

## **SPRING & SUMMER 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. Pool closes at 9:30pm Mon. – Fri., 4:45pm Sat. and 2:45pm on Sunday.

| <b>Monday - Friday</b> | <b>Saturday</b>   | <b>Sunday</b>     |
|------------------------|-------------------|-------------------|
| 5:00 AM - 10:00 PM     | 7:00 AM - 5:00 PM | 7:00 AM - 3:00 PM |

### **MEMBERSHIP OFFICE HOURS**

| <b>Monday - Friday</b> | <b>Saturday</b>   | <b>Sunday</b>     |
|------------------------|-------------------|-------------------|
| 8:30 AM - 7:00 PM      | 7:00 AM - 3:00 PM | 7:00 AM - 1:00 PM |

### **BABYSITTING SERVICE (Newborn – 10 years of age)**

For Liability and Safety reasons we ask that Parents must be in the building.

Free to Members. \$2.00 per hour for non-members

| <b>Monday-Thursday</b> | <b>Friday</b>  | <b>Saturday</b> |
|------------------------|----------------|-----------------|
| 8:00AM-12:00PM         | 8:00AM-12:00PM | 8:00AM-12:00PM  |
| 4:00PM-8:30PM          | 4:00PM-7:00PM  |                 |

We reserve the right to close babysitting at 8:00PM Monday - Thursday and 7pm Fridays.

### **SPRING SESSION REGISTRATION**

Registration for Members and Current Class Participants: March 26<sup>th</sup> – April 8<sup>th</sup>

Registration for the General Public: April 2<sup>nd</sup> – April 8<sup>th</sup>

**CLASSES RUN APRIL 9<sup>TH</sup> – MAY 26<sup>TH</sup> 7 weeks**

### **SUMMER I SESSION REGISTRATION**

Registration for Members and Current Class Participants: May 7<sup>th</sup> – May 20<sup>th</sup>

Registration for the General Public: May 14<sup>th</sup> – May 20<sup>th</sup>

**CLASSES RUN MAY 29<sup>TH</sup> – JUNE 30<sup>TH</sup> 5 weeks, unless otherwise noted in the class description.**

### **SUMMER II SESSION REGISTRATION**

Registration for Members and Current Class Participants: June 18<sup>TH</sup> – July 1<sup>st</sup>

Registration for General Public: June 24<sup>th</sup> – July 1<sup>st</sup>

**CLASSES RUN JULY 2<sup>nd</sup> – AUGUST 4<sup>th</sup> 5 weeks, unless otherwise noted in the class description.**

**The Belvidere Family YMCA will be closed the following dates:**

**Monday, May 28<sup>th</sup> for Memorial Day**

**Wednesday, July 4<sup>th</sup> for Independence Day**

**Monday, September 3<sup>rd</sup> for Labor Day**

## RENTALS & PARTIES

### FACILITY RENTAL

YMCA facilities are available for rentals. For more information, please contact us at 815-547-5307 or [info@belviderefamilyymca.org](mailto:info@belviderefamilyymca.org).

### SWIM BIRTHDAY PARTIES (5 – 10 years of age)

The YMCA will decorate for your Birthday party. Feel free to bring in your own refreshments. Parties are on Saturdays from 1 – 3 or 2 – 4 PM.

**Fee:** \$95.00 for up to 10 children, each additional child is \$9.00.

### SCHOOL AGE CARE

#### SUMMER CAMP 2018 (Kindergarten - 8<sup>th</sup> Grade, Must be 5 years of age to be in the program)

Begins May 23<sup>rd</sup>

Contact: Antiya Porter at 815-547-5307 or [aporter@belviderefamilyymca.org](mailto:aporter@belviderefamilyymca.org)

The Belvidere Y offers a fun, structured and enriching on-site summer camp. Campers not only focus on having a blast but also have the opportunity to participate in field trips, crafts, sports, swimming, STEM and so much more.

**NEW THIS YEAR:** Your child will have the opportunity to participate in many enrichment activities throughout the summer such as Ag in the Classroom with Winnebago Boone County Farm Bureau, Garden Club with University of Illinois Extension, Book Club with Ida Public Library, hiking at Spencer Park, swim day at William Grady Pool, mentor/mentoree programs and much more. Join us for the **ULTIMATE** summer experience.

Participants need to bring a lunch, swimsuit, towel, sunscreen, closed toe shoes and hat daily. A healthy breakfast and snack will be provided. Care provided from 5:30am to 6:00pm.

| Member Rate                 | Non-Member             |
|-----------------------------|------------------------|
| Fee: \$135 a week per child | \$145 a week per child |

**CCAP & DCFS ACTIVITY FEE: \$10 a week per child. Ask us for more information on CCAP qualifications!**

**REGISTER FOR SUMMER CAMP ONLINE OR AT THE Y!**

Child Care assistance Program & DCFS approved payments accepted.

