WHERE THERE’S A Y
THERE’S AN US

Adopt a duck!
We are having our 1st annual
Ducky Derby on
Sunday, November 3,
2019 at 3:00pm

More information inside the brochure.
Membership Information

Building Hours
M-F  5a-9p  
SA  6a-5p  
SU  6a-4p
Fall Hours will go into effect October 6, 2019

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.

<table>
<thead>
<tr>
<th>Monthly Memberships Fees</th>
<th>Membership Types</th>
<th>Monthly Fee</th>
<th>Joiner Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual (27 and up)</td>
<td>$47</td>
<td>$100</td>
<td></td>
</tr>
<tr>
<td>Household</td>
<td>$60.50</td>
<td>$100</td>
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</tr>
<tr>
<td>Single Parent Family</td>
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<td>$50</td>
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<tr>
<td>Young Adult (15-26)</td>
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<td></td>
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<tr>
<td>Senior Individual</td>
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<tr>
<td>Senior Couple</td>
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<tr>
<td>Youth (up to 15)</td>
<td>$21</td>
<td>$25</td>
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</tr>
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</table>

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.
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....
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 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.

<table>
<thead>
<tr>
<th>Min: 2</th>
<th>Max: 14</th>
<th>Monday/Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEE:</td>
<td>$43 Y-Member; $55 Non-Member</td>
<td></td>
</tr>
<tr>
<td>TIME:</td>
<td>5:45-6:15pm</td>
<td></td>
</tr>
<tr>
<td>LOCATION:</td>
<td>Therapy Pool</td>
<td></td>
</tr>
<tr>
<td>Age:</td>
<td>6mo-3years</td>
<td></td>
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<tr>
<td>(Child MUST be 6months old on the first day of class)</td>
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| 19SEP1AQWD02 | 9/9-10/2  |
| 19OCT1AQWD02 | 10/14-11/6 |

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.

<table>
<thead>
<tr>
<th>Min: 2</th>
<th>Max: 10 per class</th>
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<tbody>
<tr>
<td>FEE:</td>
<td>$43 Y Member; $55 Non-Member</td>
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<tr>
<td>LOCATION:</td>
<td>Water Park</td>
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</table>

<table>
<thead>
<tr>
<th>Monday/Wednesday Evening</th>
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<tbody>
<tr>
<td>19SEP1AQWAC01</td>
<td>9/9-10/2</td>
</tr>
<tr>
<td>19SEP1AQWAC02</td>
<td>9/9-10/2</td>
</tr>
<tr>
<td>19OCT1AQWAC01</td>
<td>10/14-11/6</td>
</tr>
<tr>
<td>19OCT1AQWAC02</td>
<td>10/14-11/6</td>
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</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Monday/Wednesday Evening</th>
<th>19SEP1AQWAM01</th>
<th>19SEP1AQWAM02</th>
<th>19OCT1AQWAM01</th>
<th>19OCT1AQWAM02</th>
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<tbody>
<tr>
<td></td>
<td>5:00–5:40pm</td>
<td>5:45–6:15pm</td>
<td>5:00–5:40pm</td>
<td>5:45–6:15pm</td>
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</table>

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

<table>
<thead>
<tr>
<th>Monday/Wednesday Evening</th>
<th>19SEP1AQWAS01</th>
<th>19SEP1AQWAS02</th>
<th>19OCT1AQWAS01</th>
<th>19OCT1AQWAS02</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>5:00–5:40pm</td>
<td>5:45–6:15pm</td>
<td>5:00–5:40pm</td>
<td>5:45–6:15pm</td>
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</table>
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

<table>
<thead>
<tr>
<th>Date</th>
<th>Start Date</th>
<th>Time</th>
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<tbody>
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<tr>
<td>19OCT1AQSTI02</td>
<td>10/14-11/6</td>
<td>5:45-6:15pm</td>
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</table>

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

<table>
<thead>
<tr>
<th>Date</th>
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<th>Time</th>
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<tr>
<td>19OCT1AQSTD02</td>
<td>10/14-11/7</td>
<td>5:45-6:15pm</td>
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</table>
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

