



GREAT SUMMERS START HERE!

RESERVE YOUR SPOT TODAY

YMCA Day Camp | 2021

Summer is a time for kids to be kids. And Y day camp is the place to make every precious summer day a great one!



Days will be filled with:

- › Fun camp activities to engage brains
- › Opportunities to explore, develop new skills and try new things
- › Plenty of physical activity and games to keep bodies active

Campers develop new friendships and have tons of fun in a safe environment that will include:

- › Physical distancing
- › Face mask and hygiene protocols

Small group sizes



ILLINOIS VALLEY YMCA
300 WALNUT DR.
PERU, IL 61354

815.223.7904
IVYMCA.COM

For a better us.

Illinois Valley YMCA 2021 Summer Brochure

Membership Information

Building Hours

Monday-Friday: 5a-8p
Saturday & Sunday: 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	\$60.50	\$100
Single Parent Family	\$40	\$50
Young Adult (15-26)	\$26	\$0
Senior Individual	\$33	\$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.



Preschool Summer Camps

Camp runs from
June 1 – August 19

Discovery Camp (Ages 3-5)

Join us in Discovery Camp for a fun filled Story Book Summer. New story each day continued with crafts & Activities coordinating with the story of the day. Please provide a lunch, drink, and snack each day. Tentative dates being planned for summer.

Time: 9a-1p	Days: Monday-Thursday
Daily Rate \$20/Member; \$25/Non 2 nd Child \$5 discount	Weekly Rate \$60/Member; \$75/Non 2 nd Child \$5 discount

Y Tykes Academy

Y Preschool is a complete program with experienced teachers and extras like tumbling, swimming and gym time. This class offers just what your 3 & 4-year-old needs - a class that provides readiness skills such as color/shape recognition, counting, an introduction to the alphabet and fine & gross motor skills implemented through age-appropriate activities. Out Academy meets on a variety of days and includes "swim days" and tumbling days! The children must be 3 or 4 years old by 9/1/21

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 9/1/21.

School Aged Summer Camp

Camp runs from June 1-August 19

All-inclusive means weekly swim lessons, tumbling, field trips, lunch on Fridays only & snacks, Tae Kwon do, and Exercise classes included in your camp prices! * Your child will be placed in Y Swim Lessons at no extra charge, if you desire.

Challenger Camp (Ages 5-8) *All Inclusive

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

Adventure Camp (Ages 9-13) *All Inclusive

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

Hours 8a-4p	Daily Rate \$32/Member; \$40/Non	Weekly Rate \$115/Member \$140/Non
	Before Care 7-8a \$3/day	After Care 4-530p \$5/day

- Campers will have an opportunity to swim on Mondays, Tuesdays and Thursday at the Illinois Valley Y; weather permitting they will swim at LaSalle pool on Friday. Based on weekly activities, they may not swim, but please send their suit and towel every day.
- Pack a bag with swim suit & towel, shoes for hiking, sunscreen, and anything else your child needs every day they attend.
- **NO Toys or Electronics!**
- **Shortened weeks are prorated.**

For more information, contact us at 815.223.7904

ADELE & DELWIN LINK MEMORIAL AQUATIC CENTER

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

Lazy River Walking Schedule:

Tuesday & Thursday: 9:30 – 11:00 am

Water Park Schedule:

Fridays: 1:00-3:00pm

Saturdays: 12-3:00pm

Therapy Pool – Must be 18 years old or older

Monday; 7-9am, 11:00-1pm, 4:30-6:30pm

Tuesday; 7-9am, 11:00-1pm, 4:30-6:30pm

Wednesday; 7-9am, 11:00-1pm, 4:30-6:30pm

Thursday; 7-9am, 11:00-1pm, 4:30-6:30pm

Friday; 7-9am, 11:00-1pm, 4:30-6:30pm

Saturday; 10am-12pm

Lap Pool Hours

Monday-Friday; 6:30am-6:30pm

Saturday; 10am-12pm



YMCA Swim Lessons

The child MUST be 3 yrs. old on the first day of class; participate without parents. Children not toilet trained must wear a swim diaper with snug fitting plastic pants and a swim suits. Introduces: basic such as bubbling, kicking, floating skills, arm movements, and safety skills using games, songs and fun; motor skills develop Not every child will progress after one session to the next level. It may take 3-4 sessions at the same level before completion of consistent skills. Children are evaluated throughout the session by the Aquatic Director and the Lesson Coordinator and receive an evaluation report. Children are evaluated at the beginning of each session for proper placement.

