



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THERE'S **SNOW** PLACE LIKE **THE Y** THIS WINTER

Winter Program Brochure 2019

Belvidere Family YMCA



220 West Locust Street, Belvidere | p: 815-547-5307 | www.belviderefamilyymca.org | info@belviderefamilyymca.org

WINTER I & WINTER II Brochure 2019

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 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 Monday – Thursday and 7:30PM on Friday)

Monday-Thursday	Friday	Saturday
8:00 AM-1:00 PM	8:00AM-1:00 PM	8:00AM-12:00 PM
4:00P M-8:30 PM	4:00PM-8:00 PM	

WINTER I REGISTRATION (All Programs Except Youth Swim Classes)

Registration for Members and Current Class Participants: December 17th – 30th

Registration for the General Public: December 22nd – 30th

CLASSES RUN from JANUARY 2nd - FEBRUARY 16th (7 week session)

WINTER I REGISTRATION (Youth Swim Classes)

Registration for Members and Current Class Participants: December 17th – January 6th

Registration for the General Public: December 22nd – January 6th

CLASSES RUN from JANUARY 7th - FEBRUARY 16th (6 week session)

WINTER II REGISTRATION

Registration for Members and Current Class Participants: February 4th – February 17th

Registration for the General Public: February 11th - February 17th

CLASSES RUN from FEBRUARY 18th - APRIL 6th (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

Monday, December 31st at noon for New Year's Eve

Tuesday, January 1st for New Year's Day

Sunday January 20th for David Wolf Snowflake Sprints Swim Invitational

Friday, April 19th at Noon for Good Friday

Sunday, April 21st 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.

BIRTHDAY PARTIES

The YMCA will decorate for your birthday party. Feel free to bring in your own refreshments.

Each package is 2 hours long 1 hour activity and 1 hour party room, for up to 10 children and is \$5 for each additional child.

Pretty Princess Package	(3 – 6 years)	\$135
Superhero Package (boy or girl)	(3 – 10 years)	\$150
Stem Package (boy or girl)	(5 – 10 years)	\$150
Imagination Playground (boy or girl)	(5 – 10 years)	\$110
Super Splash Pool (boy or girl)	(7 – 10 years)	\$110
Pool Party (boy or girl)	(3 – 10 years)	\$ 95

Add a pizza package for \$35 that will include 3 large pizzas, 2 family size orders of breadsticks and 2 liters of pop.

For more information on each Birthday Party package please contact Laura at 815-547-5307 or lyerk@belviderefamilyymca.org.

Please book your birthday party or rental a minimum of two weeks in advance.

SCHOOL AGE CHILDCARE KINDERGARTEN – 8TH GRADE

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

BEFORE SCHOOL ADVENTURE CLUB

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

Fee:	Member	Non-Member	Drop-In Rate
	\$40.00 weekly	\$45.00 weekly	\$17.00 a day

AFTER SCHOOL ADVENTURE CLUB

The After School Program runs from the end of school until 6:00 PM. Students will be transported to the YMCA by First Student. Interactive and structured afternoon events will be planned and rotated daily. They will include homework jumpstart, arts and crafts, board games, fun fitness classes, structured gym games, swimming and outside play time (weather permitting). Additionally the After School program will include community partnerships to offer healthy living opportunities to the participants. *** Drop in care is a one day rate for those families that need last minute or infrequent child watch. Care must be secured by 6pm prior to the day needed.**

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

BEFORE & AFTER SCHOOL ADVENTURE CLUB

Fee:	Member	Non-Member	Drop-In Rate
	\$80.00 weekly	\$90.00 weekly	\$24.00 a day

On early dismissal days (January 16th, February 13th, March 13th & April 10th and May 8th) a \$5 additional fee will be assessed to anyone receiving After School care.

Please note that on cancellation days due to weather or power outages these programs will not run.

