

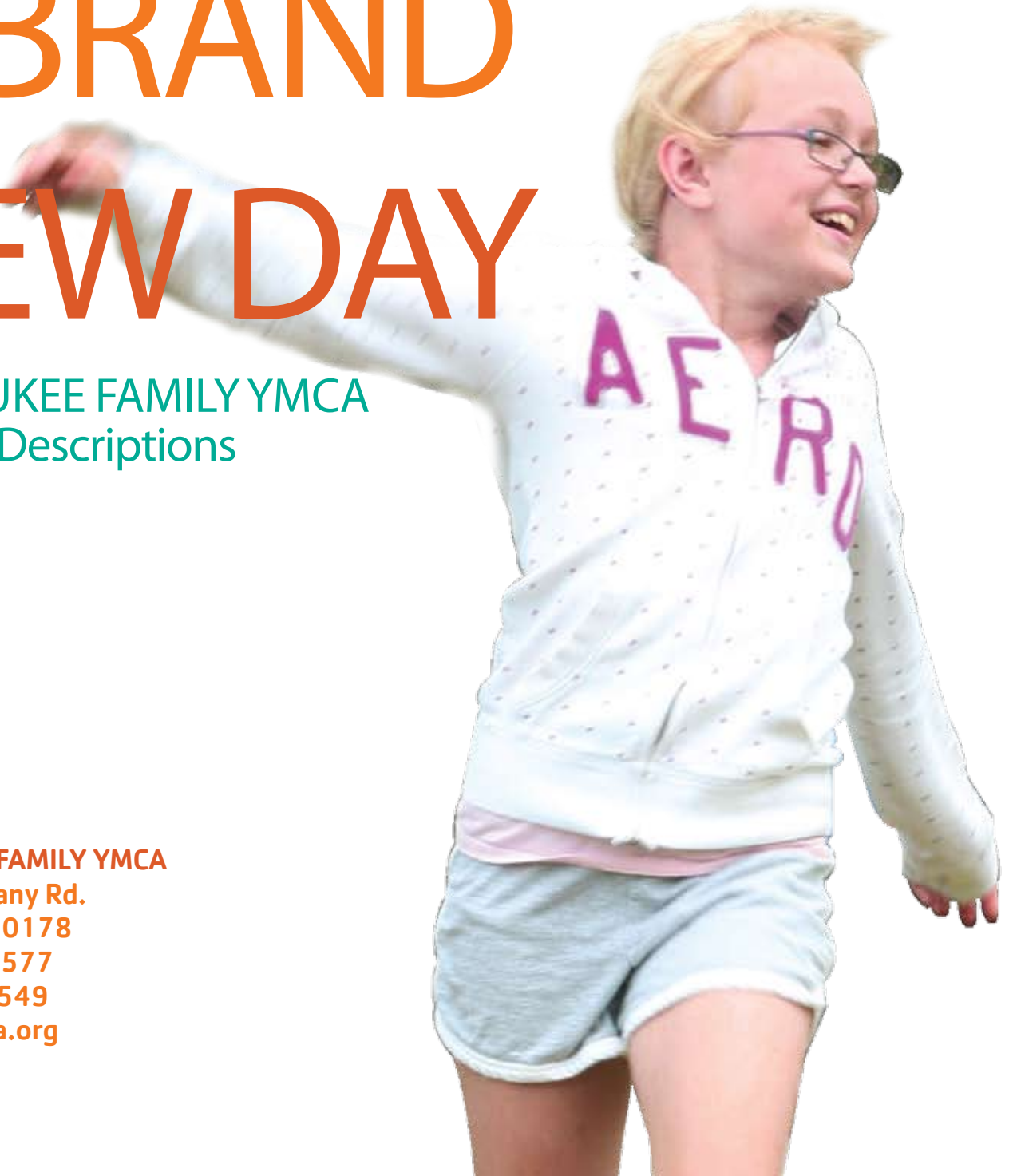


FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A BRAND NEW DAY

KISHWAUKEE FAMILY YMCA
Program Descriptions

KISHWAUKEE FAMILY YMCA
2500 W. Bethany Rd.
Sycamore, IL 60178
(p) 815.756.9577
(f) 815.758.4549
www.kishymca.org



YOUTH DEVELOPMENT

Nurturing the Potential of Every Child or Teen.

EDUCATION AND LEADERSHIP

PART-DAY PRESCHOOL

Safe, nurturing environment for children to learn, grow, and develop social skills.

We strive to provide a developmentally appropriate curriculum in a child-centered environment of warmth, friendliness, and freedom. Your child will have opportunities for exploring, experimenting, and questioning, which will encourage curiosity, creativity, and expression. We provide an opportunity to develop social skills, to follow directions, to listen, and to share. Throughout the day, children will participate in a structured learning environment with a focus on self-confidence, social skills, and gross and fine motor skills.

