



FALL 2017 PROGRAM GUIDE

CHOOSE YOUR OWN ADVENTURE

DIXON FAMILY YMCA
STERLING-ROCK FALLS FAMILY YMCA



DIXON FAMILY YMCA

110 N Galena Avenue
Dixon IL 61021
815.288.9622

FACILITY HOURS

Mon-Thu 5 am-9 pm
Friday 5 am-8 pm
Saturday 6 am-5 pm
Sunday* 10 am-3 pm
*Memorial Day - Sept 30th
Sunday** 10 am-5 pm
**Oct 1st - Memorial Day

View pool & gym hours at:
www.dixonymca.org

STERLING-ROCK FALLS FAMILY YMCA

2505 YMCA Way
Sterling IL 61081
815.535.9622

FACILITY HOURS

Mon-Thu 5 am-9 pm
Friday 5 am-7 pm
Saturday 7 am-5 pm
Sunday* 10 am-5 pm

***NOW OPEN EXTENDED SUNDAY HOURS YEAR-ROUND!**

View pool & gym hours at: srfymca.org

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WELCOME TO ALL

THE ESSENCE OF THE Y

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Sterling-Rock Falls Family YMCA and the Dixon Family YMCA work to ensure that every individual has access to the essentials needed to learn, grow and thrive.

EVERYONE IS WELCOME

The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based on their ability to pay. Through our scholarship program, we provide assistance to youth, adults and families based on individual needs and circumstances.

COMMITTED TO OUR COMMUNITY

Determining assistance amounts is handled by the YMCA in a fair and consistent manner. YMCA members can feel confident knowing that they are a part of an organization that cares greatly for the well-being of all people, and is committed to youth development, healthy living and social responsibility.

A scholarship reduces membership fees, it does not eliminate them. Scholarships will be granted for a period of 3-12 months. At the end of the scholarship we request that individuals and families reapply with updated documents. Membership fees are subject to change when you reapply. If you do not reapply, your membership will expire.



LAND WELLNESS

Group Exercise

DIXON FAMILY YMCA Session 1: Sept 5-Oct 28, Session 2: Oct 30-Dec 23

Punch cards are available for Premium Classes and are good Sept 5-Dec 23, 2017

Members and Non Members welcome! Fees apply to Premium Programs and Non Members participation.

The seasons are changing and Fall is on its way. This is a great time to revamp or shake up your workout routine. We have moved some things around and added a few new programs. Weekend Warriors is returning with a new time to give you an extra workout on the weekend. Zumba Toning returns with a brand new time slot as well and early mornings will once again see STRONG by Zumba. We are kicking off our Pound Workout with a couple different times. A total body workout is on the horizon with this blood pumping, beat rockin' program.

Looking for a high intensity, interval type program. Besure to check out Fit & Fab, a brand new program that will keep you pushing for an intense. inspiring workout.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:45 am	Power Pump Christina	STRONG by Zumba Lisa	Power Pump Christina	STRONG by Zumba Lisa	Power Pump Christina	
6:00-6:45 am		Power Pump Bonnie		Power Pump Bonnie		
7:30-8:30 am	Step Bonnie		Step Bonnie		Step Bonnie	
8:05-9:00 am	Stretch Therapy Cindy	Gentle Yoga Cindy	Stretch Therapy Cindy	Gentle Yoga Cindy		
8:30-9:15 am						Weekend Warriors Various
8:45-9:45 am					Gentle Yoga Rachel	
9:05-9:45 am		Cardio Mix Dawn		Cardio Mix Dawn		
9:10-10:00 am	Sculpt Interval Cindy		Sculpt Interval Cindy			
10:15-11:00 am			Silver Sneakers Ronna		Silver Sneakers Ronna	
11:10-11:55 am			Silver Sneakers Ronna		Silver Sneakers Ronna	
12:15-12:45 pm	Lunch Crunch Traci		Lunch Crunch Traci		Lunch Crunch Traci	
1:00-1:45 pm	Fit Club Dawn		Fit Club Dawn		Fit Club Dawn	
1:15-1:45 pm		Quick Sculpt Deb		Quick Sculpt Deb		
3:00-3:45 pm	Pound Rockout Mandy		Pound Rockout Mandy			
4:00-4:30 pm		Active-motion Traci		Active-motion Traci		
5:00-5:40 pm	Abtastic Kayla	Zumba Toning Colleen	Abtastic Kayla	Zumba Toning Colleen		
5:00-5:40 pm		Spin Basics Teresa Otto		Spin Basics Teresa Otto		
5:45-6:30 pm	Studio Kickboxing Kayla	Power Pump Teresa	Studio Kickboxing Kayla	Power Pump Teresa		
6:35-7:05 pm	Fit & Fabulous Lisa		Fit & Fabulous Lisa			
6:35-7:20 pm		Pound Rockout Mandy		Pound Rockout Mandy		