SCHOOLS OUT CLUB FOR KINDERGARTEN – 8TH GRADE

Your child/children can have the opportunity to enjoy activities at the YMCA on their day off of school. Activities will include swimming, gym games, arts & crafts and movies. Please have your child bring a swimsuit, towel, sack lunch, and a drink. Dates: January 21st, February 15th, February 18th and April 22nd from 5:30AM - 6:00PM

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

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

NORTH BOONE Y KID'S CLUB

The Belvidere Family YMCA is excited to continue to provide Before and After School Care to the students at Poplar Grove Elementary, Manchester Elementary and Capron Elementary. Before and After Care will be provided at Poplar Grove Elementary. 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 5:30 AM 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 6:00 PM. A healthy snack will be served to the participants. Interactive and structured afternoon events will be planned and rotated daily. They will include homework help, arts and crafts, board games, fun fitness classes, structured gym games and playground time (weather permitting). Additionally, the After School program will include community partnerships to offer healthy living opportunities and activities to the participants.

Fees:

Before and After School per Child

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

Before School per Child

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

After School per Child

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

* Drop in care is a one day rate for those families that need last minute or infrequent child watch. **Drop in care must be secured by 6:00 PM prior to the day needed.**

For more information on the program or to sign up, please contact Antiya at 815-547-5307 or aporter@belviderefamilyymca.org.

WINTER CAMP FOR KINDERGARTEN – 8TH GRADE

Join us for a **FUN-FILLED** winter break. We offer a variety of exciting, enriching and educational activities for our campers including:

Winter crafts	Daily swimming
Light up volleyball	STEM activities
Reading club	Team building games
Imagination Playground time	Gym games
Food crafts	And MORE!!!

What We Ask You Provide:

Cold lunch (labeled with name)
Drink for lunchtime
Swimsuit
Towel

December 26th, 27th and 28th and January 2nd, 3rd and 4th.

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

What We Will Provide:

Light breakfast
Afternoon snack
Crafts & structured activities
Positive FUN!!!

SPRING CAMP FOR KINDERGARTEN-8TH GRADE

Join us for a **FUN-FILLED** spring break. We offer a variety of exciting, enriching and educational activities for our campers including:

Spring crafts	Daily swimming
STEM activities	Reading club
Team building game	Imagination Playground time
Food crafts	And MORE!!!

What We Ask You To Provide:

Cold lunch (labeled with name)
Drink for lunchtime
Swimsuit
Towel

Dates: March 25th – 29th

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

What We Will Provide:

Light breakfast
Afternoon snack
Crafts & structured activities
Positive FUN!!!

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

YOUTH ACTIVITIES

TEEN NIGHTS (5th, 6th & 7th Grade)

Each teen night will have a specific theme. Check the virtual backpack and our social media the week prior to teen night for each theme!! Students are not allowed to enter the dance after 7:30 PM and cannot leave until 9:00 PM unless a parent comes in to pick them up. Refreshments are available for purchase. Security is present at all teen nights.

Fee: \$5.00 at the backdoor **Dates:** January 18th, February 15th and March 15th

AQUATICS

Average water temperature is 84 degrees.

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

SWIM POLICY

In an effort to provide our members with the highest quality lessons with the most consistency, we do not offer make-up lessons. System credits will be granted with a doctor's note or in extreme circumstances with the permission of the Aquatic Director. Please understand there are times when instructors do get sick and cannot be in class. When this occurs, we will provide a substitute instructor.

ATTENTION PARENTS: To advance children's swim abilities and social skills, we request that parents please observe from the bleachers. If you have a question about a class, please feel free to call Cherie Dollinger at 815-547-5307 or email at cdollinger@belviderefamilyymca.org.

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.

	Member	Non-Member
4 lessons	\$52.00	\$ 72.00
6 lessons	\$62.00	\$ 97.00
8 lessons	\$77.00	\$125.00

NATIONAL SWIM LESSON PROGRAM

The National YMCA has been offering swim lessons for over 150 years for all ages and abilities.

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

Cosmo swim scholarships are available for youth swim lessons if you live outside of the Belvidere Township.

WATER DISCOVERY (Formerly Parent/Child) (6 months - 3 years)

Introduces infants and toddlers to the aquatic environment. Mom and/or Dad, Grandparents or any special adult to the child can come enjoy the water with the child/children. Children are required to wear swim diapers.

