



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

KISHWAUKEE FAMILY YMCA
Winter/Spring 2012 Programs

REGISTRATION DATES

MEMBER -12/01/2011

PROGRAM PARTICIPANT-12/8/2011

SESSION DATES

WINTER 1- 1/2-2/19 (7 weeks)

WINTER 2- 2/20-4/15 (8 weeks)

SPRING- 4/16-6/3* (7 weeks)

*Price adjustment will occur at time of registration for sessions that include a holiday, and for the Winter 2 session that is 8 weeks long. Price adjustments are not reflected in this guide.



40 DEVELOPMENTAL ASSETS

Research by Minneapolis-based Search Institute has found 40 key factors called Developmental Assets that have a great influence on young people. These assets aren't financial; they are opportunities, skills, relationships, values and self-perceptions that all young people need in their lives.

The more assets young people have, the more likely they will grow up to be caring, competent, responsible adults and the better chances for contributing to their society and finding a meaningful purpose in life. On average, young people with more assets:

- Engage in fewer negative, high-risk behaviors, such as using drugs and alcohol, being violent, and having premarital sex.
- Exhibit more positive or thriving behaviors, such as succeeding in school, demonstrating leadership qualities, and value diversity.
- Demonstrate resiliency in the face of challenges, stresses, and difficult situations.

The Kishwaukee Family YMCA is committed to building developmental assets. Our staff is ready to help you and your family nurture strong, successful, responsible, and caring children

Thanks,

Mary Hess (Assett Specialist)

1. Family Support-Family life provides high levels of love and support.
2. Positive Family Communication-Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.
3. Other Adult Relationships-Young person receives support from three or more nonparent adults.
4. Caring Neighborhood-Young person experiences caring neighbors.
5. Caring School Climate-School provides a caring, encouraging environment.
6. Parent Involvement in Schooling-Parent(s) are actively involved in helping young person succeed in school.
7. Community Values Youth-Young person perceives that adults in the community value youth.
8. Youth as Resources-Young people are given useful roles in the community.
9. Service to Others-Young person serves in the community one hour or more per week.
10. Safety-Young person feels safe at home, school, and in the neighborhood.
11. Family Boundaries-Family has clear rules and consequences and monitors the young person's whereabouts.
12. School Boundaries-School provides clear rules and consequences.
13. Neighborhood Boundaries-Neighbors take responsibility for monitoring young people's behavior.
14. Adult Role Models-Parent(s) and other adults model positive, responsible behavior.
15. Positive Peer Influence-Young person's best friends model responsible behavior.
16. High Expectations-Both parent(s) and teachers encourage the young person to do well.
17. Creative Activities-Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.
18. Youth Programs-Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.
19. Religious Community-Young person spends one or more hours per week in activities in a religious institution.
20. Time at Home-Young person is out with friends "with nothing special to do" two or fewer nights per week.
21. Achievement Motivation-Young person is motivated to do well in school.
22. School Engagement-Young person is actively engaged in learning.
23. Homework-Young person reports doing at least one hour of homework every school day.
24. Bonding to School-Young person cares about her or his school.
25. Reading for Pleasure-Young person reads for pleasure three or more hours per week.
26. Caring-Young person places high value on helping other people.
27. Equality and Social Justice-Young person places high value on promoting equality and reducing hunger and poverty.
28. Integrity-Young person acts on convictions and stands up for her or his beliefs.
29. Honesty-Young person "tells the truth even when it is not easy."
30. Responsibility-Young person accepts and takes personal responsibility.
31. Restraint-Young person believes it is important not to be sexually active or to use alcohol or other drugs.
32. Planning and Decision Making-Young person knows how to plan ahead and make choices.
33. Interpersonal Competence-Young person has empathy, sensitivity, and friendship skills.
34. Cultural Competence-Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
35. Resistance Skills-Young person can resist negative peer pressure and dangerous situations.
36. Peaceful Conflict Resolution-Young person seeks to resolve conflict nonviolently.
37. Personal Power-Young person feels he or she has control over "things that happen to me."
38. Self-Esteem-Young person reports having a high self-esteem.
39. Sense of Purpose-Young person reports that "my life has a purpose."
40. Positive View of Personal Future-Young person is optimistic about her or his personal future.

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SPOTLIGHT

SPECIAL EVENTS/ NEW PROGRAMS



L I V E S T R O N G

L I V E S T R O N G[®] AT THE YMCA

LIVESTRONG AT THE YMCA is a program that engages cancer survivors through an approach that focuses on the whole person. Participants work with trained Y staff to build muscle mass and strength, increase flexibility and endurance, and improve functional ability. In addition to physical benefits, the program is also focused on the emotional well-being of survivors and their families by providing a supportive community environment where people affected by cancer can connect during treatment and beyond.

Program Details:

- 12-week FREE program for cancer survivors
- Next class begins late January
- Free YMCA membership for participants and a caregiver

We welcome anyone interested in joining our LIVESTRONG at the YMCA program to contact Jessica Carls at jcarls@kishymca.org or call 815.756.9577 ext. 39, or stop by the front desk to register on the interest list.

NEW – ACTIVTRAX TRIATHLON CHALLENGE

Get in condition for our Indoor Triathlon by competing in our Triathlon Challenge. Earn points for Strength Training, Cardio, and attending classes.

Session Jan 2 – Feb 18
Member Fee: FREE

Everyone finishing will receive a free class session.

LAZYMEN TRIATHLON- BE A FINISHER!

Swim | Bike | Run (All finishers earn a Y T-shirt!)
You have 5 weeks to complete Ironman Triathlon distances:

- 2.5 Aquatic miles (double run option for non-swimmers)
- 112 Cycling Mile
- 26.2 walk/run miles

Session Dates: March 1st-April 5th
Member Fee: \$10

NEW LIVE HEALTHY TEAM CHALLENGE (Formerly Weight No More)

The Y & Kishwaukee Community Hospital are again teaming up to provide great education, motivation and support to help you hit your goals. Join and become part of a small group led by a team leader who helps you stay on track. Live Healthy Team Challenge membership includes registration in a variety of wellness classes at Kish Hospital, an exercise program at the YMCA and a pass to the YMCA for the duration of the program. Learn how nutrition and exercise can work together to help you achieve your weight loss and wellness goals.

Session Dates: March 26th-May 14th
Registration Dates: January 2nd-March 7th

Member Fee: \$30
Program Participant: \$80
Fee includes Team T-shirts

Call Sue Munz at the Y for more information and to register 815.756.9577

7TH ANNUAL INDOOR TRIATHLON: BIATHLON OPTION AND LIVESTRONG AT THE YMCA WAVE (compete in honor of someone or cancer survivors can have a walk or bike only option).