MUSIC, SWIMMING & SPORTS

(An option for children enrolled in caterpillars; a required add -on for leap frogs and butterflies)

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports and music at the Y is about building the whole child, from the inside out.

Only children enrolled in a YMCA preschool program can attend this class.

ADVENTURE GUIDES

How your children end up has a lot to do with where they start. YMCA Adventure Guides is a parent-child program designed to help foster a lifetime of understanding and companionship, and to strengthen the relationship between children and parents. This program is for parents or other significant adults in children's lives and their children, ages 5 through 10. An adult and child attend all the program activities together.

The Kishwaukee Family YMCA Adventure Guides hold monthly circle meetings and special events. For more information, check out www.kishwaukeenation.com, or contact Kim Jass at 815.756.9577, x37 or kjass@kishymca.org.

YOUTH SPORTS

All of our youth sports leagues are designed to focus on the basic fundamentals of each sport. We also teach teamwork, sportsmanship and character development. Coaches provide encouragement and support to help youth develop a positive attitude about the game, along with a sense of belonging. Our YMCA offers leagues for the following sports:

- Soccer (all year)
- Basketball (fall and winter)
- Roller Hockey (fall, winter, spring)
- Flag Football (fall and spring)

YOUTH FLAG FOOTBALL LEAGUE (GRADES K-5)

NFL Flag Football is a premier youth football league for both boys and girls grades k – 5. The program is designed to teach kids the fundamentals of football without the contact of tackle football. Players will practice once a week and play a weeknight game.

BIDDY BASKETBALL (AGE 4 & K)

Fun is the focus – along with the fundamentals of course! Games will be played using a 6 foot basket and rookie size balls. A 20 minute practice precedes each game.

YOUTH BASKETBALL (1ST – 6TH GRADE)

Fundamentals, fair play and team work are the focus in this league. Youth practice one night during the week with a game on the weekend.

ROLLER HOCKEY LEAGUE (GRADES 1 – 8)

This coed league offers great exercise and a great way to develop the fundamentals and skills of this fast paced sport. There will be one practice and one game per week.

BIDDY INDOOR SOCCER LEAGUE (AGE 4 & K)

This is a great program to introduce your child to the game of soccer. Children will practice for

20 minutes and then play a game.

YOUTH INDOOR SOCCER LEAGUE (GRADE 1 – 8)

Learn skills and values that a player can take on throughout the rest of their life. Games will be played on Sundays and there will be one practice during the week.

MICRO VOLLEYBALL LEAGUE (GRADES 1 & 2)

Grow strong and develop a sense of teamwork! This league uses simple modified rules to make the game fundamentally perfect for young players.

YMCA YOUTH SPORTS CAMPS & CLINICS

All of our youth sports camps and clinics are designed to focus on the basic fundamentals of each sport, and also having fun during the time off from school. Children will feel proud to have learned something new – and all while they had a great time getting there! Camps are typically offered during school breaks and during the summer in the following areas:

- Soccer
- Basketball
- Volleyball
- Flag Football
- Roller Hockey

VOLLEYTOTS (GRADES 1ST – 3RD)

This program emphasizes motor learning and development through various volleyball skills. A Lower net and lighter ball are used so kids feel comfortable and can focus on having fun. Hand-eye coordination with the ball is also a focus.

VOLLEYBALL SKILLS GRADES 4TH - 6TH

This program will do wonders for encouraging a love of volleyball and building the confidence to continue with the sport. This program will focus on the fundamentals, using lower nets and lighter balls.

TEE BALL SKILLS (AGES 4-7)

Youth can develop a sense of security in their skills before the upcoming tee ball season. Basic fundamentals such as hitting, fielding and running the bases will be taught. Having fun will also be a top priority!

PRESCHOOL QUICKSTART TENNIS

Preschool children will learn the game of tennis using the Quickstart Tennis equipment and concept. Using a safe foam ball and age-appropriate sized racquets, preschoolers will be able to hit balls and have fun. An instructor will instruct child/parent pairs in skill building drills and fun play. All equipment will be provided by the YMCA.

PRESCHOOL SPORTS

One of the most fun programs at our YMCA! Children ages 3-5 will develop sports skills using small and large motor skills. The program will also incorporate caring, honesty, respect and responsibility. Skills in the following sports will be taught.

Basketball: Dribbling, passing and shooting. Appropriate sized balls will be used.

Flag Football: Age appropriate football skills will be taught with a soft ball.

T-Ball: The basics of hitting, throwing, catching and base running will be taught. A soft ball will be used to teach skills.

NATIONAL PUNT, PASS & KICK COMPETITION

Join more than 4 million children from around the country in this national competition! The competition is open to children ages 6-15. For 2010 the Kishwaukee Family YMCA hosts this event in the fall.

3 ON 3 VETERANS DAY AND 3 ON 3 PRESIDENT'S DAY BASKETBALL TOURNAMENTS

Both of these tournaments have become a great annual events! Youth build confidence and have fun and their day off of school! This is a 3 on 3 hoops tournament with three games guaranteed. Awards will be given to winners of each division. Tournament is open to both boys and girls, and includes a hot shots competition.

