



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER FUN STARTS HERE!



Illinois Valley Y  
Summer 2017

# Membership Information

## Building Hours

M-F	5a-9p
SA	6a-5p
SU	6a-4p

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

## Membership Information

### 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.



**BE A PART  
OF SOMETHING  
GREATER**

### Monthly Memberships Fees

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

### 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. Y Membership is good to use at all Illinois YMCA's.

# SUMMER CAMPS

## Just for 2's Camp

Join our Just for 2's camp to help introduce your child to a world of sharing, learning, and exploring! Our program creates opportunity for your child to express themselves creatively through music, art, dance, and drama! The Y encourages and supports building your child's self-confidence and self-help skills.

<b>Time:</b> 9a-10a	<b>Days:</b> Tuesday/Thursday
<b>Daily Rate</b> \$10/Member; \$15/Non 2 <sup>nd</sup> Child \$5 discount	<b>Term Rate</b> \$20/Member; \$25/Non
<b>Term Dates:</b> June 6-15th	
June 20-29th	July 11-20th



## Discovery Camp (Ages 3-5)

Join us this summer with Mrs. Nancy and Mrs. Julie, where every week there's a whole new kind of fun that awaits your child, a summer full of exciting and engaging activities! Each week's theme will revolve around our weekly activities...Arts & Crafts, Music & Movement, Outdoor & Sensory Play, and Cooking & Preschool Enrichment! **Please provide a sack lunch for Monday- Wednesday; lunch provided Thursdays. We will swim on Thursdays, please send their swim suit and towel.**

<b>Time:</b> 9a-1p	<b>Days:</b> Monday-Thursday	
<b>Daily Rate</b> \$20/Member; \$25/Non 2 <sup>nd</sup> Child \$5 discount	<b>Weekly Rate</b> \$60/Member; \$75/Non 2 <sup>nd</sup> Child \$5 discount	<b>3 day weekly Rate:</b> \$45/Member; \$60/Non-Member

**Dates:** May 30- August 16

# Discovery Camp Weekly Themes

**Kick off  
Week**  
May 30-June 2

**Ready, Set, Go**  
June 5-9

**Buggin' Out**  
June 12-16

**Artists Avenue**  
June 19-23

**Zootopia**  
June 26-30

**Party in USA**  
July 3-7

**Super Hero**  
July 10-14

**Hawaiian  
Hullabaloo**  
July 17-21

**Space Jam**  
July 24-28

**Around the  
World**  
July 31- Aug 4

**Music &  
Movement**  
August 7-11

**Back to School**  
August 14-18



## Challenger Camp (Ages 5-8)

Do you want your children to have a summer they will never forget? Your child will have the opportunity to participate in an array of organized educational and recreational activities, all of which promote social skills, self-confidence, sportsmanship, character development, and healthy kids! Each week of camp includes weekly themes, field trips, crafts, group games, and swimming.

## Adventure Camp (Ages 9-13)

Children get a summer of self-discovery, adventure, fun, and learning that will last a lifetime. With a theme every week, participants will adventure into life around them, through group development, creative expression, inventive play, swimming, and field trips around the community.

	<b>Daily Rate</b>	<b>Weekly Rate</b>	<b>4 Day Weekly Rate</b>
<b>Hours</b> 8a-4p	\$32/Member; \$40/Non	\$115/Member \$140/Non	
	<b>Before Care</b>	<b>After Care</b>	\$95/Members; \$120/Non-Members
	7-8a \$3/day	4-530p \$5/day	

- Campers will have an opportunity to swim on Mondays, Tuesdays and Thursday at the Illinois Valley Y; weather permitting they will swim at either LaSalle or Oglesby pools on Friday. Based on weekly activities, they may not swim, but please send their suit and towel.
- **Please send a sack lunch & drink every day except Fridays. Lunch is provided on Fridays!**
- The concession stand will be available Mon, Tue, Thur, Fri
- Pack a bag with swim suit & towel, shoes for hiking, sunscreen, and anything else your child needs.
- **NO Toys or Electronics!**
- **Shortened weeks are prorated.**

