



Belvidere Family YMCA

Winter 2012 Program

220 W. Locust St., Belvidere, IL 61008 • 815-547-5307
www.belviderefamilyymca.org • twitter.com/belvidereYMCA

FOR YOUTH development • FOR HEALTHY living • FOR SOCIAL responsibility

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	Saturday	Sunday
5:00 AM - 10:00 PM	7:00 AM - 5:00 PM	7:00 AM - 3:00 PM

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

BABYSITTING SERVICE (Newborn - 8 years of age)

Parents must be in the building. Free to Members. \$2.00 per hour for Program Members. Children 4 and over (3 hr. limit) Children 3 and younger (2 hr. limit)
Hours: (We reserve the right to close babysitting at 8:15PM Mon. - Thur.)

Monday-Thursday	Friday	Saturday
8:00AM-12:00PM	8:00AM-12:00PM	8:00AM-12:00PM
4:00PM-8:30PM	4:00PM-8:00PM	

WINTER I REGISTRATION

Registration for Members and Current Class Participants: December 10th - December 31st at noon. Registration for the General Public: December 17th - December 31st at noon. CLASSES RUN from JANUARY 2nd - FEBRUARY 17th (unless otherwise noted in the class description). This will be a 7 week session.

The Belvidere Family YMCA will be closed the following dates:

- Monday, December 24th at Noon for Christmas Eve
- Tuesday, December 25th for Christmas Day
- Monday, December 31st at Noon for New Year's Eve
- Tuesday, January 1st for New Year's Day
- Sunday, January 6th for the David Wolf Invitational

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 & up)

The YMCA will assist you with your Birthday party, including decorations and swimming. Parties are on Saturdays from 2:00 - 4:00 PM. Refreshments are up to you.
Fee: \$85.00 for up to 10 children, each additional child is \$8.00.

INFLATABLE BIRTHDAY PACKAGE (3-10 years of age)

The YMCA will assist you with your Birthday party, including decorations and our bouncy inflatables. Parties are on Sundays from 12:00 - 2:00 PM. Refreshments are up to you.
Fee: Up to 10 children, each additional child is \$10.00.
Number of Inflatables: One - \$110.00 Two - \$130.00

PRESCHOOL

YMCA PRESCHOOL (Classes resume on Wednesday, January 2nd)

Our preschool program is packed with exciting hands-on learning activities that will stimulate your child's imagination while making his/her learning experience fun and productive. Daily activities include Circle Time, Arts & Crafts, Language Development, Math Skills, and Large Motor Skill Development. Children must be independently toilet trained. Classes are held at Washington Academy. A \$30.00 non-refundable registration fee is due at the time you register.

FABULOUS PRE-K 4'S & 5'S (Must be 4 by September 1)

M-W-F	8:00 - 10:30 AM	OR	12:00 - 2:30 PM
Fee:	August \$63.00	January	\$125.00
	September \$125.00	February	\$125.00
	October \$94.00	March	\$94.00
	November \$125.00	April	\$125.00
	December \$94.00	May	\$94.00

TERRIFIC 3'S & 4'S (Must be 3 by September 1)

T-Th	8:00 - 10:30 AM	OR	12:00 - 2:30 PM
Fee:	August \$55.00	January	\$110.00
	September \$110.00	February	\$110.00
	October \$83.00	March	\$83.00
	November \$110.00	April	\$110.00
	December \$83.00	May	\$83.00



SCHOOL AGE CARE

BEFORE SCHOOL ADVENTURE CLUB All Day Kindergarten - 8th 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 - 8th 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

On early dismissal days (January 9th, February 15th & March 13th) a \$5 additional fee will be assessed to anyone receiving After School Care.

*YWCA approved payment accepted for Adventure Club. Please contact the Belvidere Y for more information. 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 non-refundable registration fee is due at the time you register.

EARLY DISMISSAL DAYS

Do you have a child that isn't part of Adventure Club but you need help on Early Release Days? We have a solution for you! We will pick your child up from Perry, Washington, Lincoln, Seth Whitman, Meehan, and the Middle Schools and have a fun-filled afternoon with them! Your child will receive snack and homework assistance. In addition, they will also do fun activities including arts & crafts, gym games & pool time. Please send a swimsuit & towel.

Dates:	January 9 th , February 13 th & March 13 th	
Fee:	Member	Non-Member
	\$15.00 per day	\$20.00 per day



SCHOOL'S OUT CLUB (WASHINGTON INCLUDED)**

Children Kindergarten - 8th Grade have the opportunity to enjoy activities at the YMCA on their day off of school. Activities will include swimming, gym games and arts & crafts. Please have your child bring a swimsuit, towel, sack lunch, and a drink.

Dates:	January 21 st & 28 th , February 18 th and April 8 th from 5:30 AM - 6:00 PM **MUST BE REGISTERED BY THE DAY BEFORE OR A \$5.00 LATE FEE WILL BE APPLIED**	
Fee:	Member	Non-Member
	\$35.00 per day	\$40.00 per day

WINTER CAMP (Minimum of 5 to run)

Children 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. Dates: Dec. 20th, 21st, 26th, 27th and 28th.

