



# YOUR HEALTH YOUR GOALS OUR MISSION

Program Brochure  
Winter/Spring 2017



**FREE GROUP EXERCISE CLASSES**

# Membership Information

## Building Hours

M-F	5a-9p
SA	6a-5p
SU	6a-8p

Link Aquatic Center Monthly schedule is available online or at the Front Desk and differs from building hours.

## Facility Rental

Party rentals are available to Y Members and Community Members. The party room is reserved especially for your group, but the pool and gym are also open to members during your party times. All rental prices Reflect reservation during normal business hours except building rentals and overnights. For rentals, please contact Mike Wallaert at 815-223-7904 x13.

## Community Group Facility Use

Overnights and after hours use of the Illinois Valley Y facility are available for activities such as post proms, project graduation, etc. After hours, use is fee based to cover expenses. For after-hours events, contact Mike Wallaert at 815-223-7904

## Registration is Easy

Register Online: [www.ivymca.com](http://www.ivymca.com)

## Mail In! CHECKS ONLY

Make check payable to the Illinois Valley YMCA  
300 Walnut Dr; Peru, IL 61354  
Receipts may be picked up at the YMCA

## Phone In!

Have charge card and program guide handy!  
Call 815-223-7904

## Walk-In!

Walk-ins always welcome.

## Lost and Found

All items turned into Lost and Found will be held for 30 days. After that, they will be disposed of or given to charity.



# Membership Information

## Lockers

Lockers are available for rental. 1/2 lockers are \$10 per month & full lockers are \$15 per month. Assignments must be set up at the Courtesy Counter. You may use the lockers on a day-to-day basis free of charge. However, any items left overnight will be confiscated and unauthorized locks will be cut off.

## Financial Assistance

It is a goal of the Illinois Valley Y that no person is denied membership or program participation due to the inability to pay. If you cannot afford membership or fees, we invite you to complete a financial assistance application at the Courtesy Counter. \*\*Payment options limited to annual, semi-annual or automatic monthly deductions.

## Monthly Memberships Fees

Membership Types	Monthly Fee	Joiner Fee
Individual (27 and older)	\$47	\$100
Household	\$58.50	\$100
Single Parent Family	\$40	\$50
Young Adult (15-26)	\$26	\$0
Senior Individual (62 and older)	\$32	\$0
Senior Couple (62 and older)	\$39	\$0
Youth (up to 15)	\$21	\$25

## Member Program Registration

To receive member price for programs, membership must be valid the entire session.

## Membership Card

Please carry your membership card– it is your ticket of admission to the Y. If you lose your card, a replacement card can be purchased at the courtesy counter for \$2. Membership cards will be issued when proof of residence is provided.

## Towel Service

Towels are provided for the Wellness Center. Please bring your own towel for pool use.

## **Payment Options**

Monthly fees may be automatically deducted from your checking account or participating savings account. This option requires payment joining fee and first month's dues at sign-up, as well as current bank draft information and completion of bank authorization form. The Y serves all ages, abilities, incomes, and faiths. Financial assistance is available. Handwritten notification must be given by the 10th of the month in order to cancel a bank draft.

## **Joiner Fee**

This non-refundable fee is charged to new members and renewing members who have let their membership lapse for a period of greater than 60 days.

## **Proof of Residence**

Proof of residence must be provided for all individuals 16 years and older. Sources include a driver's license or government issued photo identification including residency. All other members and prospective members may be asked at any time for proof of residence.

## **Guest Pass**

Members may bring a guest at any time. Simply pay the guest fee when you arrive:

20- yrs-olds and younger.....\$5

21-yrs-old and older.....\$10

Seniors 62 and older.....\$5

Guest pass sales are subject to the availability of the facilities and may be limited at the discretion of the Y staff. Personal information is required. Photo ID required for those 16 and older.

## **Y AWAY Program**

The Y AWAY Program is free to you as a member of the Illinois Valley Y. Membership allows you to utilize other Y's across the country.

## **New Member Orientations**

Receive a free instructional tour of the wellness center and facility.

## **Corporate Memberships**

The Illinois Valley Y offers Corporate Memberships at a reduced rate. The Y has a large group of corporations that already receive a discount with us. Some of these companies include: St Margaret's Hospital, IVCH, most school districts, Menards, Target, James Hardie, Fairmount Minerals, IVCC, State of Illinois, Horizon Industries, HyVee and many more! Contact the Courtesy Counter to see if your company gets the corporate rate. Having a corporate rate at the Illinois Valley Y has many benefits such as reduced monthly rate as well as reduced joiner fees.

Employer benefits to having a corporate rate include reduction in employee sickness, increased productivity, and stabilization of health care costs. Employee benefits include improved overall health and fewer accidents, increased ability to cope with stress, and a more positive attitude towards work. It does not cost your corporation anything to be a corporate member at the Illinois Valley Y.

Even if your company or business does not currently have a corporate rate, it is easy to get one started. With as few as 10 Member Units, your company can qualify. Contact Carmen Turigliatti, Membership Coordinator, at 815-223-7904 x36. or [cturgiliatti@comcast.net](mailto:cturgiliatti@comcast.net) if you're interested in becoming a corporate member or for more information.

## **SilverSneakers and Prime Requirements**

SilverSneakers and Prime requires you to have particular health plans. Please contact the Illinois Valley Y to see if your health plans qualify you for our SilverSneakers and Prime memberships.

Contact Carmen Turigliatti or Joanne Sabotta at 815-223-7904 for more information.



