



**WE ARE
THE Y!**



**Kankakee Area YMCA
2019/2020 Winter and Spring Program Guide**

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

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	6:30am – 11:00 am
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

\$90 Enrollment
\$67/month

ADULT (26+)

\$65 Enrollment
\$49/month

YOUNG ADULT

\$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 YMCA Welcome Center at 815-933-1741.

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FACILITY ACCESS

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

CHILD SUPERVISION

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

CREDIT/REFUND POLICY

A Program Withdrawal Request form must be completed at the Welcome Center at least one week prior to the start of the program. Credit may be given with the approval of the Program Director in the form of a refund or credit for future programs. Credits are not given for missed classes due to personal circumstances or canceled classes due to an act of God or nature. Class fees are prorated as necessary for holidays. The Y reserves the right to cancel or change a class time and will give a full credit on your account. This policy does not apply to Day Camp or School Age Child Care. Refer to parent handbook.

NEW APP

In October, 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 WATCH (ages 6 weeks - 5 years)

Monday - Friday	8:00 AM - 12:00 PM
Monday - Thursday	4:00 PM - 8:00 PM
Friday	5:00 PM - 7:00 PM
Saturday	9:00 AM - 12:00 PM

KID FIT ZONE (ages 5 - 13 years)

Monday - Thursday	4:00 PM - 8:00 PM
Friday	5:00 PM - 7:00 PM
Saturday	9:00 AM - 12:00 PM



CHILD CARE



PNC GROW UP GREAT preschool

The PNC Grow Up Great Preschool provides an enriching, nurturing environment that fosters learning and social development for 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 also have the advantage of utilizing our full YMCA facility that includes on-site YMCA progressive swim lessons, full size indoor gym and more.

CCR&R funding is accepted and financial assistance is available for those that qualify.

Preschool is held Monday, Wednesday, and Friday from 8 AM - 12 PM.

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Y-KIDS

before & after school care

Y-KIDS

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 and Bradley West

Momence CUSD #1
Program at Je-Neir Elementary School

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.

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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.

HELPING YOU RAISE THE BAR

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



AEROBIC STUDIO classes

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

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

Prospective Members: \$65/10 classes



Active Yoga 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!

Chair Yoga

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

Circuit Training

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

Dance Mixes

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

Fit Mix

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

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.

Step It Up!

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

Therapeutic Tai Chi in a Chair

Benefits of Tai Chi:

1. Increase flexibility, balance, and muscle strength
2. Reduce anxiety & depression
3. Manage arthritic pain & blood pressure

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 Aerobics

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



QUEENAX classes

QUEENAX/CYCLING

Queenax Circuit

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

TRX Tabata

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



GROUP 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.

Power Pedal

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

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.

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.

Beat Ride

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

Rhythm Ride

Challenge yourself and burn calories as you push through intervals that are choreographed to go long 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!

Turbo Cycle

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

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.



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.



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.

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

MEMBERS – FREE
PROSPECTIVE – \$5

GROUP FITNESS

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

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

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

ACTIVE OLDER ADULT CLUB ROOM

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

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

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

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HEALTH CARE MEMBERSHIPS

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

Visit
www.k3ymca.org to
read our AOA Program
Guide for more
information!



BROWN BAG SERIES



Join our Healthy Living Director Cyndi Hunt in a monthly series that will focus on applying various nutrition concepts to your life. A healthy snack will be provided with the class.

Register at the YMCA Welcome Center or online at www.k3ymca.org

Members: \$10
Prospective Members: \$15

**BROWN BAG
SERIES**

Eat, Drink, & Be Merry

Learn how beer, wine, & mixed drinks affect your health. How much is safe? How snacking is affected, & ways sleep & energy levels are impacted. Holiday snacking and recipes will be discussed.

Date: Thursday, December 19
Time: 11:00 AM – 12:00 PM

Why doesn't my New Year's Resolution for dieting work?

Compare healthful diets to assist you with making lifestyle changes that will last and are a good fit for you. We will compare Mediterranean versus Keto versus Paleo diets and more.