\*Please note there is NO camp on Memorial Day or Fourth of July. \*

# Challenger/Adventure Camp Weekly Themes

**Art**  
May 30-June 2

**Sports**  
June 5-9

**Show & Tell**  
June 12-16

**Game Show**  
June 19-23

**Spy**  
June 26-30

**SUPER HERO**  
July 3-7

**Christmas in  
July**  
July 10-14

**Wilderness**  
July 17-21

**Science**  
July 24-28

**Natures  
Creatures**  
July 31-August 4

**Rocket**  
August 7-11

**BACK2SCHOOL**  
August 14-18

# SUMMER SPORTS CAMPS

(Please pick up further information at the Front Desk)

**Boys Basketball Camp:** June 19-23

6-8 years; 10-11a

9-13 years; 11-Noon



**Girls Basketball Camp:** June 19-23

8-13 years; Noon-1p

**Volleyball Camp:** July 17-21

6-8 years; 10-11a

9-13 yrs; 11-Noon



**Archery Camp:** July 17-21

10-11 years; 12-1p

12-13 years; 1-2p

**ALL CAMPS**

**\$20/Member**

**\$25/Non**

**Dodgeball Fridays:** Beginning in June

Under 10 yrs; 4-5p

10-13 years: 5-6p

Fee: Free/Members

\$5/Non-Y Members

**Baseball Camp:** July 31-Aug. 4

9-10 yrs

10-11a

11-14 yrs

11-12p

## Preschool Sports- Sports of All Sorts Camp

Sign your preschooler up for this introductory class of a variety of sports! They will have an opportunity to throw, shoot, swing and catch while playing basketball, t-ball, soccer and more!

**Fee:** \$20 Member; \$25 Non

**Ages:** 3-5 years old; 1-2p

**Dates:** June 19-23

**Ages:** 3-5 years old; 10-11a

**Dates:** June 26-30

## Summer Youth Basketball Leagues

Ages/Time: 6-7 years old (11-12PM) & 8-10 years old (12-1PM)

Fee: \$40/Members & \$50/Non-Y Members

**Tuesday Practices:**

7/11, 7/18, 7/25, 8/1, 8/8

**Thursday Games:**

7/13, 7/20, 7/27, 8/3, 8/10

## Scott Olson's Basketball Camp - June 14 & 15

\$50/Participant

- 6<sup>th</sup>-8<sup>th</sup> Grade Boys & Girls; 8:30-10:30am
- 3<sup>rd</sup>-5<sup>th</sup> Grade Boys; 10:30-12:30pm
- 3<sup>rd</sup>-5<sup>th</sup> Grade Girls; 1-3:00pm



Register in person at the Courtesy Counter or by calling at 815.223.7904.

## Swim Lessons (For all Campers)

If your camper wishes to learn to swim or become a better swimmer, you may sign them up for lessons. We offer pro-rated swim lessons to all campers to encourage their progress in the water and help make our YMCA as safe as can be. We will see to it that your youth is transported safely to their lesson and back afterwards.

**Lessons:** Run for 4 weeks, meets twice per week.

**Time:** 30 minutes running on Tuesdays & Thursdays from 9:30-10:05am

**Campers Cost:** \$22/Y Member (Normally \$42), \$30/Non-Y Member (Normally \$52)

Contact the Aquatic Director, Josh Noel, at 815.223.7904 Ext. 11 for specific information & registration.

## Baseball Pitching Lessons

- 1 Hour One-On-One, Scheduled Time  
\$20/Y Member & \$25/Non-Y Member

Contact Ben Fogle to schedule an appointment at 815.223.7904 Ext. 30





## Texas Hold'em Poker Tournament

Prizes for winner and runner up.

**Age:** 13 years old +

**Time:** 6:00-8:00 pm

**Dates:** Thursdays; 5/25, 6/29, 7/27

**Fee:** \$5/Members & \$7/Non-Y Members



## Youth Group Game Night

**Age:** 5 years old +

**Time:** 6:00-8:00 pm

**Dates:** Mondays; 4/17, 5/15, 6/19, 7/17, 8/21

**Fee:** \$5/Members & \$7/Non-Y Members

Price includes; pizza.

