



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Belvidere Family YMCA

**WINTER/SPRING 2012**



*It's that time of year again to reflect back on the previous year and start thinking about new goals as the new year rings in. For the Y, the past year has been about new changes and new faces. This upcoming year our goals are broad and ranging but all relate to serving the community in the areas of youth development, healthy living and social responsibility. Join us in our goals for building a stronger and healthier Boone County!*

*We will be celebrating our 110th year of service to Boone County. We want to say thank you to the community and to our members. As part of the Y, you are making a difference. By being part of a non-profit like no other, you are part of something special.*

*Through the years one thing has remained constant, the Y is here to help you reach your new goals. And, we have some exciting new classes and activities to try out to meet those goals like: Zumba for Kids (page 24), Active Older Adult Swim Class (page 14), nighttime Spin Class (page 24), Tot Swim and Gym (page 9) or Couponing (page 27). We want to help you become who you want to be! The Y is committed to helping you, and your family, build a stronger spirit, mind, and body.*

*This book will give you a taste of what the Y has to offer. If you have any questions, I encourage you to call or stop on down and speak with one of our helpful staff members. We look forward to seeing you at the Y. Here's to a healthy, happy you!*

*Jen Jacky  
CEO*

*P.S. Don't forget about our winter appreciation breakfast and spring potluck (page 27)!*

**Belvidere Family YMCA  
220 West Locust Street  
Belvidere, IL 61008  
815-547-5307  
[www.belviderefamilyymca.org](http://www.belviderefamilyymca.org)  
[twitter.com/belvidereYMCA](https://twitter.com/belvidereYMCA)**



# **WELCOME TO THE BELVIDERE FAMILY YMCA**

Where our members are our number one priority. As a member of the Belvidere Family YMCA you can enjoy a full range of programs FOR YOUTH DEVELOPMENT, FOR HEALTHY LIVING, AND FOR SOCIAL RESPONSIBILITY.

## **YMCA MISSION**

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

## **YMCA DIVERSITY STATEMENT**

It is the policy of the Belvidere Family YMCA to provide equal opportunities to all members/program members; to provide program facilities which are accessible to the handicapped and to administer its programs in a manner that does not discriminate against any person because of race, creed, color, religion, sex, national origin, handicap, age, political affiliation, or citizenship.

## **ADA STATEMENT**

The Belvidere Family YMCA intends to comply with the intent and spirit of the Americans with Disabilities Act to the best of our ability. If you are in need of special assistance please contact the YMCA so that we may make arrangements.

## **MEMBERSHIP**

No one is ever turned away for a membership because of the inability to pay. Financial assistance is available, for more details call 815-547-5307.

## **A.W.A.Y.**

YMCA's across the country provide A.W.A.Y. services to Y members at no cost or a reduced guest fee. The A.W.A.Y. plan is subject to each local Y's policy. The Belvidere Family YMCA, Stateline Area YMCA and the YMCA's of Rock River Valley look forward to serving you through a reciprocal membership agreement. Simply present your YMCA membership card and gain access to any of the state-line YMCA facilities. IT IS REQUIRED THAT YOU USE YOUR PRIMARY YMCA THE MAJORITY OF THE TIME.

## **PHOTO POLICY**

The YMCA occasionally takes pictures of our members and participants to use in various marketing materials. If you do not wish yourself or your family members to be photographed, please step out of the photo or notify the photographer before the picture is taken.

## **LOST CARD REPLACEMENT**

Lost cards will be replaced the first time free of charge, after that there will be a \$5 charge for each card.

## YMCA CODE OF CONDUCT

Children under the age of 7 must be accompanied by a parent unless in babysitting or in a structured program.

An adult must accompany children under the age of 13 after 7:00 PM unless in a structured program.

Parents are responsible for the actions of their children.

Parents with children in the playroom area must be in the building.

For health and safety reasons **SMOKING IS NOT** permitted in the building, or within 15 feet of entrances/exits.

Program members are not members of the YMCA but can participate in programs by paying an additional fee.

Members of all ages are expected to behave in an appropriate manner, failure to do so could result in termination of membership.

## ID REQUIREMENTS

Members must present their YMCA ID at the control counter to gain access into our facility. This policy is for your safety and that of other members. It also provides our staff with the opportunity to get to know you.

## GUEST POLICY

The YMCA sells guest passes to those who are not members. An ID is required to purchase a guest pass. No guest passes will be sold after 5:00 PM Mon - Fri and after 3:00 PM Sat & 1:00 PM Sun nor will any guest passes honored after these times unless accompanied by an adult member. Anyone under the age of 18 using a guest pass is not allowed to use the fitness center/weight room. If you join the YMCA within two weeks of purchasing a guest pass, simply bring in your receipt and the amount paid for the guest pass will be deducted from your pro-rated fee. Members in good standing will receive three guest passes a year.

<b>Daily Fee:</b>	<u><b>Youth</b></u>	<u><b>Young Adult</b></u>	<u><b>Adult</b></u>	<u><b>Family</b></u>
	\$5.00	\$5.00	\$10.00	\$15.00

## FITNESS CENTER/WEIGHT ROOM

The Fitness Center is available to members, **13 years of age and older.**

Orientations on proper use of the machines and training etiquette are available at no charge for members by calling 815-547-5307 to schedule an appointment with one of our fitness staff. **Children 12 and under are not allowed in the fitness center or in the hallway.**

## HOURS OF OPERATION

All physical areas of the building such as the gym, pool, and fitness center begin to close 15 minutes prior to the building closing.

<u><b>Monday - Friday</b></u>	<u><b>Saturday</b></u>	<u><b>Sunday</b></u>
5:00 AM - 10:00 PM	7:00 AM - 6:00 PM	7:00 AM - 3:00 PM

(Office opens at 8:30 AM & closes at 7:00 PM Monday - Friday.  
Saturday 7:00 AM - 3:00 PM and Sunday 7:00 AM - 1:00 PM)

## **BABYSITTING SERVICE**

**(Newborn - 8 years of age)**

Parents must be in the building. Free to Members. There is a \$2.00 per hour per child charge for Program Members. Children 4 and over (3 hr. limit) Children 3 and younger (2 hr. limit) Hours: (We reserve the right to close babysitting at 8:15PM Mon - Thurs)

### **Monday-Thursday**

8:00 AM - 12:00 PM  
4:00 PM - 8:30 PM

### **Friday**

8:00 AM - 12:00 PM  
4:00 PM - 8:00 PM

### **Saturday**

8:00 AM - 12:00 PM

## **REFUNDS/POLICIES**

Program refunds by check will be granted in approximately 30 days from the date of the request for the following reasons only:

1. Medical excuse
  2. Class cancelled by the YMCA
  3. Bankdraft error (on the YMCA's part)
- ◆ **No refunds or make-ups for classes or programs that fall on holidays or for weather related cancellations, including power outages.**
  - ◆ **We do not pro rate for late sign ups.**
  - ◆ **No refunds once a program or session has started.**
  - ◆ **All classes run the first two weeks of the session. If classes do not reach their minimum requirement of attendance after two weeks, the YMCA reserves the right to cancel the class and you will receive a pro-rated system credit.**
  - ◆ **A \$5.00 per class late fee will be charged for ALL classes once a session has started. (Sessions start on Monday, unless it falls on a holiday and the YMCA is closed)**

