

KANKAKEE  
AREA YMCA



the

# 2022 WINTER PROGRAM

GUIDE

A close-up photograph of a young girl with a joyful expression, wearing a white knit beanie and a red and white patterned scarf. The background is a soft, out-of-focus white, suggesting a snowy environment. In the bottom right corner, there is a large blue circle containing the text 'WE ARE THE Y!'. Several light blue snowflake graphics are scattered across the lower half of the image.

**WE ARE  
THE Y!**

815-933-1741

Kankakee Area YMCA  
1075 N. Kennedy Drive

# VISIT US!

## FALL/WINTER HOURS

Monday – Thursday .. 4:30 AM – 10:00 PM  
Friday ..... 4:30 AM – 8:00 PM  
Saturday ..... 7:00 AM – 5:00 PM  
Sunday ..... 10:00 AM – 3:00 PM

## YOUTH ACCESS

10-13 years old may use facility without a parent:  
Monday – Friday ..... 4:00 – 7:00 PM  
Saturday ..... 9:00 AM – 12:00 PM

## HOLIDAY HOURS

Memorial Day	6:30am – 11:00 am
Good Friday	6:30am – 11:00 am
Easter	6:30am – 11:00 am
Christmas Eve	6:30am – 11:00 am
Christmas	Closed
New Year's Eve	6:30am – 11:00 am
New Year's Day	6:30am – 11:00 am

## FOLLOW US



## CONTACT US!

1075 N. KENNEDY DR.  
KANKAKEE, IL

815-933-1741  
[www.k3ymca.org](http://www.k3ymca.org)

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# WHY THE Y?

- FREE personal training
- FREE land, aquatic, and cycling classes
- FREE Child Watch & Charlton Kids' Fit Zone (child must be a member)
- FREE Family Fun Events
- FREE open swim and gym time
- Membership credit when you refer a friend
- No contracts to sign
- Reduced member rates for classes and programs
- Priority program registration and the ease of online registration
- AWAY privileges, Always Welcome At YMCAs
- State-of-the-Art equipment
- Opportunities to serve, volunteer, and make a difference
- 12 FREE guest passes for Family & Adult Memberships
- And MUCH MORE!

MEMBERSHIP

## MEMBERSHIP RATES

FAMILY	ADULT (26+)	YOUNG ADULT
\$90 Enrollment	\$65 Enrollment	\$25 Enrollment
\$67/month	\$49/month	\$23/month

## OPEN DOOR

Everyone has the opportunity to join the Y! Our memberships are month to month with no lengthy contracts or outrageous joining fees. Over 10% of our members take part in our Open Door (household income-based) memberships. An Open Door membership can make being part of the Y more affordable for members of our community. Call or visit the Y to learn more about how to apply.

## 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. We are committed to assisting our community partners to ensure their employees live a healthy lifestyle. If your company would like to take part in our Corporate Membership program, please contact the Membership Director at 815-933-1741 EXT.1238 or email at [slogbeck@k3ymca.org](mailto:slogbeck@k3ymca.org) for more information.



## OPEN DOOR

Everyone 16 and older **MUST** present a state issued photo ID or must be a YMCA member to enter the facility.

## CHILD SUPERVISION

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

## CREDIT/REFUND POLICY

A Program Withdrawal Request form must be completed at the Welcome Center at least one week prior to the 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 canceled 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.



## THE APP

In October of last year, the Kankakee Area YMCA introduced a brand new, FREE app for cell phones and tablets. With the new app, you can view class schedules, set up fitness goals, track your workouts, take part in challenges and more!

To download, visit the App Store or Google Play store and search "Kankakee Area YMCA" or scan the QR code to the right. After downloading, create an account and begin to explore the new features.





# CHILD CARE

CHILD-CARE



## CHILD WATCH (ages 6 weeks – 5 years)

Monday – Friday	8:00 AM – 12:00 PM
Monday – Friday	4:00 PM – 8:00 PM
Saturday	9:00 AM – 12:00 PM

\*Child Watch is strictly two hour increments

## KID FIT ZONE (ages 5 – 13 years)

Monday – Friday	4:00 PM – 8:00 PM
Saturday	9:00 AM – 12:00 PM





# BESD 53 Schools

# BSD 61 Schools

# KSD 111 Schools

**FULL TIME (AM & PM)**

## WEEKLY (AM)

## WEEKLY (PM)

## PARTIAL WEEK (1-2 DAYS)

## PARTIAL WEEK (3-4 DAYS)

**PROSPECTIVE:** \$40/week (AM)  
\$60/week (PM)

# SCHOOL'S OUT DAYS

**6:30 AM – 6:00 PM**

Register at the Kankakee Area YMCA Welcome Center. State funding is available through CCR&R, and we offer financial assistance for those who don't qualify.





the

YMCA



## LITTLE Y'S GUYS



Kindergarten  
Readiness



Fun  
Activities



Healthy & Safe  
Environment



Weekly Swim  
Lesson Included



Lunch & Snack  
Provided

## Full-Time Preschool Kankakee Area YMCA

**Monday – Friday**  
**8:30 AM – 3:00 PM**

Full-time preschool at the Y starts in January! Registration is available at the Kankakee Area YMCA's Welcome Center. Contact us at 815-933-1741 for more information and pricing details. CCR&R is accepted.