Date: Thursday, January 9th
Time: 11 AM – 12:00 PM

Satisfying the Sweet Tooth

How your habits affect cravings for sugary foods & simple carbohydrates. We will work together to make a list of strategies for selecting better-for you snacks, curb emotional eating, & identify situations when indulging is ok.

Date: Thursday, February 6th
Time: 11:00 AM – 12:00 PM

National Nutrition Month

We will discuss month-to-month nutrition challenges you can implement throughout the year.

Date: Thursday, March 5th
Time: 11:00 AM – 12:00 PM

Spring Salads

You will learn how to fix salads with combinations of proteins, fruits and vegetables, and nuts to switch it up from your normal routine.

Date: April 2nd
Time: 11:00 AM – 12:00 PM

Organic Foods & the Home or Urban Gardener

Ideas for selecting foods without chemicals & additives & Springtime ideas for planning & planting on time.

Date: Thursday, May 7th
Time: 11:00 AM – 12:00 PM

Where does my food come from?

Healthier for you choices, from food banks to the gas station, drive thru's, grocery stores, farmer's markets, restaurants & from your own garden & kitchen.

Date: Thursday, June 4th
Time: 11:00 AM – 12:00 PM

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building a STRONGER community TOGETHER

COMMUNITY
HEALTH

Lose the Weight 2020

Regular exercise + Healthy diet + Lifestyle management

This package includes customized nutrition plans and assessments, weekly personal training sessions, along with weekly small group meetings.

Programs held weekly on Saturdays from 9:00 - 10:00 AM

Session 1: January 25th - March 14th

Session 2: March 21st - May 9th

Session 3: May 16th - July 6th

*Final class held Monday, July 6th due to 4th of July

Small group setting

Registration:

Members: \$225

Prospective: \$375

Wellness Coaches:

Cyndi Hunt, DTR, CHES

Krystal Hebert, CPT

Ruth Kamen, RN



YMCA Diabetes Prevention Program

Develop a better understanding of your diagnosis of pre-diabetes/metabolic disorder with a year-long program, progressing from weekly-to-monthly sessions. Participants will be supervised for weight loss goals and lifestyle modification.

This small-group program helps people with pre-diabetes eat healthier, increase their physical activity, and lose weight, which can delay or even prevent the onset of type II diabetes.

Wednesdays, April 2020 - March 2021

Time: 5:30 - 6:30 PM

Start Date: April 22nd

Price: \$449 (check to see if your insurance is accepted by the Y's health plan network)

Small group setting

Note: Requires a healthcare provider referral with a patient diagnosis of metabolic disorder, gestational or pre-diabetes, with supporting labs. Facilitated by experienced staff in nutrition and health care.

Life Coaches

Cyndi Hunt, DTR, CHES

Krystal Hebert, CPT

Ruth Kamen, RN



FITNESS events



FITNESS EVENTS

Lazy Man Iron Man Triathlon Challenge

February 24th – April 19th

Swim 2.4 miles/Run 26.2 miles/Bike 112 miles spread over six weeks! You will be provided with a way to individually track your progress.

Reserved training Times:

RUNNING: 6 treadmills in Wellness Center M-W-F-Su
1:00 PM – 2:30 PM & 5:00 – 6:30 PM

CYCLING: 6 cycles reserved in Cycle Room T-Th-Sa
10:00 – 11:30 am & 6:30 – 8:00 PM

SWIMMING: one lane in Large Pool during open hours for lap swimming except during SPLASH (check pool schedule for more details)

MEMBERS – \$15
PROSPECTIVE – \$35

Indoor Triathlon

Date: February 22th, 2020

Time: 7:00 – 9:30 AM

Swim 10 minutes/Bike 20 minutes/Run 15 minutes

Participants will be broken up into four heats and judged by distance covered throughout duration of their heat.

*Ages 12 and up. Participants must be able to swim 200 yards.

Contact: Aquatic Coordinator Jennifer Chambers-Schwob

MEMBERS – \$35

PROSPECTIVE – \$50

Training Sessions: Swim Mechanics, Cycling Basics, and Running Techniques

Dates: February 3rd – 27th

Times 7:30 – 8:30 PM

Trainer: Certified triathlon coach Nicole Cartier

Monday: Swimming

MEMBERS – \$40

PROSPECTIVE – \$65

Wednesday: Cycling

MEMBERS – \$40

PROSPECTIVE – \$65

Thursday: Running

MEMBERS – \$40

PROSPECTIVE – \$65

*5% discount when you register for two nights, 10% when you register for all nights

*Participants get \$10 off for the Indoor Triathlon

*Ages 12 and up

THE RIGHT CLASS FOR YOU!