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WELLNESS AND PLAY

LIL DRAGONS (4 - 7 YRS)

This class introduces young children to the martial arts with a focus on 'karate manners', courtesy and respect, flexibility, balance and directing energy in positive ways. Students will develop a sense of self-esteem as the progress from white belt to black belt starting with this class. Class uniforms and safety equipment are available for purchase from the instructor.

YOUTH MARTIAL ARTS (8 - 12 YRS)

Participants will learn Isshin-ryu Karate and Chi Chuan Fa Kung-Fu in a structured goal-oriented environment. Students develop self-confidence, personal discipline, pride respect for themselves and others and strategies for self-improvement. Students will also improve their strength, flexibility, physical conditioning, concentration coordination, speed, balance, timing and reflexes. The techniques taught will have direct application in self-defense situations. Students will learn to be peaceful warriors and to solve their problems with logic and reason. Classes will be taught by Herman Kussro, Tom Eller, Barb Kaufmann, and black belt staff.

BEGINNING PILATES AND TONING -A FAMILY-FRIENDLY CLASS

Learn basic pilates moves while toning muscles, gaining flexibility and improving balance. This class will also teach you to use light weights, bands, tubes, balls and mat work. No Cardio component. Children 8 & up are encouraged to participate with an adult.

FAMILY HIP HOP DANCE

Create some fun family time while getting healthy together with today's beats and funky moves! A great way to make memories, and work up a sweat! Children 8 & up are encouraged to enjoy to fun of Family Hip Hop with an adult.

FAMILY ZUMBA!

Create some fun family time while getting healthy together in this latin inspired, easy-to-follow, yet effective calorie-burning Latin dance party! Children 8 & up are encouraged to enjoy to fun of Zumba with an adult.

PREGYM FOR TODDLERS & TWOS

(ages 12 months (walking) & to 35 mos.)

Toddler's and 2 yr olds, grab a favorite grown-up and join us for music, games, and activities that will help develop physical and social skills. Taught by Vickie Books, NIU KNPE Instructor.

YOUTH SPORTS

PREGYM FOR 3-5 YEAR OLDS

Gym Class for preschoolers! Children develop key motor skills through music, games, obstacle courses, and fun! A great self-confidence builder and introduction to physical movement to help children grow and thrive throughout their life. Must Be toilet-trained. Taught by Vickie Books, NIU KNPE Instructor.

FIT KIDS (7 - 10 YRS)

For children ages 7-10 who want to start a healthier lifestyle and have a great time as well! This class will include non-competitive, active games such as basketball, soccer, kickball, and circuits. Not only will kids get healthy, but they'll feel more comfortable on the playground and in gym class with their new skills and confidence! Nutritional information will also be included. Get moving and have fun!

KID STRENGTH TRAINING (9-12 YRS)

For kids 9-12 who are committed to losing weight or getting in condition for a sport. New studies show weight training will help unconditioned kids get fit by increasing muscle- which in turn will increase metabolism. Increased metabolism will help them lose weight and is initially easier to perform than aerobic activities. Nutritional information will also be included.

TEEN STRENGTH TRAINING (13 - 16 YRS)

For 13-16 year olds who want help with a weight training program to get in condition for a sport, lose weight or just get more fit. They will learn the proper techniques and programs to make weight training safe and effective and have fun with other teens. Good socialization as well as training!

KIDNICS/TUMBLING (4 - 6 YRS)

Fun! A pre-gymnastics program designed to enhance motor skills and introduce fundamental gymnastics and tumbling skills in a fun-based, safe environment.

TUMBLING/ARTISTIC ATHLETICS (7-10 YRS)

This program combines intermediate tumbling and gymnastics skills, such as walkovers and vaulting with the fundamentals of dance movements in a safe environment.

BETH FOWLER SCHOOL OF DANCE -CREATIVE DANCE (3 - 5 YRS) - TAUGHT BY BETH FOWLER

An imaginative class that leads children through fun, creative movements that encourage stage expression and use of pre-ballet fundamentals. Children will feel secure in their abilities as they go through life.

SUMMER DAY CAMP AND AFTERSCHOOL

SUMMER DAY CAMP

Laugh, Explore, and Discover

All of the camps at the Y share one thing: they're about discovery. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories. And, of course, it's fun too. Parent trusts us; Kishwaukee Y provides high quality camp experiences for your child, which help build a healthy spirit, mind and body.

Summer day camp is available for youth entering kindergarten through 9th grade. Daily and weekly fee options are available for summer day camp. Weekly camp fees include:

- Field Trips every week
- Drop off as early as 7 a.m. and pick up as late as 6 p.m.
- Camp T-Shirt
- Program and activity choices (camp tracks.)

A healthy lunch and daily snack are also provided by the Voluntary Action Center.