**THE YMCA DOES NOT ACCEPT POST DATED CHECKS.  
A \$30.00 NSF FEE WILL BE APPLIED FOR ANY RETURN  
CHECKS, CHARGES, OR BANKDRAFTS.**

## **WINTER I REGISTRATION**

Members & Current Class Participants	November 21st - December 31st
Open to the Public	November 28th - December 31st
Classes	January 2nd - February 18th

## **WINTER II REGISTRATION**

Members & Current Class Participants	January 23rd - February 19th
Open to the Public	January 30th - February 19th
Classes	February 20th - April 7th

## **SPRING REGISTRATION**

Members & Current Class Participants	March 19th - April 8th
Open to the Public	March 26th - April 8th
Classes	April 9th - May 26th

**The Belvidere Family YMCA will be closed the following dates:**

**Saturday, December 24th at Noon for Christmas Eve**

**Sunday, December 25th for Christmas Day**

**Saturday, December 31st at Noon for New Year's Eve**

**Sunday, January 1st for New Year's Day**

**Sunday, January 8th for the David Wolf Invitational**

**Friday, April 6th at Noon for Good Friday**

**Sunday, April 8th for Easter**

**Monday, May 28th for Memorial Day**

## **FACILITY RENTAL**

YMCA facilities are available for rentals. For more information contact Lisa at 815-547-5307.

## **BIRTHDAY PARTIES (5 - 10 years of age)**

The YMCA will assist you with your Birthday party, including decorations and swimming. Parties are on Saturdays from 2:00 - 4:00 PM. Refreshments are up to you.

**Fee:** \$80.00 for up to 10 children, each additional child is \$8.00.

## **INFLATABLE BIRTHDAY PACKAGE (3-10 years of age)**

The YMCA will assist you with your Birthday party, including decorations and our new bouncy inflatables. Parties are on Sundays from 12:30 - 2:30 PM. Refreshments are up to you.

**Fee:** Up to 10 children, each additional child is \$6.00.

Number of Inflatables: One - \$100.00 Two - \$120.00

# **PRE-SCHOOL**

## **YMCA PRESCHOOL (Classes resume Tuesday, January 3rd)**

Our preschool program is packed with exciting hands-on learning activities that will stimulate your child's imagination while making his/her learning experience fun and productive. Daily activities include Circle Time, Arts & Crafts, Language Development, Math Skills, and Large Motor Skill Development. **Children must be independently toilet trained. Classes are held at Washington School.** Registration now being taken. A \$30.00 registration fee is due at the time you register. **\*\*MUST BE REGISTERED BY THE 1ST DAY OF THE MONTH OR A \$25.00 LATE FEE WILL BE APPLIED\*\***

## **FABULOUS PRE-K 4'S & 5'S**

**(Must have been 4 by September 1)**

M-W-F 8:00 - 10:30 AM or 12:00 - 2:30 PM

**Fee:** January \$125.00 March \$ 94.00 May \$ 94.00

February \$125.00 April \$125.00

## **TERRIFIC 3'S & 4'S**

**(Must have been 3 by September 1)**

T-Th 8:00 - 10:30 AM or 12:00 - 2:30 PM

**Fee:** January \$110.00 March \$ 83.00 May \$ 83.00

February \$110.00 April \$110.00

# SCHOOL AGE

## **BEFORE SCHOOL ADVENTURE CLUB\*\***

**All Day Kindergarten - 8th Grade.** Along with providing quality after school care the YMCA now offers before school care. Parents can drop off their children at 5:30 AM and the YMCA staff will serve a light breakfast, help with schoolwork, play games with your children and then take them to school. Schools served are: Perry, Washington, Lincoln, Meehan, Immanuel Lutheran, Seth Whitman, South and Central Middle Schools.

**Fee:**     Member                      Program Member  
              \$40.00 weekly               \$45.00 weekly

## **AFTER SCHOOL ADVENTURE CLUB\*\***

**All Day Kindergarten - 8th Grade.** This program starts everyday after school. The YMCA vans will be picking up the following schools: Perry, Washington, Lincoln, Meehan, Immanuel Lutheran, Seth Whitman, South and Central Middle Schools. After school activities include completing homework, team building, swimming, team sports, and arts & crafts. An afternoon snack is included. Adventure Club runs until 6:00 PM.

**Fee:**     Member                      Program Member  
              \$60.00 weekly               \$65.00 weekly

## **BEFORE & AFTER SCHOOL ADVENTURE CLUB\*\***

**Fee:**     Member                      Program Member  
              \$80.00 weekly               \$90.00 weekly

Please note that on cancellation days due to weather, power outages, or early dismissal neither program will be in session. For holidays check with the YMCA for programming information.

*A \$30.00 registration fee is due at the time you register.*

## **SCHOOL'S OUT CLUB (WASHINGTON INCLUDED)\*\***

Children Kindergarten - 8th Grade have the opportunity to enjoy activities at the YMCA on their day off of school. Activities will include swimming, gym games, arts & crafts, and movies. Please have your child bring a swimsuit, towel, sack lunch, and a drink.

Dates: Jan. 16th & 23rd, Feb. 20th, April 6th & 9th, from 5:30 AM - 6:00 PM **\*\*MUST BE REGISTERED BY THE DAY BEFORE OR A \$5.00 LATE FEE WILL BE APPLIED\*\***

**Fee:**     Member                      Program Member  
              \$35.00 per day               \$40.00 per day

## **WINTER CAMP/WINTER INTERSESSION\*\***

**(Minimum of 5 to run)**

Children Kindergarten - 8th Grade come join us for some great fun during winter break with activities such as: swimming, arts & crafts, movies, and gym games. Please have your child bring a swimsuit, towel, sack lunch, and a drink. Dates: Dec. 26th, 27th, 28th, 29th, & 30th,

Jan. 2nd, 3rd, 4th, 5th, 6th, & 9th from 5:30 AM - 6:00 PM

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Program Member</u></b>
	\$30.00 per day	\$35.00 per day (If registered by 12/11/11)
	\$35.00 per day	\$40.00 per day (If registered 12/12/11 or after)

### **SPRING CAMP/SPRING INTERSESSION\*\***

**(Minimum of 5 to run)**

Children Kindergarten - 8th Grade come join us for some great fun during winter break with activities such as: swimming, arts & crafts, movies, and gym games. Please have your child bring a swimsuit, towel, sack lunch, and a drink.

Dates: Mar. 19th, 20th, 21st, 22nd, 23rd, 26th, 27th, 28th, 29th, & 30th from 5:30 AM - 6:00 PM **\*\*MUST BE REGISTERED BY THE DAY BEFORE OR A \$5.00 LATE FEE WILL BE APPLIED\*\***

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Program Member</u></b>
	\$35.00 per day	\$40.00 per day

**\*\*WE ACCEPT YWCA APPROVED PAYMENTS.**

# YOUTH

### **DANCES (Contact: Mike Leonard) (5th & 6th Grade)**

The YMCA staff, chaperones and uniformed police will host 5/6 grade dances in our gymnasium. Each dance will have a specific theme and prizes are awarded to those in attendance who best exemplify the theme of the evening. Students are not allowed to enter the dance after 7:30PM and cannot leave until 9:00 PM unless a parent comes in to pick them up. The cost is \$7.00 at the door and themes to be announced in flyers that are sent to the schools.