STERLING-ROCK FALLS FAMILY YMCA

MONDAY

5:45-6:30AM	Kick Boxing	Andrea Vondra
8:00-9:00 AM	SilverSneakers	Kathy Collinson
9:00-10:00AM	Kick Boxing	Andrea Vondra
10:00-11:00AM	SilverSneakers	Kathy Collinson
5:15-6:15PM	Power Pump	Jessica Shore
6:30-7:15PM	WERQ	Ganesa Novak

TUESDAY

5:45-6:45AM	Get Fit	Elaine Hand
7:00-7:30AM	UPlift	Deshawn Johnson
9:00-10:00AM	Body Sculpt & Core	Kay Wallin-Bronston
10:15-11:00AM	Low Impact Aerobics	Kathy Collinson
4:15-5:00PM	WERQ	Ganesa Novak
5:15-6:00PM	Pound Rockout	Andrea Vondra
6:15-7:00PM	Kick Boxing	Andrea Vondra

WEDNESDAY

8:00-9:00 AM	SilverSneakers	Kathy Collinson
9:00-10:00AM	Step & Toning	Kathy Collinson
10:00-11:00AM	SilverSneakers	Kathy Collinson
5:15-6:15PM	Power Pump	Jessica Shore
6:30-7:15PM	WERQ	Ganesa Novak

THURSDAY

5:45-6:45AM	Get Fit	Elaine Hand
7:00-7:30AM	UPlift	Deshawn Johnson
9:00-10:00AM	Body Sculpt & Core	Kay Wallin-Bronston
10:15-11:00AM	Low Impact Aerobics	Kathy Collinson
4:15-5:00PM	WERQ	Ganesa Novak
5:15-6:00PM	Pound Rockout	Andrea Vondra
6:15-7:00PM	Kick Boxing	Andrea Vondra

FRIDAY

8:15-9:00AM	#Ynot45	Andrea Vondra
8:00-9:00AM	Sit & Fit	Kathy Collinson
9:00-10:00AM	Pound Rockout	Andrea Vondra
10:15-11:15AM	Sit & Fit	Kathy Collinson

KICKBOXING

Fast paced cardio class for all fitness levels. This class uses a variety of equipment to promote a full body workout. Get ready to squat, build, and tone in this fun energizing class.

POWER PUMP

Power Pump is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and body weight. Featuring safe motivating exercises, and great music to create a thrilling group fitness atmosphere.

BODY SCULPT & CORE CONDITIONING

The intense workout focuses on muscle toning and core conditioning with the use of bars, weights, balls and bands to give you strength and helps to sculpt your body.

SILVERSNEAKERS® and SIT & FIT

Designed for our senior population! Exercises help with strength, flexibility, muscular endurance, balance, coordination, and agility. A chair is provided if needed. Free for members, non-members \$16 monthly

LOW IMPACT AEROBICS

Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. Great for beginners or those looking to add to their existing workouts.

POUND ROCKOUT WORKOUT

POUND is a full-body cardio jam session with constant simulated drumming. The workout fuses cardio, Pilates, and isometric movements that strengthen and sculpt muscles. Drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

WERQ

WERQ is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

GET FIT

A great way to start your day – stretching, toning, cardio intermixed together. We strive to work on all parts of the body each class. Steps, weights, balls and bands used.

YNOT45

This class has it all; running, plyometrics, and strength training! Held in the gym this class promotes taking 45 minutes out of your day to get in a good solid workout.

We offer Personal Training!

At the Y you can choose from group or one-on-one training. Either way we make it easy to experience the advantages of training with a certified Personal Trainer. They will work with you on creating your own customized work out plan and cheer you on the whole way towards your goals.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Sauk Valley
Community College

GET MORE THAN CREDIT



**EARN HIGH SCHOOL
CREDIT AT THE Y**

Workout when you want, where you want.

Sauk's PED class can be taken as a dual credit class to replace high school P.E. Free up your high school schedule by getting your physical education credit on your own time.

- FREE Membership at all YMCAs
- FREE Group Exercise Classes
- All New State-of-the-Art Equipment
- College Credit PED Class

SAUK YMCA
www.saukymca.org





YMCA CAMP BENSON

Adventure Awaits Year-Round

Summer Camp 2018

Registration
opens Nov. 1st

Building friendships, developing life skills and gaining a sense of belonging and community are what YMCA Camp Benson's summer camp program is all about.

YMCA Camp Benson's mission to BUILD STRONGer campers by providing a safe, fun, educational and transformational overnight summer camp experience for all campers. We strive to create opportunities for personal growth and new friendships while always keeping physical and emotional safety a priority. We hope that YMCA Camp Benson becomes a yearly tradition in your family.

"The YCB experience created memories our daughter will have for a lifetime. She has gained skills, tried new things and has made new friends."

-Kris

Register at ymcacampbenison.org

**Y MEMBERS RECEIVE
20% OFF CAMP FEES**

Fall Family Camp

You and your family are invited to join us for a weekend of fun this fall at YMCA Camp Benson. Family Camp is an opportunity for your family to grow closer together by participating in a wide range of camp activities and exploring the beautiful woods here at Camp Benson.

