60.00 weekly                      \$65.00 weekly

### **BEFORE & AFTER SCHOOL ADVENTURE CLUB**

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

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.

**A \$30.00 per child non-refundable registration fee is due at the time you register for the 2016-2017 school year.**

**\*\*\*YWCA approved payment accepted for Adventure Club, CAMPLOTSOFUN, and School's Out days. We accept State Funding through the YWCA, please call 815-968-9681 for assistance.\*\*\* All YWCA funded members must pay for field trip costs and registration fee!!**

### **SUMMER SWIM TEAM**

The Belvidere Family YMCA Summer Barracudas will again be swimming in the North Central Illinois Swim Conference. Parent participation will be required for meets.

**Registration:** Now-May 31<sup>st</sup>

**Practices:** May 16<sup>th</sup> – July 14<sup>th</sup>

Mon. through Thurs. from 6:00 - 8:00PM

No Practice Monday May 30<sup>th</sup> due to Memorial Day.

**Meets:** Tuesday and Thursday evenings

Our warm-ups for home meets will start at 5pm and the away team at 5:30pm. Meets will start at 6pm.

**Conference Championships:** July 16<sup>th</sup>

**Fee:** \$100.00 per swimmer

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

*A YMCA Family Membership is required. It can be a Summer Family Membership (if you are new to the YMCA) and if you are swimming only for the summer. High School swimmers who are new and swimming only for the summer will need a Teen summer membership. If a high school student is 18 then a Young Adult summer membership is required. The YMCA does offer scholarships for memberships.*

If you have any questions please contact Cherie Dollinger at 815-547-5307

## YOUTH SWIM

(Average water temperature is 84 degrees)

### 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 PARENTS: To advance children's swim abilities and social skills, we request that parents please observe 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 for ½ an hour each)

	<u>Member</u>	<u>Non-Member</u>
4 lessons	\$50.00	\$70.00
6 lessons	\$60.00	\$95.00
8 lessons	\$75.00	\$125.00

**SESSION I & II WILL BE 4 WEEKS ON MONDAYS, THERE WILL BE NO CLASSES ON MONDAY May 30<sup>th</sup> and MONDAY JULY 4<sup>TH</sup>**

### **PARENT/CHILD -6 months - 3 years of age, min. of 3, max. of 12**

A water adjustment & playtime for moms, dads or grandparents and child. Children are required to wear swim diapers.

<b>Fee:</b>		<u>Session I</u>		<u>Session II</u>	
		<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon.	10:00 – 10:30AM	\$18.00	\$43.00	\$22.00	\$43.00
Sat.	9:15 - 9:45 AM	\$22.00	\$53.00	\$22.00	\$53.00

### **PRESCHOOL SWIM - 3 years to Kindergarten**

**There will be no make-ups or refunds for holidays, weather related cancellations (including power outages) or a child missing class due to other commitments.**

### **MINI-PIKE (min of 3, max of 6)**

Those swimmers who are taking classes for the first time and those afraid of the water.

<b>Fee:</b>		<u>Session I</u>		<u>Session II</u>	
		<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon.	9:00 - 9:30AM	\$18.00	\$43.00	\$18.00	\$43.00
Mon.	3:30 - 4:00PM	\$18.00	\$43.00	\$18.00	\$43.00
Wed.	9:00 - 9:30AM	\$22.00	\$53.00	\$22.00	\$53.00
Wed.	3:30 - 4:00PM	\$22.00	\$53.00	\$22.00	\$53.00
Sat.	9:45 - 10:15 AM	\$22.00	\$53.00	\$22.00	\$53.00

### **PIKE (min of 3, max of 6)**

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

**Fee:**

		<b><u>Session I</u></b>		<b><u>Session II</u></b>	
		<b><u>Member</u></b>	<b><u>Non-Member</u></b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
Mon.	9:30- 10:00AM	\$18.00	\$43.00	\$18.00	\$43.00
Mon.	4:00 - 4:30PM	\$18.00	\$43.00	\$18.00	\$43.00
Wed.	9:30 - 10:00AM	\$22.00	\$53.00	\$22.00	\$53.00
Wed.	5:00 - 5:30PM	\$22.00	\$53.00	\$22.00	\$53.00
Sat.	10:00 - 10:30AM	\$22.00	\$53.00	\$22.00	\$53.00

### **MINI-EEL (min of 3, max of 6)**

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.

