

SUMMER 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. Pool closes at 9:30pm Mon. – Fri., 4:45pm Sat. and 2:45pm on Sunday.

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 15th - May 27th

Registration for the General Public: May 22nd - May 27th

CLASSES RUN MAY 30th - JULY 1st, unless otherwise noted in the class description.

SUMMER II SESSION REGISTRATION

Registration for Members and Current Class Participants: June 20th - July 3rd

Registration for General Public: June 27th - July 3rd

CLASSES RUN JULY 5th – AUGUST 6th, unless otherwise noted in the class description.

The Belvidere Family YMCA will be closed the following dates:

**Monday, May 29th for Memorial Day
Tuesday, July 4th for Independence Day
Monday, September 4th 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

SUMMER CAMP 2017 (Kindergarten - 8th Grade)

Begins May 23rd

Contact: Adam Reardon at 815-547-5307 or areardon@belviderefamilyymca.org

The Belvidere Y offers a fun, structured and enriching on-site summer camp. Campers not only focus on having a blast but also have the opportunity to participate in field trips, crafts, sports, swimming, garden club, STEM and so much more.

Participants need to bring a lunch, swimsuit, towel, sunscreen and hat daily. A healthy breakfast and snack will be provided. Care provided from 5:30am to 6:00pm.

Member Rate

Non-Member

Fee: \$135 a week per child

\$145.00 a week per child

CCAP & DCFS ACTIVITY FEE: \$10 a week per child (Ask us for more information on CCAP qualifications!)

REGISTER FOR SUMMER CAMP ONLINE OR AT THE Y!

Child Care assistance Program & DCFS approved payments accepted.

Weeks 1 & 7 will be prorated for private pay campers due to holiday closure.

Field Trips

Week 1: Getting to Know Me Week

Week 7: Wet & Wild Week

Week 2: Sports Week

Week 8: Movie Week

Week 3: Ice Skating Week

Week 9: Olympics Week

Week 4: Stem Week

Week 10: Trampoline Week

Week 5: Bowling Week

Week 11: Roller Skating Week

Week 6: Magic Week

Week 12: Boone Co Fair Week

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.

BELVIDERE ADVENTURE CLUB AND NORTH BOONE Y KID'S CLUB

All Day Kindergarten - 8th Grade

The Belvidere Family YMCA will again this Fall be providing quality Before and After School Care. Look for more information in our Fall Brochure.

Contact: Adam Reardon at 815-547-5307 or areardon@belviderefamilyymca.org

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 Program Director. Please understand there are times when instructors do get sick and cannot be in class. When this occurs, we will provide a quality substitute instructor. 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	\$52.00	\$72.00
6 lessons	\$62.00	\$97.00
8 lessons	\$77.00	\$125.00

Session I will be 4 weeks on Mondays with no class on Monday May 29th.

Session II will be 4 classes on Tuesdays with no class Tuesday July 4th.

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

Water adjustment and fun playtime for moms, dads or grandparents and child. Children are required to wear swim diapers with their swimsuits.

Fee:		<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

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

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

Fee:		<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)

We will work on your child being 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:		<u>Session I</u>		<u>Session II</u>	
		<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
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.	4:00 - 4:30PM	\$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 should be able to swim 1 length of the pool unassisted with 1 1/2 bubble floatation device, be comfortable on their back and jumping in the pool unassisted.

Fee:		<u>Session I</u>		<u>Session II</u>	
		<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon.	9:45 - 10:15AM	\$18.00	\$43.00	\$18.00	\$43.00
Mon.	4:30 - 5:00PM	\$18.00	\$43.00	\$18.00	\$43.00
Wed.	9:45 - 10:15AM	\$22.00	\$53.00	\$22.00	\$53.00
Wed.	4:30 - 5:00PM	\$22.00	\$53.00	\$22.00	\$53.00
Sat.	10:30 - 11:00 AM	\$22.00	\$53.00	\$22.00	\$53.00

PROGRESSIVE SWIM - 6 yrs. & up

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:		<u>Session I</u>		<u>Session II</u>	
		<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
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.

Fee:		<u>Session I</u>		<u>Session II</u>	
		<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon.	8:15 - 9:00AM	\$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.

Fee:		<u>Session I</u>		<u>Session II</u>	
		<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Sat.	8:30 - 9:15 AM	\$25.00	\$64.00	\$25.00	\$64.00

TEEN LESSONS (min. 3, max 6)

This class is for teens who would like to be more comfortable in the water.

Fee:	<u>Session I</u>		<u>Session II</u>	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Tues. 10 – 10:45AM	\$25.00	\$64.00	\$20.00	\$51.00

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.

Session I

CLASSES RUN MAY 30TH - JULY 1ST

No class Mon. May 29th

BEGINNERS (min. 3, max. 8)

Fee:	<u>Session I</u>
Mon. 9:00 – 9:45AM	\$25.00
Tues. 3:30 – 4:15PM	\$30.00
Wed. 9:00 – 9:45AM	\$30.00
Thurs. 10:00 – 10:45AM	\$30.00
Thurs. 3:30 – 4:15PM	\$30.00
Sat. 9:45 – 10:30AM	\$30.00

Session II

CLASSES RUN JULY 3RD – AUGUST 5TH

No class Tues. July 4th

Fee:	<u>Session II</u>
Mon. 9:00 – 9:45AM	\$30.00
Tues. 3:30 – 4:15PM	\$25.00
Wed. 9:00 – 9:45AM	\$30.00
Thurs. 10:00 – 10:45AM	\$30.00
Thurs. 3:30 – 4:15PM	\$30.00
Sat. 9:45 – 10:30AM	\$30.00

ADVANCED BEGINNER (min. 3, max 8.)

