

## **WINTER I & WINTER II Brochure 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.

#### **Monday - Friday**

5:00 AM - 10:00 PM

#### **Saturday**

7:00 AM - 5:00 PM

#### **Sunday**

7:00 AM - 3:00 PM

(Office opens at 8:30 AM & closes at 7:00 PM Monday - Friday. Saturday 7:00 AM - 3:00 PM and Sunday 7:00 AM - 1:00 PM)

### **KICK OFF THE NEW YEAR RIGHT!!**

The Belvidere Family YMCA would like to invite you to try any of our Land & Water Fitness Classes for Free during the week of Jan. 2<sup>nd</sup> to Jan. 6<sup>th</sup>.

We would also like to encourage you to keep your child/children safe by signing up for swimming lessons. Sign your child/children up for one of the following days to do a swim evaluation so you will know what swim level to register for. Tuesday Jan. 2<sup>nd</sup> from 10 am – 12pm, Wednesday Jan. 3<sup>rd</sup> from 9 – 10 am, and Thursday Jan. 4<sup>th</sup> from 4 – 5:30pm.

### **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**

8:00AM-12:00PM

4:00PM-8:30PM

#### **Friday**

8:00AM-12:00PM

4:00PM-8:00PM

#### **Saturday**

8:00AM-12:00PM

### **WINTER I REGISTRATION All Programs Except Youth Swim Classes**

Registration for Members and Current Class Participants: December 11<sup>th</sup> – 30<sup>th</sup>

Registration for the General Public: December 18<sup>th</sup> – 30<sup>th</sup>

**CLASSES RUN from JANUARY 2<sup>nd</sup> - FEBRUARY 17<sup>th</sup> (7 week session)**

### **WINTER I REGISTRATION Youth Swim Classes**

Registration for Members and Current Class Participants: December 11<sup>th</sup> – 30<sup>th</sup>

Registration for the General Public: December 18<sup>th</sup> – 30<sup>th</sup>

**CLASSES RUN from JANUARY 8<sup>th</sup> - FEBRUARY 17<sup>th</sup> (6 week session)**

### **WINTER II REGISTRATION**

Registration for Members and Current Class Participants: February 5<sup>th</sup> – February 18<sup>th</sup>

Registration for the General Public: February 12<sup>th</sup> - February 18<sup>th</sup>

**CLASSES RUN from FEBRUARY 19<sup>th</sup> - APRIL 7<sup>th</sup> (7 week session)**

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

Sunday, December 24<sup>th</sup> for Christmas Eve  
Monday, December 25<sup>th</sup> for Christmas  
Sunday, December 31<sup>st</sup> at noon for New Year's Eve  
Monday, January 1, 2018 for New Year's Day  
Sunday January 21, 2018 for DWI Swim Meet  
Friday, March 30<sup>th</sup> at Noon for Good Friday  
Sunday, April 1<sup>st</sup> for Easter

**RENTALS & PARTIES**

**FACILITY RENTAL & OVERNIGHTS**

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

**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 ALL DAY KINDERGARTEN – 8<sup>TH</sup> GRADE**

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

**BEFORE SCHOOL ADVENTURE CLUB**

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

**Fee:** Member                      Non-Member  
\$40.00 weekly              \$45.00 weekly

**AFTER SCHOOL ADVENTURE CLUB**

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

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

**BEFORE & AFTER SCHOOL ADVENTURE CLUB**

**Fee:** Member                      Non-Member

\$80.00 weekly \$90.00 weekly

**On early dismissal days (Jan. 10<sup>th</sup>, Feb. 14<sup>th</sup>, Mar. 14<sup>th</sup> & April 11<sup>th</sup>) 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 – 8<sup>TH</sup> 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: Jan. 15<sup>th</sup>, Feb. 16<sup>th</sup>, 19<sup>th</sup> & April 2<sup>nd</sup> from 5:30AM - 6:00PM

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

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

### **NORTH BOONE Y KID'S CLUB**

The Belvidere Family YMCA is excited to continue to provide Before and After School care to the students at Poplar Grove Elementary, Manchester Elementary and Capron Elementary. Before and After Care will be provided at Poplar Grove Elementary. Transportation to and from Manchester and Capron Elementary schools for the program at Poplar Grove Elementary will be provided by North Boone School District.

