BE HEALTHY
BE STRONG
BELONG

2020 Winter/Spring Program Guide
STEPHENS FAMILY YMCA
Welcome!

Welcome to our Stephens Family YMCA, which is among the best Y’s in America! We believe this is a place that your whole family can use and the entire community can be proud of.

We appreciate your continued support and look forward to serving your needs. Enjoy your YMCA experience.

Jeff Scott, CEO
Stephens Family YMCA

Registration & Session Dates

Session I:
January 6–February 23
Member registration begins December 2
Guest member registration begins December 9

Session II:
February 24–April 12
(No classes held week of March 16)
Member registration begins February 3
Guest member registration begins February 10

Session III:
April 13–May 31
Member registration begins March 30
Guest member registration begins April 6

HOURS OF OPERATION

Monday – Friday
5 a.m. - 10 p.m.
Saturday
6 a.m. - 6 p.m.
Sunday
Noon – 6 p.m.

Closings
Christmas Eve Hours  5 a.m.-12 p.m.
Christmas
New Year’s Eve Hours  5 a.m.-12 p.m.
New Year’s Day
Easter Sunday
Memorial Day

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Membership
Join the Y and become part of a family of more than 20 million members in more than 2,700 YMCAs across the country. There are four ways to be involved in your YMCA:

A facility membership provides you access to the YMCA wellness facilities, programs and activities. In addition, many programs are offered at a reduced rate for facility members.

Sustaining members support the YMCA through charitable giving. Contact our Development Director at 239-2817 or visit www.sf-ymca.net and click Get Involved for more information.

Program participants enroll in YMCA programs without the benefits of membership. This is the first step in experiencing the YMCA before becoming a vested member with membership privileges.

Volunteers are a critical force in the YMCA. Volunteers create policy, coach, teach, mentor, supervise, clean, organize, fundraise, and so much more resulting in thousands of hours contributed to the YMCA’s cause. Please contact Christina at christina@sf-ymca.net or visit www.sf-ymca.net for more information.

Inclusion
The Stephens Family YMCA invites persons with disabilities to enjoy Y programs and facilities. If you require a modification, due to a disability, to enjoy any of our programs, please select the request at the time of registration. A member of our Inclusion Team will then contact you. Any questions that you may have can also be sent to inclusion@sf-ymca.net.

When you see the Larkin’s Place symbol throughout the guide, this means that the program has additional support for those with disabilities, but all abilities are encouraged to participate.

Financial Assistance
To the extent that funds are available, financial assistance is provided to youth and adults based on demonstrated need for those who cannot afford the full program or membership fees. Financial assistance is made possible by the generous donors to the Annual Scholarship Fund.

For consideration, download an application at www.sf-ymca.net or pick one up. Please allow two weeks for processing prior to the need for funding a program or service.

Facility Membership
YMCA membership is an association of people who, by simply accepting the responsibility of their own well-being, unexpectedly transform their community. Your membership supports all that the YMCA represents to the community and its charitable purpose.

The YMCA accepts the responsibility of helping kids, families, and adults grow strong. Whether it’s understanding the importance of accepting diversity or witnessing the impact of investing in youth, members enable the YMCA to offer programs that encourage individuals to grow strong in character grounded in Christian principles and open to all. Contact inclusion@sf-ymca.net if you have concerns that are not being met.

Facility Shut Down
Every year in August the Y will be closed for a week for facility shut down. During this time we are deep cleaning the building, painting, making repairs, draining and cleaning the pools, and a multitude of other needs to keep your Y in tip top shape. The exact dates will be posted in the Y, on Facebook and our website by July 1st.

Nationwide Membership
Nationwide membership enables you to visit any participating YMCA in the United States, outside of the Stephens Family YMCA, through membership at your home YMCA. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.
CHILD WATCH
We are working to become more consistent with our guidelines and reduce the overlap of ages between rooms, therefore we will be strictly enforcing that Child Watch only goes through age 9.

The Tween Room ages are 7-9 years old and only be used when available and if there are at least 5 children of age at a time.

Child Watch hours are Mon-Fri 7:30-1:00pm & 3:30-8pm; Sat 7:30am-4pm; Sun 1:30-5:45pm. Members can leave their child with us for up to 2 hours per visit while you workout or just relax.

If your child is in need of modification or adaptation in child watch and meets the age requirements, please contact inclusion@sf-ymca.net to discuss options.

Children ages 10 and up are welcome to be in the lobby, basketball courts, swimming pool or what will now be known as “The Y Hangout” (formerly the Teen Center).

The Y Hangout Rules
• Ages 10 and up
• 9 and under must be accompanied by parent or guardian
• Please keep the room clean
• Respect peers, staff and equipment

Supervised: Monday-Friday 3:30-7:30pm, Saturday-Sunday 1:00-4:00pm

SWIM LESSONS
The YMCA has been America’s leading swim instructor for over 100 years. Our swim lessons are broken into 7 week sessions. Fall classes will be offered on Monday, Tuesday, Wednesday, Saturday and Sunday. For more information, please contact the Aquatics Office at 239-2814 or ben@sf-ymca.net.

SWIM LESSONS STRUCTURE
The Stephens Family Y swim lesson program is organized by an age/skill group system. This allows instructors to gear their classes towards a child’s specific skill and development level. Each swim level contains five key components:
• Stroke development
• Character development
• Personal safety
• Water safety
• Water sports/games

SWIM LESSONS PROGRESSION
It is important to note that swimming is not a Pass/Fail program. It is not unusual for a child to be in the same level for more than one session. Each child learns at a different pace depending on factors such as physical growth, individual development, comfort, practice and previous experience. Please respect your child’s unique qualities and do not compare them to their siblings or other children in lessons. The Aquatics Staff are committed to ensuring the success of your child’s swim lesson experience. For more information, please contact the Aquatics Office at 239-2814 or ben@sf-ymca.net.

For class times, please visit www.sf-ymca.net or stop by our member service desk.
SWIM LESSON OFFERINGS
To better accommodate our member’s schedules, our swim lessons are structured as once a week classes. However, for greater skill development, retention, and quicker progression through the levels we suggest you sign up for 2 classes a week.

MAKEUP LESSONS
There are no makeup lessons for missed classes.

WAITLIST
If a class time you are interested in is full you may choose to register for the same level at a different time in the week. You may also place your child on the waitlist. If a spot opens up, you will be contacted in order of registration by the Aquatics Staff.

CLASS MINIMUMS
There must be a minimum of two to three students to run a class. If there are less signed up, the Aquatics Staff will contact the families to discuss switching class times or issuing a system credit/refund. There are also times that levels may be combined due to low enrollment in multiple classes. Again, you will be contacted by the Aquatics Staff if this occurs.

PRICING
Group Swim lessons
Parent/Child and Preschool
$58 Member $116 Guest Member

Youth Levels Polliwog I (Stage Y1a)–Minnow (Stage Y3)
$65 Member $130 Guest Member

Youth Levels Fish (Stage Y4)–Porpoise (Stage Y6)
$68 Member $136 Guest Member

We have updated our Swim Lessons program!
The Y of the USA has updated their swim programing and so have we! This new programing has innovative approaches to high-quality water safety education and will promote swimming as a lifelong activity for healthy living. Your Stephens Family YMCA Swim Lesson Team has now been trained in this new programing. We couldn’t be more thrilled to offer our members the best programing possible! Member feedback is always welcome. Please contact the Aquatics Office at 239-2814 with any questions or comments.