### Before and After Care Add-Ons

Before & After Care: 6:30 – 8:30 AM  
3:00 – 6:00 PM

Before Care Only: 6:30 – 8:30 AM  
After Care Only: 3:00 – 6:00 PM

Weekly and Monthly payment options  
are available.

**New info coming soon,  
watch our website!**



# KANKAKEE YMCA

## CHILDCARE

NOW ENROLLING  
FULL-TIME!

REGISTER TODAY!

# OPENING

STARTING  
January, 23rd, 2022

We are now enrolling Children  
ages 6 weeks through 5 years of  
age:

- We are open 6:30 am - 6 pm
- We offer a bi-lingual curriculum
- Qualified staff
- Cook on-site
- Offering the "Brightwheel" application, to help parents stay connected all day long!

Payment Options	Member Pricing	Prospective Member Pricing
Infant (6 weeks-14 months)	\$250/week	\$280/week
Toddler (15-23 months)	\$230/week	\$260/week
2 yr. old (24-35 months)	\$200/week	\$230/week
Preschool (3-5 yr. old)	\$190/week	\$220/week





## AEROBIC STUDIO classes

The Y offers a variety of classes for people of all ages and skill levels! Classes in our Aerobic Studio are instructor-led and included for FREE

with your YMCA membership. See the descriptions below to find which classes would be best for you. The class schedule can be found online at [www.k3ymca.org](http://www.k3ymca.org).

**Prospective Members: \$65/10 classes**

### Morning Yoga

Connecting the breath during an invigorating yoga practice that is a sequence of poses concluding with deep relaxation. This practice will develop and challenge your strength and flexibility.

### Cardio Kickboxing

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

### Gentle Tai Chi Yoga

A gentle combination of seated and standing Hatha yoga postures for all fitness levels. This class makes yoga available to those who may not be able to get down easily on the floor. It is also a great class for desk workers to learn ways to counteract the effects of being seated for long periods throughout the day.

### Circuit Training

Tone and strengthen with high repetitions and low weights. This circuit training class is fast-paced, and moves from one station to the next. Several types of equipment will be used to sculpt your body and challenge your core.

## Dance Mixes

Cardio, Pound, Hip Hop and more, with separate classes for tweens/teens and adults.

## Fit 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!

## HIIT Aerobics

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

## Vinyasa Yoga

Exercise gently with slow, steady movements, controlled breathing, and meditation for your mind-body connection.

## Step It Up!

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

## Core Conditioning

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

## T2 Step

60 Minutes of cardio training that uses steps (risers) which can be adjusted to a height that creates just the right intensity as you work to improve agility, coordination, strength, and cardiovascular strength endurance.

## Yogalates

We combine Pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. This low-impact workout will increase your flexibility, muscular strength, posture, and alignment through yoga poses, breathing and relaxation.

## ZUMBA Aerobics

A fun and challenging type of Latin-inspired dancing with aerobic challenges. Dances are simple but focus on hips and step counts. Uses beats of salsa, flamingo, and merengue music to make the workout feel more like a dance party. Targets core, arms, legs, glutes, and back areas with benefits to your flexibility, aerobic conditioning, and strength.





# QUEENAX classes

## Queenax Circuit

Queenax Circuit is a strength-based circuit using all parts of Queenax.

## TRX Tabata

High Intensity Intervals will be used to super-charge your TRX Suspension Training workout. The basic HIIT technique is to alternate periods of extremely high intensity exercise with short rest periods for a specified number of sets.



# GROUP classes

## Early Bird 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.

## T 3 Cycling

Looking to effectively train every part of your body? Get peddling through our T3 cycling class. This class is a great way to get some group exercise.

## Beat Cycle

A 45-minute high energy cycling class that features a fast paced fun ride with music that makes you want to move.

## Evening Cycle

Take the challenge and bring your fitness to the next level with this hour-long cardio cycle class.

## Balance & Stability

This class will help with maintaining good balance and stability. Come prepared to stretch and move!

## Kettlebells

Challenge yourself with this intensive workout. This will be a high energy workout that use kettlebells to work all your muscles.

## Freestyle Step

This class is a high energy class to get some good workout time in! Check it out!

# LET'S GET STRONGER TOGETHER

## personal training

### FREE! Personal Training

14 years and up

The Y offers one-on-one instruction with a trainer who will develop an individualized plan just for your needs. The trainer will work with you each session to provide support, motivation, and guidance as you progress toward your fitness goals.

\*Limit of 2 half hour sessions or 1 hour session per week with a trainer. Please call at least 24 hours in advance to cancel an appointment or fees will apply.



### FREE! Buddy and Small Group Personal Training

14 years and up

Studies show that working out with a group helps keep you and your buddy motivated to continue working out. That's why we are offering Buddy & Small Group Training to help improve your chances of staying committed and focused on your goals. Register for the free program at the Welcome Center with your group to start your fitness journey together. Same rules and fees as Personal Training apply.

