

Special Events

School Out Days

Mon. Jan 18, 2010

Martin Luther King

Mon. Feb 15, 2010

Presidents Day

Bring sack lunch, swim suit and towel,
snacks will be provided

8:00am to 4:00pm

Member: \$20.00 Non-Member: 25.00

Art Party

Fri. February 5, 2010

5:00pm to 6:00pm

Member: \$5.00 Non-Member: \$10.00

Gym n Swim

Fri. February 19, 2010

3:30pm to 5:00pm

Member: \$6.00 Non-Member: \$12.00

Guitar Lessons

Begins: Wed. January 13, 2010

7 Weeks on Wednesday Evenings
7pm-8pm (Ages 8-17)
8pm-9pm (Ages 18 and up)

Learn to read notes, play chords and the
theory of guitar from Linda Eddy. 10
spots available for each class.

Member: \$70.00 Non-Member: \$90.00

New Years Eve Lock-In

December 31-Jan 1

7pm to 7am

Members: \$32.00 Non-Members: \$42.00
Registration Deadline: December 27, 2009
After Registration Deadline: Add \$10.00

Children grades K-6 can come spend the
night and celebrate the new year!
Please bring Swim Suit and Towel, Sleeping
Bag and Pillow and a flashlight. Pizza and
Snacks will be provided throughout the night.

Parents Night Out



Sat. February 13, 2010

6:00pm - 11:00pm

Member: \$14.00 Non-Member: \$24.00

Flip Flop Back Tuck Clinic

Fri. January 22, 2010

4:15pm to 5:15pm

Member: \$5.00 Non-Member: \$10.00

Star Loser Contest

Sponsored by the YMCA and Star Courier
Further information on **Page 7**

YMCA OPEN HOUSE

Sat. January 9, 2010

10:00am to 2:00pm

- Health Fair
- Red Cross Blood Drive
- Class Demonstrations
- 1st Star Loser Weigh-In
 - Public Kick-off
- “Coaching Healthy Lifestyles”
Further information on **Page 7**
- Games and more!

Program Guide

Winter Session

Jan 4 - Feb 20

7 Week Session



Catherine Chmielowski

Silver Sneakers

Member of the Year

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YMCA of Kewanee

315 West 1st Street - Kewanee, IL 61443

YMCA 309-853-4431

Tumbling/Trampoline Center 309-853-4434

Online Registration! www.kewaneymca.org



BUILDING HOURS

Monday-Friday.....5:30am to 9:00pm
 Saturday.....8:00am to 5:00pm
 Sunday (Members Only).....12:00pm to 4:00pm

Special Event and Holiday Closings

Christmas Eve Day...Close 1pm...Thurs. Dec 24
 Christmas Day.....Fri.. Dec 25
 New Years Eve Day...Close 1pm...Thurs. Dec 31
 New Years Day.....Fri. Jan 1, 2010

YMCA Administrative Staff

Executive Director– Jill Milroy
 jillm@kewaneeymca.com

Program Director– Shaun Gruszczyka
 shaung@kewaneeymca.com

Financial/Human Resources Director– Jodi Wall
 jodiw@kewaneeymca.com

Membership Director– Delcine Heartt
 delcineh@kewaneeymca.com

Aquatic/Tumbling Coordinator– Rachel Shrum
 rachels@kewaneeymca.com

Fitness Coordinator– Sheila Blair

Kiddie Kollege Director– Sue Christakos

Tumbling/Trampoline Office– Mary Findley
 ymca.tumble@kewanee.com

Kewanee Area United Way



United Way contributions help subsidize many YMCA memberships. We thank them for their support.

Harry Anderson Youth Trust

Programs such as learn to swim week, school out days, handicap swims-special needs, teen nights and others are partially funded by this trust, enabling your YMCA to keep fees affordable.