# American Red Cross Preschool Aquatics

The Red Cross Pre-School Aquatics program is without parental participation. Child **MUST** be 3 yrs. old on the first day of class. Children not toilet trained must wear a swim diaper with snug fitting plastic pants and a swimsuit. This is an introductory program provides young children with positive, developmentally appropriate aquatic learning experiences. It introduces the fundamentals and basics of swimming such as bubbling, kicking, floating skills, arm movements, and safety skills using games, songs and fun activities to promote skill development and learning. Introduction to the aquatic environment and learning is approached just like learning to read, playing the piano or learning math skills. It is a process over a period of time, as the motor skills of the child develop. Participating in swim classes year-round also maintains the skills. Not every child will progress after one session to the next level. It may take 3-4 sessions at the same level before completion of consistent skills. We encourage you to swim with your child to practice on the skills during open swim times. Children are evaluated throughout the session by the Aquatic Director and the Lesson Coordinator and receive an evaluation report. Skills must be performed consistently strong during the session to progress to the next level. The emphasis is on the activities and skill practice not passing the level. Children are also evaluated at the beginning of each session for proper placement.



# Preschool Aquatics

## DUCKS

**VERY BEGINNER:** Child **MUST** be 3 yrs. old on the 1st day of class. Little or no swimming experience; Water adjustment, water safety, basic floats and glides, kicking, bubbling, and stroke introduction. **\*Disclaimer: Children may need several sessions to move to the next level. Parents should practice with their child 3-4 times a week to speed progress. Children who enroll in lessons throughout the year progress more quickly.**

Min: 2    Max: 7 per class    |    Mon/Wed    Age: 3-6yrs.

**FEE:** \$42 Y Member

\$50 Non Member

**LOCATION:** Water Park

CODE# 17FEB1AQDUCKS03	2/6-2/22	5:05-5:35PM
CODE# 17FEB1AQDUCKS04	2/6-2/22	5:40-6:10PM
CODE# 17FEB1AQDUCKS05	2/27-3/15	5:05-5:35PM
CODE# 17FEB1AQDUCKS06	2/27-3/15	5:40-6:10PM
CODE# 17MAR1AQDUCKS07	3/20-4/5	5:05-5:35PM
CODE# 17MAR1AQDUCKS08	3/20-4/5	5:40-6:10PM
CODE# 17APR1AQDUCKS09	4/24-5/10	5:05-5:35PM
CODE# 17APR1AQDUCKS10	4/24-5/10	5:40-6:10PM

### **\*NEW\*** Program

The Illinois Valley Y Link Aquatic Center is expanding their swim lesson classes to Saturdays. This includes; Ducks, Tiger Fish, Sail Fish, and Levels 1, 2, 3, 4, 5, 6.

17MAR1AQDUCKS11	3/11-4/1	10:00-10:45AM
17MAR1AQTGRFISH11	3/11-4/1	10:00-10:45AM
17MAR1AQSALFISH11	3/11-4/1	10:00-10:45AM
17MAR1AQLTS106	3/11-4/1	10:00-10:45AM
17MAR1AQLTS206	3/11-4/1	10:00-10:45AM
17MAR1AQLTS306	3/11-4/1	10:00-10:45AM
17MAR1AQLTS406	3/11-4/1	10:00-10:45AM



## TIGER FISH

**INTERMEDIATE BEGINNER:** Child MUST be 3 yrs old on the 1st day of class. For the child that has completed DUCKS and/or can front and back float, has improved kicking skills, submerges face in the water for 3-5 seconds, opens eyes under water, arm strokes are introduced, safety skills, front/back glides. \*Children may need several sessions to complete this level.\*

Min: 2	Max: 7 per class	Mon/Wed	Age: 3-6yrs.
<b>FEE: \$42 Y Member</b>		<b>\$50 Non Member</b>	

<b>LOCATION:</b> Water Park		
CODE# 7FEB1AQTGRFISH03	2/6-2/22	5:05-5:35PM
CODE# 7FEB1AQTGRFISH04	2/6-2/22	5:40-6:10PM
CODE# 7FEB1AQTGRFISH05	2/27-3/15	5:05-5:35PM
CODE#17FEB1AQTGRFISH06	2/27-3/15	5:40-6:10PM
CODE# 7MAR1AQTGRFISH07	3/20-4/5	5:05-5:35PM
CODE# 7MAR1AQTGRFISH08	3/20-4/5	5:40-6:10PM
CODE#17APR1AQTGRFISH09	4/24-5/10	5:05-5:35PM
CODE#17APR1AQTGRFISH10	4/24-5/10	5:40-6:10PM

## SAIL FISH

**ADVANCED BEGINNER-** Child MUST be 3 yrs old on the first day of class. Child needs minimal assistance in the water, can front/back float, intro to front/back crawl arm stroke, elementary backstroke, safety skills, rotary breathing. \*Children may need several sessions to complete this level\*

Min: 2	Max: per class	Mon/Wed	Age: 3-6yrs.
<b>FEE: \$41 Y Member</b>		<b>\$48 Non Member</b>	

<b>LOCATION:</b> Water Park		
CODE# 17FEB1AQSALFISH03	2/6-2/22	5:05-5:35PM
CODE# 17FEB1AQSALFISH04	2/6-2/22	5:40-6:10PM
CODE# 17FEB1AQSALFISH05	2/27-3/15	5:05-5:35PM
CODE# 17FEB1AQSALFISH06	2/27-3/15	5:40-6:10PM
CODE# 17MAR1AQSALFISH07	3/20-4/5	5:05-5:35PM
CODE# 17MAR1AQSALFISH08	3/20-4/5	5:40-6:10PM
CODE# 17APR1AQSALFISH09	4/24-5/10	5:05-5:35PM
CODE# 17APR1AQSALFISH10	4/24-5/10	5:40-6:10PM





### LEVEL 3

Stroke Development: Reaching assist, submerge & retrieve an object, front & back glides, front & back crawl, diving, rotary breathing, survival floating, butterfly, breaststroke, and elementary backstroke kick & body motion and endurance 25yd. swim.