- Card Games
- Board Games
- Hide & Seek



## Strength & Conditioning 101

**Age:** 11 years old +

**Time:** 1:30-2:30 pm

**Fee:** \$5/Members & \$8/Non-Y Members

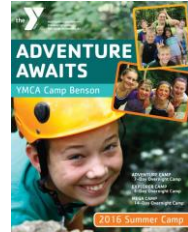
**Dates:**

- 6/8; Squat/legs
- 6/22; Bench
- 7/6; Pull Day
- 7/20; Push Day
- 8/3; Core
- 8/17; Cardio

# CAMP BENSON

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

YMCA Camp Benson is an overnight summer camp facility in Illinois for children ages 6-17, whose mission is to build strong children through programs that promote independence, relationships, values and skills in a wonderful natural setting. Camp Benson's staff is composed of youth development professionals who passionately believe in the power of the overnight camp experience and what it does to help foster self-reliance and a sense of belonging. Our weekend programs are focused on strengthening family bonds and connecting with nature and each other. The 113-acre property located in the hills of northwestern Illinois, near the Mississippi River is the ideal location for YMCA Camp Benson.



## ADELE & DELWIN LINK MEMORIAL AQUATIC CENTER

Adele and Delwin were born in LaSalle-Peru in 1911 and 1907 respectively, attended local grade schools and graduated from LaSalle Peru Township High School. Delwin married Adele Steinbach in 1941. Adele worked at a local bank and Delwin was active in farming and farm management. Adele wanted to honor her husband, who passed away in 1986, by leaving her assets to build an aquatic center at the Illinois Valley YMCA; Peru, Illinois. Adele passed away in 2003, designating her executor and a committee of local businessmen to carry out her wishes for the Illinois Valley YMCA.



### Lazy River Water Walking Hours

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Monday-Friday:  
9:30-11am

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Tuesday &  
Thursday:  
5:30-7pm

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**Pick up a  
complete pool  
schedule at the  
Front Desk!**

# YMCA Swim Lessons

The child MUST be 3 yrs. old on the first day of class; participate without parents. Children not toilet trained must wear a swim diaper with snug fitting plastic pants and a swim suits. Introduces: basic such as bubbling, kicking, floating skills, arm movements, and safety skills using games, songs and fun; motor skills develop 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. Children are evaluated throughout the session by the Aquatic Director and the Lesson Coordinator and receive an evaluation report. Children are evaluated at the beginning of each session for proper placement.

## Water Acclimation

This is the very beginning for swimming lessons without parents. Students must be at least 3 years old and wear a swim diaper, if they are not potty trained. They will learn how to enter and exit the water safely, kick, blow bubbles, assisted front and back floats, and other safety techniques.

**Min: 2    Max: 10 per class**

**FEE:** \$42 Y Member;    \$52 Non Member

**LOCATION:** Water Park

### Monday/Wednesday Evening

17JUN1AQWAC01	6/5-6/28	5:05-5:35pm
17JUN1AQWAC02	6/5-6/28	5:40-6:10pm
17JUL1AQWAC01	7/10-8/3	5:05-5:35pm
17JUL1AQWAC02	7/10-8/3	5:40-6:10pm

### Tuesday/Thursday Morning

17JUN1AQWAC03	6/8-6/29	9-9:30am
17JUN1AQWAC04	6/8-6/29	9:35-10:05am
17JUL1AQWAC03	7/11-8/4	9-9:30am
17JUL1AQWAC04	7/11-8/4	9:35-10:05am



## Water Movement

Once students have graduated from Water Acclimation they will begin Water Movement. Students should still be at least 3 years old and wear swim diapers, if they are not potty trained. Students will learn how to enter and exit the water safely, submerge under the water, independent from front and back floats, independent from front and back glides, and other safety techniques.