Board of Directors

Steve Rider.....President
 Bruce Dennison...Vice-President
 Ben Nelson...Secretary
 Alice Horrie....Treasurer
 Jim Findley
 Michael Fulton
 Nichelle Nichols Humphrey
 Rob Ramsey
 Doug Wager
 Marty Yepsen
 Chris Clapper
 Trafton Hodge
 Mark Guthrie
 Martha Carroll
 John Blake



YMCA Mission Statement

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

YMCA Contact Information

YMCA of Kewanee
 315 West 1st Street
 Kewanee, IL 61443
 Phone: 309-853-4431
 Fax: 309-856-5300
www.kewaneeymca.org

Tumbling and Trampoline

Pre-School Classes

Parent & Tot (ages 18 months – 3 years) 40 minute class Parent accompanies child. Gross motor skills, learning to take turns and instruction with parent's help.

1 time a week, 7 classes Y Member.....\$26.00 Non-Member.....\$44.00

Tumble Tots (ages 3 years) 45 minute class Designed for pre-school boys and girls to develop coordination and beginning tumbling and trampoline progressions and skills.

1 time a week, 7 classes Y Member.....\$33.00 Non-Member.....\$51.00

Super Tots (age 4 years) 60 minute class Build strength, coordination and basic tumbling and trampoline skills and progressions.

1 time a week, 7 classes Y Member.....\$39.00 Non-Member.....\$61.00

Ultra Tots (age 5 years) 75 minute class This class is a continuation of Super Tots.

1 time a week, 7 classes Y Member.....\$44.00 Non-Member.....\$68.00

School Aged Classes

Classes designed for school aged kids to learn tumbling and trampoline skills with an emphasis on fun!!



Home School (ages 4 & up) 60 minute class Designed especially for home schooled kids, includes tumbling and trampoline, fitness, coordination, and social time.

1 time a week, 7 classes Y Member.....\$39.00 Non-Member.....\$61.00

Pre-Rec (ages 6-8 years) 90 minute class Includes both tumbling and trampoline

1 time a week, 7 classes Y Member.....\$49.00 Non-Member.....\$73.00

Rec Kids (ages 8 & up) 60 minute class Tumbling or trampoline—1 event chose either

1 time a week, 7 classes Y Member.....\$39.00 Non-Member.....\$61.00

Rec Kids Combo (ages 8 & up) 2 hour class Includes both tumbling and trampoline in one class. For Beginner, Intermediate and Advanced levels.

1 time a week, 7 classes Y Member.....\$61.00 Non-Member.....\$85.00

Boys Classes

Designed for boys only, includes tumbling and trampoline skills to build strength, coordination, and all around conditioning in preparation for future sports.

Boys Sport Prep (ages 6-8) 60 minute class

1 time a week, 7 classes Y Member.....\$39.00 Non-Member.....\$61.00

Boys Rec (ages 9-12) 60 minute class

1 time a week, 7 classes Y Member.....\$39.00 Non-Member.....\$61.00

Adult Programs

YAQUATICS™

We build strong kids, strong families, strong communities.

Adult Volleyball League

A league for teams that are already formed. All players must be 18 years of age or older and out of high school. The league will run for 11 weeks and on the 11th week, a tournament will be held. Must complete a registration form and have payment on Thursday, January 14th. Games will be played in the large gym starting at 6:00pm with teams consisting of a combination of both men and women on the court at the same time.

Starts: Thursday, January 14, 2010

Team Fee: \$90.00 (One payment at the front desk please)

Y member: FREE **Non-Member:** \$25.00 fee

Substitute Fee: \$4.00 for Non-Members

Teen Night After Hours

Teenagers ages 13-17, come join us at the YMCA on the last Saturday of each month. From 7pm to 11pm, teenagers can enjoy a full night of swimming, gym games, pizza party and much more!

Please pre-register for a chance to win a FREE T-Shirt!

Members: FREE
Non-Members: \$5.00

Adult Classes/Water Fitness - Ages 15 years and up

Adult Swim Lessons Stretch, Swim, and Strengthen in this class! Focus on back stroke, breaststroke, and front crawl. Additional water stretching and strengthening exercises will also be included!
40 minute class. 1 time a week, 7 classes **Y Member.....\$24.00 Non Member.....\$48.00**

Aquacize This is an enjoyable class for people of all ages! All of our exercises are geared specifically towards individuals who need a workout with low stress for their feet, knees, hips, and ankles. The class consists of a series of exercises that will help to increase joint mobility, improve muscular strength, and increase vitality. The exercises done in this class are progressive and can be made harder or easier according to your fitness level. All of the exercises are done in the shallow end of the swimming pool and do not require you to have swimming skills. To operate a class we must have a minimum of 4 participants.