Winter I 6 week Fee: Member \$25.00 Non-Member \$55.00

Winter II 7 week Fee: Member \$30.00 Non-Member \$60.00

Sat. 9:15 - 9:45 AM

PRESCHOOL SWIM (3 to 5 years)

Winter I 6 week Fee: Member \$25.00 Non-Member \$55.00

Winter II 7 week Fee: Member \$30.00 Non-Member \$60.00

PRE WATER 1

Increases comfort with underwater exploration and introduces basic self-rescue skills. Skills learned are assisted front and back glides, jumps, push, turn and grab, also rolls and water exits.

Tues. 4:00 - 4:30 PM Thurs 4:00 - 4:30 PM

Sat. 9:45 - 10:15 AM

PRE WATER 2

Encourages forward movement in the water and basic self-rescue skills. New skills learned are: independently doing front and back glides and front and back floats.

Tues. 4:30 - 5:00 PM Thurs. 4:30 - 5:00 PM

Sat. 10:15 - 10:45 AM

PRE WATER 3

Develops intermediate self-rescue skills and perform longer distances. Skills added are: front and back crawl, roll, tread water for 30 seconds, swim float and swim for 15 yards.

Tues. 5:00 - 5:30 PM Thurs. 5:00 - 5:30 PM

Sat. 10:15 - 10:45 AM

PRE WATER 4

Introduces basic stroke technique in front crawl, back crawl and reinforces water safety through treading water and elementary backstroke.

Tues. 4:00 - 4:30 PM Thurs. 4:00 - 4:30 PM Sat. 10:45 - 11:15 AM

PROGRESSIVE SWIM (6 yrs. & up)

Winter I 6 week Fee: Member \$25.00 Non-Member \$55.00

Winter II 7 week Fee: Member \$30.00 Non-Member \$60.00

WATER I (New Swimmers)

Increases comfort and underwater exploration and introduces basic self-rescue skills. Skills learned are: getting face wet, front and back glides, front and back floats.

Tues. 4:00 - 4:30 PM Thurs. 4:00 - 4:30 PM

Sat. 9:15 - 9:45 AM

WATER 2

Encourages forward movement in the water and basic self-rescue skills. Skills learned in this level are done independently.

Tues. 4:30 - 5:00 PM Thurs. 4:30 - 5:00 PM Sat. 9:45 - 10:15 AM

Winter I 6 weeks Fee: Member \$28.00 Non-Member \$58.00

Winter II 7 weeks Fee: Member \$33.00 Non-Member \$63.00

WATER 3

Develops intermediate self-rescue, skills performed for longer distances. Skills learned in this level: front and back crawl, roll, tread water for 1 minute and exit independently, swim, float and swim for 25 yards.

Tues. 5:00 - 5:40 PM Thurs. 5:00 - 5:40 PM Sat. 8:30 - 9:10 AM

WATER 4

Introduces basic stroke techniques in front and back crawl and reinforces water safety through treading water. Skills learned in this level: endurance - any stroke- 25 yards, perfect front and back crawl, learn survival floating, breaststroke/butterfly kicks - 15 yards, treading for 2 minutes.

Tues. 4:30 - 5:10 PM Thurs. 4:30 - 5:15 PM Sat. 8:30 - 9:10 AM

WATER 5 & 6

At these 2 levels you will refine stroke technique for all major competitive strokes, and learn sidestroke and review all other safety skills that have been taught. Conditioning is a big part of these two levels and it also encourages swimming as part of a healthy lifestyle.

Sat. 10:45 – 11:25 AM

ADULT AQUATICS

Average water temperature is 84 degrees

Fee: Members: Free Nationwide Member: \$30.00 Non-Member: \$55.00

SNAP, CRACKLE, AND POP

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

Mon. 10:30 – 11:30 AM Wed. 10:30 – 11:30 AM Fri. 9:00 – 10:00 AM

AQUACIZE

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

Tues. 8:00 – 9:00 AM Thurs. 8:00 – 9:00 AM

WATER SPLASH EXERCISE CLASS

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

Mon. 8:00 – 9:00 AM Wed. 8:00 – 9:00 AM

ADULT LEAGUES

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. Full Payment must be made on day you register the team.