Sleep in your own cabin or invite another family to share. All meals are provided and the best part is that we do the dishes! Take a trip down the zip line or push yourself to new heights on our climbing wall. Go for a relaxing walk among the trees and listen to the sound of the river. Make a s'more just the way you like it and sing campfire songs as the sun sets.

CABIN SPACE IS LIMITED. REGISTER TODAY!

Register online: ymcacampbenison.org

Dates: Oct. 7-9

Fee: \$25 per family member

Women's Wellness Weekend

A CHANCE TO RECHARGE

Be adventurous or simply relax in a peaceful setting. Enjoy a nature hike, read by the water, or make s'mores by the campfire. Get moving in a variety of group exercise classes, crafts, and kayaking. So much awaits you on this trip!

Call, click, or come to the YMCA to register.

Dates: Sept. 23-24

Fee: \$50 per person or \$300 per cabin

Includes meals, activities, and cabin stay.

YOUTH PROGRAMS

Sports, Swim Team, and Family Programs

DIXON FAMILY YMCA

The Y is a starting point for youth to learn about becoming active and developing healthy habits. In Y sports programs children will meet friends, learn new skills, improve physical fitness and have fun! Whether it's gaining confidence, building positive relationships, or improving skills Y sports are about building the whole athlete, inside and out!

BOYS BASKETBALL (AGES 8-14)

Did you know that the YMCA invented basketball? We continue to be committed to teaching young athletes the fundamentals of basketball, while competing in a fun and developmental environment. Our leagues are focused on developing skills and the overall enjoyment of the sport. Teams will have one practice and one game per week with a playoff tournament to end the season. Register by Oct 9.

Date: Games begin in October

Fee: Members \$45, Program Members \$65

GIRLS BASKETBALL (Ages 8-14)

Did you know that the YMCA invented basketball? We continue to be committed to teaching young athletes the fundamentals of basketball, while competing in a fun and developmental environment. Our leagues are focused on developing skills and the overall enjoyment of the sport. Teams will have one practice and one game per week with a playoff tournament to end the season. Register by Dec 8.

Date: Games begin in January

Fee: Members \$45, Program members \$65

CO-ED BIDDY BASKETBALL (Pre K/K, Grades 1-2)

If your athlete is new to sports, then this is the league for you! This developmental league will give young boys and girls their first experience with league play! This is a chance for youth to develop basketball IQ, socialize, make new friends and have fun. Register by Jan 15.

Date: Games begin in February

Pregame practice followed by a small-sided game

Fee: Members \$40, Program Member \$55

CO-ED VOLLEYBALL (Grades 4-8)

Bump into the Game! The focus of this volleyball league is to develop skills that include serving, passing, setting, and hitting. Basic rules and strategies will be learned in a fun, competitive environment. This league is perfect for beginners and those who are looking to develop skill. Register by Jan 15.

Date: Mon/Wed, Jan 29-March 14

Fee: Members \$45, Program Member \$65



STERLING-ROCK FALLS FAMILY YMCA

CO-ED OUTDOOR SOCCER (Ages 4 to 6th grade, NEW 7th/8th grade)

Youth soccer is a progressive program where every child plays and games are safe, fair, and fun. Boys and girls will play together at all levels. Each division will learn the skills necessary to develop as a student of the game. Games are played on Saturdays at the YMCA. Practices will be held once a week. Volunteer coaches needed. Coaches meeting on Thursday, August 24 at 7:00PM. Practice begins the week of Aug 28. Games begin Sep 2.

Dates: Aug 28-Oct 14 Register by Aug 20
Fee: Members \$45, Non-members \$67
Late Fee: \$10 will be included after Aug 20

BOYS AND GIRLS BASKETBALL (Ages 4 to 6th grade)

This is a progressive program where every child plays and games are safe, fair and fun. Boys and girls will play together in the Pre-K/K and 1st/2nd grade levels. At the 3rd-6th grade level they will be divided in boys and girls, if possible. At each level players will learn the basic skills of basketball and develop an understanding of the game. Volunteer coaches are needed; meeting will be held on Oct.19 at 7 pm. Practices will be the week of Oct.23rd and games will be held on Saturday beginning Oct. 28. Registration by Oct. 15

Date: Oct. 23- Dec. 16
(No practice or games Nov 20 -25)
Fee: \$45 members/ \$67 for non-members
Late Fee: \$10 will be included after Oct. 15

SPORTS OF ALL SORTS (Co-ed 3 to 5 year olds)

This parent interactive program will concentrate on a different sport each week; basketball, soccer, Tee Ball (2 weeks). We will learn the basic skills of each sport and play modified games. The class will be 1 hour long, with 50 minutes of skills work and 10 minutes of games.

Dates: Wednesdays Aug 23-Sept 13, 5:00-6:00pm
Fee: Members \$25, Non-Members: \$37

CO-ED VOLLEYBALL LEAGUE (Ages 18 and Up)

Love to play volleyball? Then come and play at the YMCA. This league is for beginners to intermediate players who are just looking for some fun and competition. Teams will be co-ed. You may have up to 10 players on your team consisting of at least 5 females. The game will be played with 3 men and 3 women on the court. So get your team together and come on over for some great competition. Open to the first 6 teams. Round robin league with trophies at the end. REGISTER BY AUGUST 19.