<table>
<thead>
<tr>
<th>Date</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>19SEP1AQSTM02</td>
<td>9/9</td>
<td>10/6</td>
</tr>
<tr>
<td>19OCT1AQSTM02</td>
<td>10/14</td>
<td>11/7</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>FEE</th>
<th>Y-Member</th>
<th>Non-Y-Member</th>
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<tbody>
<tr>
<td>3 Lessons</td>
<td>$75</td>
<td>$90</td>
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<tr>
<td>5 Lessons</td>
<td>$100</td>
<td>$115</td>
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<tr>
<td>7 Lessons</td>
<td>$130</td>
<td>$145</td>
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<tr>
<td>9 Lessons</td>
<td>$155</td>
<td>$170</td>
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</tbody>
</table>

10% off 2nd child

LOCATION: Lap Pool/Therapy Pool
Family Nights

**Dive-In Movie Night**
Movie to be announced at a later date. The water park opens at 6pm. Bring a raft or enjoy one of ours! Pizza and drinks will be available.

- **Date:** September 13
- **CODE#:** 19SEP1AQDIVE
- **Time:** 6–8:00pm
- **Ages:** All ages
- **Fee:** IL Valley Y Members Only

**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 18
- **CODE#:** 19OCT1AQPUMP
- **Time:** 6–8pm
- **Ages:** All ages
- **FEE:** IL Valley Y Members Only

**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 15
- **CODE#:** 19NOV1AQTURK
- **Time:** 6–8pm
- **Ages:** All ages
- **FEE:** IL Valley Y Members Only
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 13
Time: 6–8pm
Ages: All ages
FEE: IL Valley Y Members Only

Link Aquatic Center Schedule
September – October

_Psychology Pool_
Monday–Thursday: 7–9am, 11:05–1pm, 4:05–7pm
Friday: 7–9am, 11:05–1pm, 4:05–8pm
Saturday: 9:30am–3pm
Sunday: 11am–1pm (September)
Sunday: 12–3:00pm (October)

_Lap Pool_
Monday–Thursday: 7am–1pm & 3:30–7pm Lap Swim
Friday: 7am–1pm and 3:30–8:00pm
*Closed 1–3:30pm*
Saturday: 9:30–3:00pm Lap Swim
Sunday: 11am–1pm Lap Swim (September)
Sunday: 12–3:00pm (October)

_Family Fun Water Park_
Monday–Thursday: Closed
Friday: 6–8:00pm
Saturday: 12–3:00pm
Sunday: Closed (September) 12–3:00pm (October)

**Schedule expands in November**
Illinois Valley YMCA Dolphins Swim Team

The Illinois Valley YMCA swim team is made up of youth ranging in age from 4–21. Swimmers come from all over the Illinois Valley including LaSalle, Peru, Mendota, Princeton, and Oglesby. The team practices in the evenings during the school year and in the mornings in the summer. Depending on the level, most swimmers practice 3–5 times a week. Swim meets are held on the weekends. The team swims two different seasons, short course and long course. Short course season is September – March and competitions are held in a 25-yard pool. Long course season is April – August and competitions are held in a 50-meter pool. The team always starts short course season with a Rookie Week where new swimmers can come and learn about the swim team and be evaluated for placement in a level. However, swimmers can be evaluated anytime during the year if they are interested in joining the team.

Rookie week will be held September 3, 4, and 5th from 5–5:45pm
Ages: 5 and up
Fee: FREE

Practice begins September 9th
Novice Practice beings September 16th

For more information, contact head coach Christy Malerk at mrsem97.cm@gmail.com
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
- **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 27, October 25, November 22 & December 20
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 27, October 25, November 22 & December 20
Ages: 5 and over
Time: 5:00-6:00pm
Fee: $7/Member & $10/Non-Member

**Please register for these programs, we have limited space available. **
2019-2020
Expanded
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, Novice........................................... 4–5:10p
Pre-Beginner, Beginner, Beginner II ................................................ 5–6:10p
Pre-Novice ....................................................................................... 6–7:10p
Intermediate + .................................................................................. 6–8:00p

**Wednesday**

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

**Saturday**

Parent Tot ........................................................................................ 9:15–10a
Pre-Beginner, Beginner, Beginner II............................................... 10–11:10a
Advance Beginner, Pre-Novice, Novice ........................................... 11–12:10p
Team Level/Pre-Team ...................................................................... 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