Fee:	Member	Non-Member
	\$30.00 per day	\$35.00 per day (If registered by 12/15/12)
	\$35.00 per day	\$40.00 per day (If registered 12/15/12 or after)

*YWCA approved payment accepted for camps and school's out days. Please contact the Belvidere Y for more information.

YOUTH ACTIVITIES

FUN AND FIT FOR KIDS (8-12 years of age/Aerobic Room)

Looking to keep your kids moving during the fall months? It's a workout that is more fun than work. Kids will play interactive physical games to get their mind and bodies going.

Fee:	Member	Non-Member
Mon 6:45 - 7:15 PM	Free	\$15.00

Session begins Monday, January 7th and meets for 6 classes.

DANCES (Contact: Mike Leonard) (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 7:30PM and cannot leave until 9:00 PM unless a parent comes in to pick them up. The cost is \$7.00 at the door and themes to be announced in flyers that are sent to the schools.

Dates:	January 18 th , February 22 nd , March 15 th , April 12 th and May 10 th	
Fee:	\$7.00 at the door	

MOTHER/SON VALENTINES DANCE (Contact: Heidi Mansavage)

Start the night off with a special picture of you and your child and then enjoy a great evening of dancing and making your Mother's Day gift. Prize drawings will be held throughout the evening.

**MUST BE REGISTERED BY FEBRUARY 7TH.

Date:	Friday, February 8 from 7:00 - 9:00 PM Pictures begin at 6:30 PM	
Fee:	\$25.00 per couple, \$10.00 each additional son	

NEW YEAR'S EVE OVERNIGHT-Sponsored by SwedishAmerican Foundation (Kindergarten-8th grade)

Bring your child for a night of fun, games, swimming and movies while you rest easy know that your little one is in a safe and structured environment for the evening. Please have your child bring a swimsuit, towel, pajamas, sleeping bag and pillow. Please do not allow your child to bring cell phones or any electronic games from home.

Date:	Monday, December 31 st at 6:00PM-Tuesday, January 1 st at 8:00AM	
Fee:	\$10.00 per child, \$5.00 each additional sibling (if registered by Dec. 27 th) \$15.00 per child, \$10.00 each additional sibling (if registered after Dec. 27 th)	

All children must be registered by December 30th at 5 PM.

TUMBLE AND SWIM (3-5 years of age) (min of 3, max of 6)

Your child will learn basic tumbling skills, build strength, coordination, and flexibility with 30 minutes of mat activities. Instructor will then escort participants to the pool for 30 minutes of swim instruction. Child should come dressed in t-shirt, shorts or sweats, and swimsuit underneath, along with a towel.

Fee:	Member	Non-Member
Mon. Gym 1:00 -1:30 PM		
Pool 1:35-2:00 PM	\$34.00	\$77.00

OR			
Wed. Gym 9:25- 9:55 AM			
Pool 10:00-10:30 AM	\$40.00	\$90.00	

Monday session begins on January 7th and meets for 6 classes. Wednesday session will begin on January 2nd and meets for 7 classes.

WEE ROLLERS (Contact: Cherie Dollinger) (3 - 5 years of age, min. of 3, max. of 6)

Emphasis is on motor skill development activities, basic coordination, flexibility, and balance.

Fee:	Member	Non-Member
Tues. 4:00 - 4:30PM	\$17.00	\$43.00
Thurs. 4:00 - 4:30 PM	\$20.00	\$50.00

Tuesday session begins on January 8th and will meet for 6 classes. Thursday session begins on January 3rd and meets for 7 classes.

BEGINNING TUMBLING (Contact: Cherie Dollinger) (6 - 12 years of age, min. of 3, max. of 6)
 Emphasis on beginning tumbling instruction. Such as front rolls, back rolls, cartwheels, and more.
 Fee:

	Member	Non-Member
Tues. 4:30 – 5:15 PM	\$21.00	\$51.00
Thurs. 4:30 - 5:15 PM	\$25.00	\$60.00

 Tuesday session begins January 8th and will meet for 6 classes. Thursday session begins January 3rd and meets for 7 classes.

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, the Aquatic Director, at 815-547-5307.

ONE ON ONE SWIM LESSONS
 If you would like to develop and improve your aquatic skills with one of our Certified Instructors please contact Judy Hale or Cherie Dollinger at 815-547-5307.

	Member	Non-Member
4 lessons	\$50.00	\$70.00
6 lessons	\$60.00	\$95.00
8 lessons	\$75.00	\$125.00

PARENT/CHILD (6 months - 3 years of age, min. of 3, max. of 12)
 Water adjustment & playtime for Moms, Dads or Grandparents & child. Children required to wear swim diapers.
 Fee:

	Member	Non-Member
Mon. 9:00 - 9:30 AM	\$26.00	\$64.00
Sat. 9:15 - 9:45 AM	\$30.00	\$75.00

 Monday session begins January 7th and meets for 6 classes. Saturday session begins January 5th and meets for 7 classes.

