



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



“
**MY Y
IS MORE...**
than where I Zumba®, it's
where I laugh with friends.
”

DIXON FAMILY YMCA

**SPRING AND SUMMER
2018**

CHILD CARE

SPRING BREAK CAMP

Enjoy your break with us, care provided 6AM- 6PM.

Dates:

Mar 26– Minute To Win it Monday, PM Swimming

Mar 27– Fitness Fun

Mar 28– Wacky Wednesday, PM Swimming

Mar 29– Outdoor Exploration

Mar 30– Easter Celebration, PM Swimming

Fee: Y Member \$29/day, Prog. Member \$60/day

*25% discount if registering for all 5 days

SUMMER DAY CAMP

Registration begins February 15th spaces are limited and fill up fast reserve yours child's spot today. You can register for just one, week all summer or anything in between. The center is open 6 AM– 6 PM Monday-Friday. Camp is held at Reynoldswood Christian Camp.

Early Bird Rates (Registered 4/8/18 or before)

	YMCA Member	Program Member
Full-Time	\$125/week	\$150/week
Part-Time	\$100/week	\$130/week

Summer Rates (Registered after 4/8/18)

	YMCA Member	Program Member
Full-Time	\$140/week	\$175/week
Part-Time	\$120/week	\$145/week

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.

Rates	Y Member	Program Member
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Pre- 4* \$74.25/month \$98/month

*must be 3 by Sept. 1, 2018

Pre-K** M/W/F \$100/month \$125/month

*must be 4 by Sept. 1, 2018

Discounts available for LCDC families and for yearly upfront payment.

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 be allotted time for homework and free play as well as arts and crafts and group games. Space is limited, register early

Fee:	Y Member	Program Member
Full-time	\$50/week	\$65/week
Part-Time	\$40/week	\$55/week

LOVETT CHILD DEVELOPMENT CENTER

(Ages 2-Pre-K)

Work with ease knowing your child is enjoying a day filled with games, play, art, music and stories with friends they will have for a lifetime. 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. Please call with questions or to arrange a visit.

Special Requirements: Physical, shot record, copy of birth certificate and completed registration forms must be submitted prior to beginning. Child must be potty trained. Children accepted on a first come first serve basis based on class ratios.

Session: Year round

Days: M-F 6:00 AM- 6:00 PM

Fee:	Y Member	Program Member
Full-time	\$120/week	\$141/week
Part-time	\$92/week	\$113/week

Register now for Spring
Break, Summer Camp, and
2018-2019
Preschool & After School!



JOIN US IN SOMETHING BIG

Membership in the Y is a special thing. Be a part of a leading nonprofit organization for youth development, healthy living and social responsibility.

When you join the Y you belong to a place where:

- Parents find a safe, positive environment for children to learn good values, social skills and behaviors.
- Families come together to have fun and spend quality time with each other.
- Children and teens play, learn who they are and what they can achieve.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of belonging and purpose.

Membership For All

We believe everyone deserves a Y, so the DIXON FAMILY YMCA offers financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Ask a staff member about financial assistance. It's easy to apply and the Y does everything it can to make the Y a place for all.

FACILITY HOURS

Monday-Thursday 5 AM to 9 PM

Friday 5 AM to 8 PM

Saturday 6 AM to 5 PM

Sunday * 10 AM to 3 PM

*Memorial Day- October 30

Sunday ** 10 AM to 5 PM

** October 1—Memorial Day

Volunteer, Donate, Advocate

As a nonprofit, the Y is able to strengthen community because of the dedicated youth, families and individuals who share our passion and make the Y part of their lives. They give their time, resources and talents—every day and in hundreds of ways—because they know they can improve the lives of others while enhancing their own through the Y.

Well-being for many of our neighbors is all too frequently limited by income or social isolation. In low-income communities, the Y offers opportunities for every child, teen or adult to achieve his or her potential regardless of economic status. With your help, the Y can continue to expand programming and outreach where it is needed most. Please consider volunteering your time, making a contribution, or sharing your story of the Y's impact.