Weeks 1, 2 & 7 will be pro-rated for private pay campers due to holiday closure.

### Field Trips

**Week 1: Aloha Adventure:** Kick off summer with a luau themed week

**Week 2: Throwback Week:** Decades week with daily themes and fun activities

**Week 3: Lego Week:** Calling your creativity for this week, topped off with a trip to Glo Bowl

**Week 4: Move It Week:** Let's get moving, especially on our trip to GAR South Trampoline Park

**Week 5: Super Hero Week:** Be your favorite superhero all week long and join us on a trip to see Incredibles 2

**Week 6: Abracadabra Week:** This week will be magical, including a visit from a magician

**Week 7: Party in the USA:** Celebrate America in this Olympics themed, team building week

**Week 8: Wet & Wild Week:** Enjoy SO many fun water based activities capped off with a visit to the local ice cream shop

**Week 9: Mad Science Week:** Become a scientist with our awesome STEM themed week, including a visit to Discovery Center

- Week 10: Christmas in July:** Winter wonderland fun in the middle of summer
- Week 11: Wheels Week:** Get going this week and enjoy a visit to Skateland
- Week 12: Tag Out Week:** Finish up your summer with a fun trip to Laser Quest

Field trips are subject to change. Due to inclement weather or conflicts, field trips may need to be rescheduled within the 12 weeks of camp.

**BELVIDERE ADVENTURE CLUB AND NORTH BOONE Y KID'S CLUB**

**All Day Kindergarten - 8<sup>th</sup> Grade**

The Belvidere Family YMCA will again this fall be providing quality Before and After School Care. Look for more information in our fall brochure.

**YOUTH SWIM**

**Average water temperature is 84 degrees**

**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 for ½ an hour each)

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

**Summer I will be 4 weeks on Mondays with no class on Monday May 28<sup>th</sup>.  
Summer II will be 4 classes on Wednesday with no class Wednesday July 4<sup>th</sup>.**

**BELVIDERE BARRACUDAS SWIM TEAM**

For information on how you can become a part of the Belvidere Family YMCA Small Team State Champions the Belvidere Barracudas go to [www.belviderebarracudas.org](http://www.belviderebarracudas.org).

**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

**New Cosmopolitan Club Youth Swim Scholarships are available for youth who live outside of the Belvidere Township for swim lessons and are on a first come first serve basis.**

Applications for both scholarships are available at the Belvidere Family YMCA

**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.

**Spring Fee: 7 weeks Fee: Member \$30.00 Non-Member \$60.00**

**Summer Fee: 5 weeks Fee: Member \$20.00 Non-Member \$45.00**

Mon. 9:00 - 9:30 AM (spring & summer) Sat. 9:15 - 9:45 AM (spring & summer)

### **PRESCHOOL SWIM (3 to 5 years)**

**Spring Fee: 7 weeks Fee: Member \$30.00 Non-Member \$60.00**

**Summer Fee: 5 weeks Fee: Member \$20.00 Non-Member \$45.00**

### **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 (spring) Thurs. 4:00 – 4:30 PM (spring & summer)

Sat. 9:45 – 10:15 AM (spring & summer)

Mon. 3:30 – 4:00 PM (summer) Tues. 9:00 – 9:30 AM (summer)

Tues. 5:30 – 6:00 PM (summer) Wed. 3:30 – 4:00 PM (summer)

### **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 (spring) Thurs. 4:30 – 5:00 PM (spring & summer)

Sat. 10:15 – 10:45 AM (spring & summer)

Mon. 4:00 – 4:30 PM (summer) Tues. 9:30 – 10:00 AM (summer)

Tues. 6:00 – 6:30 PM (summer) Wed. 4:00 – 4:30 PM (summer)

### **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 (spring) Thurs. 5:00 – 5:30 PM (spring & summer)

Sat. 10:15 – 10:45 AM (spring & summer)

Mon. 4:30 – 5:00 PM (summer) Tues. 10:00 – 10:30 AM (summer)

Tues. 6:30 – 7:00 PM (summer) Wed. 4:30 – 5:00 PM (summer)

### **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 (spring) Thurs. 5:30 – 6:00 PM (spring & summer)

Sat. 10:45 – 11:15 AM (spring & summer)

Mon. 3:30 – 4:00 PM (summer) Tues. 10:30 – 11:00 AM (summer) Wed. 3:30 – 4:00 PM (summer)