PARENT/CHILD SWIM LESSONS
Tadpole (Stage A), Kipper (Stage B), and Perch (Stage P1a) classes are parent/child interactive classes. The parents are in the water every class of the entire session. Children who are not completely toilet trained are required to wear approved “swim diapers” during class.

Tadpoles (Stage A)
(6–18 months) *Must have 1 parent per child in class
Children at this level must be able to independently sit upright on the edge of the pool. Water acclimation, safety skills, and social development will be taught in class through many interactive songs and fun water activities. Children will work with parents to learn the basic arm and leg movements of swimming.

For class times, please visit www.sf-ymca.net or stop by our member service desk.
Kippers (Stage B)
(12-24 months) *Must have 1 parent per child in class
Water acclimation, safety skills, and basic arm and leg movements on the front and back will be taught in class. Use of PFDs (personal floatation devices—noodles and float belts) will be introduced at this level.

Perch (Stage P1a)
(2-5 years) *Must have 1 parent per child in class
Children will have the opportunity to learn basic arm and leg movements—on both front and back, safety skills, and the structure of Y swim lessons. This level works towards the child listening to and working with the instructor, becoming independent from the parent.

PRESCHOOL SWIM LESSONS
(3-5 years)
Without parent assistance, students are taught basic swimming and aquatic safety skills in 4 progressive levels. To support quality instruction, there is a maximum of four children per class.

Pike (Stage P1b): Children develop independent movement in the water while working on basic strokes and kicking, putting their face in water, floating on surface, pool/personal safety and proper use of PFDs.

Requirements to enroll—
• Has little to no previous swimming experience
• Will be able to work in class independent from parent

Eel (Stage P2): While reinforcing all basic skills learned in Pike (Stage P1b) level, this class is geared towards children who can swim without instructor’s assistance. Students will be working on refining basic strokes and kicking, go under water and come back up, floating on surface on own, pool/personal safety and proper use of PFDs.

Requirements to enroll—
• Can swim basic doggie paddle short distances
• Will put face in water/bob under water
• Attempts to put face in the water while swimming
• Comfortable swimming on back with help from instructor
• Can kick on front and back, across the pool with assistance of kickboard
• Can jump in pool without assistance
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Ray (Stage P3):
Children review safety skills previously learned, work to improve stroke technique and build endurance. Students will be working on rhythmic breathing on front, back stroke technique and treading water.
Requirements to enroll –
• Can swim basic front stroke the length of the Family pool with minimal instructor assistance
• Willing to attempt rhythmic breathing
• Can swim basic backstroke half the length of the pool unassisted
• Can kick on front and back, across the pool and back
• Can retrieve object from bottom at 3 foot water depth

Starfish (Stage P4):
Children will review safety skills previously learned, work to refine strokes and build endurance.
Requirements to enroll –
• Can swim length of the family pool on front and back
• Willing to attempt rhythmic breathing
• Can jump in deep water, surface and return to wall unassisted
• Can retrieve object from bottom at 5 foot water depth

Polliwog: This level is broken into two parts. In both levels children will be working on water acclimation, basic strokes and kicking, putting face in water, floating on surface, pool/personal safety and proper use of PFDs.
Requirements to enroll –

Polliwog I (Stage Y1a): Intended for children with little to no experience, who are timid or fearful of the water and unable to swim on their own.

Polliwog II (Stage Y1b): Intended for children who have had previous swim lesson and/or are already comfortable in the water. Students in the level are unable to swim without assistance but comfortable in water on their own in lessons.

YOUTH SWIM LESSONS
(6-12 years)
Taught without parent assistance, students learn basic swimming and aquatic safety skills in 8 progressive levels. To support quality instruction, there is a maximum of four children per class in the Polliwog I (Stage Y1a)-Minnow (Stage Y3) levels; and a maximum of six children per class in the Fish (Stage 4)-Porpoise (Stage Y6) levels.
**Guppy (Stage Y2):** Children will continue to build on their basic stroke skills, be introduced to breaststroke, learn diving skills and personal safety skills.

Requirements to enroll-
- Can swim on front 12.5 yards
- Can swim on back 12.5 yards
- Can kick with board 25 yards
- Can jump in 5 feet of water, surface and return to the wall unassisted

**Minnow (Stage Y3):** While working on skills previously learned, children will start to refine their front and back stroke. They will continue to improve their breast stroke, diving, and water safety/rescues skills.

Requirements to enroll-
- Can swim on front 25 yards
- Knows basics of rhythmic breathing
- Can swim on back 25 yards
- Can kick with board 50 yards
- Can jump into 9 ft. deep water unassisted

**Fish (Stage Y4):** Students will work on increasing endurance in their previously learned strokes, be taught open turns and be introduced to the butterfly stroke. Additional focus is placed on diving and personal safety.

Requirements to enroll-
- Can swim 50 yards on front with rhythmic breathing
- Can swim 25 yards on back
- Can swim 25 yards breaststroke
- Dive down and retrieve an object from the bottom of the 9 foot pool

**Flying Fish (Stage Y5):** Stroke refinement is continued and endurance is built in all strokes previously learned. Flip turns are introduced in this level.

Requirements to enroll-
- Can swim 75 yards on front with rhythmic breathing
- Can swim 50 yards on back
- Can swim 50 yards breaststroke
- Can swim 12.5 yards butterfly
- Can tread water for 2 minutes
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Shark (Stage Y6): In this level, emphasis is placed on making the previously learned strokes more efficient, continuing to work on flip turns, introducing racing starts and learning IMs and distance swimming.

Requirements to enroll-
• Can swim 100 yards on front with rhythmic breathing
• Can swim 75 yards on back
• Can swim 75 yards breaststroke
• Can swim 25 yards butterfly
• Can tread water 4 minutes

Porpoise (Stage Y6): Students will continue to work on endurance and technique while exploring other aquatic outlets. They will be given swimming work outs in this level. If they are interested in HEAT swim team, we will also work with them on the requirements to move onto the team at this time.

Requirements to enroll-
• Can do a 25 IM-25 yards of all 4 completive strokes back to back
• Can swim 100 yards freestyle, backstroke and breaststroke
• Can swim 50 yards butterfly
• Can tread water for 4 minutes

Inclusion Swim Lessons
Preschool Inclusion Lessons—Ages 3–5
$72 Member $144 Guest Member

Youth Inclusion Lessons—Ages 6–12
$79 Member $158 Guest Member

INCLUSION SWIM LESSONS
Inclusion swim lessons are intended to accommodate those with special needs in a safe and socially comfortable environment. The student will join age/skill level appropriate group swim lessons accompanied by an “inclusion companion.” Our inclusion companions are instructors who have experience working with special need students. For more information and to register your child for lessons, contact Kim Spencer at kspencer@ccymca.net.

NEMO’s SAFE Swim Group Class
SAFE stands for Sensory And Functional Exploration Swim
Dates: Wednesdays
Time: 4:30–5:15pm
Therapy Pool
Fee: $72 Member $144 Guest Member

In this group offering, we will compass the same values of NEMO offerings but a have a 1:1 ratio of participant to NEMO instructor aides and is a group setting. The class will be led by Aquatic Therapy Certified Occupational Therapy Practitioners. Group benefits from parent and caregivers seeing how to play and explore the water with their child while having opportunity to collaborate with instructors and other group members. Group members will engage with peers while exploring new found freedom in water and excitement in activities. Registration is required and spots are limited to 4 NEMO participants per group. For more information, please email kspencer@ccycma.net.

Nemo Swimming Lessons
NEMO swim lessons are a program designed for children with special needs. Each class is developed around the individual needs and ability of the students. For more information and to register your child for lessons, contact Kim Spencer at kspencer@ccymca.net.