PRESCHOOL CAMP

We also offer a half day preschool age camp for our littlest campers ages 3-5! Little Campers develop character, meet friends and have fun while following the weekly summer day camp themes!

AFTERSCHOOL

With a focus on safety, health, social growth and academic enhancement, Kishwaukee Family YMCA afterschool programs serve kindergartners through high schoolers with a variety of programmatic and activity options to explore and develop their interests and talents.

DeKalb Afterschool Program

We have partnered with the elementary schools of Brooks, Cortland, and Littlejohn to provide afterschool care for students. Along with homework help, participants engage in a variety of activities including sports, arts, and asset-building. For more information about the Brooks program, contact the YMCA. For more information about Cortland or Littlejohn, contact the school directly.

Sycamore OSCAR Afterschool Program

Our partnership with Sycamore includes all 5 elementary schools, along with OSCAR. Participants swim one day per week at the Y, and on other days play active games and sports at their schools.

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YOUTH SWIM

YOUTH DEEP END WRIST BAND – SO KIDS CAN BE IN THE DEEP END WITHOUT AN ADULT!

Any child who has passed the deep-end swim test will need to pick up their wrist band at the front desk prior to entering the water. If the pool is not busy the lifeguard will be able to test those swimmers who have not taken the test. However, the lifeguard may not be able to test depending on the numbers of patrons in the pool.

PARENT/CHILD SWIM (6 MOS. - 3 YRS)

The Parent-Child Aquatic Program consists of water-enrichment and aquatics-readiness activities for children. In this program, children are accompanied by a parent or trusted adult to ensure their safety and comfort. In these classes, parents learn to respect the value of games and play for the young child. Also, by following the instructor's example, parents discover that the best way to guide a child toward learning is through positive reinforcement and appropriate praise. Great fun for both parent and child, as well as a wonderful bonding experience.

SKIPPER SWIM LESSONS (3 - 5 YRS)

Designed to teach your child around five main components. These are personal safety, personal growth, stroke development, water sports and games, and rescue procedures. Our program also includes character development through structured activities following natural progressions. Our program is organized to encourage individual self-confidence and independence rather than competition and comparison. We want your child to have FUN! Listed below are skill levels and requirements to enter each level.

PIKE (BEGINNER)

These children have little or no experience in the water. Child will learn floating, kicking, and paddle arm skills. Children wear large floatation devices. Prerequisite: 3 years old.

EEL (ADVANCED BEGINNERS)

Child will learn front glide, back glide and the paddlestroke without assistance. Will also introduce sit dives and swimming with a square bubble. Prerequisite: Child must be able to float and blow bubbles and paddlestroke.

RAY (INTERMEDIATE)

Child will learn paddlestroke with breathing, kicking on front and back for endurance, dives, jumping and working on swimming with a flat bubble. Prerequisite: Child must be able to front and back glide, and paddlestroke across the width of the pool without assistance.

STARFISH (ADVANCED)

Child will learn rudimentary backstroke, and work on endurance without a bubble. Prerequisite: Child must be able to swim without a bubble on front and back.

ANGELFISH (TRANSITION CLASS, ADVANCED)

Child will learn front crawl with rotary breathing and work on endurance and patience. Advance to guppy.

PROGRESSIVE SWIM LESSONS (6 - 12 YRS)

The youth swim program strives for goals which go beyond swimming skills designed to teach your child around five main components. These are personal safety, personal growth, stroke development, water sports and games, and rescue procedures. Our program also includes character development through structured activities following natural progressions. We work to develop a child's potential, build confidence, endurance and promote a better self-image. Listed below are skill levels and requirements to enter each level.

POLLIWOG (BEGINNER—LITTLE OR NO EXPERIENCE)

Child will learn front glide, flutter kick and paddlestroke. Also back glide and back flutterkick. Prerequisite: child must be 6 yrs. old.

GUPPY (ADVANCED BEGINNER)

Child will learn rotary breathing, front crawl for distance and elementary backstroke. Prerequisite: Child must be able to complete

25 yards of paddlestoke without assistance.

MINNOW (INTERMEDIATE)

Child will work on endurance in the front and back crawl as well as diving skills. Prerequisite: Child must be able to complete 25 yards of front crawl with rotary breathing

FISH (BEGINNING ADVANCED)

Child will learn elementary backstroke, dolphin kick and breaststroke kick. Prerequisite: child must be able to swim 75 yards of front crawl and 75 yards of back crawl.

FLYING FISH (ADVANCED)

Child will learn the butterfly and breaststroke strokes. Endurance swim of 200 yards front crawl and 200 yards of Individual Medley. Prerequisite: 50 yards of elementary backstroke, dolphin kick, and breaststroke kick.

SHARK (ADVANCED)

Child will work on endurance of 400 yards. Also flip turns for all four strokes. Prerequisite: 50 yards of butterfly and breaststroke and endurance swim of 200 yards..