Dates: August 28-Sept. 16 **No game on Monday Sept. 4
Time: Game times will 6pm, 7pm, 8pm. Held at the YMCA gym
Fee: \$15 a person, up to 10 per team.

1ST ANNUAL CO-ED DODGEBALL TOURNAMENT (Ages 18 and Up)

Dodge, Dip, Duck, Dive for a great cause; money will go to the YMCA scholarship program. This will be a fun double elimination tournament. Co-Ed teams of 6 players. It will be limited to the first 8 teams.

Date: Saturday, August 26 at 9:00am
Cost: \$10 a person or \$60 a team

PICKLE BALL

If you are looking for a sport to play that provides a great workout plus social time, try pickleball! It's fun, good exercise and easy to learn. Pickleball is a racket sport that combines the elements of badminton, tennis and table tennis. It is one of the fastest growing sports in the country. So come and JOIN the fun! Starting August 21 time is limited to 30 minutes per group to play, otherwise switch after each game.

Date: Mon/Wed./Fri 9-12pm



SWIM LESSONS

DIXON FAMILY YMCA

Lessons for all ages and abilities. Classes are held once a week for 7 weeks. Skill levels are defined below, please use these to determine which class your child should be in. Current participants will be notified at the end of the session which level to register for. Contact the aquatic department for any questions.

Swim Lesson Sessions:

Sept 5–Oct 21

Oct 23–Dec 15 (No classes during Thanksgiving week)

Fee: Members \$42, Program Members \$62

PARENT CHILD (6 months–36 months)

The goal of this class is to make the child comfortable in the water. A parent accompanies their child in the water and works with the instructor on basic skills and water safety taught through fun songs and games. Skills are introduced at the child's developmental level and build as the child progresses.

Date: Wed: 10:00–10:30 am
Sat: 11:30–12:00 pm

Cost: Members \$31.50, Program Members \$51.50

PIKE (Ages 3–5) Beginner level

Instructors will help children adjust to the water and develop independent swim movement. Classes include instruction to basic swim strokes, kicking skills, floating and pool safety. Participants will wear the bubble belts at all times.

Date: Tues: 3:45–4:30 pm
Thurs: 3:45–4:30 pm
Sat: 9:00–9:45 am OR 10:40–11:25 am

EEL (Ages 3–5) Preschool Intermediate

For children who are comfortable in the water and able to swim five feet with faces in the water and no floatation device. Children are taught to float, kick, and perform progressive arm movements across the pool. This level will wear bubble belts but also perform skills without.

Date: Tues: 3:45–4:30 pm
Thurs: 3:45–4:30 pm
Sat: 9:00–9:45 am, or
10:40–11:25 am

RAY/STARFISH (Ages 3–5) Preschool Advanced

Participants may wear 1 bubble or no bubbles. Review and improve stroke skills on front, back, and side, build endurance, learn treading and other safety skills.

Date: Tues: 3:45–4:30 pm
Thurs: 3:45–4:30 pm
Sat: 10:40–11:25 am

POLLIWOG (Ages 6+) School age beginner

Beginner level for those who have no experience in the water or are very uncomfortable in the water. Includes water skills, floating, kicking, and learning about being safe around water.

Date: Tues: 4:40–5:25 pm
Thurs: 4:40–5:25 pm
Sat: 9:45–10:30 am

GUPPY (Ages 6+) School age intermediate

For children able to swim at least 20 feet without a floatation device; they will learn to swim the backstroke, elementary backstroke, side stroke, and learn the proper breathing techniques for the front crawl.

Date: Tues: 4:40–5:25 pm
Thurs: 4:40–5:25 pm
Sat: 9:45–10:30 am

MINNOW/FISH/FLYING FISH (Ages 6+) School aged advanced

An advanced class that will build participant's endurance and perfect their strokes and turns. Emphasis on safety around water continues and evolves to an introduction on basic survival skills.

Date: Tues: 4:40–5:25 pm
Thurs: 4:40–5:25 pm
Sat: 9:45–10:30 am

GYM AND SWIM (Ages 3–5)

This class is intended to teach basic tumbling skills, build strength, flexibility and coordination with 30 minutes in the gym. Instructor will escort participants to the pool for a 45 minute swim lesson. Bring children to the gym dressed in swimsuit under t-shirt and bring towel.

Dates: Mon: 9:30–10:00 (gym) 10:05–10:50 (pool)
Thurs: 9:30–10:00 (gym) 10:05–10:50 (pool)

Fee: Members \$49, Program Members \$69

HOMESCHOOL GYM/SWIM (Ages 5–10)

This is a great opportunity to meet PE credits required by the state. Begins with 30 minutes in the gym learning the fundamentals of different sports followed by a 45 minute swim lesson.

Dates: Thurs: 2:05–2:35 (gym) 2:45–3:30 (pool)

Fee: Members \$49, Program Members \$69

PRIVATE LESSONS

A lesson designed for you. Great for triathletes or swim team participants looking to increase speed, those fearful of the water, or adults who are unable to swim independently. It's never too late to learn a skill you can use for a lifetime. Interested individuals should fill out the required form at the front desk and an aquatic staff member will contact you to schedule 4, half hour lessons.