Min: 2    Max: 8 per class    |    Monday/Wednesday

**FEE:**    \$42 Y-Member    \$50 Non-Member

**LOCATION:**    Water Park

CODE#17FEB1AQLTS302	2/6-2/22	5:40-6:10PM
CODE#17FEB1AQLTS303	2/27-3/15	5:40-6:10PM
CODE#17MAR1AQLTS304	3/20-4/5	5:40-6:10PM
CODE#17APR1AQLTS305	4/24-5/10	5:40-6:10PM

### LEVEL 4

Stroke Improvement: Develops confidence in strokes learned, and improve other aquatic skills. Diving safety rules, Stride dive, survival float, elementary backstroke, and breaststroke, butterfly, throwing assist, feet-first surface dive, front & back crawl.

Min: 2    Max: 6 per class    |    Monday/Wednesday

**FEE:**    \$42 Y-Member    \$50 Non-Member

**LOCATION:**    LAP POOL

CODE#17FEB1AQLTS402	2/6-2/22	5:40-6:10PM
CODE#17FEB1AQLTS403	2/27-3/15	5:40-6:10PM
CODE#17MAR1AQLTS404	3/20-4/5	5:40-6:10PM
CODE#17APR1AQLTS405	4/24-5/10	5:40-6:10PM

### LEVEL 5

Stroke Refinement: Provides further coordination and refinement of strokes. Survival swimming, diving, open turns on front and back, front and back crawl, rescue breathing, tuck and pick surfaces dives, elementary backstroke, butterfly, breaststroke, and sidestroke.

Min: 2    Max: 4 per class    |    Monday/Wednesday

**FEE:**    \$42 Y-Member    \$50 Non-Member

**LOCATION:**    LAP POOL

CODE#17MAR1AQLTS501	3/20-4/5	5:40-6:10 PM
CODE#17APR1AQLTS502	4/24-5/10	5:40-6:10 PM

### LEVEL 6

Swimming Skill and Proficiency: Refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing students to participate on swim teams and in more of a advanced course such as water safety Instructor and Lifeguard Training. These options include; Personal Water Safety and Fitness Swimmer.

Min: 2 Max: 3 per class | Monday/Wednesday

**FEE:** \$42 Y-Member \$50 Non-Member

**LOCATION:** LAP POOL

CODE#17MAR1AQLTS604	3/20-4/5	5:40-6:10PM
CODE#17APR1AQLTS605	4/24-5/10	5:40-6:10PM

### Private Swim Lessons

AGES: 3 yrs to Adult

One on One Attention! Lessons are based on your schedule. Complete a request form available at the Courtesy Counter. You will be contacted when an instructor is available. Contact the Aquatic Director for information or questions at 815-223-7904 ex 11. \*12hour cancellation notice required or lesson is counted as attended.

FEE	Y-Member	Non Y-Member
3 Lessons	\$75	\$90
5 Lessons	\$100	\$115
7 Lessons	\$130	\$145
9 Lessons	\$155	\$170

10% off 2nd child

**LOCATION:** Lap Pool/Therapy Pool



# Aquatots

Develop skill and confidence strengthening the bond between adult and child through songs, fun activities, promoting lifelong skills and positive values. This class introduces swimming skills, kicking, paddling, bubbling, underwater dipping, safety skills, proper holding positions for the child and bonding between parent and child. Children not toilet trained are required to wear swim diapers, such as Huggies or Little Swimmers brand and snug fitting plastics pants. An adult 18 years or older is required to be in the water with each child during class. Siblings should stay in Child Watch during class.

Min: 2	Max: 14	Monday/Wednesday
<b>FEE:</b> \$42 Y-Member		\$50 Non-Member

**LOCATION:** Therapy Pool  
**TIME:** 5:40-6:10pm  
**AGE:** 6months-3 years

(Child MUST be 6months old on the first day of class)

CODE#17FEB1AQAQTOT02	2/6-2/22
CODE#17FEB1AQAQTOT03	2/27-3/15
CODE#17MAR1AQAQTOT04	3/20-4/5
CODE#17APR1AQAQTOT05	4/24-5/10



# JUNE 2017 POOL SCHOOL

FREE SWIMMING LESSONS  
FREE "POOL SCHOOL" T-SHIRT  
TO EACH CHILD

FEE: FREE

DATE: JUNE 5, 6, 7, 8 (Registration begins May 1)

LOCATION: Link Aquatic Center  
Water Park

This is a "Begin to Swim" program

**BEGINNERS ONLY.** For children who have never had swim lessons or are very beginners.

Min. 2 Max. 7 in each class

## DUCKS

Age-3-5yrs.

**TIME:** 8:45-9:15am  
9:20-9:50am & 9:55-10:25am

## TIGER FISH

Age-4-6yrs.

**TIME:** 8:45-9:15am  
9:20-9:50am & 9:55-10:25am

## SAIL FISH

Age-4-6yrs.

**TIME:** 8:45-9:15am  
9:20-9:50am & 9:55-10:25am

## LEVEL 1

Age: 6-11yrs.

