

**Kankakee Area YMCA
2022 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
Sunday8:00 AM – 5:00 PM

YOUTH ACCESS

10-13 years old may use the facility without a parent:
Monday – Friday...8:00 AM – 12:00 PM
Saturday.....4:00 PM – 7:00 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

CONTENTS:

| | |
|---------------------|---------|
| Membership | page 1 |
| Membership | page 2 |
| Child-care | page 3 |
| Child-care | page 4 |
| Summer Camp | page 5 |
| Y-Kids | page 6 |
| Personal Training | page 7 |
| Fitness Classes | page 8 |
| Fitness Classes | page 9 |
| Fitness Classes | page 10 |
| Nutrition Classes | page 11 |
| Active Older Adults | page 12 |
| Active Older Adults | page 13 |
| Active Older Adults | page 14 |

| | |
|-------------------------|---------|
| Find a Swim Lesson | page 15 |
| Find a Swim Lesson | page 16 |
| Swim Lessons | page 17 |
| Swim Lessons | page 18 |
| Stingrays | page 19 |
| Stingrays | page 20 |
| Aquatic Sports | page 21 |
| Trainings | page 22 |
| Youth Baseball | page 23 |
| Youth Soccer | page 24 |
| Adult Sports | page 25 |
| Adult Sports | page 26 |
| Teens | page 27 |
| Events | page 28 |
| Birthday Parties/Events | page 29 |
| Sponsors | page 30 |

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 Welcome Center at 815-933-1741 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

Did you know we have a **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

CHILDCARE



CHILD WATCH (ages 6 weeks – 5 years)

Monday – Friday

8:00 AM – 12:00 PM

Monday – 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

Saturday

9:00 AM – 12:00 PM



KANKAKEE YMCA CHILDCARE CENTER

Where Great Finishes Begin

NOW ENROLLING
FULL-TIME!
REGISTER TODAY!

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 |



the



Y-KIDS

GREAT SUMMERS START AT THE Y!

6:30 am - 6:30 pm Monday - Friday

Summer is a time for kids to be kids! At the Y our Day Camp is the place to make every summer day a great one!

What can my child expect?

- Fun camp activities to engage the brain!
- Opportunities to explore, develop new skills, and try new things!
- Field trips, healthy lunches and snacks, swimming daily and more!



Brightwheel will be used to help parents stay connected with their child all day!

Registration is open NOW!

Visit our website or call our Welcome Center at (815) - 933-1741 for more information!

SPACE IS LIMITED!
SIGN UPS OPEN UNTIL FILLED!

RESERVE
YOUR SPOT
TODAY!



CAMP LOCATION:
KANKAKEE AREA YMCA
1075 N. Kennedy Dr.
KANKAKEE, IL 60901

Great Finishes Begin at the Y! | K3YMCA.ORG

5



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
Program at Alan B. Shepard Elementary School

KSD 111 Schools
Program at Kennedy Middle School or
King Middle School

BSD 61 Schools
Program at Bradley East

Herscher CUSD #2
Program at Bonfield Grade School

pricing options • • • • •

FULL TIME (AM & PM)

MEMBERS: \$270/month
PROSPECTIVE: \$370/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)
\$24/week (PM)
PROSPECTIVE: \$18/week (AM)
\$26/week (PM)

PARTIAL WEEK (3-4 DAYS)

MEMBERS: \$32/week (AM)
\$48/week (PM)
PROSPECTIVE: \$36/week (AM)
\$48/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.

6

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 Wellness 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



AEROBIC STUDIO classes

The Y offers a variety of classes for people of all ages and skill levels. Classes in our Aerobics Studio are instructor-led and included FREE with your YMCA membership. These classes are offered throughout the year at different periods. See the description below to find which classes would be best fit for you. The class schedule can be found on our website, www.k3ymca.org.

Prospective Members: \$65 for 10 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 Kick-box:

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 different age groups.

Fit Mix:

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

Pilates:

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

Hatha Yoga:

A class to exercise steady movements and controlled by breathing. Involves 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 class is an intense 30 minute class that will focus on your core muscles.

Morning Yoga:

Breathe, focus, and relax while burning calories in this style of yoga class.