Fee: Members \$60, Program Members \$90

STERLING-ROCK FALLS FAMILY YMCA

NEW NATIONAL SWIM LESSON PROGRAM

The National YMCA has been offering swim lesson for over 150 years and for all ages and abilities. The levels have changed and some of the emphasizes has been added for personal safety. Swim placement required if you have not taken Y lessons. Classes meet weekly.

Dates: Sept. 11th – Oct. 21st
Oct. 30th – Dec. 16th (No class Thanksgiving Week)
Fee: Members \$38, Non-Members \$57

HOME SCHOOL SWIM LESSONS

Meeting the state PE requirement while your children learn to swim or to improve their strokes.

Thurs: 2:00-2:30pm

WATER A/B DISCOVER (6 months- 3 years) *Formerly Parent-Child

Introduces infants and toddlers to the aquatic environment. Mom and/or Dad get to be in the water with their children.

Tues. 5:30 – 6:00 pm

PRE-WATER 1 *Formerly Pike

Increases comfort with underwater exploration and introduces basic self-rescue skills. Skills learned are front and back glide assisted, jump, push, turn, grab assisted, roll assistant and water exits.

Tues: 5:00- 5:30 pm
Thurs. 5:00-5:30 pm
Sat. 9:00- 9:30 am

PRE-WATER 2 *Formerly Eel

Encourages forward movement in water and basic self-rescue skills. Skills learned are: front and back glide, front and back float independently.

Tues: 5:00-5:30pm
Thurs. 5:00-5:30pm
Sat. 9:00-9:30am

PRE-WATER 3 *Formerly Ray

Develops intermediate self-rescue skills and perform longer distances. Skills learned in this level: front and back crawl, roll, tread water for 30 seconds, swim float and swim for 15 yards.

Tues: 5:30-6:00pm
Thurs: 5:30-6:00pm

PRE-WATER 4 *Formerly Starfish

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

Tues: 5:30-6:00pm
Thurs. 5:30-6:00pm

WATER 1 *Formerly Polliwog

Increases comfort and underwater exploration and introduces basic self-rescue skills. Skills learned are: submerge get face wet, front and back glide, front float and back float.

Tues. 6:00-6:30pm
Thurs. 6:00-6:30pm
Sat. 9:30-10:00am

WATER 2 *Formerly Guppy

Encourages forward movement in water and basic self-rescue skills performed. Skills learned in this level are done independently.

Tues: 6:00-6:30pm
Thurs. 6:00-6:30pm
Sat. 10:00-10:30am

WATER 3 *Formerly Minnow

Develops intermediate self-rescue, skills performed for longer distances. Skills learned in this level: front and back crawl, roll, tread water for 1 minute and exit independently, swim, float and swim 25 yards.

Tues: 6:30-7:00pm

WATER 4 *Formerly Fish

Introduces basic stroke techniques in front crawl and back crawl and reinforces water safety through treading water. Skills learned in this level: endurance –any stroke – 25 yards, perfect front and back crawl, learn survival floating, breaststroke/butterfly kicks- 15 yards, treading for 2 minutes.

Tues: 6:30-7:00pm
Thurs. 6:30-7:00pm

WATER 5 & 6 *Formerly Flying Fish/Shark

At these two levels refines stroke technique on all major competitive strokes, and learn sidestroke and review all other safety skills that have been taught. Conditioning is a big part of these two levels. It is also to encourage swimming as part of a healthy lifestyle.

Thurs. 7:00-7:30pm

PRIVATE SWIM LESSONS (Ages 3-Adult)

Four 1/2 hour one-on-one swim lesson with a certified swim instructor. This is ideal for anyone who is fearful of the water, or if your child learns better in this type of environment.

Fee: Members \$60, Non-Members \$90

TEEN/ADULT SWIM LESSONS (Ages 12 and up)

It is never too late to learn to swim. Learn to swim or would love to improve all their swimming skills.

Tues: 7:00- 7:30 pm

WATER WELLNESS

Group Water Exercise

DIXON FAMILY YMCA

SEPT 5- OCT 27

OCT 30-DEC 22

HOLIDAY SPECIAL DEC 27-JAN 5, NO CLASSES JAN 1

ENERGIZE WITH MUSIC

A water fitness class choreographed to music. Each class includes a cardiovascular workout, movements to improve muscle tone, and helps increase flexibility and circulation.

Dates: Tues/Thurs 8:00-8:55

Fee: Member \$21, Program Member \$41

AQUAROBICS

A water fitness class adaptable to all levels of fitness. Each class includes a cardiovascular workout, movement to improve muscle tone, and helps increase flexibility and circulation.

Dates: Mon/Wed/Fri 8:00-8:55 AM or 9:00-9:55 AM

Fee: (3X/Week): Member \$31.50, Program Member \$51
(2X/Week): Member \$21, Program Member \$41

DEEP WATER FITNESS

Experience a low impact workout utilizing the resistance of the water. Great if you've had knee surgery.

