

AQUATICS

SWIM LESSONS

Classes are divided into groups based upon ability and completion of pre-requisites. Each session is 7 lessons in length.

DAYS/TIMES:

Tues or Thurs. . . 6:00-6:45 PM

Parent-Child Aquatics

Age 6 mos. to 3 years

Water Discovery:

Saturdays, 9:15-9:45 AM

Parents and children: introduces infants and toddlers to the aquatic environment.

Preschool Lessons

Age 3 to 5 years

Water Acclimation:

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Water Movement:

Encourages forward movement in water and basic self-rescue skills performed independently.

Water Stamina:

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Youth Lessons

Age 6+ years

Stroke Introduction:

Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke.

Stroke Development:

Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke.

Stroke Mechanics:

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Fees: \$31 - YMCA Members
\$58 - Non-Members

Private Lessons

Open to all ages and designed specifically for you. Individuals should fill out the required form at the front desk and an aquatic staff member will contact you to schedule your first lesson.

Private Lesson Fees:
Members 1/2 hour - \$15
Non-Member 1/2 hour - \$25
Member 5 hour - \$60
Non-Member 5 hour - \$100

Semi-private Lesson Fees:
Member 1/2 hour - \$8
Non-member 1/2 hour - \$13
Member 5 hour - \$30
Non-Member 5 hour - \$50

SWIM TEAM

Blue Fins

Open to all YMCA members through age 18, regardless of swimming ability. Must have a desire to swim and work as a team. Will learn skills, form and endurance.

Monthly Fee:
Beginners - \$35.00
Intermediate - \$40.00
Advanced - \$50.00
Must be YMCA Member
2 week free trial available

LIFEGUARD CLASSES

January 21 - 24
Mon = 9AM - 3PM
Tues, Thurs = 4PM - 9PM

Feb. 25 - March 1
Mon - Fri = 4PM - 9PM

March 25 - 28
Mon - Fri = 9AM - 3PM

April 8 - 12
Mon - Fri = 4PM - 9PM

Fees: \$185 Y Members
\$210 Non-Members

WATER WELLNESS GROUP EXERCISE

Aqua Exercise

Mon, Wed, & Fri 8:15 - 9:00 AM
Medium intensity class that helps improve cardiovascular endurance and tone the entire body.

Wet Workout

Mon, Wed 1:00-1:45 PM
Tue, Thurs 5:15-6:00 PM
Shallow water workout with low impact on joints that helps improve flexibility and range of motion.

Deep Water Exercise

Mon 5:30-6:15 PM
Wed, Fri 9:00 - 9:45 AM
Deep water aerobics has a low impact on your joints but a high impact on your cardiovascular system.

Free to Members AQUA GROUP EXERCISE

Aqua Jogging

Tue, Thurs 8:00 - 8:45 AM
Using flotation belt, participants "jog" in the water with little to no impact on knees and hips.

Aquarobics

Wed. 5:30 - 6:15 PM
Medium intensity cardiovascular workout to help burn calories and tone muscles.

SilverSneakers®

Splash
Wed. 10:00 - 10:45 AM
Offers a fun, shallow water workout to help improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning components.

**Minimum of 7 participants required*

Non-Member Fee: \$28

Co-Ed Water Polo

Wednesday 7:00 - 8:30 PM
(Ages 16+) All skill levels welcome! Learn the fundamentals of water polo.

Non-Member Fee Per Day: \$5

SCUBA DIVING

Call for class details!
Fee: \$495

FITNESS

Beginners Weight Lifting

Tues, 5:30 - 6:15 p.m.
Get familiar with using free weights & incorporating them into your workout routine.

GROUP CYCLING

Mon 5:30- 6:15 PM
Tue 5:30- 6:15 AM
Tue 9:00- 9:45 AM
Thurs 5:30- 6:15 AM
Thurs 6:00- 7:00PM
Great cardio workout that tones and strengthens your muscles.

HIIT

Thurs 12:10 - 12:45 p.m.
A quick warm-up followed by 20 minutes of High Intensity Interval Training and a cool-down/stretch are all you need to achieve maximum results in minimum time.

Step Challenge

Mon, Wed 5:30 - 6:15 AM
A great cardiovascular and strength workout incorporating step platforms.

Stretch

Mon, Wed 7:00 - 7:45 AM
Thorough stretching to help improve range of motion and flexibility.

Fees: \$12 Y Members
\$28 Non-Members

Free to All

Ab Blast

Mon, Wed, Fri 6:15 - 6:30 AM
Start or finish your early morning workout with a short, but effective abdominal workout.

Free to Members

The Body Workshop

Tues, Thurs 5:30 - 6:15 PM
A challenging strength and endurance workout using a variety of tools to provide a thorough workout for all fitness levels.

TGIF Interval Training

Fri 5:30 - 6:15 AM
Interval-based training incorporating a variety of tools to help increase strength and endurance and build lean muscle.

Fit For Life

Tue, Thurs 9:00 - 10:00 AM
Fun, easy to follow cardio choreography combined with strength work, abdominal training and stretch with modifications offered for beginner to intermediate levels.