**Dates:** January 13th, February 17th, March 16th, April 13th, May 11th

**Fee:** \$7.00 at the door

### **MOTHER/SON VALENTINES DANCE**

**(Contact: Heidi Mansavage)**

Start the night off with a special picture of you and your child and then enjoy a great evening of dancing and making your Mother's Day gift. Every mother receives a special gift and prize drawings will be held throughout the evening.

**\*\*MUST BE REGISTERED BY FEBRUARY 8TH.**

**Date:** Friday, February 10 from 7:00 - 9:00

Pictures begin at 6:30 PM

**Fee:** \$25.00 per couple \$10.00 each additional son

### **NEW YEAR'S EVE OVERNIGHT (Contact: Heidi Mansavage)**

**(Kindergarten - 8th Grade)**

**Sponsored by SwedishAmerican Foundation**

Bring your child for a night of fun, games, swimming, and movies.

Please have your child bring a swimsuit, towel, sleeping bag, and pillow.

# SWEDISH AMERICAN AD GOES HERE

Please do not allow your child to bring cell phones or any electronic games from home. Must be registered by Friday, December 30th (NO EXCEPTIONS)

**Date:** Saturday, December 31st 6:00 PM - Sunday, January 1st 8:00AM

**Fee:** \$10.00 per family

## KAYAKING

### INTRO TO KAYAKING

Come join us for a fun, new activity. Paddle and Trail will be here to show you how much fun kayaking can be. It is a great way to not only have fun, but even get a little exercise. Please bring a suit and a towel.

**Fee:** \$150.00 per day

**Dates:** Sunday, January 29th 1:00 PM - 7:00 PM

Sunday, March 18th 1:00 PM - 7:00 PM

## SUMMER SWIM TEAM

The Belvidere Family YMCA will again be offering our summer swim team program. This year we are apart of the North Central Illinois Swim conference. Coach Matt Lindstrom and Coach Erick Powell will be back with us this summer. Please look for more information in our summer brochure or if you have any questions, please call Cherie Dollinger at 815-547-4761.

## **TUMBLE AND SWIM**

**(3-5 years of age) (min of 3, max of 6)**

Your child will learn basic tumbling skills, build strength, coordination, and flexibility with 30 minutes of mat activities. Instructor will then escort participants to the pool for 30 minutes of swim instruction. Child should come dressed in t-shirt, shorts or sweats, and swimsuit underneath, along with a towel.

<b>Fee:</b>			<b><u>Member</u></b>	<b><u>Program Member</u></b>
Wed. Gym	8:45-9:15 AM			
Pool	9:20-9:50 AM		\$40.00	\$90.00
	OR			
Wed. Gym	9:25- 9:55 AM			
Pool	10:00-10:30 AM		\$40.00	\$90.00

## **HOME SCHOOL GYM & SWIM**

**(5-12 years of age) (min of 4, max of 12)**

Need a place for your home-schooled child to get some physical activity? Then we have what you are looking for! Your child will have 30 minutes of fitness activity in the gym followed by 45 minutes of swim instruction. Child should come dressed in t-shirt, shorts or sweats, and swimsuit underneath, along with a towel.

<b>Fee:</b>			<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon. 5-8 years of age				
Gym	1:00-1:30 PM			
Pool	1:45-2:30 PM		\$50.00	\$100.00
9-12 years of age				
Pool	1:00-1:45 PM			
Gym	2:00-2:30 PM		\$50.00	\$100.00

## **WEE ROLLERS (Contact: Cherie Dollinger)**

**(3 - 5 years of age, min. of 3, max. of 6)**

Emphasis is on motor skill development activities, basic coordination, flexibility, and balance.

<b>Fee:</b>			<b><u>Member</u></b>	<b><u>Program Member</u></b>
Thurs.	4:00 - 4:30 PM		\$20.00	\$50.00

## **BEGINNING TUMBLING (Contact: Cherie Dollinger)**

**(6 - 12 years of age, min. of 3, max. of 6)**

Emphasis on beginning tumbling instruction. Such as front rolls, back rolls, cartwheels, and more.

<b>Fee:</b>			<b><u>Member</u></b>	<b><u>Program Member</u></b>
Thurs.	4:30 - 5:15 PM		\$25.00	\$60.00

## **AMERICAN RED CROSS BABYSITTER TRAINING**

**(min. of 3, max. of 10)(Contact: Cherie Dollinger)**

The purpose of this class is to provide youth ages 11 - 15 with the information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians. This training will help participants develop skills in leadership and professionalism, basic care, safety, safe play, and first aid.

**Dates: Session I** Saturday, February 4th from 9:00 AM - 3:00 PM  
**Must be registered by January 29th**  
**Session II** Saturday, April 7th from 9:00 AM - 3:00 PM  
**Must be registered by April 1st**  
**Session III** Saturday, May 5th from 9:00 AM - 3:00 PM  
**Must be registered by April 21st**  
**Fee:** \$40.00 Per Session **\*\*Bring a sack lunch\*\***

# SWIM LESSONS

(Average water temperature is 84 degrees)

## CLASS MAKE-UP POLICY

In an effort to provide our members with the highest quality lessons with the most consistency, we do not offer make-up lessons. System credits will be granted with a doctor's note or in extreme circumstances, with the permission of the Aquatic Director. Please understand there are times when instructors do get sick and cannot be in class. When this occurs, we will provide a substitute instructor. ATTENTION PARENTS: To advance children's swim abilities and social skills, we request that parents please observe from the bleachers. If you have a question about a class, please feel free to call Cherie Dollinger, the Aquatic Director, at 815-547-5307.

## **PARENT/CHILD**

**(6 months - 3 years of age, min. of 3, max. of 12)**

Water adjustment & playtime for Moms/Dads and child.  
 Children are required to wear swim diapers.

<b>Fee:</b>		<u><b>Member</b></u>	<u><b>Program Member</b></u>
Mon.	9:00 - 9:30 AM	\$30.00	\$75.00
Sat.	9:00 - 9:30 AM	\$30.00	\$75.00

## **PRESCHOOL**

**(3 years - kindergarten)**

**There will be no make-ups or refunds for holidays, weather related cancellations (including power outages), or a child missing class due to other commitments. *\*\*Sign up for 2 days a week and receive 1 free private swim lesson with Cherie Dollinger, the Aquatic Director. Private lesson must be used before the end of the session you are registered for.\*\****

## **MINI-PIKE**

**(min of 3, max of 6)**

Those swimmers who are taking classes for the first time and those afraid of the water.

