

FALL I & II 2018

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 and Monday through Friday the pool closes 30 minutes prior to 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 Mon - Thurs & 7:30PM Fri)

Monday-Thursday

Friday

Saturday

8:00AM-12:00PM

8:00AM-12:00PM

8:00AM-12:00PM

4:00PM-8:30PM

4:00PM-8:00PM

FALL I REGISTRATION

Registration for Members and Current Class Participants: August 13th - August 26th

Registration for General Public: August 20th - August 26th

CLASSES RUN AUG. 27th TO OCTOBER 20th (8 WEEKS)

FALL II REGISTRATION

Registration for Members and Current Class Participants: October 8th - October 21st

Registration for General Public: October 15th - October 21st

CLASSES RUN OCTOBER 22nd - DEC. 15th (8 weeks)

The Belvidere Family YMCA will be closed the following dates:

Monday, September 3rd for Labor Day

Wednesday Nov. 21st at 7PM

Thursday, November 22nd for Thanksgiving Day

Monday, December 24th will close at noon for Christmas Eve

Tuesday, December 25th for Christmas Day

Monday, Dec. 31st Close at Noon for New Year's Eve

Tuesday, January 1, 2019 for New Year's Day

Sunday, Jan. 20, 2019 for DWI Swim Meet

FACILITY RENTAL

YMCA facilities are available for rentals. For more information contact Membership Services Desk at 815-547-5307.

BIRTHDAY PARTY FUN (5 - 10 years of age)

The YMCA will assist you with your birthday party and decorate for you! Pizza packages are now available. **Contact the Belvidere Y at 815-547-5307 for more information!**

Oodles of Noodles (pool party)

Pretty Pretty Princess

Imagination Playground

SCHOOL AGE CARE**ALL DAY 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: \$40.00 weekly for members \$45.00 weekly for non-members

AFTER SCHOOL ADVENTURE CLUB

The After School Program runs from the end of school until 6PM. 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: \$60.00 weekly for members \$65.00 weekly for non-members \$17.00 a day for Drop-In Care

BEFORE & AFTER SCHOOL ADVENTURE CLUB

Fee: \$80.00 weekly for members \$90.00 weekly for members

On early dismissal days (Sept. 12th, Oct. 3rd, Nov. 14th) 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 neither program will be in session. For holidays, check with the YMCA for programming information.

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: Oct. 5th & 8th and Nov. 21st from 5:30AM - 6:00PM Please note that we are unable to provide care the day after Thanksgiving.

Fee: \$30.00 per day for members \$35.00 per day for non-members

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

WINTER CAMP FOR 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. Dec. 26th, 27th, 28th, and Jan. 2nd, 3rd, 4th.

Fee: \$30.00 per day for members \$35.00 per day for non-members

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, Capron Elementary and Upper Elementary. Before and After Care will be provided at Poplar Grove Elementary for the 2018-2019 school year. Transportation to and from Manchester, Capron and Upper 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*

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 pm prior to the day needed.

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

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.

Dates: September 28th, October 19th, Nov. 16th and December 14th

Fee: \$5.00 at the backdoor

SWIM LESSONS

(Average water temperature is 84 degrees)

*No classes on Thursday, November 22ND

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 PARENT:** We ask that you please watch your child/children's lesson from

the bleachers. If you have a question about a class, please feel free to call Cherie Dollinger at 815-547-5307.

ONE ON ONE SWIM LESSONS

If you would like to develop and improve your aquatic skills with one of our Instructors, please contact Cherie Dollinger at 815-547-5307. Lessons are ½ hour each.

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

NEW NATIONAL SWIM LESSON PROGRAM

The National YMCA has been offering swim lessons for over 150 years for all ages and abilities. The levels have changed and more emphasis has been added on personal safety.

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

(Cosmo 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, or Grandparents come enjoy the water with your child/children. Children are required to wear swim diapers.

Fee: Member \$33.00 Non-Member \$63.00

Sat. 9:15 - 9:45 AM

PRESCHOOL SWIM (3 to 5 years)

Fee: Member \$33.00 Non-Member \$63.00

PRE WATER 1 (Formerly Mini -Pike)

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 (Formerly Pike)

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 (Formerly Mini-Eel)

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 (6yrs. & up)

Fee: Member \$33.00 Non-Member \$63.00

WATER I (New Swimmers)

Increases comfort and underwater exploration and introduces basic self-rescue skills. Skills learned are: submerge get 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 (Formerly Polliwog)

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

WATER 3,4, 5 & 6

Fees: Member \$37.00 Non-Member \$67.00

WATER 3 (Formerly Guppy)

Develops intermediate self-rescue, skills performed for longer distances. Skills learned in the 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 (Formerly Minnow)

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 a part of a healthy lifestyle.