**Min:** 2    **Max:** 10 per class

**FEE:** \$42 Y Member; \$52 Non Member

**LOCATION:** Water Park

### Monday/Wednesday Evening

17JUN1AQWAM01	6/5-6/28	5:05-5:35pm
17JUN1AQWAM02	6/5-6/28	5:40-6:10pm
17JUL1AQWAM01	7/10-8/3	5:05-5:35pm
17JUL1AQWAM02	7/10-8/3	5:40-6:10pm

### Tuesday/Thursday Morning

17JUN1AQWAM03	6/8-6/29	9-9:30am
17JUN1AQWAM04	6/8-6/29	9:35-10:05am
17JUL1AQWAM03	7/11-8/4	9-9:30am
17JUL1AQWAM04	7/11-8/4	9:35-10:05am

## Water Stamina

This is the final step in our swimming basics part of the program. Students must be at least 3 years old and wear a swim diaper, if they are not potty trained. Students will learn how to enter and exit the water safely, swim on their front, swim on their back, tread water, retrieve an item chest deep off the bottom, and other safety techniques.

**Min:** 2;    **Max:** 10 per class

**FEE:** \$42 Y-Member; \$52 Non-Member

**LOCATION:** Water Park

### Monday/Wednesday Evening

17JUN1AQWAS01	6/5-6/28	5:05-5:35pm
17JUN1AQWAS02	6/5-6/28	5:40-6:10pm
17JUL1AQWAS01	7/10-8/3	5:05-5:35pm
17JUL1AQWAS02	7/10-8/3	5:40-6:10pm

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**Tuesday/Thursday Morning**

17JUN1AQWAS03	6/8-6/29	9-9:30am
17JUN1AQWAS04	6/8-6/29	9:35-10:05am
17JUL1AQWAS03	7/11-8/4	9-9:30am
17JUL1AQWAS04	7/11-8/4	9:35-10:05am

## Stroke Introduction

This is the first step in our Swim Strokes part of the lesson and should only be started after swimmers have finished the swimming basics. Students should at least be 5 years old. Students at this level will begin to learn how to do front crawl, back crawl, dive, elementary back stroke, tread water, breast stroke, and butterfly. Different parts of these lessons will take place in the lazy river and the lap pool.

**Min:** 2 | **Max:** 10 per class

**FEE:** \$42 Y-Member; \$52 Non-Member

**LOCATION:** Water Park/Lap Pool

**Monday/Wednesday Evening**

17JUN1AQSTI01	6/5-6/28	5:05-5:35pm
17JUN1AQSTI02	6/5-6/28	5:40-6:10pm
17JUL1AQSTI01	7/10-8/3	5:05-5:35pm
17JUL1AQSTI02	7/10-8/3	5:40-6:10pm

**Tuesday/Thursday Morning**

17JUN1AQSTI03	6/8-6/29	9-9:30am
17JUN1AQSTI04	6/8-6/29	9:35-10:05am
17JUL1AQSTI03	7/11-8/4	9-9:30am
17JUL1AQSTI04	7/11-8/4	9:35-10:05am



## Stroke Development

This is the second step of the swim Strokes part of the lessons and students should be at least 5 years old. Students will be working on building endurance, front crawl for 25 yards, back crawl for 25 yards, dives, sidestroke, trading water, breast stroke 25 yards, and butterfly for 25 yards. These lessons will take place in the lap pool.

**Min:** 2 | **Max:** 10 per class

**FEE:** \$42 Y-Member \$52 Non-Member

**LOCATION:** Lap Pool

### Monday/Wednesday Evening

17JUN1AQSTD01	6/5-6/28	5:05-5:35pm
17JUN1AQSTD02	6/5-6/28	5:40-6:10pm
17JUL1AQSTD01	7/10-8/3	5:05-5:35pm
17JUL1AQSTD02	7/10-8/3	5:40-5:35pm

### Tuesday/Thursday Morning

17JUN1AQSTD03	6/8-6/29	9-9:30am
17JUN1AQSTD04	6/8-6/29	9:35-10:05am
17JUL1AQSTD03	7/11-8/4	9-9:30am
17JUL1AQSTD04	7/11-8/4	9:35-10:05am

## Stroke Mechanics

This is the final step of our swimming lessons. Students should be at least 5 years old and completed all previous lessons. Students will be asked to front crawl for 50 yards with a proper turn, back crawl for 50 yards with a proper turn, dives, elementary back stroke for 50 yards, breast stroke for 50 yards with a proper turn, butterfly for 25 yards, tread water for 2 minutes, and be able to retrieve an object in deep water. These lessons will all take place in the lap pool.