<table>
<thead>
<tr>
<th></th>
<th>1 hour a week</th>
<th>2 hours a week</th>
<th>3 hours a week</th>
<th>4 hours a week</th>
<th>Team Level 1 (3 hours a week)</th>
<th>Team Level 2 &amp; 3 (5 hours a week)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Member- $46</td>
<td>Member- $60</td>
<td>Member- $72</td>
<td>Member- $82</td>
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<tr>
<td></td>
<td>Non-member- $52</td>
<td>Non-member- $65</td>
<td>Non-member- $77</td>
<td>Non-Member- $87</td>
<td>Non-Member- $77</td>
<td>Non-Member- $90</td>
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*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.
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 6, October 4, November 1, December 6, January 3

**Ages:** Boys/Girls; 6–12 years old

**Time:** 5:00–7:00pm

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

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 28, October 26, November 23, December 28, January 25

**Ages:** Boys/Girls; 5–12 years old

**Time:** 5:30–9:00pm

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

*Discounted prices for numerous children*
**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. 29 (1 day)
2. Christmas Break; Dec. 26, 27, 30 (3 days)
3. New Year’s Break; January 2 & 3 (2 days)

**Ages:** Kindergarten–5th grade  
**Time:** 8:00–4:00pm  
**Fee:** Daily; $15/Member & $20/Non-Member  
Weekly; $50/Member & $75/Non-Member

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

**Dates:** Saturdays November 9 – December 14  
**Ages:** Boys/Girls; 3-4 years old  
**Time:** 9:00–10:00am  
**Fee:** $20/Members & $30/Non-Member

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

**Dates:** Wednesdays beginning November 6 – December 11  
**Ages:** Boys/Girls in Kindergarten  
**Time:** 3:30–4:15pm  
**Fee:** $25/Members & $35/Non-Members

**Fundamentals of Basketball**
The children will learn point guards, perimeter players, post players, ball-handling and dribbling, and shooting.

**Dates:** Saturdays beginning November 9 – December 14  
**Ages:** Boys/Girls 6–7 years old & Boys/Girls 8–10 years old
**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, contact Mike Wallaert at 815.223.7904 Ext. 013. New Session begins October 2
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
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 Time: 11:15–12:45pm  
Days: Monday/Wednesdays  
Price: $10/Members & $25/non-Member **Pricing per Month

New Equipment Coming...

New Treadmills, New weight equipment, Booty Coaster, Cycling bikes!
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
Fluid Fusion
SilverSneakers Cardio Fit
SilverSneakers Splash
Zumba
Bike Boot Camp
Water in Motion
321 Blast
Ashtanga Yoga
Warm Water Workout
Pilates
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.
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. Lunch & Bingo are done every other month. For more information about Senior Group, please contact Carmen Turigliatti at 815-223-7904 x036 or cturigliatti@comcast.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.
What’s all the quacking about?

Join the Illinois Valley YMCA as we raise money to support our Annual Campaign – Strong Kids

Illinois Valley YMCA Ducky Derby
Sunday, November 3, 2019
1:00p.m. to 4:00p.m. (Ducks race at 3:00p.m.)
Illinois Valley YMCA Aquatic Center

ADOPT A DUCK.
FOR A BETTER US.

Visit our website for more information at: ivymcaduckyderby.com
Why you should support the ducks?

The Illinois Valley YMCA is so much more than you might know. We are a 501c3 dedicated to youth development, healthy living, and social responsibility. The Illinois Valley YMCA nurtures the potential of every youth and teen, improves the nation’s health and well-being, and provides opportunities to give back and support neighbors. We have been proud to help our community learn, grow, and thrive. Each year we welcome 12,000 members and 10,000 program participants, operate two branches in Peru & Mendota, host approximately 30,000 visits per month, and collaborate with dozens of local groups to provide additional programs.

Strong kids make an impact right here in our local community by insuring no one is turned away because of inability to pay. Because of generous supporters, each year the Illinois Valley YMCA has a Strong Kids Campaign and the funds raised allows kids to attend summer day camp, give a YMCA membership scholarship, before/after school care, pre-school enrichment, swim lessons, tumbling, youth sports, swim team participation, youth membership, provides day care to those in need, gives seniors on fixed incomes the ability to afford quality exercise facilities, and so much more! Families rely on the Strong Kids Campaign for care year round.

The Illinois Valley YMCA has given out over $200,000 annually through strong Kids so every deserving person can be part of our local YMCA regardless of income level.