### FREE! Fit Pass Orientation

10-13 years

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 will be issued. Fit Passes must be worn in the Wellness Center at all times to signify that you have completed the orientation.

### FREE! Wellness Center Orientation

14 years and up

This is an introduction on how to use the equipment in the Wellness Center. A Fitness Specialist will demonstrate how to use the equipment safely.

# NUTRITION SERIES:



## **EATING FOR HEALTH:**

Learn how to choose wisely with your food selections & eating habits. Interested in a moderate weight loss? This class will focus on developing behaviors to attain & support a healthy body composition.

Instructor is a Dietetic Technician, Registered.

Includes tasks, such as completing a 3 – day food journal, checklist of eating habits, binge eating triggers, solutions worksheets, and more.

Start Date: March 15

End Date: March 26

Saturdays, 10:30-11:30 AM

Ages: 14 and Up

Registration: Feb. 1 - April 4

Members: \$20

Prospective: \$35

## **ABOUT GOOD FOOD:**

Learn how to prepare healthy meals that are quick and easy. This includes salads in a jar with homemade dressings and other easy healthy recipes. Each class you will be able to prepare and sample the food item.

Instructor is a Dietetic Technician, Registered.

Start Date: May 7

End Date: May 28

Saturdays, 9:00-10:00 AM

Ages: 14 and Up

Registration: April 1 - May 6

Members: \$25

Prospective: \$38

## **CUSTOM NUTRITION ASSESSMENTS:**

This is an opportunity to consult with dietitians about meal choices and weight loss. All are pre-registered appointments.

Instructor is a Dietetic Technician, Registered.

Ages: 14 and Up

Registration:

By Appointments

Members: \$25 for 1 Hour



# YOUTH NUTRITION SERIES:



## TWEENS IN THE KITCHEN:

What will be Covered?

- Basic measures & cooking terms
- Use of pans, utensils, & prep items
- Use of the stove, microwave, & appliances
- Handling & storing foods safely
- Sandwich-making & following simple recipes
- Make & eat a recipe to eat: soup/sandwich

Date: April 2

Saturday, 9:00-11:00 AM

Ages: 8 - 12

Registration: March 1 - 31

Members: \$10

Prospective: \$15

## TWEEN IN THE KITCHEN:

What will be Covered?

- Basic Kitchen appliance cleaning
- Grocery shopping on a budget
- Storing and labeling food
- Cooking skills and use of pans & utensils
- Prepare & eat a recipe from class

Date: April 2

Saturday, 9:00-11:00 AM

Ages: 13 - 18

Registration: March 1 - 31

Members: \$10

Prospective: \$15

# SENIOR NUTRITION SERIES:

## COOKING FOR ONE:

Not feeling motivated to cook for yourself?  
Follow along with this book from America's  
Test Kitchen & your instructor to learn to  
plan & prep without food waste and to make  
it more fun for yourself:

Make a dish to eat during class  
Book available for \$21

Date: March 5

Saturday, 10:30-12:00 PM

Ages: 55 and Up

Registration:

Members: \$10

Prospective: \$15

# YMCA TEEN WORKFORCE



YOUTH PROGRAMS

## TEEN WORKFORCE DEVELOPMENT

The Kankakee Area YMCA is now offering workforce development training for teens. YMCA Y.E.S. (Youth Employment Skills) is open to all teens between the ages of 14-19. Teens will be given the opportunity to learn needed job skills including interviewing, resume writing, etiquette and more!

### Dates:

Thursday 10/28/21: What Do I Want to Do? (Career Exploration) 5-7 pm

Thursday 11/18/21: Mental Health/Anxiety 5-7 pm

Thursday 12/16/21: How to be a Great Employee/ Job Skills Training

Thursday 1/20/22: Etiquette Training/Social Media 5-7 pm

Saturday 1/22/22: Etiquette Dinner (TBD)

Thursday 2/17/22: How to Build a Great Resume/Fill out a Job Application

Thursday 3/24/22: Job Hunting (It's not just online) 5-7 pm

Thursday 4/21/22: Interview Preparation 5-7 pm

Thursday 5/19/22: Financial Literacy 5-7 pm

Thursday 6/2/22: Resume Review/Job Fair 5-7 pm

Saturday 6/4/22: Teen Job Fair (TBD)

# COMING SOON



High School Leaders  
Club/Jr. High Leaders Club  
Watch our website and  
Facebook for details.

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KANKAKEE AREA YMCA

# KIDS CLUB IS HERE!

A safe, enriching place  
for your kids to have  
some supervised,  
super fun!

## Cost:

Members: \$5

Prospective Members: \$7

## CLUB DATES:

Nov. 12th

Dec. 10th

Jan. 7th

Feb. 11th

Mar. 11th

Apr. 8th

May 13th

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# JR. HIGH ALIVE

Come enjoy swimming, open gym,  
music, games, concessions and  
pizza and more!