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

**The After School program will run from the end of school until 6:00pm.** A healthy snack will be served to the participants. Interactive and structured afternoon events will be planned and rotated daily. They will include homework help, arts and crafts, board games, fun fitness classes, structured gym games and playground time (weather permitting). Additionally, the After School program will include community partnerships to offer healthy living opportunities and activities to the participants.

#### **Fees:**

#### **Before and After School per Child**

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

#### **Before School per Child**

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

#### **After School per Child**

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

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

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

### **WINTER CAMP FOR KINDERGARTEN – 8<sup>TH</sup> GRADE (Minimum of 5 to run)**

**(Patrick J. Murphy Scholarships are available for those who live in the Belvidere township)**

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. 26<sup>th</sup> 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> and Jan. 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup>.

**Fee:** Member                      Non-Member

\$30.00 per day      \$35.00

### **SPRING CAMP (Minimum of 5 to run)**

**(Patrick J. Murphy Scholarships are available for those who live in the Belvidere township)**

Children Kindergarten - 8th Grade come join us for some great fun during spring 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. Dates: March 26 – 29, 2018.

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

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

### **YOUTH ACTIVITIES**

#### **5<sup>th</sup> & 6<sup>th</sup> GRADE DANCES**

The YMCA staff, chaperones and uniformed police will host 5/6 grade dances in our gymnasium. Each dance will have a specific theme and prizes are awarded to those in attendance who best exemplify the theme of the evening. Students are not allowed to enter the dance after 7:30PM and cannot leave until 9:00 PM unless a parent comes in to pick them up. The cost is \$7.00 at the door and themes to be announced in flyers that are sent to the schools.

**Dates:** January 19<sup>th</sup>, February 16<sup>th</sup> and March 16<sup>th</sup>    **Fee:** \$7.00 at the door

### **AQUATICS**

**Average water temperature is 84 degrees**

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

### **SWIM POLICY**

In an effort to provide our members with the highest quality lessons with the most consistency, we do not offer make-up lessons. System credits will be granted with a doctor's note or in extreme circumstances with the permission of the Aquatic Director. Please understand there are times when instructors do get sick and cannot be in class. When this occurs, we will provide a substitute instructor. **ATTENTION PARENTS:** To advance children's swim abilities and social skills, we request that parents please observe from the bleachers. If you have a question about a class, please feel free to call Cherie Dollinger at 815-547-5307.

### **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.

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

### **NEW NATIONAL SWIM LESSON PROGRAM**

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

### **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.

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

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

Mon. 9:00 - 9:30 AM

Sat. 9:15 - 9:45 AM

### **PRESCHOOL SWIM**

**(3 to 5 years)**

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

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

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

### **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.

Mon. 9:30 - 10:00 AM                      Tues. 4:00 - 4:30 PM

Wed. 9:15 - 9:45 AM                      Thurs. 4:00 - 4:30 PM

Sat. 9:45 - 10:15 AM

### **PRE WATER 2 (Formerly Pike)**

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

Mon. 10:00 - 10:30 AM                      Tues. 4:30 - 5:00 PM

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

Sat. 10:15 - 10:45 AM

### **PRE WATER 3 (Formerly Mini-Eel)**

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

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

Sat. 10:15 - 10:45 AM

### **PRE WATER 4**

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

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

Sat. 10:45 - 11:15 AM

### **PROGRESSIVE SWIM**

**(5 yrs. & up)**

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

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

### **WATER I (New Swimmers)**

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

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

### **WATER 2 (Formerly Polliwog)**

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

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

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

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

### **WATER 3 (Formerly Guppy)**

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

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

### **WATER 4 (Formerly Minnow)**

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

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

### **WATER 5 & 6**

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

Sat. 10:45 – 11:25 AM

### **BELVIDERE Y SWIM TEAM**

**For information check out the Belvidere Barracuda web link at [belviderefamilyymca.org](http://belviderefamilyymca.org)**

### **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.

#### **Session I**

**Swim Test:** Monday April 2<sup>nd</sup> 6 -8pm.    **Classes:** Friday April 6<sup>th</sup> 5 – 10pm,  
Saturday April 7<sup>th</sup> 8am – 7pm and Sunday April 8<sup>th</sup> 8am – 7pm