Sat. 10:45 – 11:25 AM

SWIM TEAM

YMCA BARRACUDA COMPETITIVE SWIM TEAM (5 - 21 years)

Would you like to be a part of a top competitive swim team? Our 2017-2018 team won the 2018 Small Team Champions, 2018 Small Team Boys Champions and 2nd Place for Small Team Girls. This professionally coached swim team works to mold healthy and trustworthy future citizens through emphasizing the ideals of good sportsmanship, loyalty, perseverance, courage, and reverence. The team competes as part of the Northwest District of the IL on the local level with a chance for swimmers to compete at both the State and National Level. Come try out the team free for a week! **Swimmers need to be able to swim 1 length of the pool using freestyle arms and face in the water.**

Check out the Team website at www.belviderebarracudas.org or contact Head Coach Matt Kopald at Matt.Kopald@gmail.com. A Family Membership is required to be on the team and must be kept

for an entire year from the date you start it (example September to September) and CANNOT be cancelled at the end of the season. Swimmers on the high school swim team may have a 1 year young adult membership.

ADULT AQUATICS

*No classes on Monday, September 3rd, Thursday, November 22nd and Friday November 23rd

Fee: Member – 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

Tues. 9:00 - 10:00 AM

Wed. 10:30 - 11:30 AM

Thurs. 9:00 - 10:00 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

SWIMNASTICS

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

Tues. 10:00 - 11:00 AM

Thurs. 10:00 - 11:00 AM

Fri. 10:00 - 11:00 AM

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.

Mon. 5:00 - 5:45 PM

Wed. 5:00 - 5:45 PM

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

YOUTH SPORTS

CO-ED FLAG FOOTBALL MANIA Games Saturday Mornings

Rookies (Ages 3-6) Sept. 15-Oct. 20

Rookies Program is an introduction to playing flag football and will run for 6 weeks

Saturday Games No Practices

Grades 1-6

League Features

· 2 weeks practice time to improve skills before league play begins

· Grade level will feature 7 games

First Eligible Practice Date: Aug. 27 Games: Sept. 8-Oct. 20

WHAT YOU'LL NEED

Mouth Guard (Mandatory for Grade levels)

Cleats

Water Bottle (w/your name)

WE'LL PROVIDE:

Volunteer Coaches

Shirts

Team Placement in the Leagues

Fees:

Rookies: Members: \$26.00 Non-Members: \$41.00

Grades 1-4: Members: \$55.00 Non-Members: \$80.00 Team: \$525.00

Registration Deadline: Sunday August 26th at noon

CO-ED FALL BASKETBALL – Stay tuned for details we are expanding our age groups. The league will run from Nov. 3rd – Dec. 15th. Practices begin in October!

SPORTS SAMPLER (3-5 yrs.)

Not sure what sport your child might be interested in then let us help. Join us in trying out a sample of each of these fun sports, football, basketball, soccer and t-ball.

Wed. 6:00 – 6:45pm

Fee: Members: \$25.00 Non-Members: \$40.00

PERSONAL BASKETBALL INSTRUCTION

Coach Eric Ross will instruct your child in all aspects of the game from dribbling, passing and shooting and playing great defense. This instruction time will surely help your child improve his skills and become a better player right away. Any questions call the Belvidere Y at 815-547-5307 and ask for Eric Ross.

Fee: \$20.00 per 1-hour time slot

ADULT LEAGUES

MEN'S SUNDAY NIGHT WINTER BASKETBALL LEAGUE

This league is designed for recent college grads, those still in college and those in the working world who still have game. We will have 10 team 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. Rosters can be amended up to the start time of your 2nd game. **Teams must provide their own clearly numbered jerseys.** The season starts JANUARY 27th (Sunday) and runs 6 weeks with a single elimination tourney to end the season.

Registration: December 17th thru January 16th

Fee: \$400.00* per team, must be paid in full and turned in with a Roster by Jan. 16th

MARTIAL ARTS

***No classes on Monday, September 3rd or Friday Nov. 23rd**

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)

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:	Member	Non-Member
Mon. 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	\$60.00	Non-Member	\$105.00
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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.