## Dates:

Jan. 8, Feb. 12,

Mar. 12, Apr. 9, May 14

Time: 5-8:00 pm

Info: For Ages 11-14

## Prices:

Members: \$5

Prospective: \$10

\*Register until 12 PM on  
the day of the event

LEARNING, EARNING, YEARNING!

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# HIT IT STRAIGHT GOLF ACADEMY: KANKAKEE AREA YMCA

Instructed by Professional Golf  
Instructor Dion Madkins

**Every Monday: January 24th-February 28th**

**5-9 years: 5:00 pm-5:45 pm**

**10-14 years: 6:00 pm-7:00 pm**

**15-19 years: 7:00 pm-8:00 pm**

**\*Cost: \$50 members/\$75 Prospective Members**

Give your child the gift of golf instruction with this incredible six week session taught by the amazing Dion Madkins. Children will not only learn the basics of golf but will be partnered with a mentor to coach and guide them with skills that will benefit them for a lifetime.

Register today at: [k3ymca.org](http://k3ymca.org) or call 815-933-1741

\*Scholarships are available





# ADULT WINTER Coed Volleyball

**Start Date: January 25th**

**End of Season Tournament March 15th & March 22nd**

This league is for anyone 16 years of age or older. Games will be held once a week on Tuesday Nights, followed by a Double Elimination Tournament to conclude the season!

## REGISTRATION:

**November 15th – January 18th**

**Team Fee: \$240**



Individuals seeking teams may contact our Sports Director at  
[mcurren@k3ymca.org](mailto:mcurren@k3ymca.org)

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# WINTER YOUTH COED BASKETBALL

This program is designed to help participants learn the game of basketball as well as help sharpen their skills through practice and game play!



## START DATE:

**Mighty Mites = January 24th**  
(Exact start date)

**5-14 year olds = January 17th**  
(Week of)

## END DATE:

**Mighty Mites = March 7th**  
(Exact start date)

**5-14 year olds = March 5th**  
(Week of)



## Early Bird:

**November 1st – November 14th**

**Members: \$36**

**Prospective: \$76**

## Regular:

**November 15th – December 31st**

**Members: \$46**

**Prospective: \$86**

## Late:

**January 1st – January 8th**

**Members: \$56**

**Prospective: \$96**

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# SHOREI RYU KARATE

In this program, participants will learn traditional Okinawan Karate. Our goal is for participants to learn discipline, gain confidence and build character. The program will be taught by 5th degree Black Belt and experienced Shorei Ryu Karate Instructor Dwight Bossong.

## SESSION ONE:

**Date:** January 11th – February 17th

**Times & Ages:**

6-8: 4:15-5:15 PM, Tues. & Thurs.

9 & UP: 5:30-6:30 PM, Tues. & Thurs.

**Introductory Meetings:**

**January 4th**

**6-8: 4:15 – 5:15 PM**

**9 & UP: 5:30-6:30 PM**

## SESSION TWO:

**Date:** March 8th – April 28th

**Times & Ages:**

6-8: 4:15-5:15 PM, Tues. & Thurs.

9 & UP: 5:30-6:30 PM, Tues. & Thurs.

**Introductory Meetings:**

**March 1st**

**6-8: 4:15 – 5:15 PM**

**9 & UP: 5:30-6:30 PM**

**NO CLASSES:** March 15th, 17th, 22nd & 24th

**\*Spots limited**

## REGISTRATION:

**Early Bird:**

**Nov. 1st – Nov. 14th**

**Members: \$40**

**Prospective: \$80**

**Regular:**

**Nov. 15th – Dec. 26th**

**Members: \$50**

**Prospective: \$90**

**Late:**

**Dec. 27th – Jan. 3rd**

**Members: \$60**

**Prospective: \$100**

## REGISTRATION:

**Early Bird:**

**Jan. 4th – Jan. 17th**

**Members: \$40**

**Prospective: \$80**

**Regular:**

**Jan. 18th – Feb. 18th**

**Members: \$50**

**Prospective: \$90**

**Late:**

**Feb. 19th – Feb. 28th**

**Members: \$60**

**Prospective: \$100**



the



# SHOREI RYU KARATE LESSONS

Participants will have private lessons on traditional Okinawan Karate. The lessons will be taught by 5th degree Black Belt and experienced Shorei Ryu Karate Instructor Dwight Bossong.

## LESSON PRICES:

**One Session Price:**

**Members: \$50**

**Prospective: \$75**

**Four Session Package Price:**

**Members: \$150**

**Prospective: \$225**





# ORANGE BELT TESTING:

In this specialty program participants will test for their Shorei Ryu Karate Orange Belt

**Disclaimer:** Participants must be approved to participate by YMCA Karate Instructor

## Available Dates & Times:

February 22nd – Option #1

6-8 = 4:30pm – 6:30pm

February 24th – Option #2

9 & up = 4:30pm – 6:30pm

**Location:** Kankakee Area YMCA

## Registration:

January 11th – February 17th

Members: \$50

Prospective: \$75





# YOUTH COED INDOOR SOCCER

This program is designed to help participants learn the game of soccer as well as help sharpen their skills through practice and game play!

