



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPLORE THE POSSIBILITIES

2017

FALL PROGRAM GUIDE

KANKAKEE AREA YMCA

Stay CONNECTED

YMCA

APP

Alerts

Class Schedules

Y Barcode Access



Find us online!



www.k3ymca.org

GENERAL INFORMATION

Kankakee Area YMCA
1075 N Kennedy Dr. Kankakee, IL 60901

(815) 933-1741
www.k3ymca.org

BUILDING HOURS

Fall Building Hours

Monday - Thursday	4:30am - 10:00pm
Friday	4:30am - 8:00pm
Saturday	7:00am - 5:00pm
Sunday	8:00am - 5:00pm

Holiday Building Hours

Sept. 4 Labor Day	6:30-11:00am
Nov. 23 Thanksgiving	6:30-11:00am
Dec. 24 Christmas Eve	8:00-11:00am
Dec. 25 Christmas Day	CLOSED
Dec. 31 New Year's Eve	8:00-11:00am
Jan. 1 New Year's Day	6:30-11:00am

Youth Access (10 - 13 years old)

Youth may use the facility without a parent:

Monday - Friday	4:00pm - 7:00pm
Saturday	9:00am - 12:00pm

Youth can use the facility at any time as long as they are accompanied by an adult/legal guardian.

TABLE OF CONTENTS

Child Care Services	2
Membership	4
Fitness Classes	6
Personal Training	9
Swim Lessons	11
Swim Lesson Schedule	15
Swim Team	17
Adult Sports	18
Youth Sports	19
New Fitness Classes	24
Family & Youth Activities	25
Safety Training Classes	28

PROGRAM SESSIONS

Fall Session I

August 28 - October 21 8 weeks

Member registration begins July 31

Prospective registration begins August 7

Fall Session II

October 23 - December 16 8 weeks

Member registration begins September 25

Prospective registration begins October 2

Break weeks December 18 - January 2



United Way of Kankakee
& Iroquois Counties

YMCA Promise

Strengthening the foundations of community.

YMCA Mission

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

YMCA Values

Caring, Honesty, Respect, Responsibility



CHILD CARE



At the Y, we believe having a healthy spirit, mind and body is important for everyone. We're here to watch your children while you work on becoming a better YOU!

Time Limit: 2 Hours

Child Watch (6 weeks - 5 years)

Monday - Friday 8:00am - 12:00pm

Monday - Thursday 4:00pm - 8:00pm

Friday 5:00pm - 7:00pm

Saturday 9:00am - 12:00pm

Kids' Fit Zone (5 years - 13 years)

Monday - Thursday 4:00pm - 8:00pm

Friday 5:00pm - 7:00pm

Saturday 9:00am - 12:00pm

Members - FREE

Prospective - \$5/day

Preschool

The Grow Up Great Preschool, for children ages 3-5 years old, provides an enriching, nurturing environment that fosters learning and social development during the most important preschool years. Our High Scope Curriculum embraces a hands-on learning approach using people, objects, events and ideas in the areas of art, science, social-emotional development, language, literacy, math, movement and music. Children will use a wide range of programs including swim lessons and gym.

Monday, Wednesday, Friday 8:00am - 12:00pm \$48/week



Y KIDS

BEFORE & AFTER SCHOOL CHILD CARE

Y Kids School Aged Child Care (SACC) is a before and after school child care program designed to meet the needs of children with working parents. SACC helps develop children to their fullest potential, supports and strengthens families, and provides a safe and caring environment. Your child can exercise; receive homework help; play age-appropriate games; participate in crafts and STEAM activities; and have time for social interaction and rest. After school activities may include outdoor play, weather permitting. Nutritious snacks are provided daily. Our qualified staff is trained in CPR/AED, First Aid and child abuse prevention.

Bourbonnais School District Serves:

BESD 53 Schools

Program held at Alan B. Shepard
Elementary School

Kankakee School District Serves:

KSD 111 Schools

Program held at Kennedy Middle
School

Manteno School District Serves:

Manteno Jr High
Manteno Elementary

Program held at Manteno
Elementary School

Full-time Payment Option:

\$230 per month (AM/PM)

Includes complimentary YMCA

Family Membership!