### **PROGRESSIVE SWIM (5 yrs. & up)**

**Spring Fee: 7 weeks Fee: Member \$30.00 Non-Member \$60.00**

**Summer Fee: 5 weeks Fee: Member \$20.00 Non-Member \$45.00**

### **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 (spring) Thurs. 4:00 – 4:30 PM (spring & summer)

Sat. 9:15 – 9:45 AM (spring & summer)

Mon. 3:30 – 4:00 PM (summer)    Tues. 9:00 – 9:30 AM (summer)  
Tues. 5:30 – 6:00 PM (summer)    Wed. 3:30 – 4:00 PM (summer)

### **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 (spring)    Thurs. 4:30 – 5:00 PM (spring & summer)  
Sat. 9:45 – 10:15 AM (spring & summer)  
Mon. 4:00 – 4:30 PM (summer)    Tues. 9:30 – 10:00 AM (summer)  
Tues. 6:00 – 6:30 PM (summer)    Wed. 4:00 – 4:30 PM (summer)

### **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 (spring)    Thurs. 5:00 – 5:40 PM (spring & summer)  
Sat. 8:30 – 9:10 AM (spring & summer)  
Mon. 4:00 – 4:40 PM (summer)    Tues. 10:00 – 10:40 AM (summer)  
Tues. 6:30 – 7:10 PM (summer)

### **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 (spring)    Thurs. 4:30 – 5:10 PM (spring & summer)  
Sat. 8:30 – 9:10 AM (spring & summer)    Tues. 10:40 – 11:20 AM (summer)

### **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.

Thurs. 5:10 – 6:00 PM (spring & summer)    Sat. 10:45 – 11:25 AM (spring & summer)

### **ADULT AQUATICS**

**Average water temperature is 84 degrees**

**Spring Fee 7 weeks:    Member – Free    Nation Wide Member – \$30.00    Non-Member – \$55.00**

**Summer Fee 5 weeks:    Member – Free    Nation Wide Member – \$21.00    Non-Member – \$40.00**

### **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

### 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

### H2O BOOT CAMP

A HIGH INTENSITY water fitness program that provides the benefits of a pool, with little to no impact on joints and expands lung capacity.

Fri. 8:00 - 9:00 AM

### ADULT LEAGUES

#### MEN'S SUNDAY NIGHT SUMMER BASKETBALL LEAGUE

This league is designed for recent college grads, those still in college or 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 12 team spots available and it is first come first serve. There is no maximum age limit. 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 of your 3<sup>rd</sup> game. Teams must provide their own clearly numbered jerseys. The season starts Sunday June 18<sup>th</sup> and runs for 6 weeks with a single elimination tourney at the end of the season.

**Fee:** \$400.00 per team (\$200 deposit and a copy of your roster due by June 14<sup>th</sup> to hold a spot)

**Registration:** June 1<sup>st</sup> - 14<sup>th</sup>      **Games Begin:** Sunday June 18<sup>th</sup>

### YOUTH SPORTS

#### SPORTS OF SORTS (4-5 Years of Age)

Your preschooler will enjoy learning the fundamentals of sports as we introduce t-ball, and soccer. Minimum of 5 participants to run the class.

|                       |                 |                   |                  |                   |
|-----------------------|-----------------|-------------------|------------------|-------------------|
| <b>Fee:</b>           | <b>Summer I</b> |                   | <b>Summer II</b> |                   |
|                       | <b>Member</b>   | <b>Non-Member</b> | <b>Member</b>    | <b>Non-Member</b> |
| Thurs 11:00AM-12:00PM | \$35.00         | \$70.00           | \$35.00          | \$70.00           |

#### VOLLEYBALL CAMP (3<sup>RD</sup> - 8<sup>TH</sup> GRADE)

In this camp for boys and girls we will work on the development of passing, serving, hitting, blocking, rolling, and improving basic skills such as floor play, defense, offense, and team development. Every participant will receive a camp t-shirt.

**Registration:** May 15<sup>th</sup> - June 15 **Dates:** June 18<sup>th</sup> - June 21<sup>st</sup>  
**Time:** 12:30 - 2:00PM **Fee:** \$65.00

**YMCA BASKETBALL CAMP (3<sup>RD</sup> - 8<sup>TH</sup> GRADE)**

The YMCA will be hosting a basketball camp for boys and girls as we focus on fundamentals of both team and individual skills. The camp will be run by Coach Eric Ross Each participant will receive a camp t-shirt.

