



**WE ARE
THE Y!**

Kankakee Area Ymca 2021 Summer Program Guide

VISIT US!

SUMMER HOURS

Monday – Thursday ..4:30 AM – 9:00 PM
Friday.....4:30 AM – 7:00 PM
Saturday.....7:00 AM – 5:00 PM
Sunday10:00 AM – 3:00 PM

YOUTH ACCESS

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

HOLIDAY HOURS

New Year's Day	6:30am – 11:00 am
Memorial Day	6:30am – 11:00 am
Good Friday	6:30am – 11:00 am
Easter	Closed
Fourth of July	Closed
Labor Day	6:30am – 11:00 am
Thanksgiving	6:30am – 11:00 am
Christmas Eve	6:30am – 11:00 am
Christmas	Closed
New Year's Eve	6:30am – 11:00 am

FOLLOW US



CONTACT US!

1075 N. KENNEDY DR.

KANKAKEE, IL

815-933-1741

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 \$67/month	\$65 Enrollment \$49/month	\$25 Enrollment \$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 nberns@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.

MEMBERSHIP

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 – Thursday	4:00 PM – 7:00 PM
Friday	4:00 PM – 7:00 PM
Saturday	9:00 AM – 12:00 PM

KID FIT ZONE (ages 5 – 13 years)

Monday – Thursday	4:00 PM – 7:00 PM
Friday	4:00 PM – 7:00 PM
Saturday	9:00 AM – 12:00 PM



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!**



Y-KIDS

GREAT SUMMERS START AT THE Y!

YMCA Day Camp | JUNE 7 – AUG. 13
6:30 am – 6:30 pm Monday – Friday

Summer is a time for kids to be kids. And Y day camp is the place to make every precious summer day a great one!

Days will be filled with:

- › Fun camp activities to engage brains
- › Opportunities to explore, develop new skills and try new things
- › Plenty of physical activity and games to keep bodies active

Registration is available today!

Please visit our website, call 815-933-1741 or email pgreenlee@k3ymca.org for more information.

RESERVE
YOUR SPOT
TODAY

CAMP LOCATION INFO:
KANKAKEE AREA YMCA
1075 N. KENNEDY DR.
815-549-5930
PGREENLEE@K3YMCA.ORG



For a better us. | K3YMCA.ORG

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Y-KIDS

before & after school care

Y Kids School Aged Child Care 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. Our qualified staff is trained in CPR, AED, First Aid, and child abuse prevention.

BESD 53 Schools

BSD 61 Schools

KSD 111 Schools

pricing options

FULL TIME (AM & PM)

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

WEEKLY (AM)

MEMBERS: \$40/week
PROSPECTIVE: \$45/week

WEEKLY (PM)

MEMBERS: \$60/week
PROSPECTIVE: \$65/week

PARTIAL WEEK (1-2 DAYS)

MEMBERS: \$18/week (AM)
\$26/week (PM)
PROSPECTIVE: \$20/week (AM)
\$30/week (PM)

PARTIAL WEEK (3-4 DAYS)

MEMBERS: \$36/week (AM)
\$54/week (PM)
PROSPECTIVE: \$40/week (AM)
\$60/week (PM)

*All listed pricing is per child. 10% discounts apply for additional children in the family.

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

SCHOOL'S OUT DAYS

6:30 AM – 6:00 PM

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

When school isn't in session, students can spend their day at the Y with School's Out Days. Nutritious lunch and snack will be provided.

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.

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.



PERSONAL TRAINING

PERSONAL TRAINING WORKSHOPS



PERSONAL TRAINING

We want to help you reach your greatest potential! These workshops are used to help you perform exercises properly and plan your workouts in the correct order.

Corrective Exercises

July 26 - Cyndi

Agility Training

Aug. 2 - Jerald/Josh

Power Training

Aug. 9 - Jerald/Josh

Stabilization Endurance

Aug. 10 - Cyndi

Hypertrophy Training

Aug. 17 - Markus/Josh

Power Training

Aug. 24 - Markus/Josh

REGISTRATION:

Early Bird: 2 Weeks in Advance

Price: \$10 Members, \$15 Prospective Members

Registration: 1 Week in Advance

Price: \$15 Members, \$20 Prospective Members

Late: Same Day

Price: \$20 Members, \$25 Prospective Members

BUY 5 WORKSHOPS
GET THE 6TH FREE



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PERSONAL YOUTH TRAINING WORKSHOPS



PERSONAL TRAINING

Suspension Training

Aug. 3 – Markus/Josh

Reactive Training/Plyometrics

Aug. 10 – Markus/Josh

REGISTRATION:

Early Bird: 2 Weeks in Advance

Price: \$10 Members, \$15 Prospective Members

Registration: 1 Week in Advance

Price: \$15 Members, \$20 Prospective Members

Late: Same Day

Price: \$20 Members, \$25 Prospective Members

WE
ARE THE
Y!