**Fee:**

		<b><u>Session I</u></b>		<b><u>Session II</u></b>	
		<b><u>Member</u></b>	<b><u>Non-Member</u></b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
Mon.	9:00 - 9:30AM	\$18.00	\$43.00	\$18.00	\$43.00
Mon.	4:30 - 5:00PM	\$18.00	\$43.00	\$18.00	\$43.00
Wed.	9:00 - 9:30AM	\$22.00	\$53.00	\$22.00	\$53.00
Wed.	5:00 - 5:30PM	\$22.00	\$53.00	\$22.00	\$53.00
Sat.	10:30 - 11:00 AM	\$22.00	\$53.00	\$22.00	\$53.00

### **EEL (min of 3, max of 6)**

To participate in this level your child must be in a single floatation device and they will work on the following: swim 1 length of the pool without a floatation device while blowing bubbles, deep water jump, and swim 2 continuous lengths with a kickboard.

**Fee:**

		<b><u>Session I</u></b>		<b><u>Session II</u></b>	
		<b><u>Member</u></b>	<b><u>Non-Member</u></b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
Mon.	9:30 - 10:00AM	\$18.00	\$43.00	\$18.00	\$43.00
Mon.	4:15 - 4:45PM	\$18.00	\$43.00	\$18.00	\$43.00
Wed.	9:30 - 10:00AM	\$22.00	\$53.00	\$22.00	\$53.00
Wed.	4:15 - 4:45PM	\$22.00	\$53.00	\$22.00	\$53.00
Sat.	10:15 - 10:45 AM	\$22.00	\$53.00	\$22.00	\$53.00

### **PROGRESSIVE SWIM - 6 yrs. & up**

**There will be no make-ups or refunds for holidays, weather related cancellations (including power outages), or a child missing class due to other commitments.**

### **POLLIWOG (min of 3, max of 8)**

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

**Fee:**

		<b><u>Session I</u></b>		<b><u>Session II</u></b>	
		<b><u>Member</u></b>	<b><u>Non-Member</u></b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
Mon.	8:15 - 9:00AM	\$20.00	\$51.00	\$20.00	\$51.00
Mon.	3:30 - 4:15 PM	\$20.00	\$51.00	\$20.00	\$51.00
Wed.	8:15 - 9:00AM	\$25.00	\$64.00	\$25.00	\$64.00

Wed.	3:30 - 4:15PM	\$25.00	\$64.00	\$25.00	\$64.00
Sat.	9:15 - 10:00 AM	\$25.00	\$64.00	\$25.00	\$64.00

**GUPPY (min of 3, 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.

<b>Fee:</b>	<u><b>Session I</b></u>		<u><b>Session II</b></u>		
	<u><b>Member</b></u>	<u><b>Non-Member</b></u>	<u><b>Member</b></u>	<u><b>Non-Member</b></u>	
Mon.	9:00 - 9:45AM	\$20.00	\$51.00	\$20.00	\$51.00
Mon.	4:15 - 5:00PM	\$20.00	\$51.00	\$20.00	\$51.00
Wed.	8:15 - 9:00AM	\$25.00	\$64.00	\$25.00	\$64.00
Wed.	4:15 - 5:00PM	\$25.00	\$64.00	\$25.00	\$64.00
Sat.	8:30 - 9:15 AM	\$25.00	\$64.00	\$25.00	\$64.00

