

Spring in to the Y



BELVIDERE FAMILY YMCA
Spring/Summer 2019 Brochure

SPRING & SUMMER 2019

Our members are our number one priority. As a member of the Belvidere Family YMCA, you can enjoy a full range of programs for youth development, healthy living and social responsibility.

YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

HOURS OF OPERATION

All physical areas of the building such as the gym, pool, and fitness center begin to close 15 minutes prior to the building closing.

Monday - Friday	Saturday	Sunday
5:00 AM - 10:00 PM	7:00 AM - 5:00 PM	7:00 AM - 3:00 PM

(Office opens at 8:30 AM & closes at 7:00 PM Monday - Friday. Saturday 7:00 AM - 3:00 PM and Sunday 7:00 AM - 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 at 8:00PM Mon - Thur. and 7:30PM on Friday)

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

SPRING SESSION REGISTRATION

Registration for Members and Current Class Participants: March 25th - April 7th

Registration for the General Public: April 1st - April 7th

CLASSES RUN APRIL 8TH - MAY 25TH 7 weeks

SUMMER I SESSION REGISTRATION

Registration for Members and Current Class Participants: May 6th - May 20th

Registration for the General Public: May 13th - May 26th

CLASSES RUN MAY 28TH - JUNE 29TH 5 weeks, unless otherwise noted in the class description.

SUMMER II SESSION REGISTRATION

Registration for Members and Current Class Participants: June 17TH - June 30th

Registration for General Public: June 24th - July 1st

CLASSES RUN JULY 1ST - AUGUST 3RD 5 weeks, unless otherwise noted in the class description.

The Belvidere Family YMCA will be closed the following dates:

Monday, May 27th for Memorial Day

Thursday, July 4th for Independence Day

Monday, September 2nd for Labor Day

RENTALS & PARTIES (We ask that you please book 2 weeks in advance)

FACILITY RENTAL & OVERNIGHTS YMCA facilities are available for rentals. For more information, please contact us at 815-547-5307 or info@belviderefamilyymca.org.

BIRTHDAY PARTIES

(We ask that you please book your party 2 weeks in advance)

The YMCA will help set up the room for your Birthday party. Feel free to bring in your own refreshments. Each package is 2 hours long 1 hour activity and 1 hour party room, for up to 10 children and is \$5 for each additional child.

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

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

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

SCHOOL AGE CARE

**SUMMER CAMP 2019 (Kindergarten - 8th Grade, Must be 5 years of age to be in the program)
Begins June 3rd Contact: Mel Nellis at 815-547-5307 or mnellis@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, garden club, STEM and so much more.

Participants need to bring a lunch, swimsuit, towel, sunscreen 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: Shipwrecked	Week 7: July Holiday Jumble
Week 2: Dinosaur Roar	Week 8: Wet & Wild
Week 3: Animal Adventure	Week 9: Forecast Fun
Week 4: 5 Senses	Week 10: Fun & Fitness
Week 5: Operation Create	Week 11: Once Upon a Time
Week 6: Creepy Crawlies	

All field trips are subject to change. Due to inclement weather, field trips may need to be re-scheduled within the 11 weeks of camp.

BELVIDERE ADVENTURE CLUB AND NORTH BOONE Y KID'S CLUB

All Day Kindergarten - 8th 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.

Contact: Mel Nellis at mnellis@belviderefamilyymca.org

YOUTH ACTIVITIES

TEEN NIGHTS (5th, 6th & 7th Grade) 7 – 9PM

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

Fee: \$5.00 at the backdoor **Dates:** April 19th, May 31st

SUMMER TEEN NIGHTS (5th, 6th & 7th Grade) 6 – 9PM

Come join us for summer fun every Saturday night from 6 – 9PM. Students are not allowed to enter after 6:30 PM and cannot leave until 9:00 PM unless a parent comes in to pick them up. Refreshments are available for purchase. Security is present at all teen nights.