Competitors swim for 10 minutes, bike for 20 minutes and then run for 15 minutes with short transitions in between. Perfect for people of all ages and ranges of experience. 9 yrs. old and up. Entry fee includes t-shirt, swim bag, healthy snacks, and awards. Great for 1st time experience, families, or to begin competing again after the winter season. Volunteers always needed. TEAMS may also be formed in which each member competes in one of the events. Open to ages 9 & Up. Participate as an individual or as a team! For more info contact Sue Munz at smunz@kishymca.org

Fun for beginners and seasoned athletes!

Date: Sunday, February 19 (First wave begins at 8:00 a.m.)

Individual Fee: \$24 per participant
Team Fee: \$36 (up to 3 people, each competing in 1 event.)

GET INVOLVED, MAKE NEW FRIENDS, LEARN SOMETHING NEW BY JOINING ONE OF OUR CLUBS OR GROUPS

Activities available are:
-Nordic Walking Club
-Bible Study
-Book Club
-Volunteer Group
-Triathlon Training

If interested please sign up at the front desk
Other Ideas? Please contact Sue Munz or Dionne Horne

Member Fee: FREE

NORDIC WALKING (Free clinics)

The best form of exercise you have tried. Nordic walking can burn up to 45% more calories than regular walking, poles are light weight & give you great support, it decreases the force on your lower joints, your arms will contribute to your walking and surprise you in the strength they can develop. Everyone is welcome. Poles will be available for the clinic & the Y will have poles to lend to members afterwards. You will also be able to order poles.

| | |
|-------------|-------|
| January 9 | 9 am |
| January 18 | Noon |
| January 26 | 6 pm |
| February 6 | 7 pm |
| February 16 | 10 am |
| March 16 | Noon |
| March 20 | 2 pm |

| | |
|----------------------|------|
| Member Fee: | FREE |
| Program Participant: | \$10 |

NEW INTRAMURAL SPORTS WITH THE Y AT SYCAMORE HIGH SCHOOL.

Attention Sycamore highschoolers! Join us for intramural sports on Wednesday nights at Sycamore High School. Drop-in and season passes available.

BIRTHDAY PARTIES (Ages toddler and up)

A birthday to remember...with the YMCA! Kishwaukee Family YMCA has many different options, great prices, and fantastic staff. You get 2 full hours of fun activities with no cleanup. All parties include one hour of activity and one hour in the party room, a t-shirt for the birthday child, and a YMCA staff host. Choose from one of our packages, or contact us with your own ideas. (Please note that pool parties are not available.)

Parties are available on Saturdays and Sundays. The price is \$125 for up to 20 participants, and \$3 for each additional participant. (Subscribe to Enews at www.kishymca.org and get a \$25 birthday party coupon with the next Enewsletter!)

Register at the front desk. For questions, contact Dionne Horne at 815.756.9577, x42 or dhorne@kishymca.org.

NEW WATER POLO

Water polo is game played in the lap pool in which two teams of 7 players attempt to score a ball into the goal of the other team. The game involves significant amounts of water treading, dribbling, passing, shooting and swimming. We have split the program into 2 groups; beginners and advanced. In the beginner group, each player will have an opportunity to learn the sport. We'll work from the ground up to build a solid foundation of players. Anyone can try any skill level. The advanced group assumes you have an understanding of the game and are willing to put forth the extra effort required to compete. The advanced group will have regular scrimmages and exhibition games. If you have any questions, please feel free to contact, Ryan Smith at rsmith@kishymca.org.

| | |
|-----------------------------------|--|
| Session: | January 2nd-February 19th February 20-April 15th April 16th-June 3rd |
| Time: | Beginners on Sundays 3:00-4:00pm Advanced on Sundays 4:00-5:00pm |
| Member Fee:/ Program Participant: | \$25 |

AMERICAN RED CROSS LIFE GUARDING

| Dates: | Day | Time |
|----------------------|------------|----------------|
| 1/16-1/20 | Mon-Fri | 4:00-9:00pm |
| | Saturday | 8:00am-8:00pm |
| | | |
| 3/01-3/04 | Thurs-Fri | 4:00-9:00pm |
| | Saturday | 8:00am-8:00pm |
| | Sunday | 10:00am-8:00pm |
| | | |
| 4/12-4/15 | Thurs-Fri | 4:00-9:00pm |
| | Saturday | 8:00am-8:00pm |
| | Sunday | 10:00am-8:00pm |
| | | |
| 5/10-5/13 | Thurs-Fri | 4:00-9:00pm |
| | Saturday | 8:00am-8:00pm |
| | Sunday | 10:00am-8:00pm |
| | | |
| 5/17-5/20 | Thurs-Fri | 4:00-9:00pm |
| | Saturday | 8:00am-8:00pm |
| | Sunday | 10:00am-8:00pm |
| Member Fee: | | \$225 |
| Program Participant: | | \$250 |

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child and Teen

EDUCATION AND LEADERSHIP

TADPOLES PRESCHOOL (For children who are 2 1/2-3 1/2 years)

Tuesday/Thursday 9:00-10:30 am or 11:00am-12:30pm

Member Fee: \$342/year or \$38/month

Program Participant: \$684/year or \$76/month

CATERPILLARS PRESCHOOL (For children who are 3-4 years)

You may choose to add Art, Music, Swimming and Sports, to extend your child's experience.

Monday/Wednesday/Friday 9:00-10:30 am

Member Fee: \$378/year or \$42/month

Program Participant: \$756/year or \$84/month

-ADD ART, MUSIC, SWIMMING AND SPORTS

Monday/Wednesday/Friday 10:30 am-12:00pm

Member Fee: \$477/year or \$53/month

Program Participant: \$954/year or \$106/month

LEAP FROG PRESCHOOL (For children who are 3 1/2-4 1/2 years)

Leap Frog Participants MUST ALSO ENROLL in Swimming and Sports.

Tuesday/Thursday 9:00-11:00 am

-ADD SWIMMING AND SPORTS

Tuesday/Thursday 11:00am-12:00pm

Member Fee: \$720/year or \$80/month

Program Participant: \$1440/year or \$160/month

BUTTERFLIES (PRE-K CLASS) (For children who are 4-5 years)

Butterfly participants MUST ALSO ENROLL in Music, Swimming and Sports.

Monday/Wednesday/Friday 9:00-10:30 am

-ADD SWIMMING AND SPORTS

Monday/Wednesday/Friday 10:30am-12:00pm

Member Fee: \$855/year or \$95/month

Program Participant: \$1,710/year or \$190/month

ADVENTURE GUIDES

The Kishwaukee Family YMCA Adventure Guides hold monthly circle meetings and special events. For more information, contact Kim Jass-Ramirez at 815.756.9577, ext 37 or kjass@kishymca.org

Member /Program Participant : \$40/ year for parent/child pair
\$15 for each additional child

AFTERSCHOOL

The YMCA has partnered with the DeKalb and Sycamore School Districts to offer after school care for youth in grades K - 5. A variety of activities are provided by the YMCA on site at the schools. By combining the strengths of our organizations, our youth benefit through a fun, well-rounded program that will keep them both mentally and physically healthy.

