



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL FOR FAMILY FUN



Illinois Valley Y
Fall 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.



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.

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....



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. Lessons will introduce basics such as; bubbling, kicking, floating skills, arm movements, and safety skills using games, songs, and fun. 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 will 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: \$43 Y Member; \$55 Non Member

LOCATION: Water Park

Monday/Wednesday Evening

17SEP1AQWAC01	9/11-10/06	5:00-5:30pm
17SEP1AQWAC02	9/11-10/06	5:35-6:05pm

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: \$43 Y Member; \$55 Non Member

LOCATION: Water Park

Monday/Wednesday Evening

17SEP1AQWAM01	9/11-10/06	5:00-5:30pm
17SEP1AQWAM02	9/11-10/06	5:35-6:05pm

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: \$43 Y-Member; \$55 Non-Member

LOCATION: Water Park

Monday/Wednesday Evening

17SEP1AQWAS01	9/11-10/06	5:00-5:30pm
17SEP1AQWAS02	9/11-10/06	5:35-6:05pm



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: \$43 Y-Member; \$55 Non-Member

LOCATION: Water Park/Lap Pool

Monday/Wednesday Evening

17SEP1AQSTI01	9/11-10/06	5:35-6:05pm
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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, treading 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: \$43 Y-Member \$55 Non-Member

LOCATION: Lap Pool

Monday/Wednesday Evening

17SEP1AQSTD01

9/11-10/06

5:35-6:05pm

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: \$43 Y-Member \$55 Non-Member

LOCATION: Lap Pool

Monday/Wednesday Evening

17SEP1AQSTM01

9/11-10/06

5:35-6:05pm



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.

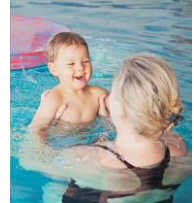
FEE	Y-Member	Non Y-Member
3 Lessons	\$75	\$90
5 Lessons	\$100	\$115
7 Lessons	\$130	\$145
9 Lessons	\$155	\$170

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

Min: 2	Max: 14	Monday/Wednesday
FEE:	\$43 Y-Member;	\$55 Non-Member
TIME: 5:35-6:05pm		Age: 6mo-3years
LOCATION:	Therapy Pool	
(Child MUST be 6months old on the first day of class)		
17SEP1AQTOT01	9/11-10/06	

Family Nights

Dive-In Movie Night

Come swim in our warm water Family Fun Water Park and enjoy a family movie afterwards. Pizza and a drink will be available.

Date: September 15

CODE#: 17SEP1AQDIVE

Time: 6-8pm

Ages: All ages

Fee: Y-MEMBERS ONLY/FREE

Pumpkins in the Pool

Come and enjoy a unique seasonal special night of family fun, swimming, and harvesting a real pumpkin from the pool and decorating the pumpkin. Free treat bag for each child! Pizza and drink will be available.

Date: October 20

CODE#: 17OCT1AQPUMP

Time: 6-8pm

Ages: All ages

FEE: Y-MEMBERS ONLY/FREE



Turkey Shoot Out

Shoot basketballs from a variety of distances in an elimination style game to win turkeys. Pizza and a drink will be available.

Date: November 17

CODE#: 17NOV1AQTURK

Time: 6-8pm

Ages: All ages

FEE: Y-MEMBERS ONLY/FREE



Swim with Santa

Santa will visit all the good boys and girls at the Link Aquatic Center for pizza, cookies, and a drink. Meet in the Teen Center with Santa at 6pm. After dinner, swim with Santa in our warm water Family Fun Water Park. Each child will receive a special gift bag from Santa.

Date: December 15

CODE#: 17DEC1AQSWIM

Time: 6-8pm

Ages: All ages

FEE: Y-MEMBERS ONLY/FREE



Link Aquatic Center Schedule

Therapy Pool

Monday-Friday: 7-9am, 11:05-1pm, 4:05-8pm

Saturday: 9:30am-3pm (September-October)

Sunday: 11am-1pm (September-October)

Lap Pool

Monday-Friday: 6am-1pm & 3:30-8:15 pm Lap Swim (Sept.-Oct.)

Closed 1-3:00pm

Saturday: 9:30-3:45pm Lap Swim (Sept.-Oct.)