## **Mighty Mites Co-Ed Soccer (3-4 year-olds)**

**Dates:**

**March 21st – May 16th**

## **Youth Co-Ed Soccer (5-7, 8-11, 12-14)**

**Dates:**

**March 21st – May 21st**

**Early Bird Registration: January 17th – January 31st**

**MEMBERS: \$36**

**PROSPECTIVE MEMBERS: \$76**

**Registration: February 1st – February 28th**

**MEMBERS: \$46**

**PROSPECTIVE MEMBERS: \$86**

**Late Registration: March 1st – March 11th (Spots Limited)**


**MEMBERS: \$56**

**PROSPECTIVE MEMBERS: \$96**



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# YOUTH Coed Tumbling

**YMCA Tumbling teaches basic gymnastics skills, as well as helps participants gain confidence, coordination, flexibility, and strength!**

**Friday (Aerobics Studio):**

**Ages 2 - 3 (Beginner/Mommy & Me)**

**Ages 4 - 6 (Beginner/Intermediate)**

**5:30 pm - 6:15 pm**

**6:30 pm - 7:15 pm**

## **Session One:**

**Start Date:** February 11th

**End Date:** March 11th



## **Early Bird**

**Dec. 13th - Dec. 31st**

## **Registration**

**Jan. 1st - Jan. 31st**

## **Late Registration**

**Feb. 1st - Feb. 10th**

**Members: \$25**

**Prospective: \$50**

**Members: \$35**

**Prospective: \$60**

**Members: \$45**

**Prospective: \$70**

# ACTIVE OLDER ADULTS

The Y is adding many new programs for our 55+ members of the community!

Below is a glimpse of what we have to offer, but please visit our website at [www.k3ymca.org](http://www.k3ymca.org).



## PICKLEBALL

A fun sport that combines elements of tennis, badminton and ping pong. It is played on a badminton court with a low net. Pickleball is easy for beginners, and is one of the fastest-growing sports. It is played with a ball similar to a whiffle ball and a wood or composite paddle.

**Tuesday 11:00 AM - 1:00 PM**  
**Saturday 1:30 PM - 3:30 PM**  
**Sunday 8:00 AM - 10:00 PM**

**MEMBERS - FREE**  
**PROSPECTIVE - \$5**

## ACTIVE OLDER ADULT CLUB ROOM

Join us Monday through Friday 8:00 AM to 12:00 PM in our Active Older Adult Club Room! Visit with friends, have a cup of coffee, play cards and games, read your favorite book, check out what's on the schedule, or just enjoy a quiet space all your own.

We regularly host events and activities in this room, so keep an eye on our social media and website for more information!

## GROUP FITNESS

The Y offers a variety of classes in our Aerobics Studio, Cycle Room, Queenax Room and pools. We recently added brand new classes for our Active Older Adults including Qui Gong for Health and Well-Being, Chair Yoga and Therapeutic Tai Chi In a Chair.

For more details about the classes we offer, see our Active Older Adult Program Guide on [www.k3ymca.org](http://www.k3ymca.org). The fitness class schedule can also be found on our website or at the Welcome Center.

**All classes are FREE for members!**  
**Prospective members: \$65/10 classes**

## HEALTH CARE MEMBERSHIPS

A YMCA Health Care membership may be included at a reduced rate or FREE with your insurance plan! We are now accepting health care memberships through Silver Sneakers, AARP, Silver & Fit, and RenewActive. Simply bring your proof of eligibility to the Welcome Center, and a YMCA team member can get you started!



# AQUATIC classes

Aquatic classes are all held in the Large Pool and have varying depths for all skill levels. Discover what class is best for you today!

**Prospective Members: \$65/10 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.





# SWIM CLASSES FOR YOU!

FIND A CLASS

**6-18 MONTHS**

**SHRIMP**

1 or both parents will be in the Swan pool with their child.

**18-36 MONTHS**

Does your child swim without holding onto a parent? Is your child comfortable with an instructor?

**YES**

**PERCH**

This class uses bubble belts, but parents don't need to be in the Swan pool.

**NO**

**KIPPER**

Parents are still in the Swan pool and bubble belts are used.

**3-5 YEARS**

Looking for a beginners class?

**NO**

Is your child able to swim on their front & back with just flotation the length of the large pool? Do they put their face in the water?

**NO**

**PIKE 2**

**YES**

**YES**

**PIKE**

Not ready to be on their own?