45 minute class, 2 times a week, 14 classes **Y Member.....\$36.00 Non Member.....\$80.00**
45 minute class, 3 times a week, 21 classes **Y Member.....\$45.00 Non Member.....\$97.00**
45 minute class, Drop in fee **Y Member.....\$6.00 Non Member.....\$12.00**

Deep Water This water fitness program is designed for an intense workout while lowering stress on knees, ankles, hips, and feet. The class includes a warm up, water jogging in the deep end, cool down, and stretching. Flotation devices will be used most of the class. Basic swimming skills are needed for this class as most of it will take place in the deep end of the swimming pool.

45 minute class, 2 times a week, 14 classes **Y Member.....\$36.00 Non Member.....\$80.00**

High Impact This water fitness class is exactly how it sounds! It will involve stretching, warm-up, and an intense aerobic workout in both the shallow and deep ends of the pool. Basic swimming skills are needed for this class.

35 minute class, 2 times a week, 10 classes **Y Member.....\$35.00 Non Member.....\$78.00**

High School/Adult Soccer League

A league for teams that are already formed. All players must be 14 and older. The league will run for 10 weeks. Must complete a Team registration form and have payment on Monday, January 11, 2010..

Games will be played in the large gym starting at 1:00 pm on Sunday afternoons.

Must have at least 4 players to play each week. No more than 10 players on a roster and no more than 10 players in the gym while the game is in progress. This will be a 4-on-4 league. Shin guards are required to participate.

Starts: Sunday, January 17, 2010

Team Fee: \$125.00 (One payment at the front desk please)

Y member: FREE **Non-Member:** \$25.00 fee

New!



Private and Semi Private Swim Lessons

Available with the instructor of your choice! Great one on one opportunity for any age to advance quickly in learning to swim.

30 minute Private
Y Member...\$12.00
Non-Member...\$18.00

30 minute SEMI-Private (during open swim)

Y Member...\$10.00
Non-Member...\$16.00

*Ask courtesy desk for further information.

Tumbling and Trampoline

Tumbling and Trampoline Classes

All classes at the Glen Andris Tumbling and Trampoline Center allow participants to advance at their own pace and develop self-esteem while having fun in a friendly atmosphere! Our program uses a nationally certified program along with USA Gymnastics safety instruction. Students will work on skills thru progressive techniques while developing strength, endurance, and coordination. All classes include times for warm up, stretching, tumbling, trampoline, and ending activities or games, as well as age appropriate agility, ply metrics, strengthening, and conditioning exercises that will help prepare for future sports! Classes are arranged by age and ability, and we keep about the same schedule from fall thru spring. Changes in the schedule may be made to accommodate our customers!

Cheer Classes

Cheer Tumble (ages 11&up) 60 minute class Designed especially for cheerleaders, includes, jumps, cheer tumble, motions, and much more! Already on the squad, or just trying out this class will fit your needs. Want to bring your whole squad in? call the tumbling center to book time with our knowledgeable cheer staff!

1 time a week, 7 classes
Y Member...\$39.00 Non-Member..\$61.00
1 time, 1 class only
Y Member...\$8.00 Non-Member.....\$12.00

Adult Classes

Adult Tumbling & Trampoline 75 minute class
 Classes for individuals 16 and over..... Lots of fun!
1 time a week, 7 classes
Y Member.....\$44.00 Non-Member.....\$68.00

Private Lessons

Tumbling & Trampoline
 Want to work on your skills but your schedule simply won't allow classes? Come in for a private lesson and work one on one or with a friend and instructor to really advance your skills!
30 minute Private
Y Member...\$10.00
Non-Member...\$12.00
45 minute Private
Y Member...\$12.00
Non-Member...\$15.00
30 minute SEMI-Private
Y Member...\$5.00
Non-Member...\$7.00
45 minute SEMI-Private
Y Member...\$6.00
Non-Member...\$8.00