**Min:** 2 | **Max:** 10 per class

**FEE:** \$42 Y-Member \$52 Non-Member

**LOCATION:** Lap Pool

### Monday/Wednesday Evening

17JUN1AQSTM01	6/5-6/28	5:05-5:35pm
17JUN1AQSTM02	6/5-6/28	5:40-6:10pm
17JUL1AQSTM01	7/10-8/3	5:05-5:35pm
17JUL1AQSTM02	7/10-8/3	5:40-5:35pm

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**Tuesday/Thursday Morning**

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17JUN1AQSTM03	6/8-6/29	9-9:30am
17JUN1AQSTM04	6/8-6/29	9:35-10:05am
17JUL1AQSTM03	7/11-8/4	9-9:30am
17JUL1AQSTM04	7/11-8/4	9:35-10:05am

## 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

## Kayak Wednesday

Come try out your kayaking skills in the deep end of Lap Pool. No experience necessary. Experience the wonderful world of kayaking in a safe environment. Lifejackets will be worn by participants. Lifeguards on duty at all times.

**\*\*KAYAKS PROVIDED!\*\***

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**Fee:** Free to Y Members; | Non Y Members Pay daily fee

**Time:** 1-2pm

**Location:** Lap Pool

**Days:** Wednesdays, June 7 –July 26, 2017



# Pool School

Join our "Begin to Swim" program, BEGINNERS ONLY. For children who have never had swim lessons or are very beginners.

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

Dates: May 30 – June 2	Fee: FREE!
Location: Water Park	Min: 2 Max 10 (per class time)

**Registration begins May 1<sup>st</sup>**

<b>Water Acclimation</b> <b>Ages: 3-5</b>	17PS1AQWAC01 8-8:30 AM	17PS1AQWAC02 8:35-9:05 AM
<b>Water Movement</b> <b>Ages 3-6</b>	17PS1AQWAM01 8-8:30 AM	17PS1AQWAM02 8:35-9:05 AM
<b>Water Stamina</b> <b>Ages: 3-16</b>	17PS1AQWAS01 8-8:30 AM	17PS1AQWAS02 8:35-9:05 AM

# 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. Wait on blue bleachers for Instructor to come get class. Don't go into the Therapy Pool.



<b>Min: 2</b>	<b>Max: 14</b>	<b>Monday/Wednesday</b>
<b>FEE:</b> \$42 Y-Member; \$52 Non-Member		
<b>TIME:</b> 5:40-6:10p		<b>Age:</b> 6mo-3years
<b>LOCATION:</b> Therapy Pool		
(Child MUST be 6months old on the first day of class)		
17JUN1AQTOTS01		6/5-6/29
17JUL1AQTOTS02		7/10-8/3



# Safety Around the Water

Safety Around the Water is a free program that is similar to normal swim lessons, but with an increased focus in safety. Kids will learn a variety of ways to be safer by water and what to do in a bad or dangerous situation involving water. The program should not be used to fully supplement swimming lessons because it is based off of teaching skills to be safe more than teaching children how to swim. Sign up beginning May 1<sup>st</sup>.