PRIVATE SWIM LESSONS

These 1 on 1 lessons are designed for participants 3 years of age & up. These lessons are set up during times that pool space allows. If interested, please contact Ryan Smith, Interim Aquatic Director, for more information at rsmith@kishymca.org

7 lessons 30-minutes each

BEGIN TO SWIM

This FREE, five consecutive day program is for kids who have never been enrolled in swim lessons. Its purpose is to introduce basic water safety skills to kids. Meet on the pool deck, shower before class and if hair is shoulder length, please tie it back.

STROKE CLINIC 9/8

DCST offers a Stroke Clinic at the start of each swim season. This clinic is an excellent way for new and prospective swimmers to get a feel for competitive swimming and the DCST program. This clinic also reinforces fundamentals and prepares current swimmers for the upcoming season.

New swimmers are welcome to join during the season. YMCA/DCST does offer a two-week trial period for new swimmers for \$25. After the trial period, the \$25 fee will be applied toward the full season fee. All swim team members must be YMCA members. If you would like more information about DCST or have any questions, feel free to contact Senior Coach Brian Bickner, or Head Age Group Coach Beth Marchewka at (815) 756-9577 ext. 28 or by email at dcst@kishymca.org.

HEALTHY LIVING

Improving the nation's health and well-being.

HEALTHY LIFESTYLES

COMMIT TO BE FIT

Get over those motivational obstacles! This 8-week program includes three 45-60 minute face-to-face visits with your own, personal Fit Coach who understands where you are at and where you want to go. The program also includes instruction on equipment, an individualized exercise program, motivation from your coach and where have you gone calls to reassure you that we care about your health & well-being.

All year long and Free to Y members

INTRODUCTION TO WELLNESS CENTER

We've all been there! Let us help you get comfortable at our YMCA! Let one of our wellness center staff work with you to learn the correct way to use all of our equipment in a one-on-one training. Instruction is available for all strength training, cardio-vascular, 30-Minute Express Workout and weight equipment. Available at no charge for all YMCA members who want a partner in getting to their goals! 12-15 year olds are welcome to use our wellness center after going through this orientation, as well. This program will include training on our new ActivTrax system, too.

All year long and Free to Y members

JUST SHOW ME.....

Sometimes we all have a question the standard offerings just aren't touching. We will help with that! Want to know how to use the Ab Crunch, Yoga Balls, ActivTrax, new stretches, or just how to start a Treadmill? Sign up at the front service desk for a Just Show me how to _____ and you fill in the blank.

All year longs and FREE to Y Members

FREE CLINICS 101

Time is precious – we hear you! Build the confidence you need to join a class or jump in on your own with our FREE Clinics 101!

Strength Training 101

Includes a demonstration in using Free Weights, cable machines, and other strength training equipment at this beginner level clinic.

Step Class 101

Learn the basics alongside other new steppers.

Circuit Class 101

Includes a demonstration of equipment and techniques used in circuit training classes alongside other beginners. Make some friends and build your confidence!

THERAPEUTIC MASSAGE

Massage can build a strong spirit and mind, as well as work out those aches and pains. Certified Massage Therapist Anne Eickstadt can help you relax! Please make appointments 24 hours in advance, and please be sure to cancel or reschedule appointments 24 hours in advance, to avoid paying for a session you can't make.

FITNESS ASSESSMENTS

It can be challenging to know where you are in order to plan for where you want to be! We understand. Meet with an exercise specialist to work with you on setting realistic goals and learning solid exercise guidelines. Assessments include your heart rate, a cardiovascular evaluation, blood pressure, body composition, and muscular strength and flexibility. You can get there, we can help!

NUTRITION COUNSELING

How healthy is your diet? Where should changes be made? Tough questions can become easier after meeting with our Certified Nutritionist. Track your eating for several days and we can make an evaluation of your diet and help you choose options that may improve your well-being. Whether you're looking to lose weight, build muscle, or increase your overall health and longevity, we can help you get there! Available for adults and children.

PERSONAL TRAINING

Need some motivation to achieve your wellness goals and help you develop an individualized exercise program? We can partner you with a trained and effective wellness counselor. Together you will set short and long term goals move closer to your goal day by day! All workouts are on-one with a qualified trainer.

•Partner Training - Share a trainer and workout with a friend!

•Group Training – Sign up with 3 or 4 friends with similar goals and reap the benefits of a personal trainer together. The trainer will customize a workout program designed to fit the groups' needs.

HEALTHY LIFESTYLES

PERSONAL LIFE AND WELLNESS COACHING

There are times when you just need a life coach! Personal Life & Wellness Coaching can help you realize a personal plan for long lasting results to achieve real success in meeting your goals. Whether to lose weight, reduce stress, organize your busy life or just to feel healthier and more energetic, life coaching can help. Coaching sessions are one-on-one. Certified Life-style and Wellness Coach, Becky Cohen (RN, Ed.D.HN/BC) By appointment. Check out: www.partneringforchange.com

THE STANFORD HEALTH AND LIFESTYLE ASSESSMENT

The SHALA: helps you identify potential health risks, assists you in making important health choices, SHALA was developed by Stanford University for the YMCA. It is FREE to YMCA members and provides immediate results through a simple on-line process, is completely confidential.