<b>Fee:</b>		<u><b>Member</b></u>	<u><b>Program Member</b></u>
Mon.	9:30 - 10:00 AM	\$30.00	\$75.00
Mon.	5:30 - 6:00 PM	\$30.00	\$75.00**
Tues.	4:00 - 4:30 PM	\$30.00	\$75.00
Wed.	9:30 - 10:00 AM	\$30.00	\$75.00

Wed.	5:45 - 6:15 PM	\$30.00	\$75.00
Thurs.	4:00 - 4:30 PM	\$30.00	\$75.00
Sat.	9:00 - 9:30 AM	\$30.00	\$75.00
Sat.	11:00 - 11:30 AM	\$30.00	\$75.00

\*\*Spring Session Only

## **PIKE**

**(min of 3, max of 6)**

To participate in this class level your child must be able to with the use of a floatation device, swim 10 yards on their front and back. Front and back float 5 seconds unassisted.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon.	10:00 - 10:30 AM	\$30.00	\$75.00
Mon.	6:00 - 6:30 PM	\$30.00	\$75.00**
Tues.	4:30 - 5:00 PM	\$30.00	\$75.00
Wed.	10:00 - 10:30 AM	\$30.00	\$75.00
Wed.	6:15 - 6:45 PM	\$30.00	\$75.00
Thurs.	4:30 - 5:00 PM	\$30.00	\$75.00
Sat.	9:30 - 10:00 AM	\$30.00	\$75.00

\*\*Spring Session Only

## **MINI-EEL**

**(min of 3, max of 6)**

To participate in this class your child must be able to swim 1 length of the pool unassisted with 1 1/2 bubble floatation device.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon.	6:30 - 7:00 PM	\$30.00	\$75.00**
Tues.	5:00 - 5:30 PM	\$30.00	\$75.00
Wed.	9:00 - 9:30 AM	\$30.00	\$75.00
Wed.	6:45 - 7:15 PM	\$30.00	\$75.00
Thurs.	5:00 - 5:30 PM	\$30.00	\$75.00
Sat.	10:00 - 10:30 AM	\$30.00	\$75.00

\*\*Spring Session Only

## **EEL**

**(min of 3, max of 6)**

To participate in this level your child must be in a single floatation device and they will work on the following: swim 1 length of the pool without a floatation device while blowing bubbles, deep water jump, and swim 2 continuous lengths with a kickboard.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon.	7:00 - 7:30 PM	\$30.00	\$75.00**
Tues.	4:00 - 4:30 PM	\$30.00	\$75.00
Thurs.	4:00 - 4:30 PM	\$30.00	\$75.00
Sat.	10:30 - 11:00 AM	\$30.00	\$75.00

\*\*Spring Session Only

## PROGRESSIVE SWIM

(6 yrs. & up)

There will be no make-ups or refunds for holidays, weather related cancellations (including power outages), or a child missing class due to other commitments. **\*\*Sign up for 2 days a week and receive 1 free private swim lesson with Cherie Dollinger, the Aquatic Director.**

**Private lesson must be used before the end of the session you are registered for.\*\***

### **POLLIWOG**

**(min of 3, max of 8)**

To move to the next level your child must be swimming on their front and back with no assistance, with their face in the water doing rhythmic breathing.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon.	5:30 - 6:15 PM	\$35.00	\$90.00**
Tues.	4:00 - 4:45 PM	\$35.00	\$90.00
Wed.	5:45 - 6:30 PM	\$35.00	\$90.00
Thurs.	4:00 - 4:45 PM	\$35.00	\$90.00
Sat.	9:30 - 10:15 AM	\$35.00	\$90.00

\*\*Spring Session Only

### **GUPPY**

**(min of 3, max of 8)**

To move to the next level your child needs to be able to swim on front, back, and side 2 lengths of the pool and have correct arm and leg positions while doing rotary breathing.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon.	6:15 - 7:00 PM	\$35.00	\$90.00**
Tues.	4:45 - 5:30 PM	\$35.00	\$90.00
Wed.	6:30 - 7:15 PM	\$35.00	\$90.00
Thurs.	4:45 - 5:30 PM	\$35.00	\$90.00
Sat.	10:15 - 11:00 AM	\$35.00	\$90.00

\*\*Spring Session Only

### **MINNOW/FISH**

**(min of 4, max of 12)**

Swim on front, back, and side 4 lengths of the pool with rotary breathing, tread water, and deep water dive.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon.	6:15 - 7:00 PM	\$35.00	\$90.00**
Tues.	4:30 - 5:15 PM	\$35.00	\$90.00
Thurs.	4:30 - 5:15 PM	\$35.00	\$90.00
Sat.	9:30 - 10:15 AM	\$35.00	\$90.00

\*\*Spring Session Only

# LIFEGUARDING

## RED CROSS TRAINING

**(15 Years & up) (min of 4 to run class)**

This course is a complete training for today's professional lifeguard, capable of job management and accident prevention. First Aid and CPR are included in the course. Classes are held on Sundays.

<b>Dates:</b> Session I	January 15 - February 19
	Must be registered by January 7th
Session II	April 1 - May 13 (No class on April 8)
	Must be registered by March 25th
<b>Time:</b>	12:00 - 6:00PM
<b>Fee:</b> <u>Member</u>	<u>Program Member</u>
\$150.00 Per Session	\$200.00 Per Session

# AQUATICS

(Average water temperature is 84 degrees)  
(Minimum of 4 per class)

## SNAP, CRACKLE, AND POP

**(Arthritis Foundation / YMCA Program)**

This class is designed for those who suffer from arthritis. A series of moderate flexibility and strengthening exercises are performed.

<b>Fee:</b>	<u>Member</u>	<u>Program Member</u>
Mon. 10:30 - 11:30 AM	\$20.00	\$ 50.00
Tues. 8:45 - 9:45 AM	\$20.00	\$ 50.00
Wed. 10:30 - 11:30 AM	\$20.00	\$ 50.00
Thurs. 8:45 - 9:45 AM	\$20.00	\$ 50.00
Fri. 8:45 - 9:45 AM	\$20.00	\$ 50.00

## AQUACIZE

A fun refreshing alternative for swimmers and non-swimmers alike. Class includes a warm-up, cardio workout, and a cool down.

<b>Fee:</b>	<u>Member</u>	<u>Program Member</u>
Tues. 7:45 - 8:45 AM	\$20.00	\$ 50.00
Thurs. 7:45 - 8:45 AM	\$20.00	\$ 50.00

## SWIMNASTICS

An effective water exercise class that strengthens and tones the whole body.

<b>Fee:</b>	<u>Member</u>	<u>Program Member</u>
Tues. 9:45 - 10:45 AM	\$20.00	\$ 50.00
Thurs. 9:45 - 10:45 AM	\$20.00	\$ 50.00
Fri. 9:45 - 10:45 AM	\$20.00	\$ 50.00

## **WATER COMBO WORKOUT**

A combination of deep & shallow water exercises and pilates & a variety of music. Take advantage of the water's natural resistance and the combination of resistance equipment to improve cardiovascular endurance and tone the entire body. This is a great workout for moms that are trying to get back into shape after having a little one.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon.	8:00 - 8:45 PM	Free	\$ 45.00
Wed.	7:15 - 8:00 PM	Free	\$ 45.00

## **ACTIVE OLDER ADULT (AOA)**

### **WATER EXERCISE CLASS**

This 45-minute shallow warm water exercise class is designed to improve muscle tone., flexibility, and strength. Swimming not required.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Wed.	1:00 - 1:45 PM	Free	\$ 45.00

## **AQUA FITNESS**

This class is not for the faint of heart. With a combination of pilates, latin rhythms, and good old fashion hard work. Join us for a wet and wild workout!