Sycamore Students: For more information call Thomas Franks, OSCAR Co-ordinator or Jana Hayes, OSCAR Administrative Assistant, at 815-899-8123.

DeKalb/Cortland Students: For more information contact the following: Brooks Elementary - Kim Jass-Ramirez, (815) 756-9577; Cortland Elementary - Kimberly Lyle, Principal, (815) 754-2360; Littlejohn - Jermaine Redmond, Principal, (815)-754-2258.

2012-2013 PRESCHOOL REGISTRATION WILL BEGIN MAY 1ST 2012

(Prices in this guide reflect the 2011-2012 School Year, prices are subjected to change for the 2012-2013 School Year)

YOUTH SPORTS

FREE BASKETBALL CLINIC AT THE KISHWAUKEE YMCA

Former NIU player Bianca Brown will lead this clinic. This is a great opportunity to get ready for the upcoming fall basketball season. The clinic is open to all players grades 1st-6th.

Clinic Date: Thursday, January 5th
 Clinic Time: 1st - 2nd Grade 6:00-7:00pm
 3rd - 6th Grade 7:00-8:00pm

Register at the member service desk. It's free!

ROOKIES BASKETBALL (Ages 4 & K)

Games will be played on Saturdays, and a 20 min practice will be held before the game.

League Dates: January 21st - March 10th
 Registration Deadline: January 8th

Member Fee: \$35/41*
 Program Participant \$70/75*

*Second fee will be charged after January 1st

YOUTH BASKETBALL (Grades 1st-6th)

Games will be played on Saturdays, and practices are held during the week.

Practice Begins: Week of January 9th
 Game Dates: January 21st- March 10th
 Registration Deadline: December 27th

Member Fee: \$40/44*
 Program Participant: \$73/78*

*Second fee will be charged after January 1st

SMALL GROUP SOCCER TRAINING SESSIONS

The objective of this program is to help children 7-12 master the key fundamentals of soccer while providing an enthusiastic environment in which to learn and grow. The training sessions will focus on dribbling, passing, shooting and defense. Class size will not exceed 6 participants.

Dates: Thursdays, April 5th - May 24th
 Time: 6:00-7:00pm or 7:00-8:00pm

Member Fee: \$58
 Program Participant: \$77

FREE ONE DAY SOCCER CLINIC

This one day clinic will provide children the opportunity to sharpen up on the skills needed to play in the YMCA indoor winter league. The skills of dribbling, passing, and striking will be covered. The clinic will be led by David Chuna.

Clinic Dates: Wednesday, January 4th
 Clinic Time: 1st-3rd Grade 6:00-7:00pm
 4th-8th Grade 7:00-8:00pm

Register at the member service desk. It's free!

ROOKIES INDOOR SOCCER LEAGUE (Ages 4-K)

Games will be played on Sundays, and a 20 min practice will be held before the game.

WINTER

Winter League Dates: January 22nd- March 11th
 Registration Fee: January 9th

SPRING

Spring League Dates: April 1st- May 20th
 Registration Deadline: March 10th

Member Fee: \$35/40*
 Program Participant \$70/75*

*Second fee will be charged after January 1st for winter and after March 1st for Spring.

YOUTH INDOOR SOCCER LEAGUE (Grades 1st-8th)

Games will be played on Sundays, and practices are held during the week.

Divisions: 1st-2nd Grade
 3rd-4th Grade
 5th-8th Grade

WINTER

Practice Begins: Week of January 9th
 Winter Game Dates: January 22nd-March 4th
 Registration Deadline: December 27th

SPRING

Practice Begins: Week of March 19th
 Spring Game Dates; April 1st-May 20th (No games April 8th)
 Registration Deadline: March 10th

Member Fee: \$40/44*
 Program Participant: \$73/78*

*Second fee will be charged after January 1st for winter and after March 1st for Spring.

8 Youth Development

SPORTS

ROLLER HOCKEY LEAGUE (GRADES 1ST-8TH)

There will be one practice and one game per week. Games will be played Saturday afternoons. Age divisions may vary based on enrollment.

Required Equipment: Helmet with cage, gloves, elbow pads, hockey shin guards, hockey or sweat pants, skates, and a stick.

| | |
|------------------------|-----------------------------|
| Practice Begins: | Week of January 9th |
| Game Dates: | January 21st- March 3rd |
| Registration Deadline: | December 27th |
| Free Clinic: | January 8th |
| | 1st-4th Grade- 12:30-1:30pm |
| | 5th-8th Grade- 1:30-2:30pm |

| | |
|----------------------|----------|
| Member Fee: | \$43/47* |
| Program Participant: | \$86/90* |

*Second fee will be charged after January 1st

MICRO VOLLEYBALL LEAGUE (Grades 1st-3rd)

Amanda Tadla will direct the league at the Y. Amanda is a former NIU volleyball player and the current DeKalb CUSD 428 coach. Practices will be 25 min. before the games on Saturday.

WINTER

| | |
|------------------------|--------------------------|
| League Dates: | January 21st- March 10th |
| Registration Deadline: | January 9th |

SPRING

| | |
|------------------------|---|
| League Dates: | March 31st-May 19th (No games Apr. 7th) |
| Registration Deadline: | March 19th |

| | |
|----------------------|----------|
| Member Fee: | \$35/40* |
| Program Participant: | \$70/75* |

*Second fee will be charged after Jan. 1st for Winter and after Mar. 5th for Spring

SPRING FLAG FOOTBALL LEAGUE (K-5TH)

Participants will have one weeknight practice and play a game. Games will be played on the field behind South Prairie School.

| | |
|------------------|---------------------|
| Practice Begins: | Week of March 26th |
| League Dates: | April 9th- May 26th |

| | |
|----------------------|------|
| Member Fee: | \$40 |
| Program Participant: | \$69 |

T-BALL SKILLS (AGES 4-7)

| | |
|----------------|-----------------------|
| Day/Time: | Mondays, 6:00-6:45pm |
| Session Dates: | March 12th-April 23rd |

| | |
|----------------------|------|
| Member Fee: | \$27 |
| Program Participant: | \$54 |

PRESCHOOL SPORTS SAMPLER (Ages 3-5)

Children will develop sports skills using small and large motor skills.

| | |
|---------|-------------------------------------|
| Sports: | Basketball, Flag Football, T-Ball |
| Dates: | Thursdays, February 23rd- April 5th |
| Times: | 10:50-11:20am |

| | |
|----------------------|------|
| Member Fee: | \$21 |
| Program Participant: | \$42 |