FITNESS 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. Find classes on Picktime located on the website, registration is required before the scheduled class.

Prospective Members: \$65/10 classes

AEROBIC STUDIO classes

Vinyasa Flow

Vinyasa Flow connects 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 Kickbox

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

Simple Tia Chi

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.

Modern Dance

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!

Pilates

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

Qi Gong for Health and Well-Being

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

T2 Step

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.

Sivananda 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 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.

Country Fusion Dance

Group fitness specialty class in which dance moves will be provided to country music. As you follow along with the instructor you will be able to put your moves to the beat, no pre-experience needed!



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.

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.

C3 Cycle

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

Saturday Cycle

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.



QUEENAX CLASSES

GROUP CYCLING classes

Beat Mix

This cycling class uses hill climb intervals with new playlists each time to challenge riders!

Virtual Destination Cycling

Indoor cycling across different continents, have the opportunity to cycle with themed cultural music in an air conditioned room. This will be a stay-cation where you can enjoy the beauty of a different country right here at the Y!



BUILDING A STRONGER COMMUNITY TOGETHER

Healthy Living Consultation:

This is a free 15-minute informational consult about our programs.

Assessment:

Weight Loss Focus

A 1-hour appointment focusing on weight loss. Follows the Academy of Nutrition & Dietetics Resources.

Members: \$25 Prospective Members: \$30

Assessment:

Nutrition Focus

A 1-hour appointment focusing on customized nutrition assessment and results. Follows the Precision Nutrition & ACSM Resources.

Members: \$25 Prospective Members: \$30

NUTRITION SERIES:

Workshops focusing on eating healthy on a budget, cooking basics, heart-healthy eating, healthy meal planning, and shopping. A sampling of food tray included!

FRIDAYS AT NOON

DATES: June 26, July 10, 17, 24



**MONTHLY
NEWSLETTER
COMING SOON!**

ACTIVE OLDER ADULTS

The Y is adding many new programs for our 55+ members of the community! Along with the variety of programs at the Y, we will be taking monthly trips both locally and out of the county. Below is a glimpse of what we have to offer, but please visit our website at www.k3ymca.org to see the full Active Older Adult Program Guide for more details.



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.

Wednesday	11:30 AM - 1:30 PM
Saturday	7:00 AM - 9:00 AM
Sunday	10:00 AM - 12:00 PM

MEMBERS - FREE
PROSPECTIVE - \$5

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.