1. Go to: http://stanfordhealthimprovement.org/activate_america
2. click on create a new account
3. Enter yes on first questions are you a YMCA member
4. Enter no on next question are you a part of a YMCA-sponsored...Follow prompts to our YMCA.

TRANSFORM YOUR STRESS/TRANSFORM YOUR LIFE WITH HEARTMATH

Career and life changes, illness and injury are common causes of stress. Learn how to manage your emotional reactions to, and perceptions of, your stress to gain better health, a sense of calmness, and reduce your risk for disease as well as improve your performance and ability to focus. HeartMath teaches you how to bring your emotions, body, and mind into balance and the changes you create are long lasting. Once you learn the technique of HeartMath, you can use it anywhere, anytime to cope with life's challenges in a healthy way. Training includes 4 -5 one-one sessions with Rebecca Cohen, Ed.D, Certified Wellness Coach, HN/BC, CPHQ. By appointment, must be over 18 and have no implanted pacemakers or other electronic devices for control of body functions. Check out: www.partneringforchange.com

WATER ACTIVITIES

ARTHRITIS AQUATICS

Exercise comfortably to maintain joint mobility and reduce arthritis related pain by smooth exercises and stretching in the water. Includes deep water exercises for those interested. Developed by the National Arthritis Foundation in conjunction with the National YMCA.

WATER EXERCISE/JOG

Great exercise and a fun class – all in a non-impact workout! The class uses both the deep and shallow ends of the pool. A flotation device is worn to allow you to run in deep water and incorporate arm movements. You do not need to know how to swim, but need to be able to go into deep end of the pool with a flotation device.

WATER EXERCISE

An aerobic workout with friends in the shallow end of the pool. Come join this class to increase your heart health and increase strength, balance and flexibility. You'll find this class to be a very welcoming environment!

SENIOR WATER EXERCISE

Build new friendships and a better sense of well-being! Improve your balance, strength, and coordination and keep your heart healthy. This class is so much fun, you'll forget you're exercising! All exercises done in shallow end. Designed for those 65 and older.

RE-COUP/MS

This class is designed to meet the individual needs and goals of people with MS, fibromyalgia, arthritis, injuries, surgeries and other challenges in a pool environment. This class wears float belts in the deep water, and can help to strengthen core muscles and maintain good posture. The float belts will keep your shoulders and head above water. Please call Janie Torma, Certified Instructor for the physically challenged at the YMCA for a phone interview if interested. Participants need to have a signed note from Janie to register. *Scholarships are available through the MS Foundation and the YMCA.

ADULT SWIM INSTRUCTION (13 YRS AND UP)

It's never too late to learn to swim – you can do it! This is a beginning class for adults just like yourself who want to feel more comfortable in water and learn the basic skills.

WATER ACTIVITIES

MASTERS SWIM TEAM (18 YRS AND UP)

Swim in the company of other adults who share a love of water and swimming as a lifelong sport! Whether you swim for pleasure or competition, our Masters Swim Program is designed to meet the needs of every type of swimmer. Each practice is run by a coach and you can design your practices for your goals, whether training for a competition or just improving your technique and endurance.

YMCA LIFEGUARDING

YMCA Lifeguarding (Must be 16 yrs of age)

YMCA of the USA's research-based lifeguard training program provides a comprehensive education centered on preventing accidents in aquatic environments. It focuses on the practical aspects of what lifeguards need to know and on lifeguard and patron safety. Lifeguard training enables students to learn and apply safety principles in their own lives, develop leadership skills, learn how to maintain a healthy lifestyle, and improve their decision-making skills.

GROUP CLASSES

30-MINUTE EXPRESS CLASSES

Meet other busy people and get your workout in! With our 30-minute express classes you can build confidence, decrease stress and improve your health – all in 30-minutes! No need to register, just show up. Offered M-Th evenings. See wellness schedule online or at the Front Desk. Each section will start and end with a 5 minute warm-up/cool down. Classes offered include: Aerobic & step; toning (work abs, hips, thighs with balls, bands, and glides—no cardio); and stretch/pilates.

AEROBIC KICK BOXING

Join us for a dynamic workout that combines jabs, punches and kicks into a traditional aerobic workout which includes kick boxing techniques and strength training. It can be adjusted to all fitness levels and no previous martial arts skills are needed. Bring yourself, we'll provide the fun!

BALLET BUFF & GET JAZZED

Workout like your dancing with the stars! Class will begin with simple ballet exercises for a complete body stretch and strength and then get ready to rock for a great cardio-tone workout. Class is taught by professional dance artist and fitness expert, Tammy Newquist.

