

WINTER I, WINTER II & SPRING 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.

<u>Monday - Friday</u>	<u>Saturday</u>	<u>Sunday</u>
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 7:00 PM Monday - Friday. Saturday 7:00 AM - 3:00 PM and Sunday 7:00 AM - 1:00 PM)

BABYSITTING SERVICE (Newborn - 10 years of age)

Parents must be in the building. Free to Members. \$2.00 per hour for non-members
Hours: (We reserve the right to close babysitting at 8:00PM Mon - Thur. and 7:30PM on Friday)

<u>Monday-Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:00AM-12:00PM 4:00PM-8:30PM	8:00AM-12:00PM 4:00PM-8:00PM	8:00AM-12:00PM

WINTER I REGISTRATION

Registration for Members and Current Class Participants: December 12th - 30th
Registration for the General Public: December 19th - 30th

CLASSES RUN from JANUARY 2nd - FEBRUARY 18th

(unless otherwise noted in the class description). **This will be a 7 week session.**

WINTER II REGISTRATION

Registration for Members and Current Class Participants: February 6th - February 19th
Registration for the General Public: February 13th - February 19th

CLASSES RUN from FEBRUARY 20th - APRIL 8th

(unless otherwise noted in the class description). **This will be a 7 week session.**

SPRING REGISTRATION

Registration for Members and Current Class Participants: March 27th - April 9th
Registration for the General Public: April 3rd - April 9th

CLASSES RUN from APRIL 10th - MAY 20th

(unless otherwise noted in the class description). **This will be a 6 week session.**

The Belvidere Family YMCA will be closed the following dates:

Saturday, December 24th for Christmas Eve
Sunday, December 25th for Christmas
Saturday, December 31st for New Year's Eve
Sunday, January 1, 2017 for New Year's Day

**Sunday January 8, 2017 for DWI Swim Meet
Friday, April 14th for Good Friday at noon
Sunday, April 16th for Easter**

RENTALS & PARTIES

FACILITY RENTAL & OVERNIGHTS

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

NORTH BOONE Y KID'S CLUB

The Belvidere Family YMCA is excited to provide Before and After School care to the students at Poplar Grove Elementary, Manchester Elementary and Capron Elementary. Care will be provided at Poplar Grove Elementary, located at 208 N. State Street in Poplar Grove, for the 2016-2017 school year. Transportation to and from Manchester and Capron Elementary schools for the program at Poplar Grove Elementary will be provided by North Boone School District.

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

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

Fees:

Before and After School per Child

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

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

\$50 a week for members	\$55 a week for non-members	\$15 a day for drop in fee*
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* Drop in care is a one day rate for those families that need last minute or infrequent child watch. **Drop in care must be secured 24 hours in advance.**

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

BELVIDERE ADVENTURE CLUB All Day Kindergarten - 8th Grade

BEFORE SCHOOL ADVENTURE CLUB

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. They will then be taken to school by First Student busing. 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

This program starts every day after school. First Student busing 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. **Drop in care is a one day rate for those families that need last minute or infrequent child watch. Care must be secured by 6pm prior to the day needed.**

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

BEFORE & AFTER SCHOOL ADVENTURE CLUB

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

On early release days (January 11th, February 8th, March 8th and April 12th) 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.

SCHOOL'S OUT CLUB

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 16th, February 17th, February 20th and April 13th from 5:30 AM - 6:00 PM

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

WINTER CAMP FOR KINDERGARTEN – 8TH GRADE (Patrick J. Murphy Scholarships are available for those who live in the Belvidere township)

Come join us for some great fun during winter break with activities such as: swimming, arts & crafts, movies and gym games. Please have your child bring a swimsuit, towel, sack lunch, and a drink. Dec. 22nd, 23rd, 26th, 27th, 28th, 29th, 30th 2016 and Jan. 2nd & 3rd 2017.

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

SPRING CAMP (Minimum of 5 to run) (Patrick J. Murphy Scholarships are available for those who live in the Belvidere township)

Children Kindergarten - 8th Grade come join us for some great fun during spring 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: March 27 – 31, 2017.

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

***YWCA DCFS approved payment accepted for adventure club, camps and schools out days. Please contact the Belvidere Y for more information.**

YOUTH ACTIVITIES

5th & 6th GRADE DANCES

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 27th, February 24th and March 17th, May 12th

Fee: \$7.00 at the door

SUMMER SWIM TEAM

BELVIDERE Y SUMMER SWIM TEAM

The Belvidere Family YMCA will again be offering our summer swim program. We are part of the North Central Illinois Swim Conference. A summer family membership is required to be part of the team unless you are swimming high school and then you may have a young adult membership.

