FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOSTERING CHANGE
A COMMUNITY UNITED

2019 FALL PROGRAM GUIDE
Kankakee Area YMCA

WHAT'S INSIDE

United Way of Kankakee & Iroquois Counties

MEMBERSHIP	P. 3-4	SPECIALTY CLASSES	P. 14-15
CHILD WATCH & PRESCHOOL	P. 5	SWIM TEAM	P. 16
BEFORE & AFTER SCHOOL	P. 6	STROKE CLINIC	P. 17
HEALTH & WELLNESS	P. 7	BIRTHDAY PARTIES/EVENTS	P. 18
GROUP EXERCISE	P. 8	ADULT SPORTS	P. 19
QUEENAX	P. 9	YOUTH SPORTS	P. 20-22
CYCLE & AQUA EX	P. 10	SAFETY CLASSES	P. 23
SWIM LESSONS	P. 11-12		
SESSION DATES/SWIM TIMES	P. 13		

CONTACT US

1075 N. Kennedy Dr.
Kankakee, IL 60901

(815) 933-1741

www.k3ymca.org

LEADERSHIP

Will Welsh.....CEO
Penny Greenlee.....Senior Program Director
Katie Schaefers.....Business Manager
Joseph Russell.....Membership Director
Bruce Casteel.....Maintenance Management

Follow us on social media

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 ..... 8:00 AM – 5:00 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

Sept. 3 Labor Day ..... 6:30 – 11:00 AM
Nov. 22 Thanksgiving ..... 6:30 – 11:00 AM
Dec. 24 Christmas Eve ... 6:30 – 11:00 AM
Dec. 25 Christmas Day ..... CLOSED
Dec. 31 New Year's Eve . 6:30 – 11:00 AM
Jan. 1 New Year's Day .... 6:30 – 11:00 AM

WHY THE Y?

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!

- **FREE Personal Training**
- **FREE Group Exercise Classes (Aqua, Aerobics, Cycling, and Queenax)**
- **FREE Child Watch Services**
- **STATE-OF-THE-ART equipment**
- **SO much more!**

FAMILY MEMBERSHIP
$62/month
$90 enrollment fee

ADULT MEMBERSHIP
$44/month
$65 enrollment fee

YOUNG ADULT MEMBERSHIP
$18/month
$25 enrollment fee

OPEN DOOR MEMBERSHIP

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 (income based) memberships. Ask our Member Services desk for more information.

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.

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 use of the facility other than for the specific class.

FACILITY ACCESS

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

CREDIT/REFUND POLICY

A Program Withdrawal Request form must be completed at the Member Service desk at least 1 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 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.

SUPERVISION OF CHILDREN

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.

FINANCIAL ASSISTANCE

Financial Assistance is available through an application process for additional assistance.

DING!

It's the Y!

- Program Guide
- Y Barcode
- Alerts
- Class Schedules
- Program Registration

Download the Kankakee Area YMCA app for FREE!

THE YMCA MISSION

TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD A HEALTHY SPIRIT, MIND AND BODY FOR ALL.

LEARN, GROW & THRIVE

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!

CHILD WATCH

Children ages 6 weeks – 5 years
Time Limit: 2 Hours

Monday - Friday	8:00 AM - 12:00 PM
Monday - Thursday	4:00 PM - 08:00 PM
Friday	5:00 PM - 07:00 PM
Saturday	9:00 AM - 12:00 PM

KIDS' FIT ZONE

Children ages 5 – 13 years
Time Limit: 2 Hours

Monday - Thursday	4:00 PM - 08:00 PM
Friday	5:00 PM - 07:00 PM
Saturday	9:00 AM - 12:00 PM

MEMBERS – FREE
PROSPECTIVE MEMBERS – $5/visit/child

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 the gym.

1st day of school August 26
Monday, Wednesday, Friday 8:00 AM – 12:00 PM $48/week

Y-KIDS Before & After School Care

Y Kids School Aged Child Care (SACC) is a before and after school aged child care program designed to meet the needs of children with working parents. Y-Kids is designed to help develop children to their fullest potential, to support and strengthen the family unit, and to provide an environment of safety, support and care. Your child can participate in exercise programs, structured homework help & tutoring, age-appropriate games, arts & crafts, social interaction, and time for rest. After school activities may include outdoor play. Nutritious snacks are also provided daily. Fruits or vegetables are served every day. Our qualified staff is trained in CPR, AED, First Aid and child abuse prevention.