BALLROOM DANCE

Be ready to dance the night away at that next wedding or event. Learn the basic moves of the classic dances and enjoy a night to remember!

BELLY DANCING 101

Seriously.....You can learn this! Belly dancing is a blast and can be learned by all women (and men – if you dare) Learn to dance with a professional Belly Dancer - lots of fun and great exercise.

Instructor: Sandy Schramel

BEGINNING PILATES AND TONING A FAMILY-FRIENDLY CLASS

Learn basic pilates moves while toning muscles, gaining flexibility and improving balance. This class will also teach you to use light weights, bands, tubes, balls and mat work. No Cardio component. Children 8 & up are encouraged to participate with an adult.

BEGINNING YOGA/PILATES

Yoga can help you develop a stronger spirit, mind and body, regardless of your fitness level. Come give it a try, you'll see. Learn the basic postures, stretches, and relaxation in a fun, relaxed atmosphere. Goals of the program are strengthening muscles, increasing flexibility, symmetry, and relaxation.

BEGINNING BALL AND PILATES

Really – the ball is fun! Let's learn it together. Learn the basic exercise techniques with the stability ball and increase your strength and flexibility with some basic Pilates movements.

BOOT CAMP

Love to laugh and really sweat at the same time? This program will work on cardio, light weights, strength training, etc. We will be indoors and outdoors. Be prepared to have fun and work hard.

CARDIO CYCLING

An indoor cycling class that is fun and energizing, while creating a sense of community and a shared purpose to bring health and cardiovascular fitness to every lifestyle. Motivating music will empower you to push yourself to the next level. Can be modified for beginners to advanced.

CHALLENGE GROUP

Build confidence and relationships as you build strength in this straight-to-the-point resistance training class. There's no choreography to learn, but you will use weights, bars, bands and balls. Join us for the challenge and find out how much fun hard work can be!

CIRCUIT TRAINING WITH WEIGHTS

Good fun, good friends, good workout. Regular weight training improves muscular fitness, reduces risk of osteoporosis, boosts your metabolism and helps you lose weight. Learn a variety of safe weight training exercises for all major muscle groups. To ensure your confidence, we request all new participants attend a free orientation before attending class. This is a class you need to register for.

FLAT BELLY WORKOUT

Want to feel taller, improve your flexibility and balance? Are you passionate about having a flat belly and determined to do something about it? If so, join this class where all fitness levels are welcome. This class will combine pilates exercises with the Swiss exercise ball to strengthen (and flatten) your body's core (abdominal muscles). Beginner, intermediate and advanced modifications of the exercises are demonstrated and encouraged. Work at your own pace. See results and say goodbye to that "muffin top" and hello to your "flat belly!"

HAVE A BALL

A stability ball only looks hard until you've practiced. Exercising with a stability ball will improve balance, muscular strength, and mobility while providing a challenging and fun workout. Have a ball!

HATHA YOGA

For the spirit, mind and body! Eliminate stress, tone muscles, organs, joints and nervous system. Coordinate and relax your mind, body and breath. Increase strength, stamina and flexibility. Class is both deeply relaxing and invigorating. Taught by Jeff Leach, a certified yoga instructor since 1978. He is a student of Behram Guard and has a relaxed and accessible teaching style.

LUNCHTIME EXPRESS

Short on time? We hear you! This class features a variety of step, high/low impact aerobics, floor aerobics, kick boxing with strengthening exercises using weights, tubes and bands. Great for all fitness levels And who knows what you can conquer this afternoon!

PILATES/YOGA MOVEMENTS

Use Pilates and yoga based stretches, poses, and breathing to strengthen and tone muscles, improve posture, relaxation, flexibility and balance and create a more streamlined shape. Pilates has been defined as movement flowing outward from a strong center focusing on using slow, controlled movements to condition the body, reduce stress and boost energy.

POWER YOGA

A historical wellness system that revitalizes the complete body. This class is for all ages and abilities. This class will focus on Yoga style movements to increase strength, flexibility and internal awareness. In Yoga, it's not where you start, it's the journey!

RECESS – EASY BOOT CAMP FOR BEGINNERS!

This class loves to laugh, have fun and sweat! The program will be an introduction to exercise through fun cardio activities, light weights, strength training, yoga, and stretching. Learn it all and meet others on your same path.

SILVER SNEAKERS—SENIOR STRENGTH TRAINING

Studies show it is never too late to build muscle strength and endurance to help accomplish daily tasks, improve balance, lose weight and increase flexibility. Use of bands, tubes, weights, and chairs will be included depending on participants needs. Developed in conjunction with Northern Illinois University. Pick up medical clearance and health form at YMCA.

STEP AND STRENGTHEN

Reduce stress, increase strength and improve your balance and coordination. Let the music move you and join our friendly, supportive group in this class that combines traditional step and strength training moves. Get to know other members while building up your stamina and muscles! High intensity, low impact.

TAI CHI

There's a reason some practices live on. Learn meditation in motion by practicing Tai Chi form. Designed to promote good health, good posture, prevent injury and relieve arthritis ailments.