Sunday: 11am-1pm Lap Swim (Sept.-Oct.)

Family Fun Water Park

Monday-Thursday: Closed

Friday: 6-8:00pm (Sept.-Oct.)

Saturday: 12-3:00pm (September-October)

Sunday: Closed (September-October)

Tae Kwon Do

Tae Kwon Do:

Greater self-confidence, improved discipline, and better coordination are just a few of the benefits both youth and adults, six and older experience through Tae Kwon Do.

- **When:** Tuesday/Thursday beginning in September
- **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 beginning in September
- **Ages/Times:**
 - 3-6 years old; 10-10:45a
 - \$30/Y-Members & \$50/Non-Y Members



2017-2018

Tumbling and Trampoline

Hours

Monday

Beginner & Pre Novice.....	4-5:10p
Beginner & Advanced Beginner.....	5-6:10p
Intermediate +.....	6-8:00p

Tuesday

Beginner & Advanced Beginner.....	4-5:10p
Advanced Beginner & Pre-Novice.....	5-6:10p
Intermediate +.....	6-8:00p

Wednesday

Advanced Beginner & Pre-Novice.....	4-5:10p
Beginner & Pre-Novice.....	5-6:10p
Intermediate +.....	6-8:00p

Thursday

Beginner & Advanced Beginner	5-6:10pm
Intermediate +	6-8:00pm

Saturday

Pre-Beginner.....	9:15-10a
Beginner & Advanced Beginner.....	10-11:10a
Pre-Novice.....	11a-12:10p
Team Level 1.....	11-12:30pm
Team Level 2 & 3.....	12:15-2:00pm

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- \$60 Non-member- \$65
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- \$72 Non-Member- \$77	Team Level 2 & 3 (5 hours a week) Member- \$85 Non-Member- \$90

*2nd and 3rd 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

Illinois Valley Y Tumbling and Trampoline

Pre-School Open Gym

Bring your child to learn the basis of tumbling and trampoline! Fine tune motor skills and get to know the Illinois Valley YMCA Tumbling and Trampoline program!

Dates: September 1, October 6, November 3 & December 1

Ages: 6 and under

Time: 4:00-5:00pm

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



Flip Flop Friday

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

Dates: September 1, October 6, November 3 & December 1

Ages: 5 and over

Time: 5:00-6:30pm

Fee: \$7/Member & \$10/Non-Member



Youth Activities

Nerf Night

Drop your children off for a night of Nerf games, fun, and pizza. We will provide the obstacle course and a variety of games will be offered including; Capture the Flag, Team Elimination, and occasionally Dodgeball.

Dates: Every 1st Friday of the month, except for holidays
September 1, October 6, November 3, December 1, January 5

Ages: Boys/Girls; 6-12 years old

Time: 5:00-7:00pm

Fee: \$5 Members & \$9/Non-Members



Y-Dance

Come hang out with your friends at the Y for dancing, basketball, and other fun activities. Concession stand will be available.

Ages: Boys/Girls; 5th-8th graders

Time: 7:00-10:00pm

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

SATURDAY NIGHTS!!

September 16; Glow/Black Light	October 14; Haunted Fall Fling
November 18; Color Night	December 16; Ugly Sweater
January 13; New Year! 2018	

Parent's Night Out

Enjoy a night away, both the children and adults! Our youth program staff will offer a variety of activities including; arts & crafts, board games, tumbling, and games designed for kids to interact and have a good time.

Dates: Every 4th Saturday, except holiday
September 23, October 28, November 25, December 23, January 27

Ages: Boys/Girls; 5-12 years old

Time: 5:30-9:00pm

Fee: \$8/Members & \$13/Non-Members

Discounted prices for numerous children

Dodgeball

Send the kids to a night of dodgeball at the YMCA. They can meet with friends from around the area and take the games indoors. We have the perfect setup whether that is in the big gyms or in the racquetball courts.

Dates: Fridays in September 1, 8, 15, 22, 29

Times: 3:30-4:30 pm

Fee: \$30/Members & \$40/Non-Members



Just for 2's Camp

This program is designed to bring the youngest of YMCA members together to socialize. We touch base on a few key concepts such as sharing and taking turns. Your child will be able to roll around and summersault on tumbling mats, blow bubbles, draw/color, and kick/shoot/throw/roll balls of all colors. We will provide an environment to entertain. Parents are encouraged to stick around and join in, but it is not mandatory.