Dates: Mon, Wed, Fri 8:00-8:55 AM or 9:00-9:55 AM

Tues, Thurs 7:00-7:55 AM or 8:00-8:55 AM

Fee: Member \$31.50 (3X/week), Program Member \$51 (3X/week)
Member \$21 (2X/week), Program Member \$41 (2X/week)

STERLING-ROCK FALLS FAMILY YMCA

JOYFUL JOINTS

This class is designed for people who either have arthritis or who need a low impact class. In this class the pace is slower and the movements are designed to take various body muscles through their full range of motion. Workout with instructors Laura Fitzgerald (T/Th), and Monica Osterhaus (M/W/F).

Days: Mon- Fri 8:00 – 9:00 am

Fee: Free for members

SILVER SWIMMERS

A class specially focused for the active older adults. All levels, abilities are welcomed with instructors Deirdre Desmond and Kathy Collinson.

Day: Tues & Thurs 9:00 – 9:45 am

Fee: Free for members

LET'S MAKE WAVES

A challenging and fun 60 minute non-stop well rounded advanced workout in the water with instructor Allison Hoehn or Deidre Desmond.

Days: Mon, Wed, Fri 9:00 – 10:00 am

Fee: Free for members

H2O HI/LO AEROBICS

Using natural resistance of the water allows for an effective cardio workout that can strengthen, tone your muscles and increase flexibility with instructor Leanne Schumacher. Class is mostly in deep water.

Days: Mon, Wed 6:00 – 7:00 pm

Fee: Free for members

SWIM FOR FITNESS

To get the fall off to a great start. We will swim from Sterling-Rock Falls Family YMCA to Camp Benson and back to the YMCA. Lap is down and back that is 50 yards. 72 lengths or 36 laps is a mile. Will be swimming 60 miles. So come and join in on the fun

Dates: Sept 4- Dec 17

Fee: Free for members

***Minimum size for all water wellness classes is 4 participants.**

ADULT AND TEEN PROGRAMS

DIXON FAMILY YMCA

DIXON DOLPHIN SWIM TEAM

Open to those ages 6-18. This structured program will teach and train swimmers in competitive swimming and the importance of teamwork.

Swimmer must be a YMCA member to participate.

Date: Sept 18-March 18

Times: Mon/Wed/Fri 4:00-5:30 pm

Tu/Thu 5:30-7:00 pm

Fee: \$330, monthly payment plans can be set up.

Sibling discount will be given

SWIM TEAM REGISTRATION AND PARENT NIGHT

Swim team will be hosting 2 informational and registration nights for all parents and swimmers. Information about practices, swim meets, and the season will be discussed. Coaches will be available for any questions. Registration will take place on these nights. Meet schedules will be handed out, and swimsuit try on will take place. If your child is interested in swim team but you are not sure if they are ready, the coaches will be able to perform a swim test in the pool.

Dates: Aug 22 at 6:30 pm, Aug 23 at 5:30 pm

YMCA BIBLE STUDY

Looking for inspiration? Craving more spiritual fulfillment in your life? Come join us in a friendly atmosphere to participate in this scripture based bible study.

There is no pre-reading so just come and be prepared to share God's word. The Y will have a Bible on hand for use, you may bring your own version or favorite Bible App for your smartphone.

Dates: Every Wednesday beginning September 6, 2017 at 6:30 pm

Fee: Free to all

PICKLEBALL: (Ages 21+)

Come play the fastest growing sport in the United States, Pickleball! Pickleball is a unique sport that combines the skills of tennis, badminton, and ping pong. Beginners will learn technique, strategy, scoring, and teamwork. Advanced players will play to compete, increase fitness levels and find playing partners. Be sure to bring a friend!

Time: TBA

Fee: Free for members, Non-Members \$15

ATHLETIC SPEED AND STRENGTH TRAINING: (Ages 12-16)

Athletic speed and strength training is perfect for adolescent and teen athletes wanting to improve overall physical fitness. This 8-week session will increase overall speed, flexibility, agility, vertical, strength, and coordination. Is your body ready for the next step, register now!

Dates: TBA

Fee: Members \$15, Non Members \$35

STERLING-ROCK FALLS FAMILY YMCA

AMERICAN RED CROSS LIFEGUARDING

Looking for employment opportunities? Get lifeguard certified! The American Red Cross lifeguarding course is designed to teach all the necessary skills to be a successful lifeguard. Upon completion of the course you will receive two year certifications in First Aid, Lifeguarding and Professional CPR.

Dates: August 28- Sept. 9 or Dec. 8-18

Fee: Members \$180, Non-Members \$270

GIRLS ON THE GO (Grades 6-8)

Join the YMCA Girls on the Go team as they travel weekly to run local trails, visit community businesses, and hear from local community leaders. Every class is packed full of valuable life skills, creative activities, and of course, RUNNING! We will end the class with running in the CLS 5K on Oct 14th. Transportation and scholarships are available!