**TIME:** 8:45-9:15am  
9:20-9:50am & 9:55-10:25am



# WINTER FAMILY NIGHTS

## SURF'S UP WINTER LUAU

Participants are encouraged to wear Hawaiian shirts. Dance the LIMBO! Dinner includes; BBQ pork, Hawaiian pizza, veggie salad, dessert, and a drink.

**DATE:** January 27  
**Code#:** 17JAN1AQSURF  
**TIME:** 6-8pm  
**AGES:** All ages  
**FEE:** Y Members Only (Free)



## **\*NEW\*** DIVE IN MOVIE

Join us at the Illinois Valley Y for a night of swimming, dinner, and a movie to end the night.

**DATE:** February 11  
**TIME:** 5-6pm; Swimming  
6-7pm; Pizza and Popcorn  
7-9pm; Movie (Frozen)  
**Ages:** All ages Welcome  
**Fee:** Y Members Only (FREE)



## ST. PATTY'S DAY POT 'O' GOLD PENNY PICKUP

Come jump in the warm Water Park and search and retrieve pennies in the pool. Dinner includes; Pizza, shamrock cookies, and a drink.

**DATE:** March 10  
**CODE#:** 17MAR1AQPENNY  
**TIME:** 6-8pm  
**AGES:** All ages  
**FEE:** Y Members Only (Free)



# WINTER FAMILY NIGHTS

## UNDERWATER EASTER EGG HUNT

Join the Easter Bunny early to search the depths of our warm water Family Fun Water Park. Hunt for colorful eggs with a special prize inside. All eggs for each age group will have a special prize inside them. An adult 18 years or older must accompany each child that is under 8 years old. The Easter Bunny will hand out treats to all. Each child will receive an inflatable bunny to take home, along with keeping all the eggs they collect from the hunt. Special filled baskets are awarded to those who find a "winner" ticket inside their egg. Family Swim follows the egg hunt.

**DATE:** April 7  
**Time:** 6-8pm  
**Ages:** 0-3ys-6pm  
**Ages:** 4-6yrs-6:10pm  
**Ages:** 7-12yrs-6:15pm  
**Swim:** 6:20-8pm  
**CODE#:** 17MAR1AQHUNT  
**FEE:** Y Members Only (Free)



## Spiritual Workout 1.0

Wednesday from 12-1p in the YMCA Conference Room

### What is Spiritual Workout 1.0?

It is a lunchtime gathering of people who are interested in developing the depth and fitness of their biblical knowledge, spiritual life, and relationship with God.

### How can I get more information?

Rev. Bill Jacobsen of Seatonville Congregational Church, Independent will be the lead liaison for Spiritual Workout 1.0 and can be called or texted at 815-228-6717 and emailed at

[finishlinebj@aol.com](mailto:finishlinebj@aol.com)

# Birthday Parties

## Y Party Information

The Illinois Valley Y offers a variety of party options to please everyone! A \$30 initial payment and signed waiver and confirmation form required to book a date.



## Party Options

- Pool
- Tumbling
- Gym
- Gym and Swim
- Tumbling and Swim

## Specialty Party Options

- Glam Girl
- Super Hero

## Party Packages

### Basic Party Packages

Includes: Party room or poolside, one party host, cake, ice cream, Alligator Ice, decorations, party-ware, t-shirt for the birthday host and invitations

YOU PROVIDE: A minimum of 2 adult chaperones, and kids!

### Deluxe Party Package

Includes: Basic Package plus 2 pizzas and goodie bags for each child

YOU PROVIDE: A minimum of 2 adult chaperones, and kids!

Member and Non-Member pricing available!

Contact Birthday Coordinator Cheri at 815-223-7904 x37 or [C.Sciarini@comcat.net](mailto:C.Sciarini@comcat.net)



# Senior Group

## 62 or older? Come join our Senior Group!

In addition to our Y's exercise programs, special events, etc, the Y offers our senior members an opportunity for socializing and meeting new people by attending our senior group events. Don't miss out on our Bingo and lunch as well as our other events such as crafts, writing classes, presentations, potlucks, games, movies, etc. Senior events are free for our Y and Silver Sneakers members. There is a fee for non-members to attend.



Calendars for Senior Group events are available monthly at the courtesy counter. For more information about Senior Group, please contact Cherie Sciarini at 815-223-7904 x37 or [C.Sciarini@comcat.net](mailto:C.Sciarini@comcat.net).

## Tae Kwon Do

Boys and girls ages 6+ can join Tae Kwon Do and benefit by improving self-confidence, discipline, coordination and more!

- **When:** Tuesday/Thursday
- **Ages/Times**
  - 6-12 years (pee wee class): 6-7p
  - 13+: 7-8p
  - \$30 Y-Members; \$50 Non Y-Members

Little Tigers Tae Kwon Do- Children aged 3-6 years old develop basic skills such as coordination, balance, following directions and more.

- **When:** Saturday; 10-10:45a
- **Cost:** \$30 Y-Members; \$50 Non Y-Members

# Tumbling and Trampoline

## Preschool Open Gym

Bring your child to learn the basics of tumbling and trampoline! Fine tune motor skills and get to know the Illinois Valley YMCA Tumbling and Trampoline program! Preschool Open Gym is offered once a month and provides access to all trampolines, obstacle courses for a whole year of fun!

**Dates:** January 20, February 24, March 24, April 28, May 19

**Ages:** 6 and under

**Time:** 4-5pm

**Fee:** \$5/member

\$7/non-member

## Flip Flop Friday

Take advantage of this excellent opportunity to develop strength and technique to successfully complete the flip-flop. We will work on standing flip-flops, round off flip-flops and multiple connecting flip-flops. Our trained staff will teach using the trampoline, tumble track and our rod floor.