PRESCHOOL SWIM
 (3 years - 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. **Sign up for 2 days a week & receive 1 free private swim lesson w/Cherie Dollinger, Aquatic Director. Private lesson must be used before end of session you are registered for.**

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:

	Member	Non-Member
Mon. 9:30 - 10:00 AM	\$26.00	\$64.00
Tues. 4:30 - 5:00 PM	\$26.00	\$64.00
Wed. 5:45 - 6:15 PM	\$30.00	\$75.00
Thurs. 4:30 - 5:00 PM	\$30.00	\$75.00
Sat. 9:45 - 10:15 AM	\$30.00	\$75.00

 Monday session begins January 7th and meets for 6 classes. Tuesday session begins January 8th and meets for 6 classes. Wednesday through Saturday session begin the week of January 2nd and meets for 7 classes.



PIKE (min. of 3, max. of 6)
 To participate in this class level your child must be able to with the use of a floatation device, swim 10 yards on their front and back. Front and back float 5 seconds unassisted.
 Fee:

	Member	Non-Member
Mon. 10:00 - 10:30 AM	\$26.00	\$64.00
Tues. 5:00 - 5:30 PM	\$26.00	\$64.00
Wed. 6:15 - 6:45 PM	\$30.00	\$75.00
Thurs. 5:00 - 5:30 PM	\$30.00	\$75.00
Sat. 10:00 - 10:30 AM	\$30.00	\$75.00

 Monday session begins January 7th and meets for 6 classes. Tuesday session begins January 8th and meets for 6 classes. Wednesday through Saturday sessions begin the week of January 2nd and meets for 7 classes.

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:

	Member	Non-Member
Tues. 5:00 - 5:30 PM	\$26.00	\$64.00
Thurs. 5:00 - 5:30 PM	\$30.00	\$75.00
Sat. 10:30 - 11:00 AM	\$30.00	\$75.00

 Tuesday session begins January 8th and meets for 6 classes. Wednesday through Saturday sessions begin the week of January 2nd and meets for 7 classes.

EEL (min. of 3, max. of 6)
 To participate in this level your child must be in a single floatation device & they will work on the following: swim 1 length of the pool without a floatation device while blowing bubbles, deep water jump, & swim 2 continuous lengths with a kickboard.
 Fee:

	Member	Non-Member
Tues. 4:30 - 5:00 PM	\$26.00	\$64.00
Thurs. 4:30 - 5:00 PM	\$30.00	\$75.00
Sat. 10:15 - 10:45 AM	\$30.00	\$75.00

 Tuesday session begins January 8th and meets for 6 classes. Thursday session begins January 3rd and Saturday session begins the week of January 5th and each will meet for 7 classes.

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. **Sign up for 2 days a week & receive 1 free private swim lesson w/Cherie Dollinger, Aquatic Director. Private lesson must be used before end of session you are registered for.**

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:

	Member	Non-Member
Tues. 4:00 - 4:45 PM	\$30.00	\$77.00
Wed. 5:45 - 6:30 PM	\$35.00	\$90.00
Thurs. 4:00 - 4:45 PM	\$35.00	\$90.00
Sat. 9:15 - 10:00 AM	\$35.00	\$90.00

 Tuesday session begins January 8th and meets for 6 classes. Wednesday through Saturday session begin the week of January 2nd and meets for 7 classes.

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:

	Member	Non-Member
Tues. 4:45 - 5:30 PM	\$30.00	\$77.00
Wed. 6:30 - 7:15 PM	\$35.00	\$90.00
Thurs. 4:45 - 5:30 PM	\$35.00	\$90.00
Sat. 8:30 - 9:15 AM	\$35.00	\$90.00

 Monday session begins January 7th and meets for 6 classes. Tuesday session begins January 8th and meets for 6 classes. Wednesday through Saturday sessions begin the week of January 2nd and meets for 7 classes.



MINNOW/FISH (min. of 4, max. of 12)
 Swim on front, back, and side 4 lengths of the pool with rotary breathing, tread water, and deep water dive.
 Fee:

	Member	Non-Member
Sat. 8:30 - 9:15 AM	\$35.00	\$90.00

 Session begins Saturday, January 5th and meets for 7 classes.

LIFEGUARDING

RED CROSS TRAINING (15 years & up) (min. of 4 to run class)
 This course is a complete training for today's professional lifeguard, capable of job management and accident prevention. First Aid and CPR are included in the course.
 Dates: Session I Sundays, January 20 - February 24 Must be registered by January 7th
 Fee:

	Member	Non-Member
	\$150.00	\$200.00

ADULT AQUATICS

Average water temperature is 84 degrees. Minimum of 4 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.