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Fri.	10:45 - 11:45 AM	\$20.00	\$ 50.00

## **AQUAROBICS**

Aqua workouts are great for those recovering from injuries or if you have joint issues. When in the water there is less pressure on joints, but great resistance for a totally intense workout.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Sat.	8:00 - 8:45 AM	\$15.00	\$ 45.00

## **ONE ON ONE SWIM LESSONS**

If you would like to develop and improve your aquatic skills with one of our Certified Instructors please contact Judy Hale or Cherie Dollinger at 815-547-5307.

	<b><u>Member</u></b>	<b><u>Program Member</u></b>
4 lessons	\$50.00	\$ 70.00
6 lessons	\$60.00	\$ 95.00
8 lessons	\$75.00	\$125.00

# ADULT LEAGUES

## WEDNESDAY NIGHT

### ADULT CO-ED VOLLEYBALL LEAGUE

Okay, so get a hold of your friends or co-workers, form your team, and come down to the YMCA this winter for fun-filled Wednesday nights. Some long lasting friendships have been established as a result of this league and you can become a part of the camaraderie. This is a league for adult men and women 18 years of age and older. All games are played on Wednesday nights.

Registration: November 30th through January 13th  
Games Begin: January 18th through April 25th  
Fee: **\$175.00 per team**

### YMCA MEN'S GOLF LEAGUE

Need a good reason to play golf during the week? Join the YMCA Men's Golf League. League begins the first week of May (weather permitting) and runs into October/November. Season highlights include weekly prizes and special competitions. The season ends with a banquet that includes dinner and prizes. For more information contact Mike Leonard at 815-547-5307.

Registration: March 21st through May 2nd  
Fee: **\$85.00\*\***  
\*\*Plus greens fees

## 30 & UNDER THURSDAY NIGHT SPRING BASKETBALL LEAGUE

This league is designed for all those recent college grads, those still in college and those in the working world who still have game. If you have ever played or saw our summer college league this is going to have the same look and feel as we take it to the spring. We play under IHSA rules and Code of Conduct and **each team must provide a roster of players before the first game and provide their own clearly numbered jerseys.** The season starts March 15th and concludes with a single elimination tournament. ***\*\*A \$25.00 LATE FEE WILL BE APPLIED IF YOU REGISTER AFTER MARCH 12TH.\*\****

Registration: Feb 13<sup>th</sup> thru March 12<sup>th</sup>  
Games: Thursdays (March 15th through May 3rd)  
Fee: \$375.00 per team

# BASKETBALL

## WINTER BASKETBALL LEAGUE

3rd & 4th Grade (coed) modified draft league

5th & 6th Grade (boys) teams and draft league

7th & 8th Grade (boys) teams and draft league

High School (boys) teams and draft league

The 3rd/4th grade league will use a modified draft system to assign players to teams. The rest of the leagues will allow up to 10 players to sign up as a team and pay the team rate. You can still sign up as an individual, and the YMCA will then assign you to a team.

**All special requests due to ride sharing will be considered, but not guaranteed.**

Registration: November 11th - 9 AM January 7th

Coaches Meeting: Saturday, January 7th

3rd/4th grade 9:00 AM

5th/6th grade 10:30 AM

7th/8th grade 12:30 PM

High School 12:30 PM

Practice Begins: Week of January 9th

Games Begin: Saturday, January 21st

Fee:	<u>Member</u>	<u>Program Member</u>	<u>Team</u>
	\$65.00	\$100.00	\$600.00

Anyone registering after 9 AM January 7th will pay an extra \$5.00 per person or \$25.00 per team late fee. Teams can register for the fee of \$600.00 and provide your own coach. The YMCA (Michael Leonard) must approve the coach. If you are registering a team, players cannot register individually, the players must pay the coach and the coach will pay the YMCA the full amount at the time of registration with **one** check made out to the YMCA (**NO EXCEPTIONS**). If a player signs up as an individual and then ultimately is suppose to be part of a "team" sign up no monies will be refunded to the individual or the team.

## 3 ON 3 HOLIDAY HOOPS TOURNAMENT

The Belvidere Family YMCA will be hosting a 3 on 3 Christmas Holiday tournament during the week of December 27th thru December 30th. Each team can sign up with either 3 or 4 players on their team. The tournament will have the following grade and gender brackets: (3rd /4th coed) (5th /6th boys, girls) (7th/ 8th boys, girls ) (High School boys, girl) (18 and Older). Each age brackets tourney will be run on one of the nights between the 27th and the 30th (TBD). The tourney will take up to 16 teams in each age bracket and the winners of each age bracket will receive medals. Every participant will receive a t-shirt.

**Registration:** November 28th thru December 24th (until noon)

**Fee:** \$60.00 per team

**Dates:** December 27th thru December 30th

**\*\*A \$10.00 TEAM LATE FEE WILL BE APPLIED IF YOU REGISTER AFTER NOON ON DECEMBER 24TH\*\***

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# BASEBALL

## BASEBALL PITCHING INSTRUCTION

Pitching is more than just throwing the ball. There are mechanics when throwing, understanding the pitcher's plate, the rules about balks, pick-off plays at each base, fielding your position and finally mound presence and knowing situations while pitching. We will go over all of that and more in this 3-week program. **Space is limited to the first 12 children to sign up.** Bring your glove each week.

**Dates:** Sundays, March 4th, 11th, 18th  
**Time:** 3:00 - 4:30 PM  
**Place:** Belvidere Family YMCA  
**Age Group:** 9 years to 14 years old  
**Registration:** January 30th – March 2nd  
**Fee:** \$65.00

# VOLLEYBALL

## GIRLS VOLLEYBALL LEAGUE

The focus of this league is to teach the correct fundamentals of volleyball and to teach participants teamwork, fair play, cooperation, and values.

3rd & 4th Grade  
5th & 6th Grade  
7th & 8th Grade

**(Minimum of 4 teams in any league for league to run)**

Registration: February 13th - March 17th (up til 9 AM)  
Coaches Meeting: Saturday, March 17th (10:00 AM)  
Free Clinic: Sunday, March 18th  
1 PM - 3 PM at YMCA  
Practice Begins: Week of March 19th

**NO PRACTICES WEEK OF SPRING BREAK**

Games Begin: Saturday, April 7th

The league kicks off with a volleyball clinic held on Sunday March 20<sup>th</sup> from 1 PM til 3 PM for all those registered in the leagues.