Winter Registration: December 26th – January 20th

Games Start: Sunday, January 27th

Fee: \$400.00 per team

A copy of your roster is due when you register along with full payment

Spring Registration: March 4th– April 1st

Games Start: Sunday, April 7th

Fee: \$400.00 per team

A copy of your roster is due when you register along with full payment

YOUTH SPORTS

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

WINTER BASKETBALL LEAGUE | Registration runs from December 10th–January 12th

Grades 2nd–4th

First Eligible Practice Date: January 14th

Games Every Thursday: January 24th through February 28th (possible Saturday games depending on number of teams)

League Features

2 weeks practice time to improve skills before league play begins

Practices 1–2 times a week

This 5 on 5 league will focus on learning sport basics, skill building and teamwork.

Grades 5th–8th

First Eligible Practice Date: January 14th

Games Every Saturday: January 26th through March 2nd

League Features

2 weeks practice time to improve skills before league play begins

Practices 1–2 times a week

Teams will consist of 5th/6th grade & 7th/8th grade

This 5 on 5 league will focus on skill building, play running and teamwork.

Championship tournament to be held the week of March 4th

High School Boys' League (teams only, no individual registration)

First Eligible Practice Date: January 14th

Games Every Saturday: January 26th through March 2nd

League Features

2 weeks practice time to improve skills before league play begins

Practices 1–2 times a week

Teams will consist of 5th/6th grade & 7th/8th grade

This 5 on 5 league will focus on skill building, play running and teamwork.

Championship tournament to be held the week of March 4th

WHAT YOU'LL NEED:

Gym Shoes

Water Bottle w/your name

WHAT WE'LL PROVIDE:

Volunteer Coaches Skilled Referees

Practice Equipment Shirts

Members: \$70.00 Non-Members: \$110.00 Team: \$650.00

Teams can consist of up to 10 players. Please register the team all at once. For questions, please call

Eric at 815-547-5307 or eross@belviderefamilyymca.org

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 9th, March 16th and April 6th
Time: 12 - 1 PM **Place:** Belvidere Family YMCA
Age Group: 9 years to 14 years old **Registration:** February 4th – March 6th
Fee: \$65.00

COED 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 11th - March 10th
Coaches Meeting: Saturday, March 16th at 10AM
Practice Begins: Week of March 18th
Games Run: April 6th - May 11th **No Practices the week of March 25th – 29th (Spring Break)**
Fee:

Member	Non-Member	Team
\$70.00	\$110.00	\$575.00

Teams can register for the fee of \$575.00 and provide their own coach. The YMCA must approve the coach. If you are registering a team, players cannot register individually; Players must pay the coach and the coach will pay the YMCA the full amount at the time of registration.

MARTIAL ARTS

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

KARATE KIDS (3 - 5 years of age) Parent/Guardian should be present during class time.

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

Fee:

	Member	Non-Member
Monday 6:00 - 6:30 PM	\$60.00	\$105.00

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. You are allowed to come to one class a week and may choose from the days listed below for the Karate Academy.

Fee:

	Member	Non-Member
	\$60.00	\$105.00

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.

Monday	Wednesday	
5:00 – 6:00 PM	5:00 – 6:00 PM	
Fee:	Member	Non-Member
Individual	\$ 70.00 per session	\$107.00 per session
Family	\$100.00 per session	\$140.00 per session

HEALTH & FITNESS

GOAL SETTERS (11 & 12 years of age)

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 or info@belviderefamilyymca.org.

Fee: Free - Members Only

Registration needs to be completed before scheduling and appointment.

ZUMBA FOR KIDS (Max. of 25) (Aerobic Room)

Designed for ages 6-12 years old. 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.

Wednesday 7:15 - 8:15PM

Fees per 7 week session: Members Free Nationwide Member \$22.00 Non-Member \$42.00

FITNESS CLASSES

(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.