	Member	Non-Member
Mon. 10:30 - 11:30 AM	\$17.00	\$ 43.00
Tues. 8:45 - 9:45 AM	\$17.00	\$ 43.00
Wed. 10:30 - 11:30 AM	\$20.00	\$ 50.00
Thurs. 8:45 - 9:45 AM	\$20.00	\$ 50.00
Fri. 8:45 - 9:45 AM	\$20.00	\$ 50.00

Monday session begins January 7th and meets for 6 classes. Tuesday session begins on January 8th and meets for 6 classes. Wednesday through Friday sessions begin the week of January 2nd and meets for 7 classes.

AQUACIZE

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

	Member	Non-Member
Tues. 7:45 - 8:45 AM	\$17.00	\$ 43.00
Thurs. 7:45 - 8:45 AM	\$20.00	\$ 50.00

Tuesday session begins on January 8th and will meet for 6 classes. Thursday session will begin on January 3rd and meet for 7 classes.

SWIMNASTICS

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

	Member	Non-Member
Tues. 9:45 - 10:45 AM	\$17.00	\$ 43.00
Thurs. 9:45 - 10:45 AM	\$20.00	\$ 50.00
Fri. 9:45 - 10:45 AM	\$20.00	\$ 50.00

Tuesday session begins on January 8th and meets for 6 classes. Thursday session begins on January 3rd and Friday session begins on January 4th and each will meet for 7 classes.

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. This is great workout for moms who are trying to get back into shape after having a little one.

	Member	Non-Member
Mon. 5:00 - 5:45 PM	Free	\$ 39.00
Wed. 5:00 - 5:45 PM	Free	\$ 45.00

Monday session begins on January 7th and meets for 6 classes. Wednesday session begins on January 2nd and meet for 7 classes.

ACTIVE OLDER ADULT (AOA) WATER EXERCISE CLASS

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

	Member	Non-Member
Wed. 9:30 - 10:15 AM	Free	\$ 45.00

Session will begin on Wednesday, January 2nd and meet for 7 classes.

ADULT LEAGUES

WEDNESDAY NIGHT ADULT CO-ED VOLLEYBALL LEAGUE
 Okay, so get ahold of your friends or co-workers, form your team, and come down to the YMCA this winter for fun-filled Wednesday nights. Some long lasting friendships have been established as a result of this league and you can become a part of the camaraderie. This is a league for adult men and women 18 years of age and older. All games are played on Wednesday nights.

Registration:	Now through January 11th
Games Begin:	January 16th through April 24th
Fee:	\$175.00 per team



YMCA MEN'S GOLF LEAGUE

Need a good reason to play golf during the week? Join the YMCA Men's Golf League. League begins the first week of May (weather permitting) and runs into October/November. Season highlights include weekly prizes and special competitions. The season ends with a banquet that includes dinner and prizes. For more information contact Mike Leonard at 815-547-5307.

Registration:	March 25th through May 1st
League Begins:	First week of May
Fee:	\$85.00**

**Plus greens fees

THURSDAY YMCA COUPLES GOLF LEAGUE

If you've ever wanted to play golf and were looking for a reason to spend time with your significant other while meeting new people, then this is the perfect league for you! We will golf each Thursday at beautiful Bel-Mar Country Club and have golf contests each week for cash and prizes. The season (May until Labor Day) will end with a banquet that includes dinner and prizes. For more information, please contact Mike Leonard at 815-547-5307.

Registration:	March 25 – May 16th
League Begins:	Thursday, May 23rd
League Fee:	\$90.00 per couple **

**Plus green fees

30 & UNDER SUNDAY NIGHT WINTER BASKETBALL LEAGUE

This league is designed for all those recent college grads, those still in college and those in the working world who still have game. We play under IHSA rules and Code of Conduct and each team must provide a roster of players before the first game and provide their own clearly numbered jerseys. The season starts March 15th and concludes with a single elimination tournament. **A \$25.00 LATE FEE WILL BE APPLIED IF YOU REGISTER AFTER JANUARY 9th.**

Registration:	Dec 10th – January 9th
Games:	Sundays, January 13th – March 3rd
Fee:	\$375.00 per team

3rd & UNDER SUNDAY NIGHT SPRING BASKETBALL LEAGUE

This league is designed for all those recent college grads, those still in college and those in the working world who still have game. We play under IHSA rules and Code of Conduct and each team must provide a roster of players before the first game and provide their own clearly numbered jerseys. The season starts March 15th and concludes with a single elimination tournament. **A \$25.00 LATE FEE WILL BE APPLIED IF YOU REGISTER AFTER APRIL 3rd.**

Registration: February 4th – April 3rd
 Games: Sundays, April 7th – May 19th
 Fee: \$375.00 per team

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

WINTER BASKETBALL LEAGUE

3rd & 4th GRADE Co-ed; 5th & 6th GRADE Girls; 5th & 6th GRADE Boys; 7th & 8th GRADE Boys; High School Boys

REGISTRATION: December 1st-January 11th
 COACHES MEETING: Saturday, January 12th at YMCA
 3rd/4th grade 9:00 AM; 5th/6th grade 10:30AM
 7th/8th grade 12:30 PM; High School 12:30PM

PRACTICE BEGINS: Week of January 14th
 GAMES BEGIN: Saturday, January 26th

All special requests due to ride sharing, etc. will be considered but not guaranteed. The YMCA will be accepting both team and individual sign ups in all leagues. All leagues will be split into a “team” division and a “draft” division. The team division will be made up of those registering as a team. The drafted division will be split into teams and will make up their own division. Most games will come from within your own division. This is to ensure that league games are kept as competitive as possible. There will be a limit of 10 players per team (except for High School division). Anyone registering after January 11th will pay an extra \$5.00 per person or \$25.00 per team late fee. The YMCA must approve the coach if registering as a team. If you are registering as a team, please pay all together and do not register individually. The full amount must be paid at the time of registration.