Flip Tops Team

Super Stars- (levels 1-3) 90 minute class
 1 time a week, 7 classes
Y Member...\$52.00
Non-Member...\$74.00

Pre Team- (levels3-4) 2 hour class
 1 time a week, 7 classes, some Saturday events
Y Member...\$68.00
Non-Member...\$89.00

Team 3- (Levels 4-6) 2 hour 15 min class
 2 times a week, 14 classes
Y Member.....\$78.00

Team 2- (Levels 5-7) 2 hour 30 min. class
 3 times a week, 21 classes
Y Member.....\$94.00

Team 1- (Levels 7-Elite) 2 hour 30 min. class
 3 times a week, 21 classes
Y Member.....\$98.00

MEMBERSHIP

New Member Fee:

Youth.....\$18.00
Family.....\$60.00
Senior/College.....\$36.00
Adult.....\$36.00

Monthly Fee:

Youth.....\$13.50
 18 years and younger
Family.....\$43.00
 A cohabitating couple and dependent children to the age of 19 (or up to age 23 if attending school full-time)
Senior/College.....\$25.00
 Seniors: 65 and up
 College must show student i.d.
Adult.....\$31.00
 19 years to 64 years
Locker Rental.....\$6.00
 Half lockers are available for rent as available.
 Adult locker rooms only.

Scholarship

NO PERSON WILL BE DEPRIVED OF MEMBERSHIP OR PROGRAMS BECAUSE OF INABILITY TO PAY.

The YMCA of Kewanee offers financial assistance for memberships and programs to individuals and families. Applicants who qualify for financial assistance will be asked to pay an affordable portion of the membership or program fees. Income based pricing is re-evaluated every 6 months, at which time, participants must re-apply.

Administration Fee

Return Checks: A \$25.00 fee will be charged on all returned checks.
Refund Checks: A \$5.00 fee will be added to participants requesting a refund check. I.E. (If a participant cancels out of class before the session is over).

Daily Guest Pass Fee

Youth.....\$5.50
Family.....\$16.00
Adult/Senior/College.....\$8.50

Free Military Membership



For families of deployed guard or service members
Ask courtesy desk for details



Ask about our Silver Sneakers Program

YMCA Birthday Parties

What could be more fun than a **BIRTHDAY PARTY** at the YMCA?

Unique Affordable FUN!

Schedule your party today!

The YMCA is an ideal place for a unique, affordable and easy birthday celebration. You may choose to rent our Pool Lobby and Pool or our Tumbling Center. Call 309-853-4431



We build strong kids, strong families, strong communities.

About YMCA Swim Lessons

Swim lessons at the YMCA of Kewanee follow the national YMCA standards with 5 basic components to lessons. Including water safety, personal growth, stroke development, water sports/games, and rescue. Our levels are grouped by age and arranged by skill level.

Parents are welcome to sit in the pool area for the first and last class of their child's session. We ask that any other class viewings be done from the lobby area.

Your child will receive a progress report in week 6 detailing what they worked on over the session and what level will best fit them for the next session. If your child is absent the report may be picked up at the front desk.

Pre-School and School Aged Class Fees

2 times a week, 14 classes (7 weeks)
(Mon+Wed or Tues+Thurs) 3:45pm to 4:25pm
Y member.....\$45 Non Member.....\$87

1 time a week, 7 classes, (7 weeks)
Saturday mornings several times available.
Please check pool schedule
(available at courtesy desk)
Y member.....\$24 Non Member.....\$48

****All Preschool and school aged lessons hold a 6 students per instructor ratio.**

Pre-School Classes

40 minute classes for children ages 3 to 5 years

Pike (level 1) This level is designed for new swimmers, teaching basic paddle stroke, kicking skills, and pool safety. Child must be able to swim 10ft. without assistance to move on to next level.

Eel (level 2) Students will work on increased endurance, rudimentary strokes on front, back, and side, and being comfortable swimming with face in the water. Child must be able to swim the width of the pool without assistance to move on to the next level.

Ray (level 3) Students will review previous skills, improve stroke skills and learn more personal safety and rescue skills. Child must be able to swim 1 length of the pool without assistance to move on to the next level.