**Registration:** June 1<sup>st</sup> - 16<sup>th</sup> **Camp Dates:** June 25<sup>th</sup> - June 28<sup>th</sup>  
**Time:** 12:00 - 1:30PM **Fee:** \$50.00

**5 ON 5 FLAG FOOTBALL LEAGUE (1<sup>st</sup> & 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> grade, coed)**

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.

**Registration:** Monday July 9th - Aug. 17th

**Coaches Meeting:** Saturday, August 18th 10 AM

**League Play:** Saturday, September 15th - Saturday, October 27th **Practice Begins:** Week of Aug. 27th

**Fee:** Member \$65.00 Non-Member \$95.00 Team \$580.00

Teams of a **maximum of 10 players** can register for the fee of \$580 and provide your own coach. The YMCA (Mike Leonard) must approve the coach. If you are registering a team, players cannot register individually, the players must pay the coach who will pay the YMCA the full amount at the time of registration (NO EXCEPTIONS AND NO REFUND). Any questions please contact Mike Leonard at the YMCA (815) 547-5307

**MARTIAL ARTS**

**SESSION I WILL BE 4 WEEKS ON MONDAYS, THERE WILL BE NO CLASS ON MONDAY May 29<sup>th</sup> & Wednesday July 4<sup>th</sup>**

**KARATE KIDS (3 - 5 years of age)**

Children are fascinated by martial arts, such as the Ninja Turtles and Power Rangers. Give them the opportunity to learn martial arts skills properly and safely from professional instructors. Our Karate Kids program is designed to be fun and less competitive while teaching Martial arts skills, stranger awareness skills, everyday safety skills while reinforcing the life lessons being taught at home.

| Fee:                | Spring  |            | Summer I |            | Summer II |            |
|---------------------|---------|------------|----------|------------|-----------|------------|
|                     | Member  | Non-Member | Member   | Non-Member | Member    | Non-Member |
| Mon. 5:45 - 6:15 PM | \$60.00 | \$102.00   | \$43.00  | \$73.00    | \$34.00   | \$58.00    |

**JUNIOR (6 - 13 years of age)**

When is the best time to start your child in martial arts classes? The answer is **NOW!**

Our Junior program explores the basic concepts of martial arts and self-defense, while promoting physical health and a positive lifestyle.

**Choose from any one of the Karate Academy classes listed below.**

| Mon.           | Wed.           | Fri.           |            |           |                   |
|----------------|----------------|----------------|------------|-----------|-------------------|
| 4:30 - 5:10 PM | 4:30 - 5:10 PM | 5:30 - 6:20 PM |            |           |                   |
| 5:15 - 6:00 PM | 5:15 - 6:00 PM |                |            |           |                   |
| Fee: Spring    |                | Summer I       |            | Summer II |                   |
| Member         | Non-Member     | Member         | Non-Member | Member    | Non-Member Spring |
| \$60.00        | \$102.00       | \$43.00        | \$73.00    | \$43.00   | \$73.00           |

**ADVANCED KARATE (14 years of age & up)**

Whether your goal is to get in better shape, relieve stress, or just feel more confident in everyday life, we will help you achieve your maximum potential. This karate class is designed for all fitness and ability levels.

Wed. 6:00 – 6:45pm

|             |               |                   |                 |                   |                  |                          |
|-------------|---------------|-------------------|-----------------|-------------------|------------------|--------------------------|
| <b>Fee:</b> | <b>Spring</b> |                   | <b>Summer I</b> |                   | <b>Summer II</b> |                          |
|             | <b>Member</b> | <b>Non-Member</b> | <b>Member</b>   | <b>Non-Member</b> | <b>Member</b>    | <b>Non-Member Spring</b> |
|             | \$60.00       | \$102.00          | \$43.00         | \$73.00           | \$34.00          | \$58.00                  |

## KARATE ACADEMY

Our focus is to produce top quality people and martial artists. This does not stop at just learning how to punch or 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 (7<sup>th</sup> Degree Black Belt in Tae Kwon Do, Karate and 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.

|                |                |                |
|----------------|----------------|----------------|
| <b>Mon.</b>    | <b>Wed.</b>    | <b>Fri.</b>    |
| 4:30 - 5:10 PM | 4:30 - 5:10 PM | 5:30 - 6:20 PM |
| 5:15 - 6:00 PM | 5:15 - 6:00 PM |                |

|             |               |                   |               |                   |
|-------------|---------------|-------------------|---------------|-------------------|
| <b>Fee:</b> | <b>Spring</b> |                   | <b>Summer</b> |                   |
|             | <b>Member</b> | <b>Non-Member</b> | <b>Member</b> | <b>Non-Member</b> |
| Individual  | \$ 75.00      | \$115.00          | \$54.00       | \$82.00           |
| Family      | \$105.00      | \$150.00          | \$75.00       | \$107.00          |

## HEALTH & FITNESS

### GOAL SETTERS (11 & 12 years of age)

You must be 13 years old or wearing your Goal Setters card to be in the fitness center. Learn to use the appropriate and most efficient cardiovascular and strength training equipment to meet your goals. Upon completion of two 1-hour classes you will be allowed to use the Fitness Center and Weight Room as long as you have your Goal Setters Card with you. For questions or to register for this program please call 815-547-5307. **Fee: Free - Members Only**

Registration needs to be completed before scheduling and appointment.