Yogalates:

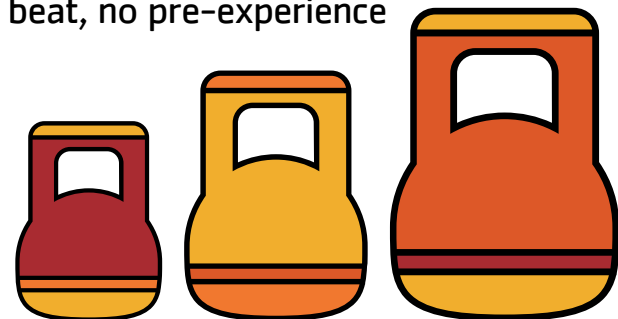
This class combines Pilates and yoga for a total body workout focused on toning the glutes, thighs, and stomach. This low-impact workout will increase your flexibility, muscular strength, posture, and alignment through yoga poses, breathing and relaxation.

Free Step:

A fun challenging class with 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. Also benefits your flexibility aerobic conditioning and strength.

Country Fusion Dance:

A 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 CLASSES

Queenax Circuit:

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

TRX Tabata:

With high intensity intervals that 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 CYCLING 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.

T3 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:

A cardio inspired class that brings out your inner athlete, leaving you feeling successful regardless of your fitness level. Join this ride that will improve your cardio, endurance, and strength and will keep you coming back for more.

Beat Ride:

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

Virtual Destination Cycle:

An indoor cycling class that goes across different continents, having the opportunity to cycle with themed cultural music in the cycling 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: Nutrition Focus

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

Members: \$25 Prospective Members: \$30

PRO-ACTIVE TWEENS & TEENS:

A class that focuses on creating healthy food habits. Learning how to choose foods wisely and adjust eating habits. A great weekly learning workshop.

10 to 18 years

DATES: June 10- July 1

Members: \$20 for 4 weeks

Prospective Members: \$35 for 4 weeks

Cooking for Health: Young Adults:

Focusing on healthy habits and the best ways to create a meal. This class will create a space where creativity can come alive through cooking.

17 years and Up

DATES: June 10- July 1

Members: \$20 for 4 weeks

Prospective Members: \$38 for 4 weeks

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!

DATES: TBD

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 | 8:00 AM - 10:00 AM |

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

ACTIVE OLDER ADULT CLUB ROOM

OPEN NOW!

Join us Monday through Friday 8:00 a.m. to 12:00 p.m. 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.

WEST ENTRANCE

To make access to the Active Older Adult Club Room easier, the Y has opened our West Entrance Monday through Friday from 7:00 a.m. - 12:00 p.m. Members can check in and leave through these doors, but all membership changes or questions must be directed to the Welcome Center.





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

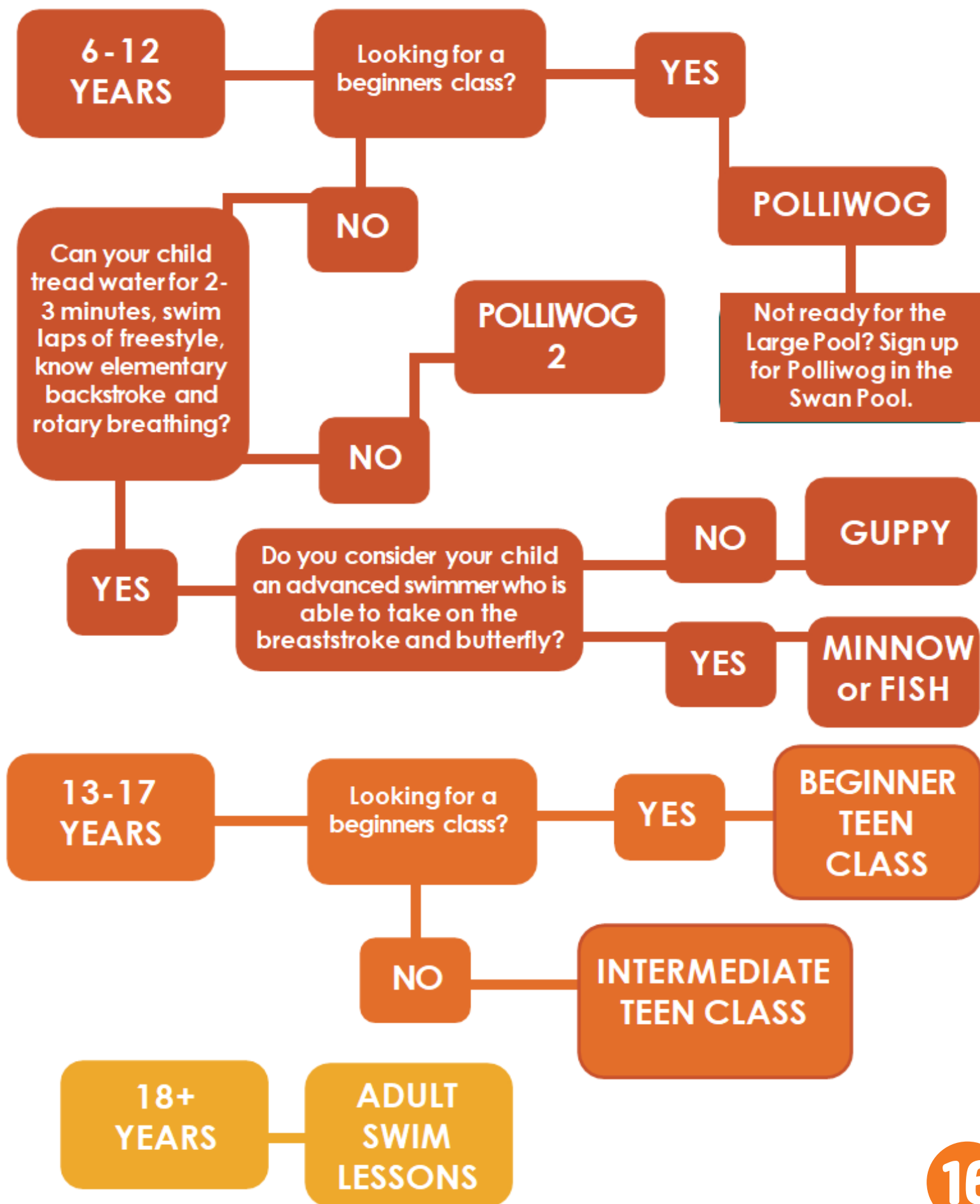
Have arthritis? This class focuses on slow movements and range of motion.