Fee:	<u>Member</u>	<u>Non-Member</u>	<u>Team</u>
	\$65.00	\$100.00	\$600.00

BASEBALL PITCHING INSTRUCTION

Pitching is more than just throwing the ball. There are mechanics when throwing, understanding the pitcher’s plate, the rules about balks, pick-off plays at each base, fielding your position and finally mound presence and knowing situations while pitching. We will go over all of that and more in this 4-week program. Space is limited to the first 12 children to sign up. Bring your glove each week.

Dates: Wednesdays, Feb 6, Feb 13, Feb 20 & Feb 27
 Time: 5:30 – 6:30 PM
 Place: Belvidere Family YMCA
 Age Group: 9 years to 14 years old
 Registration: January 2nd – February 2nd
 Fee: \$65.00

GIRLS VOLLEYBALL LEAGUE

The focus of this league is to teach the correct fundamentals of volleyball and to teach participants teamwork, fair play, cooperation, and values.

3rd & 4th Grade; 5th & 6th Grade; 7th & 8th Grade (Minimum of 4 teams in any league for league to run)

Registration: February 11th - March 17th (until 1 PM)
 Coaches Meeting: Sunday, March 17th at 2 PM
 Practice Begins: Week of March 18th
 NO PRACTICES WEEK OF SPRING BREAK
 April 6th – May 8th

Games Run:	<u>Member</u>	<u>Non-Member</u>	<u>Team</u>
Fee:	\$65.00	\$100.00	\$525.00

Teams can register for the fee of \$525.00 and provide your own coach. The YMCA (Michael Leonard) must approve the coach. If you are registering a team, players cannot register individually, the players must pay the coach and the coach will pay the YMCA the full amount at the time of registration (NO EXCEPTIONS). If a player signs up as an individual and then ultimately is suppose to be a part of a team sign up, no money will be refunded to the individual or the team. Anyone registering after 1 PM on March 17th will pay an extra \$5.00 per person or \$25.00 per team late fee.

GOLF

The following golf classes will be taught by golf pro John Swenson who has been teaching golf for more than 40 years. He is known as an outstanding communicator making golf fun for his students. John has been honored as the “Ping Club Fitter of the Year”.

Registration for all classes begins March 4th at the Belvidere YMCA. All classes will be taught at: Timber Pointe Golf Club, 5750 Woodstock Road • Belvidere, IL 61008 • 815-544-1935

YOUTH GOLF FOR BEGINNERS

If you think you would like to try golf, this is the class for you. We will cover all the basics and answer all your questions by keeping it simple. NO CLUBS ARE NECESSARY. Classes held at Timber Pointe.

Fee:	<u>Time</u>	<u>Dates</u>	<u>Ages</u>
\$65.00 (youth)	10:00 - 10:45 AM	Apr. 20th - May 25th	6 Classes 7 - 11

YMCA JUNIOR GOLF AGES 10-14

Our Juniors have great natural ability. We will not hamper their progress with too much teaching. Using a strong but fundamental approach, we will help them to love the game and more importantly have fun playing the game.

This is one of our most popular classes. Classes held at Timber Pointe.

Fee:	<u>Time</u>	<u>Dates</u>	<u>Ages</u>
\$65.00	4:00 - 4:45 PM	Apr. 16th - May 2nd	6 Classes 10 - 14
	4:00 - 4:45 PM	May 21st - Jun. 6th	10 - 14

ADULT GOLF FOR MEN AND LADIES

Class will begin by making sure your fundamentals are correct and that you understand them. We will then move to each individual and work on the areas that you need to improve your game in a fun and interactive way. YOU DON'T NEED TO OWN YOUR OWN CLUBS, THEY WILL BE AVAILABLE. Classes will be held at Timber Pointe.

Fee:	<u>Time</u>	<u>Dates</u>	<u>Ages</u>
\$65.00 (adult)	9:45 - 10:30 AM	Apr. 16th - May 2nd	6 Classes 18 and over
	9:45 - 10:30 AM	May 21st - Jun. 6th	18 and over



ART (DRAWING PROJECT)

Drawing is often our first exposure to the art making process, whether it is in coloring books or doodling in notebooks. In this seven week, Wednesday night course we will explore techniques and materials that can be used in different types of drawing projects. Classes taught by, Y staff member and artist, Brittany Bunton, will allow participants to gain knowledge and exposure to the different types of media available for drawing, in addition to encouraging personal development and growth in fine arts. The class will be tailored to the experience levels, needs and wants of the participants. A supply list will be available for the first day of class, but the Y can be contacted for a general idea of supplies.