**MINNOW (min of 3,max of 12)**

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

<b>Fee:</b>	<u><b>Session I</b></u>		<u><b>Session II</b></u>		
	<u><b>Member</b></u>	<u><b>Non-Member</b></u>	<u><b>Member</b></u>	<u><b>Non-Member</b></u>	
Mon.	3:30 - 4:15PM	\$20.00	\$51.00	\$20.00	\$51.00
Wed.	8:15 - 9:00AM	\$25.00	\$64.00	\$25.00	\$64.00
Wed.	3:30 - 4:15PM	\$25.00	\$64.00	\$25.00	\$64.00
Sat.	8:30 - 9:15 AM	\$25.00	\$64.00	\$25.00	\$64.00

**Y BEGIN TO SWIM**

**(6 years and up and Non-Members Only)**

**Y BEGIN TO SWIM is sponsored by the Cosmopolitan Club of Belvidere. This discounted, introduction to swim class is for NON-MEMBERS only. Both Sessions are 5 weeks except for Monday classes which will be 4 weeks. NO CLASSES ON MONDAY MAY 30<sup>TH</sup> AND MONDAY JULY 4<sup>TH</sup>**

**Session I**  
**CLASSES RUN MAY 31<sup>ST</sup> - JULY 2<sup>ND</sup>**

**Session II**  
**CLASSES RUN JULY 5<sup>th</sup> - AUGUST 6<sup>th</sup>**

**BEGINNERS (min. 3, max. 8)**

<b>Fee:</b>	<u><b>Session I</b></u>		<u><b>Session II</b></u>	
Mon.	8:15 - 9:00AM	\$25.00	\$25.00	\$25.00
Tues.	10:45 - 11:30AM	\$30.00	\$30.00	\$30.00
Tues.	3:15 - 4:00PM	\$30.00	\$30.00	\$30.00
Thurs.	10:45 - 11:30AM	\$30.00	\$30.00	\$30.00
Thurs.	3:15 - 4:00PM	\$30.00	\$30.00	\$30.00
Sat.	9:15 - 10:00AM	\$30.00	\$30.00	\$30.00

**ADVANCED BEGINNER (min. 3, max 8.)**

<b>Fee:</b>	<u><b>Session I</b></u>		<u><b>Session II</b></u>	
Mon.	8:15 - 9:00AM	\$25.00	\$25.00	\$25.00
Tues.	10:45 - 11:30AM	\$30.00	\$30.00	\$30.00
Tues.	4:00 - 4:45PM	\$30.00	\$30.00	\$30.00
Thurs.	10:45 - 11:30AM	\$30.00	\$30.00	\$30.00

Thurs. 4:00 – 4:45PM	\$30.00	\$30.00
Sat. 10:00 – 10:45AM	\$30.00	\$30.00

### **ADULT AQUATICS**

**Average water temperature is 84 degrees. Minimum of 3 participants per class.**

### **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.

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
Mon. 10:30 - 11:30 AM	\$12.00	\$30.00
Tues. 9:00 - 10:00 AM	\$15.00	\$36.00
Wed. 10:30 - 11:30 AM	\$15.00	\$36.00
Thurs. 9:00 - 10:00 AM	\$15.00	\$36.00
Fri. 9:00 - 10:00 AM	\$15.00	\$36.00

### **AQUACIZE**

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

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
Tues. 8:00 - 9:00 AM	\$15.00	\$36.00
Thurs. 8:00 - 9:00 AM	\$15.00	\$36.00

### **SWIMNASTICS**

An effective water exercise class that strengthens and tones the whole body.

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
Tues. 10:00 – 11:00AM	\$15.00	\$36.00
Thurs. 10:00 – 11:00AM	\$15.00	\$36.00
Fri. 10:00 – 11:00AM	\$15.00	\$36.00

### **WATER COMBO**

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

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
Mon. 5:00 - 5:45 PM	Free	\$ 36.00
Wed. 5:00 - 5:45 PM	Free	\$ 36.00

### **WATER SPLASH EXERCISE CLASS**

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

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
Mon. 7:30 - 8:15 AM	Free	\$29.00
Wed. 7:30 - 8:15 AM	Free	\$36.00

## ADULT LEAGUES

### **MEN'S SUNDAY NIGHT SUMMER BASKETBALL LEAGUE**

This league is designed for recent college grads, those still in college or 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 12 team spots available and it is first come first served. There is no maximum age limit just want to make sure that the older crowd knows the make-up of the league. 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 of your 3<sup>rd</sup> game. Teams must provide their own clearly numbered jerseys. The season starts Sunday June 26<sup>th</sup> and runs for 6 weeks with a single elimination tourney at the end of the season.