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



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

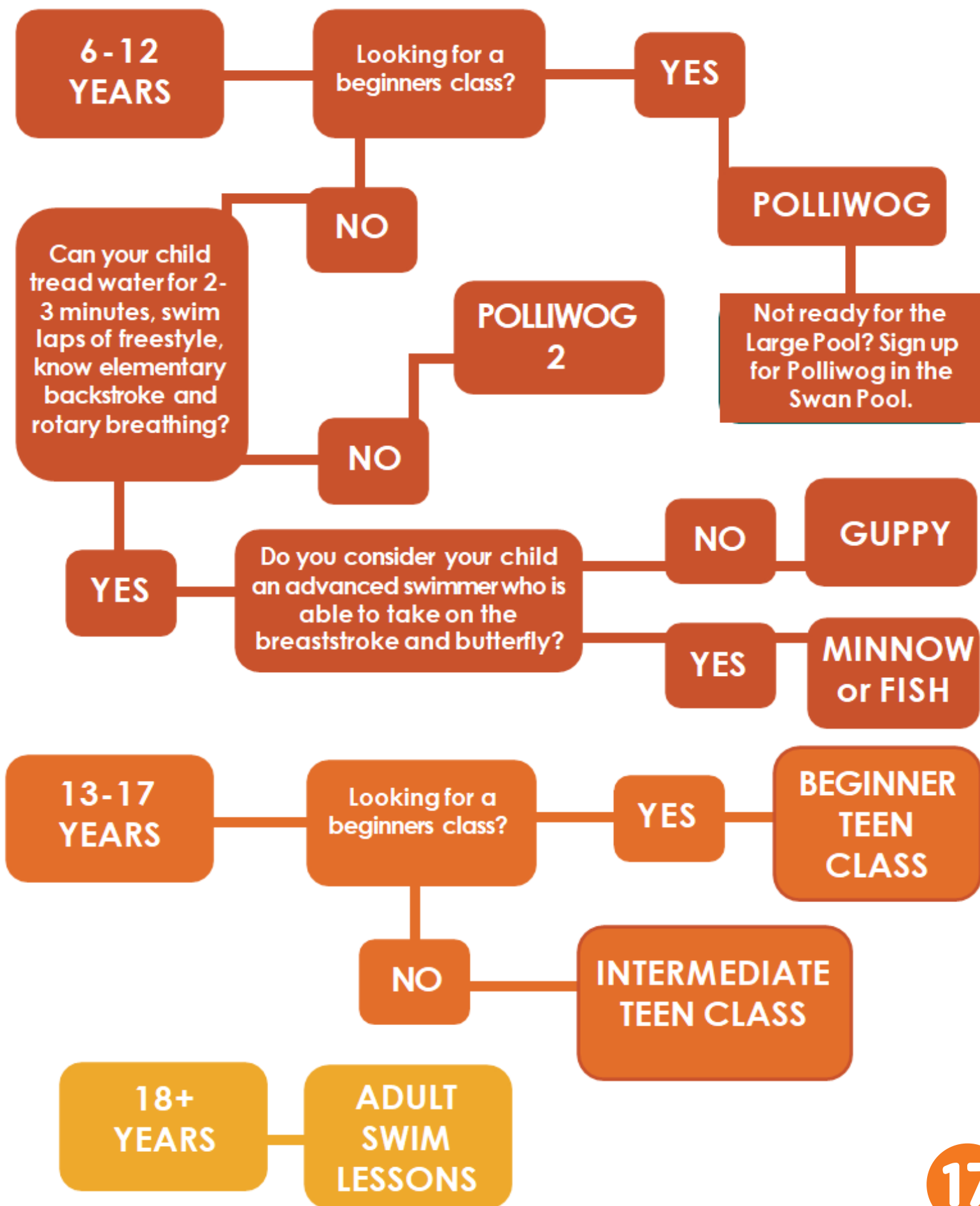
Have arthritis? This class focuses on slow movements and range of motion.



THE RIGHT CLASS FOR YOU!



THE RIGHT CLASS FOR YOU!



SWIM LESSON SESSIONS

Summer Session 1 June 7 – July 10 (5 weeks) *No classes July 3rd

Member registration begins May 17

Prospective Member registration begins May 24



Fall Session 2 July 12 – August 14 (5 weeks)

Member registration begins June 21

Prospective Member registration begins June 28

SWIM LESSONS

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

SHRIMP (6 - 18 MO)

MO	7:00 PM
TU	9:00 AM
WE	9:15 AM
TH	6:30 PM
SA	8:45 AM

KIPPER (6 - 18 MO)

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

PERCH (24-36 MO)

MO	6:30 PM
TH	8:30 AM

TUNA (3 - 5 YR)

TH	7:00 PM
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MEMBERS - \$18.15 (5 weeks)
PROSPECTIVE - \$42.35 (5 weeks)

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

PIKE

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

PIKE 2

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

EEL

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

RAY

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

STARFISH

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

MEMBERS - \$24.20 (5 weeks)
PROSPECTIVE - \$54.45 (5 weeks)

Progressive (6+ years): 45-minute lessons

POLLIWOG

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

POLLIWOG 2

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

GUPPY

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

MINNOW/FISH

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

FLYING FISH/SHARK

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

MEMBERS - \$22 (5 weeks)
PROSPECTIVE - \$49.50 (5 weeks)

SWIM LESSON SESSIONS

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

BEGINNER AND INTERMEDIATE

TU	10:45 AM
TH	6:30 PM

MEMBERS - \$22 (5 weeks)
PROSPECTIVE - \$49.50 (5 weeks)

Adult (18+ years): 45-minute lessons

BEGINNER

MO	9:15 AM
WE	6:30 PM
SA	9:00 AM

INTERMEDIATE

MO	9:15 AM
WE	9:15 AM
WE	6:30 PM

MEMBERS - \$22 (5 weeks)
PROSPECTIVE - \$49.50 (5 weeks)

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

POLLIWOG

1 week - 5:30 PM	June 1 - 4
2 week - 11:45 AM	June 14 - 24
6:30 PM	June 28 - July 8
	July 19 - 29
	August 2 - 12

POLLIWOG 2

1 week - 6:00 PM	June 1 - 4
2 week - 7:00 PM	June 14 - 24
	June 28 - July 8
	July 19 - 29
	August 2 - 12

PIKE

1 week - 5:00 PM	June 1 - 4
2 week - 11:15 AM	June 14 - 24
	June 28 - July 8
	July 19 - 29
	August 2 - 12

MEMBERS - \$15 PROSPECTIVE - \$35

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 x219.