Fee:	<u>Session I</u>	<u>Session II</u>
Tues. 4:15 – 5:00PM	\$30.00	\$25.00
Thurs. 10:45 – 11:45AM	\$30.00	\$30.00
Thurs. 4:15 – 5:00PM	\$30.00	\$30.00
Sat. 10:30 – 11:15AM	\$30.00	\$30.00

ADULT AQUATICS

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

ADULT SWIM LESSONS

This class is for adults who would like to become more comfortable in the water.

Fee:	<u>Session I</u>		<u>Session II</u>	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Tues. 10:45 – 11:30AM	\$25.00	\$64.00	\$20.00	\$51.00

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

Fee:	<u>Session I</u>		<u>Session II</u>	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Tues. 8:00 - 9:00 AM	\$15.00	\$36.00	\$12.00	\$30.00
Thurs. 8:00 - 9:00 AM	\$15.00	\$36.00	\$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.

Fee:	<u>Session I</u>		<u>Session II</u>	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon. 5:00 - 5:45 PM	Free	\$29.00	Free	\$36.00
Wed. 5:00 - 5:45 PM	Free	\$36.00	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.

Fee:	<u>Session I</u>		<u>Session II</u>	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon. 7:30 - 8:15 AM	Free	\$29.00	Free	\$36.00
Wed. 7:30 - 8:15 AM	Free	\$36.00	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 serve. There is no maximum age limit. 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 3rd game. Teams must provide their own clearly numbered jerseys. The season starts Sunday June 18th 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 14th to hold a spot)

Registration: June 1st - 14th **Games Begin:** Sunday June 18th

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 only for the week you purchase them. 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.

Fee:	<u>Session I</u>		<u>Session II</u>	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Thurs 11:00AM-12:00PM	\$35.00	\$70.00	\$35.00	\$70.00

GIRLS VOLLEYBALL CAMP (3RD – 8TH 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. Every participant will receive a t-shirt.

Registration:	May 15 th - June 9 th	Dates:	June 12 th – July 15 th
Time:	1:00 – 2:30PM	Fee:	\$65.00

YMCA BASKETBALL CAMP (3RD – 8TH GRADE)

The YMCA will be hosting a basketball camp for boys and girls as we focus on fundamentals of both team and individual skills. The camp will be run by Belvidere North Girls Varsity coach Aaron Leonard and BNHS grad and current point guard at Cornell College Haley Grana. Each participant will receive a camp t-shirt.

Registration:	June 1 st - 16 th	Camp Dates:	June 19 th - June 21 st
Time:	12:00 - 1:30PM	Fee:	\$50.00

FLAG FOOTBALL LEAGUE (CO-ED)

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.

1st – 2nd grade 11 on 11

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

MARTIAL ARTS

SESSION I WILL BE 4 WEEKS ON MONDAYS, THERE WILL BE NO CLASS ON MONDAY May 29th

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>Session I</u>		<u>Session II</u>	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Mon. 5:45 - 6:15 PM	\$27.00	\$57.00	\$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 listed below.

<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			
Fee:	<u>Session I</u>		<u>Session II</u>	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
	\$43.00	\$75.00	\$43.00	\$75.00

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>Session I</u>		<u>Session II</u>	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Wed. 6:00 – 6:45pm	\$43.00	\$75.00	\$43.00	\$75.00

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 (7th 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	

Fee:	<u>Session I</u>		<u>Session II</u>	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Individual	\$ 75.00	\$115.00	\$ 75.00	\$115.00
Family	\$105.00	\$150.00	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.

Fee:		<u>Session I</u>		<u>Session II</u>	
		<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Tues.	12:15 - 1:00 PM	\$32.00	\$ 51.00	\$40.00	\$ 64.00
Thurs.	12:15 - 1:00 PM	\$40.00	\$ 64.00	\$40.00	\$ 64.00
Tues./Thurs	12:15 - 1:00 PM	\$63.00	\$109.00	\$70.00	\$121.00

HEALTH & FITNESS

GOAL SETTERS (11 & 12 years of age) Members Only

To use the Wellness Center at this age your child must attend an orientation on how to use the equipment appropriately. Once they have done their appointment with one of our trainers they will be issued a Goal Setters card which we ask that they wear while working out. For questions or to register for this program please call 815-547-5307.

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:	<u>Session I</u> <u>Non-Member</u>	<u>Session II</u> <u>Non-Member</u>
Mon/Wed. 8:30-9:45 AM	\$38.00	\$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:	<u>Session I</u> <u>Non-Member</u>	<u>Session II</u> <u>Non-Member</u>
Mon/Wed. 5:00-6:00PM	\$38.00	\$40.00
Sat. 8:15-9:15 AM	\$25.00	\$25.00

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:	<u>Session I</u> <u>Non-Member</u>	<u>Session II</u> <u>Non-Member</u>
Tues./ Thurs. 8:30-9:30AM	\$40.00	\$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.

Fee:	<u>Session I</u> <u>Non-Member</u>	<u>Session II</u> <u>Non-Member</u>
Mon. 6:15 - 7:00PM	\$27.00	\$30.00
7:15 - 8:15PM	\$32.00	\$35.00
Wed. 6:15 - 7:15PM	\$35.00	\$35.00

HIIT HARD CORE (Gym) Free to Members!

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

Fee:	<u>Session I</u> <u>Non-Member</u>	<u>Session II</u> <u>Non-Member</u>
Mon/Wed/Fri. 8:30-9:45 AM	\$40.00	\$50.00

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.

Fee:	<u>Silver Sneakers & Y Members</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

PERSONAL TRAINING

PERSONAL TRAINING: Donny Penny

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	

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.

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 members. **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 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.