**Dates:** January 20, February 24, March 24, April 28, May 19

**Ages:** 5 and over

**Time:** 5-6:30pm

**Fee:** \$5/member

\$7/non-member

## Funday Sunday

Kids love an open gym! Funday Sunday is like the recess of sports training! It is a time for students to come into the gym to practice and play in a coach-supervised, but unstructured environment.

**Dates:** January 22, February 26, March 26, April 30, May 21

**Ages:** All ages

**Time:** 12-1:30p

**Fee:** \$5/member

\$7/non-member

## Tumbling and Trampoline Hours

### Monday

Pre-Beginner.....	3:15-4p
Beginner & Pre Novice.....	4-5:10p
Beginner & Advanced Beginner.....	5-6:10p
Intermediate +.....	6-8p

### Tuesday

Beginner & Advanced Beginner.....	4-5:10p
Advanced Beginner & Pre- Novice.....	5-6:10p
Intermediate +.....	6-8p

### Wednesday

Advanced Beginner & Pre-Novice.....	4-5:10p
Beginner & Pre-Novice.....	5-6:10p
Intermediate +.....	6-8p

### Thursday

Beginner & Advanced Beginner.....	5-6:10p
Intermediate +.....	6-8p

### Saturday

Pre-Beginner .....	9:15-10a
Beginner & Advanced Beginner.....	10-11:10a
Pre-Novice.....	11a-12:10p
Team Level 1.....	11a-12:30p
Team Level 2 & 3.....	12:15-2p

**Pre-Beginner:** Designed for children 2 and up who are able to participate in a 60-minute class without parent participation.

Parents are required to stay through the class.

**Beginner:** 5+; students learn correct form for tuck rolls, straddle rolls, cartwheels and back bends.

**Advanced Beginner:** Students are proficient at all beginners' skills and are able to do their standing backbend without instructor assistance.

**Pre-novice:** Students are able to perform one back handspring and begin connecting rows and learning back tucks and front tucks.

## Monthly Tumbling Rates

### 1 hour a week

Member- \$46

Non-member- \$52

### 2 hours a week

Member- \$62

Non-member- \$67

### 3 hours a week

Member- \$72

Non-member- \$77

### 4 hours a week

Member- \$82

Non-Member-\$87

### Team Level 1 (3 hours a week)

Member- \$71

Non-Member- \$77

### Team Level 2 & 3 (5 hours a week)

Member- \$82

Non-Member- \$87

\*2<sup>nd</sup> and 3<sup>rd</sup> child discount of \$10 will be given.

\*\* All fees are due by the first of the month. If you need to make up a class, it is the responsibility of the student/parent to schedule by calling the tumbling coordinator or talk to a tumbling employee to schedule a makeup class.



**Illinois Valley YMCA  
300 Walnut Drive Peru, IL 61354  
Jessica Brucki, Tumbling Coordinator  
815-223-7904 ext. 39**

# Personal Training

The YMCA Personal Training Staff is capable of assessing your current fitness level through a series of tests. An appointment must be made by calling the YMCA at 815-223-7904. During your first appointment you must fill out a Personal Training Form with health, medical history, activity, interests, etc, giving our training staff the information needed to create an effective exercise prescription, custom designed for you. You are able to choose from the test options listed below that you would like to have administered by your trainer.

- **Body Analysis**- refers to the absolute amounts and distribution of the structural components of the body - fat, fluid, muscle/tissue and bone. A complete body composition analysis is a great way to check your fitness progression and success by comparing your test results before, during, and after your program. Stop at the Front Desk to use the Biomeasure machine for just \$2

- **Cardio Respiratory Fitness**- refers to the ability of the body to take in, transport and utilize oxygen. It includes the capacity of the heart and lungs to exchange and deliver oxygen to working muscles during sustained motion. We offer various testing options to be decided the day of your fitness test

- **Muscular Strength**- refers to the amount of weight (maximal force) that can be lifted in a single attempt by a particular muscle group. This is a great way to learn how strong you currently are with relation to how strong you hope to become through your future program.

- **Muscular Endurance**- refers to the ability of a single muscle group to lift a sub maximal weight numerous times. It also is the ability of a muscle group to stabilize a fixed contraction for an extended period of time. A testing procedure that is able to predict how long you can continue a single exercise, great for endurance athletes such as marathon runners, triathlon competitors, etc.

- **Flexibility**- also defined as mobility, refers to muscle suppleness as well as the range of motion for the major joints that make-up the human body. Adequate range of motion can imply that the muscles are able to elongate to accommodate the full mobility required by the joint, as well as to maintain functional muscular balance. The testing procedure for flexibility is very simple and easy to learn.

### **Personal Training Rates**

#### **MEMBER**

<b># of sessions</b>	<b>1 person</b>	<b>2 people</b>	<b>3 people</b>	<b>4 people</b>	<b>5 people</b>
1 session	\$30	\$55	\$80	\$105	\$130
2 sessions	\$55	\$80	\$105	\$130	\$155
3 sessions	\$80	\$105	\$130	\$155	\$180
4 sessions	\$105	\$130	\$155	\$180	\$205
5 sessions	\$130	\$155	\$180	\$205	\$230

#### **NON-MEMBER**

<b># of sessions</b>	<b>1 person</b>	<b>2 people</b>	<b>3 people</b>	<b>4 people</b>	<b>5 people</b>
1 session	\$55	\$80	\$105	\$130	\$155
2 sessions	\$80	\$105	\$130	\$155	\$180
3 sessions	\$105	\$130	\$155	\$180	\$205
4 sessions	\$130	\$155	\$180	\$205	\$230
5 sessions	\$150	\$180	\$205	\$230	\$255

- **New Member Orientation**- All new members are entitled to an orientation with a personal trainer. They are one-on-one on an as needed basis. Please inquire at the front desk.