Dates: Aug 21-Oct 9, 3:30-5:00pm

Fee: Members \$20, Non Members \$30

TEEN NIGHT: (5th-8th)

Party at the Y. Hang out with you friends, enjoy some outdoor activities and learn some valuable lessons. Teen Night at the Y provides a safe space for teens to socialize, get support and take part in many fun activities. We will be making Smores.

Date: Thursday, August 31

Time: 7:00-8:30pm

Fee: \$2 a person (includes a snack and drink)

NUTRITION COUNSELING

Meet with our Nutrition Coach Alayna to help you analyze what you are currently doing and provide tips necessary to meet your goals in a variety of quick paced one on one sessions.

4-30 min sessions: \$60 Members/ \$90 Non Member

8-30 min sessions: \$120 Members/\$180 Non Member

12-30 min sessions: \$180 Members/\$270 Non Member

NUTRITION TALKS

Join us as we offer free monthly nutrition talks with our Nutrition Coach Alayna. Alayna will cover seasonal topics in 20 minute workshops.

Dates: Sept 27, 4:30-5:00pm "Fall Favorites"

Oct 26, 9:00-9:30am "Halloween Hacks"

Nov 14, 5:15-5:45pm "Tackle Turkey Day"

Dec 13, 9:00-9:30am "Keep Christmas Clean"

CHILD WATCH

Child Care and Preschool

DIXON FAMILY YMCA

Y-TOTS PRESCHOOL

Provide your child a solid educational foundation. Teachers will use a variety of learning outlets during each class. AM and PM classes available for Pre-K students, call M-F 7:30-3:30 for more information.

Pre-4 (must be 3 by 9/1/17)	\$74.25/month	\$98/month
Pre-K 3 AM days (must be 4 by 9/1/17)	\$100/month	\$125/month
Pre-K 5 PM days (must be 4 by 9/1/17)	\$137/month	\$210/month

*Discounts available for LCDC families and for yearly upfront payments
Half day LCDC options available—Call for pricing.

AFTER SCHOOL CRICKET CLUB

We've teamed up with Reynoldswood Christian Camp to provide additional after school services. Children will be bussed from the public schools to the camp after school each day. Upon arrival children will have allotted time for homework and free play as well as arts, crafts, and group games. Space is limited. Half days not included.

Full-Time (4-5 days/week)	Y Member: \$45	Program Member:\$60
Part-Time (3 days/week)	Y Member: \$35	Program Member:\$50

BIRTHDAY PARTIES AT THE Y

You bring the cake and the guests, we'll do the rest. The Y will provide invitations, favors, decorate the room and provide activities for the attendees in one of our 5 themes. You can even add a party planner to assist during the party of a small additional charge. Call Lindsey for more information.

Time:	Saturdays 1:30-4:00
	Sundays 1:30-4:00 (Oct-May) 11:30-2:00 (June-Sept)
	Overnights and after hours rentals also available
Fee:	Varies, call for more information.

LOVETT CHILD DEVELOPMENT CENTER (Ages 2-Pre-K)

Work with ease knowing your child is enjoying a day filled with games, art, music, and stories with friends. Our licensed child care program follows all DCFS standards and provides your child with a unique experience that will prepare them for their future school days.

Session:	Year Round
Days:	Mon-Fri 6:00AM-6:00PM

Weekly Rates:

Full-Time (4-5 days/wk)	Y Member: \$115	Program Member:\$135
Part-Time (3 days/wk)	Y Member: \$88.50	Program Member:\$108.50
Half Days (enrolled in Y-tots)	See Rachel for specific rates	

Special Requirements: Physical, shot record, copy of birth certificate and completed registration forms must be submitted prior to beginning. Child must be potty trained. 4 year old openings for fall.

NO SCHOOL FUN DAYS

Children supervised by After School staff, activities subject to change.

Dates:	Oct 6- Pumpkin Patch
	Oct 9- AM Roller Skating & PM Swimming
Times:	6:00 AM-6:00 PM
Fees:	Y Member \$29, Program Member \$60

CHRISTMAS BREAK CAMP

Schedule of activities TBD

Dates:	12/22, 12/27, 12/28, 12/29, 1/2, 1/3, 1/4, 1/5
Time:	6:00 AM-6:00 PM
Fees:	Y Member \$29, Program Member \$60 per day
	*25% discount off the week if registering for 5 days



SCHOOL'S OUT

STERLING-ROCK FALLS FAMILY YMCA

SCHOOL'S OUT DAY CAMP (K-6th Grade)

No school, No problem! We have fun, safe and educational programming at Challand Middle School. Day Camps run daily from 7:30AM-5:30PM. Early drop-off is available for a small fee. Lunch and snack are provided. Detailed daily schedule will be available at the Y and online.

Dates: Sept 4, Oct 9, Nov 20-24
Location: Challand Middle School, Sterling
Fee: Members \$27/day, 2nd Child \$22/day
Free/Reduced \$22/day

AFTERSCHOOL ENRICHMENT (K-5th Grade)

Working in partnership with Sterling Public Schools, the Y offers an after school program for students in kindergarten through fifth grade providing children with safe, nurturing care in a healthy and caring environment after school. The curriculum is centered on popular themes to promote fun and learning. Our trained and qualified staff plan each day with creative activities which develop healthy spirit, mind and body for all. USDA approved "Super" snack will be served daily.