Nemo Swim Lessons
30 Minute Nemo
$65 Member $130 Guest Member

45 Minute Nemo
$72 Member $144 Guest Member
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Private Swim Lessons
(Private swim lessons are offered to members only)
One-on-one swim lessons enable participants to receive additional instruction and skill refinement designed around your specific needs. Thirty-minute lessons are offered for swimmers 3 years and up. Lessons are scheduled based on participant’s schedule, as well as instructor and pool availability. To request a private lessons please fill out the ‘Private Lesson Request Form’ and turn it into the front desk. The average private lesson takes at least 3 weeks to set up and get started. For more information please contact the Private Swim Lesson Supervisor at 217-239-2830 or privateswimlessons@ccymca.net.

Fees:  
$35 per lesson  
$175 for 6 lessons

Semi-Private Swim Lessons
(Semi-private swim lessons are offered to members only)
Enables participants to receive additional instruction and skill refinement designed around their specific needs. Thirty-minute lessons are offered for swimmers 3 years and up. These lessons are available for groups of two or three participants of similar skill level. Perspective students must find the 2nd or 3rd child to be in the lessons, they will not be provided. Lessons are scheduled based on participant’s schedule, as well as instructor and pool availability. To request semi-private lessons please fill out the ‘Semi-Private Lesson Request Form’ and turn it into the front desk. The average lesson takes at least 3 weeks to set up and get started. For more information please contact the Private Swim Lesson Supervisor at 217-239-2830 or privateswimlessons@ccymca.net.

Fees:  
1 lesson: $35 for the first student and $15 per student added (a total of 3 students maximum)  
5 lessons with the 6th lesson free: $175 for the first student and $75 per student added (a total of 3 students maximum)
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Heat Swim Team
(Students age 6-18 years old)
A YMCA and USA Swimming affiliated program, the Heat provides year-round training and competitive opportunities for swimmers of all ages and abilities. All participants must pass an initial assessment to ensure the minimum swimming requirements are met.

The focus of Heat Swim Team is placed on stroke technique, endurance, strength, streamline starts, flip turns, relay starts and exchanges, and racing strategies. The Heat offers five training groups that are broken up by age and/or ability. To increase each swimmer’s ability, coaching staff recommends attending at least two practices a week with increasing attendance as each swimmer progresses through the groups. Swim team participation requires a Booster Club fee and parental volunteerism to support competitive events. Other fees for training and meets apply and are the responsibility of the swim team participant. Each swimmer may elect to compete in any number of meets they desire offered both by USA Swimming and YMCA. Please speak with the Competitive Aquatics Coach 239-2806 for more information.

*Participants on swim team must be a member of the YMCA.
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YOUTH SPORTS
Kids learn so much through sports, such as skills and positive attitudes they’ll carry with them throughout their lives. Enriching their personal development is the goal of the YMCA Youth Sports Series—a unique, coed sports program that combines the YMCA’s philosophy of fair play, teamwork, and inclusiveness with skill development.

Game schedules will be posted online at www.sf-ymca.net by 5 p.m. on the Tuesday preceding the first Saturday game of the season for all sports.

Youth Sports Series Fees:
$64 per youth per sport YMCA Member
$107 per youth per sport Guest Member

Spots are limited in each league and program. Leagues may be full before registration deadline.

Winter Indoor Soccer
(Kindergarten – 6th grade)
January 11-February 22
Overview: This non-competitive YMCA soccer league focuses on fun, fitness, and the fundamentals of soccer such as passing, dribbling, shooting, and defense.
Team attire: For player safety, shin guards are mandatory for practices and games. All players in the league will receive a team jersey.
Practices and Games: Players will participate in a 20-minute practice followed by a 40-minute scrimmage on Saturdays in the Stephens Family YMCA Multi-Purpose Gymnasium.

Spring Basketball
(Kindergarten – 8th grade)
February 29-April 11
(Kindergarten–4th Graders)
Overview: Players will focus on skill development and equal playing time in a supportive, fun atmosphere.
Team attire: All players receive a team jersey.
Practices and Games: 20-minute practices are followed by a 40-minute scrimmage on Saturdays at the Stephens Family YMCA gymnasiums.

(5th–8th Graders)
Overview: This league promotes positive competition, skill development and team cooperation.
Team attire: All players receive a team jersey.
Practices and Games: Players will participate in a mid-week, one-hour practice prior to Saturday games held at the YMCA. Practice schedules will be set by coaches. Note: carpooling and special team requests will not be accommodated.
All players in this league are required to attend a skills assessment prior to team assignment via a draft format.
Skills assessments are scheduled for:
5th–6th graders: Sunday, Feb. 23 at 1 p.m.
7th–8th graders: Sunday, Feb. 23 at 3 p.m.
Skill assessments will take place at the Stephens Family YMCA gymnasium.
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Spring Flag Football
(Kindergarten-8th grade)
**Dates:** April 18-May 30
**Overview:** Players learn the basic rules of football as well as the skills of passing, catching, running, and basic plays. This is a non-contact sport with emphasis placed on teamwork, fair play, and sportsmanship. It is a great opportunity for a prospective football player to build a solid foundation and gain some knowledge of the game.
**Team Attire:** All players receive a team jersey. Metal cleats and spikes are not allowed.
**Practices and Games:** 20-minute practices are followed by a 40-minute team scrimmage on Saturdays.
**Locations:** Fields at the Stephens Family YMCA.

Karate
(5 years old and up)
Learn self-confidence, self-discipline, self-control, and self-defense skills in this exciting class. No experience necessary and uniforms not required.
**Dates:** Monday/Wednesday/Friday
**Time:** 7:45-8:45 p.m.
**Location:** Studio C on Monday
**Location:** Studio A on Wednesday & Friday
**Fee:** $85 Member $135 Guest Member

Stephens Family YMCA Volleyball Clinic
The Stephens Family YMCA is excited to offer a volleyball clinic for youth in our community looking to learn the game or improve their skills. Coach Stan Bergman will bring over 27 years of experience from coaching at the middle school and high school levels to the clinic to educate youngsters on the game of volleyball. For four Sundays in January, focus will be placed on implementing and improving the fundamentals in setting, bumping, serving, and defense through skill work and conclude with some friendly competition for the campers each session. This camp is co-ed and all skill levels are welcome.
**Dates:** Sundays – Jan. 5, Jan. 19, Jan. 26 and Feb. 2
**Sessions/Groups:** 4th-6th grade
**Times:** 3-4:30 p.m.
**Fees:** $60 Member $100 Guest Member

Youth Volleyball
(entering grades 3rd-8th)
**Overview:** YMCA Youth Volleyball is for children in grades 3-8. The program places a strong emphasis on fun, fair play, equal playing time, and learning the fundamentals of volleyball.
**Attire:** All players receive a team shirt.
**Practices and Games:** Players will participate in a 20-minute practice followed by a 40-minute scrimmage on Thursday nights at the Stephens Family YMCA gymnasium.
**Dates:** Thursdays, April 16-May 28
**Time:** An hour session within a 6:00-9:00 p.m. window
**Fee:** $40 Member $80 Guest Member

Become a Volunteer Coach!
Because we believe that all kids deserve the opportunity to discover who they are and what they can achieve, the Y is for Youth Development. Through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health, and educational achievement. Y activities give our children the opportunity to become confident kids today and healthier, happier grown-ups tomorrow. At the YMCA we believe that this can be accomplished through our Youth Sports programs! To do our important work, the Y relies on support from members, donors, volunteers and community leaders. Use your talents to encourage, guide and train young athletes at the Y. We rely on volunteer coaches to lead our year-round sports leagues. Programs include a wide variety of sports including basketball, volleyball, indoor soccer, and flag football. Contact the Stephens Family YMCA to see how you can get in the game.
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PRE-SCHOOL SPORTS

**Itty Bitty Indoor Soccer**
(3 to 5 years old)
Introduce your youngster to the game of soccer in this fun and interactive program. Along with YMCA staff, parents will work with their children on teaching and improving soccer skills. The focus is on soccer instruction and fun.

