



FALL INTO FUN

BELVIDERE FAMILY YMCA

Fall 2019 Brochure



FALL I & II 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 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

Members Service Desk Hours are from 8:30 AM to 7:00 PM Monday - Friday. Saturday 7:00 AM - 1:00 PM and Sunday 7:00 AM - 12:00 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 half an hour earlier in the evenings)

Monday-Thursday	Friday	Saturday
8:00AM-1:00PM	8:00AM-1:00PM	8:00AM-12:00PM
4:00PM-8:30PM	4:00PM-7:00PM	

FALL I REGISTRATION

Registration for Members and Current Class Participants: July 29th - August 18th

Registration for General Public: August 5th - August 18th

FITNESS CLASSES RUN AUGUST 12th TO OCTOBER 19th (10 WEEKS)

ADULT WATER CLASSES, SWIM LESSONS and KARATE CLASSES WILL RUN FROM AUGUST 19th TO OCTOBER 19th (9 WEEKS)

FALL II REGISTRATION

Registration for Members and Current Class Participants: October 7th - October 20th

Registration for General Public: October 14th - October 20th

ALL CLASSES RUN OCTOBER 21st - DECEMBER 21st (9 weeks)

The Belvidere Family YMCA will be closed the following dates:

Monday, September 2nd for Labor Day

Wednesday, November 27th at 7PM

Thursday, November 28th for Thanksgiving Day

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

Wednesday, December 25th for Christmas Day

Tuesday, December 31st close at Noon for New Year's Eve

Wednesday, January 1, 2020 for New Year's Day

Sunday, January 19, 2020 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

Super Hero

STEM Fun

Craft Fun

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

* 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.

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.

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.

Fees: * 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.

Before School per Child

\$40.00 weekly for members \$45.00 weekly for non-members Drop-In \$13.00 per day

After School per Child

\$65.00 weekly for members \$70.00 weekly for non-members Drop-In \$18.00 per day

Before and After School per Child

\$85.00 weekly for members \$95.00 weekly for members Drop-In \$25.00 per day

On early dismissal days (Sept. 11th, Oct. 9th, Nov. 13th, Dec. 11th) 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. 11th & 14th and Nov. 27th 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. 23rd, 26th, 27th, 30th and Jan. 2nd, 3rd.

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 2019–2020 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.

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

Fees:

* 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.**

Before School per Child

\$35 a week for members \$40 a week for non-members Drop-In \$10.00 per day

After School per Child

\$55 a week for members \$60 a week for non-members Drop-In \$15.00 per day

Before and After School per Child

\$75 a week for members \$85 a week for non-members Drop-In \$22.00 per day

YOUTH ACTIVITIES

TEEN NIGHTS (5th – 8th Grade)

The YMCA staff will host teen nights on select Fridays throughout the school year. 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 8 PM and cannot leave until 9:30 PM unless a parent comes in to pick them up. Refreshments are available for purchase. Security is present at all teen nights.

Dates: September 13th & 17th, October 11th & 25th, Nov. 8th & 22nd and December 13th

Fee: \$5.00 at the backdoor

VIDEOGAME/DODGEBALL CLUB

Time: Fridays 6:00-9:30PM **Dates:** Sept 13 & 27th, October 11 & 25th, Nov 8 & 22nd, Dec 13th

Age Group: 5th grade – 8th grade

Description: Want to have the space to be loud and play videogames with occasional dodgeball breaks? Rather meet new friends instead of playing at home by yourself on a Friday night? Want to play the newest gaming systems and games, but don't have the funds to play all the games you want? Do you want to compete in tournaments for prizes? If so, join the videogame/dodgeball club!

Fee: Cost is \$5 per session.

WATCH OUR FACEBOOK PAGE FOR OUR NEW AND EXCITING CRAFT DAYS FOR KIDS!!!

SWIM LESSONS

(Average water temperature is 84 degrees)

*No classes on Thursday, November 28th

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

SWIM LESSON PROGRAM

(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 I (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.

Sat. 9:15 – 9:45 AM **Fee: Member \$37.00 Non-Member \$70.00**

WATER DISCOVERY 2 (2 – 3 years)

This class will get your toddler who has been in Water Discovery I ready to enter our Preschool swim. To be in this class your child/children must have taken Water Discovery I and been told by the instructor that they are ready for this level.