Registration begins March 6, 2017 until June 12, 2016

Fee: \$100 For more information check out click on the Belvidere Barracuda web link at 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 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 Instructors please contact Cherie Dollinger at 815-547-5307.

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

PARENT/CHILD (Patrick J. Murphy Scholarships are available for those who live in the Belvidere township) (6 months - 3 years of age, min. of 3, max. of 12)

Water adjustment & playtime for Moms, Dads, or Grandparents and child. Children are required to wear swim diapers.

Fee:	<u>Member</u>	<u>Non-Member</u>
Mon. 9:00 - 9:30 AM	\$30.00	\$75.00
Sat. 9:15 - 9:45 AM	\$30.00	\$75.00
SPRING SESSION 6 WEEKS	\$25.00	\$65.00

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.

(Patrick J. Murphy Scholarships are available for all youth classes if you live in the Belvidere township)

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>Member</u>	<u>Non-Member</u>
Mon. 9:30 - 10:00 AM	\$32.00	\$80.00
Tues. 4:00 - 4:30 PM	\$32.00	\$80.00
Wed. 9:15 - 9:45 AM	\$32.00	\$80.00
Thurs 4:00 - 4:30 PM	\$32.00	\$80.00
Sat. 9:45 - 10:15 AM	\$32.00	\$80.00
SPRING SESSION 6 WEEKS	\$28.00	\$70.00

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:	<u>Member</u>	<u>Non-Member</u>
Mon. 10:00 - 10:30 AM	\$32.00	\$80.00
Tues. 4:30 - 5:00 PM	\$32.00	\$80.00
Wed. 9:45 - 10:15 AM	\$32.00	\$80.00
Thurs. 4:30 - 5:00 PM	\$32.00	\$80.00
Sat. 10:00 - 10:30 AM	\$32.00	\$80.00
SPRING SESSION 6 WEEKS	\$28.00	\$70.00

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 no or 1 1/2 bubble floatation device.

Fee:	<u>Member</u>	<u>Non-Member</u>
Tues. 5:00 - 5:30 PM	\$32.00	\$80.00
Thurs. 5:00 - 5:30 PM	\$32.00	\$80.00
Sat. 10:30 - 11:00 AM	\$32.00	\$80.00
SPRING SESSION 6 WEEKS	\$28.00	\$70.00

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. (Patrick J. Murphy Scholarships are available for all youth classes if you live in the Belvidere township)

POLLIWOG (min of 3, max of 6)

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>Member</u>	<u>Non-Member</u>
Tues. 4:45 - 5:30 PM	\$39.00	\$97.00
Thurs. 4:45 - 5:30 PM	\$39.00	\$97.00
Sat. 9:15 - 10:00 AM	\$39.00	\$97.00
SPRING SESSION 6 WEEKS	\$34.00	\$85.00

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>Member</u>	<u>Non-Member</u>
Tues. 4:00 - 4:45 PM	\$39.00	\$97.00
Thurs. 4:00 - 4:45 PM	\$39.00	\$97.00
Sat. 8:30 - 9:15 AM	\$39.00	\$97.00
SPRING SESSION 6 WEEKS	\$34.00	\$85.00

MINNOW

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

Fee:	<u>Member</u>	<u>Non-Member</u>
Tues. 4:30 – 5:15 PM	\$39.00	\$97.00
Thurs. 4:30 – 5:15 PM	\$39.00	\$97.00
Sat. 8:30 - 9:15 AM	\$39.00	\$97.00
SPRING SESSION 6 WEEKS	\$34.00	\$85.00

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. Must, be able to swim 300 yards non-stop doing front crawl and breast stroke. Tread water for 2 minutes using kick only. There is also a swim test where swimmer must be able to swim 20 yards dive to the bottom of the pool and bring up a 10 pound brick carrying it and return on your back using kick only.

Session I

Swim Test: Monday April 3rd 6 -8pm. **Classes:** Friday April 7th 5 – 10pm, Saturday April 8th 8am – 7pm and Sunday April 9th 8am – 7pm

Session II

Swim test: Monday April 24th 6 – 8pm **Classes:** Friday April 28th 5 – 10pm, Saturday April 29th 8am – 7pm and Sunday April 30th 8am – 7pm

Fee: <u>Member</u>	<u>Non-Member</u>
\$175.00	\$225.00

ADULT AQUATICS

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

The more classes you the better the price! If you sign up for two classes receive a \$5 discount, if you sign up for three or more days a week you will receive a \$10 discount. Valid only for adult aquatics classes for members and non-members. Offer only applies to paid classes.