THE RIGHT CLASS FOR YOU!



THE RIGHT CLASS FOR YOU!



SWIM LESSON SESSIONS

Summer Session 1: June 6 – July 9 (5 weeks) *No classes July 2 or 4

Member registration begins May 9

Prospective Member registration begins May 16

Summer Session 2: July 11 – August 13 (5 weeks)

Member registration begins June 20

Prospective Member registration begins June 27



*Make up classes:

At the discretion of the Aquatics Director and availability of spaces.

*Must contact Aquatics Director before missed classes

*Refunds will not be issued after the session has begun

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 (2 – 3 YR)

| | |
|----|---------|
| MO | 6:30 PM |
| TU | 8:30 AM |

TUNA (3 – 5 YR)

| | |
|----|---------|
| TH | 7:00 PM |
|----|---------|

MEMBERS – \$18.85 (5 wks)

PROSPECTIVE – \$42.41 (5 wks)

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 – \$24.45 (5 wks)

PROSPECTIVE – \$55.01 (5 wks)

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 | 9:45 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 | 10:30 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 | 10:30 AM |

GUPPY

| | |
|----|----------|
| 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 |

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

| | |
|----|----------|
| 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 – \$24.45 (5 wks)

PROSPECTIVE – \$55.01 (5 wks)

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 - \$24.45 (5 wks)
PROSPECTIVE - \$55.01 (5 wks)

Adult (18+ years): 45-minute lessons

BEGINNER

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

INTERMEDIATE

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

MEMBERS - \$24.45 (5 wks)
PROSPECTIVE - \$55.01 (5 wks)

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

Late Spring Sessions

(2 weeks each - Monday - Thursday)
Spring May 23 - 26 (Mon-Thursday),
May 31 - June 3 (Tues. - Fri).

Pike 5 - 5:30PM
Polliwog 5:30 - 6PM
Polliwog 2 6 - 6:30PM

Summer Sessions

Intensive 1 June 13 - 23
Intensive 2 June 27 - July 7 (no class July 4)
Intensive 3 July 18 - 28
Intensive 4 Aug. 1 - 11
Pike: 11:15 - 11:45PM
Polliwog: 11:45 - 12:15PM
6:30 - 7:00PM
Polliwog 2: 7:00PM - 7:30PM

**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 Director at 815-933-1741 x1219.

MEMBERS - \$45
PROSPECTIVE - \$90

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.