MEMBER RATES

Membership	Monthly Rate	1st Year Fee
Youth up to 12	\$16.25/mo	\$2.50/mo
Student 13-20*	\$20.00/mo	\$2.75/mo
Adult (18 and up)	\$41.00/mo	\$4.00/mo
Family	\$60.50/mo	\$6.25/mo
Single Parent Provider		\$44.50/mo
	\$6.25/mo	
60+ Adult	\$33.25	N/A
60+ Family	\$46.00/mo	N/A

LAND FITNESS AND WELLNESS CLASSES

LAND FITNESS SCHEDULE

Spring: April 9-May 26
 Summer 1: May 29-July 14
 Summer 2: July 16-August 25

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:45 am	Power Pump Christina		Power Pump Christina		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	Weekend Warriors
8:05-9:00 am	Stretch Therapy Cindy	Yoga Alternative Cindy	Stretch Therapy Cindy	Yoga Alternative Cindy		
8:45-9:45 am					Yoga Flow Rachel	
9:05-9:45 am		Cardio Mix Dawn		Cardio Mix Dawn		
9:10-10:00 am	Muscle Fix Cindy		Muscle Fix Cindy			
9:10-10:00 am (Summer Session)	Youth Rebound Kandi		Youth Rebound Kandi			
10:00-10:45 am (Summer Session 1)		Youth Pound Rockout Mandy		Youth Pound Rockout Mandy		
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	Quick Sculpt Traci		Quick Sculpt Traci		Quick Sculpt Traci	
1:00-1:45 pm	Fit Club Dawn		Fit Club Dawn		Fit Club Dawn	
5:00-5:40 pm	Abtastic Kayla	Zumba Toning Colleen- No Summer 2	Abtastic Kayla	Zumba Toning Colleen- No Summer 2		
5:45-6:30 pm		Power Pump Teresa		Power Pump Teresa		
5:45-6:30 pm	Studio Kickboxing Kayla		Studio Kickboxing Kayla			
6:35-7:05 pm ** Summer Session 1		Kettlebell Lisa		Kettlebell Lisa		
6:35-7:35 pm ** Spring & Summer 2		STRONG by Zumba Lisa		STRONG by Zumba Lisa		

It's finally here! New this Summer Session - KETTLEBELL will help kick your fitness goals into high gear! Compound exercises work multiple muscle groups at the same time, helping to gain strength and muscular endurance and efficiently burn calories. Focused on combining breathing, movement & alignment with your ability to control balance and weight. Mix in body weight exercises and cardio movement for an all around heart pumping workout.

Check out our New Youth Programs for Summer!!!

Youth REBOUND is for ages 6-11 yrs. Small mini tramps with stability bars are used to keep everyone motivated and moving with great music and instruction. Each class will finish up with fun "core work" and stretching. A great way to burn off a little extra energy and learn the value of exercise!

Youth Pound Rockout is for ages 8-13 yrs. Uses Drumsticks and a motivated beat to release energy, develop strong muscles and build a healthy body. Great instruction will lead the class through fun songs with choreographed movements that keep the participants wanting more!!

YOUTH PROGRAMS

COED T-BALL (4-6YRS) In Partnership with Al Morrison.

We offer an instructional T-Ball program for children ages 4-6. The program emphasizes fundamental skills such as throwing, catching, hitting and base running. This is an opportunity for kids to begin or continue their growth and skill development in the game of baseball! Registration is Jan 2-Mar 31. Must be 4 years old by 12/31/17.

Volunteer coaches are needed.

Dates: May 28-June 25

Games during the week & Saturday Mornings

Fee: Member \$35, Non-Member \$50

FALL SOCCER (4-14YRS)

The Y helps kids become better athletes and better people. Our youth soccer program is progressive with multiple age levels. We make sure that every child gets to play and that games are safe, fair and most of all fun! Teams are divided by age level U5, U6, U8, U10, U12, and U14. Registration June 1 through August 15. U10-U14 teams end with a 2 week tournament. Must be 4 by 12/31/17.

Volunteer coaches are needed.

Dates: Regular registration ends March 1st

Games will begin in August/September

Fees:	U5-U8	U10-U14
Y Member	\$48	\$63
Non-Member	\$52	\$68
(In Park district)		
Non-Member	\$83	\$93
(Out of Park District)		

COED VOLLEYBALL (4th-8th Grade)

This Coed Volleyball league provides structured practices and game play to improve overall skills and understanding of the game, while providing a fun, safe environment to develop strength and maintain an active lifestyle. Practices are held on Monday and games are held on Wednesday, during each week of the season. Registration Deadline: May 18th

Dates: Games begin in June

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

KIDS JUST WANNA REAGAN RUN

A training program for First through Sixth Grade students, which would like to train for the Reagan Run 5K. This program is offered in partnership with KSB Hospital Community Wellness Department. Running techniques, stretches, character values, and healthy snacks and nutrition will be a part of the curriculum. All participants will automatically be registered for the Reagan Run 5K.

Dates: Tuesdays and Thursday, May 29- July 5

Time: 5:30 pm to 6:30 pm

Fee: \$25

BIRTHDAY PARTIES AT THE Y

You bring the cake and the guests, we'll do the rest. New for 2016 birthday rentals will come with party theme options. 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 for a small fee. Call Lindsey for more information.