**\$50 non-refundable registration fee due at
time of registration. Automatic EFT required.
10% discount for additional children.**

Part-time Payment Option:

AM Care: \$30/week/child

PM Care: \$50/week/child

**\$50 non-refundable registration fee due at
time of registration. Automatic EFT required.
10% discount for additional children.**

School's Out Days: \$26/day/child

Thanksgiving Break: 11/22 & 11/24

**Winter Break: 12/26, 12/27, 12/28, 12/29,
1/2, 1/3, 1/4, 1/5**

**State funding is available through CCR&R and
we offer financial assistance for those who
don't qualify.**

Register at the Kankakee Area YMCA

MEMBERSHIP

MORE THAN A GYM

When you join the Y, you're coming together with men, women, and children from our community who are committed to youth development, healthy living, and social responsibility.

We are more than a gym, we are a place to build relationships while building strength. You're not just a member, you're a part of a family that wants to see you succeed and be the best version of YOU!

BENEFITS

- FREE Personal Training
- FREE Water & Land Aerobic Classes
- FREE Cycling Classes
- FREE Child Watch Services
(babysitting while you work out)
- FREE Family Events
- Warm Water Therapy Pool
- Lap Lane Swimming Pool
- State of the Art Wellness Center
- MUCH MORE!

RATES

FAMILY MEMBERSHIP

\$62/month

\$90 enrollment fee

ADULT MEMBERSHIP

\$44/month

\$65 enrollment fee

YOUNG ADULT MEMBERSHIP

\$18/month

\$25 enrollment fee

Everyone has an opportunity to join the Y! Our membership is month to month with no lengthy contracts or outrageous joining fees! Over 25% of our members take part in our Open Door memberships.



PROSPECTIVE MEMBERSHIP

Prospective membership allows a non-member to participate in a fee for service class for a specific length of time. It does not allow the use of the facility other than for the specific class.

CREDIT/REFUND POLICY

A Program Withdrawal Request form must be completed at the Member Service desk at least 1 week prior to start of the program. Credit may be given with the approval of the Program Director in the form of a refund or credit for future programs.

Credits are not given for missed classes due to personal circumstances or cancelled classes due to an act of God or nature. Class fees are prorated as necessary for holidays. The Y reserves the right to cancel or change a class time and will give a full credit on your account. This policy does not apply to Day Camp or School Age Child Care. Refer to parent handbook.



FINANCIAL ASSISTANCE

Financial Assistance is available through an application process for additional assistance

FACILITY ACCESS

Everyone 16 and older MUST present a photo ID or YMCA Membership card to enter the facility.

SUPERVISION OF CHILDREN

Children 9 years and younger must be with a parent or guardian, in a class, structured program or Child Watch. Parent or guardian must remain in the building.

CORPORATE MEMBERSHIP

The Y is proud of the companies who invest in the health of their employees through endorsing and supporting the YMCA Corporate Membership Program. Contact the Membership Director for more information

GROUP EXERCISE CLASSES

Boot Camp

Combine both cardio and strength exercises for a non-stop, heart-pounding, calorie burning workout!

Cardio Kickboxing

Join us for a high energy total body workout. Various combinations of kickboxing techniques keep this workout fresh and fun!

Cardio Step

Looking to burn lots of calories? You will enjoy learning new patterns and combinations in a high energy and challenging atmosphere.

Fitness Mix

A total body workout with a variety of exercises each week. Great for those new to fitness or beginning again and tired of doing the same thing class after class!

P-45

This class is for anyone who wants to develop strength and endurance. We'll tackle resistance training using traditional weight room exercises & strategic principles. You will work every major muscle group using a variety of equipment.

Pilates

Tone up with Pilates! Our class targets your core muscles by using resistance to help build strength and flexibility.

Pound

This moderate to high intensity class includes the use of weighted drumsticks to strike in conjunction with music. This workout combines elements of plyometric, Pilates, and cardio, targeting smaller muscle groups and hard to reach areas. Accommodations can be made for all fitness levels!