**Min:** 2 | **Max:** 10 per class

## Monday-Thursday Evenings

17JUN1AQSAW01	Water Acclimation	6/12-6/22	6:15-7:00 PM
17JUN1AQSAW02	Water Movement	6/12-6/22	6:15-7:00 PM
17JUN1AQSAW03	Water Stamina	6/12-6/22	6:15-7:00 PM

## Monday-Thursday Evenings

17JUL1AQSAW01	Water Acclimation	7/10-7/20	6:15-7:00 PM
17JUL1AQSAW02	Water Movement	7/10-7/20	6:15-7:00 PM
17JUL1AQSAW03	Water Stamina	7/10-7/20	6:15-7:00 PM



# YMCA/USA Summer Swim Team

The Illinois Valley YMCA Dolphin swim team is looking to continue its fun and success in the Short Course (Fall/Winter) season by expanding its summer program to create a more year-round program. Swimmers that are Bronze, Silver, and Gold level swimmers may participate in the summer season. The summer fees will be the same as fall; \$25/month Bronze, \$35/month Silver, and \$40/month Gold. The billing will be for May-July.

If your swimmer wishes to participate in the USA meets they would then have to register with USA Swimming (\$68 fee). If you choose to register, the team would collect the fee and submit the paperwork for your membership in USA Swimming.

## Practice is held:

**During the School year (April 17-June 1)**

Bronze: 5:00-5:45 pm; Monday/Tuesday/Thursday

Silver: 5:00-6:00 pm; Monday-Thursday

Gold: 6:00-7:30 pm; Monday-Friday

**Beginning June 5 Practice will be as follows:**

Bronze: 9:30-10:15 am; Monday/Tuesday/Thursday

Silver: 9:30-10:30 am; Monday-Thursday

Gold: 8:00-9:30 am; Monday-Friday

For more information, contact Coach Christy at 815.223.7904 Ext. 42



# Summer Water Park Hours

Beginning May 30- August 18<sup>th</sup>

Monday-Thursday	Friday	Saturday	Wednesday & Sunday
1:00-3:00 PM	1:00-3:00 & 6:00-8:00 PM	12:00-3:00 PM	Closed



## Tae Kwon Do

### 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's
- **Ages/Times:**
  - 3-6 years old; 10-10:45a
  - \$30/Y-Members & \$50/Non-Y Members



# Summer Tumbling and Trampoline

## Hours

### Monday

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

### Tuesday

Pre Beginner & Beginner.....	10-11:10a
Advanced Beginner & Pre Novice.....	11-12:10p
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

### Saturday

Pre-Beginner.....	9:15-10a
Beginner & Advanced Beginner.....	10-11:10a
Advanced Beginner & Pre-Novice.....	11a-12:10p
Intermediate +.....	12-2p

**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

<b>1 hour a week</b> Member- \$46 Non-member- \$52	<b>2 hours a week</b> Member- \$62 Non-member- \$67
<b>3 hours a week</b> Member- \$72 Non-member- \$77	<b>4 hours a week</b> Member- \$82 Non-Member-\$87
<b>Team Level 1 (3 hours a week)</b> Member- \$71 Non-Member- \$77	<b>Team Level 2 &amp; 3 (5 hours a week)</b> 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**

# Camps

## Tumbling

It's all about tumbling for these two day camps! Learn skills, safety practices and fundamentals while working on the trampoline, tumble track, double mini, and floor.



**Session Dates:** June 8 & 9; July 13 & 14



## Cheer

Jumps, stunts, kicks and more! Cheer camp participants will learn basic cheerleading as well as side line cheers and dances.

**Session Dates:** June 29 & 30

**Ages:** 5 years +

**Time:** 9:00-4:00 pm

**Fee:** \$55/Members & \$65/Non-Y Members

**\*Camp participants must bring a sack lunch, towel, and swimming suit for both days!**

**Summer class registration will be held Friday, May 26 from 4-6p & Saturday, May 27 from 2-4p.**



# 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
- Nerf

## 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)

# 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.



## **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.

**SilverSneakers CardioFit®**– Get up and go in this cardio workout.

The class focuses on low-impact movement, building upper-body strength, abdominal conditioning, stretching, and relaxation exercises designed to energize your active lifestyle.



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



# 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).

**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 mYrewards program.

To enroll or re-enroll, [visit ivymca.com/my-rewards/enroll](http://visit 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.

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....