## Personal Aquatic Training

Have a personal aquatic fitness program designed just for you! A customized one-on-one training will be conducted by one of our Personal Trainers. The focus will be based on individual needs:

- Strength and/or Endurance Training
- Weight Loss Management
- Sports Injuries
- Therapeutic Recovery
- Arthritic Conditioning
- Special Needs Individuals, including those with social challenges
  - Leave your name and number at the Front Desk and a Personal Trainer will contact you to set up a convenient time and date for your training sessions.
  - Current Personal Training Rates apply

## **\*NEW\*** FREE Personal Training

**Sunday's; 1:00-3:00pm**

- ~ Machine Orientation
- ~ Exercise Programming
- ~ Strength Training
- ~ Fitness Assessment

## ActivTrax

In an effort to create the best experience possible for our members, we have added ActivTrax at the Illinois Valley YMCA, included with your membership. ActivTrax is for every member at every level – beginner, intermediate or advanced – it guides you, tracks your progress and challenges you on your terms.

After completing a simple strength test, ActivTrax will create a new workout for you each time you visit the Y to keep things fresh and interesting, and make sure you are making progress toward meeting your goals.



You can use ActivTrax from home, at the ActivTrax kiosk at the Y, or from your smartphone. It will tell you which pieces of equipment to use, how to set the weights and how long to rest between sets. There is even an online exercise library that shows you how to perform the exercises correctly.

## Engage with YTRAAK-Fitness Challenges and Technology

Stay motivated, committed and rewarded throughout the year with our YMCA Fitness Challenges.

Each unique Challenge offers creative health and fitness activities to help participants reach and exceed their wellness goals. Use YTRAAK to track your workouts in real-time. YTRAAK is fast, easy and accessible through any device and at any time. Use the YTRAAK to track your workouts in real-time. Ytraak can be accessed on all devices and at anytime and only takes 10 seconds to log a workout.

### YTRAAK Features

1. Real-time tracking on any device: PC, Tablet or Phone.
  2. Personal Workout Log
  3. Weight Tracking (Optional)
  4. Customizable Profile
  5. Add Notes and Pictures
  6. Gamification and Achievements
  7. Goal Tracking
  8. Custom YMCA Points System
  9. Facebook Share
  10. Team Workout Feed
  11. High Five Feature
  12. Real Time Stats
- ....and more!

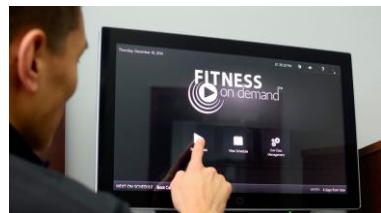


### Fitness on Demand

Fitness on Demand is the hot new way to get in shape at the Illinois Valley YMCA! It's group exercise classes all the time. Classes will range from the industry's most popular exercise videos like Yoga, Cycling to STRIKE, HardCore

Fitness and so much more! Fitness on Demand creates an engaging group exercise experience anywhere, thanks to its HD projector, huge 120" motorized screen, audio receiver and 4-way speaker system.

Fitness on Demand allows us to offer more for our members, by bringing the industry's best group exercise classes to the Illinois Valley YMCA. With Fitness on Demand, we will offer a wide variety of classes all the time, making it convenient for all of our members! Get in shape at the Illinois Valley YMCA with Fitness on Demand!





# Preschool Program

## Y Tykes Academy

Y Preschool is a complete program with experienced teachers and extras like tumbling, swimming and gym time. This class offers just what your 3-4 year old needs - a class that provides readiness skills such as color/shape recognition, counting, an introduction to the alphabet and fine & gross motor skills implemented through age-appropriate activities. Out Academy meets on a variety of days and includes "swim days" and tumbling days! The children must be 3 or 4 years old by 9/1/16

**Registration and Supply fee:**

9:00 am –Noon

(Due at Registration) \$75

Monday – Thursday

---

**Fee:** \$125/month



## Just For Twos:

A class "just for 2 year olds" that is filled with fun and socialization; activities are designed to satisfy curiosity and to help develop fine and gross motor skills. Caring teachers and a great atmosphere are also included. Children must be 2 years old by 9/1/16.

**Registration and Supply fee:**

9:00 - 10:00am

(Due at Registration) \$50

Tuesdays and Thursdays

---

**Fee:** \$65/month

Not necessary to be toilet trained, but we do not change diapers.

**We follow the Peru Public School System  
for holiday days off and snow days.  
If in doubt for snow days, listen to WAJK/WLPO.**

# Before and After Care Club

The Illinois Valley Y-Before-and after-school programs serve our area families by supplying a safe and entertaining place for children to focus on social growth and academic enhancement while parents have the freedom to work or study. These programs provide children with options to explore and develop their interests and talents, and allow parents the comfort of knowing that their children's needs are well cared for by highly qualified, CPR and First Aid-certified staff.

For more info call Mike Wallaert at 815-223-7904 ext 13.