#### **Session II**

**Swim test:** Monday April 23<sup>rd</sup> 6 – 8pm    **Classes:** Friday April 27<sup>th</sup> 5 – 10pm,  
Saturday April 28<sup>th</sup> 8am – 7pm and Sunday April 29<sup>th</sup> 8am – 7pm

**Fee:    Member \$175.00                      Non-Member \$225.00**

## **ADULT AQUATICS**

**Average water temperature is 84 degrees**

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

### **SNAP, CRACKLE, AND POP**

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

Mon. 10:30 - 11:30 AM

Tues. 9:00 - 10:00 AM

Wed. 10:30 - 11:30 AM

Thurs. 9:00 - 10:00 AM

Fri. 9:00 - 10:00 AM

### **AQUACIZE**

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

Tues. 8:00 - 9:00 AM

Thurs. 8:00 - 9:00 AM

### **SWIMNASTICS**

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

Tues. 10:00 - 11:00 AM

Thurs. 10:00 – 11:00 AM

Fri. 10:00 - 11:00 AM

### **WATER COMBO**

A combination of deep & shallow water exercises, pilates & a variety of music. Take advantage of the water's natural resistance and resistance equipment to improve cardiovascular endurance and tone the entire body. This is great workout for moms who are trying to get back into shape after having a little one.

Mon. 5:00 - 5:45 PM

Wed. 5:00 - 5:45 PM

### **WATER SPLASH EXERCISE CLASS**

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

Mon. 8:00 – 9:00 AM

Wed. 8:00 - 9:00 AM

### **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**

### **YMCA MEN'S GOLF LEAGUE**

Need a good reason to play golf during the week with a bunch of everyday Joe's? 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 Mike Leonard at 815-547-5307 or better yet come to the kick-off meeting to get all the details.

**Registration Starts:** March 26<sup>th</sup>

**League Begins:** May 2<sup>nd</sup>

**Fee:** \$85.00\*\* Plus greens fees

**Kick Off Meeting:** Wednesday April 25<sup>th</sup>, 5:30PM at Swan Hills

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

This league is designed for all those recent college grads, those still in college and those in the working world who still have game. This league has grown each year and this year we will take advantage of Sunday afternoons and evenings. We will have 10 spots available and it is first come first served. We play under IHSA rules and Code of Conduct and each team must provide a roster of players before the first game and provide their own clearly numbered jerseys. Rosters can be amended up to the start time of the 2<sup>nd</sup> game. The season will end with a single elimination tournament.

**Winter Registration:** Dec.26<sup>th</sup> – January 24<sup>th</sup>

**Games Start:** Sunday, January 28<sup>th</sup>

**Fee:** \$400.00 per team

\*\* (A copy of your roster is due by January 24<sup>th</sup> to hold your spot)

**Spring Registration:** March 5<sup>th</sup>– April 4<sup>th</sup>

**Games Start:** Sunday, April 8<sup>th</sup>

**Fee:** \$400.00 per team

\*\* (A copy of your roster is due by April 4<sup>th</sup> to hold your spot)

### **YOUTH SPORTS**

**(Patrick J. Murphy Scholarships are available for all of these youth programs if you live in the Belvidere township)**

### **WINTER BASKETBALL LEAGUE**

3 <sup>rd</sup> & 4 <sup>th</sup> Grade	Co-ed	5 <sup>th</sup> & 6 <sup>th</sup> Grade	Girls
5 <sup>th</sup> & 6 <sup>th</sup> Grade	Boys	7 <sup>th</sup> & 8 <sup>th</sup> Grade	Boys
High School	Boys (Teams only, No individual Registrations)		

**Registration:** December 1<sup>st</sup> – January 12<sup>th</sup>

**Coaches Meeting:** Saturday January 13<sup>th</sup> at the YMCA

3<sup>rd</sup> /4<sup>th</sup> grade 9:00am

5<sup>th</sup> /6<sup>th</sup> grade 10:30am

7<sup>th</sup>/8<sup>th</sup> grade & High School 12:30pm

**Practice Begins:** Week of January 15<sup>th</sup>

**Games Begin:** Saturday, January 27<sup>th</sup>

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 except High School which is team only. There will be a limit of 10 players per team (except for High School division).