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Program Member</u></b>	<b><u>Team</u></b>
	\$65.00	\$100.00	\$525.00

Teams can register for the fee of \$525.00 and provide your own coach. The YMCA (Michael Leonard) must approve the coach. If you are registering a team, players cannot register individually, the players must pay the coach and the coach will pay the YMCA the full amount at the time of registration (**NO EXCEPTIONS**). If a player signs up as an individual and then ultimately is suppose to be a part of a "team" sign up, no money will be refunded to the individual or the team. **Anyone registering after 9 AM on March 17th will pay an extra \$5.00 per person or \$25.00 per team late fee.**

# GOLF

*The following golf classes will be taught by golf pro John Swenson who has been teaching golf for 40 years. He is known as an outstanding communicator making golf fun for his students. John recently was honored as the “Ping Club Fitter of the Year”.*

**Registration for all classes begins March 5th at the Belvidere YMCA  
All classes will be taught at:  
Timber Pointe Golf Club  
5750 Woodstock Road • Belvidere, IL 61008 • 815-544-1935**

## **“YOUTH GOLF FOR BEGINNERS”**

If you think you would like to try golf, this is the class for you. We will cover all the basics and answer all your questions by keeping it simple. NO CLUBS ARE NECESSARY. Classes held at Timber Pointe.

<b>Fee:</b>	\$65.00 (youth)	Min. 4/Max. 16	6 Classes
<b><u>Day</u></b>	<b><u>Time</u></b>	<b><u>Dates</u></b>	<b><u>Ages</u></b>
Saturday	10:00 - 10:45 AM	Apr. 21st - May 26th	7 - 11

## **“YMCA JUNIOR GOLF AGES 10-14”**

Our Juniors have great natural ability. We will not hamper their progress with too much teaching. Using a strong but fundamental approach, we will help them to love the game and more importantly have fun playing the game. This is one of our most popular classes. Classes held at Timber Pointe.

<b>Fee:</b>	\$65.00	Min. 4/Max. 16	6 Classes
<b><u>Day</u></b>	<b><u>Time</u></b>	<b><u>Dates</u></b>	<b><u>Ages</u></b>
Tues./Thurs.	4:00 - 4:45 PM	Apr. 17th - May 3rd	10 - 14
Tues./Thurs.	4:00 - 4:45 PM	May 22nd - Jun. 7th	10 - 14

## **“ADULT GOLF FOR MEN AND LADIES”**

This class will start by making sure your fundamentals are correct and that you understand them. We will then move to each individual and work on the areas that you need to improve your game. A fun way to improve your golf game. YOU DON'T NEED TO OWN YOUR OWN CLUBS, CLUBS WILL BE AVAILABLE. Classes held at Timber Pointe.

<b>Fee:</b>	\$65.00 (adult)	Min. 4/Max. 16	6 Classes
<b><u>Day</u></b>	<b><u>Time</u></b>	<b><u>Dates</u></b>	<b><u>Ages</u></b>
Tue./Thurs.	9:45 - 10:30 AM	Apr. 17th - May 3rd	18 and over
		OR	
Tue./Thurs.	9:45 - 10:30 AM	May 22nd - Jun. 7th	18 and over

# ARTS

## HOLIDAY ARTS AND CRAFTS

Let's get in the spirit together this holiday season as the Y staff member Angel Kurpius will be leading this holiday craft class. We will be making 2 ornaments. The first is a polymer clay character the other a Christmas ball. Both are suitable to make a great gift or keepsake for years to come. Supplies will be provided, just bring your smiles and your holiday spirit. Register early as this class promises to fill up fast.

**Class Dates:** Dec 12<sup>th</sup>, Dec 14<sup>th</sup>, Dec 20<sup>th</sup>, Dec 21<sup>st</sup>  
**Time:** 6:00-7:15pm  
**Fee:** \$25.00

## ART (SKETCHING)

Drawing can be a wonderful tool for creativity. But many of us lack confidence in our ability to draw. With this Wednesday night course you'll receive sketching skills that can improve your natural talents (great for homeschoolers too). These art lessons, by Y staff member Angel Kurpius, allows individual development so that each person can measure success by what he or she has accomplished in this 7-week course. Sketch pad and sketch pencils (HD, 4B, and 6B) are required. *IF YOU PREVIOUSLY TOOK THIS CLASS WE HAVE A NEW CURRICULUM FOR THIS SESSION.*

**Class Dates:** Wednesdays (Winter I & Spring Session\*)  
**Age Group:** K-5th grade: 6:15 - 7:00 PM  
6th thru Adult: 7:00 - 8:00 PM  
**Fee:** \$35.00

*\*For Spring Session please bring Berol colored pencils*

## ART (WATER COLOR)

Drawing can be a wonderful tool for creativity. But many of us lack confidence in our ability to paint. With this course you'll receive painting with water color skills that can improve your natural talents (great for homeschoolers too). These art lessons, by Y staff member Angel Kurpius, allows individual development so that each person can measure success by what he or she has accomplished in this 7-week course. Water colors such as the "Rembrandt" brand and water color brushes are required. *IF YOU PREVIOUSLY TOOK THIS CLASS WE HAVE A NEW CURRICULUM FOR THIS SESSION.*

**Class Dates:** Wednesdays (Winter II Session)  
**Age Group:** K-5th grade: 6:15 - 7:00 PM  
6th thru Adult: 7:00 - 8:00 PM  
**Fee:** \$35.00

### **ACTING CLASSES (GRADES 3rd - 8th)**

If your child loves to entertain and be the center of attention or even if he/she has an interest in having fun with other youngsters around the same age, these acting classes are the place for them! Why not provide them with the opportunity to delve into the fun of exploring acting. The potential benefits are endless and include self-esteem, structured and meaningful social interaction, and the opportunity to creatively express themselves.

**Day/Time:** Thursdays 6:00 - 7:30 PM

**Fee:** \$75.00 (includes T-shirt)

### **ACTING CLASSES (HIGH SCHOOL - ADULT)**

These acting classes offer a concentrated training experience in the art and craft of acting. Young and old actors will have the opportunity to learn the crucial skills of building characters, playing objectives, and expressing interior emotions physically and vocally. Students discover not only how to express themselves individually but also how to work as an ensemble, gaining valuable leadership skills while having fun and making some new friends. **\*\**(younger actors accepted with instructor's approval)***

**Day/Time:** Thursdays 7:30 - 9:00 PM

**Fee:** \$75.00 (includes T-shirt)

### **ABOUT OUR ACTING INSTRUCTOR:**

Illinois native Keith Romine is the co-owner of Fathead Films. He is an actor, producer, writer, and director. Keith holds a Bachelor of Arts in Film from the University of Nevada, Las Vegas where they studied under some of the great names in film and television including, Academy Award nominated actor Tony Curtis, Actor Michael Tylo, writer Sean Clark, cult film director David Schmoeller, actor Bill Fagerbakke and actor/director Clarence Gilyard Jr. Keith is currently producing short films and his first feature film is slated to shoot this summer

# MARTIAL ARTS

### **KARATE KIDS**

**(3 - 5 years of age)**

Children are fascinated by martial arts, such as the Ninja Turtles and Power Rangers. Give them the opportunity to learn martial arts skills properly and safely from professional instructors. Our Karate Kids program is designed to be fun and less competitive while teaching Martial arts skills, stranger awareness skills, everyday safety skills while reinforcing the life lessons being taught at home.