## Locations/Schedules

### Before Care Sites

Peru Northview School and LaSalle Northwest School

6:30 am until school starts

**\$4 per child; \$4 per day**

### After Care Sites:

Peru Northview School, LaSalle Northwest School, and Oglesby Lincoln School

3:15-5:30 pm	OR	2:00 pm dismissal - 5:30 pm	
Days	1st child	2nd child	3rd child
1	\$13	\$10	\$7
2	\$21	\$18	\$15
3	\$32	\$29	\$26
4	\$38	\$35	\$32
5	\$45	\$40	\$37



## Child Watch

The babysitting area is open and supervised free of cost to all YMCA members and class participants. Youngsters are allowed to stay up to TWO HOURS per day while parents are on the YMCA premises and using YMCA facilities. Children must be at least 6 month old.

### Schedule

<b>Mon-Thurs:</b> 9am to 8pm	<b>Fri:</b> 9am to 6pm
<b>Sat:</b> 8:30am to 1pm	<b>Sun:</b> Closed

**Monday-Friday: Closed 1 pm to 4 pm**

(Hours are subject to change)

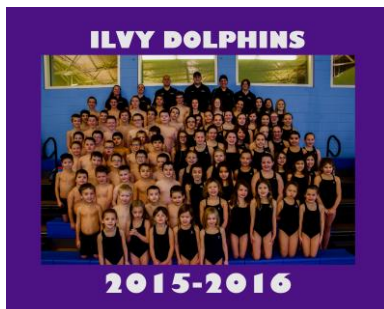


**Free Child Watch**  
While You Workout

## Swim Team

Come join the fun! Learn proper stroke technique, sportsmanship, goal setting, and competitive spirit! Coaches are American Swim Coaches Association and USA Swimming certified. The program is open to all athletes aged 5-21, with a minimum requirement of the ability to swim 25 yards (one length of pool) by the end of the first week of practice. Swimming practices are held at the Link Aquatic Facility at the Illinois Valley YMCA. Practices and swim meet attendance are not mandatory; however, athletes will see quicker improvement in both swimming technique and stamina as they become more involved with the program.

We have a signup sheet posted weekly regarding whether you will attend that week's meet and DO require attendance at a minimum of TWO practices that week. This team policy allows athletes to participate at whatever level feels comfortable to them, with the hope that their love of both sport and swimming, in particular,



inspires them to greater effort and success. The season runs through early April, with swim meets just about every weekend, holidays excluded. The team also hosts an Awards Banquet, held at season's end, in order to recognize outstanding performances throughout the year.

You must also have a currently paid YMCA membership. Scholarships are available for families needing them. Contact the Aquatic Director at 815-223-7904 X11 for swim team information.

### **\*NEW\* Mindfulness Meditation**

Barb McLaughlin will be teaching Mindfulness Meditation and her mission is to help as many people as possible learn to help themselves improve their health, happiness, and general satisfaction with life through learning the technique of Mindfulness Meditation.

#### **Benefits:**

- ~ Meditation reduces stress
- ~ It improves concentration
- ~ Benefits Cardiovascular and immune health
- ~ It encourages a healthy lifestyle
- ~ It increases self-awareness

#### **Will Need:**

- ~ Comfortable clothing
- ~ Pillow or cushion (Chairs will be available)

Classes start January 23; Wednesdays 6:00-7:00 PM  
Fee: \$42/Members & \$52/Non-Members

# SilverSneakers®

## **SilverSneakers® Classic**

Mon/Wed @ 9a (Group Exercise South)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## **SilverSneakers® Circuit**

Mon/Wed/Fri @ 10a (Group Exercise South)

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

## **SilverSneakers® Splash**

Tue/Thur @ 930a (Shallow End of Lap Pool)

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.



**GET FIT.  
STAY STRONG.  
LIVE HEALTHY.**

## **All New APP & Rewards Program**

### **EARN REWARDS FOR DOING THE THINGS YOU LOVE**

**Easier • Faster • Mobile • User Friendly**

We are excited to announce our all new app and rewards program, available on both apple and android mobile devices.

To download the app, go to your device's app store and search "Illinois Valley YMCA." Look for the green logo. Do not forget to re-enroll into our mY Rewards program.

To enroll or re-enroll, visit [ivymca.com/my-rewards/enroll](http://ivymca.com/my-rewards/enroll) OR download the Illinois Valley YMCA mobile app where you can enroll. You may also enroll at the front desk of either facility.

### **How does the new rewards program work?**

Each day, the activities you enjoy at the Illinois Valley and Mendota Area YMCA's will be assigned a unique code that can be found at the front desk at both of the facilities. Using either the YMCA app on your mobile device or at the kiosks, you will enter the phone number you used to enroll into the new program along with the unique code for the activity you are doing. **\*Note\*** your current points from the old rewards program will be transferred to the new rewards program.



### **What can you get out of the App:**

- Receive the latest news, announcements, and alerts from both the Illinois Valley and Mendota Area YMCA facilities
- Easily lookup group exercise and class schedules
- View the YMCA event calendar
- Conveniently earn and check point balances on the greatly improved, user-friendly mYrewards program, and much more....

# Youth Activities

## Nerf Night

Drop your kids off for a night of fun, pizza and Nerf games! We will provide the obstacle course, a variety of games including; Capture the Flag, Team Elimination, and occasionally dodge ball.



**Dates:** First Friday of the month;

January 6, February 3, March 3, April 7, and May 5

**Time:** 5-7 pm

**Ages:** 6-12

**Fee:** \$5 Members; \$7 Non-Members

## Y-Dance

Come chillax with your friends from school and socialize with kids from the surrounding area. We will provide music, dancing, sports of all sorts, and many other fun activities.