Pound by Pound

Do you need to lose over 20 lbs? This is the class for you! Work on your cardiovascular endurance while increasing your muscle mass!

R.I.P.P.E.D.

Experience this total body "plateau proof formula" workout utilizing resistance and cardio training which masterfully combines Resistance, Interval, Power, Plyometric, Endurance, and Diet to help you attain and maintain your fitness level.

Step Maxx

Get ready for a new twist on your traditional step class. New moves and routines will have you wondering what's coming next!

Sunrise Yoga

A traditional energizing yoga class held in the early morning hours to help awaken and rejuvenate your body for the rest of the day.

Tabata

Great for burning calories and getting into shape fast. Intense periods of exercises are followed by a short period of rest.

Totally Ab Blast

Find that six pack you've been looking for! This is an intense 30 minute class that will focus on your core muscles.

TRX Boot Camp

The TRX suspension system is used in a 60 second station circuit in this high intensity class. The system is coupled with other core-engaging exercises and cardio intervals, using various types of equipment. This class is recommended for advanced TRX students.

TRX Circuit

Total body workout with 60 second stations. Builds strength and stamina with basic foundational exercises.

TRX Fit

Improve your flexibility and agility while you strengthen your body from the inside out. By combining TRX core training and plyometrics, you will work to improve your balance and build long, lean muscles.

Yoga

Breathe, focus, and relax while burning calories in our Hatha style yoga classes.

Zumba Kids (7-13 years)

The ultimate "Dance-Fitness Party" for young Zumba fans. This class features age-appropriate music and encourages kids to move to the beat. It's all about feeling fearless on the dance floor, and reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

Zumba Toning

This all new class will incorporate Zumba movements using light weights to focus on specific muscle groups throughout the class duration.

GROUP CYCLING



CYCLE & TONE

This class incorporates dumbbells into the workout to help increase your muscular strength while still getting the cardio training while cycling!



EARLY AM CYCLE

Start your morning off on the right foot... or pedal! Join us for an aerobic exercise to get your heart pumping and blood flowing.



MORNING & EVENING CYCLE

Choose from either a 45 minute or 1 hour class. You will get the cardio workout you are looking for! Workout includes hills, sprints, and lifts.

SATURDAY CYCLE

Take an hour out of your weekend and join us for a ride!

Download
our app for
immediate
notifications
on group
exercise
class changes!



All Group Exercise Classes:

Members - FREE

Prospective Members - 10 classes/\$50

AQUATIC EXERCISE CLASSES

AQUA AEROBICS

Try aerobics with a splash! In this class you will try a variety of routines in varying depths of water.

AQUA MIX

We mix it up! Aerobics and resistance combine for a great mix.

DEEP WATER AEROBICS

This class will get your heart pumping! Participants should be comfortable in deep water.

ENERGIZE! (Deep Water)

Drop in after work and spend some time in the pool. Different exercises in different water depths will boost your energy.

TWINGES IN THE HINGES

Have arthritis? This class focuses on slow movements and range of motion.



**All Aquatic Exercise Classes:
Members – FREE**

Prospective Members – 10 classes/\$50

HEALTH & WELLNESS

PERSONAL TRAINING

Must be 14 years and older

Members - **FREE**

Limit of 2 30 min sessions or 1 hour session per week.

Please call at least 24 hours in advance to cancel or fees will apply. Includes Wellness Center Orientation and Fitness Assessment.

In addition to our **FREE** personal training, the following options are available for purchase:

1 - 30 min session \$30
1 - 60 min session \$50
3 - 30 min sessions \$60
3 - 60 min or 6 - 30 min sessions \$108
6 - 60 min or 12 - 30 min sessions \$192
12 - 60 min or 24 - 30 min sessions \$336

BUDDY TRAINING

Studies show that working out with a buddy keeps you motivated to continue working out. That's why we offer Buddy Training to improve your chances of staying committed & focused on your goals. Sign up at the Welcome Center with your friend now to start your fitness journey. Same rules & fees as Personal Training apply.

NEW! SMALL GROUP TRAINING

Coming this September! Stay tuned for more information.