May 23-27
5:30-6:30 PM

MEMBERS - \$35
PROSPECTIVE - \$70

Private & Semi-Private Lessons

Private swim lessons may be arranged with the Aquatics Director 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

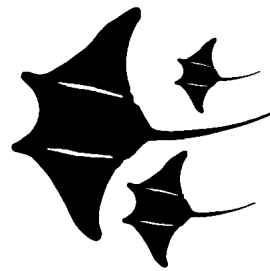
Semi-Private
MEMBERS - \$130
PROSPECTIVE - \$260

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 - \$10/family
PROSPECTIVE - \$20/family
Tuesday, May 31st 5:30-8:00 PM

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

Fall/Winter 2022-2023

PRACTICE TIMES AND MONTHLY FEES

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

LITTLE STINGRAYS

(8 and under or 10 and under first year)

Mon. - Fri. 4:15 - 5 PM

Mon. - Thurs. 6:30 - 7:15 PM

RED GROUP

(12 and under)

Mon. - Fri. 4:00 - 5:15 PM

Mon. - Thurs. 6:15 - 7:30 PM

BLACK GROUP

(13 and up)

Mon. - Fri. 3:45 - 5:15 PM

Mon. - Thurs. 6:15 - 7:45 PM

***Members in Competitive Swim Lessons may compete at Summer Meets**



COMPETITIVE SWIM LESSONS

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

June 1st - 30th

July 1st - 29th

Monday/Wednesday: 11:15- 12:15 PM

Tuesday/Thursday: 4:00- 5:00 PM

Monday - Thursday: 6:30-7:30 PM

JUNE:

Members - \$46/month

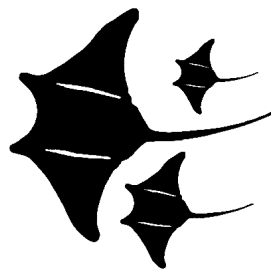
Prospective Members - \$92/month

JULY:

Members - \$42/month

Prospective Members - \$84/month

CONTINUED:



SWIM TEAM CLINICS:

| | | | |
|--------------------|-----------|----------|-----------------|
| Freestyle | June 13th | Monday | 11:15- 12:15 PM |
| Starts & Finishes | June 14th | Tuesday | 4:00- 5:00 PM |
| Backstroke | June 16th | Thursday | 6:30- 7:30 PM |
| Turns | June 20th | Monday | 11:15- 12:15 PM |
| Relay Exchange | June 21st | Tuesday | 4:00- 5:00 PM |
| Breaststroke | June 23rd | Thursday | 6:30-7:30 PM |
| Streamlines | July 11th | Monday | 11:15- 12:15 PM |
| Butterfly | July 12th | Tuesday | 4:00- 5:00 PM |
| Starts & Finishes | July 14th | Thursday | 6:30- 7:30 PM |
| Individual Medleys | July 25th | Monday | 11:15- 12:15 PM |
| I.M. Transitions | July 26th | Tuesday | 4:00- 5:00 PM |
| Stroke Development | July 28th | Thursday | 6:30- 7:30 PM |

COST:

Competitive Lesson Participants FREE

Daily Drop In: Members: \$7.50. Prospective: \$15

SWIM TEAM TUNE UP:

STROKE:

| | | |
|--------|--------------|---------------|
| Aug. 1 | 11:15- 12:45 | Freestyle |
| Aug. 2 | 11:15- 12:45 | Breast Stroke |
| Aug. 3 | 11:15- 12:45 | Backstroke |
| Aug. 4 | 11:15- 12:45 | Butterfly |

COST:

Daily Drop In: Members: \$10. Prospective: \$20

Full Clinic: Members: \$34, Prospective: \$68

PRE-SEASON STROKE CLINIC

Will cover all 4 competitive strokes and turns & starts. Must be able to safely swim 50 yards front crawl & backstroke.
Age 6 - 20

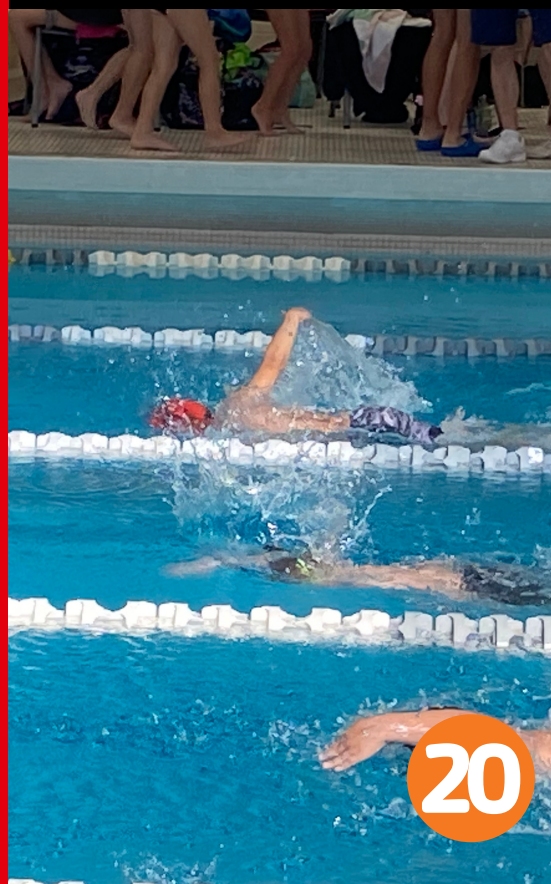
Monday - Thursday, Aug. 29- Sept. 1
AND Tuesday- Friday, Sept. 6-9
Time: Daily 4-5 PM or 6:30 - 7:30 PM