**Time:** 7-10 pm

**Ages:** 5th-8th graders

**Fee:** \$5 Members; \$7 Non-Members

**2017 School Year Dates & Themes**

**SATURDAY NIGHTS!!**

January 14th	February 18th
March 18th	April 15th
May 20	

## Parent's Night Out

Enjoy a night away, both the kids and adults! Our youth program staff will offer a variety of activities including movies, art & crafts, board games, tumbling, and games designed for kids to interact and have a great time. **\*New\*** Children can enjoy swimming during the first hour of Parent's Night Out

**Dates:** Every 4th Saturday, except for holidays

January 7, February 4, March 4, April 1, May 6

**Time:** 5:30-9 pm,

**Ages:** 5-12 years old

Swimming 6-7pm

**Fee:** \$8 Members; \$12 Non-Members;

\*\*Discounted prices for numerous children

## Rimball

Preschool basketball program that teaches the basics of the game.

**Ages:** 3-4

**Time:** 10-11 am

**Schedule:** Saturdays starting January 14 (5 weeks)

**Fee:** \$30 Members; \$40 Non-Members

## Illinois Valley Y Recreational Girls/Boys Basketball League

This program is designed to introduce your beginner to basic competition scaled down full count game setting in the YMCA Green Gym. Saturdays will include (2) 20 minute halves of running clock game play. Each player guaranteed 1 half.

**Ages:** 6-7

**Ages:** 8-10

11-12p

12-1p

**Game Schedule:** Saturdays starting January 14 (5 weeks)

**Practice Schedule:** January; 14, 19, 26 & February 2, 9 at 4-6p

**Game Day Schedule:** January; 14, 21, 28, and February 4, 11

**Fee:** \$30 Members; \$40 Non-Members

## Big K Basketball Program

Big K Basketball introduces your child to the game of basketball. It is played in the green gym with shorter baskets.

**Ages:** Kindergarten (5 years)

**Time:** 10-11am

**Schedule:** Saturdays Starting January 14 (5 weeks)

**Fee:** \$30 Members; \$40 Non-Members





## YMCA Girls Youth Basketball League

This program is designed to introduce your beginner to basic competition scaled down full count game setting in the YMCA Green Gym. Saturdays will include (2) 20 minute halves of running clock game play. Each player guaranteed 1 half.

Ages: 7-10 years old

Time: 1-2pm

---

**Game Schedule:** Saturdays starting January 14 (5 weeks)

**Practice Schedule:** January; 14, 19, 26 & February 2, 9 at 6-7p

**Game Day Schedule:** January; 14, 21, 28, and February 4, 11

---

**Fee:** \$30 Members; \$40 Non-Members

## Slam Dunk Youth Basketball League

Sign up your team for the 3-on-3 basketball league. Games will be played in the Green Gym on 8'6" rims. For more information Contact Ben Fogle at 815.223.7904 Ext. 30.

Ages: 13-17 years old

Time: TBD

---

**Dates:** Tuesdays Starting; January 17, 24, 31, Feb 7, and 14

---

\$75/Team + \$10 Non-Y-Member



## School's Out Camp & Fun Swim

December 25-30; Christmas Break Camp 8a-4p; **Fun Swim** 1-3p  
January 2-6; New Year's Camp 8a-4p; **Fun Swim** 1-3p  
February 20; President's Day Camp 8a-4p; **Fun Swim** 1-3p  
April 10-14; Spring Break Camp 8a-4p; **Fun Swim** 1-3p

**Looking Ahead:** Summer Camp Begins the week of May 29!

## Y T-Ball

At the Illinois Valley YMCA our participants will learn the basics of t-ball in this great introductory sport. Participants will learn how to catch, throw and hit the ball off a hitting tee in a fun team environment. The focus of the league is to have fun, meet new friends and play t-ball in a non-competitive environment.

**Ages:** 3-6

**Time:** 9-10 am

---

**Schedule:** Saturdays starting April 1 (6 weeks)

---

**Fee:** \$30 Members; \$40 Non-Members

---

First day will be indoors @ YMCA Green Gym and other days at McKinley Park



## Free Dodge-Ball

All ages are welcome to come and get a dodge-ball game going. We have gym space and the racquetball courts that can be utilized for matches. Request the dodge balls at the courtesy counter and the supervisor on duty can get you and your group all set up. You may also call ahead to have these preparations made. Call/leave a message for Ben at 815.223.7904 Ext. 30

## Pickleball

Pickleball is a fun game that is played in the back gym of the YMCA; the net height is 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Call the Front Desk at 815-223-7904 to reserve your court today!

---

**Ages:** 13 and older

**Location:** YMCA Back Gym

**Fee:** Free to all members

## Free Racquetball

The YMCA offers free racquetball as part of your YMCA membership. It is a great cardiovascular exercise! Courts are open from 5:00 a.m. until 9:00 p.m. Reservations can be made up to 3 days in advance by calling the YMCA at 815-223-7904.



## Free Wallyball

Wallyball is an off-the-wall volleyball game played on a racquetball court. Wallyball plays like, feels like and basically is volleyball with the added dimension of being able to play the ball "off the wall". In order to play, simply reserve either of the racquetball courts and checkout the wallyball equipment at the YMCA service counter. A brief description of the game and a set of general rules are available. It is great for 3 on 3 or 4 on 4!

## Adult Basketball

(18 and older)

The main gym is reserved for adults, full court basketball on specific days and times.

Monday-Friday: 11am to 2pm

Tuesday-Thursday: 4pm to 6pm

## Adult Basketball League

Sign up your team for the men's 5 on 5 basketball league.



---

**Age:** 18 and older

Starts in the middle of January

**Fee:** \$400/team and \$20/non-member

**Location:** Main Gym

**ALL FEES AND ROSTERS MUST BE RECEIVED BY THE 3RD GAME.**