VOLLEYTOTS (Grades 1st-3rd)

| | |
|----------------|--|
| Dates/Time: | Fridays @ 4:30-5:30pm |
| Session Dates: | Winter 1- January 6th-February 17th Winter 2- February 24th-April 6th |

| | |
|----------------------|------|
| Member Fee: | \$32 |
| Program Participant: | \$64 |

VOLLEYBALL SKILLS (Grades 4th-6th)

| | |
|----------------|--|
| Dates/Time: | Fridays @ 5:30-6:30pm |
| Session Dates: | Winter 1- January 6th-February 17th Winter 2- February 24th-April 6th |

| | |
|----------------------|------|
| Member Fee: | \$32 |
| Program Participant: | \$64 |

SPRING BREAK SUPER SPORTS CAMP (3-5 year olds)

| | |
|----------------|--------------------------|
| Session Dates: | March 26th-28th (3 days) |
| Time: | 1:30-3:30pm |

| | |
|----------------------|------|
| Member Fee: | \$14 |
| Program Participant: | \$28 |

4TH ANNUAL 3 V 3 PRESIDENTS DAY BASKETBALL TOURNAMENT

| | |
|------------------------|---|
| Dates: | Monday, February 20th |
| Time: | Games begin at 10:00am |
| Divisions: | 3rd & 4th Grade 5th & 6th Grade 7th & 8th Grade |
| Registration Deadline: | February 14th |

| | |
|----------------------------------|---------------|
| Member Fee/ Program Participant: | \$45 per team |
|----------------------------------|---------------|

SPRING BREAK SOCCER CAMP (1st-6th Grade)

Dates/Time: 10:00am-12:00pm
 Session Dates: March 26th-March 30th (Sycamore)
 April 2nd- April 6th (DeKalb)

Member Fee: \$22
 Program Participant: \$44

SPRING BREAK VOLLEYBALL CAMP (1st-6th)

Dates/Time: 1:00pm-3:00pm
 Session Dates: March 26th-March 30th (Sycamore)
 April 2nd- April 6th (DeKalb)

Member Fee: \$22
 Program Participant: \$44

WELLNESS, KARATE AND PLAY

LIL DRAGONS (Ages 4-7)
 RETURNING STUDENTS ONLY FALL 2

Beginners, white, and gold belts
 Wednesday 6:35-7:30pm

Orange, green, and blue belts
 Wednesday 7:35-8:30pm

Member Fee: \$32
 Program Participant: \$43

YOUTH MARTIAL ARTS (Ages 8-12)

Beginners, white, gold and orange belts
 Thursday 6:45-7:55pm

Green, blue, brown and black belts
 Tuesday 7:00-8:10pm

Member Fee: \$34
 Program Participant: \$44

BEGINNING PILATES AND TONING (Family Friendly)
 Recommended for children 8 and older to attend with a parent

Thursday 6:35-7:30pm

Member Fee: \$8 Individual
 Program Participant: \$21 Individual

-plus \$5 per child

FAMILY YOGA (FOR PARENTS AND CHILDREN 5YRS AND UP)

Wednesday 4:30-5:15pm

Member Fee: \$15 Individual
 Program Participant: \$26 Individual

-plus \$5 per child

HIP HOP DANCE (Family Friendly)
 Recommended for children 8 and older through adult

Monday 4:30-5:15pm

Member Fee: \$16 Individual
 Program Participant: \$26 Individual

-plus \$5 per child

****NEW** HULA HOOP DANCE (Family Friendly)**
 For Children 7 and up to attend with a parent

Tuesday 5:30-6:15pm

Member Fee: \$15 Individual
 Program Participant: \$28 Individual

-plus \$5 per child

PRE-GYM FOR TODDLERS AND TWOS (12mo. & walking- 35 mon.)

Friday 10:45-11:15am

Member Fee: \$17
 Program Participant: \$28

10 Youth Development

WELLNESS AND PLAY

PRE-GYM FOR BABY AND ME (6 mon.- 14 mon. for non-walkers)

Friday 11:20-11:50am

Member Fee: \$17

Program Participant: \$28

FIT KIDS (7-10 year olds)

Tuesday 5:30-6:15pm

Member Fee: \$6

Program Participant: \$12

KIDS/TEEN STRENGTH TRAINING (9-14 year olds)

Returning students only

Tuesday 6:20-7:05pm

Member Fee: \$6

Program Participant: \$12

KID/TEEN STRENGTH TRAINING (9-14 year olds)

Tuesday 7:10-8:00pm

Member Fee: \$6

Program Participant: \$12

CREATIVE DANCE (3-5 year olds)

Friday 10:15-11:00am

Member Fee: \$27

Program Participant: \$38

KIDNICS/TUMBLING (4-6 Years)

Saturday 9:15-10:00am

Member Fee: \$19

Program Participant: \$26

TUMBLING/ ARTISTIC ATHLETICS (7-10 years)

Saturday 10:00-11:00am

Member Fee: \$19

Program Participant: \$26

YOUTH SWIM 3-5 YEAR OLDS

NEW PIKE WITH PARENT

| Day | Time |
|----------|-------------|
| Monday* | 6:35-7:20pm |
| | |
| Saturday | 9:00-9:45am |

PIKE (Beginner) OR EEL (Advanced Beginner)

| Day | Time |
|-----------|---------------|
| Monday* | 4:45-5:30pm |
| | 5:40-6:25pm |
| | 6:35-7:20pm |
| | |
| Tuesday | 10:00-10:45am |
| | 10:55-11:40am |
| | 4:45-5:30pm |
| | 5:40-6:25pm |
| | |
| Wednesday | 4:45-5:30pm |
| | 5:40-6:25pm |
| | 6:35-7:20pm |
| | |
| Thursday | 10:00-10:45am |
| | 10:55-11:40am |
| | 4:45-5:30pm |
| | 5:40-6:25pm |
| | |
| Friday | 11:00-11:45am |
| | 11:55-12:40pm |
| | 4:45-5:30pm |
| | 5:40-6:25pm |
| | |
| Saturday | 9:00-9:45am |
| | 9:55-10:40am |
| | 10:50-11:35am |

YOUTH SWIM 6-12 YEAR OLDS

RAY (Intermediate) OR STARFISH (Advanced)

| Day | Time |
|-----------|---------------|
| Monday* | 4:45-5:30pm |
| | 6:35-7:20pm |
| Tuesday | 10:00-10:45am |
| | 10:55-11:40am |
| | 4:45-5:30pm |
| Wednesday | 5:40-6:25pm |
| Thursday | 10:00-10:45am |
| | 10:55-11:40am |
| | 4:45-5:30pm |
| Friday | 11:00-11:45am |
| | 11:55-12:40pm |
| | 4:45-5:30pm |
| | 6:35-7:20p |
| Saturday | 9:55-10:40am |