Full-time Payment Options (AM & PM)

MEMBERS: $240/month/child
PROSPECTIVE MEMBERS: $260/month/child

Weekly Payment Options

MEMBERS: $40/week/child (AM)
$60/week/child (PM)
PROSPECTIVE MEMBERS: $45/week/child (AM)
$65/week/child (PM)

Partial Week Payment Options

1-2 days a week
MEMBERS: $18/week/child (AM)
$26/week/child (PM)
PROSPECTIVE MEMBERS: $20/week/child (AM)
$30/week/child (PM)

3-4 days a week
MEMBERS: $36/week/child (AM)
$54/week/child (PM)
PROSPECTIVE MEMBERS: $40/week/child (AM)
$60/week/child (PM)

A non-refundable registration fee of $50 per family is due at time of registration. Automatic EFT required.

10% discount for additional children.

Bourbonnais School District Serves:
BESD 53 Schools
Program held at Alan B. Shepard Elementary School

Kankakee School District Serves:
KSD 111 Schools
Programs held at Kennedy and King Middle Schools

Momence School District Serves:
MCUSD 1 Schools
Program held at Je-Neir Elementary School

School's Out Days (6AM-6:30PM)

MEMBERS: $30/day/child
PROSPECTIVE MEMBERS: $40/day/child

Lunch and snack provided.

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

WE'RE HERE TO HELP!

FREE! PERSONAL TRAINING

14 years and up

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 towards 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 & 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.

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

WORK IT OUT!

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

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
A high energy workout designed to incorporate the whole body. Techniques taken from martial arts, Kung-Fu, kickboxing, and Muay Thai. Experience speed, agility, endurance training and a whole lot of fun!

Fundamental stretch
Come and experience this whole body workout for your joints, limbs, and health.

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!

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

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

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.

Turbo 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.

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

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
A fun class that feels more like a night out dancing than a workout! This is an easy aerobic style class with a combination of fast and slow rhythms that tone and sculpt.

MEMBERS – FREE
PROSPECTIVE MEMBERS – 10 CLASSES/$50

Ages 10-13 must complete a Fitness Orientation & bring their red pass to the following classes to participate: Zumba and Yoga.

QUEENAX CLASSES

QUEENAX BOOTCAMP

Improve endurance, strength, core stability, and much more using this state of the art system. Queenax Bootcamp is a strength-based, high intensity workout using all parts of the system.

QUEENAX BODY SHOP

Queenax Body Shop is a challenging, aerobic style of cardio and strength on our Queenax system. Toning for total body and strength in a fun and unique format.

QUEENAX PILATES

Incorporating Pilates movements through a special piece of equipment called the Superfunctional, this workout uses straps and a bar attached to the Queenax system to improve core strength while allowing for an overall stronger and more functional body.

TRX TABATA

High Intensity Intervals will be used to supercharge 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.

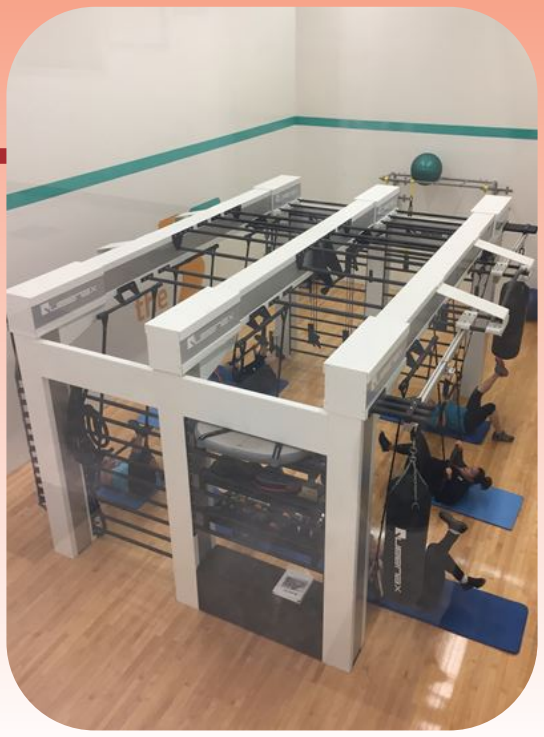
QUEENAX CIRCUIT

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

QUEENAX SUPERFUNCTIONAL

Superfunctional utilizes the superfunctional trapeze system on the Queenax for a total body circuit workout.

MEMBERS – FREE
PROSPECTIVE MEMBERS – 10 CLASSES/$50



NEW! SMALL GROUP QUEENAX TRAINING

Time to fall back into a routine this season! Sign-up with 3-4 people to train with for 8 weeks and accomplish weekly challenges to reach a common goal with the help of a trainer. Limited spots available per group.

Fall Session
Begins-October 1st
Ends-November 23rd

MEMBERS - FREE

LET'S CYCLE!