Location: Jefferson and Washington Schools, Sterling
Fee: Members: \$8/day, 2nd Child \$6/day
Free/Reduced Lunch \$6/day

Y EARLY OUT PROGRAM (K-6th Grade)

Join the Y on early out days to participate in arts, crafts, games, sports, science, and fitness activities. Activities are at Challand Middle School and begin when school releases and last through 5:30pm. Please drop your child off at the North (parking lot) door. Whiteside County Transportation and the Y have partnered together to help transport children to Challand from their schools. All children needing to ride the bus must sign up 1-week prior to the early out date. Transportation is an additional \$2 per child and must be paid in advance.

Dates: Aug 17, 30, Sept 27, Oct 25
Location: Challand Middle School, Sterling
Fee: Member \$15/day, 2nd Child \$10/day
Transportation fee (Separate from 4C's, Financial Assistance): \$2/ per child

***Sterling-Rock Falls Family YMCA follow Sterling Public Schools Calendar, please be advised that the start date of the program could change due to inclement weather days.**



SPECIAL EVENTS AND PROGRAMS

DIXON FAMILY YMCA

BLOOD SCREENING

The fourth Thursday of August, October, and December, KSB Hospital will be at the YMCA from 6:00 am to 8:00 am by appointment. This test requires an 8-10 hour fast. You may drink water and take any morning medication, prior to your test.

Dates: August 24, October 26, and December 28.

Fee: \$25.00 per person (over a \$500 savings)

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Dates: Every Wednesday beginning September 6, 2017 at 6:30 pm

Fee: Free to all

BLOOD PRESSURE SCREENING

The Lee County Health Department will be at the YMCA the first Wednesday of each month in September and December.

Dates: Sept 2 & Dec 6, 8-9:30am

Fee: Free to all

FAMILY DATE NIGHTS

A great opportunity for the family to spend a little time together!

All events held at the Y from 6-8 PM

Dates: Oct 13-Halloween Carnival
Nov 17-BINGO

Fee: Free for members

BIRTHDAY PARTIES AT THE Y

You bring the cake and the guests, we'll do the rest. The Y will provide invitations, favors, decorate the room and provide activities for the attendees in one of our 5 themes. You can even add a party planner to assist during the party of a small additional charge. Call Lindsey for more information.

Time: Saturdays 1:30-4:00

Sundays 1:30-4:00 (Oct-May) 11:30-2:00 (June-Sept)

Overnights and after hours rentals also available

Fee: Varies, call for more information.

SANTA AT THE POOL

Come visit Santa in the pool and enjoy pool games!

Date: Dec 9 at 1:00 pm

Fee: Free to everyone

Sterling-Rock Falls Family YMCA

GIRLS ON THE GO (Grades 6-8)

Join the YMCA Girls on the Go team as they travel weekly to run local trails, visit community businesses, and hear from local community leaders. Every class is packed full of valuable life skills, creative activities, and of course, RUNNING! We will end the class with running in the CLS 5K on Oct 14th. Transportation and scholarships are available!

Dates: Aug 21-Oct 9, 3:30-5:00pm

Fee: Members \$20, Non Members \$30

WOMEN'S WELLNESS WEEKEND

You do not want to miss this great weekend getaway! Recharge and relax with us for Women's Wellness Weekend at YMCA Camp Benson in Mt. Carroll, IL. We will have a weekend full of fun camp activities: kayaking, nature hikes, zip lining, and the climbing wall! We will also be featuring fitness classes, an Essential Oils Workshop, and self defense classes. Guest Speaker Tammy Moran will join us for a keynote to talk about what it means to be truly healthy in all areas of our lives.

Date: Sep 23-24 (Register by September 17)

Fee: \$50/person, \$300 for a cabin (up to 8 people)

AMERICAN RED CROSS BABYSITTING (Ages 11-15)

Become a great babysitter! You'll learn practical skills and confidence through videos, hands on activities and classroom discussions. Please bring baby doll, notebook, snacks & lunch.

Date: Monday, Oct 9. 9:00 - 5:00 pm

Fee: \$50, includes ARC babysitting certification

TURKEY 2 TREE

Did you know the average person can gain 5 pounds between Thanksgiving and Christmas? This 5 week program is designed with you in mind, it isn't a weight loss challenge, it is a weight maintenance challenge. Even better, you will have the chance to win prizes for every time you weigh in, attend workouts, maintain or even lose weight.

Dates: Nov 13-Dec 15

Fee: Members Free, Non Members \$25

HOLIDAY SILENT AUCTION

Join us December 1-8 for a Holiday Silent Auction benefitting our Scholarship fund! We will have 100+ items up for auction displayed at the YMCA for you to bid on.

COME VISIT SANTA AT THE Y POOL:

Come and visit Santa for a night of exciting pool games and activities.

Date: Friday, Dec. 15th, at 5:00-6:30 PM

Fee: FREE to Everyone.