**Dates:** Tuesday nights, Jan. 7-Feb. 18

**Time:** 6-7 p.m.

**Location:** Stephens Family YMCA Gymnasium

**Fee:** $42 Member $84 Guest Member

**Itty Bitty Basketball**
(3 to 5 years old)
It’s never too early to introduce the game of basketball into your child’s life. This program will have parents working with trained YMCA staff to teach children the skills and game of basketball. Parent involvement is encouraged.

**Dates:** Tuesday nights, Feb. 25-Apr. 7

**Time:** 6-7 p.m.

**Fee:** $42 Member $84 Guest Member

**Itty Bitty Flag Football**
(3 to 5 years old)
This program welcomes youngsters to the game of football in a fun and safe environment. Classes will focus on introducing the fundamentals of catching, running, and throwing by incorporating interactive activities and drills. This is a non-contact sport and YMCA staff will be on hand to lead classes. Parent involvement is encouraged.

**Dates:** Monday nights, Apr. 13-June 1

**Time:** 6-7 p.m.

**Location:** Fields at the Stephens Family YMCA

**Fee:** $42 Member $84 Guest Member
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SPORTS WITHOUT LIMITS

Soccer Without Limits
Larkin’s Place Programming
Soccer Without Limits is a sports program geared around introducing youth to the game of soccer in a safe and fun environment while keeping their abilities and needs in mind. The program will focus on the fundamentals of dribbling, passing, goal tending, and shooting while keeping the abilities and needs of our players in mind. The instruction will take a slower pace to ensure that each student understands each concept before moving to the next. The program will have a 15 participant maximum. Parents/guardians may participate in the program if their child needs extra assistance. The program is designed for youth 5–14 years old.

**Date:** Wednesdays, Jan. 8-Feb. 19
**Time:** 5:30–6:15 p.m.
Stephens Family YMCA Gymnasium
**Fee:** $42 Member $84 Guest Member

Basketball Without Limits
Larkin’s Place Programming
Basketball Without Limits is a sports program geared around introducing youth to the game of basketball while keeping their abilities and needs in mind. The program will focus on the fundamentals of passing, shooting, and dribbling while keeping the abilities and needs of our players in mind. The instruction will take a slower pace to ensure that each student understands each concept before moving to the next. The program will have a 15 participant maximum. Parents/guardians may participate in the program if their child needs extra assistance. The program is designed for youth 5–14 years old.

**Date:** Wednesdays, Feb. 26-April 8
**Time:** 5:30–6:15 p.m. in the Stephens Family YMCA gymnasium
**Fee:** $42 Member $84 Guest Member

Volleyball Without Limits
Larkin’s Place Programming
Volleyball Without Limits is a sports program at the Stephens Family YMCA for children with diverse abilities. The class will focus on the fundamentals of passing, bumping, serving, and moving by using engaging and active drills while keeping the needs of your child in mind. The instruction will take a slower pace to ensure that each student understand each concept before moving to the next. The program will have a 15 participant maximum. Parents/guardians may participate in the program if their child needs extra assistance. The program is designed for youth 5–14 years old.

**Date:** Wednesdays, April 15-May 27
**Time:** 5:30–6:15 p.m.
Stephens Family YMCA Gymnasium
**Fee:** $42 Member $84 Guest Member

*If you have additional concerns or needs, please email inclusion@sf-ymca.net*
GYMNASTICS

The YMCA offers an all-inclusive gymnastics program with something for every child in your family. Our progression-based curriculum teaches participants gymnastics elements, movement skills, and refines motor skills. Each class is based on a skill sheet determined by the Gymnastics Director. There are a number of skills to master for each class, and it typically takes several sessions to progress to the next level. We strongly recommend signing up for 2 lessons per week for greater skill retention and individual progression enhancement. Prices are listed per class for each 7-week session.

For your child’s safety, we ask that you adhere to the gymnastics area’s dress code. Girls should wear leotards, or form fitting shorts and shirts. No jewelry should be worn, and hair should be pulled back off of the face. Boys should wear athletic shirts and shorts (nothing too baggy) with no zippers. Instructors may ask your child to tuck their shirts in if they are too loose. No socks and shoes will be allowed in the gymnastics area, with the exception of our tumbling classes.

PARENT/INFANT LESSONS

Children benefit from gymnastics-based activities, even at an early age. This class includes building neck, core, and leg strength as well as parent-child bonding all set in our bright and colorful gymnastics atmosphere. Activities are geared towards basic motor skills and cognitive development. Your instructor may ask you to bring specialized props from home to advance these learning techniques. Our focus will be on activities and exercises that you can do with your child in the gym and at home.

Parent/Infant Class Schedule (Girls and boys crawling–18 months)

<table>
<thead>
<tr>
<th>CLASS DAYS TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolie Polies Monday 4:45–5:15 p.m. (crawling–walking)</td>
</tr>
</tbody>
</table>

Fees: $73 Member $103 Guest Member

PARENT/TODDLER LESSONS

Through the use of props and smaller-scale gymnastics equipment, these classes help your child develop an early relationship with physical fitness, all while learning basic gymnastics skills. Parents and their children will participate together as a bonding activity. Children 18 months to 3 years old are welcome with a parent.

Parent/Toddler Class Schedule (Girls and boys walking–2 years old)

<table>
<thead>
<tr>
<th>CLASS (Walking-2 years old)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caterpillars Monday 4:15–4:45 p.m.</td>
</tr>
<tr>
<td>(Walking-2 years old) Tuesday 10:30–11 a.m.</td>
</tr>
<tr>
<td>Tuesday 6–6:30 p.m.</td>
</tr>
<tr>
<td>Thursday 10:30–11 a.m.</td>
</tr>
<tr>
<td>Thursday 5:30–6 p.m.</td>
</tr>
<tr>
<td>Grasshoppers Monday 4:15–4:45 p.m.</td>
</tr>
<tr>
<td>(3 year olds) Tuesday 10:30–11 a.m.</td>
</tr>
<tr>
<td>Thursday 10:30–11 a.m.</td>
</tr>
<tr>
<td>Thursday 5:30–6 p.m.</td>
</tr>
</tbody>
</table>

Fees: $73 Member $103 Guest Member
PARENT/CHILD OPEN GYM
(Walking to 6 years old; Children older than 6 will not be permitted)
Bounce on the tumble track, swing on the bars, roll down the tumble tower, and wind through the obstacle course with your child. All children must be supervised by a parent/guardian (no more than 3 children per adult). Class only runs when recreational gymnastics is in session. Fees listed are per child per day.

Parent/Child Open Gym Schedule
(Girls and boys walking–6 years old)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugbugs</td>
<td>Tuesday</td>
<td>11:30–12:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>3–4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>11:30–12:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>3–4 p.m.</td>
</tr>
</tbody>
</table>

Fees: FREE Member $8 Guest Member

OPEN GYM
(7–12 years old)
We are now offering Open Gym for children ages 7 through 12 years old! Flip on the tumble track, swing on the bars, or learn some fun skills throughout this hour of free play. Participants are not required to be supervised by a parent/guardian, but it is encouraged.