Members - \$40

Prospective Members - \$80

SWIM TEAM INFORMATIONAL MEETING

Monday, August 29, 5:30- 6:30 PM





the Jr. Water Polo TOURNAMENT

AGES:

10-16

DATES:

Saturday, June 25, 2022
Time: 1:00 PM

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

REGISTRATION:

Register as a team or individual (5/team)

Members:

Registration - \$12.00 per person

Prospective Members:

Registration - \$24.00 per person

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 |
|----------|----------|-----------------------|----------------|
| June 4 | 9-12 PM | May 27, 2022 | Noah Egler |
| July 9 | 12- 3 PM | July 2, 2022 | Cali Olshefski |
| August 8 | 12- 3 PM | August 1, 2022 | Jen Zirbel |

LIFEGUARDS



LIFEGUARD COURSES

Pre-Requisite: Lifeguard class candidates must be 15 years or older and 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.

SUMMER

*Pre-Test Friday, June 3rd

6:15 - 6:30 PM

Mondays, June 6th - June 10th 9:30 AM - 3:00 PM

MAY

*Pre-Test Friday, May 6th

5:30 PM - 7:30 PM

Friday, May 13th & 20th 5:30-7:30 PM

Saturday May 14th & 21st 9:00 AM- 4:00 PM

Sunday, May 15th & 22nd 12:30 PM - 3:30 PM

MEMBERS - \$215 PROSPECTIVE MEMBERS - \$265

JR. LIFEGUARD

Ages 12-14 and 11+ Swim Team participants with Directors approval

June 7th - 10th

June 7th, 12:00- 4:00 PM

June 8th - 10th 9:30 AM - 3:30 PM *Bring Lunch

MEMBERS - \$100 PROSPECTIVE MEMBERS - \$150





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 6th

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 and a game per week.

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

League Begins: June 6th

Early Bird Registration: April 4th – April 18th

MEMBERS: \$36

PROSPECTIVE MEMBERS: \$76

Registration: April 19th – May 19th

MEMBERS: \$46

PROSPECTIVE MEMBERS: \$86

Late Registration: May 20th – May 27th

MEMBERS: \$56

PROSPECTIVE MEMBERS: \$96



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 15th -
October 3rd**

**Youth Co-Ed Soccer (5-
7 & 8-11 year-olds)
Dates: August 15th -
October 8th**

Early Bird Registration: June 1st – June 14th

MEMBERS: \$36

PROSPECTIVE MEMBERS: \$76

Registration: June 15th – July 28th

MEMBERS: \$46

PROSPECTIVE MEMBERS: \$86

Late Registration: July 29th – August 5th (Spots Limited)

MEMBERS: \$56

PROSPECTIVE MEMBERS: \$96

ADULT VOLLEYBALL LEAGUE

ADULT VOLLEYBALL

June 14th – July 12th

This league is for anyone 16 years of age or older. Games will be held once a week on Tuesday Nights, 3 sets guaranteed per night. The league will include 5 regular season matches, followed by a single elimination tournament to conclude the season!

Tournament Date: July 19th

Registration:
April 11th–June 7th
Team Fee: \$240



Please contact Sports Director Mike Curren at mcurren@k3ymca.org with any questions.

PICKLE- BALL CLINIC

the



This Pickleball Clinic is designed to teach participants the fundamentals of Pickleball through instruction, drills and game play!

MAY 26TH

REGISTRATION:

PRICES:

Members: \$5.00

Prospective Members: \$15.00

AGES:

18 & Up

TIMES:

9:30 AM – 10:30 AM = Instruction

10:30 AM – 11:30 AM = Open Play

Please contact Sports Director Mike Curren at mcurren@k3ymca.org with any questions.



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:

May 13th

MORE DATES

COMING!

JR. HIGH ALIVE

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

Dates:

May 14

MORE DATES COMING!

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



YMCA TEENS

.....

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!

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. 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, August 12
7:30- 9:15 PM

Mother's Day Tea

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

Saturday, May 7th

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. 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



SUMMER IS ALMOST HERE!



Your summer of fun begins on May 27
at Splash Valley Aquatic Park!



Purchase your pool pass today at splashvalley.com!