**Fee:** \$400.00 per team (\$200 deposit and a copy of your roster due by June 16<sup>th</sup> to hold a spot)

**Registration:** June 1<sup>st</sup> – 22<sup>nd</sup>      **Games Begin:** Sunday June 21<sup>st</sup>

### **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 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 SPORTS

### **SPORTS OF SORTS (4-5 Years of Age)**

Your preschooler will enjoy learning the fundamentals of sports as we introduce t-ball, and soccer. Minimum of 5 participants to run the class.

<b>Fee:</b>	<b>Time</b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
	Thurs 11:00AM-12:00PM	\$35.00	\$70.00

### **CHEER CAMP 2016**

The YMCA will be hosting a cheer camp for boys and girls (K thru 8th) staffed by the Belvidere North Cheerleaders. The week long cheer camp will work on cheers, chants, stunts, jumps and dance. Each camp participant will receive a t-shirt on the last day of camp when they will be performing for friends and family the routines they worked on during the week. You are invited to watch the performance at 2:30pm on Friday June 10<sup>th</sup> in the YMCA gymnasium.

**Registration:** May 16<sup>th</sup> thru June 5<sup>th</sup>      **Dates:** June 6<sup>th</sup> thru June 10<sup>th</sup>

**Times:** 1-3pm      **Fee:** \$65.00

### **GIRLS VOLLEYBALL CAMP (3<sup>RD</sup> – 8<sup>TH</sup> GRADE)**

In this camp we will work on the development of passing, serving, hitting, blocking, rolling, and improving basic skills such as floor play, defense, offense, and team development. The former girls Head Coach of the Belvidere Bucs (2006 – 2013) and the current Head Coach of the Rockford East boys volleyball program will be running this



camp. Every participant will receive a t-shirt.

**Registration:** June 1<sup>st</sup> – July 11<sup>th</sup>      **Dates:** July 12<sup>th</sup> – July 15<sup>th</sup>  
**Time:** 4:30 – 6:00PM      **Fee:** \$65.00

### **BOYS VOLLEYBALL CAMP (3<sup>RD</sup> – 8<sup>TH</sup> GRADE)**

The I.H.S.A. has made boys volleyball a varsity sport and the potential growth of the sport is inevitable. Get an early start as in this camp we will work on the development of passing, serving, hitting, blocking rolling and improving basic skills such as floor play, defense, offense and team development. The former girls head coach of the Belvidere Bucs (2006-2013) and the current Head Coach of the Rockford East boys volleyball program will be running this camp. Every participant will receive a t-shirt.

**Registration:** June 1<sup>st</sup> – July 11<sup>th</sup>      **Dates:** July 12<sup>th</sup> – July 15<sup>th</sup>  
**Time:** 4:30 – 6:00PM      **Fee:** \$65.00

### **YMCA BASKETBALL CAMP (3<sup>RD</sup> – 8<sup>TH</sup> GRADE)**

The YMCA and the coaching staff of the Blue Thunder will be hosting a basketball camp for boys and girls. This camp is for youth entering 3<sup>rd</sup> through 8<sup>th</sup> grade this fall. The camp will focus on learning fundamentals of basketball and improving both individual and team skills. Each participant will receive a camp t-shirt.