FIND A CLASS

6-18 MONTHS

SHRIMP

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

18-36 MONTHS

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

YES

PERCH

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

3-5 YEARS

Looking for a beginners class?

NO

KIPPER

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

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

YES

PIKE

Not ready to be on their own?

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

NO

EEL

RAYs or STARFISH

YES

TUNA

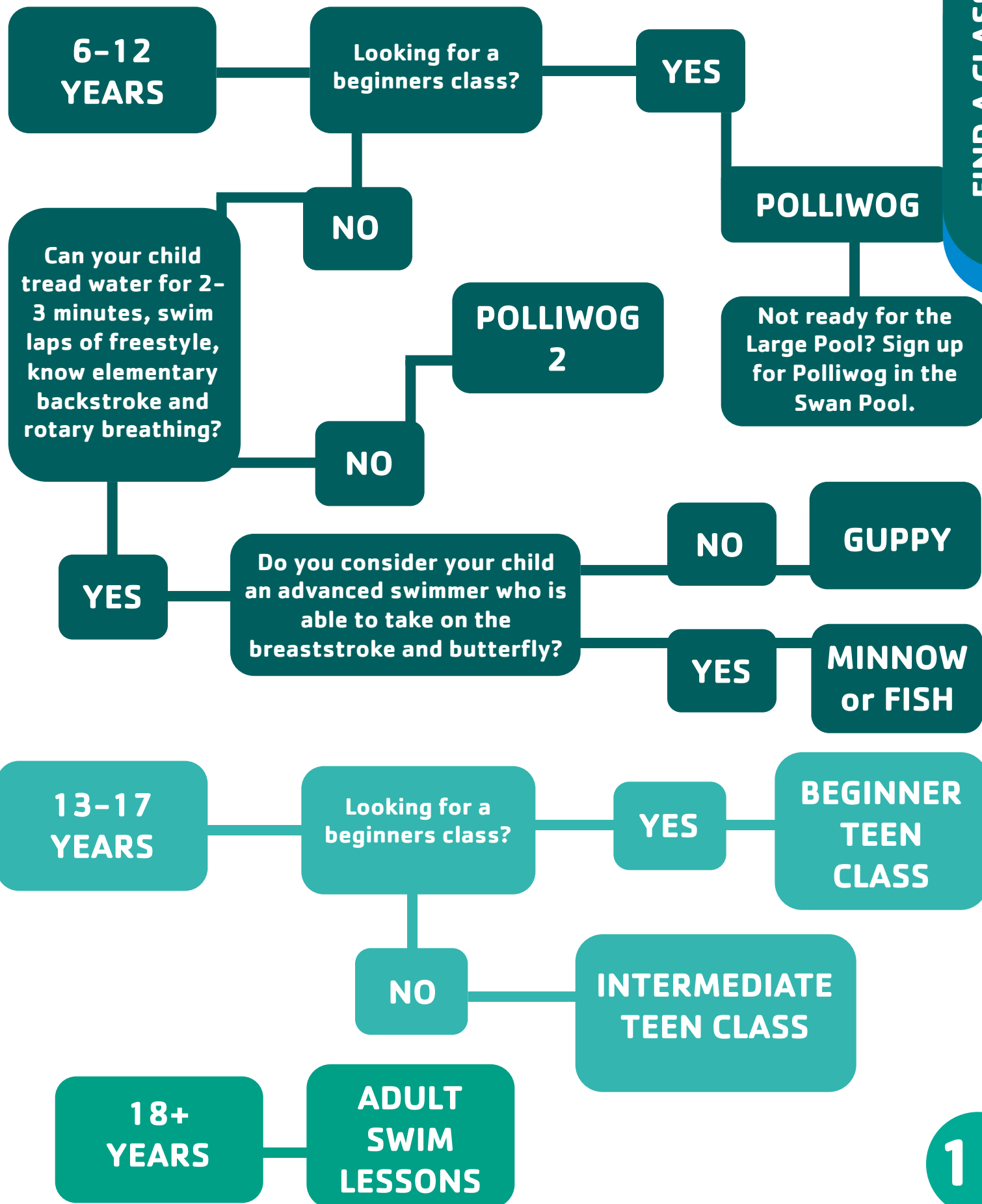
Our instructors work with your child to progress into Pike in the Swan pool.