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>Member</u>	<u>Non-Member</u>
Mon. 10:30 - 11:30 AM	\$23.00	\$57.00
Tues. 9:00 - 10:00 AM	\$23.00	\$57.00
Wed. 10:30 - 11:30 AM	\$23.00	\$57.00
Thurs. 9:00 - 10:00 AM	\$23.00	\$57.00
Fri. 9:00 - 10:00 AM	\$23.00	\$57.00
SPRING SESSION 6 WEEKS	\$20.00	\$50.00

AQUACIZE

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

Fee:	<u>Member</u>	<u>Non-Member</u>
Tues. 8:00 - 9:00 AM	\$23.00	\$57.00
Thurs. 8:00 - 9:00 AM	\$23.00	\$57.00
SPRING SESSION 6 WEEKS	\$20.00	\$50.00

SWIMNASTICS

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

Fee:	<u>Member</u>	<u>Non-Member</u>
Tues. 10:00 - 11:00 AM	\$23.00	\$57.00
Thurs. 10:00 - 11:00 AM	\$23.00	\$57.00
Fri. 10:00 - 11:00 AM	\$23.00	\$57.00
SPRING SESSION 6 WEEKS	\$20.00	\$50.00

WATER COMBO

A combination of deep & shallow water exercises, pilates & a variety of music. Take advantage of the water's natural resistance and resistance equipment to improve cardiovascular endurance and tone the entire body. This is great workout for moms who are trying to get back into shape after having a little one.

The times, days and prices stay the same.

Fee:	<u>Member</u>	<u>Non-Member</u>
Mon. 5:00 - 5:45 PM	Free	\$51.00
Wed. 5:00 - 5:45 PM	Free	\$51.00
SPRING SESSION 6 WEEKS	Free	\$44.00

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>Member</u>	<u>Non-Member</u>
Mon. 7:30 - 8:15 AM	Free	\$51.00
Wed. 7:30 - 8:15 AM	Free	\$51.00
SPRING SESSION 6 WEEKS	Free	\$44.00

ADULT LEAGUES

YMCA MEN'S GOLF LEAGUE

Need a good reason to play golf during the week with a bunch of everyday Joe's? Join the YMCA Men's Golf League. The league begins the first week of May (weather permitting) and runs through the end of September. 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 or better yet come to the kick-off meeting to get all the details.

Registration: March 27th through April 27th

League Begins: May 3rd

Fee: **\$85.00** Plus greens fees**

Kick Off Meeting: Wednesday April 26th, 5:30PM at Swan Hills

MEN'S SUNDAY NIGHT 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. This league has grown each year and this year we will take advantage of Sunday afternoons and evenings. We will have 10 spots available and it is first come first served. We play under IHSA rules and Code of Conduct and each team must provide a roster of players before the first game and provide their own clearly numbered jerseys. Rosters can be amended up to the start time of the 2nd game. The season will end with a single elimination tournament.

Winter Registration: Dec.15th – January 11th

Games: Start on Sunday, January 15th

Fee: \$400.00 per team

** (A copy of your roster is due by January 11th to hold your spot)

Spring Registration: March 1st – March 29th

Games: Start on Sunday, April 2nd

Fee: \$400.00 per team

** (A copy of your roster is due by March 29th to hold your spot)

EARLY MORNINGS & NOON BASKETBALL

The Belvidere Family YMCA is bringing Adult Pick-up games back to the Belvidere area. Mondays thru Fridays you can buy a weekly pass that will allow you in our gym from 5AM until 8AM and 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 only good for 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

(Patrick J. Murphy Scholarships are available for all of these youth programs if you live in the Belvidere township)

WINTER BASKETBALL LEAGUE

3rd & 4th Grade Co-ed

5th & 6th Grade Girls

5th & 6th Grade Boys

7th & 8th Grade Boys

High School Boys (Teams only, No individual Registrations)

Registration: December 1st – January 7th

Coaches Meeting: Saturday January 7th at the YMCA

3rd /4th grade 9am

5th /6th grade 10:30am

7th/8th grade & High School 12:30pm

Practice Begins: Week of January 9th

Games Begin: Saturday, January 21st

All special requests due to ride sharing, etc. will be considered but not guaranteed. The YMCA will be accepting both team and individual sign up in all leagues except High School which is team only. There will be a limit of 10 players per team (except for High School division).

