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# Kishwaukee Family YMCA

We Build Strong Kids, Strong Families,  
Strong Communities

March 2010

## HELP US MAKE THE YMCA E-NEWS WORK BETTER FOR YOU!

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**WINTER II  
SESSIONS**

Classes  
2/22 - 4/11

### Spring Class Registration is around the corner!

Session: 4/12 - 5/30

Y Member Registration: 3/15

Open Registration: 3/22

### Summer Day Camp Registration opens 3/1!

### SAVE \$25 PER CHILD WHEN YOU REGISTER NOW!

Y Member Registration 3/1--Open Registration - 3/15

REGISTER FOR SUMMER DAY CAMP BY APRIL 1st and SAVE the \$25 Registration fee.

## Swim Lessons

3/1 - 4/24

(No lessons week of  
3/22 - 3/27)

## SUMMER DAY CAMP REGISTRATION BEGINS

Member: 3/1

Open: 3/15

WE BUILD ASSETS AT THE  
KISHWAUKEE FAMILY YMCA!

YOU CAN TOO!



Developmental Assets are 40 essential building blocks of healthy development. Think of assets as the "good stuff" that young people need in their lives to help them grow into healthy, caring, and responsible adults.

[Click here to see what the 40 Developmental Assets are!](#)

Learn more about these developmental assets and how you can impact the children in your life.

Materials are available at the YMCA or e-mail [mhess@kishymca.org](mailto:mhess@kishymca.org).

For RESULTS of  
our 5th Annual  
Indoor Triathlon

Click:

[TRI RESULTS](#)

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For camp information: [Summer Day Camp](#) To register: [Day Camp Registration](#)



**HOT SHOT CHAMPS** Stephen Poorten (left) & Jackson Ryan (right) shot hoops with Scott Taylor during the 3 on 3 President's Day Basketball Tournament. Winners All!

## YOUTH SPORTS LEAGUES MARCH REGISTRATION DEADLINES



### YOUTH INDOOR SOCCER (Grades 1-8)

One practice during the week with games on Saturdays. **Registration Deadline: March 18**

### NEW: MICRO VOLLEYBALL LEAGUE (Grades 1 & 2)

Teams practice for 25 minutes & then play a game on Wednesdays.

**Registration Deadline: March 5**

### FLAG FOOTBALL LEAGUE (Grades K-5)

Practice one day a week with games on Tuesdays or Thursdays.

**Registration Deadline: March 18**

## REGULAR FACILITY HOURS



Mon.-Fri:

5:00 a.m.-10:00 p.m.

Saturdays:

6:00 a.m.-6:00 p.m.

Sundays:

10:00 a.m.-6:00 p.m.

## FACILITY SCHEDULES

Schedules for the pools, gym, sports center and fitness classes are located in the brochure racks at the front desk AND on our website at:

[www.kishymca.org](http://www.kishymca.org)

## NEW FACILITY AGE REQUIREMENTS

Facility usage:

\*Children 10 Years and up may utilize the YMCA facilities without adult supervision.

\*Children 8-10 Years of age may utilize the YMCA facilities, as long as a parent or guardian is in the building at all times.

\*Children under 8 Years of age need to be accompanied by a parent or guardian while at the YMCA, unless participating in a supervised class.

Effective on 3/1/2010.

## NEW AGE REQUIREMENTS FOR OPEN SWIM

\*Children under 10 need to have a parent or guardian (16 yrs. or older) in the water, on the same side of the pool with them, unless they have passed the 2010 Swim Review.

## TEE BALL SKILLS (Ages 4-7)

Mondays, March 15 - April 26

Register before March 15

For more information on these programs: [Sports Flyer](#)

## MARCH SPORTS CAMPS & TOURNAMENTS for KIDS

### SPRING BREAK SUPER SPORTS CAMP (Ages 3-5 Years)

New Mini Camp! Learn skills in soccer, tee-ball & basketball.

Dates: 3/22 - 3/24 (M-W)

Time: 1:00 - 2:00 p.m.

### SPRING BREAK SOCCER CAMP (Grades 1-5)

Camp will be instructed by David Chuna.

Dates: 3/22 - 3/26 (M-F)

Time: 10:00 a.m. - 12:00 p.m.

### SPRING BREAK VOLLEYBALL CAMP (Grades 1-5)

Children will be grouped by age.

Dates: 3/22 - 3/26 (M-F)

Time: 1:30 - 3:30 p.m.

For more information see our [Sports Flyer](#)

## SLEEP-OVER WITH THE ANIMALS!



YMCA Adventure Guides & those interested in this program will be sleeping overnight at Sycamore's **Midwest Museum of Natural History** on March 19th. For more information call Katrina or email her at [Katrina@kishymca.org](mailto:Katrina@kishymca.org).

Check out the Adventur Guides Website at: <http://kishwaukeenation.com/>

## Many things you do every day make a big difference for kids

by building Developmental Assets® - 40 essential building blocks that children and teenagers need as a foundation for growing up. [Assets](#)



## MORE FREE WORKSHOPS TO LEARN HOW!

Monday 3/22	6:00 - 6:45 p.m.
Tuesday 3/2	7:00 - 7:45 p.m.
Wednesday 4/7	6:45 - 7:30 p.m.
Thursday 3/11	8:15 - 9:00 p.m.
Saturday 3/13	10:00 - 10:45 a.m.

## Don't Know Where to Start?



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