Class Dates: Wednesdays
 Age Group: K-5th grade: 6:15 - 7:00 PM
 6th thru Adult: 7:00 - 8:00 PM

Fee: \$35.00
 Session will begin on Wednesday, January 2nd and meet for 7 classes.

ACTING CLASSES (grades 3rd - 8th)

If your child loves to entertain and be the center of attention or even if he/she has an interest in having fun with other youngsters around the same age, these acting classes are the place for them! Why not provide them with the opportunity to delve into the fun of exploring acting. The potential benefits are endless and include self-esteem, structured and meaningful social interaction, and the opportunity to creatively express themselves.

Day/Time: Thursdays 6:00 - 7:30 PM
 Fee: \$75.00 (includes T-shirt)
 Session will begin on Thursday, January 3rd and meet for 7 classes.

ACTING CLASSES (High School - Adult)

These acting classes offer a concentrated training experience in the art and craft of acting. Young and old actors will have the opportunity to learn the crucial skills of building characters, playing objectives, and expressing interior emotions physically and vocally. Students discover not only how to express themselves individually but also how to work as an ensemble, gaining valuable leadership skills while having fun and making some new friends. **(younger actors accepted with instructor’s approval)

Day/Time: Thursdays 7:30 - 9:00 PM
 Fee: \$75.00 (includes T-shirt)
 Session will begin on Thursday, January 3rd and meet for 7 classes.

ABOUT OUR ACTING INSTRUCTOR:

Illinois native Keith Romine is the co-owner of Fathead Films. He is an actor, producer, writer, and director. Keith holds a Bachelor of Arts in Film from the University of Nevada, Las Vegas where they studied under some of the great names in film and television including, Academy Award nominated actor Tony Curtis, Actor Michael Tylo, writer Sean Clark, cult film director David Schmoeller, actor Bill Fagerbakke and actor/director Clarence Gilyard Jr. Keith is currently producing short films and his first feature film.

MARTIAL ARTS

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>
Mon. 6:00 - 6:30 PM	\$50.00	\$85.00

Session will begin on Monday, January 7th and meet for 6 classes.

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.

Fee:	<u>Member</u>	<u>Non-Member</u>
Mon. 6:30 - 7:15 PM	\$50.00	\$85.00

Session will begin on Monday, January 7th and meet for 6 classes.

ADVANCED KARATE (14 years of age & up)

This disciplined class is for the serious student. The instruction is more strict (just as fun, mind you) with regards to speed, precision, stances and the like. It is not the color of your belt that matters, for it is only a piece of colored cloth. It’s what is in your heart and mind when you take your belt off. Instructor permission required.

Fee:	<u>Member</u>	<u>Non-Member</u>
Mon. 7:15 - 8:00 PM	\$50.00	\$85.00
Wed. 6:30 - 7:15 PM	\$50.00	\$85.00

Monday session begins on January 7th and will meet for 6 classes. Wednesday session will begin on January 2nd and meet for 7 classes.

KARATE ACADEMY

Martial Arts is a fun, educational, and healthy way for individuals and families to keep physically fit, 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.

<u>Mon.</u>	<u>Wed.</u>	<u>Fri.</u>	<u>Sat.</u>
4:20 - 5:10 PM	4:20 - 5:10 PM	5:30 - 6:20 PM	9:00 - 10:15 AM
5:15 - 6:00 PM	5:15 - 6:00 PM		

Fee:	<u>Member</u>	<u>Non-Member</u>
Individual	\$ 80.00 per session	\$125.00 per session
Family	\$115.00 per session	\$160.00 per session

Session will begin on Wednesday, January 2nd and run through February 16th.

KARATE FOR PEOPLE WITH DISABILITIES (Ages 8 & older, min. 3 and max. 12 participants)

Join NASR-Belvidere for our first season of Karate through the Karate Academy at the Belvidere Family YMCA. The Karate Academy strives to maintain a family friendly atmosphere in which every student is a valuable member of the academy, regardless of rank and ability, while providing a quality program. The focus of each class will be personal development & goal achievement, 1:1 instruction, individual progression, and confidence. Ivy Spencer is the instructor, and she has been involved with Karate for over 4 years, with 3 years of experience teaching children, adults, and individuals with special needs. Ivy very much enjoys teaching and interacting with the students as they learn, grow, and have a great time! NASR-Belvidere staff will be on hand to assist Ivy and Karate Academy staff. Please register for this program at the Belvidere Park District. For more information, please contact Katie at 815-547-5711.

Fee: \$60.00 for 6 weeks
 (You will have the opportunity to purchase a uniform for \$25, belt is included in fee.)