NO

PIKE 2

THE RIGHT CLASS FOR YOU!

FIND A CLASS



SWIM LESSON SESSIONS.....

SWIM LESSONS

Winter Session 1 (7 weeks)

January 6 - February 22

Member Registration: Dec. 9

Prospective Member registration: Dec. 16

Winter Session 2 (6 weeks)

February 24 - April 11

Break Week: March 23 - 28

Member Registration: Feb. 3

Prospective Member registration: Feb. 10



Spring Session (7 weeks)

April 13 - May 30

Member Registration: April 23

Prospective Member: registration April 30

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

SHRIMP (6 - 18 MO)

MO	7:00 PM
TU	9:00 AM
WE	4:30 PM*
TH	6:30 PM
SA	8:45 AM

KIPPER (6 - 18 MO)

MO	7:00 PM
TU	9:00 AM
WE	4:30 PM*
TH	6:30 PM
SA	9:15 AM

PERCH (2 - 3 YR)

MO	6:30 PM
WE	9:30 AM

TUNA (3 - 5 YR)

TH	7:00 PM
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*W2 & Spring only

*W2 & Spring only

MEMBERS - \$18 (6 wks) \$21 (7 wks)

PROSPECTIVE - \$42 (6 wks) \$49 (7 wks)

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

PIKE

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

PIKE 2

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

EEL

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

RAY

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

STARFISH

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

MEMBERS - \$24 (6 wks) \$28 (7 wks)

PROSPECTIVE - \$54 (6 wks) \$63 (7 wks)

Progressive (6+ years): 45-minute lessons

POLLIWOG

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

POLLIWOG 2

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

GUPPY

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

MINNOW/FISH

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

FLYING FISH

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

MEMBERS - \$24 (6 wks) \$28 (7 wks)

PROSPECTIVE - \$54 (6 wks) \$63 (7 wks)

*Swan Pool

.....SWIM LESSON SESSIONS

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

BEGINNER AND INTERMEDIATE

TU	11:00 AM
TH	6:30 PM

MEMBERS – \$24 (6 wks) \$28 (7 wks)
PROSPECTIVE – \$54 (6 wks) \$63 (7 wks)

Adult (18+ years): 45-minute lessons

BEGINNER

MO	9:15 AM
SA	9:00 AM

INTERMEDIATE

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

MEMBERS – \$24 (6 wks) \$28 (7 wks)
PROSPECTIVE – \$54 (6 wks) \$63 (7 wks)

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

POLLIWOG

1 week – 5:00 PM	2 week – 6:30 PM
March 23-26	April 13-23
	April 27-May 7
	May 11-21

POLLIWOG 2

1 week – 5:30 PM	2 week – 7:00 PM
March 23-26	April 13-23
	April 27-May 7
	May 11-21

MEMBERS – \$13 (1 week), \$26 (2 weeks)
PROSPECTIVE – \$29.25 (1 week), \$68.50 (2 weeks)

Adaptive Swim Lessons

If your child has special needs and wants to learn to swim or be comfortable in the water, try our adaptive swim lessons. Skills are modified to meet individual abilities and needs. Adaptive package includes four 30-minute lessons and can be arranged by contacting the Aquatics Coordinator at 815-933-1741 x219.