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

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

POWER PEDAL
Looking to effectively train every part of your body? Get peddling and use weights to "power" through intervals of lower body and upper body movements that will improve your cardio endurance as well as muscular strength.

RHYTHM RIDE
Challenge yourself and burn calories as you push through intervals that are choreographed to go along with the highs and lows of the music. A lower body as well as a rhythmic upper body workout will give you the ride of your life!

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.

RIP & RIDE
Achieve total body fitness in this cycling class that integrates the use of hand weights for upper body strength with the lower body and core conditioning of cycling for overall impact.

PEDAL ON
Cardio inspired class that brings out your inner athlete leaving you feeling successful regardless of your fitness level. Join in on a ride that will improve your cardio, endurance, and strength and will keep you coming back for more.

MEMBERS – FREE
PROSPECTIVE MEMBERS – 10 CLASSES/$50

JUMP IN!

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.

MEMBERS – FREE
PROSPECTIVE MEMBERS – 10 CLASSES/$50

THE RIGHT CLASS FOR YOU!

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?

YES

PIKE

Not ready to be on their own?

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

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?

YES

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

YES

RAYS or STARFISH

NO

EEL

NO

PIKE 2

THE RIGHT CLASS FOR YOU!

6–12 YEARS

Looking for a beginners class?

- YES → POLLIWOG
  - Not ready for the Large Pool? Sign up for Polliwog in the Swan Pool.
- NO → Can your child tread water for 2–3 minutes, swim laps of freestyle, know elementary backstroke and rotary breathing?
  - NO → POLLIWOG 2
  - YES → Do you consider your child an advanced swimmer who is able to take on the breaststroke and butterfly?
    - NO → GUPPY
    - YES → MINNOW or FISH

13–17 YEARS

Looking for a beginners class?

- YES → BEGINNER TEEN CLASS
- NO → INTERMEDIATE TEEN CLASS

18+ YEARS → ADULT SWIM LESSONS

FALL SESSION I — Sept 3 – Oct 19

Member registration begins Aug 12
Prospective Member registration begins Aug 19

FALL SESSION II — Oct 21 – Dec 14

Member registration begins Sept 30
Prospective Member registration begins Oct 7
*No classes on Oct. 31 or Nov. 25-30

PARENT/CHILD (6 months – 5 years) 30 minute lessons

MEMBERS $21-Fall I $21-Fall II PROSPECTIVE MEMBERS $49-Fall I $49-Fall II

SHRIMP (6 – 18MO)	KIPPER (18 – 36MO)	PERCH (2-3YR)	TUNA (3-5YR)
MO 7:00PM	MO 7:00PM	MO 6:30PM	TH 7:00PM
TU 9:00AM	TU 9:00AM	TU 9:30AM	
TH 6:30PM	TH 6:30PM		
SA 8:45AM	SA 9:15AM		

PRESCHOOL (3-5 years) 45 minute lessons

MEMBERS $28-Fall I $28-Fall II PROSPECTIVE MEMBERS $63-Fall I $63-Fall II

PIKE (3-5YR) BEGINNER	PIKE 2 (3-5YR) BEGINNER	EEL (3-5YR) INTERMEDIATE	RAY (3-5YR) ADVANCED	STARFISH (3-5YR) ADVANCED
MO 05:00PM	MO 05:00PM	MO 05:00PM	MO 05:00PM	MO 05:00PM
TU 10:00AM	TU 10:00AM	TU 10:00AM	TU 10:00AM	TU 10:00AM
TU 04:15PM	TU 05:45PM	TU 05:45PM	TU 05:45PM	TH 05:45PM
TU 05:45PM	WE 05:45PM	WE 05:00PM	We 05:00PM	
WE 09:00AM	TH 05:45PM	TH 05:45PM	TH 05:45PM	
WE 05:00PM	SA 09:45AM	SA 09:45AM	SA 09:45AM	
TH 05:45PM				
SA 09:45AM				
SA 10:30AM				

SCHOOL AGE (6-12 years) 45 minute lessons

MEMBERS $28-Fall I $28-Fall II PROSPECTIVE MEMBERS $63-Fall I $63-Fall II

POLLIWOG (6-12YR) BEGINNER	POLLIWOG 2 (6-12YR) BEGINNER	GUPPY (6-12YR) INTERMEDIATE	MINNOW/FISH (6-12YR) ADVANCED	FLYING FISH/SHARK (6-12YR) ADVANCED
MO 05:00PM	MO 05:45PM	MO 05:45PM	MO 05:45PM	MO 05:45PM
MO 05:45PM (SP)	TU 10:45AM	TU 10:45AM	TU 10:45AM	TU 10:45AM
TU 10:45AM (SP)	TU 05:00PM	TU 05:00PM	TU 05:00PM	TU 05:00PM
TU 04:15PM	WE 05:45PM	WE 05:45PM	TH 05:00PM	TH 05:00PM
TU 05:00PM (SP)	TH 05:00PM	TH 05:00PM	SA 09:00AM	
WE 05:00PM	SA 10:30AM	SA 09:00AM		
WE 05:45PM (SP)				
TH 04:15PM				
TH 05:00PM (SP)				
SA 09:45AM				
SA 10:30AM				