Open Gym Schedule
(Girls and boys 7–12 years old)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
</table>
| Open Gym | Thursday | 7–8 p.m.

Fees: $5 Member $10 Guest Member

PROGRESSIVE PRESCHOOL LESSONS
Our preschool gymnastics classes are designed to introduce your children to the world of gymnastics at a pace suited for their age. Our instructors will teach them basic skills, as well as terminology and body positions essential for future gymnastics classes.

Fireflies I: This is a beginning-level gymnastics class for girls and boys age 4; no experience required. Participants will learn skills on our specialized preschool equipment including vault, bars, beam, floor, and rings.

Fireflies II: (Prerequisite: Fireflies I) Intermediate skills will be added to the skills learned in Fireflies I.

Fireflies Class Schedule
(Girls and boys ages 4 years old)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fireflies I</td>
<td>Monday</td>
<td>6:15–7 p.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>10:30–11:15 a.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>5:15–6 p.m.</td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>4:15–5 p.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>10:30–11:15 a.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>4:30–5:15 p.m.</td>
</tr>
</tbody>
</table>

| Fireflies II | Monday | 6:15–7 p.m.  |
|             | Tuesday | 10:30–11:15 a.m. |
|             | Wednesday | 4:15–5 p.m.  |
|             | Thursday | 10:30–11:15 a.m. |

Fees: $88 Member $123 Guest Member
YOUTH DEVELOPMENT
Nurturing the potential of every youth and teen.

GIRLS PROGRESSIVE LESSONS
Gymnastics is a sport that promotes physical and mental fitness for children of all ages. Our progressive lessons are designed to give your child a well-rounded gymnastics experience. Throughout the session, participants will be introduced to a number of skills on each of the Olympic events; vault, bars, beam, and floor. Our skill progressions are designed to allow children to progress at a safe level that is individual to each athlete.

Butterflies I: This is a beginning-level gymnastics class for girls ages 5-7; no experience required. Participants will learn skills on vault, bars, beam, and floor. There will be a strong emphasis on proper form and technique in order to fully master the basic skills.

Butterflies II: (Prerequisite: Butterflies I) Intermediate skills will be added to the skills learned in Butterflies I.

Butterflies III: (Prerequisite: Butterflies II) Advanced skills will be added to the skills learned in Butterflies II. Classes will be 90 minutes long.

Butterflies Class Schedule (Girls ages 5-7 years old)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butterflies I</td>
<td>Monday 5-6 p.m.</td>
<td>Tuesday 4-5 p.m.</td>
</tr>
<tr>
<td>Butterflies II</td>
<td>Monday 5-6 p.m.</td>
<td>Tuesday 4-5 p.m.</td>
</tr>
</tbody>
</table>

Fees: $103 Member $138 Guest Member

Butterflies III Tuesday 5-6:30 p.m. Thursday 4-5:30 p.m.

Fees: $113 Member $153 Guest Member

Ladybugs I: This is a beginning–level gymnastics class for girls ages 8 and up; no experience required. Participants will learn skills on vault, bars, beam, and floor. There will be a strong emphasis on proper form and technique in order to fully master the basic skills.

Ladybugs II: (Prerequisite: Ladybugs I) Intermediate skills will be added to the skills learned in Ladybugs I.

Ladybugs Class Schedule (Girls ages 8+ years old)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladybugs I</td>
<td>Monday 6-7 p.m.</td>
<td>Tuesday 6:30-7:30 p.m.</td>
</tr>
<tr>
<td>Ladybugs II</td>
<td>Tuesday 5-6:30 p.m.</td>
<td>Thursday 4-5:30 p.m.</td>
</tr>
</tbody>
</table>

Fees: $103 Member $138 Guest Member

Fees: $113 Member $153 Guest Member
YOUTH DEVELOPMENT
Nurturing the potential of every youth and teen.

BOYS PROGRESSIVE LESSONS
Gymnastics is a sport that promotes physical and mental fitness for children of all ages. Our progressive lessons are designed to give your child a well-rounded gymnastics experience. Throughout the session, participants will be introduced to a number of skills on each of the Olympic events; floor, pommel horse, rings, vault, parallel bars, and high bar. Our skill progressions are designed to allow children to progress at a safe level that is individual to each athlete.

Dragonflies: This is a beginning gymnastics class for boys ages 5-7; no experience required. Participants will learn skills on the six boys’ events; floor, pommel horse, rings, vault, parallel bars, and high bar. There will be a strong emphasis on proper form and technique in order to fully master basic skills.

Yellowjackets: (Prerequisite: Dragonflies) Advanced skills will be added to the skills learned in Dragonflies.

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dragonflies</td>
<td>Monday</td>
<td>5:15-6:15 p.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>4:15-5:15 p.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>6-7 p.m.</td>
</tr>
</tbody>
</table>

Fees: $103 Member $138 Guest Member

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellowjackets</td>
<td>Monday</td>
<td>5:15-6:15 p.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>4:15-5:15 p.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>6-7 p.m.</td>
</tr>
</tbody>
</table>

Fees: $103 Member $138 Guest Member
GYMNASTICS WITHOUT LIMITS
Larkin’s Place Programming (4-18 years old)
The sky is the limit in our gymnastics classes for individuals with diverse abilities. Our classes will introduce your child to basic gymnastics skills and movements that have been adapted to include all participants. Instructors will work closely with parents to help individuals advance their motor skills, balance, coordination, flexibility, and strength development in a fun and friendly atmosphere. Teaching ratios will be kept smaller to provide more personalized instruction. We ask that you contact the Gymnastics Director (239-2808) in advance so we can better prepare for your child’s own set of special needs.

Skylarks (Girls and boys ages 4-18 years old)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skylarks</td>
<td>Friday</td>
<td>4:15-5 p.m.</td>
</tr>
</tbody>
</table>

Fees: $88 Member $123 Guest Member

*If you have additional concerns or needs, please email inclusion@sf-ymca.net

GYMNASTICS WITHOUT LIMITS OPEN GYM
Larkin’s Place Programming (Walking to 18 years old; Participants must be accompanied by a parent/buddy)
The gymnastics area is a perfect space to introduce your child to physical activity or advance their motor skills in fun and vibrant atmosphere. Gym play will be supervised by our qualified instructors to ensure the safety of all participants. Additionally, all individuals must be accompanied by a parent/buddy. Class only runs when recreational gymnastics is in session. Fees listed are per participant per day.

Gymnastics Without Limits Open Gym Schedule
(Girls and boys walking-18 years old)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Gym</td>
<td>Monday</td>
<td>3:30-4:15 p.m.</td>
</tr>
</tbody>
</table>

Fees: FREE Member $8 Guest Member
CHEER SQUAD
(Girls and boys in Kindergarten through 4th grade)
This program introduces participants to basic motions, cheers, stunts, tumbling, and a routine to perform during some of the Saturday winter games (will be notified once session begins). Our instructors will emphasize safety and technique for skills they teach your children throughout the session. Shorts and t-shirts are recommended, no jewelry should be worn and hair should be pulled back off of the face. Boys should wear athletic shirts and shorts (nothing too baggy) with no zippers. Participants are required to wear clean athletic shoes (cheerleading shoes highly recommended). *Cheer Squad will only be offered during Winter-Spring II session

TUMBLING
(Girls and boys ages 4-16 years old)
Gymnastics and tumbling basics are becoming an essential part of every cheerleader’s repertoire of skills. Our instructors will emphasize safety and technique for floor tumbling skills as they teach your children throughout the session. Class times are split by age to ensure age-appropriate skill training. Participants are allowed to wear cheerleading shoes.