MEMBERS – \$37
PROSPECTIVE – \$85

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

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

March 23 – 27
Time TBD

MEMBERS – \$32
PROSPECTIVE – \$75

Private & Semi-Private Lessons

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

Private
MEMBERS – \$72
PROSPECTIVE – \$144

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

Safe Around Water

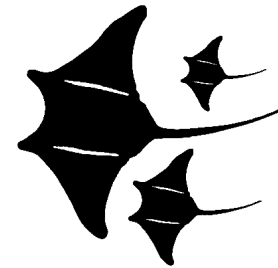
Learn about safety in and around water for the whole family. We will be going through basic water safety, how to make basic rescues from the side, boating safety and more! You will need to wear shorts and a t-shirt over your swim suits! Sign-up for one of our sessions to prepare for a safe summer!

Monday, March 23	6 PM – 7 PM
Saturday, April 25	11 AM – 12 PM
Monday, June 1	6 PM – 7 PM

MEMBERS – \$4/person or \$18/family
PROSPECTIVE – \$8/person or \$36/family

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Kankakee Area YMCA **STINGRAYS**



STINGRAYS

The philosophy of the Kankakee Area YMCA Stingrays is to make swimming enjoyable for all participants, regardless of ability. The team is open to swimmers ages 5-18 that can safely swim 50 yards of freestyle and backstroke. We provide an environment where children have the opportunity to become better swimmers by becoming more educated in proper stroke technique and practicing that technique at practice and swim meets. The successful swimmers in our program will strive to do the best of his/ her ability to improve stroke technique and support the efforts of other members of the team. Swimmers are encouraged to attend practice at least two times weekly. Team fees include all non-invitational YMCA meet entry fees, T-shirt, swim cap, and awards. Registration is by age group and intensity level.

\$50 Registration
YMCA Members only

PRACTICE TIMES AND MONTHLY FEES

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

LITTLE STINGRAYS \$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.

March, April & May

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

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

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.

FULL COURSE

Saturday, January 18 *(Blended Learning)
9:00 AM - 12:00 PM
Instructor: Jill St. Paul

Saturday, March 7 *(Blended Learning)
9:30 AM - 12:30 PM
Instructor: Denise Kuttler

MEMBERS - \$70

PROSPECTIVE MEMBERS - \$110

ADULT/CHILD/INFANT CPR & AED

Saturday, February 15
12:00 PM - 4:00 PM
Instructor: Reily Kane

April date TBD
9:00 AM - 1:00 PM
Instructor: Darlene Cipcich

MEMBERS - \$50

PROSPECTIVE MEMBERS - \$70

FIRST AID

April date TBD
5:30 PM - 8:30 PM
Instructor: Darlene Cipcich

May date TBD
TBD
Instructor: Nicole Cartier

MEMBERS - \$40

PROSPECTIVE MEMBERS - \$60

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 learning online prior to day of class. Class will be held in April or May. Time and date is TBD.

trainings

EVENTS

LIFEGUARD COURSES

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

WINTER 2020 (BLENDED LEARNING)

*Pre-Test Friday, January 10th

6:00 PM - 7:30 PM

Mondays, January 13th - February 24th

5:45 PM - 8:45 PM

SPRING 2020

*Pre-Test Friday, April 17th

5:30 PM - 6:30 PM

Tuesdays & Thursdays, April 21st - May 19th

5:15 PM - 8:45 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, March 6, 2020

MEMBERS - FREE

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

Register by Thursday, March 5

DISTANCE SWIM CHALLENGE

This aquatic challenge will be for swimmers of all skill levels!

Stay tuned for more information coming soon.

..... FAMILY events

EASTER EGG DIVE IN THE POOL

We're going on a hunt! The Y's annual Easter Egg hunt is for children up to the age of 13 years old. The Hunt will be held in the Swan Pool and Large Pool.

Saturday, April 4, 2020

11:45 AM

MEMBERS - FREE

PROSPECTIVE - \$5/child

Register by Thursday, April 2

YOGA FOR TEENS

7 weeks of flexibility, coordination, and strength training.