YOUTH SWIM 6-12 YEAR OLDS

POLLIWOG (Beginner Ages 6-12) OR GUPPY (Advanced Beginner)

| Day | Time |
|-----------|---------------|
| Monday* | 4:45-5:30pm |
| | 5:40-6:25p |
| Tuesday | 4:45-5:30pm |
| | 5:40-6:25pm |
| Wednesday | 5:40-6:25pm |
| | 6:35-7:20pm |
| Thursday | 4:45-5:30pm |
| | 5:40-6:25pm |
| Friday | 11:00-11:45am |
| | 4:45-5:30pm |
| | 5:40-6:25pm |
| Saturday | 9:00-9:45am |
| | 9:55-10:40am |
| | 10:50-11:35am |

MINNOW (Intermediate)

| Day | Time |
|-----------|---------------|
| Monday* | 5:40-6:25p |
| Tuesday | 5:40-6:25pm |
| Wednesday | 6:35-7:20pm |
| Thursday | 5:40-6:25pm |
| Friday | 11:55-12:40pm |
| | 5:40-6:25pm |
| Saturday | 9:00-9:45am |

FISH (Intermediate/Advanced)

| Day | Time |
|-----------|---------------|
| Monday* | 5:40-6:25pm |
| | 6:35-7:20pm |
| Tuesday | 5:40-6:25pm |
| Wednesday | 4:45-5:30pm |
| Thursday | 5:40-6:25pm |
| Friday | 11:55-12:40pm |
| | 5:40-6:25pm |
| Saturday | 10:50-11:35am |

FLYING FISH (Beginning Advanced)

| Day | Time |
|-----------|--------------|
| Wednesday | 4:45-5:30pm |
| Friday | 6:35-7:20pm |
| Saturday | 9:55-10:40am |

SHARK (Advanced)

| Day | Time |
|-----------|---------------|
| Wednesday | 4:45-5:30pm |
| Friday | 6:35-7:20pm |
| Saturday | 10:50-11:35am |

SWIM LESSONS PRICES FOR WINTER 1 & SPRING (7WEEKS)

| | |
|---------------------|------|
| Member Fee: | \$40 |
| Program Participant | \$80 |

SWIM LESSON PRICES FOR WINTER 2 (8 WEEKS)

| | |
|---------------------|------|
| Member Fee: | \$45 |
| Program Participant | \$90 |

12 Youth Development

YOUTH SWIM

PARENT/CHILD SWIM LESSONS (6MO.-3 YEARS)

These classes will not be offered for the Holiday Session

| Day | Time |
|----------|---------------|
| Tuesday | 11:00-11:30am |
| Thursday | 11:00-11:30am |
| Friday | 5:30-6:00pm |
| Saturday | 8:15-8:45am |

| | |
|----------------------|------------|
| Member Fee: | \$30/\$34* |
| Program Participant: | \$60/\$68* |

*Fee for Winter 2 which is an 8 week session

PRIVATE SWIM LESSONS

7 Lessons for 30 min. each

| | |
|----------------------|-------|
| Member Fee: | \$150 |
| Program Participant: | \$300 |

4 Lessons for 30 min. each

| | |
|----------------------|-------|
| Member Fee: | \$100 |
| Program Participant: | \$200 |

SEMI-PRIVATE SWIM LESSONS

7 Lessons for 30 min. each

| | |
|----------------------|-------|
| Member Fee: | \$225 |
| Program Participant: | \$450 |

4 Lessons for 30 min. each

| | |
|----------------------|-------|
| Member fee: | \$150 |
| Program Participant: | \$300 |

YMCA/DCST SWIM TEAM

STROKE CLINIC (APRIL 17TH-MAY 3RD)

Returning swimmers 8 and younger and new swimmers 12 and younger

Tuesday/Thursday 6:00-7:00pm

Returning swimmers 9 and older and new swimmers 13 and older

Tuesday/Thursday 7:00-8:00pm

| | |
|---------------------|------|
| Member fee: | \$30 |
| Program Participant | \$50 |

ROOKIE WEEK (WILL BEGIN MONDAY, MAY 7TH)

| | |
|----------------------|------|
| Member Fee: | \$25 |
| Program Participant: | \$25 |

2012 SUMMER SEASON

RETURNING DCST SWIMMERS WILL BEGIN ON MONDAY, MAY 21ST

New Swimmers*

| | |
|--|-------|
| 2 monthly payments | \$80 |
| <u>Terriers, Golden Retrievers, Grayhounds</u> | |
| 2 monthly payments | \$103 |
| <u>Huskies, St. Bernards, Great Danes</u> | |
| 2 monthly payments | \$120 |
| <u>Labs</u> | |
| 2 monthly payments | \$135 |
| <u>Bull Dogs /National Team</u> | |
| 2 monthly payments | \$215 |
| <u>College Swimmers</u> | |
| 1 monthly payments | \$90 |

A swimmer is considered new after a 2 season absence.

*Regardless of practice group except Bull Dogs/National Team

HEALTHY LIVING

Improving the nation's health and well-being.

HEALTHY LIFESTYLES

8 WEEKS TO SUCCESS (FORMERLY COMMIT TO BE FIT)

Sign up at the Front Desk.

Member Fee: FREE

INTRODUCTION TO THE WELLNESS CENTER

Sign up at the Front Desk.

Member Fee: FREE

JUST SHOW ME

Sign up at the Front Desk.

Member Fee: FREE

30-MINUTE EXPRESS WORKOUT

Sign up at the Front Desk.

Member Fee: FREE

THERAPEUTIC MASSAGE (Wednesdays only)

Member Fee: \$40/hour or \$30/half hour

Program Participant: \$50/hour or \$35/ half hour

FITNESS ASSESSMENT

Member Fee: \$26

Program Participant: \$47

NUTRITION COUNSELING

Member Fee: \$18

Program Participant: \$19

PERSONAL TRAINING

Member Fee: \$33/hour or \$84 for package of 3

\$17/ half hour or \$43/ for package of 3

Program Participant: \$55/hour or \$150 for package of 3

YOGA PERSONAL TRAINING

Member Fee: \$33/hour or \$84 for package of 3

Program Participant: \$55/hour or \$150 for package of 3

PARTNER TRAINING

Member Fee: \$53/hour or \$140/for package of 3

Program Participant: \$65/hour or \$160 for package of 3

GROUP TRAINING

Time: By Appointment

Group of 3 \$60/hour

Group of 4 \$64/hour

Group of 5 \$69/hour

WEIGH-IN WEDNESDAYS

Need someone to hold you accountable week to week? Sign up for weigh-in Wednesdays. We will track your weight week to week, send you info on nutrition and exercise, and help motivate you to achieve your goals.