FIT PASS ORIENTATION

A Fit Pass Orientation is required for anyone 10-13 years old to gain access into the Wellness Center. One of our trainers will show you proper technique, as well as guide you on which pieces of equipment to use. Upon completion, a Fit Pass bracelet will be issued. Bracelets must be worn in the Wellness Center at all times to signify that you have completed the orientation.

Members Only - FREE

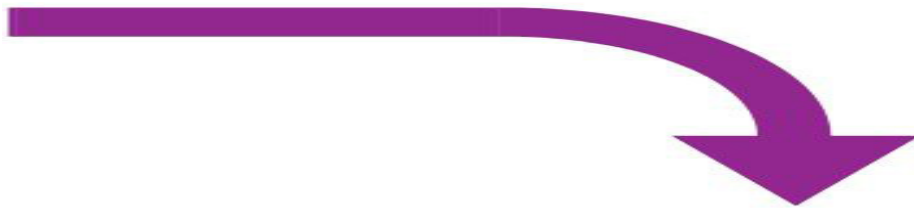
MASSAGE THERAPY

Relax and enjoy a massage from our licensed massage therapist. Help alleviate lower back pain, improve range of motion, and so much more!

10 min chair massage - \$10
30 min relaxation massage - \$25
60 min relaxation massage - \$50

NEW!

COMING TO OUR Y THIS FALL



WELLNESS CENTER RENOVATION!

All new fitness equipment will be in our Wellness Center! We're updating all of our cardio equipment, free weights, multi-station, adding new equipment that we've never had before and MUCH MORE! We're transformring US to help transform YOU!



NEW CLASSES IN THE TRX ROOM!

This September, we'll be offering NEW classes in the TRX room! Looking for fun, different ways to stay in shape? These classes are for you! Stay tuned for more information.

SWIM LESSONS

**6-18
Months**



**18-36
MONTHS**

shrimp



**Know the class
you want? See
lesson schedule
page 15.**

**Does your child swim
without holding onto mom/
dad? Is your child comfortable
working with an instructor?**

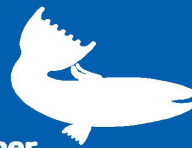
NO

YES

**Sign up for Shrimp class in our
warm water Swan pool. One or
both parents are in the water
with the child.**

**Mom/dad are still in the
water and bubble belts are
used for flotation.
Located in the Swan pool.**

kipper



perch



**This class still uses
bubble belts but mom/dad do
not need to be in the pool.
Located in the Swan pool.**

SWIM LESSONS

Know the class
you want?
Times & days of
lesson are on
page 15.

3-5
YEARS



Looking for a beginner
class?

YES

NO



pike

Not sure your child is
ready to be in Pike on
their own in the pool?

Try TUNA!
Our instructors will
work with your child
to progress to a Pike
class. Located in the
Swan pool.

If you think your
child is ready for
Rays and Starfish,
see the Aquatics
Director for a swim
assessment.

Is your child
comfortable swimming on
their front and back without
assistance the length of the
Large Pool (with
flotation?) Do they put their
face in the water often?

YES

NO

Can your child do
everything in Pike 2,
have a good
understanding of
rotary breathing, can
swim freestyle laps,
and consider
themselves advanced?

YES

NO

PIKE 2



rays

OR



starfish



eel

SWIM LESSONS

**6-12
YEARS**

Know the class
you want?
Times & days of
lesson are on
page 15.

**Looking for a beginner
class?**

YES

NO



Not sure your child is
ready to be in the Large
Pool? Sign up for
Polliwog in the Swan
Pool.

Can your child tread
water for 2-3 minutes,
swim several laps of
freestyle, know
elementary backstroke
and understand rotary
breathing?

YES

NO

**POLLIWOG
2**

Do you consider your
child an advanced
swimmer who is able
to take on the breast-
stroke and butterfly?

YES

NO

GUPPY

**MINNOW/
FISH**

SWIM LESSONS

**13-17
YEARS**



**Looking for a beginner
class?**

YES

**BEGINNER
TEEN CLASS**

NO

**INTERMEDIATE
TEEN CLASS**

STILL NOT SURE?

