



Dear Friends,

As 2020 is upon us, we wish to give you the gift of a healthy year. We hope to offer you a variety of ways to grow physically, emotionally and mentally. Our goal is to offer individuals all through the community the opportunity to join together, make friends and develop your mind, body and spirit. We thank you for being part of the Y family!

Sincerely-The Y Staff



MEMBERSHIP RATES

Pay One Year In Full & Receive An Extra Month FREE!

Type:	Monthly Bankdraft	Quarterly	Annual	Type:	Monthly Bankdraft	Quarterly	Annual
Youth (0-12)	\$15	\$45	\$180	Sr. Adult (60+)	\$36	\$108	\$432
Teen (13-17)	\$25	\$75	\$300	Sr. Couple	\$50	\$150	\$600
Young Adult (18-26)	\$35	\$105	\$420	<u>Military (Active Duty)</u>	FREE Membership		
1 Adult (27+)	\$45	\$135	\$540	Individual	\$20	\$60	\$240
2 Adults	\$55	\$165	\$660	Family	\$20	\$60	\$240
1 Adult & Child/Children	\$50	\$150	\$600	Private Locker Rental	\$10		\$120
2 Adults & Child/Children	\$60	\$180	\$720*				

SCHOLARSHIPS AVAILABLE FOR THOSE IN NEED!

*\$20 per month for each additional person with proof of same residency.

WINTER I & WINTER II Brochure 2020

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 - 1:00 PM and Sunday 7:00 AM - 12:00 PM)

BABYSITTING SERVICE (Newborn - 10 years of age)

Parents must be in the building. Free to Members. \$2.00 per hour for non-members

Hours: (We reserve the right to close babysitting at 8:00PM Mon - Thur. and 6:30PM on Friday)

Monday-Thursday

8:00AM-1:00PM

4:00PM-8:30PM

Friday

8:00AM-1:00PM

4:00PM-7:00PM

Saturday

8:00AM-12:00PM

WINTER I REGISTRATION

Registration for Members and Current Class Participants: December 16th, 2019 - Jan. 4th, 2020

Registration for the General Public: December 23rd, 2019 - Jan. 4th, 2020

CLASSES RUN from JANUARY 6th - FEBRUARY 22nd (7 week session)

WINTER II REGISTRATION

Registration for Members and Current Class Participants: February 10th - February 22nd

Registration for the General Public: February 17th - February 22nd

CLASSES RUN from FEBRUARY 24th - APRIL 11th (7 week session)

The Belvidere Family YMCA will be closed the following dates

Tuesday, December 24th for Christmas Eve at Noon

Wednesday, December 25th for Christmas

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

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

Sunday January 12, 2020 for David Wolf Snow Flake Sprints Swim Invitational

Friday, April 10th at Noon for Good Friday

Sunday, April 12th for Easter

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 decorate 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 (boy or girl)	(3 – 10 years)	\$150
Stem Package (boy or girl)	(5 -10years)	\$150
Imagination Playground (boy or girl)	(5 – 10years)	\$110
Super Splash Pool (boy or girl)	(7 -10 years)	\$110
Pool party (boy or girl)	(3 – 10 years)	\$ 95
Craft Fun	(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.

**Belvidere Y KIDS’ CLUB
ALL DAY KINDERGARTEN – 8TH GRADE**

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

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

BEFORE SCHOOL ADVENTURE CLUB

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

AFTER SCHOOL ADVENTURE CLUB

The After School Program runs from the end of school until 6PM. Students will be transported to the YMCA by First Student. Interactive and structured afternoon events will be planned and rotated daily. They will include homework jumpstart, arts and crafts, board games, fun fitness classes, structured gym games, swimming and outside play time (weather permitting). Additionally the After School program will include community partnerships to offer healthy living opportunities to the participants.

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

Before School per Child

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

After School per Child

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

Before and After School per Child

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

On early dismissal days (Jan. 15th, March 11th, April 8th & May 13th) a \$5 additional fee will be assessed to anyone receiving After School care.

Please note that on cancellation days due to weather or power outages neither program will be in session. For holidays, check with the YMCA for programming information.

SCHOOLS OUT CLUB FOR KINDERGARTEN – 8TH GRADE

Your child/children can have the opportunity to enjoy activities at the YMCA on their day off of school. Activities will include swimming, gym games, arts & crafts, and movies. Please have your child bring a swimsuit, towel, sack lunch, and a drink. Dates: Jan. 20th, Feb. 14th, 17th & March 20th from 5:30AM – 6:00PM.

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

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

SPRING CAMP FOR KINDERGARTEN – 8TH GRADE

Come join us for some great fun during spring break with activities such as.

Spring crafts	Daily swimming
Light up volleyball	STEM activities
Reading club	Team building games
Imagination Playground time	Gym games
Food crafts	And MORE!!!

What We Ask You Provide:

Cold lunch (labeled with name)
Drink for lunchtime
Swimsuit
Towel

What We Will Provide:

Light breakfast
Afternoon snack
Crafts & structured activities
Positive FUN!!!

March 23rd, 24th, 25th, 26th, & 27th.