<b>Fee:</b>	<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon. 6:00 - 6:30 PM	\$50.00	\$85.00

## **JUNIOR**

**( 6 - 13 years of age)**

When is the best time to start your child in martial arts classes? The answer is **NOW!** Our Junior program explores the basic concepts of martial arts and self defense, while promoting physical health and a positive lifestyle.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon.	6:30 - 7:15 PM	\$50.00	\$85.00

## **ADULT**

**(14 years of age & up)**

Is your goal to get in better shape, relieve stress, or just feel more confident in every day life? Regardless of your goals, we will help you achieve your maximum potential. This karate class is designed for all fitness and ability levels.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon.	7:15 - 8:00 PM	\$50.00	\$85.00
Wed.	6:30 - 7:15 PM	\$50.00	\$85.00

## **KARATE ACADEMY**

Martial Arts is a fun, educational, and healthy way for individuals and families to keep physically fit, learn respect, and how to resolve conflicts peacefully. We hope our students will never be picked on or need to fight, but should the occasion arise, we will teach them how to protect themselves. More than kicking and punching, we teach our students life skills that will help them succeed in life. Let Master Keith Burritt (6th degree Black Belt in Tae Kwon Do, Karate and a Certified Personal Trainer) and his staff take you on the first step toward self improvement.

<b><u>Mon.</u></b>	<b><u>Wed.</u></b>	<b><u>Fri.</u></b>	<b><u>Sat.</u></b>
4:20 - 5:10 PM	4:20 - 5:10 PM	5:00 - 5:50 PM	9:00 - 10:15 AM
5:15 - 6:00 PM	5:15 - 6:00 PM		
<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Individual		\$ 80.00 per session	\$125.00 per session
Family		\$115.00 per session	\$160.00 per session

## **KYUKI-DO**

A mixed Martial Art which utilizes the force of Karate & Tae Kwon-Do, the strategies of Judo & Jujitsu, the joint manipulation of Hapki-Do, the skills of modern Wrestling & Boxing and the graceful movements in utilizing various Ancient Weapon techniques.

Kyuki-do is a fun and unique 45-minute class that is great for cardio, flexibility, focus, balance and muscle tone. It is a way to get the most out of your lunch hour two days a week, relieving stress, getting in shape, and building confidence. It provides a simple, but very effective way to develop your mental and physical health. Come and join us today.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Tues.	12:15 - 1:00 PM	\$45.00	\$ 80.00
Thurs.	12:15 - 1:00 PM	\$45.00	\$ 80.00
Tues./Thurs.	12:15 - 1:00 PM	\$86.00	\$150.00

# HEALTH & FITNESS

## GOAL SETTERS

**(11 & 12 years of age)**

You must be 13 years old or wearing your Goal Setters card to be in the fitness center. Learn to use the appropriate and most efficient cardiovascular and strength training equipment to meet your goals. Upon completion of two 1-hour classes you will be allowed to use the Fitness Center and Weight Room as long as you have your Goal Setters Card with you. For questions please contact Heidi Mansavage at 815-547-5307.

**Fee: \$35.00 - Members Only**

**(REGISTRATION NEEDS TO BE COMPLETED BEFORE CLASS CAN BE SET UP.)**

**REGISTRATION FOR ALL FITNESS CLASSES IS MANDATORY. ALL FITNESS CLASSES WILL BE CANCELLED AFTER 2 WEEKS IF CLASS SIZE IS LESS THAN 4 MEMBERS/PROGRAM MEMBERS FOR THAT SESSION. PLEASE BRING A SWEAT TOWEL AND A WATER BOTTLE TO ALL FITNESS CLASSES. FITNESS CLASSES ARE FOR ANYONE 12 YEARS OF AGE AND UP.**

## ABC BOOTCAMP (Gym)

Not sure you're ready for that big boot camp experience yet? Join us and learn the basics. No need to be able to do a ton of push-ups or run a mile, here is where we will start it together.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Tues.	8:30 - 9:30 AM	Free	\$20.00
Thurs.	8:30 - 9:15 AM	Free	\$20.00

## BOOT CAMP (Gym)

An intense cardio and strength workout combining weights, medicine balls, stability balls, bands, and more. A great cross training class using stations, drills, and speed work.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon./Wed.	8:30 - 10:00 AM	Free	\$60.00

## FOREVER FIT (Aerobic Room)

A great low impact workout that uses a variety of music for aerobic conditioning and strength training.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Mon./Wed.	8:30 - 9:45 AM	Free	\$40.00

## PEDAL & PUMP (Aerobic Room)

Love a class setting? Ready to pump up your workouts? Then Pedal and Pump is right for you. Spinning bikes will be used to challenge your endurance and pump will be used to increase your strength giving you a full body workout.

<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Program Member</u></b>
Tues.	8:30 - 9:30 AM	Free	\$20.00
Thurs.	8:30 - 9:15 AM	Free	\$20.00

### **SPINNING CLASSES (Aerobic Room)**

**(max of 10) \*\*REGISTRATION IS MANDATORY\*\***

Participants need to be 10 minutes early to class, allowing time to get your bike set up. Come early classes are limited to 10 bikes. Water bottle and sweat towel are mandatory. **MEMBERS ONLY!!!**

		<u>Member</u>	<u>Program Member</u>
Tues./Thurs.	5:40 - 6:45 AM	\$35.00	\$50.00*
Mon./Wed.	12:15 - 1:15 PM	\$35.00	\$50.00*
Sat.	8:15 - 9:15 AM	\$35.00	\$50.00*

**\*Prices are for all three sessions.**

### **BEGINNER SPIN CLASSES (Aerobic Room)**

Here's your chance to change up your workouts or try something new. Give it a try! (Intermediate level spinners are welcome - must register.)

<b>Fee:</b>		<u>Member</u>	<u>Program Member</u>
Tues.	6:15 - 6:45 PM	Free	\$20.00
Thurs.	6:30 - 7:15 PM	Free	\$20.00

### **T-N-T (Aerobic Room)**

This power blast workout will tighten and tone your entire body. Try some new power packed cardio and super strength moves. A dynamite class!!

<b>Fee:</b>		<u>Member</u>	<u>Program Member</u>
Mon./Wed.	5:00 - 6:00 PM	Free	\$40.00

### **YOGA/PILATES (Mat Room)**

A taste of each, yoga & pilates, working on flexibility, strength, balance, and core power.

<b>Fee:</b>		<u>Member</u>	<u>Program Member</u>
Tues./Thurs.	8:15 - 9:00 AM	Free	\$40.00

### **ZUMBA (Max. of 20) (Aerobic Room)**

Take the "work" out of "workout." Join us for one of the newest and hottest classes around. Zumba is easy and fun. Zumba is a fusion of Latin and International music dance themes creating a dynamic, exciting, and effective fitness workout.

<b>Fee:</b>		<u>Member</u>	<u>Program Member</u>
Mon./Wed.	7:15 - 8:15 PM	\$45.00	\$60.00*

**\*Price is for all three sessions.**

### **KIDS ZUMBA (Aerobic Room)**

If it's fun for adults, it will be fun for kids . . . Zumba Kids is back!