Call the Aquatics Director at
815-933-1741 ext. 212 to schedule a
swim assessment. Assessments take 10
minutes and may be scheduled Mon - Thurs
or Sat before or after lessons.

**Check your child's
last swim report
card to view
instructor's
recommendation for
lessons.**

**18-99
YEARS**

**ADULT SWIM
LESSONS**

SWIM LESSONS

PARENT/CHILD

(6 months - 5 years) 30 Minute Lessons

Members - \$22 Prospective Members - \$48

SHRIMP 6-18MO

MO-7:00PM
TU-9:00AM
TH-6:30PM
SA-8:45AM

KIPPER 18-36MO

MO-7:00PM
TU-9:30AM
TH-6:30PM
SA-9:15AM

PERCH 2-3 YR

MO-6:30PM
TU-10:00AM

TUNA 3-5 YR

TH-7:00PM

PRESCHOOL

(3 - 5 years) 45 Minute Lessons

Members - \$29 Prospective Members - \$63

PIKE Beginner

MO-5:00PM
TU-4:15PM
TU-5:45PM
WE-10:15AM
WE-5:00PM
WE-5:45PM
TH-5:45PM
SA-9:45AM
SA-10:30AM

PIKE 2 Beginner

MO-5:00PM
TU-10:00AM
TU-5:45PM
WE-10:15AM
WED-5:00PM
WE-5:45PM
TH-5:45PM
SA-9:45AM

EEL Intermediate

MO-5:00PM
TU-10:00AM
TU-5:45PM
WE-5:00PM
TH-5:45PM
SA-9:45AM

RAY Advanced

MO-5:00PM
TU-5:45PM
WE-5:00PM
TH-5:45PM

STARFISH Advanced

MO-5:00PM
TH-5:45PM

**PLEASE SEE OUR CREDIT/REFUND
POLICY ON PAGE 5**

SCHOOL AGE

(6-12 years) 45 Minute Lessons

Members - \$29 Prospective Members - \$63

POLLIWOG Beginner

MO-5:00PM
MO-5:45PM(SP)
TU-4:15PM
TU-5:00PM(SP)
WE-5:00PM
TH-4:15PM
TH-5:00PM (SP)
SA-9:45AM
SA-10:30AM

POLLIWOG 2 Beginner

MO-5:45PM
TU-5:00PM
WE-5:45PM
TH-4:15PM
TH-5:00PM
SA-9:00AM
SA-10:30AM

GUPPY Intermediate

MO-5:45PM
TU-10:45AM
TU-5:00PM
TH-5:00PM
SA-9:00AM

MINNOW/FISH Advanced

MO-5:45PM
TU-10:45AM
TU-5:00PM
TH-5:00PM

FLYING FISH/SHARK Advanced

MO-5:45PM
TU-10:45AM
TU-5:00PM
TH-5:00PM

***SP indicates Swan Pool**

SWIM LESSONS



ADULT SWIM LESSONS

Learn to swim or improve your stroke!

MO 9:15-10AM (Beginners or Terrified of Water)

WE 9:15-10AM or

6:30 - 7:15PM (Intermediate Swimmers)

SA 9:00-9:45AM

Member - \$29

Prospective Member - \$63

BEGINNER TEEN SWIM LESSONS

Designed for teens who are not familiar with swimming or uncomfortable in deep waters.

TH. 6:30-7:15PM

Member - \$29

Prospective Member - \$63

INTERMEDIATE TEEN SWIM LESSONS

Designed for teens who are able to swim the length of the pool but are comfortable in deep water.

TH. 6:30-7:15PM

Member - \$29

Prospective Member - \$63

ADAPTIVE SWIM LESSONS

For children who have special needs. Skills are modified to meet abilities. Package includes (4) 30 minute lessons. Contact the Aquatics Director at 815-933-1741 ext. 212

Member - \$25

Prospective Member - \$55

PRIVATE SWIM LESSONS

Contact the Aquatics Director at 815-933-1741 ext. 212.

Package includes (4) 30 minute

lessons. Scheduled based on availability of instructor & swimmer.