Mon.	Wed.	Fri.
5:00 – 6:00 PM	5:00 – 6:00 PM	5:00 - 6:00 PM
Fee:	Member	Non-Member
Individual	\$105.00 per session	\$161.00 per session
Family	\$147.00 per session	\$210.00 per session

NEW!!! WOMENS SELF DEFENSE CLASS (12 & Up)

This class will be held the 2nd Wednesday of each month from 6 – 8pm. Sept. 12th, Oct. 10th and Nov. 14th

The program is for teens and adult women age 12 and older blends knowledge about predator typologies into fighting strategies and tactics that include vocalization, assertiveness, boundary setting, verbal negotiation and identification of predators' weaknesses. We will provide you with the knowledge to: build awareness, elevate confidence, learn avoidance & escape techniques and perform basic defense moves.

The class will also prepare you psychologically and emotionally, enabling you to maintain the state of mind needed to recognize a threat or create an opportunity to get away!

Fees: Member - \$15 per day Non-Member - \$35.00 per day

PERSONAL TRAINING

PERSONAL TRAINING: Donny Penny or 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	\$190 for 8 1 hour appointments
\$ 30 for 1 hour appointment	\$285 for 12 1 hour appointments
\$100 for 4 1 hour appointments	

GOAL SETTERS (11 & 12 years of age)

You must be 13 years old to be in the fitness center, unless you attend this informational, hands-on fitness session. 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 your sessions, please call 815-547-5307. **Free to Members Only**

FITNESS

***No classes on Monday, September 3rd, Thursday Nov. 22nd and Friday Nov. 23rd**

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.

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: Nationwide Member \$48.00 Non-Member \$72.00

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 Tues./Thurs. 6:00-7:00PM

Fees: Nationwide Member \$45.00 Non-Member \$64.00

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: M/W: Nationwide Member \$45.00 Non-Member \$64.00

Sat.: Nationwide Member \$16.00 Non-Member \$45.00

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: Nationwide Member \$16.00 Non-Member \$45.00

HIIT HARD CORE (Gym)

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

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

Fees: Nationwide Member \$48.00 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: Nationwide Member \$20.00 Non-Member \$44.00

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: Nationwide Member \$20.00 Non-Member \$44.00

FITNESS ON DEMAND FOR MEMBERS

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! The motorized screen will lower and the on-screen instructor starts the 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 not an instructor led class being run. Must be 16 years or older to use or accompanied by an adult. Please ask the front counter for more information! Fitness on Demand classes are free of charge. Classes added every month, include Latin dance, yoga, kickboxing, cardio sports drill, Body Burn and so many 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.

SILVER SNEAKERS CLASS

These classes combine 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:	Y & Silver Sneakers Member	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*

*No class on Thursday, November 22nd

ENHANCED FITNESS

Now there's a fitness program designed for older adults just like you. Enhance Fitness combines the key components of fitness: strength training, flexibility, cardiovascular conditioning and balance. Classes begin with a warm-up, followed by strength training with light, weights, a cardio session and finish with a cool-down and stretching. This program is recognized by the CDC. Exercises can be done in a chair or standing based on participants needs. Great for those with Arthritis.

Mon/Wed/Fri 8:30 – 9:30 AM

Fee:	Y Members	Non-Member
	Free*	\$3.00 per class*

**No class on Monday, September 3rd, Friday, November 23rd

COMMUNITY DEVELOPMENT

HALLOWEEN FESTIVAL FAMILY NIGHT

Celebrate Halloween with your child/children in costumes and enjoy a spook-tacular time with PLEASE BRING A NON-PERISHABLE FOOD ITEM TO DONATE to the Belvidere Police Department's Feed the Need efforts.

Date: Friday, October 26th from 6:30 – 7:30 PM

Fee: FREE

HOMETOWN CHRISTMAS CARNIVAL

FREE TO THE PUBLIC! Join us for Christmas activities & crafts, play Christmas bingo, write a letter to be mailed to Santa, take a photo in Solrite's photo booth and SO MUCH MORE!

Grab a picture with Santa while you are here! No waiting in line this year! Pick up a number and enjoy the carnival while you wait!

Make sure you check out the coloring contest sponsored by The Boone County Shopper.

Participants will be entered for cash prizes!

Free activity books for all youth, presented by the Belvidere Area Chamber of Commerce and sponsoring businesses.

Date: Friday, December 7th from 6pm-9pm

Fee: FREE

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).

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)

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 MEMBERSHIP BENEFITS

With Nationwide Membership, members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost. Nationwide Membership is an essential

part of our cause to strengthen communities. It enables members to

- reach their health and wellness goals wherever they live, work, or travel; and
- connect with the larger Y community in meaningful ways.

The goal of Nationwide Membership is to ensure that all nationwide members have access to and can use all the areas and programs of any Y they visit.

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:	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 13 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. Due to liability issues, members under the age of 11 are not allowed in the Wellness Center/Weight Room.

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.