Dates: Saturdays, January 6th – February 24th, 2020

Time: TBA

Location: Aerobics Studio

MEMBERS – FREE

PROSPECTIVE – \$10

YOUTH TRIATHLON

Kids ages 7 – 14 years old

Date: Saturday, April 25th Time: 9:00 AM

Course Lengths Ages 7 – 9

Swim: 75 yards

Bike: 2 miles

Run: one half mile

Course Lengths Ages 10 – 11

Swim: 175 yards

Bike: 4 miles

Run: 1 mile

Course Lengths Ages 12 – 14

Swim: 175 yards

Bike: 4 miles

Run: 1 mile

Location: Pool, Cycling Studio, Fitness Center

Fees: \$45

Contact: Cyndi Hunt- Healthy Living Director

YOUTH TRIATHLON TRAINING

Prepare for the Youth Triathlon with assistance of our fitness staff. Skills will be race chip timing, course specifics, and race tips for swimming, cycling, and running.

Tuesdays, March 3rd – April 14th

Time: 3:00 – 4:00 PM

Location: Pool/Cycling Studio/Wellness Center

MEMBERS: \$15

PROSPECTIVE: \$45



Healthy Kids Day®

**AWAKEN
SUMMER
IMAGINATION!**

Saturday April 25

**Free & open
to the public!**

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Howard Johnson
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YOUTH soccer

Youth Coed Indoor League (5-11 years old)

This 7-week league is designed to teach the basic fundamentals of soccer according to each age level. Players will have one practice & game per week. Special requests will be taken into consideration but are not guaranteed.

League Begins: March 16th

Early Bird Registration: January 27th – February 9th

MEMBERS: \$35

PROSPECTIVE MEMBERS: \$75

Registration: February 9th – March 6th

MEMBERS: \$45

PROSPECTIVE MEMBERS: \$85

Late Registration: March 7th – March 13th

MEMBERS: \$55

PROSPECTIVE MEMBERS: \$95



Mighty Mites Indoor League (3-4 years old)

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

League Begins: March 16th

Early Bird Registration: January 27th – February 9th

MEMBERS: \$35

PROSPECTIVE MEMBERS: \$75

Registration: February 9th – March 6th

MEMBERS: \$45

PROSPECTIVE MEMBERS: \$85

Late Registration: March 7th – March 13th

MEMBERS: \$55

PROSPECTIVE MEMBERS: \$95



YOUTH basketball

Mighty Mites (3-4 years old)

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

Coaches Meeting: January 3rd

League Begins: January 13th

Early Bird Registration: November 25th – December 8th

Members: \$35

Prospective Members: \$75

Registration: December 9th – January 3rd

Members: \$45

Prospective Members: \$85

Late Registration: January 4th – January 10th

Members: \$55

Prospective Members: \$95

Youth Coed (5-14 years old)

This 7-week league is designed to teach the basic fundamentals of basketball according to each age level. Players will have one practice & game per week. Special requests will be taken into consideration but are not guaranteed.

Coaches Meeting: January 3rd

Skills Evaluation: January 4th

League Begins: January 13th

Early Bird Registration: November 25th – December 8th

Members: \$35

Prospective Members: \$75

Registration: December 9th – January 3rd

Members: \$45

Prospective Members: \$85

Late Registration: January 4th – January 10th

Members: \$55

Prospective Members: \$95





ADULT sports

Adult Winter Coed Volleyball League

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

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

TEAM FEE: \$200
INDIVIDUAL: \$35

**3 v. 3 men's
Basketball
League coming
soon!**

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Adult Futsal League

YMCA Futsal is a form of indoor soccer, played with five players on each side, which includes a keeper. It is played with a smaller low bounce ball on a basketball court, with no walls, but instead the courts lines as out of bounds.

Ages 18 & up

Registration: February 10th – March 24th
League: March 31st – April 21st
Tournament: April 28th

TEAM FEE: \$200
INDIVIDUAL: \$40



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



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!

- **Etiquette/Social Media Training: Thursday, January 16th 5:00 – 7:00 PM**
- **Etiquette Dinner: Saturday, January 18th**
- **Job Hunting “It’s Not Just Online”: Thursday, February 20th 5:00 – 7:00 PM**
- **Resume Review and Job Fair Prep: Thursday, March 19th 5:00 – 7:00 PM**
- **Teen Job Fair: Saturday, March 21st: 9:00 AM – 12:00 PM**

**COMING
SOON**

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- **Teen Leaders Club**
- **Junior Leaders Club**
- **Teen volunteer opportunities**
- **and more!**

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!



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OPENING SUMMER 2020!



Splash Into Summer

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