Member Fee: FREE

SEE PAGE 14 FOR INFO ON AQUATIC PERSONAL TRAINING

ACTIVTRAX TRAINING

Sign up at the Front Desk. The road to wellness can be tough, and our YMCA is committed to providing staffing, programs and services to help you reach your goals! ActivTrax is a fitness tool designed to guide you and keep you actively engaged in your pursuit of a healthier lifestyle. The web-based technology offers customized exercise and nutritional guidance based upon your needs and goals. With each visit, you enter your username and password at the ActivTrax Kiosk, which prints a detailed exercise plan for the day. You simply follow the instruction on your workout sheet, record the number of repetitions performed, and enter your results. ActivTrax analyzes the member's performance and makes any necessary adjustments to your next workout. Nothing breeds motivation like success. Whether it's tracking caloric intake or burn, the physical changes in your body, or improvement in your general health, our customizable dashboard allows you to track the accomplishments most important to you.

Member Fee: FREE

WATER ACTIVITIES**ARTHRITIS AQUATICS**

Monday/Wednesday/Friday 9:00-9:50am

Member Fee: \$16

Program Participant: \$85

WATER EXERCISE JOG

Monday/Wednesday 7:00-7:45am

Tuesday/Thursday 8:45-9:30am

Tuesday/Thursday 6:30-7:15pm

Member Fee: \$12

Program Participant: \$76

WATER EXERCISE

Monday/Wednesday/Friday 8:10-9:00am

Member Fee: \$15

Program Participant: \$85

SENIOR WATER EXERCISE (65+)

Monday/Wednesday/Friday 1:05-1:55pm

Member Fee: FREE

Program Participant: \$85

RE-COUP/MS

Monday/Wednesday/Friday 10:00-11:00am

11:00-12:00pm

Member Fee: \$19

Program Participant: \$85

Tuesday/Thursday 5:40-6:25pm

Member Fee: \$16

Program Participant: \$76

WATER WALKING

Monday/Wednesday/Friday 10:00-10:30am

Member Fee: \$9

Program Participant: \$38

AQUATIC POST REHAB PERSONAL TRAINING (By appointment)

Member Fee: \$33/hour or \$84 for package of 3

Program Participant: \$55/hour or \$150 for package of 3

AQUA ZUMBA (Same great music and moves in the pool!)

Saturday 7:00-7:50am

Sunday (held at Dekalb Barb City YMCA) 9:00-9:50am

Member Fee: \$15

Program Participant: \$31

ADULT SWIM LESSONS

Monday 7:30-8:15pm

Wednesday 7:30-8:15pm

Saturday 8:00-8:45am

Member Fee: \$50/\$55*

Program Participant: \$80/\$90*

* Fee for Winter 2 which is an 8 week session

MASTERS SWIM CLUB

Session Dates: Winter 1, Winter 2 and Spring

| Days | Time | Age |
|------------------|-------------|-----|
| Monday/Wednesday | 8:30-9:45pm | 18+ |
| Tuesday/Thursday | 5:30-6:45am | 18+ |

Member Fee/Program Participant: \$30

WATER POLO

Sunday Beginners, 3:00-4:00 pm

Advanced, 4:00-5:00pm

Member Fee: \$25

Program Participant: \$31

GROUP CLASSES

30 MINUTE EXPRESS CLASSES

(FF stands for Family Friendly classes)

| Day | Class | Time |
|-----------|------------------------------|-------------|
| Monday | Aerobics/Step | 5:30-6:00pm |
| Monday | Toning | 6:00-6:30pm |
| Monday | Pilates/Stretch | 6:30-7:00pm |
| Monday | Pilates/Stretch(Int-Adv) | 7:00-7:30pm |
| Tuesday | Aerobic & Kickboxing moves | 5:45-6:15pm |
| Tuesday | Toning with Ball | 6:15-6:45pm |
| Wednesday | Aerobics and Step (FF) | 5:30-6:00pm |
| Wednesday | Toning (FF) | 6:00-6:30pm |
| Thursday | Floor Aerobics & Kickboxing* | 5:30-6:00pm |
| Thursday | Toning | 6:00-6:30pm |

*These classes alternate everyother week

Member Fee: FREE
 Program Participant: \$43 for all 10 classes

AEROBIC KICKBOXING MOVES

Tuesday 5:45-6:15pm

Member Fee: FREE
 Program Participant: \$21

BEGINNERS PILATES AND TONING (FAMILY FRIENDLY CLASS)

Recommended for children 8 and older to attend with a parent.

Thursday 6:35-7:30pm

Member Fee: \$8
 Program Participant: \$21

-plus \$5 per child

BEGINNING BALL AND PILATES

Thursday 12:10-12:50pm

Member Fee: FREE
 Program Participant: \$20

BEGINNING YOGA AND PILATES

Tuesday 12:10-12:50pm

Member Fee: FREE
 Program Participant: \$20

BELLY DANCING

Friday 11:10-12:00pm

Member Fee: \$17
 Program Participant: \$28

BOOT CAMP

Tuesday/Thursday 9:00-10:00am

Member Fee: FREE
 Program Participant: \$54

Wednesday 6:30-7:30pm

Member Fee: FREE
 Program Participant: \$27

CARDIO CYCLING

Monday 5:15-6:00am

6:00-6:45pm

Tuesday 6:00-6:45pm

Wednesday 5:15-6:00am

6:00-6:45pm

Thursday 6:00-6:45pm

Friday 5:15-6:00am

Member Fee: FREE
 Program Participant: \$41

CHALLENGE GROUP

Monday 4:20-5:25pm

Wednesday 4:20-5:25pm

Member Fee: \$16
 Program Participant: \$30

GROUP CLASSES

CIRCUIT TRAINING WITH WEIGHTS

| | |
|------------------------------|-------------------------------|
| Monday/Wednesday/Friday | 9:30-10:30am (returning only) |
| Monday/Wednesday/Friday | 10:45-11:45am |
| Monday/Wednesday (Bilingual) | 5:30-6:20pm |
| Tuesday/Thursday | 9:45-10:30am |

| | |
|----------------------|------|
| Member Fee: | FREE |
| Program Participant: | \$53 |

FAMILY YOGA (FOR PARENTS AND CHILDREN 5YRS AND UP)

| | |
|----------------------|-----------------|
| Wednesday | 4:30-5:15pm |
| Member Fee: | \$15 Individual |
| Program Participant: | \$26 Individual |
| -plus \$5 per child | |

