



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FALL FOR FAMILY FUN



**MENDOTA AREA YMCA
2018 FALL BROCHURE**

Membership Information

Building Hours

M-F	5a-9p
SA	6a-4p
SU	8a-2p

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.

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.**

After Care Program

The Mendota Area Y will be offering an after school program in conjunction with District 289. The program will provide care for students K-5th Grade after school throughout the school year. (2018-2019)

The program includes; playground or gym time daily to burn off that extra energy after a long day of school, daily snack, homework time with assistance, and free time for crafts & activities.

The program is offered Monday – Friday on normal school attendance days only. (Early dismissal days will not be offered).

For more information, /questions/or rates call the Y at 815.538.2900

Location: Lincoln Elementary New Gymnasium

Time: After school until 5:30pm

Grades: Kindergarten – 5th grade

Days	1st child	2nd child	3rd child
5	\$35	\$18	\$18
4	\$29	\$15	\$15
3	\$23	\$12	\$12
2	\$17	\$9	\$9
1	\$10	\$5	\$5

[Mendota Area Y ASP Discipline Code](#)

[Mendota Area Y ASP Registration Packet](#)



Child Watch

The babysitting area is open and supervised free of cost to all YMCA members and class participants. Youngsters can 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

Monday-Friday: 8:00-11:00am & 4:30-7:00 pm	
Saturday: 8:00-11:00am	Sunday: Closed

(Hours are subject to change)

Youth Activities

Youth Archery

Y Staff will teach the participants safety rules and guidelines for archery. Participants will practice their shooting skills and aim while supervised by adults in a safe environment.

Who: Boys and girls ages 7-13 years old

When: Thursdays, September 13-October 18

Time: 5:00-5:30pm (ages 7-10) & 5:40-6:15pm (ages 11-13)

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

Location: Mendota Area Y

All registrations are due by
Friday, September 10



NFL Flag Football

Back by popular demand! NFL Flag Football is a 6-week program geared towards the child who wants to try out football without the risk of injury. Each participant will receive a NFL Flag football jersey and flag belt!

Who: Boys and girls ages K-4 (2018-2019 School year)

When: Saturdays, September 15-October 20

Game Times: Saturdays, 9:00am

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

Location: Mendota Soccer Fields



Everyone MUST register at <http://www.nflflag.com/player> & at the Y

All Registrations are due by Friday, September 10

Youth Volleyball

This 6 week program is designed for your child to learn the fundamentals of volleyball through skill drills, instruction, and game play. The final night will be games.

When: Wednesday's beginning November 7

*Please note, there is no games on November 21

Time: 5:00-5:50 pm

Ages: Boys/Girls in grades 2-6 (2018-2019 school year)

Fee: \$45/Members & \$55/Non-Members

Location: Lincoln School

(Old gym, Please use door 5)



Parent's Night Out

Send your child(ren) to P.N.O. The Y staff will supervise the children while they play, do crafts, watch a movie and eat dinner all while you enjoy a night out.

Dates: Friday, October 19 & Friday December 14

Time: 6:00-9:00pm

Who: Boys/Girls ages 3-12 years old

Location: Lincoln School Gym Door 5

Y Members:

\$6 (1 kid), \$5 (2 kids), and \$4 (3 kids)

Non-Y Members:

\$10 (1 kid), \$9 (2 kids), \$8 (3 kids)

**Registration due October 18

**Registration due December 13

Group Exercise Classes are FREE With Membership

Monday:

- Morning Mix; 8:30-9:30am

Tuesday/Thursday:

- Morning Stretch; 7:45-8:30am
- Dance Fitness; 8:30-9:30 am
- Chair Fitness; 9:30-10:30am
- Body Strength; 5:30-6:00pm
- Dance Fitness; 6:00-6:50pm



Group Classes at the Illinois Valley YMCA

Ageless Yoga

Therapeutic Tai Chi

Wet n' Wild

SilverSneakers Classic

SilverSneakers Splash

SilverSneakers Circuit

SilverSneakers Cardio Fit

Fluid Fusion

Body attack

Pilates

Indoor Cycling

3-2-1 Blast

Basic Yoga

Upbeat

Bike Boot Camp

Body Pump

Warm Water Workout

CX Worx

Beginner Yoga Blend

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 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....

Rock Steady Boxing
FIGHTING BACK AGAINST PARKINSON'S
ILLINOIS VALLEY YMCA

Our Mission: The mission of Rock Steady Boxing is to empower people with Parkinson's disease to fight back. Rock Steady Boxing, a 501 © (3) nonprofit organization, gives people with Parkinson's disease hope by improving their quality of life through a non-contract boxing based fitness curriculum.