100 Ducks – Supports a child to attend summer day camp.
100 Ducks – Provides a needy family a Y Membership
100 Ducks – Provides Y Tykes Academy for 3–4 year olds.
50 Ducks – Teaches a child to swim
50 Ducks – Provides a Y Membership for school aged children
25 Ducks – Provides 1 month of Before and After School Care
**Top Duck:**
- LaSalle State Bank

**Platinum Duck:**
- Peru Federal Savings Bank
- First State Bank
- Chapman's Mechanical Systems, Inc.
- Heartland Bank and Trust Company
- Eureka Savings Bank

**Silver Duck:**
- HyVee
- MCS Advertising
- **DAHL CHARITY FUND**

**Bronze Duck:**
- Life Fitness
- Inman Electric Motors, Inc.
- DePue Mechanical, Inc.

**Corporate Duck:**
- Connecting Point
- Machinery Maintenance, Inc.
- Illinois Office Supply
- Steven Ludford, D.D.S.
- Illinois Valley Community Hospital
- DJ Sickley Construction
- Casey's General Store
- Lee M. Ceresa, D.D.S., Endodontist
- Black Bros. Co.
- Optimist Club of Mendota
- OSF Healthcare Saint Paul Medical Center
- Central Bank
Ducky Y Derby
Illinois Valley YMCA

The ducks are coming to Peru!

November 3rd
1 – 4p at the Aquatic Center | Duck Race at 3p

Single Duck $5
Quack Pack 6 Ducks $25
Quackers Dozen 12 Ducks $50
Flock of Ducks 24 Ducks $100

Adopt a duck now!
ivymcaduckyderby.com

For youth development | For healthy living | For social responsibility
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

- 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 Chrystal Smith at 815.223.7904 ext. 018 or csmith.ivymca@gmail.com
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 9/1/19

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

<table>
<thead>
<tr>
<th>Time: 9:00 am – Noon</th>
<th>Days: Monday – Thursday</th>
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</thead>
<tbody>
<tr>
<td>Fee: $132/month</td>
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**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 9/1/19.

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

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<thead>
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<th>Time: 9:00 – 10:00 am</th>
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<td>Fee: $70/month</td>
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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.

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 and LaSalle Northwest School
3:15-5:30 pm OR 2:00 pm dismissal - 5:30 pm

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<thead>
<tr>
<th>Days</th>
<th>1st child</th>
<th>2nd child</th>
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<tr>
<td>1</td>
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<td>5</td>
<td>$45</td>
<td>$40</td>
<td>$37</td>
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</table>
**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**

<table>
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<tr>
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<th>Mon–Thurs: 9am to 8pm</th>
<th>Fri: 9am to 6pm</th>
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<tr>
<td><strong>Sat:</strong></td>
<td>8:30am to 1pm</td>
<td><strong>Sun:</strong> Closed</td>
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<tr>
<td><strong>Monday–Friday:</strong></td>
<td>Closed 1 pm to 4 pm</td>
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<td>(Hours are subject to change)</td>
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**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

**Bible Study**

**Thursdays from 10–12pm in the YMCA Conference Room**
YMCA Ducky Derby – 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.

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. Miller Group Charitable Trust recently made a $55,000 donation for 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 contribute to our Endowment Fund at d.potthoff@comcast.net.

CONFIDENT KIDS TODAY, ENGAGED ADULTS TOMORROW
Check out our website!
www.ivymca.com
Contact us!
(P) 815-223-7904 (F) 815-223-7955

<table>
<thead>
<tr>
<th>Name</th>
<th>Title/Group</th>
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<tbody>
<tr>
<td>Dave Potthoff</td>
<td>CEO x 015</td>
<td>815-223-7904</td>
</tr>
<tr>
<td>Mike Wallaert</td>
<td>COO x 013</td>
<td>815-223-7904</td>
</tr>
<tr>
<td>Chrystal Smith</td>
<td>Marketing/Birthday x 018</td>
<td>815-223-7904</td>
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<tr>
<td>Betty Tonarelli</td>
<td>A/P x 012</td>
<td>815-223-7904</td>
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<tr>
<td>Shannon Parham</td>
<td>BASC/Camp x 035</td>
<td>815-223-7904</td>
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<tr>
<td>Carmen Turigliatti</td>
<td>Membership/ Senior Group x 036</td>
<td>815-223-7904</td>
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<tr>
<td>Peggy Cain</td>
<td>Community Development x 030</td>
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<td>Joanne Sabotta</td>
<td>Systems Op x 014</td>
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<td>Thomas Scholle</td>
<td>Aquatics x 011</td>
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<td>Jessica Brucki</td>
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<td>Marty Blanco</td>
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<td>Nancy Picatto</td>
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