Sat. 9:15 – 9:45 AM **Fee: Member \$37.00 Non-Member \$70.00**

PRESCHOOL SWIM (3 to 5 years)

Fee: Member \$37.00 Non-Member \$70.00

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 (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. 10:45 – 11:15 AM

PRE WATER 4

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

Tues. 5:30 – 6:00 PM Thurs. 5:30 – 6:00 PM

Sat. 10:45 – 11:15 AM

PROGRESSIVE SWIM (6yrs. & up)

Fee: Member \$37.00 Non-Member \$70.00

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. 9:45 – 10:15 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. 10:15 – 10:45 AM

WATER 3, 4, 5 & 6

Fees: Member \$41.00 Non-Member \$75.00

WATER 3

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 -6

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. We will also 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. 8:30 – 9:10 AM

SWIM TEAM

YMCA BARRACUDA COMPETITIVE SWIM TEAM (5 - 21 years)

Would you like to be a part of a top competitive swim team? 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 Full Family Membership at the Belvidere Family YMCA is required to be on the team and must be kept during the Fall/Winter Season from start of swim season through end of State meet. It CANNOT be cancelled before the State Meet is held. Swimmers who participate on the high school swim team may have a teen membership.

ADULT AQUATICS

***No classes on Monday, September 2nd, Thursday, November 28th and Friday November 29th**

Fee: Member – Free Nationwide Member - \$42.00 Non-Member - \$80.00

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. 9:15 – 10:15 AM Wed. 9:15 – 10:15 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

YOUTH SPORTS

KIDS SPORTS SAMPLER (3 – 7yrs)

Tuesdays: 6:00-6:45PM **Dates:** September 19th – Oct 17th (5 weeks)

Not sure what sport your child might be interested in then let us help! This class is great for the beginner athlete to get a taste of various sports to determine their niche - or just have a blast playing them all! Sports include soccer, basketball, t-ball, flag football, hockey, volleyball as well as other sports-related games.

Parents that are Y members are welcome to watch your child/children during class or may use the facility to workout instead. The class instructor will escort your child/children to the babysitting room after class so you can finish your workout if you would like. (min. of 5 kids for class to run)

Fee: Members: \$25.00 Non-Members: \$35.00

YOUTH CO-ED FLAG FOOTBALL LEAGUE

Registration: July 1st – Sept 8th **Coaches Meeting:** Thursday August 29th at 6:30PM

Practice Begins: Week of September 3rd **Games:** Saturday Mornings Sept 14 – Oct 19th (6 weeks)

Age Group: K-2nd (rookies) 3rd-4th 5th, 6th, & 7th

This league will emphasize the same skills as the traditional leagues but with the advantage of all players being able to play skilled positions (quarterback, running back and receiving). This league will be exciting with a lot of scoring and great defensive play.

Games played on the practice fields behind Milt Brown Stadium at Belvidere North H.S.

Fees: \$40/rookies All other age groups: \$55/members \$80/non-members \$525/team

HIGH SCHOOL CO-ED 5 vs 5 INTRAMURAL FLAG FOOTBALL TOURNAMENT

Time: Saturday Afternoons **Dates:** Oct 5th – Oct 19th (3 weeks)

Description: Gives high school kids who don't play for their school team the opportunity to play this fun and popular intramural game with their friends! Games played on the practice fields behind Milt Brown Stadium at Belvidere North H.S. **Fee:** \$100/team (maximum of 10 players on a team)

YOUTH CO-ED BASKETBALL CLUB

Dates: Sept 4th – Oct 16th (8 weeks)

TIME: 1st – 4th grade play on Mondays & Wednesdays from 3:30-5:00PM

5th – 8th grade play on Mondays & Wednesdays from 5:30-7:00PM

Description: Get ready for the upcoming basketball season! This is a youth and middle school program that focuses on developing the complete player. You will develop shooting, ball handling, passing, footwork, defense, rebounding, athleticism, character development, and other essential skills to become a great basketball player. You also get to take the skills you practiced and apply them in a controlled game setting. It is both fun and intense!

COACHING STAFF: All practice sessions, and scrimmages are organized by our very own YMCA's Sports Coordinator Eric Ross. Eric has 10+ years of skill instruction and coaching experience which includes coaching at Belvidere Central Middle School & Belvidere North High School.