Fee: \$5.00 at the backdoor **Dates:** Every Saturday starting June 7th – July 26th

YOUTH SWIM

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 Program Director. Please understand there are times when instructors do get sick and cannot be in class. When this occurs, we will provide a quality substitute instructor. **So that all children will have the opportunity to swim, class times may change to better accommodate appropriate swim levels.** If you have a question about a class, please feel free to call Cherie Dollinger, at 815-547-5307 or cdollinger@belviderefamilyymca.org.

(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

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)

	Member	Non-Member
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 27th

Summer II will be 4 weeks on Thursdays with no class Thursday July 4th

Fees will be adjusted if you register for a class on these dates.

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

Sat. 9:15 - 9:45 AM

PRESCHOOL SWIM (3 to 5 years)

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

Summer I Morning classes are 4 weeks Fee: Member \$20.00 Non-Member \$45.00

Summer Fee: 5 weeks Fee: Member \$25.00 Non-Member \$55.00

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

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

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 (6 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 1

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

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

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

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 Nationwide Member – \$30.00 Non-Member – \$55.00

Summer Fee 5 weeks: Member – Free Nationwide 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

Wed. 10:30 – 11:30 AM

Fri. 9:00 – 10:00 AM

AQUACIZE

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

Tues. 8:00 - 9:00 AM

Thurs. 8:00 - 9:00 AM

WATER SPLASH EXERCISE CLASS

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

Mon. 8:00 - 9:00 AM

Wed. 8:00 - 9:00 AM

RED CROSS LIFEGUARD TRAINING

(15 Years & up) (min. of 4 to run class)

This course is a complete training for today's professional lifeguard, capable of job management and accident prevention. First Aid and CPR are included in the course.

Must, be able to swim 300 yards non-stop doing front crawl and breast stroke.

Tread water for 2 minutes using kick only. There is also a swim test where swimmer must be able to swim 20 yards dive to the bottom of the pool and bring up a 10 pound brick carrying it and return on your back using kick only.

Swim Test: Monday April 8th 5pm **Class runs on** Friday April 12th 6 - 10pm, Saturday April 13th 8am - 6pm and Sunday April 14th 8am - 6pm (Must attend all 3 days) Any question contact Cherie Dollinger at cdollinger@belviderefamilyymca.org

Fee: Member \$175 Non-Member \$225

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 3rd game. Teams must provide their own clearly numbered jerseys.

Fee: \$400 per team paid in full before the first game

Registration: May 20th - June 7th

Games Begin: Sunday June 18th

YMCA MEN'S GOLF LEAGUE

Join the YMCA Men's Golf League. The league begins the first week of May (weather permitting) and runs through the beginning of October. Season highlights include weekly prizes and special competitions. The season ends with a banquet that includes dinner and prizes. For more information contact Cherie at 815-547-5307 or join us at the kick-off meeting.

Registration Starts: March 25th **League Begins:** May 1st

Fee: \$85.00** Plus greens fees

Kick Off Meeting: Wednesday April 24th, 5:30PM at Swan Hills

YOUTH SPORTS

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

YOUTH BASKETBALL CLUB (grades 1-8)

Basketball fundamentals development program for aspiring basketball players of all skill levels and ages. This program provides the opportunity to focus solely on basketball's most important

fundamentals and skills, without spending valuable practice time trying to organize your team for a weekly game. Workouts will focus on providing the opportunity for all players to learn new offensive moves by developing the footwork and ball skills necessary to be successful.

FUNDAMENTALS: *Ball handling *Passing *Pivoting*Shooting *Offensive moves *Defense *Rebounding *Ball Fakes *Post Moves *Strength & Conditioning *Footwork *Rules *Sportsmanship *Have Fun!

PRACTICES: *Practice sessions will be offered on Thursday evenings from 6:30-8:00PM.
*Smaller group sessions will be offered on Mondays, Tuesdays, or Wednesdays (Times TBD).
*Basketball club members will gain access to select open gym time for pick-up games.