Member - \$72

Prospective Member - \$144



SWIM TEAM

KANKAKEE AREA YMCA STINGRAYS



WEBSITE: www.k3ymca.org/stingrays

FACEBOOK: www.facebook.com/KankakeeAreaYMCAStingrays

The philosophy of the Kankakee Area YMCA Stingrays is to make swimming enjoyable for all participants, regardless of ability. The team is open to swimmers ages 5-18 that can safely swim 50 yards of freestyle and backstroke. We provide an environment where children have the opportunity to become better swimmers by becoming more educated in proper stroke technique and practicing that technique at practice and swim meets. The successful swimmers in our

program will strive to do the best of his/her ability to improve stroke technique and support the efforts of other members of the team. Swimmers are encouraged to attend practice at least two times weekly. Team fees include all non-invitational YMCA meet entry fees, T-shirt, swim cap, and awards. Registration is by age group and intensity level; contact Ann Jumonville at (815) 933-1741 ext. 212 for more information.

MUST BE YMCA MEMBER TO PARTICIPATE.

PRACTICE TIMES & MONTHLY FEES

Little Stingrays (8 and under or 10 and under first year)

\$25/month

Monday – Thursday, 6:30 – 7:15 pm

Monday & Wednesday, 4:00 – 4:45 pm

Friday, 4:00–5:30 pm

Red Group (12 and under)

\$40/month

Monday – Thursday, 6:15 – 7:30 pm

(first 15 min. dryland training on pool deck)

Monday & Wednesday, 4:00 – 5:00 pm

Friday, 4:00 – 5:30 pm

Black Group (13 and over or 12 and under intensive)

\$50/month

Monday – Thursday, 6:15 – 7:45 pm

(first 15 min. dryland training on pool deck)

Monday & Wednesday, 4:00 – 5:00 pm

Friday, 4:00 – 5:30 pm

FALL SEASON

Monday, September 11 – February 2018

Registration Fee – \$50.00

Please check the

K3ymca.org/stingrays website for practice times, fees and team information.

Pre-Season Mini-Stroke Clinic

Took the summer off? Get ready for the fall swim season! Join us as we focus two days each on the four competitive strokes.

Monday Aug. 28–Thursday Aug.31 and

Tuesday Sept. 5–Friday Sept. 8

Beginner & Advanced Groups

6:30–7:30 pm

Members \$25

Prospective Members \$55

WOMEN'S FALL VOLLEYBALL LEAGUE

18 YEARS & UP

Games are played on Tuesday nights at 6pm. This is a 7 week league followed by a double elimination tournament.

Registration Deadline - SEPT. 12

League Begins - SEPT. 19

Team Fee - \$200

If you are looking for a team, register as an individual and we will assign you to a team.

ADULT CO-ED VOLLEYBALL LEAGUE

18 YEARS & UP

Games are played on Tuesday nights at 6pm. This is a 7 week league followed by a season ending tournament.

Registration Deadline - JAN. 8

League Begins - JAN. 16

Team Fee - \$200

If you are looking for a team, register as an individual and we will assign you to a team.

VOLLEYBALL

JUNIOR HIGH VOLLEYBALL CLINIC

6TH - 8TH GRADE

Bump, Set, Spike, and Score! Learn the fundamentals of volleyball through this 4-week program. Players will improve on their passing, setting, hitting, and serving skills in a non-competitive environment, and will put these skills into practice during a 3-game match each week. Clinic is held Tuesdays 5:30 - 6:30PM.

CLINIC BEGINS - SEPT. 5

MEMBER - \$15 PROSPECTIVE -\$30

***Please see our credit/refund policy on page 5**

MAKE A DIFFERENCE VOLUNTEER!

The YMCA is always looking for volunteer coaches to help with youth sports leagues. If you are interested in making a difference in children's lives, contact our Healthy Living Director at 815-933-1741 ext. 227 or fcomer@k3ymca.org.

SOCCER

MIGHTY MITES OUTDOOR SOCCER LEAGUE

3-4 YEARS

This 7 week league is designed to teach 3 & 4 year olds the basic fundamentals of soccer. The first portion of the evening is practice followed by a short game. Shin guards are required and must be provided by participant.