Time: Saturdays 1:30-4

Sundays 1:30-4 (Oct-May)
11:30-2 (June-Sept) Overnights
and after hours rentals also
available



SWIM LESSONS

Lessons for all ages and abilities. Classes are held once a week for 6 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.

PIKE (Ages 3-5) Beginner level

Instructors will help children adjust to the water and develop independent swim movement. Classes include introduction to basic swim strokes, kicking skills, floating and pool safety. This class 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 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 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. 9:00-9:45 am OR 10:40-11:25 am

Swim Lesson Sessions:

April 23– June 2 (No Class Sat. May 26)

June 4– July 14

July 16 - Aug. 25

Fee: Members \$45, Program Members \$70

POLLIWOG (Ages 6 and Up): 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 and up) 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 and up):

School aged Advanced

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

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

ADDITIONAL LESSON OPTIONS

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: Wednesday 10:00-10:30 AM
Saturday 11:30-12:00 pm

Cost: Members \$32, Program Members \$52

PRIVATE LESSONS

A lesson 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 4, half hour lessons.

Fee: Members \$65, Program Members \$100

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 lessons. Bring children to the gym dressed in swimsuit under t-shirt and bring a towel.

Date: Mon 9:30-10:00 (gym) 10:05-10:50 (Pool)
Thurs. 9:30-10:00 (gym) 10:05-10:50 (Pool)
Fee: Members \$55, Program Members \$80

HOME SCHOOL GYM/SWIM: (Ages 5-10)

Meets PE credits required by the state. Begins with 30 minutes in the gym learning fundamentals of different sports and fitness, followed by a 45 minute swim lesson.

Date: Thurs. 2:05-2:35pm (gym) &
2:45- 3:30pm (pool)

Fee: Members \$55, Program Members \$80

WATER EXERCISE CLASS

April 9 –May 25
May 29–July 13
July 16–August 24

ENERGIZE WITH MUSIC

This is a high energy class adaptable to all levels of fitness. Each class includes a cardiovascular workout, movements to improve muscle tone and helps increase flexibility and circulation.

Dates: Tu/Th 8:00–8:55

Fee: Member \$21, Program Member \$51

SHALLOW WATER STRETCH & STRENGTH

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

Dates: Mon/Wed/Fri 8:00–8:55 AM

Fee: (2X/Week): Member \$21, Program Member \$51
(3X/Week): Member \$31, Program Member \$61

AQUATIC PUNCH CARD

The punch cards allow you to try out our diverse selection of water fitness classes at an affordable price. Purchase a 10 visit punch card Members,

Fee: \$20 Program Members \$50
Card expires 8/25/2018

SUMMER SWIM TEAM

Have a fun competitive experience this summer! The team will emphasize self-discipline, swimming skills, teamwork, sportsmanship, and fun. Great for those thinking of joining the Dixon Dolphins in the fall. Must be a member.

Look for more information coming about Rookie Week!

Dates: May 21–July 26

Day/Times: Mon/Wed 4:00–5:30 pm

Tues/Thurs 9:00–10am or 5:30–7:00 pm

Fee: Members \$90

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 8–8:55 AM or 9–9:55 AM
Mon, Wed 5:30–6:30 PM
Tues, Thurs 7–7:55 AM or 8–8:55 AM

Fee: Member \$21 (2X/week), \$31 (3X/week)
Prog Member \$51 (2X/week) \$61 (3X/week)

Dixon Y Members attend 6 water sessions in a year and your 7th session is free!



22ND ANNUAL JOE CURIA MEMORIAL GOLF OUTING:

Join us for our annual golf outing at Lost Nation Golf Club on Friday, June 1, 2018. Tee time will be at 12:30 PM. Sponsors and teams are being accepted now. Check out our website for the official registration form.

REAGAN RUN 5K

The regions premier 5K run is around the corner! Reagan Run 5k is Saturday, July 7, 2018 at 8:00am. Stop by the Y and get your forms and register today.



**Your Dues
Operate the Facility
Your Gift
Changes Lives**

YMCA Annual Campaign
CHANGE A LIFE!
Give...Because Everyone Belongs.



2018 YMCA GARDEN PARTY

JUNE 29TH, 5:30 PM

DISTINCTIVE GARDENS

\$20/person

Tickets available at the following locations

Dixon YMCA

Sauk Valley Bank

Crystal Cork

Online at:

<https://dixon-family-ymca.ticketleap.com/ymca-garden-party/>

Silent Auction

Side-by-Side & Corn Hole Boards Set Raffle