**New equipment coming soon to the Illinois Valley Y**

New Y-30 Zone will feature 11 new pieces including Life Fitness Circuit Series, The Core, and a Strength Zone Circuit. Other features include;

~ Ab Coaster  
~ Absolo  
~ Target Abs

~ The Ab Bench x 2  
~ The Vertical Crunch  
~ Lumbar X

# Group Exercise Classes are FREE With Membership

Ageless Yoga  
Wet n' Wild  
Body Pump  
SilverSneakers Classic  
SilverSneakers Circuit  
Basic Yoga  
Tai Chi  
Kardio Kick  
Indoor Cycling  
Yoga Blend  
Beginner Cycling  
Fluid Fusion  
SilverSneakers Cardio Fit  
SilverSneakers Splash  
Grit  
CX Worx  
CIZE Live!  
Zumba  
Beginner Grit  
Bike  
Bike Boot Camp  
Water in Motion  
321 Blast  
Ashtanga Yoga



## Personal Training

Here at our YMCA we can evaluate your current level of fitness and determine what exactly you specifically are capable of achieving through physical activity and lifestyle choices. We can accommodate all ages and levels of fitness. Our YMCA has multitude of equipment and resources we utilize. The trainers on staff hold current certification and possess the knowledge and experience to offer insight that will guide you toward realistic goals while prioritizing safety in your individualized exercise prescription.

Contact Ben Fogle at 815.223.7904 Ext. 30  
to get started.



# 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 9/1/17

**Registration and Supply fee:** (Due at Registration) \$75

**Time:** 9:00 am –Noon

**Days:** Monday – Thursday

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**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:** \$50 (Due at Registration)

**Time:** 9:00 - 10:00am

**Days:** Tuesdays and Thursdays

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**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 Ben Fogle at 815-223-7904 ext 30.

## Locations/Schedules

### Before Care Sites

Peru Northview School & 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
<b>Days</b>	<b>1st child</b>		<b>2nd child</b> <b>3rd child</b>
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

## 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)

# CONNECT WITH US!



FOLLOW US ON  
*Instagram*



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Check out our website!**

**[www.ivymca.com](http://www.ivymca.com)**

**Contact us!**

**(P) 815-223-7904 (F) 815-223-7955**

Dave Potthoff- CEO x15	Joanne Sabotta- Systems Op x14
Mike Wallaert- COO x13	Carmen Turigliatti- Membership x36
Jessica Brucki- Tumbling x39	Cheri Sciarini- Birthday Parties x 37
Betty Tonarelli- A/P x12	Ben Fogle- Youth Programs x30
Josh Noel- Aquatics x11	Marty Blanco- Maintenance x49
Nancy Picatto- Preschool x23	Chrystal Smith- Office Asst x18

## **Y Care Strong Kids Campaign**

When you give a gift, you are helping to open doors for those less fortunate so that, regardless of income, everyone has the opportunity to be a part of the Y programs, classes and activities. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connect and secure.

As the leading non-profit for youth development, healthy living and social responsibility, the Y uses your gift to make a meaningful, enduring impact here at home. We have many convenient ways you can make a contribution. You can make a donation online at [www.ivymca.com](http://www.ivymca.com), pay over the phone or at the Y with credit card, or send check by mail or pay in person at the Y. The Illinois Valley YMCA is a 501 © 3 Not for Profit Organization that benefits the community. Your donation is tax deductible.

## **Capital Equipment Fund**

The Y has a fund for Capital Equipment, including new exercise equipment. If you desire to make a contribution for the purpose of facility improvements, please indicate that in your gift. Miller Group Charitable Trust recently made a \$50,000 donation for the purpose of providing members with new equipment, including more group exercise cycles.

## **Endowment Fund**

The Y Endowment Fund ensures a healthy Y for future generations. Special thanks to Frank Hughes, a longtime member, for the recent bequest to our Y. The Link Aquatic Center and Miller Building for rehabilitation are a few of the results of generous contributions to our community. Please contact Dave if you wish to make a contribution to our Endowment Fund at [d.pothhoff@comcast.net](mailto:d.pothhoff@comcast.net).

**CONFIDENT  
KIDS TODAY,  
ENGAGED ADULTS  
TOMORROW**