*SP indicates class is held in the Swan pool

ADULT SWIM LESSONS

Do you want to learn to swim or improve your strokes?
Instruction is tailored to individual ability and goals.

MO 09:15-10:00 AM
WE 09:15-10:00 AM
WE 06:30-07:15 PM
SA 09:00- 09:45 AM

MEMBERS - $28-Fall I $28 Fall II
PROSPECTIVE MEMBERS - $63-Fall I $63 Fall II

BEGINNER TEEN SWIM LESSONS

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

TH 06:30-07:15 PM

MEMBERS - $28-Fall I
$28-Fall II
PROSPECTIVE MEMBERS- $63-Fall I
$63-Fall II

INTERMEDIATE TEEN SWIM LESSONS

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

TH 06:30-07:15 PM

MEMBERS - $28-Fall I $28-Fall II
PROSPECTIVE MEMBERS - $63-Fall I
$63-Fall II

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 Director

MEMBERS - $37
PROSPECTIVE MEMBERS - $85

PRIVATE SWIM LESSONS

Private swim lessons may be arranged with the Aquatics Coordinator. Private lesson package includes four 30 minute lessons.

MEMBERS - $72
PROSPECTIVE MEMBERS - $144

HOME SCHOOL SWIM & SWIM (6-12 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.

TU 11:00am-12:00 pm 6-12 years

MEMBERS - $20-Fall I $23-Fall II
PROSPECTIVE MEMBERS - $40-Fall I
$46-Fall II

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA WATER SPUDS

Join us for an instructor-led parent-tot play and learn class in the pool. The water spuds program will be a 7-week session that begins Sept. 5, 2019.

TH 9:30-10:00 AM

MEMBERS - $25
PROSPECTIVE MEMBERS - $50

*Parents must be in water with child. Max. 10 participants.

YMCA TATOR TOTS

Explore the fun of exercise in an instructor-led program designed for parents and tots to learn and play together. Classes will begin Sept. 3, 2019.

TU 9:30-10:00 AM

MEMBERS - $25
PROSPECTIVE MEMBERS - $50

Contact the Kankakee Area YMCA at 815-933-1741 or stop in to register. Ask for Jen at ext. 219 if you have questions.

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 can 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.

MUST BE A YMCA MEMBER TO PARTICIPATE ON THE FALL SWIM TEAM.

FALL SEASON

Monday, September 16- February 2020
Registration Fee- $50.00
Please check the k3ymca.org/stingrays website for practice times, fees, and team information.

Practice Times and Monthly Fees

Little Stingrays

8 and Under or 10 and under first year

Monday—Thursday	6:30-7:15pm
Monday/Wednesday	4:00-4:45pm
Friday	4:00-5:30pm

*$28/month or $145/season paid in full

Red Group

12 and Under

Monday—Thursday	6:15-7:30pm
Monday/Wednesday	4:00-5:00pm
Friday	4:00-5:30pm

*$45/month or $235/season paid in full

Black Group

13 and Over or 12 and Under Intensive

Monday—Thursday	6:15-7:45pm
Monday/Wednesday	4:00-5:00pm
Friday	4:00-5:30pm

*$55/month or $285/season paid in full *State Practice and invitational, district and state fees additional.

10% multiple child discount!

PRE-SEASON STROKE CLINIC

Two days working on each of the four competitive strokes will get you ready for the short-course swimming season! Sign up for the pre-season stroke clinic, then join the fall swim team and receive $10 off registration fee!