**NO**

**EEL**

**RAY'S OR STARFISH**

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

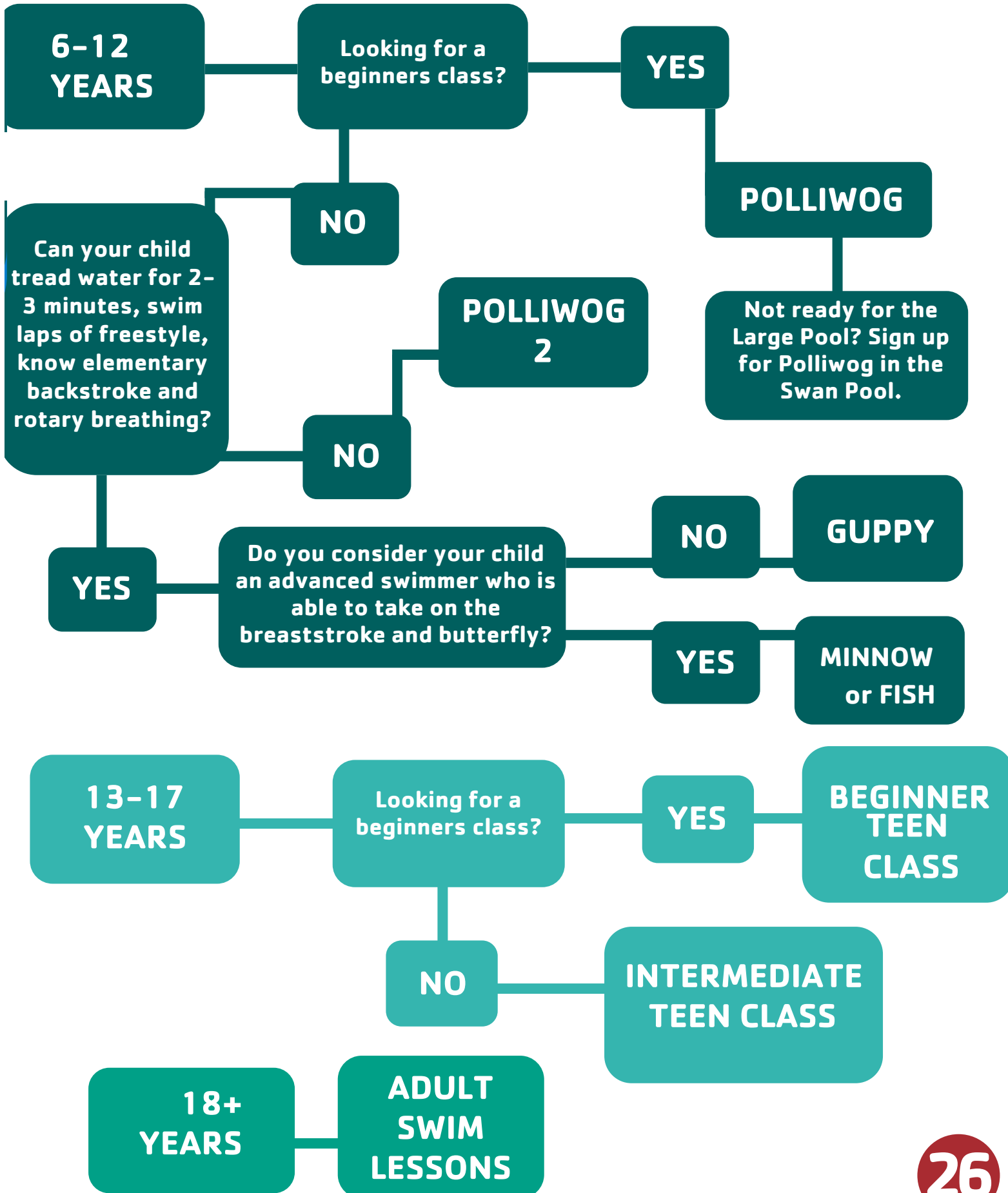
**YES**

**TUNA**

Our instructors work with your child to progress into Pike in the Swan pool.

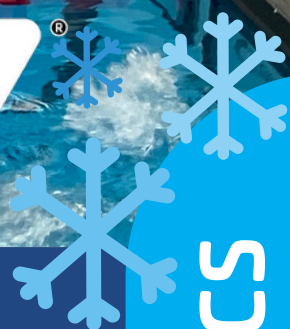
**25**

# SWIM CLASSES FOR YOU!

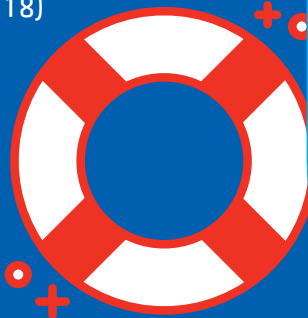


# SWIM LESSONS

the



AQUATICS



**Winter Session 1:**  
January 10 – February 19  
Registration:  
Members: December 6  
Prospective: December 13

**Spring Session 1:**  
April 11 – May 21 (no class April 16,18)  
Registration:  
Members: March 21  
Prospective: March 28

**Winter Session 2:**  
February 21 – April 9 (no class March 21-26)  
Registration:  
Members: January 31  
Prospective: February 7