Star Fish (level 4) Students will work more on strokes to further refine them and also focus on floating skills. Child must turn 6 years of age to advance onto the next level.

School Aged Classes

40 minute classes for children ages 6 to 15 years
****If students are advancing from the preschool levels they may be able to start at a higher school aged level depending on the last level passed in the preschool levels. Inquire at the front desk.**

Polliwog (level 1) This level is designed for new swimmers ages 6 and over; teaching basic paddle stroke, kicking skills, and pool safety. Child must be able to swim 1 length of the pool without assistance to move on to the next level.

Guppy (level 2) Students will continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. Child must be able to swim 1 length of the pool using rotary breathing with each stroke unassisted to move on to the next level.

Minnow (level 3) Students will work on front crawl, breaststroke, side stroke, back crawl, and elementary backstroke all in the basic form. Child must be able to swim 1 length of the pool unassisted with each of the above listed strokes to move on to the next level.

Fish (level 4) Students will work on refinement and endurance with front crawl, breaststroke, sidestroke, back crawl, and elementary backstroke. Butterfly stroke is also introduced. Child must be able to swim 2 lengths of the pool unassisted with each of the above listed strokes to move on to the next level.

Flving Fish (level 5) Students will work on further refinement and increased endurance of Fish level strokes. Child must be able to swim 4 lengths of the pool using front crawl, breast stroke, side stroke, back crawl and elementary backstroke, and swim one length of the butterfly stroke to move on to the next level.

Shark (level 6) Students will work on competitive starts and turns with front crawl, breaststroke, back crawl, and butterfly stroke, 200yd IM, and 50yds of inverted breast stroke. You and your child may want to consider joining our YMCA Kingfish Swim Team!

Porpoise (level 7) Students will work on medley swims, increasing stroke speed, and junior life guarding skills!

Parent Tot Class

30 minute class for children
Saturday's 11:15am to 11:45am
ages 6 months to 3 years

This class will allow the parent and child a time for water familiarization. The class is designed to help your child become comfortable in a large body of water. We will sing songs, interact with friends, blow bubbles, kick legs, and move our arms in this class! Please have your child wear a swim diaper for this class regular diapers are NOT ALLOWED.

Y Member....\$23.00
Non Member....\$46.00



Youth Programs

Kiddie Kollege Pre-School

This program is a state licensed preschool for children 3 to 5 years of age. Our curriculum is filled with hands on experiences that stimulate the development of child's physical, emotional, social intellectual and kindergarten readiness skills. Swimming is also offered on Tuesday and Wednesdays.

Program hours: Monday - Friday
8:30am - 11:00am

(class availability depends on current enrollment) Children are required to attend a minimum of 2 days per week. 1st month fee is due at time of registration.

Members: \$5.50per day
Non-Member: \$7.50 per day

Youth Basketball K - 1st Grade

Kindergarten and 1st grade participants will be instructional only. Instruction is taught through drills and pick-up games.

Participants will meet Saturday mornings in the big gym 8:30am-9:15am.
Winter Session: January 9th-February 20th

Y member: \$25.00 per session
Non-Member: \$48.00 per session

January 9th - February 13th. Games will have a score board, clock and referees. All games will be scheduled in the Big Gym for Saturday mornings and afternoons if necessary. The teams will be coached by volunteers. The volunteer coach will set up at least 1 practice during the week to develop fundamentals and strategic plays. A coach may choose to practice more if desired.

The game will consist of two 20 minute halves (continuous clock) with a 5 minute half-time. The clock will only stop in the last minute of the game. Medals will be rewarded to the top 2 teams in each division.

Divisions Include (Teams will be formed):
4th and 5th Grade
6th and 7th Grade

Begins: Saturday, January 9, 2010

Must Pre-Register by: Wednesday, January 6, 2010
(no late registration will be accepted)

Y Member: \$30.00 Non-Member: \$45.00

Kidz Klub After School Program

Kidz Klub is an after school program that provides safe and structured activities for children K-6th grade. The program will have an emphasis on physical activity as well as social activity. Children may be bused to the YMCA directly after school if the child is eligible (please check with the school district). Kidz Klub will operate from the time the children arrive after school to 6:00pm.