The YMCA must approve the coach if registering as a team. If you are registering as a team, please pay together and do not register individually. The full amount must be paid at the time of registration.

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>	<b><u>Team</u></b>
	\$70.00	\$110.00	\$650.00



**BASEBALL PITCHING INSTRUCTION** Pitching is more than just throwing the ball. There are mechanics when throwing, understanding the pitcher's plate, the rules about balks, pick-off plays at each base, fielding your position and finally mound presence and knowing situations while pitching. We will go over all of that and more in this 3-week program. **Space is limited to the first 12 children to sign up.** Bring your glove each week.

**Dates:** Saturdays March 10<sup>th</sup>, March 17<sup>th</sup> and March 24<sup>th</sup>  
**Time:** 3:30 – 5:00 PM **Place:** Belvidere Family YMCA  
**Age Group:** 9 years to 14 years old **Registration:** February 2<sup>nd</sup> – March 9<sup>th</sup>  
**Fee:** \$65.00

### **GIRLS VOLLEYBALL LEAGUE**

The focus of this league is to teach the correct fundamentals of volleyball, teamwork, fair play, cooperation, and values. **(Minimum of 4 teams in any league for league to run)**

3rd & 4th Grade      5th & 6th Grade      7th & 8th Grade  
**Registration:** February 12<sup>th</sup> - March 16<sup>th</sup>  
**Coaches Meeting:** Saturday, March 17<sup>th</sup> at 10AM  
**Practice Begins:** Week of March 19<sup>th</sup>  
**Games Run:** April 7<sup>th</sup> - May 19<sup>th</sup> **No Practices the week of (March 26<sup>th</sup> – April 1<sup>st</sup>)**  
**Fee:** Member    Non-Member    Team  
\$70.00    \$110.00    \$575.00

Teams can register for the fee of \$575.00 and provide your own coach. The YMCA must approve the coach. If you are registering a team, players cannot register individually; Players must pay the coach and the coach will pay the YMCA the full amount at the time of registration (No Exceptions).

### **MARTIAL ARTS**

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

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

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

**Fee:** Member      Non-Member  
Mon. 6:00 - 6:30 PM      \$60.00 \$105.00

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

When is the best time to start your child in martial arts classes? The answer is **NOW!** Our Junior program explores the basic concepts of martial arts and self-defense, while promoting physical health and a positive lifestyle. You are allowed to come to one class a week and may choose from the days listed below for the Karate Academy.

**Fee:** Member      Non-Member  
\$60.00 \$105.00

### **KARATE ACADEMY**

Our focus is to produce top quality people and martial artists. This does not stop at just learning how to punch and kick. Every student will learn important life skills and improve confidence. For adults this is a great way to get in shape and learn new ways to manage stressful situations. Let Master Keith Burritt (7<sup>th</sup> 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.

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

### **KYUKI-DO**

A mixed Martial Art which utilizes the force of Karate & Tae Kwon-Do, the strategies of Judo & Jujitsu, the joint manipulation of Hapki-Do, the skills of modern Wrestling & Boxing and the graceful movements in utilizing various Ancient Weapon techniques. Kyuki-do is a fun and unique 45-minute class that is great for cardio, flexibility, focus, balance and muscle tone. It is a way to get the most out of your lunch hour two days a week, relieving stress, getting in shape, and building confidence. It provides a simple, but very effective way to develop your mental and physical health. Come and join us today.

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
Tues. 12:15 - 1:00 PM	\$ 60.00	\$ 105.00
Thurs. 12:15 - 1:00 PM	\$ 60.00	\$ 105.00
Tues/Thurs. 12:15 - 1:00 PM	\$100.00	\$ 180.00

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

#### **FOREVER FIT (Aerobic Room)**

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

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

**Winter I & II 7 Fees (7 weeks):                      Nation Wide Member \$42.00                      Non-Member \$84.00**

#### **PEDAL & PUMP (Aerobic Room)**

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

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

**Winter I & II 7 Fees (7 weeks):**            **Nation Wide Member \$28.00**            **Non-Member \$56.00**

### **CARDIO MADNESS (Aerobic Room)**

This power blast workout will tighten and tone your entire body. Try some new power packed cardio and super strength moves. A dynamite class!!