## Parent/Child (6 months – 5 years): 30-minute lessons

### SHRIMP (6 – 18 MO)

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

### KIPPER (6 – 18 MO)

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

### PERCH (2 – 3 YR)

MO 6:30 PM  
TU 8:30 AM

### TUNA (3 – 5 YR)

TH 7:00 PM

**MEMBERS – \$21.75 (6 wks)**  
**PROSPECTIVE – \$50.82 (6 wks)**

## Preschool (3 – 5 years): 45-minute lessons

### PIKE

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

### PIKE 2

MO 5:00 PM  
TU 9:30 AM  
TU 5:45 PM  
WE 5:00 PM  
TH 5:45 PM  
SA 9:45 AM

### EEL

MO 5:00 PM  
TU 9:30 AM  
TU 5:45 PM  
WE 5:00 PM  
TH 5:45 PM  
SA 9:45 AM

### RAY

MO 5:00 PM  
TU 9:30 AM  
TU 5:45 PM  
WE 5:00 PM  
TH 5:45 PM  
SA 9:45 AM

### STARFISH

MO 5:00 PM  
TU 9:30 AM  
TH 5:45 PM

**MEMBERS – \$29.04 (6 wks)**  
**PROSPECTIVE – \$65.34 (6 wks)**

## Progressive (6+ years): 45-minute lessons

### POLLIWOG

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

### POLLIWOG 2

MO 5:45 PM  
TU 10:15 AM  
TU 5:00 PM  
WE 5:45 PM  
TH 5:00 PM  
SA 10:30 AM  
SA 11:15 AM

### GUPPY

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

### MINNOW/FISH

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

### FLYING FISH

MO 5:45 PM  
TU 10:15 AM  
TU 5:00 PM  
TH 5:00 PM

**MEMBERS – \$29.04 (6 wks)**  
**PROSPECTIVE – \$65.34 (6 wks)**

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# SWIM LESSON SESSIONS

## Teens (13 - 17 years): 45-minute lessons

### BEGINNER AND INTERMEDIATE

TU 11:00 AM  
TH 6:30 PM  
WE 6:30 PM

MEMBERS - \$29.04 (6 wks)  
PROSPECTIVE - \$65.34 (6 wks)

## Adult (18+ years): 45-minute lessons

### BEGINNER

MO 9:00 AM  
SA 9:00 AM

### INTERMEDIATE

MO 9:00 AM  
WE 6:30 PM  
SA 9:00 AM

MEMBERS - \$29.04 (6 wks)  
PROSPECTIVE - \$65.34 (6 wks)

## Intensive classes: 30-minute lessons (Monday - Thursday)

### POLLIWOG

1 week - 5:35 PM  
March 21-24

2 week - 6:30 PM  
March 28- April 7  
April 25 - May 5  
May 9 - 19

### POLLIWOG 2

1 week - 6:10 PM  
March 21-24

2 week - 7:00 PM  
March 28- April 7  
April 25 - May 5  
May 9 - 19

MEMBERS - \$13 (1 week), \$26 (2 weeks)  
PROSPECTIVE - \$29.25 (1 week), \$58.50 (2 weeks)

## Adaptive Swim Lessons

If your child has special needs and wants to learn to swim or be comfortable in the water, try our adaptive swim lessons. Skills are modified to meet individual abilities and needs. Adaptive package includes four 30-minute lessons and can be arranged by contacting the Aquatics Coordinator at 815-933-1741 x1219.

MEMBERS - \$45  
PROSPECTIVE - \$85

## Terrified of the Water for Adults (18+ years): 60-minute lessons

Have you always wanted to learn to swim but have a fear of the water? This class will help you become more comfortable in the water and teach you swimming basics.

March 21-25  
5:30-6:30 PM

MEMBERS - \$35  
PROSPECTIVE - \$70

## Private & Semi-Private Lessons

Private swim lessons may be arranged with the Aquatics Coordinator at 815 933-1741 x219. Private lesson package includes four 30-minute lessons. Semi-private (2 students) includes four 35-minute lessons. Lessons are scheduled based on the availability of the instructor and participant.

Private  
MEMBERS - \$75  
PROSPECTIVE - \$150

Semi-Private  
MEMBERS - \$130  
PROSPECTIVE - \$260

## Safe Around Water

Learn about safety in and around water for the whole family. We will be going through basic water safety, how to make basic rescues from the side, boating safety and more! You will need to wear shorts and a t-shirt over your swim suits! Sign-up for one of our sessions to prepare for a safe summer!

MEMBERS - \$5/person or \$18/family  
PROSPECTIVE - \$10/person or \$36/family  
\*Dates are to be determined



# Jr. Water Polo

Training skills for  
Water Polo with  
scrimmage!

## AGES:

9-15

## DATES:

March 21 - 25

Times: 6:30 - 7:30 pm

\*Participants must be  
able to swim 25 yds.  
freestyle and 25 yds.  
backstroke.

## REGISTRATION:

### Members:

Early Bird - January 15-31: \$35

Registration - February 1-21: \$45

Late - Feb. 22 - March 21: \$55

### Prospective Members:

Early Bird - January 15-31: \$70

Registration - February 1-21: \$90

Late - Feb. 22 - March 21: \$110

# TRAININGS



## ADULT/CHILD/INFANT CPR, AED & FIRST AID

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, 7 days for blended courses.