Water Acclimation

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

Min. 2 & Max 10 per class

	Fee: \$48/Members	\$60/Non-Members
Location: Water Park/Lap Pool		
Mon-Thurs. Evening	5/10-5/20	5:30-6:05pm
Tues/Thurs Evening	6/1-6/24	5:30-6:05pm
Mon/Wed Morning	6/2-6/28	9:30-10:05am
Mon/Wed Morning	7/5-7/28	9:30-10:05am
Tues/Thurs Evening	7/6-7/29	5:30-6:05pm
Mon-Thurs. Evening	8/2-8/12	5:30-6:05pm



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

Min. 2 & Max 10 per class		
Fee: \$48/Members		\$60/Non-Members
Location: Water Park/Lap Pool		
Mon-Thurs. Evening	5/10-5/20	5:30-6:05pm
Tues/Thurs Evening	6/1-6/24	5:30-6:05pm
Mon/Wed Morning	6/2-6/28	9:30-10:05am
Mon/Wed Morning	7/5-7/28	9:30-10:05am
Tues/Thurs Evening	7/6-7/29	5:30-6:05pm
Mon-Thurs. Evening	8/2-8/12	5:30-6:05pm

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

Min. 2 & Max 10 per class		
Fee: \$48/Members		\$60/Non-Members
Location: Water Park/Lap Pool		
Mon-Thurs. Evening	5/10-5/20	5:30-6:05pm
Tues/Thurs Evening	6/1-6/24	5:30-6:05pm
Mon/Wed Morning	6/2-6/28	9:30-10:05am
Mon/Wed Morning	7/5-7/28	9:30-10:05am
Tues/Thurs Evening	7/6-7/29	5:30-6:05pm
Mon-Thurs. Evening	8/2-8/12	5:30-6:05pm

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, treading 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

Min. 2 & Max 10 per class		
Fee: \$48/Members		\$60/Non-Members
Location: Water Park/Lap Pool		
Mon-Thurs. Evening	5/10-5/20	5:30-6:05pm
Tues/Thurs Evening	6/1-6/24	5:30-6:05pm
Mon/Wed Morning	6/2-6/28	9:30-10:05am
Mon/Wed Morning	7/5-7/28	9:30-10:05am
Tues/Thurs Evening	7/6-7/29	5:30-6:05pm
Mon-Thurs. Evening	8/2-8/12	5:30-6:05pm

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

Min. 2 & Max 10 per class		
Fee: \$48/Members		\$60/Non-Members
Location: Water Park/Lap Pool		
Mon-Thurs. Evening	5/10-5/20	5:30-6:05pm
Tues/Thurs Evening	6/1-6/24	5:30-6:05pm
Mon/Wed Morning	6/2-6/28	9:30-10:05am
Mon/Wed Morning	7/5-7/28	9:30-10:05am
Tues/Thurs Evening	7/6-7/29	5:30-6:05pm
Mon-Thurs. Evening	8/2-8/12	5:30-6:05pm

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: \$48/Members

\$60/Non-Members

Location: Water Park/Lap Pool

Mon-Thurs. Evening	5/10-5/20	5:30-6:05pm
Tues/Thurs Evening	6/1-6/24	5:30-6:05pm
Mon/Wed Morning	6/2-6/28	9:30-10:05am
Mon/Wed Morning	7/5-7/28	9:30-10:05am
Tues/Thurs Evening	7/6-7/29	5:30-6:05pm
Mon-Thurs. Evening	8/2-8/12	5:30-6:05pm

YMCA - Scuba

Experience the sensation of breathing underwater and take the first step toward becoming a certified scuba diver! Dive Master Jim Cheney will teach you basic scuba skills and introduce you to the underwater world.

Date: TBD

Time: TBD

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



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.