GAMES BEGIN – AUG. 14th

***Please see our credit/refund policy on page 5**

YOUTH CO-ED OUTDOOR SOCCER LEAGUE

5 – 10 YEARS

This 7 week league is designed to teach the basic fundamentals of soccer according to the appropriate age level (5-7 and 8-10). Players have one practice per week with their team. Practice night preference and special requests will be taken into consideration but are not guaranteed. Games are played on Fridays or Saturdays

PRACTICES BEGIN – Week of AUG. 7

GAMES BEGIN – Week of AUG. 14th

***Please see our credit/refund policy on page 5**

MEMBER – By AUG. 5 \$35/After AUG. 5 \$45

PROSPECTIVE MEMBER – By AUG. 5 \$70/After AUG. 5 \$80

BASKETBALL

CO-ED BASKETBALL CLINIC

5-14 YEARS

This is 4 week clinic will prepare your child for the basketball league. Through small group instruction and individual drills, your child will improve their skills and begin to learn the game of basketball. Clinic is once a week in the evenings. The clinic is on Monday nights at 5:30pm

CLINIC BEGINS - Week of SEPT. 18

MEMBERS: \$15

PROSPECTIVES: \$30

***Please see our credit/refund policy on page 5**

YOUTH CO-ED FALL BASKETBALL LEAGUE

5-12 YEARS

This 7-week league is designed to teach youth the basic fundamentals of basketball according to their age level. Players have one practice per week with their team and games are played on either Friday evenings or Saturday mornings Practice night preference and special requests will be taken into consideration but are not guaranteed.

PRACTICES BEGIN - Week of OCT. 9

GAMES BEGIN - Week of OCT. 16

BY SEPT. 25 - MEMBERS: \$35 PROSPECTIVE \$70

AFTER SEPT. 25 - MEMBERS: \$45 PROSPECTIVE \$80

***Please see our credit/refund policy on page 5**

BASKETBALL

MIGHTY MITE FALL BASKETBALL LEAGUE

3-4 YEARS

This 7-week league is designed to teach 3 & 4 year olds the basic fundamentals of basketball. The first portion of the evening consist of practice with a game to follow. The league is played on Monday evenings.

LEAGUE BEGINS - OCT. 16

BY SEPT. 25 - MEMBERS: \$35 PROSPECTIVE \$70

AFTER SEPT. 25 - MEMBERS: \$45 PROSPECTIVE \$80

***Please see our credit/refund policy on page 5**



BASKETBALL

MIGHTY MITE WINTER BASKETBALL LEAGUE

3-4 YEARS

This 7-week league is designed to teach 3 & 4 year olds the basic fundamentals of basketball. The first portion of the evening consist of practice with a game to follow. The league is played on Monday evenings.

LEAGUE BEGINS - JAN. 8

BY DEC. 26 - MEMBERS: \$35 PROSPECTIVE \$70

AFTER DEC. 26 - MEMBERS: \$45 PROSPECTIVE \$80

***Please see our credit/refund policy on page 5**

YOUTH CO-ED WINTER BASKETBALL LEAGUE

5-15 YEARS

This 7-week league is designed to teach youth the basic fundamentals of basketball according to their age level. Players have one practice per week with their team and games are played on either Friday evenings or Saturday mornings Practice night preference and special requests will be taken into consideration but are not guaranteed.

PRACTICE BEGINS - Week of JAN. 8

GAMES BEGIN - Week of JAN. 16

BY DEC. 26 - MEMBERS: \$35 PROSPECTIVE \$70

AFTER DEC. 26 - MEMBERS: \$45 PROSPECTIVE \$80

***Please see our credit/refund policy on page 5**

NEW FITNESS CLASSES

YOUTH PERFORMANCE TRAINING CLASS

Ages 10-14

Increase Power, Strength, and Agility to improve your sports performance!

**COMING
THIS
WINTER!**

Ages 10-13 must complete a Kid Fit Pass to use the Wellness Center. Instead of red lanyards, you will be give a red bracelet! Must register. Held on Saturdays at 11:30am.