Gentle Stretch

Fri. 7:00 - 7:30 AM
For all ages and fitness levels. Gentle stretching helps enable participants to increase range of motion, prevent injury and reduce the effects of arthritis.

Get Up and Go

Mon, Wed 8:00 - 8:45 AM
Low impact movements, upper body strength training, abdominal conditioning, stretch and relaxation in a workout that is heart-healthy and easy on the joints.

SilverSneakers®

Move*
ADVANCED CLASS FOR ACTIVE SENIORS
Wed 9:30 - 10:05 AM

A safe, heart-healthy workout that's gentle on the joints and helps improve strength and endurance.

SilverSneakers®

Classic
Mon & Wed 10:30 - 11:15 AM
Fri 8:00 - 8:45 AM

Exercises designed to increase muscular strength, range of motion and activities for daily living. Uses elastic tubing, light weights and inflated balls. Parts or all of the class can be performed while seated.

SilverSneakers®

Mind
Mon 9:30 - 10:15 AM
Improve range of motion, balance, flexibility in this Yoga/Pilates fusion class.

Non-Member Fee: \$28

SPECIALTY CLASSES

Zumba®

Tue, Thurs 6:15 - 7:15 PM
Sat 9:00 - 10:00 AM—FREE
An exhilarating, Latin inspired, calorie-burning dance fitness class that is easy to follow and fun!

STRONG by Zumba®

Mon 6:15 - 7:00 PM
Get ready for a total-body tone—no, this isn't a dance class! It's a high-intensity workout experience where every move is synced to the beat.

Yoga

Mon 5:30 - 6:30 PM
Tues, Thurs 10:15 - 11:15 AM
Gentle pose progressions and proper breathing techniques to help participants unlock tight muscles and release tension.

Family Yoga

Thurs 2:00-3:00 PM
Bring the whole family and improve your flexibility and mobility through the art of Yoga.

Community Core

Mon 6:40-7:20 PM
Focuses on strengthening abs, gluteus, legs and low back. Truly a "Back Safe Workout" Easily modified to meet any fitness level. Helps relieve low back pain and can prevent future injuries.

Boot Camp

Mon, Wed 5:30 - 6:30 PM
Be prepared to work hard! This total body workout challenges balance, core, strength and cardiovascular endurance.

Specialty Class Fees:
\$14 Y Members
\$28 Non-Members

SPECIALTY PROGRAM

Tae Kwon Do

Tues & Thurs 6:30-8:00 PM
(Ages 8+) Korean martial art emphasizing self-defense. It increases self confidence and teaches respect.

Program Fee: \$35

PERSONAL FITNESS

Body Composition Evaluation

Estimates your percentage of body fat and assists in identifying an ideal weight.

Fitness Evaluation

Cardiovascular, muscular strength, endurance, flexibility and body composition. Schedule an appointment at the Members Services Desk for the two classes listed above.

Fee: \$25.00 Y Members only

Personal Training

Personal Training Fees:
\$35/1 hour - 1 person
\$150/5 hour - 1 person

*All packages expire exactly one year after purchase and are only available to Y members.

TEENS

Teen Conditioning

Training is for 12 year olds to use the lower level equipment in a class covering strength training protocol and weight room etiquette. The class is offered by appointment 6:30-7:30 PM. A parent must accompany their child for the first 15 minutes of the program.

Fee: \$10.00 Y Members only

CHILD WATCH

3 months thru 6 years.
Mon-Fri 8:30 AM-11:30 AM
Mon-Thurs 4:00 PM-8:00 PM
Sat 8:00 AM-11:00 AM

7 thru 11 yrs.

Mon - Thurs 4:00 PM- 8:00 PM
*YMCA Lobby and Gym
Free to Y Members and Non-Members while utilizing facility

FINANCIAL ASSISTANCE

Stop at the YMCA or visit us online www.freeportymca.org to fill out an application

YOUTH SPORTS

Youth Basketball Pre-K-4th grade

Registration Nov 1 - Dec 17
Games are on Friday nights and Saturdays, Jan. 5 - Feb. 23

Indoor Soccer Pre-K-4th grade

Registration: Jan 14-Feb 23
Games are on Saturdays: March 9 - May 4

T-Ball

K - 4th grade

Registration: Jan 14—Feb 23
Games are on Saturdays: March 9 -May 4

Reversible Youth Sports Shirts - \$10.00

Coaches must have a valid email for roster and schedule distribution.

Youth Sports Fees:
\$28.00 - YMCA Members
(Second Child - \$23.00)
\$48.00 - Non-Members
(Second Child \$43.00)

Homeschool PE

Session I: Jan 7 - March 1
Session II: March 4 - April 26
Friday 12:00 - 1:30 PM

Engaging homeschool students in physical activity through structured activities in the gym.

Homeschool Swim

Friday 11-11:45 AM

A group class designed to develop swim skills for a variety of levels.

Fee Per Class: \$31.00 Y Members
\$58 Non-Members

EUCHRE

Tuesday @ 10:00 a.m. YMCA Lobby - FREE to ALL!