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

Min. 2 & Max 10 per class		
Fee: \$48/Members		\$60/Non-Members
Location: Water Park/Lap Pool		
Mon-Thurs. Evening	5/10-5/20	5:30-6:05pm
Tues/Thurs Evening	6/1-6/24	5:30-6:05pm
Mon/Wed Morning	6/2-6/28	9:30-10:05am
Mon/Wed Morning	7/5-7/28	9:30-10:05am
Tues/Thurs Evening	7/6-7/29	5:30-6:05pm
Mon-Thurs. Evening	8/2-8/12	5:30-6:05pm

Kayak & Paddle Board Wednesday

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

****KAYAKS & PADDLE BOARDS PROVIDED! ****

Fee: Free to Y Members;	Non Y Members Pay daily fee
Time: 1-3pm	Location: Lap Pool
Days: Begins June 9	Ends August 4

Pool School

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

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

Dates: 6/29-7/2	Time: 9:30-10:05am
Days: Tues-Friday Morning	Fee: FREE
Location: Water Park	

Registration begins May 1st



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 011. *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

YMCA/USA Summer Swim Team

The Illinois Valley YMCA Dolphin swim team is looking to continue its fun and success in the Short Course (Fall/Winter) season by expanding its summer program to create a more year-round program. Swimmers that are Bronze, Silver, and Gold level swimmers may participate in the summer season. The summer fees will be the same as fall; \$25/month Bronze, \$35/month Silver, and \$40/month Gold. Payment is due at the start of the season. There is also a \$20.00 team fee per swimmer.

If your swimmer wishes to participate in the USA meets they would then have to register with USA Swimming (\$77 fee). If you choose to register, the team would collect the fee and submit the paperwork for your membership in USA Swimming.

For more information, please contact Katie Young at 815.223.7904 Ext. 042



Tae Kwon Do

Tae Kwon Do:

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

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

Little Tigers Tae Kwon Do:

Children aged 3-6 years old develop basic skills such as coordination, balance, following directions, and more!

- **When:** Tuesday Evenings
- **Ages/Times:**
 - 3-6 years old; 5-5:45pm
 - \$30/Y-Members & \$50/Non-Y Members



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 Time: 11:15-12:45pm

Days: Monday/Wednesdays

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

**Pricing per Month



Summer Tumbling and Trampoline

Hours

Monday

Beginner II, Beginner & Adv. Beginner4:00-4:50p
 Beginner, Beginner II, Pre-Novice.....5:00-5:50p
 Pre-Novice6-6:50p
 Intermediate +.....6:00-7:50p

Tuesday

Pre Beginner, Beginner II, Pre-Novice9:00-9:50am
 Beginner & Advanced Beginner, Novice..... 10:00-10:50am
 Pre-Beginner, Beginner, Beginner II..... 11:00-11:50am

Wednesday

Beginner, Pre-Novice, Novice.....4:00-4:50p
 Pre-Beginner, Beginner II, Adv. Beginner5:00-5:50p
 Adv. Beginner6:00-6:50p
 Intermediate +.....6:00-7:50p

Saturday

Pre Beginner, Beginner, Beginner II9:00-9:50a
 Beginner, Beginner II, Adv. Beginner 10:00-10:50a
 Pre-Beginner, Beginner, Pre-Novice 11:00-11:50a



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

*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.

There will not be make ups or discounts given for missed classes

Registration begins May 15 via email & classes begin June 1



**Illinois Valley YMCA
300 Walnut Drive Peru, IL 61354
Jessica Turczyn, Tumbling Coordinator
IVTTJB@hotmail.com
815-223-7904 ext. 039**

Tumbling Camps

Tumbling

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

Session Dates: June 10 & 11 July 15 & 16

Cheerleading

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

Session Dates: June 29 & 30

Ages: 5 years +

Time: 9:00-4:00 pm

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

***Camp participants must bring a sack lunch for Thursday. Pizza & slushies will be provided on Friday. We will be swimming on Friday, please bring a swim suit & towel.**

Cartwheel

Join us to learn the basics of the sport of tumbling and trampoline. This camp is aimed at athletes who wish to learn a cartwheel and other lower level tumbling skills.

Session Date: June 25

Flip Flop/Advanced Camp

This camp is for those who are wanting to learn and master their flip flops/back hand springs. This camp is also available for athletes who already have mastered their flip flops and wish to start working on skills such as back tucks and layouts.