MEMBERS - \$42 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.

June 1st - 4th

Time: 10:00 - 11:00
am

MEMBERS - \$25
PROSPECTIVE - \$60

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.

MEMBERS - \$72
PROSPECTIVE - \$144

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 - \$4/person or \$18/family
PROSPECTIVE - \$8/person or \$36/family

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
Consider signing up for competitive swim lessons after the season ends for conditioning and instruction!



LITTLE STINGRAYS \$28/MONTH

(8 and under or 10 and under first year)

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

RED GROUP \$45/MONTH

(12 and under)

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

BLACK GROUP \$55/MONTH

(13 and up)

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

COMPETITIVE SWIM LESSONS

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

June & July

Monday -	6:30- 7:30 PM
Thursday	
Monday	11:15 - 12:15 PM
Wednesday	11:15 - 12:15 PM
Friday	4:00 - 5:00 PM

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



Jr. & Adult Water Polo

Training skills for
Water Polo with
scrimmage!

AGES:

Jr. 9-15

Adult 16+

DATES:

Jr. Water Polo -
June 5, 12, 19, 26
Times: 3:30 - 4:30 pm

Adult Water Polo -
June 6, 13, 20, 27
Times: 1:45 - 2:45 pm

REGISTRATION:

NOW - Jr. June 11
Adult June 12

COST:

Members:

Early Registration - May 12-22: \$20

Registration - May 23-30: \$30

Late Registration - May 31-June 11: \$40

Prospective Members:

Early Registration - May 12-22: \$40

Registration - May 23-30: \$60

Late Registration - May 31-June 11: \$80

• 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.**

PROFESSIONAL RESCUER CPR & AED

Youth and adults 15 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 suitable for lifeguards and healthcare professionals. Must sign up 2 days in advance, 7 days for blended courses.

***Blended Learning courses have learned online prior to the day of class.**

Time and date is TBD.

**WILL BE OFFERED IN
JUNE, JULY & AUGUST**

trainings



LIFEGUARD AND JR. LIFEGUARD COURSES

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.

JR. LIFEGUARD (AGES 12 - 14)

*Pre-Test Friday, June 4th

5:30 PM - 6:30 PM

June 7th - 11th (Mon. - Fri.)

10:00 AM - 3:00 PM

LIFEGUARD

*Pre-Test Friday, June 4th

5:30 PM - 6:30 PM

June 7th - 11th (Mon. - Fri.)

10:00 AM - 4:00 PM

MEMBERS - \$200 PROSPECTIVE MEMBERS - \$250



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!

6:00 PM Friday, June 18th

MEMBERS - FREE

Prospective Members—\$5/person, \$18/family

Register by Thursday, March 5

WATER VOLLEYBALL

TOURNAMENT

This aquatic tournament will be for swimmers of all skill levels! Stay tuned for more information coming soon.

FAMILY events

FAMILY OLYMPICS

Bring the whole family to compete in a friendly YMCA Olympics!

August TBD

MEMBERS-FREE

PROSPECTIVE - \$5/child

YOUTH Baseball

YOUTH BASEBALL



Mighty Mites Co-Ed T-Ball (3-4 years old)

This 7-week league meets on Monday nights and is designed to teach 3 and 4-year-olds the basic fundamentals of baseball. The first portion of the evening is a short practice followed by a game.

League Begins: June 7th

Early Bird Registration: April 19th

– April 30th MEMBERS: \$35

PROSPECTIVE MEMBERS: \$75

Registration: May 1st – May 28th

MEMBERS: \$45

PROSPECTIVE MEMBERS: \$85

Late Registration: May 29th – June

4th MEMBERS: \$55

PROSPECTIVE MEMBERS: \$95

Youth Co-Ed T-Ball/Coach Pitch League

(5 – 8 years old)

This 7-week league is designed to teach the basic fundamentals of baseball. Players will have one practice (on Wednesday night) and a game per week (played on Friday nights).

Special requests will be taken into consideration but are not guaranteed.