**Registration:** June 1<sup>st</sup> - 18<sup>th</sup>      **Camp Dates:** June 21<sup>st</sup> - June 24<sup>th</sup>  
**Time:** 1:30 - 3:00      **Fee:** \$65.00

### **FLAG FOOTBALL LEAGUE**

LITTLE GIANTS      1st – 2nd grade (co-ed)

BANTAM      3rd– 4th grade (co-ed)

No thigh, knee or elbow pads will be allowed. Helmet and mouth guards are required. A limited number of helmets are available to purchase for \$35.00. Please call to set up a helmet fitting appointment on Saturday, August 27<sup>th</sup>.

**Registration:** Monday July 11<sup>th</sup> – Aug. 27<sup>th</sup>  
**Coaches Meetings:** Saturday, August 27<sup>th</sup> (call YMCA for times)  
**Practice Begins:** Week of August 29<sup>th</sup>  
**Games:** Sept 17<sup>th</sup> - Oct 29<sup>th</sup>

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>	<b><u>Team</u></b>
	\$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 (5<sup>th</sup> & 6<sup>th</sup> Grade) A GREAT NEW LEAGUE FOR 5/6 GRADERS!**

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 11<sup>th</sup> – Aug. 26<sup>th</sup>  
**Coaches Meeting:** Saturday, August 27<sup>th</sup> Call YMCA for times  
**League Play:** Saturday September 17<sup>th</sup> thru Saturday October 29<sup>th</sup>  
**Practice Begins:** Week of Aug. 29<sup>th</sup>  
**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.

### MARTIAL ARTS

**SESSION I & II WILL BE 4 WEEKS ON MONDAYS, THERE WILL BE NO CLASSES ON MONDAY May 30<sup>th</sup> and MONDAY JULY 4<sup>th</sup>**

#### **KARATE KIDS (3 - 5 years of age)**

Children are fascinated by martial arts, such as the Ninja Turtles and Power Rangers. Give 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, everyday safety skills while reinforcing the life lessons being taught at home.

**Fee:**

<u>Member</u>	<u>Non-Member</u>
\$34.00	\$64.00

#### **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 OFFERED EACH WEEK**

<u>Mon.</u>	<u>Wed.</u>	<u>Fri.</u>
4:30 - 5:10 PM	4:30 - 5:10 PM	5:30 - 6:20 PM
5:15 - 6:00 PM	5:15 - 6:00 PM	
<b>Fee:</b>	<u>Member</u>	<u>Non-Member</u>
	\$43.00	\$73.00

#### **ADVANCED KARATE (14 years of age & up)**

Whether your goal is 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:**

<u>Member</u>	<u>Non-Member</u>
\$42.00	\$73.00

## **KARATE ACADEMY**

Our focus is to produce top quality people and martial artists. This does not stop at just learning how to punch or kick. Every student will learn important life skills and improve confidence. For adults, this is a great way to get in shape and learn new ways to manage stressful situations. Let Master Keith Burritt (7<sup>th</sup> Degree Black Belt in Tae Kwon Do, Karate and Certified Personal Trainer) and his staff help you and your child be more successful at home, at school and in the real world using a program based on traditional martial arts and social development.

<u>Mon.</u>	<u>Wed.</u>	<u>Fri.</u>
4:30 - 5:10 PM	4:30 - 5:10 PM	5:30 - 6:20 PM
5:15 - 6:00 PM	5:15 - 6:00 PM	
<u>Fee:</u>	<u>Member</u>	<u>Non-Member</u>
Individual	\$ 75.00	\$115.00
Family	\$105.00	\$150.00

## **KYUKI-DO**

A mixed Martial Art which 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.

<u>Fee:</u>		<u>Member</u>	<u>Non-Member</u>
Tues.	12:15 - 1:00 PM	\$40.00	\$ 64.00
Thurs.	12:15 - 1:00 PM	\$40.00	\$ 64.00
Tues./Thurs	12:15 - 1:00 PM	\$70.00	\$121.00

## **WOMEN'S SELF DEFENSE CLINIC**

The paradox of self-defense is that **the more prepared** you are, **the less likely** you are to need it. When you can recognize and respond effectively to potentially dangerous situations, you are more confident in your everyday activities. You are also less likely to become a target of crime. The three-week program for teens and adult women age 13 and older will provide you with the knowledge to: build awareness, elevate confidence, learn avoidance & escape techniques and perform basic defense moves. These classes will also prepare you psychologically and emotionally, enabling you to maintain the state of mind needed to recognize a threat or create an opportunity to get away!