Monday, Aug. 26 – Thursday, Aug. 29 and
Tuesday, Sept. 3 – Friday, Sept. 6

MEMBERS- $30
PROSPECTIVE MEMBERS- $65

Parent/Coach meeting: Friday, August 30th at 5pm. Children may participate in open swim during meeting. Contact Jen with questions at 815-933-1741, ext. 219.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Competitive Stroke Clinic

for age 8—14 and High School Age

***must be able to swim 50 yards without assistance**

Dates

TBD in October

Day 1:
Freestyle & Backstroke

Day 2:
Breaststroke & Butterfly

Day 3:
Starts, Turns & Competition

Daily Session Times
6:30PM—8:30PM

Members:
$35 per day OR $90 all days

Prospective Members:
$70 per day OR $190 all days

Clinic will be led by Inge Clark at the Kankakee Area YMCA. Call to register at 815-933-1741. Contact Jen Chambers-Schwob at ext. 219 with questions.
1075 N. Kennedy Dr., Kankakee, IL 60901

Birthday Parties

Let us make your child's birthday one that they will never forget! 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 – 4:30 PM parties. Sunday 12:00 – 2:00 PM parties swim in the second hour.

ADULT SPORTS

WOMEN'S FALL VOLLEYBALL LEAGUE

18 YEARS & UP

This is a women's league designed for adults ages 18 and up. Games are played on Tuesday evenings. Seven weeks of league play is followed by a season ending tournament.

Registration – July 30th – September 3rd
League Begins – September 10th
Season Ending Tournament – October 29th & November 5th

TEAM FEE - $200
INDIVIDUAL FEE - $35

ADULT WINTER CO-ED VOLLEYBALL LEAGUE

18 YEARS & UP

This is a co-ed league designed for adults ages 18 and up. Games are played on Tuesday evenings. Seven weeks of league play is followed by a season ending tournament.

Registration –December 3rd – January 7th
League Begins – January 14th
Season Ending Tournament – March 3rd & 10th

TEAM FEE - $200

YOUTH Coed OUTDOOR SOCCER

MIGHTY MITES

3-4 YEARS

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

Registration July 8th – August 16th
League Begins – August 26th

YOUTH

5-11 YEARS

This 7-week league is designed to teach the basic fundamentals of soccer according to the appropriate age level (5-7, 8-11). Players have one practice per week with their team. Practice night preference and special requests will be taken into consideration but are not guaranteed.

Registration July 8th - August 11th
League Begins - August 19th

MEMBERS - $40
PROSPECTIVE MEMBERS - $80

YOUTH SPORTS

Through practice and game play children are taught teamwork and sportsmanship as well as the four core values of the Y: Caring, Honesty, Respect, and Responsibility.

Volunteer Coaches Needed! Coaching at the Y allows you to make a difference in your community and in the lives of local children. Become a mentor by teaching kids the Y way to play!

YOUTH FALL BASKETBALL

MIGHTY MITES LEAGUE

3-4 YEARS

Monday Night, Mighty Mites! This 7 week league is designed to teach 3 &4 year olds the basic fundamentals of basketball. The first portion of the evening is a practice followed by a short game.

Coaches Meeting - TBD
Registration Begin –
Sept. 6th– Oct. 18th
League Begins – October 28th

YOUTH CO-ED LEAGUE

5-11 YEARS

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

Coaches Meeting – October 9th
Skills Evaluation – October 12th
League Begins – October 21st
Registration Sept. 6th – Oct. 11th

MEMBERS - $40
PROSPECTIVE MEMBERS - $80

YOUTH WINTER BASKETBALL

MIGHTY MITES LEAGUE

3-4 YEARS

Monday Night, Mighty Mites! This 7 week league is designed to teach 3 &4 year olds the basic fundamentals of basketball. The first portion of the evening is a practice followed by a short game.

Coaches Meeting – TBD
Registration – November 25th – January 3rd
League Begins – January 13th

YOUTH CO-ED LEAGUE

5-14 YEARS

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

Registration – November 25th – January 3rd
Coaches Meeting – January 3rd
Skills Evaluation – January 4th
League Begins – January 13th

MEMBERS - $40
PROSPECTIVE MEMBERS - $80

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.

FULL COURSE (BRING LUNCH)

Saturday, Sept. 21 **9:00 AM – 3:00 PM**
Saturday, Oct. 12 **9:00 AM – 3:00 PM**
MEMBERS – $70 **PROSPECTIVE MEMBERS– $110**

ADULT/CHILD/INFANT CPR & FIRST AID

Saturday, Nov. 2 **8:30 AM – 12:30 PM**
MEMBERS – $50 **PROSPECTIVE MEMBERS – $70**

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.

Monday, Nov. 4 **5:00 –8:00 PM**
MEMBERS – $40 **PROSPECTIVE MEMBERS– $60**

LIFEGUARD CLASS Ages 15+

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.

REVIEW COURSE

Is your lifeguard certification expiring? Take the recertification class before your license expires. Call the Aquatics Coordinator at (815) 933-1741 ext. 219 for more information.

TBD in December

MEMBERS – $75 **PROSPECTIVE MEMBERS– $100**