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

Sat. 8:15-9:15 AM

**Winter I & II 7 Fees (7 weeks) M/W:** **Nation Wide Member \$42.00**            **Non-Member \$84.00**

**Winter I & II 7 Fees (7 weeks) Sat.:** **Nation Wide Member \$14.00**            **Non-Member \$28.00**

### **ZUMBA (Max. of 25) (Aerobic Room)**

Take the “work” out of “workout.” Join us for one of the newest and hottest classes around. Zumba is easy and fun. Zumba is a fusion of Latin and International music dance themes, creating a dynamic, exciting, and effective fitness workout.

Mon. 7:15 - 8:15PM

**Winter I & II 7 Fees (7 weeks) M/W:** **Nation Wide Member \$42.00**            **Non-Member \$84.00**

**Winter I & II 7 Fees (7 weeks) Mon.:** **Nation Wide Member \$14.00**            **Non-Member \$28.00**

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

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

Mon/Wed 8:30-9:45 AM

**Winter I & II 7 Fees (7 weeks):**            **Nation Wide Member \$42.00**            **Non-Member \$84.00**

### **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. 4:00 – 5:00 PM

**Winter I & II 7 Fees (7 weeks):**            **Nation Wide Member \$14.00**            **Non-Member \$28.00**

### **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

**Winter I & II 7 Fees (7 weeks):**            **Nation Wide Member \$14.00 Non-Member \$28.00**

### **YOGA**

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

Fri. 10:00 – 11:00 AM

Fri. 5:00 – 6:00 PM

**Winter I & II 7 Fees (7 weeks):**            **Nation Wide Member \$14.00 Non-Member \$28.00**

### **FITNESS ON DEMAND**

Fitness on Demand is a fun, unique way to take group fitness classes. You go in and choose the class you want! It's fitness on your schedule with the class you choose at the time you choose! Once you pick the class you want, the motorized screen comes down and the on screen instructor starts your class. The system is located in the upstairs aerobic room. Go up by yourself or grab some friends and help yourself to its use when there is no instructor led class. Must be 16 years of age to use alone or accompanied by an adult. Please ask the front counter for more information. Fitness on Demand is for Members only & is free. Classes include everything from Latin rhythm, yoga, kickboxing, cardio sports drills and much more.



**Get fit, have fun, make friends...**

An innovative national exercise program specifically designed for the unique health and physical needs of older adults. This program focuses on improving strength, flexibility, balance, and coordination. You will also enjoy the great music and camaraderie of the other participants in the program. Please contact the Y for more information at 815-547-5307.

**CARDIO CIRCUIT (Social Room)**

**For YMCA & Silver Sneakers Members Only.** Combining fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic movements. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position. This class is designed for 65 and older.

<b>Fee:</b>		<b><u>Silver Sneakers &amp; Y Members</u></b>	<b><u>Non-Member</u></b>
Tues/Thurs	9:30 - 10:15 AM	<b>Free</b>	<b>\$3.00 per class</b>
Tues/Thurs	10:30 - 11:15 AM	<b>Free</b>	<b>\$3.00 per class</b>

**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

<b>Fee:</b>	<b><u>Y Members</u></b>	<b><u>Non-Member</u></b>
	<b>Free</b>	<b>\$3.00 per class</b>

**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**

## **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).

## **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.

### **Nation Wide 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 and rest rooms. Such use may result in corrective action, up to and including permanent dismissal from the facility and possible legal

ramifications.

\*Phone calls and photography are strictly prohibited in any activity area, classroom, locker room or restroom.

\*Cell phones, electronic devices may be used for listening to audio or using fitness related applications.

\*Inappropriate use of phones, cameras, and electronic tablets may result in corrective action up to and including permanent dismissal from the facility and possible legal ramifications.

\*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.

<b>Daily Fee:</b>	<b><u>Youth (under 18 years of age)</u></b>	<b><u>Adult</u></b>	<b><u>Family</u></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. 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.