ZUMBA!

FUN & EASY TO DO!!! A high energy, motivating Latin flavored dance party that fuses aerobic fitness with fast and slow rhythms to burn calories and tone the body. Regardless of your age or ability level, you'll leave feeling empowered, happy and energized!

FAMILY ZUMBA!

Create some fun family time while getting healthy together in this latin inspired, easy-to-follow, yet effective calorie-burning latine dance party! Children 8 & up are encouraged to enjoy to fun of Zumba with an adult.

SPORTS & RECREATION**INTRODUCTION TO MARTIAL ARTS (13-ADULT)**

It's never too late to learn the martial arts and gain self-defense skills. Learn the techniques of karate, kung-fu, in a fun, safe & active environment. Meet new friends, learn a new art form and get a good workout as you punch, kick, grab, and yell. At the end of the session, you will have new knowledge, skills and confidence!

ADULT/TEEN MARTIAL ARTS (13 - ADULT)

(Pre-requisite: Completion of Introduction to Martial Arts.) Continue in your study of the martial arts through Isshin-ryu Karate, and Lung Chi Chuan Fa Kung-fu, in a structured, goal oriented environment. Students develop self-confidence, discipline, pride and respect for self and others. Practice of these martial arts further improves strength, flexibility, concentration, coordination, balance, speed, timing and reflexes. Students develop positive connections with their peers and instructors as they work together to help each other in perfecting their art form.

CO-ED RECREATIONAL VOLLEYBALL LEAGUE

Meet new people, and get some exercise. This is the most fun league in town! Organize a team and play in this recreational league. Play is 6 vs. 6 and matches will be played in the old school format. Must serve to score and plays to 15 to win by 2. Teams generally consist of 8-10 players.

HOUSE ROLLER HOCKEY LEAGUE (HS & UP)

Coed roller hockey league for players to build on the fundamentals learned in the YMCA youth league and for adults who simply still love the sport! Season concludes with a tournament. Rosters will consist of 9 skaters and 1 goalie. Required Equipment: Helmet with shield/cage, gloves, elbow pads, hockey shin guards, hockey or sweat pants, skates, and a hockey stick.

RACQUETBALL LEAGUE

Racquetball is a great workout and a lot of fun! Whether to get ready for a league or just let of some steam from the work week, this league is for you! There are A, B and C leagues, so whether this is your new passion or you're a pro, there's fun to be had.

PRIVATE RACQUETBALL LESSONS

Build your confidence and skills to prepare for a league or just have some fun. Our private lessons will be taught by YMCA member Manny Diaz. Manny has played competitive and recreational racquetball for 25 years. To schedule a racquetball lesson with Manny, please contact the YMCA @ 815-756-9577 or staylor@kishymca.org. Times are by appointment.

ADULT QUICK START TENNIS LEAGUE

No need to find an outside court to enjoy your love of tennis! Join others who love a good time and a good game in this league. Matches will be played using Quick Start Tennis Equipment. For more information contact Scott Taylor@ 815-756-9577 or staylor@kishymca.org

NEW! ADULT INDOOR SOCCER LEAGUE

Adults love soccer, too! Get your team ready! This league is for teams that are already formed. All players must be at least 18 years old and out of high school. League includes 7 regular season games plus season ending tournament. Game officials and score keeper are provided. Contact Scott Taylor @815-756-9577 or staylor@kishymca.org for more info.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

VOLUNTEERISM AND GIVING

COMMUNITY SERVICE LEADERS (AGES 8-18)

Service-learning is an opportunity to get engaged with the community, using skills or talents you already have. You can have fun and make a difference at the same time. Service-learning can be really exciting, creative, and rewarding. Date: Beginning in the fall and ongoing

Minimum of 4 service projects per year. Projects determined by the group.

FREE for all! - Y Membership NOT required. Email Mary Hess at MHess@kishymca.org with questions!

VOLUNTEERISM

In 2010 our YMCA saw 757 volunteers donate 13,881 hours of service. Community members come to the Y to volunteer as a means of seeking experience, community involvement, socialization and even giving back for benefits they received. If you'd like to be a part of our AMAZING volunteer force, please contact Melissa Gallagher at mgallagher@kishymca.org

THERAPEUTIC MASSAGE

Strong Kids Financial Assistance Scholarships

While many social service organizations care for people once they are in crisis, the YMCA provides nurturing programs to bring families together and prevent many problems before they begin. With your help, more children and families in our community can grow strong at the YMCA! For more information visit www.kishymca.org. or contact Debbie Madeley at dmadeley@kishymca.org

•In 2010 More than 2,200 financial assistance scholarships were awarded to local children, families, seniors and individuals for memberships, sports, swim lessons, after school, summer day camp and wellness programs!

For those in need of assistance, the first step is to apply for a Strong Kids Membership. Forms are available at the front desk and online at www.kishymca.org