<b>Fee:</b>		<u>Member</u>	<u>Program Member</u>
Mon./Wed.	6:30 - 7:00 PM	Free	\$25.00*

**\*Price is for all three sessions.**



Contact info: Heidi Mansavage - hmansavage@yahoo.com

**Get fit, have fun, make friends...**

An innovative national exercise program specifically designed for the unique health and physical needs of older adults. This program focuses on improving strength, flexibility, balance, and coordination. You will also enjoy the great music and camaraderie of the other participants in the program. Please contact Heidi Mansavage for more information at 815-547-5307.

**CARDIO CIRCUIT (Social Room)**

**For YMCA & Silver Sneakers Members Only.** Combining fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic movements. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position. This class is designed for 65 and older.

		<b>Silver Sneakers &amp; Program</b>	
<b>Fee:</b>		<b><u>Member</u></b>	<b><u>Member</u></b>
Tues/Thurs	9:30 - 10:15 AM	<b>Free</b>	<b>\$3.00</b>
Tues/Thurs	10:30 - 11:15 AM	<b>Free</b>	<b>\$3.00</b>
Fri.	10:30 - 11:15 AM	<b>Free</b>	<b>\$3.00</b>

**PEP UP YOUR LIFE (Class held at the Keenage Center)**

Combination of cardio and strength training for seniors. Please call or stop by the Belvidere YMCA to register for class.

Tuesdays, 10:00 - 10:45 AM

Fee: \$4.00 per class (payment is given to instructor)

# PERSONAL TRAINING

If you're looking for conditioning, improved athletic performance, or just someone to motivate you, our certified personal trainer will tailor an exercise program to meet your needs. Donny Penney has his degree in Exercise Science from NIU and will help motivate you. Contact Donny at 815-547-5307 and schedule your personal training today!

**Fee:** \$30.00 per hour  
\$20.00 per 1/2 hour

Buy any personal training package and receive 1 free personal training session.

4 Appointments	\$100.00
8 Appointments	\$190.00
12 Appointments	\$285.00

# COMMUNITY DEVELOPMENT

## **NEW YEAR'S EVE TRIATHLON**

**(SATURDAY, DECEMBER 31ST )**

The Belvidere Family YMCA will be conducting a totally indoor Triathlon on Saturday, December 31st, beginning at 8:00 AM. ***This triathlon will have a team category as well as individual racers.*** The event will be run in heats of 4 participants and include a 15 minute swim in the YMCA pool, a 5 minute transition, a 20 minute bike ride on our spinning bikes, another 5 minute transition and then 15 minutes on a treadmill. This triathlon is geared for the beginner as well as the veteran tri-athlete. Since events are measured in distances traveled over a specific time, the heats should stay right on time. This event is perfect as you prepare for your New Years Eve plans.

**Individual Fee:** \$30.00 (includes a T-shirt)

**Team Fee:** \$65.00 (includes up to 3 T-shirts)

## **BELVIDERE YMCA TRIATHLON (RAIN OR SHINE)**

The Belvidere Family YMCA will be conducting its 3rd Annual Triathlon on Sunday, May 27th beginning at 7:30 AM. This triathlon will have a team category as well as individual racers. The event will be run in heats and will include a 1/4 mile swim in the YMCA pool, a 5 mile bike race on spinning bikes, and a 2.75 mile run outside. This triathlon is geared for the beginner as well as the veteran tri-athlete. Heats will be staggered and will be skill based to help keep the event running smoothly. We will offer a practice time on Sunday, May 6<sup>th</sup> at 8am. Please contact Heidi Mansavage to schedule a practice time.

**Individual Fee:** \$30.00 (includes a t-shirt)

**Team Fee:** \$75.00 (includes up to 3 t-shirts)

**Practice Time:** May 6<sup>th</sup> at 8:00 AM

**Day of Event:** May 27<sup>th</sup> at 7:30 AM at the YMCA

## **BELVIDERE YMCA SPIN CAMP (Aerobic Room)**

Join us for a "After the Holiday" challenge!! This challenge will be teams of 3 riders, each team can rotate riders as they wish. Each team will earn points for various challenges and accumulated mileage.

This "After the Holiday" party is geared to just have fun!! Come and join us and take on your friends with our challenges. T-shirt, water bottle, music, snacks, and excitement will be provided.

**Date:** Saturday, January 21st

**Time:** 1:00-4:00 PM

**Fee:** \$45.00 per team

\*\*Babysitting will be provided.

## **COUPONING**

Extreme couponer in training? Or just want to better your savings skills? Come, coupons in hand to share your unwanted coupons and enjoy the benefit of your fellow Y member's extras. Share tips on where there are good savings and how to get the best deals. Please bring a pair of scissors and any extra coupons you would like to give away. Call for more details. **\*\*Babysitting is provided during this time and is free if you are a member and \$2.00 per hour, per child if you are not a member.**

**Day/Time:** Wednesdays, 9:00 AM - 10:00 AM

## **ADULT/CHILD & INFANT CPR\***

Participants learn to perform CPR and care for breathing and cardiac emergencies.

**Date/Time:** Tuesday, February 7th from 6:00 PM - 9:30 PM

**\*Must be registered by January 28th or a \$5 late fee will be applied.**

**Fee:** \$40.00

## **FIRST AID\***

Participants learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illnesses, head, neck and back injuries, and heat and cold emergencies.

**Date/Time:** Tuesday, February 21st from 6:00 PM - 9:30 PM

**\*Must be registered by February 11th or a \$5 late fee will be applied.**

**Fee:** \$40.00

## **STANDARD FIRST-AID WITH ADULT/CHILD CPR/AED AND INFANT CPR\***

**Date/Time:** Saturday, March 11th from 9:00 AM - 3:00 PM

**\*Must be registered by March 3rd or a \$5 late fee will be applied.**

**Fee:** \$60.00

## **WINTER AND SPRING MEMBER POTLUCKS**

Come and get to know the Y staff and the other members at our upcoming member potlucks. Please register by the Thursday before the potluck. We ask that individuals bring a dish to pass. We can't wait to sit down and share a meal with everyone.

**Dates:** Monday, December 5th & Monday, March 12th at noon

**Location:** Belvidere Family YMCA

**Fee:** Free, please bring a dish to pass

## **MEMBERSHIP APPRECIATION BREAKFAST**

The Belvidere Family YMCA wants to say thank you to our loyal members. It would be our treat if you would stop by and let us serve you breakfast. Please let us know if you plan to stop by!

**Date:** Wednesday, December 14th from 6:00 AM - 9:00 AM

# ALPINE BANK AD GOES HERE

## VOLUNTEERS

### **YMCA MEN'S CLUB**

The Belvidere Family YMCA Men's Club is looking for new members. We are a service club dedicated to supporting the YMCA and the youth of Belvidere. We meet on the first and third Saturday of the month. For more information contact Larry Baumer at 815-547-5307.

### **BIG BROTHERS / BIG SISTERS OF THE BELVIDERE FAMILY YMCA**

The basis of the Big Brothers / Big Sisters program is the one-on-one relationship building through the matching of a child with an adult volunteer. A professional case manager supervises each match. For more information contact Lisa Ramsby at 815-489-1139.