### FITNESS CLASSES (12 years of age and up)

**All Fitness classes are FREE TO MEMBERS. We request that members register for fitness classes to get an accurate number. 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

|                                    |                                  |                           |
|------------------------------------|----------------------------------|---------------------------|
| <b>Spring Fees (7 weeks):</b>      | <b>Nationwide Member \$42.00</b> | <b>Non-Member \$84.00</b> |
| <b>Summer I &amp; II(5 weeks):</b> | <b>Nationwide Member \$30.00</b> | <b>Non-Member \$60.00</b> |



### **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

**Spring Fees (7 weeks):**      **Nationwide Member \$28.00**      **Non-Member \$56.00**

**Summer I & II (5 weeks):** **Nationwide Member \$20.00**    **Non-Member \$40.00**

### **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

**Spring Fees (7 weeks) M/W:**    **Nationwide Member \$42.00**    **Non-Member \$84.00**

**Spring Fees (7 weeks) Sat:**    **Nationwide Member \$14.00**    **Non-Member \$28.00**

**Summer I & II (5 weeks) M/W:**    **Nationwide Member \$30.00**    **Non-Member \$60.00**

**Summer I & II (5 weeks) Sat:**    **Nationwide Member \$10.00**    **Non-Member \$20.00**

### **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

**Spring Fees (7 weeks) Mon.:**    **Nationwide Member \$14.00**    **Non-Member \$28.00**

**Summer I & II (5 weeks) Mon.:**    **Nationwide Member \$10.00**    **Non-Member \$20.00**

### **HIIT HARD CORE (Gym)**

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

Mon/Wed 8:30-9:45 AM

**Spring Fees (7 weeks):**      **Nationwide Member \$42.00**    **Non-Member \$84.00**

**Summer I & II (5 weeks):** **Nationwide Member \$28.00**    **Non-Member \$58.00**

### **BEGINNING BOXING/STRENGTH**

Learning some basic combinations of boxing while at the same time working on building up the strength of the muscles using dumbbells and bodyweight exercises.

Fri. 5:00 - 6:00 PM

**Spring Fees (7 weeks) Mon.:**    **Nationwide Member \$14.00**    **Non-Member \$28.00**

**Summer I & II (5 weeks) Mon.:**    **Nationwide Member \$10.00**    **Non-Member \$20.00**

### **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. 11:00 AM - 12:00 PM

**Spring Fees (7 weeks) Mon.:**    **Nationwide Member \$14.00**    **Non-Member \$28.00**

**Summer I & II (5 weeks) Mon.:**    **Nationwide Member \$10.00**    **Non-Member \$20.00**

### **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. 10:00 – 11:00 AM

Fri. 4:00 – 5:00 PM

Spring Fees (7 weeks) Mon.: Nationwide Member \$14.00 Non-Member \$28.00

Summer I & II (5 weeks) Mon.: Nationwide Member \$10.00 Non-Member \$20.00

### 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 the front counter for more info. Fitness on Demand is for Members only & are 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 Shane Torres 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 |

### 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 |

### 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.

|  |                              |
|--|------------------------------|
| <b>Fee:</b> \$ 20 for ½ hour appointment | \$ 30 for 1 hour appointment |
| \$100 for 4 appointments                 | \$190 for 8 appointments     |
| \$285 for 12 appointments                |                              |

## **COMMUNITY DEVELOPMENT**

### **OPEN DOOR POLICY**

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**

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 members. **Due to safety concerns and liability issues, no one under the age of 18 using a guest pass is allowed to use the Wellness Center.** 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.

|                   |                                      |              |               |
|-------------------|--------------------------------------|--------------|---------------|
| <b>Daily Fee:</b> | <b>Youth (under 18 years of age)</b> | <b>Adult</b> | <b>Family</b> |
|                   | \$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. Members ages 11-1 may use the Wellness Center once they have completed the FREE Goal Setters program. Due to safety concerns, members 10 & under are unable to utilize the Wellness Center.