Session Date: July 9

Ages: 5 and up

Time: 9:00a-12:00p (Noon)

Fee: \$25/Members & \$30/Non-Members

***No lunch either of these days, campers may bring a snack if they wish.**



Birthday Parties

Currently Paused

Y Party Information

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

Party Options

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



Specialty Party Options

- 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 via email at
csmith.ivymca@gmail.com

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 at 815-223-7904 for more information.



SilverSneakers® Classic

Mon/Wed @ 9a (Group Exercise South)

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

SilverSneakers® Circuit

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

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

SilverSneakers® Splash

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

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

SilverSneakers®- Cardio Fit

Tue/Thur @ 9:00a (Group Exercise North) 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.**

Y 30 Zone

Great for Beginners

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



Personal Training

Ageless Yoga
Body Pump
SilverSneakers Classic
SilverSneakers Circuit
SilverSneakers Splash
Yoga Flow
Tai Chi
Indoor Cycling
Fluid Fusion
Fun Fit H2O
Warm Water Workout

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 us at 815.223.7904 to get started.



All New App & Rewards Program

EARN REWARDS FOR DOING THE THINGS YOUR LOVE

Easier – Faster – Mobile – User Friendly

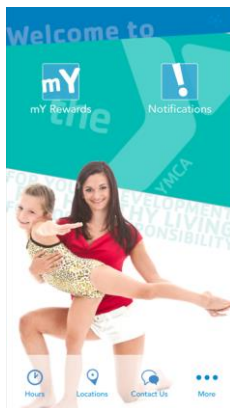
We are excited to announce our all new app and rewards program, available on both apple and android mobile devices.

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 or either facility.

What can you get out of the App:

- Receive the latest news, announcements, and alerts from both the Illinois Valley & Mendota Area YMCA facilities.
- Easily look-up 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...



Preschool Program

Y Tykes Academy

Y Preschool is a complete program with experienced teachers and extras like tumbling, swimming and gym time. This class offers just what your 3 & 4-year-old needs - a class that provides readiness skills such as color/shape recognition, counting, an introduction to the alphabet and fine & gross motor skills implemented through age-appropriate activities. Out Academy meets on a variety of days and includes "swim days" and tumbling days! The children must be 3 or 4 years old by 9/1/21

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

Time: 9:00 am –Noon

Days: Monday – Thursday

Fee: \$135/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 9/1/21.

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

Time: 9:00 - 10:00am

Days: Tuesdays and Thursdays

Fee: \$71/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

New this year, the BASC Program will be hosting their aftercare program at the Illinois Valley YMCA! Each day every child will be bused to the Illinois Valley Y, they will be checked in & temperatures will be taken. We will help with homework daily, allow daily gym time (contactless games/sports), crafts and reading times, and tumbling and swim lessons will be available at a later time.

Registration: You will need to grab a packet from Parkside/Northview School in Peru, fill out the application and bring it into the YMCA addressed to Shannon Parham.

Questions: Contact Shannon at 815.223.7904 Ext. 035

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	
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

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



Pickleball

Pickleball is a fun game that is played in the back gym of the YMCA; the net height is 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Green Gym open to members. Call the front desk at 815.223.7904 to reserve your court today!

Available; Monday, Wednesday, and Friday

Time: 9:00-11:00am

Fee: Free to Members & Daily Pass for Non-Members

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 Mike Wallaert at 815.223.7904 Ext. 013.

Summer Fee: TBD

Adult Basketball

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

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



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 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 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.

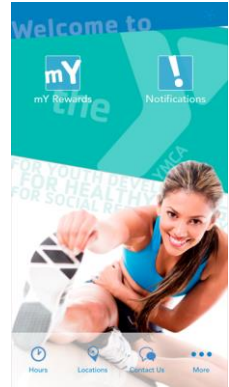
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Betty Tonarelli –A/P	x012	Mike Wallaert – COO	x013
Carmen Turigliatti– Membership/Senior Group	x036	Peggy Cain – Community Development	x030
Chrystal Smith – Marketing/Birthdays	x018	Shannon Parham – Before/After School & Camps	x035
Jessica Turczyn	x039	Thomas Scholle – Aquatic Director	x011
Nancy Picatto	x023	Pool Office	x021
Marty Blanco – Maintenance	x049		
Swim Team (Voicemail only)	x042		
Chris Weittenhiller - CEO	x015		