Kidz Klub is also available at Stark County Elementary School

GRADES: K-6TH
HOURS: After School - 6:00 P.M.
COST: 1 TIME REGISTRATION FEE \$25.00 Plus weekly fee.
WHERE: YMCA of Kewanee (Kewanee Schools) Stark County Elem. (Stark County Schools)

(Mon. - Fri /after school until 6:00 P.M.)
2 day per week = \$15.00
3 days per week = \$19.00
4 days per week = \$22.00
5 days per week= \$25.00
(Must attend at least 2 days per week)



Youth Basketball Competitive League 4th - 7th Grade



Butts and Guts

(Tues/Thurs 9:45am to 10:30am)

This class incorporates the stability ball and Pilates to target the abdominal, back, quad, hamstring, thigh and buttocks muscles.

Cardio Ball

(Mon/Wed 9:00am to 9:45am)

(Tues/Thurs 5:45am to 6:30am)

Cover the three components of a good workout: Cardiovascular, strength, and flexibility training. This class is a total body low impact aerobic workout using light hand weights and fitness balls. The 45 minute workout consists of a warm-up, marching, exercises with weights to strengthen and tone and a cool down. Do not need your own fitness ball. Some are available.

Cardio Kickboxing

(Mon/Wed 4:45pm to 5:45pm)

An exciting class utilizing the elements of kickboxing and body sculpting. This class consists of a warm-up, 45 minutes of cardiovascular training and 15 minutes of abdominal conditioning and cool down. No boxing experience is necessary.

Fitness Fantasia

(Mon/Wed 6:00pm to 7:00pm)

Dance your way into shape with choreographed low impact aerobic dances. Each one designed to improve cardiovascular endurance, increase flexibility and tone flabby muscles. This class offers a fantastic way to look better, feel better, improve coordination and gain confidence.

Silver Sneakers Stretch and Tone

(Mon/Wed/Fri 8:00am to 8:45am)

(Tues/Thurs 10:45am to 11:30am)

Learn a variety of ways to maintain and improve your flexibility, balance, strength, and core muscles (abs and back). This class is recommended for older active adults and those wanting to start a work out program.



Step and Sculpt

(Tues/Thurs 5:30pm to 6:30pm)

Progress from simple step moves to easy to follow combinations for a great cardio workout. This low impact with an adjustable step accommodates various fitness levels in one class. A toning and stretching segment will round out your workout.

Fitness Fees

Classes are **FREE!** with Membership.

Fitness Punch Card

Non-Member: \$65.00 / 20 Classes

Drop in Fee: \$6.00 per class

Fitness Balls may be purchased at the YMCA front desk.

FREE Babysitting For YMCA Members

Mornings: Monday-Friday
8:30am - 10:45am

Evenings: Monday-Thursday
4:30pm - 6:30pm

FREE for Members' Children

Babysitting services are available for those members who are participating in classes or using the facility.

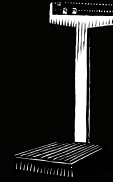
Babysitting hours are subject to change

New Years Resolution Solutions!

Star-Loser Contest

Sponsored by:

YMCA of Kewanee and Star



Get your team together!

4 people per team

\$15 per person (Y members \$10)

Team to lose the most weight gains \$\$\$!

Begins Jan. 9 /ends April 12

Fun * Prizes * Get ready for Summer!

(Roster Forms Available by Courtesy Desk)



Ask us about

“Coaching Healthy Lifestyles”

This YMCA program gives you the tools and support you need to start feeling better, looking younger, and discovering a healthier new you! “Coaching Healthy Lifestyles” is a three month program that provides nutrition counseling with a Registered Dietitian and focused exercise with the one-on-one expertise of a Certified Personal Trainer.

Current YMCA Member: \$260.00

New Member: \$360.00 (Includes 3 month YMCA membership)

* A \$50.00 non-refundable deposit is due when paper work is completed and submitted to the YMCA Courtesy Desk.

3 Month Program Includes

- 12 meetings with Registered Dietitian (Meets one time a week)
- 24 meetings with Certified Personal Trainer (Meets twice a week)
- 3 Month YMCA Membership for new members
- Satisfaction of a New Healthy YOU!