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

NORTH BOONE Y KIDS' CLUB

The Belvidere Family YMCA is excited to continue to provide Before and After School care to the students at Poplar Grove Elementary, Manchester Elementary, Capron Elementary and Upper Elementary. Before and After Care will be provided at Poplar Grove Elementary for the 2019-2020 school year.

Transportation to and from Manchester, Capron and Upper Elementary schools for the program at Poplar Grove Elementary will be provided by North Boone School District.

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

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

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

Fees:

* Drop in care is a one day rate for those families that need last minute or infrequent child watch.

Drop in care must be secured by 6 pm prior to the day needed.

Before School per Child

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

After School per Child

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

Before and After School per Child

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

YOUTH ACTIVITIES

TEEN NIGHTS (5th – 8th Grade)

The YMCA staff will host teen nights on select Fridays throughout the school year. Check the virtual backpack and our social media the week prior to teen night for each theme!! Students are not allowed to enter the dance after 8 PM and cannot leave until 9:30 PM unless a parent comes in to pick them up. Refreshments are available for purchase. Chaperones are present at all teen nights.

Dates: January 10th & 24th, February 7th and 21st, March 6th & 20th, April 3rd and 17th, May 1st & 15th

Time: 6 – 9:30PM **Fee:** \$5.00 at the backdoor

VIDEOGAME/DODGEBALL CLUB (5th – 8th Grade)

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

Dates: January 10th & 24th, February 7th and 21st, March 6th & 20th, April 3rd and 17th, May 1st & 15th

Time: 6 – 9:30PM **Fee:** \$5.00 at the backdoor

YOUTH CRAFT DAYS (4 – 12 years of age)

VALENTINE CRAFT DAY FEB 8th SPRING CRAFT DAY MARCH 21st

Mark your calendars, follow on our Facebook page and watch the Boone County Shopper for craft details!

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 or email at cdollinger@belviderefamilyymca.org.

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. **Member** **Non-Member**

4 lessons	\$60.00	\$ 80.00
6 lessons	\$72.00	\$110.00
8 lessons	\$80.00	\$130.00

SWIM LESSON PROGRAM

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

WATER DISCOVERY I (6 months - 3 years)

Introduce your infant/and or toddler to the aquatic environment. Mom and/or Dad, or Grandparents come enjoy the water with your child/children. Children are required to wear swim diapers.

Sat. 9:15 - 9:45 AM Fee: Member \$28.00 Non-Member \$58.00

WATER DISCOVERY 2 (2 - 3 years)

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

Sat. 9:15 - 9:45 AM Fee: Member \$28.00 Non-Member \$58.00

PRESCHOOL SWIM (3 to 5 years)

Fee: Member \$28.00 Non-Member \$58.00

PRE WATER 1

Increases comfort with underwater exploration and introduces basic self-rescue skills. Skills learned are assisted front and back glides, jumps, push, turn and grab, also rolls and water exits.

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

PRE WATER 2

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

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

PRE WATER 3 (Formerly Mini-Eel)

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

Tues. 5:00 - 5:30 PM Thurs. 5:00 - 5:30 PM Sat. 10:45 - 11:15 AM

PRE WATER 4

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

Tues. 5:30 - 6:00 PM Thurs. 5:30 - 6:00 PM Sat. 10:45 - 11:15 AM

PROGRESSIVE SWIM (6yrs. & up)

Fee: Member \$28.00 Non-Member \$58.00

WATER I (New Swimmers)

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

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

WATER 2

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

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

WATER 3, 4, 5 & 6

Fees: Member \$32.00 Non-Member \$65.00

WATER 3

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

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

WATER 4 -6

Introduces basic stroke techniques in front and back crawl and reinforces water safety through treading water. Skills learned in this level: endurance - any stroke- 25 yards, perfect front and back crawl, learn survival floating, breaststroke/butterfly kicks - 15 yards, treading for 2 minutes. We will also refine stroke technique for all major competitive strokes, and learn sidestroke and review all other safety skills that have been taught. Conditioning is a big part of these two levels and it also encourages swimming as a part of a healthy lifestyle.

Sat. 8:30 - 9:10 AM

ADULT AQUATICS

Average water temperature is 84 degrees

Fee: Member - Free Nationwide Member - \$30.00 Non-Member - \$56.00

SNAP, CRACKLE, AND POP

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

Mon. 9:15 - 10:15 AM Wed. 9:15 - 10:15 AM Fri. 9:00 - 10:00 AM

AQUACIZE

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

Tues. 8:00 - 9:00 AM Thurs. 8:00 - 9:00 AM

WATER SPLASH EXERCISE CLASS

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

Mon. 8:00 - 9:00 AM Wed. 8:00 - 9:00 AM

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 2nd game. The season will end with a single elimination tournament. Full Payment must be made on day you register the team. **No games Superbowl Sunday!**

Winter Registration: Dec. 9th – January 21st **Games Run:** Sunday, January 26th – March 15th

Fee: \$350 Early Bird Special if paid by Jan. 14th \$400.00 per team after the 14th

** (A copy of your roster is due when you register along with full payment)

YOUTH SPORTS

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

WINTER COED BASKETBALL LEAGUE

2nd, 3rd & 4th Grade 5th & 6th Grade 7th & 8th Grade

Registration: December 9th – January 11th

Coaches Meeting: Saturday January 11th at the YMCA 10:00am

Practice Begins: Week of January 13th **Games Run:** Jan. 25th – March 7th

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. There will be a limit of 10 players per team.