GAMES: *Weekly league scrimmages are then held on Saturday afternoons.
*Your teammates will be different every week so players have an opportunity to play a variety of roles on a team, and to be free to use the skills they are still developing, in a game environment. Games may be modified to run 3 on 3 or 4 on 4.

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.

DATES: Spring Session runs April 1st-May 25th (No games on Easter weekend)
Summer Session will run June 10th – August 3rd
Cost of Each Session: Members \$60 Non-Member \$80

SPORTS OF SORTS (4-8 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.

Fee:	Summer I June 12 th – July 3 rd		Summer II July 10 th – 31 st	
	Member	Non-Member	Member	Non-Member
Thurs 11:00AM-12:00PM	\$35	\$70	\$35	\$70

VOLLEYBALL CAMP (3RD – 8TH 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 15th – June 15 **Camp Dates:** June 17th – June 20th
Time: 12:30 – 2:00PM **Fee:** \$65

YMCA BASKETBALL CAMP (2ND – 8TH 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 3rd – 21st **Camp Dates:** June 24th – June 27th
Time: 12:00 – 1:30PM **Fee:** \$50

5 ON 5 FLAG FOOTBALL LEAGUE (1st & 2nd, 3rd & 4th, 5th, 6th & 7th Grade, Co-Ed)

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 8th – Aug. 16th

Coaches Meeting: Thursday, August 29th at 6:30PM

League Play: Saturday, September 14th – Saturday, October 19th **Practice Begins:** Week of Sept. 2nd

Fee: Member \$60 Non-Member \$90 Team \$575

Teams of a **maximum of 10 players** can register for the fee of \$575 and provide your own coach. The YMCA (Eric Ross) 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 Eric Ross at the YMCA (815) 547-5307

MARTIAL ARTS

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

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

Mon. 6:00 - 6:30 PM

Fee:	Member	Non-Member
Spring	\$60.00	\$105.00
Summer I	\$35.00	\$60.00
Summer II	\$42.00	\$75.00

JUNIOR (6 - 13 years of age)

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

Our Junior program explores the basic concepts of martial arts and self-defense, while promoting physical health and a positive lifestyle. You are allowed to come to one class a week and may choose from the days listed below for the Karate Academy.

Fee:	Member	Non-Member
Spring	\$60.00	\$105.00
Summer	\$40.00	\$60.00

KARATE ACADEMY

Our focus is to produce top quality people and martial artists. This does not stop at just learning how to punch and kick. Every student will learn important life skills and improve confidence. For adults this is a great way to get in shape and learn new ways to manage stressful situations. Let Master Keith Burritt (7th degree Black Belt in Tae Kwon Do, Karate and a Certified Personal Trainer) and his staff help you and your child be more successful at home, at school and in the real world using a program based on traditional martial arts and social development.

Mon.	Wed.	
5:00 – 6:00 PM	5:00 – 6:00 PM	
Fee:	Member	Non-Member
Spring		
Individual	\$70.00	\$107.00
Family	\$100.00	\$140.00
Summer		
Individual	\$ 50.00 per session	\$70.00 per session
Family	\$71.00 per session	\$100.00 per session

HEALTH & FITNESS

ZUMBA FOR KIDS - 8 to 12 years old (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.

Wed. 7:15 - 8:15PM

Spring Fee:	Members Free	Nationwide Member \$22.00	Non-Member \$42.00
Summer Fees:	Members Free	Nationwide Member \$16.00	Non-Member \$30.00

FITNESS CLASSES (12 years of age and up)

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

AEROBIC KICKBOXING

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

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

Spring Fees (7 weeks)	Nationwide Member \$28.00	Non-Member \$56.00
Summer Fees (5 weeks)	Nationwide Member \$20.00	Non-Member \$40.00

FOREVER FIT (Aerobic Room)

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

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

Spring Fees (7 weeks)	Nationwide Member \$42.00	Non-Member \$84.00
Summer Fees(5 weeks)	Nationwide Member \$30.00	Non-Member \$60.00

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

Spring Fees (7 weeks)	Nationwide Member \$28.00	Non-Member \$56.00
Summer Fees (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 7 Fees (7 weeks)	Nationwide Member \$28.00	Non-Member \$56.00
Summer Fees (5 weeks)	Nationwide Member \$20.00	Non-Member \$40.00
Spring Fees (7 weeks) Sat	Nationwide Member \$14.00	Non-Member \$28.00
Summer Fees (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 Fee:	Members Free	Nationwide Member \$22.00	Non-Member \$42.00
Summer Fees:	Members Free	Nationwide Member \$16.00	Non-Member \$30.00

HIIT HARD CORE (Gym)

Join us for new fast and challenging cardio drills.