KID FIT PASS RULE



YOUTH GROUP EXERCISE CLASS RULE

**Ages 10-14 must complete a fitness orientation & bring their red lanyard to the following classes to participate:
Kids Zumba, Zumba, Yoga, and Pound by Pound.**

FAMILY & YOUTH ACTIVITIES

BIRTHDAY PARTIES

Let us make your child's birthday one to remember! One hour of swimming and one hour in the party room for your snacks and party fun. Must register and pay 10 days in advance. Swim first for Saturday parties and Sunday 2:30-4:30PM parties. Sunday 12-2PM parties swim in the second hour.

Saturdays and Sundays 12:00-2:00PM or 2:30-4:30PM

Members \$140 Prospective \$160

ARCHERY

Want to try archery? Sign up for a one-hour session for people ages 9 and up!

THUR. Sept. 7 5:00-6:00pm

THUR. Oct. 26 5:00-6:00pm

THUR. Nov. 16 5:00-6:00pm

Members \$8

Prospective Members \$20

HOME SCHOOL SWIM & SWIM

3 – 12 YEARS

Looking for an activity for your homeschooler? Sessions are 30 minutes of swimming instruction and 30 minutes of pool play time. Space is limited, held in large pool. Groups are divided by age; 3-5 years and 6-13 years.

Tuesday, 10:45 – 11:45 am

MEMBER – \$23

PROSPECTIVE MEMBER – \$46

FAMILY & YOUTH ACTIVITIES

HALLOWEEN PARTY



Put on your costume and join us for carnival games, a costume contest, and goodies to take home! Are you brave enough to walk through the haunted house? The party is family friendly so all ages can enjoy the fun.

Friday, October 20th 5:00–7:00pm
MEMBERS ONLY – FREE



HOME FOR THE HOLIDAYS

Start the holiday season off with a little joy in your heart! Donate items for our military overseas to benefit “Operation Care Package” or write Christmas cards. Enjoy some sweet treats and make an ornament! Let’s help our military who are not able to be home this holiday seasons feel “home” for the holidays!

Friday, December 8th – All Day

DIVE-IN MOVIE



Bring your swimsuit, towel and inflatable/float for the movie. You can watch the movie from in the water or on the pool deck while you enjoy some popcorn and an ice cream float! The movie starts at 6:15 pm, see you there!

Friday, December 29th
6:15–approximately 7:45 pm (depending on length of movie)
MEMBERS ONLY – FREE

YOUTH EVENTS

FRIDAY MADNESS

(6 – 13 year olds)

Get ready for Friday fun with your friends! Activities include swimming, climbing wall, and gym games. A snack is provided. Parents must sign in child and leave a contact number. No cell phones!

Friday, October 13, 7:30–11:00 pm

Friday, November 17, 7:30–11:00 pm

Member – \$8

Prospective Member – \$10



SAFETY TRAINING

ADULT/CHILD/INFANT CPR & AED

Youth 13 years old and up are eligible to take this full course. You will receive a two year certification upon successful completion of the course. This class is not suitable for lifeguards or healthcare professionals.

Must sign up 2 days in advance.

SAT. Sept. 16 .. 9:00am - 12:00pm

TUE. Oct. 17 ... 6:00 - 9:00pm

SAT. Nov. 18 ... 9:00am - 12:00pm

MEMBER - \$40

PROSPECTIVE MEMBER - \$60

FIRST AID

Learn first aid skills; bandaging wounds, splinting and what to do in emergency situations. You will receive a two year certification upon passing the course. Must register two days in advance.

SAT. Oct. 14 9:00 - 11:00am

TUES. Nov. 14 ... 6:00 - 8:00pm

MEMBER - \$30

PROSPECTIVE MEMBER - \$50

LIFEGUARD CLASS (Ages 15+)

Must swim 300 yards using front crawl and breaststroke, dive and retrieve a weighted brick from the bottom of pool.

WINTER 2017

Pre-Test: MON. Jan. 15 at 5:00pm

Mondays: January 15 - March 5

5:30 - 8:30pm

CPR date will be determined during the first day of class

MEMBERS - \$175 PROSPECTIVE MEMBER - \$225