League Begins: June 7th

Early Bird Registration:

April 19th – April 30th

MEMBERS: \$35 PROSPECTIVE MEMBERS: \$75

Registration: May 1st – May 28th

MEMBERS: \$45 PROSPECTIVE MEMBERS: \$85

Late Registration: May 29th – June 4th

MEMBERS: \$55 PROSPECTIVE MEMBERS: \$95



YOUTH TUMBLING

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 (Mommy (Parent/Guardian) & Me)	4:15 pm - 4:45 pm
Ages 4 - 5 (Beginner)	5:00 pm - 5:45 pm
Ages 6 - 8 (Intermediate - Advanced)	6:00 pm - 6:45 pm

Saturday (Location TBD):	
Ages 2 - 3 (Mommy (Parent/Guardian) & Me)	9:15 am - 9:45 am
Ages 4 - 5 (Beginner)	10:00 am - 10:45 am
Ages 6 - 8 (Intermediate - Advanced)	11:00 am - 11:45 am

Start Date: June 11th
End Date: July 31st

Early Bird	Registration	Late Registration
April 19th - 30th	May 1st - 28th	May 29th - June 4th

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YOUTH VOLLEYBALL CLINIC

YOUTH VOLLEYBALL

June 7th – June 9th

This three day minicamp is for girls and boys ages eight to eleven, and is designed to teach the basic fundamentals of volleyball!

Times: 10:30 a.m. – 12:00 p.m.

Registration:

Early Bird: April 26th – May 2nd

**Members: \$20
Prospective: \$40**

Regular: May 3rd – May 30th

**Members: \$30
Prospective: \$50**

Late: May 31st – June 6th

**Members: \$40
Prospective: \$60**

YOUTH CO-ED OUTDOOR SOCCER

This 7 week league is designed to teach participants the fundamentals of soccer through practice and gameplay!

**Mighty Mites Co-Ed
Soccer (3-4 year-olds)
Dates: August 9th -
September 27th**

**Youth Co-Ed Soccer (5-
7 & 8-11 year-olds)
Dates: August 9th -
October 2nd**

Early Bird Registration: June 14th - June 27th

MEMBERS: \$35

PROSPECTIVE MEMBERS: \$75

Registration: June 28th - July 23rd MEMBERS: \$45

PROSPECTIVE MEMBERS: \$85

Late Registration: July 24th - July 31st (Spots Limited)

MEMBERS: \$55

PROSPECTIVE MEMBERS: \$95





ADULT Coed Volleyball

June 15th – July 13th

End of Season Tournament July 20th

This 6 week league, includes 5 regular season matches (3 sets guaranteed), with single elimination tournament on the last week.

REGISTRATION:

April 19th – June 7th

Team Fee: \$200



Individuals seeking teams may contact our Sports Director at
mcurren@k3ymca.org



YMCA TEENS

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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 8/19/21: What Do I Want to Do? (Career Exploration) 5-7 pm
 Thursday 9/16/21: Interview Preparation 5-7 pm
 Thursday 11/11/21: Financial Literacy 5-7 pm
 Thursday 1/20/22: Etiquette Training/Social Media 5-7 pm
 Saturday 1/22/22: Etiquette Dinner (TBD)
 Thursday 2/17/22: Job Hunting (It's not just online) 5-7 pm
 Thursday 3/17/22: Mental Health/Anxiety 5-7 pm
 Thursday 4/14/22: Resume Review/Job Fair 5-7 pm
 Saturday 4/30/22: Teen Job Fair (TBD)

Special Events/Job Shadowing:

Friday 8/27/21: Welcome to the Y! 5-7 pm
 Friday 9/24/21: Swim Lessons Safety 5-7 pm
 Friday 10/22/21: Halloween Monster Mash 5-7 pm
 Friday 11/19/21: Thanksgiving Dinner 5-7 pm
 Friday 12/17/21: Christmas Party 5-7 pm
 Friday 1/28/22: Brand New Start 5-7 pm
 Friday 2/25/22: Healthy Relationship/Abuse 5-7 pm

COMING SOON



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



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. Swim first for Saturday parties and Sunday 2:30- 4:30 PM parties. Sunday 12-2 PM parties swim in the second hour. Price includes goodie bags for 15 children, but more can be added.

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

MEMBERS - \$150
PROSPECTIVE - \$180

Thank you to our donors!

Our YMCA 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. We are the Y!



Individual donors

Don & Kay Green
In Loving Memory of Jim Brown
Rich & Cathy Allers
Bruce & Nancy Payne
Dr. Hany Girgis
Jeff Hammes
Joe & Julie Giacchino
Joseph & Dawn Eaves
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Space Available
Wes Walker Family
Will & Ann Welsh