The YMCA must approve the coach if registering as a team. If you are registering as a team, please pay 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>
	\$70.00	\$110.00	\$650.00

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 3-week program. **Space is limited to the first 12 children to sign up.** Bring your glove each week.

Dates:	Saturdays March 11 th , March 18 st and March 25 th
Time:	3:30 – 5:00 PM
Place:	Belvidere Family YMCA
Age Group:	9 years to 14 years old
Registration:	February 2 nd – March 11 th
Fee:	\$65.00

GIRLS VOLLEYBALL LEAGUE

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

(Minimum of 4 teams in any league for league to run)

3rd & 4th Grade

5th & 6th Grade

7th & 8th Grade

Registration: February 10th - March 17th

Coaches Meeting: Saturday, March 18th at 10AM

Practice Begins: Week of March 20th

No Practices the week of (March 27th – April 2nd)

Games Run: April 8th - May 20th

Fee:	<u>Member</u>	<u>Non-Member</u>	<u>Team</u>
	\$70.00	\$110.00	\$575.00

Teams can register for the fee of \$575.00 and provide your own coach. The YMCA 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 who is suppose to be a part of a "team" sign up, no money will be refunded to the individual or the team.

GOLF

The following golf classes will be taught by Bart Gemborowski, Director of Instructions at Swanhills Golf Course. Bart has over 20 years of instructional experience at a number of facilities across the country. He is known for teaching the golf swing in an easy and understandable style. Bart also incorporates etiquette and rules along with teaching the fundamentals while keeping the class fun and informative. All golf lessons are held at Swanhills Golf Course 2600 Gustafson Road, Belvidere, IL 61008.

(Patrick J. Murphy Scholarships are available for all of these programs if you live in the Belvidere township)

Registration for all classes begins March 1st at the Belvidere YMCA

YOUTH GOLF FOR BEGINNERS

This is a great age to start learning about this great sport. We will begin with the basics and have fun in the process. Clubs will be provided if needed.

Fee: \$65.00 (youth) Min. 4/Max. 16 6 Classes
Day **Time** **Dates** **Ages**
Saturday 11:00 - 11:45 AM Apr. 15th - May 20st 7 - 11

YMCA JUNIOR GOLF AGES

Juniors at this age begin to show their natural abilities. We will use a strong fundamental approach to focus on different aspects of the game while having a great time in the process. Clubs will be provided if needed.

Fee: \$65.00 Min. 4/Max. 16 6 Classes
Day **Time** **Dates** **Ages**
Saturdays 12 - 12:45pm April 15th - May 20th 11 - 17

ADULT GOLF FOR MEN AND WOMEN

Class will start with an introduction and review of the fundamentals. We will work on areas of the game including the full swing, short game and putting. Clubs will be provided if needed. Classes are at Swanhills golf course. Registration at the YMCA.

Fee: \$65.00 (adult) Min. 4/Max. 16 6 Classes
Day **Time** **Dates** **Ages**
Saturdays 1- 1:45pm Apr. 15th - April 20th 18 and over

MARTIAL ARTS (3 - 5 years of age)

(Patrick J Murphy Scholarships are available to youth in the following programs if you live in the Belvidere township)

KARATE KIDS

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, everyday safety skills while reinforcing the life lessons being taught at home.

Fee:	<u>Member</u>	<u>Non-Member</u>
Mon. 5:45- 6:15 PM	\$60.00	\$105.00
Spring Session 6 weeks	\$50.00	\$ 87.00

JUNIOR (6 - 13 years of age)

When is the best time to start your child in martial arts classes? The answer is **NOW!** Our Junior program explores the basic concepts of martial arts and self defense, while promoting physical health and a positive lifestyle.

CHOOSE FROM ANY ONE OF THE KARATE ACADEMY CLASSES PER WEEK

Fee:	<u>Member</u>	<u>Non-Member</u>
	\$60.00	\$105.00
Spring Session 6 weeks	\$50.00	\$ 87.00

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>
Wed. 6:00 – 6:45 PM	\$60.00	\$105.00
Spring Session 6 weeks	\$50.00	\$ 87.00

KARATE ACADEMY Our focus is to produce top quality people and martial artists. This does not stop at just learning how to punch and 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 a 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>Member</u>	<u>Non-Member</u>
Individual	\$105.00 per session	\$161.00 per session
Family	\$147.00 per session	\$210.00 per session
Spring Session 6 weeks		
Individual	\$ 90.00	\$138.00
Family	\$126.00	\$180.00