Visit freeportymca.org to access updated pool and gym schedules



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Session Dates

Winter I January 7 – March 1
Y Members: Dec 17 – Jan 4, 2019
Non Members: Dec 24 – Jan 4, 2019

Winter II March 4 – April 26
Y Members: Feb 11 – 27, 2019
Non Members: Feb 18 – 27, 2019

CLOSED DATES

Winter I & Winter II Session

Monday, December 24, 2018 – Christmas Eve
– closes at 12:00 PM
Tuesday, December 25, 2018 – Christmas Day
Monday, December 31, 2017 – New Year’s Eve
– closes at 3 PM
Tuesday, January 1, 2018 – New Year’s Day
Sunday, April 21, 2019 – Easter Sunday

FACILITY HOURS

September, 2018 – May 2019

Monday – Friday	5:00 am—9:30 pm
Saturday	7:00 am—5:00 pm
Sunday	9:00 am—5:00 pm

YMCA Mission Statement

"To put Christian principles into practice in all we do building healthy spirit, mind and body for all."

All YMCA schedules, programs and fees are subject to change without prior notice. We reserve the right to cancel and/or reschedule classes not meeting required enrollment.

Thanks to our Annual Campaign
Chairman’s Roundtable Givers:
Helm Group, Inc.
Winter Construction
FHN
State Bank
Dennis & Sandra Maves

YMCA Early Learning Center

815-235-2467

"A great place for your child to grow"
Now serving ages 6 weeks to 10 years
Mon-Fri 6:30 AM-6:00 PM

All enrolled children in our Early Learning Center will be eligible to receive a complimentary YMCA Youth Membership.

The YMCA Early Learning Center has been awarded a Gold Level ExceleRate. Our program strives to nurture and encourage the natural curiosity and creativity of young children. The curriculum is based on the values of the YMCA and the Illinois Early Learning Standards. Our goal is to promote the overall development of children by helping them acquire the proper skills and attitudes to succeed in their education.

AGE APPROPRIATE CLASSROOMS:

***Infant 6 weeks – 14 months:**
1 to 3 staff ratio. Infants will be introduced to baby sign, helped to reach developmental milestones and provided with a sensory rich environment to assist in their development.

***Toddlers 15 – 24 months:**
1 to 4 staff ratio. Toddlers will be given the opportunity to create and explore through art projects, shapes and colors and use of music and stories to enrich their environment. Also included will be self-feeding skills and large motor development.

2 Years old Classroom, 25 months – 36 months:
1 to 5 staff ratio. Children will work on potty training, be introduced to the use of scissors and glue, expand on circle time, art projects and large motor activities.

PRESCHOOL

***Multi-Age Preschool Classes / 3 and 4 years old:**
We have two multi-age preschool classrooms where students stay with teaching staff for two years. Each classroom focuses on developing social and academic skills based on the Illinois Early Learning and Development Standards. Math skills include counting and sorting objects, patterning, shape and color recognition, appreciation of reading and comprehension, and pre-writing skills through fine motor development activities. Hands-on science and fine arts are explored through student-created activities as well as music and dance. Large motor activities also include daily outings to various playgrounds, YMCA pool or gymnasium.

***Pre-Kindergarten / 5 Years-old Preschool:** Class activities focus on recognizing your child’s whole name with being able to write first name and begin writing of last name. Your child will also learn letter recognition, phonics, sight words and how to sound out short words. In addition your child will learn how to write various letters to make words, math skills in graphing, measuring, adding and subtracting 1 to 10. Included will be exploration of Science, Social Studies and Computer Skills. While working in large and small groups on controlling fine and gross motor skills such as cutting, gluing, hopping and balancing. *All teachers have 4-year degrees in elementary Education and Early Childhood Education.

SCHOOL AGE

School Aged Child Care

On-site Before and After School Child Care is available in Polo and in Freeport at Taylor Park, Empire, Center Elementary Schools and Magnet School,

YMCA Kids Club

This After program provides alternative activities for children in 5th and 6th grades who attend Carl Sandburg Middle School. Call the YMCA Children’s Center at 815-235-2467 for more information.

****Rates Subject to Change****

YMCA 2018-2019 Calendar of Events

See www.freeportymca.org
for more information!

December

Cookies with Santa

Dec 1 from 10AM – 12 PM/FREE

January

Indoor Soccer

Registration: Jan 14 – Feb 23, 2018

Games: March 9 – May 4, 2018

Saturdays

T-Ball

Registration: Jan 14 – Feb 23, 2018

Games: March 9 – May 4, 2018

Saturdays

February

Mardi Gras Fundraiser

February 23 5:30 PM – 8:30 PM

Visit our website for more

Information: freeportymca.org

April

Closed

Easter: Sunday, April 21st, 2019

Healthy Kids Day: April 2019

May

Spring Chicken 5K: May 4, 2019



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



PROGRAM BROCHURE

Winter I & Winter II

REGISTER NOW

Family YMCA of Northwest Illinois
2998 W. Pearl City Rd. Freeport, IL 61032
P 815 235 9622 www.freeportymca.org



Facebook

www.facebook.com/freeportymca

LIVE UNITED



A United Way of Northwest Illinois
Community Partner