**\*Blended Learning courses have learning online prior to day of class.**

Date	Time	Registration Deadline	Instructor
January 5	10am – 1pm	Dec. 29 @ 12PM	Jill
February 5	9am – 12pm	Jan. 31 @ 12PM	Denise
March 12	9am – 12pm	March 4 @ 12PM	Darlene
April 9	9am – 12pm	April 4 @ 12PM	Jen Z

# LIFEGUARDS



## LIFEGUARD COURSES

Pre-Requisite: Lifeguard class candidates must swim 300 yards using front crawl and breaststroke, dive and retrieve a 10lb. brick from bottom of pool, and tread water without hands for 2 minutes. Upon successful completion of the course, participants will receive a two year certification in Lifeguarding, First Aid and Professional CPR/AED from the American Red Cross.

### WINTER (BLENDED LEARNING)

\*Pre-Test Friday, January 7th  
6:15 PM – 7:15 PM  
Mondays, January 10th – February 21st 5:30 PM – 8:30 PM

### SPRING BREAK

\*Pre-Test Friday, March 18th  
5:15 PM – 7:15 PM  
March 21st – March 25th, 9:30 AM – 3 PM

### SPRING

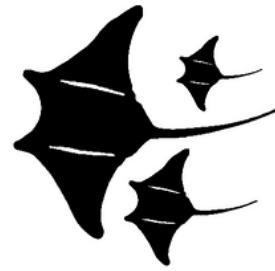
\*Pre-Test Friday, April 7th  
5:15 PM – 7:15 PM  
Tuesdays & Thursdays, April 19th – May 12th  
9:30 AM – 3 PM

**MEMBERS – \$215 PROSPECTIVE MEMBERS – \$265**





# Kankakee Area YMCA STINGRAYS



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.

**\$50 Registration**  
**YMCA Members only**

## PRACTICE TIMES AND MONTHLY FEES

Practices end February 27, 2020. Consider signing up for competitive swim lessons after the season ends for conditioning and instruction!

**LITTLE STINGRAYS \$29.25/MONTH**  
(8 and under or 10 and under first year)

Mon. - Fri. 4:15 - 5 PM  
Mon. - Thurs. 6:30 - 7:15 PM

**RED GROUP \$48.75/MONTH**  
(12 and under)

Mon. - Fri. 4:00 - 5:15 PM  
Mon. - Thurs. 6:15 - 7:30 PM

**BLACK GROUP \$58.50/MONTH**  
(13 and up)

Mon. - Fri. 3:45 - 5:15 PM  
Mon. - Thurs. 6:15 - 7:45 PM



## COMPETITIVE SWIM LESSONS

Conditioning and refinement of the four competitive strokes, starts, and turns.

### March, April & May

Monday 6:30 - 7:30 PM  
Tuesday 6:30 - 7:30 PM  
Wednesday 4:00 - 5:00 PM  
Thursday 6:30 - 7:30 PM

Members - \$36/month  
Prospective Members - \$78/month

# CELEBRATE WITH US!



Let us make your child's birthday one that they will never forget! Birthday parties include one hour of swimming and one hour in the party room for your snacks and party fun.

Must register and pay 14 days in advance. We offer swim parties in our pool or other parties in our Kid's Fit Zone. Price does include goodie bags, call to register!

MEMBERS - \$150  
PROSPECTIVE - \$180

## FAMILY EVENTS



### Dive-In Movie

Come and enjoy watching a movie while swimming in the pool!

Friday, March 3  
5:45-7:30 PM

### Mother's Day Tea

Grab your hat & join us for this special event, to celebrate our mothers!

Saturday, May 7th

### Easter Egg Dive

We have an Easter Egg hunt but with a twist! Come hunt for Easter eggs in the pool!

Saturday, April 8  
12:30-2:30 PM

### Healthy Kids Day

Come and enjoy a day filled with fun for the whole family!

Saturday, April 30  
12:30-2:30 PM



# Thank you to our sponsors!

Our YMCA sponsors and donors make it possible for the Y to sponsor many youth, teen, and senior programs. We appreciate their commitment to the YMCA and helping us support our mission. If you are interested in giving back to your community by donating to the Y, please contact CEO Will Welsh at [wwelsh@k3ymca.org](mailto:wwelsh@k3ymca.org). We are the Y!



## Individual donors

Don & Kay Green  
In Loving Memory of Jim Brown  
Rich & Cathy Allers  
Bruce & Nancy Payne

Jeff Hammes  
Joe & Julie Giacchino  
Joseph & Dawn Eaves  
Marshall Scroggins

Space Available  
Wes Walker Family  
Will & Ann Welsh  
Susan Welsh

**Kankakee Valley**  
PARK DISTRICT

# SNOW MUCH FUN

this winter with the  
Kankakee Valley Park District!

ART & CRAFTS \* YOUTH & ADULT FITNESS  
LEARN TO SKATE & HOCKEY CLASSES \* SPORTS LEAGUES  
ADULT & SENIOR PROGRAMMING \* WINTER & HOLIDAY SPECIAL EVENTS  
... AND SO MUCH MORE!

Check out our  
2022 Winter Brochure  
by scanning below!



**WINTER**  
**FLURRIES OF FUN**  
It's snow time! Bundle up  
and join us for a winter of  
recreational fun!  
2022 Facility and Programming Guide