DANCE WITHOUT LIMITS
(ages 3-40)
This NEW program is designed to expose individuals with diverse abilities to the world of organized dance. Participants will increase body awareness, increase motor planning, improve self-esteem, improve attention, learn to work with others and learn to express themselves creatively. Individuals of all abilities are welcome. Class will be held in Studio C.

YOUTH DEVELOPMENT
Nurturing the potential of every youth and teen.

Cheer Squad
CLASS  DAYS  TIMES
Grades K-4  Wednesday  5:30-7 p.m.

Fees: $86 Member  $121 Guest Member

DANCE WITHOUT LIMITS
CLASS  DAYS  TIMES
Dance Without Limits Saturday  11-11:45 a.m.

Fees: $80 Member  $115 Guest Member

*If you have additional concerns or needs, please email inclusion@sf-ymca.net
YOUTH DEVELOPMENT
Nurturing the potential of every youth and teen.

CREATE-A-CLASS
(Girls and boys ages 3–18 years old)
Looking for specialized training for your group of friends? What about your cheerleading squad? Hoping to find an activity for your children to do on a break from their balanced school calendar? Maybe you and your group just want more time with your favorite gymnastics instructor. Take advantage of our option to create your own class to tailor the gymnastics instruction just for you! Create-A-Class options are available throughout the session. All classes must have at least 3 participants. Please contact the Gymnastics Director at 239-2808 to set up your class today!

Create-A-Class (Girls and boys ages 4–18 years old)
(All prices are based on a 7-week session)

30 minute class
Fees: $75 Member $100 Guest Member

45 minute class
Fees: $90 Member $120 Guest Member

60 minutes class
Fees: $105 Member $135 Guest Member

90 minute class
Fees: $115 Member $150 Guest Member

Have an idea for a class or group? Contact inclusion@sf-ymca.net to design a class to fit your needs.

PRIVATE LESSONS
(Girls and boys ages 4+ years old)
Private gymnastics and tumbling lessons provide 1-on-1 instructions for enhanced skill development for all ages. Lessons must be scheduled by the Gymnastics Director (239-2808) and must be pre-paid. Semi-private lessons with a 2-on-1 ratio are also available for the same total price.

Private Lessons
(Girls and boys ages 4+ years old)
(All prices are listed per lesson)

30 minute lesson
Fees: $32 Member $64 Guest Member

60 minute lesson
Fees: $52 Member $104 Guest Member
We inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running.

Girls on the Run is a transformational physical activity - based positive youth development program for girls in 3rd-5th grade. We teach life skills through interactive lessons and running games in an effort to build confidence and establish a lifetime appreciation of health and fitness. Our 10-week after school program physically and emotionally prepares participants to complete a 5K running/walking event.

Cost per girl is $125. Financial assistance is available for families who qualify. The spring season begins the week of February 17th (January 27th for Barkstall and Kenwood schools) and concludes the week of April 27th.

**Online registration opens January 6**

For more information on participating schools, visit www.girlsontherunchampaigncounty.org.

This spring, Girls on the Run of Champaign County is partnering with the Christie Clinic Illinois 5K for our end-of-season 5K event. Program girls, their coaches, and adult running buddies have the opportunity to shine among the 5000+ runners and walkers participating in the Christie Clinic Illinois 5K on **Friday, April 24th at 7:30 p.m.** All program girls will receive a BONUS race shirt, courtesy of Carle, in addition to their official race swag – commemorative 5K shirt, drawstring bag, finisher medal, and postrace refreshments in the Great West Hall after a spectacular finish at the 50-yard-line of Memorial Stadium. Every race participant will also receive race photos via the results page of the website for FREE. For more information about the Christie Clinic Illinois 5K, visit https://illinoismarathon.com/races/5k/

Bring Girls on the Run to your school! Contact Nikki Mercer, Council Director at 217.239.2841 or nikki.mercer@girlsontherun.org.
YOUTH DEVELOPMENT
Nurturing the potential of every youth and teen.

ART CLASS

Young at Art
Children will focus on drawing skills, experimenting with different materials, learning about art history, and discussing art terms such as the elements of art and principles of design. Children will be educated about methods in art as well as techniques such as painting, stippling, collage, printmaking, sculpting, and much more! A variety of media and tools will be used including chalk pastels, oil pastels, watercolor paint, tempera paint, carving tools, brayers, construction paper, yarn, clay, and so forth. These classes will allow children to shine in their talent as well as grow as artists.

Day: Tuesday
Time: K-3rd Grade – 4:30-5:30 p.m.
4th-7th Grade – 5:30-6:30 p.m.
Fees: $78 Member    $113 Guest Member

*If you have additional concerns or needs, please email inclusion@sf-ymca.net

Handwriting Group
Ages 5 and older
Struggles with handwriting? This program is designed to support children with handwriting challenges. Handwriting success will be achieved through age appropriate activities to increase fine and visual motor skills. Individualized instruction given to each member within the small group setting.
Dates: Tuesdays
Time: 3:45-4:30 p.m.
Fees: $96 Member    $111 Guest Member

Music and Language Play
Playgroup designed for children 2-5 years old with diverse abilities that targets the use of music to enhance developmental skills. Led by music and speech therapist.
Dates: Mondays
Time: 9:30-10:15 a.m.
Fees: $65 Member     $87 Guest Member

Preschool Music
Children ages 2-5 years old will sing, dance and play with a Board Certified Music Therapist to accomplish non-musical goals such as social interaction, having fun and learning new developmental skills.
Dates: Thursdays
Time: 9:30-10 a.m.
Fees: $41 Member     $56 Guest Member

Developmental Music Play
Play group designed for children 2-5 years old with diverse abilities that emphasizes language development through the use of music. Led by the music and occupational therapists.
Dates: Thursdays
Time: 12:30-1:15 p.m.
Fees: $65 Member     $87 Guest Member
YOUTH DEVELOPMENT
Nurturing the potential of every youth and teen.

Early Elementary Music Therapy Group
Children ages 5–10 years old will sing, write songs, dance, play instruments and more with a Board Certified Music Therapist to accomplish non-musical goals such as social interaction, having fun and learning new developmental skills.

**Dates:** Tuesdays
**Time:** 3:45-4:30 p.m.
**Fees:** $52 Member      $65 Guest Member

Older Elementary Music Therapy
Individuals ages 10–15 years old will sing, write songs, dance, play instruments and more with a Board Certified Music Therapist to accomplish non-musical goals such as social interaction, having fun and learning new developmental skills.

**Dates:** Tuesdays
**Time:** 4:45-5:30 p.m.
**Fees:** $52 Member      $65 Guest Member

Young Adult Music Therapy
Individuals ages 15 years and older will create music with peers through a music therapy approach. Group will be led by a Board Certified Music Therapist.

**Dates:** Tuesdays
**Time:** 5:45-6:30 p.m.
**Fees:** $52 Member      $65 Guest Member

LEGO Playgroup
Ages 5–8 years old
Children will practice sharing, turn taking and playing together in this language and motor enriched play group led by speech therapists and social worker.

**Dates:** Thursdays
**Times:** 4:30-5:15 p.m.
**Fees:** $96 Member      $111 Guest Member

Mindfulness for Kids
Ages 9–12 years old
This group will help children increase concentration and develop better self-awareness. Children will learn strategies to be mindful which in turn can help increase focus, calm down and make better decisions.