FLAT BELLY WORKOUT (no cardio component)

| | |
|----------------------|-------------|
| Tuesday | 6:00-6:45am |
| Member Fee: | FREE |
| Program Participant: | \$20 |
| Thursday | 6:00-6:45am |
| Member Fee: | \$12 |
| Program Participant: | \$20 |

HAVE A BALL

| | |
|----------------------|-------------|
| Monday | 8:00-8:45am |
| Tuesday | 6:15-6:45am |
| Wednesday | 8:00-8:45am |
| Friday | 8:00-8:45am |
| Member Fee: | FREE |
| Program Participant: | \$38 |

HIP HOP DANCE (FAMILY FRIENDLY)

Recommended for children 8 and older through adult

| | |
|----------------------|-----------------|
| Monday | 4:30-5:15pm |
| Member Fee: | \$16 Individual |
| Program Participant: | \$26 Individual |
| -plus \$5 per child | |

NEW HULA HOOP DANCE (FAMILY FRIENDLY)

For Children 7 and up to attend with a parent

| | |
|----------------------|-----------------|
| Tuesday | 5:30-6:15pm |
| Member Fee: | \$15 Individual |
| Program Participant: | \$28 Individual |

-plus \$5 per child

LUNCH TIME EXPRESS

| | |
|----------------------|--------------|
| Monday/Wednesday | 12:15-1:05pm |
| Member Fee: | FREE |
| Program Participant: | \$41 |

PILATES/YOGA

| | |
|----------------------|--------------|
| Monday | 6:30-7:25pm |
| Member Fee: | FREE |
| Program Participant: | \$40 |
| Tuesday | 9:00-10:00am |
| Thursday | 9:00-10:00am |
| Saturday | 8:00-9:00am |
| Member Fee: | \$15 |
| Program Participant: | \$40 |

POWER YOGA WITH LIZ ROBINSON

| | |
|----------------------|---------------|
| Sunday | 10:10-11:10am |
| Member Fee: | \$15 |
| Program Participant: | \$40 |

POWER YOGA

| | |
|----------------------|--------------|
| Monday | 9:15-10:15am |
| Wednesday | 9:15-10:15am |
| Wednesday | 7:40-8:40pm |
| Friday | 9:15-10:15am |
| Member Fee: | \$15 |
| Program Participant: | \$40 |

GROUP CLASSES

SILVER SNEAKERS- SENIOR STRENGTH TRAINING

Monday/Wednesday/Friday 8:45-9:30am

Member Fee: \$17

Program Participant: \$40

STEP AND STRENGTHEN

Monday/Wednesday/Friday 9:00-10:00am

Tuesday/Thursday 4:30-5:40pm

Member Fee: FREE

Program Participant: \$38

TAI CHI (OFFERED WINTER 2 AND SPRING)

Monday 6:35-7:20pm

Member Fee: \$15

Program Participant: \$31

ZUMBA

Monday 5:30-6:15pm

7:35-8:25pm

Tuesday 6:30-7:15pm

Wednesday 6:50-7:40am

10:15-11:00am

5:30-6:20pm

Thursday (English/Spanish) 5:45-6:35pm

Friday 10:15-11:00am

12:15-1:00pm

Friday (English/Spanish) 5:30-6:15pm

Saturday 9:05-9:50am

Member Fee: \$15

Program Participant: \$31

ZUMBA TONING

Friday (English/Spanish) 6:20-6:50pm

Member Fee: \$10

Program Participant: \$18

SEE PAGE 14 FOR INFO ON AQUA ZUMBA

NORDIC WALKING CLUB

Learn how to use the walking poles to burn more calories, work your core muscles, increase your stability and have fun with other walkers.

Monday/Wednesday 12:00-12:45pm

Member Fee: FREE

SPORTS AND RECREATION

ADULT DROP IN SOCCER

Monday/Wednesday 8:00-10:00pm

Member Fee: FREE

Program Participant: \$8

ADULT DROP IN VOLLEYBALL (WHEN LEAGUE IS NOT RUNNING)

Tuesday 8:00-10:00pm

Member Fee: FREE

Program Participant: \$8

ADULT DROP IN HOCKEY

Thursday 8:00-10:00pm

Member Fee: FREE

Program Participant: \$8

CO-ED ADULT VOLLEYBALL LEAGUE

Games are played Tuesday at 8:15pm or 9:15pm

League Dates: January 24th- April 3rd

Registration deadline: January 14th

Team Fee: \$275

Member Fee: \$27

Program Participant: \$48

SPORTS AND RECREATION

HOUSE ROLLER HOCKEY LEAGUE

Season January 15th- May 20th
Registration deadline January 10th
Draft date January 11th, MVP's in Sycamore

Member Fee: \$48
Program Participant: \$96

Goalie Member Fee: \$29
Goalie Program Participant: \$36

Register before December 11th and receive \$10 off the fee

RACQUETBALL LEAGUE

Session Dates Week of January 9th-
Registration Deadline: January 5th

Member Fee: \$13
Program Participant: \$26

ADULT/TEEN MARTIAL ARTS (Ages 13-Adult)

Tuesday/Thursday 7:30-8:45

Member Fee: \$48
Program Participant: \$58

KISHWAUKEE COMMUNITY COLLEGE

ANTIQUES AND COLLECTIBLES

Become inspired by antique experts Ann and Jim Tucker, owners of Sycamore Antiques, as they share their knowledge and passion with you! The first evening will focus on styles of furniture, kinds of wood, glassware and what is defined as an antique. The next week you will learn about art in general, original art, art reproductions, sculptures, prints and non-original art. The final evening focuses on stoneware as you unearth the chronology of the clay industry, history of Midwestern Potteries, such as Red Wing and Western Stoneware. Students may enroll in one or two evenings or choose the series for a significant price break! Sycamore Antiques (320 W. State Street, Sycamore)

Date/ Time: Tuesdays, Feb 21, 28, and March 6, 6-8 pm
Fee: \$75/series or \$29/class

HOT GLASS EXPERIENCE 1

Learn the art of working with studio glass! Students will learn about the history of hot glass and be introduced to equipment and safety procedures in this beginning class. The class focuses on glass shaping techniques rather than glass blowing. Each student will complete a standard paperweight and a jellyfish paperweight in class. Paperweights must cool in an annealing oven at the studio so they will be shipped to students after class. Cost includes \$19 for materials and shipping.

Date: Sat., March 31, 1-4 pm
Location: Starved Rock Hot Glass Studio (700 W. Main, Ottawa)
Fee: \$78

Registration deadline: March 24. No refunds after deadline.

CONVERSATIONAL SPANISH 1

Students will learn basic Spanish including common words, phrases, and simple conversation. Common speaking situations including shopping, dining, traveling, and work geared toward the student's specific needs will be presented. Bring note-taking materials and a Spanish/English dictionary to class.