Ages: 2 years old

Days: Monday/Wednesday beginning October 2

Sessions: #1 (Oct 2, 4, 9, 11), #2 (Oct 16, 18, 23, 25)

#3 (Nov 6, 8, 13, 15), #4 (Nov 20, 22, 27, 29)

Time: 10:00-10:30 am

Fee: \$20/Members & \$25/Non-Y Members

School's Out Camp

Turn the kids break from school into a fun/active experience at the Illinois Valley YMCA. Come join classmates and other peers from the Illinois Valley for games, projects, swimming, tumbling, and other various sports and activities.

Dates:

1. Thanksgiving Break; Nov. 24th (1 day)

2. Christmas Break; Dec. 22, 26, 27, 28, 29 (5 days)

3. New Year's Break; Jan. 2, 3, 4, 5 (4 days)

Ages: Kindergarten-5th grade

Time: 8:00-4:00pm

Fee: Daily; \$35/Member & \$40/Non-Member

Weekly; \$120/Member & \$145/Non-Member

4 Days; \$90/Members & \$115/Non-Member

Youth Basketball

Rimball

Preschool basketball program that teaches the basics of the game will take place in the Green Gym on the south end.

Dates: Wednesdays beginning October 4 (5 weeks)

Ages: Boys/Girls; 3-4 years old

Time: 3:00-3:30pm

Fee: \$20/Members & \$30/Non-Member



Big K Basketball Program

Big K Basketball introduces your child to the game of basketball.

Dates: Wednesdays beginning October 4 (5 weeks)

Ages: Boys/Girls in Kindergarten

Time: 3:30-4:15pm

Fee: \$25/Members & \$35/Non-Members

Illinois Valley Y Recreational Girls/Boys Basketball League

Designated to teach the proper way to dribble, shoot, and pass. Participants will learn how to play offense and defense.

Dates: Mondays beginning October 2 (5 weeks)

Ages: Boys/Girls 6-7 years old & Boys/Girls 8-10 years old

Time: 4:00-5:00pm (6-7) & 5:00-6:00pm (8-10)

Scrimmage Games:

Saturdays; 10:00-11:00am (6-7) & 11:00-12:00pm (8-10)

Fee: \$30/Members & \$40/Non-Members

Program Information

Sign up as a team or individual	2-20 min halves with running clock
Man to man defense, NO pressing, NO double teaming	Everyone plays ½ the game

Fee includes t-shirt



Youth Sports

NFL Flag Football

Boys & Girls learn the basics and fundamentals of football. Interact and become more active with kids their age in a less aggressive form of the game, we all love, football! Registration is due by September 1, 2017. Parents/Coaches meeting will take place at 5:00pm here at the YMCA on this date (9.1.17). All registered on time will receive a Jersey & Flag Belt. September 16 will be held indoors at the YMCA Green Gym. All other days will be at Washington Park unless it rains. In the event of rain we will meet indoors at the Green Gym. Players must also register online with NFL Flag at: <http://www.nflflag.com/form/player>

Dates: Saturdays beginning September 16–October 21

Ages: Grades K-4

Time: 9:00 am

Fee: \$50/Members & \$60/Non-Members

Sports of all Sorts

This program is designed to get youngsters socialized and introduced to various sports. We focus on fundamentals and we go out of our way to include the kids in basketball, soccer, baseball, hockey, and other sports in our indoor Green Gym. Parents are encouraged to stick around and join in, but it is not mandatory.

Days: Tuesday/Thursdays

Ages: Boys/Girls 3-4 year olds

Time: 10:00-10:40 am

Sessions: #1 (Oct 3, 5, 10, 12), #2 (Oct 17, 19, 24, 26),

#3 (Nov 7, 9, 14, 16), #4 (Nov 21, 23, 28, 30)

Fees: \$20/Members & \$30/Non-Members

Sports Specific Training

This is one-on-one sports specific training ideal for in season or out of season athletes. We will build an exercise program specific to your needs and help you to excel towards your goals while also minimizing the risk of injury. We touch base on ideal athlete nutrition, supplementation, and sports psychology. For more information contact Ben Fogle at 815.223.7904 ext. 30

Fee: \$25/Session or \$100/5 Sessions

3-on-3 Basketball Tournament

A recreational basketball tourney for 17 year olds and under. 1 day only starting at 12:00 noon. Game to 21 scored by 1's and 2's. Referee's provided. Double Elimination.