AEROBIC KICKBOXING

Do you want to Reduce Stress, Boost your Confidence Level, Improve Coordination, Burn Calories, enjoy an Ideal Cross-Training Workout, Boost your Energy and Improve your Posture. You can kick and punch your way to a stress-free zone within minutes of a high-energy kickboxing routine.

Tuesday/Thursday. 5:30 – 6:30PM

Fees per 7 week session: Members Free Nationwide Member \$28.00 Non-Member \$56.00

FOREVER FIT (Aerobic Room)

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

Mon/Wed/Fri. 8:30-9:45 AM

Fees per seven week session: Members Free Nationwide Member \$42.00 Non-Member \$84.00

PEDAL & PUMP (Aerobic Room)

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

Tues./Thurs. 8:30-9:30AM

Fees per seven week session: Members Free Nationwide Member \$28.00 Non-Member \$56.00

CARDIO MADNESS (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!!

Mon/Wed. 5:15-6:15 PM

Sat. 8:15-9:15 AM

Fees per 7 week session for Mon/Wed: Members Free Nationwide Member \$42.00 Non-Member \$84.00

Fees per 7 week session for Sat: Members Free Nationwide Member \$14.00 Non-Member \$28.00

ZUMBA (Max. of 25) (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.

Mon. 7:15 - 8:15PM

Fees per 7 week session: Members Free Nationwide Member \$22.00 Non-Member \$42.00

HIIT HARD CORE (Gym)

This fast paced class focuses on challenging cardio drills and high intensity reps.

Mon/Fri 8:30-9:45 AM

Wednesday class is 9-10 AM

Take all three days for one price!

Fees per 7 week session: Members Free Nationwide Member \$44.00 Non-Member \$72.00

TABATA

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

Fri. 5:00 - 6:00 PM

Fees per 7 week session: Members Free Nationwide Member \$14.00 Non-Member \$28.00

YOGA

Open your mind and body in our new yoga class targeted at stretching and flexibility. Come get your ZEN on. Please bring your own yoga mat or beach sized towel.

Fri. 4:00 – 5:00 PM

Fees per 7 week session: Members Free Nationwide Member \$14.00 Non-Member \$28.00

YOGA FOR BEGINNERS TO INTERMEDIATE

Starting with a sun salutation moving into a flow then finishing with cool down /meditation. For any age and fitness levels! Please bring your own yoga mat or beach sized towel

Tues. /Thurs. 9:45 – 10:45AM 10:45 – 11:45AM

Fees per 7 week session: Members Free Nationwide Member \$28.00 Non-Member \$56.00

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.

Fee:	Silver Sneakers & Y Members	Non-Member
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 and Ed Marquez

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

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

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) or info@belviderefamilyymca.org.

COSMOPOLITAN CLUB YOUTH SWIM SCHOLARSHIP

The Belvidere Family YMCA announces a partnership with the Cosmopolitan Club. The goal of the scholarship is to increase swim lesson opportunities for youth living outside of the Belvidere Township whose families are facing financial hardship. Scholarship assistance is based on a sliding scale based on annual income. For more information on the Cosmopolitan Club Swim Scholarship or for an application, please contact the Belvidere Y at [815-547-5307](tel:815-547-5307) or info@belviderefamilyymca.org.

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.

Nationwide Reciprocal Membership

You are now able to use YMCA'S across the country that are participating in the new National Reciprocal Program. You must use your home Y 51% 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 7:00 PM 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.
- *Use of phones and electronic devices are not allowed in locker rooms
- *Any phone, camera, tablet, electronic use is strictly prohibited in the locker rooms, activity areas, classrooms and rest rooms. Such use may result in corrective action, up to and including permanent dismissal from the facility and possible legal ramifications.
- *Cell phones, electronic devices may be used for listening to audio or using fitness related applications in the wellness center area.
- *The Belvidere Family YMCA is not responsible for lost or stolen property.

GUEST POLICY

Guest passes are available 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 being asked to leave the building immediately and not being allowed to purchase another guest pass.

Daily Fee:	Youth (under 18 years of age)	Adult	Family
	\$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.