Fee: Members: \$60.00 Non-Members: \$80.00

YOUTH CO-ED FALL BASKETBALL LEAGUE

Registration: September 1st – October 19th **Age Group:** 2nd-4th & 5th-6th Grade

Coaches Meeting: 9:00AM on Saturday, October 19th at the YMCA.

Practice Begins: Week of October 21st **Games Begin:** Saturday, November 2nd

Description: 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.

Fee: Member \$70.00 Non-Member \$100.00 Team \$650.00

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 or email eross@belviderefamilyymca.org **Fee:** \$20.00 per 1-hour time slot

ADULT LEAGUES

ADULT BASKETBALL PICK-UP GAMES

When: Mondays, Tuesdays, & Thursdays: 7:00-10:00PM **Dates:** August 26th - October 17th (8 weeks)

Age Group: 15+ (experienced high school-aged players are welcome)

Description: Join our pick-up sessions to play in a fun and friendly atmosphere and meet new people! Our pick up basketball rules are simple: Win to play more! The first team to 11 by 1s and 2s stays on the court & takes on the next challenger in line.

Fee: Cost is \$5 per session. This program is free for Y members!

ADULT VOLLEYBALL DROP-IN PICK-UP GAMES

DAY: Wednesday 7:00 - 10:00PM **Dates:** August 28th - October 16th (8 weeks)

Age Group: 15+ (experienced high school-aged players are welcome)

Description: The Belvidere Family YMCA offers a once-a-week, coed volleyball open gym on Wednesday nights. No need to have a team to play as teams are formed on site. This is a great opportunity for those looking for a casual atmosphere to practice and play.

Fee: Cost is \$5 per session. This program is free for Y members!

MARTIAL ARTS

Classes begin the Week of August 19th *No classes on Monday, September 2nd

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	\$67.00	\$118.00

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 \$51.00 Non-Member \$72.00

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 \$51.00 Non-Member \$72.00

Sat.: Nationwide Member \$18.00 Non-Member \$50.00

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 \$18.00 Non-Member \$50.00

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 \$51.00 Non-Member \$72.00

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.

Tues. 4:00 - 5:00 PM

Fees: Nationwide Member \$18.00 Non-Member \$50.00

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.

Tues/Thurs. 5:30 - 6:30PM

Fees: Nation Wide Member \$51.00 Non-Member \$72.00

BEGINNING STEP

Using a studio step, you'll move your way through several choreography combinations that will give your heart the cardio boost it needs.

Thurs. 6:30 - 7:00PM

Fees: Nation Wide Member \$12.00 Non-Member \$25.00



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 28th

COMMUNITY DEVELOPMENT

HALLOWEEN FAMILY FESTIVAL NEW THIS YEAR

The Y will host a decorated pumpkin drop off the Wednesday before the carnival. The pumpkins will decorate the lawn of the Y for the carnival. A request of a non-perishable food item will be asked for submission of the pumpkin entry. The Belvidere Police will be on hand, helping hand out special treats and badges. Judges, including sponsors and local dignitaries, will have the difficult and exciting decision of choosing winners in different categories.

PUMPKIN DROP OFF DATE: Wednesday, October 16th from 4:30-6:30pm

Celebrate Halloween with your child/children in costumes and enjoy a spook-tacular time.

HALLOWEEN CARNIVAL Date: Sunday October 20th from 1:00 – 2:30 PM **Fee: FREE**

PLEASE BRING A NON-PERISHABLE FOOD ITEM TO DONATE to the Belvidere Police Department's Feed the Need efforts.

HOMETOWN CHRISTMAS CARNIVAL

FREE TO THE PUBLIC! Join us for Christmas activities & crafts, play Christmas bingo, 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 6th from 6pm-8:30PM **Fee: FREE**

OPEN DOOR 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 OR VAPING PRODUCTS IN ANY FORM ARE NOT PERMITTED IN THE BUILDING OR ANYWHERE ON YMCA PROPERTY.**

*Program Members are limited to use of the building only during the time/area of the class they are attending.

*Individuals on Y premises are expected to behave in an appropriate manner, failure to do so could result in suspension of facility usage including permanent suspension.

GUEST POLICY

The YMCA sells guest passes to those who are not members. **No one under the age of 16 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 suspension of facility usage including permanent suspension.

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.