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>Member</u>	<u>Non-Member</u>
Tues.	12:15 - 1:00 PM	\$60.00	\$ 105.00
Thurs.	12:15 - 1:00 PM	\$60.00	\$ 105.00
Tues./Thurs.	12:15 - 1:00 PM	\$100.00	\$ 180.00
SPRING SESSION 6 weeks			

Tues.	12:15 - 1:00 PM	\$50.00	\$ 87.00
Thurs.	12:15 - 1:00 PM	\$50.00	\$ 87.00
Tues./Thurs.	12:15 - 1:00 PM	\$90.00	\$150.00

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 scheduling and appointment.

FITNESS

(12 years of age and up)

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

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.

	Winter I & II Session I (7 weeks)	Spring Session (6 weeks)
Fee:	<u>Non-Member</u>	<u>Non-Member</u>
Mon/Wed. 8:30-9:45 AM	\$56.00	\$48.00

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!!

	Winter I & II Session I (7 weeks)	Spring Session (6 weeks)
Fee:	<u>Non-Member</u>	<u>Non-Member</u>
Sat. 8:15-9:15 AM	\$45.00	\$39.00

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.

	Winter I & II Session I (7 weeks)	Spring Session (6 weeks)
Fee:	<u>Non-Member</u>	<u>Non-Member</u>
Tues./ Thurs. 8:30-9:30AM	\$45.00	\$39.00

PEDAL AND PILATES (Aerobic Room) Free to Members!

A great cardio workout using the spin bikes and then working your core doing Pilates.

Fee:	Winter I & II Session I (7 weeks)	Spring Session (6 weeks)
	<u>Non-Member</u>	<u>Non-Member</u>
Tues. 5:30 – 6:30PM	\$23.00	\$20.00

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:	Winter I & II Session I (7 weeks)	Spring Session (6 weeks)
	<u>Non-Member</u>	<u>Non-Member</u>
Mon/Wed. 5:00-6:00PM	\$45.00	\$39.00

ZUMBA (Max. of 20) (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:	Winter I & II Session I (7 weeks)	Spring Session (6 weeks)
	<u>Non-Member</u>	<u>Non-Member</u>
Mon. 6:15 – 7:00 PM	\$40.00	\$35.00
7:15 - 8:15 PM	\$45.00	\$39.00
Wed. 6:15 – 7:15 PM	\$45.00	\$39.00

HIIT HARD CORE (Gym) Free to Members!

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

Fee:	Winter I & II Session I (7 weeks)	Spring Session (6 weeks)
	<u>Non-Member</u>	<u>Non-Member</u>
Mon/Wed 8:30-9:45 AM	\$56.00	\$48.00

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 ask the front counter for more information. Fitness on Demand is for Members only & is 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 the Y 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 &

Fee:	<u>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 1/2 hour appointment	\$30 for 1 hour appointment
\$100 for 4 appointments	\$190 for 8 appointments
\$285 for 12 appointments	

COMMUNITY DEVELOPMENT

SCHOLARSHIP ASSISTANCE FOR MEMBERSHIP

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

PATRICK J. MURPHY TOWNSHIP YOUTH RECREATION SCHOLARSHIP

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

YMCA POLICIES & PROCEDURES

YMCA DIVERSITY STATEMENT

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

ADA STATEMENT

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

Illinois State Reciprocal Membership

The Illinois State Alliance has agreed to reciprocal memberships for participating Y's. You must use your home Y 50% of the time. When visiting a participating Y, you must have your Y card and a photo ID to gain access. If wanting to participate in programs away from your home Y you may be subject to program fees. Silver Sneakers are not eligible for the reciprocal membership. Ask staff for more details regarding the policies.

YMCA CODE OF CONDUCT

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

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

*Parents are responsible for the actions of their children

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

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

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

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

GUEST POLICY

The YMCA sells guest passes to those who are not member. **No one under the age of 18 using a guest pass is allowed to use the Wellness center/weight room.**

Members in good standing will receive three guest passes a year. Anyone purchasing a guest pass is expected to behave in an appropriate manner, failure to do so could result in you being asked to leave and not being allowed to purchase another guest pass.

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

WELLNESS CENTER/WEIGHT ROOM

The Wellness Center is available to members 13 years of age and older. Orientations on proper use of the machines and training etiquette are available at no charge for members by calling 815-547-5307 to schedule an appointment with one of our Wellness center staff. Children under the age of 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.