Time: Saturdays, 10:30 – 11:45am (meet in Y lobby at 10:30, class begins at 10:45)
 Session will begin on Saturday, January 5th and meet for 6 classes.

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>Member</u>	<u>Non-Member</u>
Tues.	12:15 - 1:00 PM	\$ 45.00
Thurs.	12:15 - 1:00 PM	\$ 45.00
Tues./Thurs.	12:15 - 1:00 PM	\$86.00

Tuesday session will begin on January 8th and meet for 7 classes. Thursday class will begin on January 4th and meet for 7 classes. Tuesday/Thursday session will begin on Thursday, January 3rd and meet for 13 classes.

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 please contact Heidi Mansavage at 815-547-5307.

Fee: \$35.00 - Members Only

(REGISTRATION NEEDS TO BE COMPLETED BEFORE CLASS CAN BE SET UP.

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 3 participants. Please bring a sweat towel & water bottle. (12 years of age and up)

BOOT CAMP (Gym)

An intense cardio and strength workout combining weights, medicine balls, stability balls, bands, and more. A great cross training class using stations, drills, and speed work.

Fee:

	<u>Member</u>	<u>Non-Member</u>
Mon./Wed./Fri. 8:30 - 10:00 AM	Free	\$84.00

Session will begin on Wednesday, January 2nd and meet for 21 classes.

FOREVER FIT (Aerobic Room)

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

Fee:

	<u>Member</u>	<u>Non-Member</u>
Mon./Wed.8:30 - 9:30 AM	Free	\$37.00

Session will begin on Wednesday, January 2nd and meet for 13 classes.

PEDAL & PUMP (Aerobic Room)

Love a class setting? Ready to pump up your workouts? Then Pedal and Pump is right for you. Spinning bikes will be used to challenge your endurance and pump will be used to increase your strength giving you a full body workout.

Fee:

	<u>Member</u>	<u>Non-Member</u>
Thurs. 8:30 - 9:15 AM	Free	\$20.00

Session will begin on Thursday, January 3rd and meet for 7 classes.

SPINNING CLASSES (Aerobic Room) (max of 10)

Make sure you get registered early for this popular class! Registration is mandatory! Participants need to be 10 minutes early to class, allowing time to get your bike set up. Come early classes are limited to 10 bikes. Water bottle and sweat towel are mandatory.

Fee:

	<u>Member</u>	<u>Non-Member</u>
Tues./Thurs. 5:40 - 6:45 AM	\$12.00	\$21.00
Mon./Wed. 12:15 - 1:15 PM	\$12.00	\$21.00

Tuesday/Thursday session will begin on Thursday, January 3rd and meet for 13 classes. Monday/Wednesday session will begin on Wednesday, January 2nd for 13 classes.

BEGINNER SPIN CLASSES (Aerobic Room)

Here's your chance to change up your workouts or try something new. Give it a try! (Intermediate level spinners are welcome - must register.)

Fee:

	<u>Member</u>	<u>Non-Member</u>
Tues. 6:15 - 6:45 PM	Free	\$17.00
Thurs. 6:30 - 7:15 PM	Free	\$20.00

Tuesday session begins on January 8th and will meet for 6 classes. Thursday session will begin on January 3rd and meet for 7 classes.

T-N-T (Aerobic Room)

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>Member</u>	<u>Non-Member</u>
Mon./Wed.5:00 - 6:00 PM	Free	\$37.00

Session will begin on Wednesday, January 2nd and meet for 13 classes.

KICKBOXING FOR BEGINNERS (Aerobic Room)

A beginner class designed to learn basic kickboxing moves and to get you in shape.

Fee:

	<u>Member</u>	<u>Non-Member</u>
Tues./Thurs. 8:30-9:15 AM	Free	\$46.00

Session will begin on Thursday, January 3rd and meet for 13 classes.

ZUMBA (Max. of 20) (Aerobic Room)

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>Member</u>	<u>Non-Member</u>
Mon. 7:15 - 8:15 PM	\$15.00	\$22.00
Wed. 7:30 - 8:30 PM	\$18.00	\$26.00

Monday session begins on January 7th and will meet for 6 classes. Wednesday session will begin on January 2nd and meet for 7 classes.



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 Heidi Mansavage for more information at 815-547-5307.

CARDIO CIRCUIT (Social Room)

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

Fee:

		Silver Sneakers &	
		<u>Y Members</u>	<u>Non-Member</u>
Tues/Thurs	9:30 - 10:15 AM	Free	\$3.00
Tues/Thurs	10:30 - 11:15 AM	Free	\$3.00
Fri.	10:30 - 11:15 AM	Free	\$3.00

Tuesday/Thursday sessions will begin Thursday, January 3rd and meet for 13 classes. Friday session will begin January 5th and meet for 7 classes.

PERSONAL TRAINING

If you're looking for conditioning, improved athletic performance, or just someone to motivate you, our certified personal trainer will tailor an exercise program to meet your needs. Donny Penney has his degree in Exercise Science from NIU & will help motivate you. Contact Donny, 815-547-5307 & schedule your personal training!