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.

Fee:	<u>Member</u>	<u>Non-Member</u>	<u>Team</u>
	\$70.00	\$85.00	\$575.00

BASEBALL PITCHING INSTRUCTION (9 years to 14 years old)

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 2-week program. Bring your glove each week.

Registration: February 4th – March 6th

Dates: Saturday March 7th & 14th **Time:** 10 – 11AM **Fee:** \$40.00

COED VOLLEYBALL LEAGUE (3rd – 8th Grade)

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)**

Registration: February 11th – March 14th **Coaches Meeting:** Saturday, March 14th at 11:30AM

Practice Begins: Week of March 16th **Games Run:** April 4th – May 9th

No Practices the week of March 23rd – 27th & No games March 28th (Spring Break)

Fee:	<u>Member</u>	<u>Non-Member</u>	<u>Team</u>
	\$70.00	\$85.00	\$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.

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) 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.

Fee:	<u>Member</u>	<u>Non-Member</u>
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:	<u>Member</u>	<u>Non-Member</u>
	\$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 (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.

	<u>Mon.</u>	<u>Wed.</u>
	5:00 - 6:00 PM	5:00 - 6:00 PM
Fee:	<u>Member</u>	<u>Non-Member</u>
Individual	\$ 70.00 per session	\$107.00 per session
Family	\$100.00 per session	\$140.00 per session

HEALTH & FITNESS

GOAL SETTERS (11 & 12 years of age members only)

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 trainings 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. **Free - Please register before scheduling an appointment.**

ADULT PICKLEBALL

One of the Nations fastest growing games. This combination of Ping Pong, Badminton and Tennis is a great way to get some fun exercise in. For information on how to set up a court time call the Y at (815)547-5307. **Free for Members/Silver Sneaker Members Non-Member Fee is \$3.00 per person**

FITNESS CLASSES (12 years of age and up, 10 & 11 w/parent/guardian)

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

FOREVER FIT (Aerobic Room)

This class is a great low impact workout that uses a variety of music for aerobic conditioning and strength training. Mon/Wed/Fri. 8:30-9:45 AM

Fees: Nationwide Member \$42.00 Non-Member \$63.00

CARDIO MADNESS (Aerobic Room)

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

Mon/Wed. 5:15-6:15 PM Sat. 8:15-9:15 AM

Fees: M/W: Nationwide Member \$36.00 Non-Member \$50.00

Sat.: Nationwide Member \$13.00 Non-Member \$35.00

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/Wed. 6:15 - 7:15PM **Nationwide Member \$36.00 Non-Member \$50.00**

Mon. 7:15 - 8:15PM **Nationwide Member \$13.00 Non-Member \$35.00**

YOGA FOR BEGINNERS

Starting with a sun salutation moving into a flow then finishing with cool down /meditation. For any age and fitness level! Please bring your own yoga mat or beach sized towel

Tues. 8:00 - 9:00AM

Fees: Nationwide Member \$13.00 Non-Member \$35.00

FAMILY FUN YOGA

A great way to exercise, relax and bond with your family. We ask that children be at least 5 years of age for class.

Fri. 4:30 -5:30PM (Family class ages 5 and up)

Fees: Nationwide Member \$13.00 Non-Member \$35.00

YOGA

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

Tues. 4:00 - 5:00 PM

Fees: Nationwide Member \$13.00 Non-Member \$35.00

AEROBIC KICKBOXING (Winter II session)

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

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

Fees: Nationwide Member \$36.00 Non-Member \$50.00

BEGINNING STEP (Winter II session)

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

Thurs. 6:30 – 7:00PM

Fees: **Nationwide Member \$8.00 Non-Member \$18.00**



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 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.

Fee:	<u>Silver Sneakers & Y Members</u>	<u>Non-Member</u>
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 1 (½) hour appointment	\$ 35 for 1 (1) hour appointment
\$115 for 4 (1) hour appointments	\$200 for 8 (1) hour appointments
\$300 for 12 (1) hour 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).

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.

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 OR VAPING PRODUCTS IN ANY FORM ARE NOT PERMITTED IN THE BUILDING OR ANYWHERE ON YMCA PROPERTY.**
- *Program Members are limited to use of the building only during the time/area of the class they are attending.
- *Individuals on Y premises are expected to behave in an appropriate manner, failure to do so could result in suspension of facility usage including permanent suspension.
- *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 with headphones 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 PASS POLICY

Guest passes are available to those who are not members. **No one under the age of 16 using a guest pass is allowed to use the Wellness center/weight room.** Members in good standing will receive three guest passes a year. Anyone purchasing a guest pass is expected to behave in an appropriate manner, failure to do so could result in 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 for their safety 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.