Location: Genoa-Kingston High School (980 Park Ave, Genoa)
Date: Tuesday, February 28–April 10, 5:30-7 pm
Fee: \$61

**For Registration Information,
Call 815.825.2086, ext 2040
www.kishwaukeecollege.edu/go/ce**

SYCAMORE PARK DISTRICT

GEOCACHING

Remember being a kid, how exciting it was just wandering around discovering new things and new places? Come out with us and be 13 again. Geocaching is a real-world outdoor treasure hunt! We'll discuss exactly what Geocaching is and then we will go on an adventure as we try to locate hidden containers called geocaches. We will be using GPS-enabled devices to navigate to a specific set of coordinates. If you have your own, please bring it along. All ages are welcome, but it's recommended for ages 12 and up. After the treasure hunt, we head back to the shelter for some hot chocolate and a souvenir you can take home! Please dress for the weather

Location: Good Tymes Shelter
Date/Time: Saturday, Feb. 25, 3:30 – 5:30 pm
Fee: \$7/\$10 Non Resident, Code #111-60-14

FLASHLIGHT EGG HUNT

Grab your flashlight and Let's go find some eggs in the dark! We will begin the night decorating our bags, going out and finding those hard to find eggs, then back to do some crafts and some warm drinks. Every child will receive a bag for their eggs, some craft projects and everyone will go home with eggs!

Dates: Thursday, April 5th
 Time: 7:00-8:00pm
 Location: Sycamore Park District Clubhouse
 Fee: \$10/\$15 non resident
 Code # 111-60-06

SPRING FISHING DERBY

Let's catch a big one! Fishermen of all ages are invited to bring their family and show off their skills. First and second place prizes awarded. There will also be door prizes offered. All participants must be registered by 9:30 a.m. on the day of the Derby. Pre-registration is suggested! Volunteers are needed. For details call the Community Center, 815.895.3202.

Dates: April 28th
 Time: 8:00-10:30am
 Location: Lake Sycamore
 Fee: \$4/\$5 non-resident
 Code # 111-60-00

**Online registration available at:
www.sycamoreparkdistrict.com
 or call 815.895.3202**

DEKALB PARK DISTRICT**QUIZ BOWL**

This program provides an introduction to the world of trivia and academic competition. Students will study literature, history, science, fine arts, and other topics in preparation for a full quiz bowl tournament during the last few weeks of class. Our coach, from the Illinois Mathematics and Science Academy, is a seasoned official of quiz bowl competitions and will provide participants top quality instruction and guidance.

Dates: Tuesdays, January 10th- February 28th
 Time: 4:00-5:30pm
 Ages: Junior High
 Location: Haish Gym
 Fee: \$55

YOUTH TEAM TENNIS

Midwest Youth Team Tennis program is the largest tennis program for children 10 years and younger in the Midwest. Featuring the Quickstart Tennis format, the program uses age appropriate equipment and courts scaled to the size of the players. Team Tennis makes the game more accessible and fun by allowing kids to get involved right from the start. Each player receives a team uniform, foam ball, racquet, 1 year USTA

Dates: Sundays, February 5th- March 11th
 Time: 1:00-2:30pm
 Ages: 5-10 years
 Location: Haish Gym
 Fee: \$110

Program Registration Deadline: January 9th

SATELLITE I AND II TENNIS LESSONS

This program is an introductory course for Jr. High and High School students new to the game of tennis (not intended for anyone currently on the high school tennis team). Participants will learn proper technique for ground strokes, volley, serve, and court management. Rules and scoring will also be discussed. This indoor program uses the Quickstart Instruction method which incorporates skills learned into fun games.

Dates: Sunday, February 5th- March 11th
 Time: 2:30-3:30pm
 Ages: Junior High(Satellite II);
 High School (Satellite I)
 Location: Haish Gym
 Fee: \$55

**For registration information, call 815.756.8560
www.dekalbparkdistrict.com**

KISHWAUKEE COMMUNITY HOSPITAL

IMPROVE THE SKIN AROUND YOUR EYES WITH DR. WILLIAMS

Hauser-Ross Eye Institute now offers a fusion of medical science and aesthetics designed to refresh your look with minimal downtime. Ophthalmologist and Oculoplastic Surgeon, Kenya Williams, MD explains how the innovations in medical-grade treatments make it possible to slow down and possibly, reverse skin damage. Join us to learn about Botox, dermal fillers, chemical peels, micro-dermabrasion, facials, medical grade skin care products, laser surgery for brown spots, photo facials and cosmetic eyelid surgery. Free - Registration Required

Dates: April 26th 6:00-7:00pm

Location: KCH Roberts Conference Center

LASER TREATMENT FOR TOENAIL FUNGUS WITH DR. STARKWEATHER

Are you embarrassed to let people see your feet because of toenail fungus? It's important to treat this before it spreads to all of your toes. Join Podiatrist Tina Starkweather, DPM for an in-depth look at the pros and cons of laser treatment. Free - Registration Required

Dates: April 11th 6:30-8:00pm

Location: KCH Roberts Conference Center

CARING FOR YOUR HEART WITH DR. ATTA

Are you overwhelmed by the many over-the-counter and prescription medicines for heart issues like hypertension and elevated cholesterol? Join cardiologist Tara Atta, MD to discuss these along with screening and non-invasive testing options available for heart disease.

Free - Registration Required

Dates: February 2nd 6:30-8:00pm

Location: KCH Roberts Conference Center

**Online registration available at:
www.kishhospital.org/programs
or call 815.748.8962**

KISHWAUKEE FAMILY YMCA

2500 W. Bethany Rd
Sycamore, IL 60178
P. 815.756.9577
F. 815.758.4549

www.kishymca.org

DEKALB BARB CITY YMCA

1515 S. 4th St.
DeKalb, IL 60115
P. 815.756.8369

www.kishymca.org

FACILITY HOURS (SEP. 1ST-MAY 31ST)

M-F 5am-10pm

Sat 6am-6pm

Sun 10am-6pm

HOLIDAY HOURS

Christmas Eve CLOSED

Christmas Day CLOSED

New Years Eve 6am - 6pm

New Years Day 10am - 6pm

KIDS ZONE HOURS (SEP. 6TH-JUNE 4TH)

M-F 8am-1:30pm

4pm-8pm

Sat 8am-12pm

ACTIVITY CENTER HOURS

M-F 4pm-8pm

Sat. 8am-1pm

(Additionally open M-F 9am-1 pm when both Dekalb and Sycamore Schools are off)

DEKALB BARB CITY HOURS

FACILITY HOURS

**M-F 5am-9am
2:30-8pm**

Sat 6am-2pm

Sun 6am-10am

POOL HOURS

M-F 5am-8am

Sat 11am-2pm

Sun 6am-10am