Fee: \$30.00 per hour
\$20.00 per 1/2 hour

Buy any personal training package and receive 1 free personal training session.

4 Appointments	\$100.00
8 Appointments	\$190.00
12 Appointments	\$285.00

COMMUNITY DEVELOPMENT

CHRISTMAS EXTRAVAGANZA

Families come and get your fingers sticky when you create your own one of a kind gingerbread house.

Date: Saturday, December 8th from 9:30 – 11:00AM Fee: Free to members, \$5 per family for non-members

CHRISTMAS SHOP & DROP

Would you like some quiet shopping time without the kids? Let us help you out! Your child(ren) will have fun with board games, dance games and a holiday craft.

Date: Saturday, December 8th from 12:00 – 5:00 PM Fee: \$6.00 per child, ages 4 and up

FAMILY FUN INFLATABLE AFTERNOONS-Member Exclusive Event (Contact: Heidi Mansavage)

Who is the fastest in your family? Let's find out with our inflatable obstacle course. Enjoy our other inflatable and the Imagination Playground as well. This is a relaxing activity where you can run some energy off. Everyone in your family is sure to have a good time.

Dates: Sunday, January 13th from 12:00PM – 2:00PM
Friday, February 1st from 7:00PM – 9:00PM
Sunday, March 17th from 12:00PM – 2:00PM

Fee: Free to members, \$5 per family for non-members

NEW YEAR'S TRIATHLON (SUNDAY, DECEMBER 30TH)

SPONSORED BY



FROM PERSONAL COMPUTERS TO BUSINESS APPLICATIONS WE HAVE YOUR DATA PROTECTED...ONLINE!!!!

815-874-2100

INFO@THEDATACENTER-US.COM

The Belvidere Family YMCA will be conducting a totally indoor Triathlon on Sunday, December 30th, beginning at 8:00 AM. This triathlon will have a team category as well as individual racers. The event will be run in heats of 4 participants and include a 15 minute swim in the YMCA pool, a 5 minute transition, a 20 minute bike ride on our spinning bikes, another 5 minute transition and then 15 minutes on a treadmill. This triathlon is geared for the beginner as well as the veteran tri-athlete. Since events are measured in distances traveled over a specific time, the heats should stay right on time. This event is perfect as you prepare for your New Years Eve plans.

Individual Fee: \$30.00 (includes a T-shirt) Team Fee: \$65.00 (includes up to 3 T-shirts)

BELVIDERE YMCA SPIN CAMP (Aerobic Room)

Join us for an "After the Holiday" challenge!! This challenge will be teams of 3 riders, each team can rotate riders as they wish. Each team will earn points for various challenges and accumulated mileage. This "After the Holiday" party is geared to just have fun!! Come and join us and take on your friends with our challenges. T-shirt, water bottle, music, snacks and excitement will be provided.

Date: Saturday, January 27th

Time: 1:00-4:00 PM

Fee: \$45.00 per team

**Babysitting will be provided.

VOLUNTEER OPPORTUNITIES

YMCA MEN'S CLUB

The Belvidere Family YMCA Men's Club is looking for new members. We are a service club dedicated to supporting the YMCA and the youth of Belvidere. We meet on the first and third Saturday of the month. For more information, contact Larry Baumer at 815-547-5307.

BIG BROTHERS / BIG SISTERS OF THE BELVIDERE FAMILY YMCA

The basis of the Big Brothers / Big Sisters program is the one-on-one relationship building through the matching of a child with an adult volunteer. A professional case manager supervises each match. For more information contact Chris Cameron at 815-489-1139.

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 & 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

Belvidere Family YMCA intends to comply with the intent & 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 we may make accommodations.

MEMBERSHIP

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

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, Staeline Area 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.

GUEST POLICY

The YMCA offers guest passes to those who are not members. ID is required to purchase a guest pass. No one under the age of 18 using a guest pass is allowed to use the fitness center/weight room. If you join the YMCA within two weeks of purchasing a guest pass, simply bring in your receipt and the amount paid for the guest pass will be deducted from your pro-rated fee. Members in good standing will receive three guest passes a year.

Daily Fee:

<u>Youth</u>	<u>Young Adult</u>	<u>Adult</u>	<u>Family</u>
\$5.00	\$5.00	\$10.00	\$15.00

FITNESS CENTER/WEIGHT ROOM

The Fitness 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 trainers. Children 11 and under are not allowed in the fitness center or in the hallway.

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. Bankdraft error (on the YMCA's part)
3. YMCA cancels class
 - _ All other refunds will be applied as a system credit and will remain on the account for up to one year from the date of issue.
 - _ No refund will be issued if the credit is not used
 - _ 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.
 - _ All classes run first 2 weeks of the session. If classes do not reach their minimum requirement of attendance after 2 weeks, the YMCA reserves the right to cancel the class & you will receive a pro-rated refund.
 - _ The YMCA does not accept postdated checks. A \$30.00 NSF fee will be applied for any returned checks or bankdrafts.