Class Information:

Projected start date is October 1, 2018

Class Time: 11:15-12:45pm

Days: Monday/Wednesdays

Price: \$25/Members & \$50/non-Member

****Pricing per Month**



Swim Lessons at IL Valley YMCA

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 Discovery

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)		
18OCT1AQWD01		10/15-11/7

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		
18OCT1AQWAC01	10/15-11/7	5:00-5:30pm
18OCT1AQWAC02	10/15-11/7	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

18OCT1AQWAM01	10/15-11/7	5:00-5:30pm
18OCT1AQWAM02	10/15-11/7	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

18OCT1AQWAS01	10/15-11/7	5:00-5:30pm
18OCT1AQWAS02	10/15-11/7	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

18OCT1AQSTI01

| 10/15-11/7

| 5:35-6:05pm



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

18OCT1AQSTD01

| 10/15-11/7

| 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		
18OCT1AQSTM01	10/15-11/7	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

Family Nights at IL Valley Y

Dive-In Movie Night

Dive into a night full of adventure as Moana restores the Heart of Te Fiti. The water park opens at 6pm and the movie starts at 7:30pm. Bring a raft or enjoy one of ours! Pizza and drinks will be available.

Date: September 14

CODE#: 18SEP1AQDIVE

Time: 6-9:30pm

Ages: All ages

Fee: Y-MEMBERS ONLY/FREE



Pumpkins in the Pool

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

Date: October 19

CODE#: 18OCT1AQPUMP

Time: 6-8pm

Ages: All ages

FEE: Y-MEMBERS ONLY/FREE



Turkey Chase

Enjoy a night full of fun and competition. Build your boat out of cardboard and set sail. Win a race and WIN A TURKEY! Pizza and drinks will be available. Cardboard will be provided.

Date: November 16

CODE#: 18NOV1AQTURK

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 (while supplies last)

Date: December 14

CODE#: 18DEC1AQSWIM

Time: 6-8pm

Ages: All ages

FEE: Y-MEMBERS ONLY/FREE



Illinois Valley YMCA Link Aquatic Schedule

Therapy Pool

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

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) 12-3:00pm (October)

Tae Kwon Do at the Illinois Valley Y

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



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 28, October 26, November 30 & December 28

Ages: 6 and under

Time: 4:00-5:00pm

Fee: \$7/Members & \$10/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 28, October 26, November 30 & December 28

Ages: 5 and over

Time: 5:00-6:30pm

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

2018-2019

Tumbling and Trampoline

Hours

Monday

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

Tuesday

Advanced Beginner, Pre-Novice	4-5:10p
Pre-Beginner, Beginner, Beginner II	5-6:10p
Advanced Beginner	6-7:10p
Intermediate +	6-8:00p

Wednesday

Pre-Beginner, Beginner II, Pre-Novice.....	4-5:10p
Beginner, Pre-Novice, Advanced Beginner.....	5-6:10p
Pre-Novice	6-7:10p
Intermediate +	6-8:00p

Thursday

Beginner II, Advanced Beginner, Novice	4-5:10p
Pre-Beginner, Pre-Novice, Novice	5-6:10p
Senior Recreation (13+)	6-7:10p
Intermediate +	6-8:00p

Saturday

Parent Tot	9:15-10a
Pre-Beginner, Beginner II	10-11:10a
Advance Beginner, Pre-Novice, Novice	11-12:10p
Team Level	12-1:00p

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 can do their standing backbend without instructor assistance.

Pre-novice: Students can 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

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

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 9/1/18

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

Time: 9:00 am –Noon

Days: Monday – Thursday

Fee: \$130/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 9/1/18.

Registration and Supply fee: \$50 (Due at Registration)

Time: 9:00 - 10:00am

Days: Tuesdays and Thursdays

Fee: \$68/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.**



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 can 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 healthier, 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 contribute. You can donate 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. All proceeds go towards Mendota YMCA.

Capital Equipment Fund

The Y has a fund for Capital Equipment, including new exercise equipment. If you desire to contribute for facility improvements, please indicate that in your gift. All proceeds go towards Mendota YMCA.

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 contribute to our Endowment Fund at d.pothhoff@comcast.net. Gifts can be directed to the Mendota YMCA

**CONFIDENT
KIDS TODAY,
ENGAGED ADULTS
TOMORROW**



Mendota Area Y Staff

Courtesy Counter:

Melissa Camacho – Humphries
Mallary Setchell
Hall Keene
Madison Bilhorn
Joe LaShonse
Ben Foley
Marisa Setchell

Babysitting:

Becca Weide
Olivia Arteage

Mendota Area Y Board of Directors

Kelly Becker
Rusty Stachlewitz
Alison Wasmer
Becky Mcpheeters
Lori Safranek
Dan Doyle
Michelle Barkman
Lynette Piller
Ashley Pawlowski
Jamie Beetz
Shannon Beetz
Frank Bromenschenkel (Branch Manager)

Visit our Fantastic Wellness Center



Arc Trainers Pre-Cores Step Mills

Fitness On Demand

If you are looking for a new workout look no further. Fitness On Demand offers a variety of options lead by professionals within many diverse facets of the fitness industry. Zumba, Plyometric, Cycling, Yoga, and Pilates are just a few of the available classes. They are prerecorded & ready to go at anytime that our Group Exercise North room is available. Our staff can assist you on how to get a class selected on the easy to use Fitness On Demand monitor located just outside of Group Ex North.



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Instagram



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FOR SOCIAL RESPONSIBILITY

Check out our website!

www.ivymca.com

Contact us!

(Phone) 815.538.2900