**Dates:** Thursdays; Session III only
**Time:** 3:30-4:15 p.m.
**Fees:** $76 Member      $101 Guest Member

Sibling Support Group
The group is for siblings of individuals living with diverse abilities 8–12 years old. The program focuses on topics found to be the key issues of typically-developing siblings who have a sibling with disabilities:
- Discovering that others share similar family circumstances;
- Learning about their sibling’s with diverse abilities needs;
- Discussing issues and problems children with siblings who have disabilities typically face (and develop effective coping strategies to deal with these issues);
- Having an opportunity to express who they are as individuals.

**Dates:** Thursdays; Session II only
**Time:** 3:30-4:15 p.m.
**Fees:** $76 Member      $101 Guest Member
YOUTH DEVELOPMENT
Nurturing the potential of every youth and teen.

YMCA BIRTHDAY PARTY PACKAGES
Let the YMCA host your child’s birthday party! Our unique party packages include enthusiastic staff that will coordinate party logistics on your behalf, while you enjoy the celebration with your child.

NEW! Jimmy John’s has a special offer for anyone having their birthday party at the Stephens Family YMCA! Contact our party coordinator for more information.

Your Birthday Party package will include:
- 1 hour of activity/1 hour in party area
- Party invitations (includes liability/release waiver)
- Party area set-up/supervision/clean-up
- All paper goods (tablecloths, napkins, plates, cups), utensils
- YMCA birthday gift

To book a birthday party, contact the Birthday Party Coordinator (239-2835) at least two weeks in advance.

Birthday Party Options
Gymnastics; FRIDAY from 5:30–7:30 p.m.
*For children 12 and under
Cost: $160 Member $190 Guest Member
Up to 15 children
+$10/additional child

Pavilion; 4:00–6:00 p.m.
Cost: $120 Member $150 Guest Member
(without supplies or staff)
Cost: $135 Member $165 Guest Member
(with supplies)
Cost: $160 Member $190 Guest Member
(with supplies and staff/games)
Up to 15 children
+$10/additional child

Family Adventure Center; 5:00–7:00 p.m.
Cost: $135 Member $165 Guest Member
*For children 9 and under
Up to 15 children
+$10/additional child

Rock Climbing; 5:00–7:00 p.m.
Cost: $160 Member $190 Guest Member
Up to 15 children
+$10/additional child

Sports; 6:00–8:00 p.m.
Cost: $160 Member $190 Guest Member
*For children 5 and up
Up to 15 children
+$10/additional child

Swimming; 6:00–8:00 p.m.
Cost: $185 Member $215 Guest Member
Up to 15 children
+$10/additional child

***Add water slide: $25***

Room Rentals
Are you looking for space to use for a baby shower, graduation celebration, bridal shower, or any other celebration? We now have another option to celebrate any occasion at the Y! You can rent out a room for a 2 hour time period on Saturdays and Sundays. In addition, you can add more time for an additional fee.

To rent this room, contact the Birthday Party Coordinator (239-2835) at least two weeks in advance.

Days & Times: Saturdays 11a.m–3p.m
(pick 2 hours)
Sundays 12p.m.–3p.m. (pick 2 hours)
Cost: $100 Member $130 Guest Members
Up to 40 people
+$30/additional hour
YOUTH DEVELOPMENT
Nurturing the potential of every youth and teen.

Y Nights
(Grades K-6th)
Join us for a fun filled Saturday evening at the Y. Drop your child off and we will keep them busy with games, arts and crafts, a movie, swimming, and so much more. We will provide pizza and a drink and you can enjoy your evening without the kids.

**Time:** 6:15-10 p.m.
**Dates:** January 18, February 15, March 7, April 25
**Fee:** Member: $30/child $40/family
          Guest Member: $40/child $50 family
*Spots are limited*

YMCA AFTER-SCHOOL PROGRAM
As the nation’s largest provider of child-care, YMCA’s provide family-centered, values-based programs to nurture children’s healthy development.

The YMCA offers affordable and safe after school care for calendars at 2 convenient locations in Champaign County. The Y’s after school program offers a positive environment with supervised play for grade school youth. Curriculum includes age-appropriate activities with character development, physical play, and cultural learning and education components.

To enroll your child in the YMCA after school program contact the Youth Program Director at 239-2811 or cody@sf-ymca.net.

After school care is offered for K-5th grades based on the school year calendar and includes early dismissal days. Daily schedule runs from dismissal until 6:00 p.m five days each per site.

**Locations**
Unity East Elementary
Unity West Elementary

**Annual registration fee:**
$25 individual  $35 Family

**Monthly Fees:**
3 days per week/month $205
4 days per week/month $220
5 days per week/month $230
Each additional child $175

YMCA SCHOOLS OUT CARE
When school isn’t in session for winter break, spring break, holidays, or district in-service, the Y is your most convenient child care alternative. Schools out days curriculum includes supervised free play, interactive group games, rockclimbing, crafts, swimming, and indoor/outdoor physical exercise.

Due to the staff and student ratios upheld by the YMCA, participation in YMCA school’s out requires advanced registration. Register online at www.sf-ymca.net or in person at the YMCA. Contact 239-2811 to check on availability.

We cover the Unit 4 regular calendar. Please check the website www.sf-ymca.net for the complete list of school days that are covered and pricing.

**Fees:**
$40 Member per day
$45 Guest Member per day
HEALTHY LIVING
Improving the nation’s health and well-being.

Welcome to Survivor 2020
Our 7 week challenge is designed to get you on track with a healthy routine for the New Year. You pick the path, Challenge or Extreme, which determines how many points you need to obtain over 7 weeks. You start off gently in week 1, but each week we ask that you do a bit more in order to survive. Participants must be Stephens Family YMCA members, ages 10 and above. Ages 10-13 years must be accompanied by an adult in appropriate areas of the Y.

For the Extreme track, you must obtain your points by doing different modes of exercise; combining Rock Climbing with Group Fitness and Swimming for example. On the challenge course, you can stay with one mode through the entire 7 weeks. All workouts must be done at the Y. Participants must record their workouts in the Survivor binder, located under the Wellness Center sign upstairs. Your week’s log of workouts will be tallied on Monday morning.

If you fail to cover or record the required points, you may make a donation to our Annual Scholarship Fund and make up your missed weeks points the following week, in additional to that week’s points, to remain in the contest. If you survive, you receive a one of a kind challenge t-shirt and a free lunch with fellow survivors.

$15 registration fee
FOR MEMBERS ONLY

Couch to 5k
The Christie Clinic Illinois Marathon is right around the corner and it’s not too late to train for their 5k. Our trained staff will lead classes designed to help the beginner runner start their training and will incrementally move towards completing a 5k. This class will meet twice a week for seven weeks and will motivate and prepare all runners for the upcoming race! Runners will meet at the Y and will run either inside or outside depending on weather conditions.

Days: Tuesdays & Thursdays; 5:45-6:45 p.m.
Dates: March 2-April 16
Fee: $90 Member*; $120 Guest Member*
*Price includes entry fee into the Christie Clinic Illinois Marathon 5k*

$50 Member and $80 Guest Member without entry fee

This program is sponsored by:

SFYMCA 2020 Wellness Expo
Improving the health and wellness of our community requires a collaborative effort from like-minded organizations working toward a common goal. That’s why we have teamed up with some incredible organizations for a fun health and wellness fair on January 12-13. This event is FREE for anyone to attend and permits access to education and information sessions as well as group exercise classes.