Mon/Fri 8:30-9:45 AM Wed class is 9-10 AM

Spring Fees	Nationwide Member \$42.00	Non-Member \$84.00
Summer Fees	Nationwide Member \$30.00	Non-Member \$60.00

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

Spring Fee	Nationwide Member \$22.00	Non-Member \$42.00
Summer Fees	Nationwide Member \$16.00	Non-Member \$30.00

YOGA

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

Fri. 4:00 - 5:00 PM

Spring Fee	Nationwide Member \$22.00	Non-Member \$42.00
Summer Fees	Nationwide Member \$16.00	Non-Member \$30.00



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. 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

PERSONAL TRAINING

PERSONAL TRAINING: Donny Penny and Ed Marquez

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

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

COMMUNITY DEVELOPMENT

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 RECIPROCAL MEMBERSHIP

You are now able to use YMCA'S across the Country that are participating in the new National Reciprocal Program. You must use your home Y 51% of the time. When visiting a participating Y, you must have

your Y card and a photo ID to gain access. If wanting to participate in programs away from your home Y you may be subject to program fees. Silver Sneakers are not eligible for the reciprocal membership. Ask staff for more details regarding the policies.

YMCA CODE OF CONDUCT

- *Children under the age of 7 must be accompanied by a parent unless in a structured program or the playroom
- *An adult must accompany children under the age of 13 after 7:00pm 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.
- *Use of phones and electronic devices are not allowed in locker rooms
- *Any phone, camera, tablet, electronic use is strictly prohibited in the locker rooms, activity areas, classrooms and rest rooms. Such use may result in corrective action, up to and including permanent dismissal from the facility and possible legal ramifications.
- *Cell phones, electronic devices may be used for listening to audio or using fitness related applications in the wellness center area.
- *The Belvidere Family YMCA is not responsible for lost or stolen property.

GUEST POLICY

Guest passes are available to those who are not members. **No one under the age of 18 using a guest pass is allowed to use the Wellness center/weight room.** Members in good standing will receive three guest passes a year. Anyone purchasing a guest pass is expected to behave in an appropriate manner, failure to do so could result in you being asked to leave and not being allowed to purchase another guest pass.

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

WELLNESS CENTER/WEIGHT ROOM

The Wellness Center is available to members 13 years of age and older. Orientations on proper use of the machines and training etiquette are available at no charge for members by calling 815-547-5307 to schedule an appointment with one of our Wellness center staff. Children under the age of 11 are not allowed in the Wellness center/weight room and we ask that they please not sit in the hallway. Those ages 11- 12 who have taken the Goal Setters class are allowed but we ask that they wear their Goal Setters tag they have been given.

REFUNDS/POLICIES

Program refunds by check will be granted approximately 30 days from the date of the request for the following reasons only:

1. Medical excuse
2. Bank draft error on the YMCA's part
3. YMCA cancels class

- All refunds will be applied as a system credit unless a monetary refund is requested.
- No refunds or make-ups for classes, or programs that fall on holidays, or for weather-related cancellations, including power outages.
- We do not prorate for late sign ups.
- No refunds will be made once a program or session has started.
- Fitness classes run the first two weeks of the session. If classes do not reach their minimum requirement of attendance after two weeks, the YMCA reserves the right to cancel the class and you will receive a prorated refund.
- The YMCA does not accept postdated checks. A \$30.00 NSF fee will be applied for any returned checks or bank drafts.
drafts.