Age: 17 and under

Date: December 29

Time: 12:00pm (Noon)

Fee: \$20/Team



3-on-3 Basketball Tournament

A recreational basketball tourney for 18 years old and up. 1 day only starting at 12:00 noon. Game to 21 scored by 1's and 2's. Referee's provided. Double Elimination.

Age: 18 years old and up

Date: December 30

Time: 12:00pm (Noon)

Fee: \$20/Team

For more information or to register contact Ben Fogle at fog7035@yahoo.com or 815.223.7904 ext. 30

Family Dances



Daddy/Daughter Dance

Time: 5:00-6:30pm

Dates: November 18 and May 12

Fee: \$5/Members & \$7/Non-Members; pizza provided

Mother/Son Dance (Buckaroo Night)

Time: 5:00-6:30pm

Dates: December 1 and March 2

Fee: \$5/Members & \$7/Non-Members; pizza provided



Adult Activities/Leagues

Free Racquetball

The YMCA offers free racquetball as part of your YMCA membership. It's a great cardiovascular exercise! Courts are open from 5:00am until 9:00pm. 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, feel 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's great for 3-on-3 or 4-on-4.

Men's Basketball League

This is a 5-on-5 full court competitive basketball league. Depending on number of teams signed up and levels of play, teams will be grouped into an A and B league. For more information call Eric Heider at 815.223.7904 Ext. 40.

Fee: \$400/team + \$20.00/Non-Y Member



Adult Basketball

The main gym is reserved for adults 18 and older on specific days and times.

Monday-Friday; 11:00-2:00pm

Tuesday-Thursday; 4:00-6:00pm

Co-Ed Y Volleyball League

An adult recreational volleyball league. 5 weeks of regular season matches with a final tournament to decide the champion.

Who: Co-ed; 18 and up

Dates: Sundays beginning October 7; Captains mtg. September 30 at 4p

Fee: \$60.00/Per team + \$5.00/Per non-Y member

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 is 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

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/Fri @ 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

Tue/Thur @ 9a (Group Exercise South) 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 SilverSneakers 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.



Great for Beginners

Y 30 Zone

What is it?

The Y 30 Zone is a total body workout that combines cardiovascular and strength training in a quick 30 minute workout. Cardiovascular and strength circuit training is a total-body workout that involves performing a series of different exercises in one training session, alternating between intervals of strength training and cardiovascular exercise. Because the workout includes both strength and cardio training, exercisers will realize the benefits of both types of exercise. Perfect for exercisers with limited time that still want a total body workout.

Benefits:

- Some of the benefits of total-body strength training include; increased strength, lean body mass, improved posture and muscle balance, and increased bone density, which helps prevent osteoporosis.
- Circuit program exercises quickly alternate between strength and cardiovascular, the exerciser's heart remains elevated and sustained above a resting level throughout the workout. This promotes cardiovascular conditioning and reduces the need for a separate cardiovascular component in the workout.
- Benefits of cardiovascular conditioning include improved energy levels, lowered blood pressure, increased HDL (good cholesterol) levels, reduced risk of heart disease, and improved endurance.
- Circuit training programs are also proven to burn more calories compared to traditional strength training programs due to the maintenance of an elevated heart rate.
- The addition of cardiovascular exercise between strength exercises also increases lean body mass, which results in a higher resting metabolism. This means more calories are burned throughout the day.

The end result is that circuit training improves general conditioning, body composition, muscular endurance, muscular strength, and cardiovascular fitness.

Group Exercise Classes are FREE With Membership

Ageless Yoga
Wet n' Wild
Body Pump
Body Attack
Upbeat
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
Zumba
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 and gross motor skills implemented through age-appropriate activities. Our 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

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

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
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

Mon-Thurs: 9am to 8pm	Fri: 9am to 6pm
Sat: 8:30am to 1pm	Sun: 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

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Check out our website!

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, 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.

**CONFIDENT
KIDS TODAY,
ENGAGED ADULTS
TOMORROW**