<u>Dates</u>	<u>Time</u>	<u>Fee</u>
August 6 <sup>th</sup> (Sat.)	9:00AM - 11:00AM	\$35.00

## HEALTH & FITNESS

### **GOAL SETTERS (11 & 12 years of age)**

You must be 13 years old or wearing your Goal Setters card to be in the fitness center. 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 this program please call 815-547-5307. **Fee: \$35.00 - Members Only**

**(REGISTRATION NEEDS TO BE COMPLETED BEFORE APPOINTMENT CAN BE SET UP.)**

### FITNESS

**(12 years of age and up)**

**All Fitness classes are FREE TO MEMBERS but we do ask that you please register for all fitness classes. 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.**

### **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:** Non-Member  
Mon/Wed. 8:30-9:45 AM \$40.00

### **MIX IT UP (Aerobic Room) Free to Members!**

Kick it up a notch with a high intensity cross training class that will never be the same twice. Mix It Up will be anything from spinning bikes, boot camp, kickboxing, to outdoor runs and drills.

**Fee:** Non-Member  
Sat. 8:15-9:15 AM \$40.00

### **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 resistance training to give you a full body workout.

**Fee:** Non-Member  
Tues./ Thurs. 8:30-9:30AM \$40.00

### **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:** Non-Member  
Mon/Wed. 5:00-6:00 PM \$38.00

### **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.

<b>Fee:</b>	<b><u>Non-Member</u></b>
Mon. 6:15 – 7:00PM	\$30.00
7:15 - 8:15 PM	\$35.00
Wed. 6:15 – 7:00PM	\$30.00

### **ALL NEW**

### **HIIT HARD CORE (Gym) Free to Members!**

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

<b>Fee:</b>	<b><u>Non-Member</u></b>
Mon/Wed/Fri. 8:30-9:45 AM	\$40.00

### **WAR (Aerobic Room) Free to Members!**

Join us for quick plyometrics, punching, kicking, fighting and hit drills.

<b>Fee:</b>	<b><u>Non-Member</u></b>
Tues/Thurs. 5:00 - 5:45 PM	\$35.00

### **HARD CORE (Aerobic Room) Free to Members!**

Move like never before, beginning from the core and reach farther than you thought possible.

<b>Fee:</b>	<b><u>Non-Member</u></b>
Tues/Thurs. 5:50 - 6:20 PM	\$20.00

### **SIZZLE N CHISEL (Aerobic room) Free to Members!**

Basic strength training that will target all major muscle groups and focus on form and breathing to increase your confidence, build muscle and increase metabolism.

<b>Fee:</b>	<b><u>Non-Member</u></b>
Tues/Thurs. 6:30 - 7:00 PM	\$20.00

### **FITNESS ON DEMAND**

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! Once you pick the class you want the motorized screen comes down and the on screen instructor starts your 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 no instructor led class. Must be 16 years of age to use alone or accompanied by an adult. Please the front counter for more info. Fitness on Demand is for Members only & are free. Classes include everything from Latin rhythm, yoga, kickboxing, cardio sports drills and much 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. Please contact Shane Torres for more information at 815-547-5307.

**CARDIO CIRCUIT (Social Room)**

**For YMCA & Silver Sneakers Members Only.** Combining 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.

**Silver Sneakers &**

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

**PERSONAL TRAINING**

**PERSONAL TRAINING: Donny Penny or Beth Wagner**

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.

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

**COMMUNITY DEVELOPMENT**

**OPEN DOOR POLICY**

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.

**BELVIDERE 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 Belvidere Township 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.

<b>Daily Fee:</b>	<b><u>Youth (under 18 years of age)</u></b>	<b><u>Adult</u></b>	<b><u>Family</u></b>
	\$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 11 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.