Dates: Sunday, January 12th
12pm - 5pm
Monday, January 13th
8am - 12pm
Fee: Free for Members and Guest Members
Free Registration opens November 25th

This program is sponsored by:

This Expo is sponsored by:
HEALTHY LIVING
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TRI FOR A CAUSE
How would you like to stay fit and motivated during Spring Break AND help out a great cause? That’s exactly what our “Tri for a Cause” is all about!!! Pick one of three tracks (Sprint, Olympic, or Half-Ironman), complete your three events throughout the 10-days surrounding Spring Break, and earn a t-shirt. Tri for a Cause is sponsored by Impact Physical Therapy and Chicago Recovery Room so that 100% of the proceeds from your registration go towards our Annual Scholarship Fund and make a difference for youth and families in our community. Sign up online or at the Member Services desk. Email Christina Frye at christina@ccymca.net with any additional questions. Workouts do NOT have to be completed at the YMCA to count towards this challenge.

Dates: March 13 – March 22
Fee: $30 for Members only
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NUTRITION PROGRAMS
Working with a registered dietitian can help you navigate nutrition challenges you or a loved one may be facing. So much of how we feel is based on how we are fueling our bodies and our relationship with food. With a plethora of nutritional information available doing what’s best for you and your goals can be confusing. Our dietitian can offer support and education specific to your needs.

Why would I see a registered dietitian?
• Struggling with relationship with food and/or disordered eating
• Need guidance on managing blood glucose
• Nutrition education for chronic diseases
• Treatment for elevated cholesterol levels
• Weight management
• Athletic performance
• Caring for an aging parent
• Seeking practical lifestyle advice
• Recognizing you or your family needs to change up eating habits and you don’t cook!
• You are pregnant, trying to get pregnant or are a new mom

Individual Nutrition Sessions and Couples Nutrition Sessions
During these sessions, our registered dietitian will complete an assessment and formulate a plan for your individual or family’s needs. Appointments can be scheduled for 30 or 60 minutes; this will be determined following your assessment. Sessions can be purchased individually or in packs of 5 and some insurance benefits include coverage on services with a registered dietitian.

Grocery Store Tour
A Grocery Store Tour is a hands-on education session where our dietitian will share brand favorites, introduce you to new foods and teach shopping tips to simplify your life. This provides the opportunity to take what is discussed in session into the real world and put it to use. Prior to scheduling a private Grocery Store Tour, you will need to complete an Initial Visit. This ensures that the dietitian understands the health needs, as well as your preferences/allergies/sensitives prior to the tour. The Stephens Family YMCA offers both private and group tours visiting various local grocery stores.

Nutrition Group Presentations
Nutrition is an essential component to wellness. It is a broad topic that can be incorporated into many facets of the home or workplace. A person’s intake greatly effects their mood and productivity. It makes sense to invest time in effective nutrition education. Our dietitian will connect the dots between health screenings and adopting new behavior changes. Whether your group is large or small, the presentation will be tailored to your needs. The nutrition seminars are high-energy, motivational and jam packed with the most up to date nutrition news.

For questions on services or additional pricing information, contact Melissa Smith at 217-239-6085 or melissa@sf-ymca.net
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YMCA PERSONAL TRAINING
SUPPORT IN MANY FORMS
The Y’s personal trainers are committed to giving our members excellent professional service. We strive to inspire you to make fitness and wellness a high priority in your life. Whether you are recovering from an injury, new to exercising, an athlete, or needing assistance to get started, our trainers are here to guide you regardless of your age, abilities, and goals.

Wellness Orientations
New to our YMCA and not sure where to start? Sign up for a free Wellness Center orientation. One of our Personal Trainers will assist you in set up and use of our machines. We will also explain and recommend our different Group Fitness classes. If you are curious about Personal Training and want to know more, our services and options will be explained. We want you to get the most out of your membership.

Great Start Package
2/45-minute sessions  $80
Our personal trainers will help guide you to make sure you are spending time on the proper types of exercise that are best for you. Learn effective and efficient technique to become confident with how to perform exercises, use machines and navigate the facility. Sample what we have to offer!
*One time use only

Set up a Wellness Center orientation or for additional pricing information, contact: Jenny Redden, Wellness Director 217-239-6088 jenny@sf-ymca.net

Parkinson’s Fit Classes
Ability Based Exercise and Movement classes
FREE for members and guests who are living with Parkinson’s disease, we offer a variety of exercise classes per week. PD functional group classes are held on weekdays from 1:15–2:30pm, with a little visiting before class instruction starts.

Care partners are welcome to participate, walk and visit on our walking track, or relax in our upstairs lounge area during class. Registration is required and may be done at our Member Service desk prior to your first class.

Questions?
Contact Jenny Redden (Wellness Director) at 217-239-6088 or Drew Earls (Wellness Director) at 217-239-2850.

Cancer Fit
Join our FREE group exercise class just for those living with or surviving breast cancer. Care partners are welcome to participate, walk and visit on our walking track, or relax in our upstairs lounge area during class times.

What: Mind, Body & Core Workout
When: Sundays
Time: 4:45–5:30 p.m.

STAYING HEALTHY TOGETHER
Join our FREE group exercise class just for those living with or surviving breast cancer.
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GROUP EXERCISE CLASSES

All group exercise classes (unless otherwise noted) are co-ed and designed for a variety of fitness levels. Class participation is an optional benefit included in your membership (unless additional fees are noted).

Schedules are reviewed monthly and may change according to demand. Therefore, we do not publish the class schedule in the program guide. Pick up a current schedule at the member service desk or visit our website at www.sf-ymca.net. Management reserves the right to cancel classes due to low enrollment at any time.

GROUP EXERCISE RULES

• Proper footwear is required for class.
• If you are new to class or have any special needs, please inform your instructor and they will be happy to assist you.
• All classes at the YMCA are multi-level (instructor will offer modifications for all fitness levels).
• Please work at your own pace AND listen to your body.
• Always bring a water bottle and a towel to class.
• Class participants must be 14 years of age or older to attend class without a parent. Please see schedule and class descriptions for specific age-based programming.
• PLEASE wait until the previous class ends before entering the room.
• No talking on cell phones during class.
• It is best to introduce yourself to the instructor before class starts if you are new so that the instructor can be better prepared to show modifications for class if necessary.

• If you have concerns or additional needs, please email inclusion@sf-ymca.net

Larkin’s Place

Our Group Fitness Program aims to provide inclusion options for everyone. Please refer to our printed and posted schedules and look for the Larkin’s Place life-preserver symbol next to the class title. This symbol means that the class has additional support available, via accommodations or modifications to aid participation & inclusion within these classes. If you would like to attend a class not identified with the life-preserver symbol but feel you need additional accommodations or modifications for participation, please email inclusion@sf-ymca.net.

Group Fitness classes that have the circle with the 10+ on our schedule are approved for kids ages 10+ to attend ONLY IF they have an active parent/guardian with them to help them during the class. For all other classes, participants must be 14 years of age and above to attend.
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LAND CLASSES

**Adult Cross Training (ACT)**
Do you do the same workouts day after day? If so, you need cross-training! Cross-training involves combining exercises to work various parts of the body to eliminate imbalances that can arise when we focus on one particular activity. This class will help you improve overall performance by combining strength, power, endurance, and plyometric components.

**Barre Above**
Fusing the best of Pilates, Yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above delivers a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you into absolutely amazing shape.

**Les Mills BODYATTACK**
BODYATTACK® is a high-energy, sports-inspired cardio workout that will challenge you with strong, simple, moves, and pumping music. Take the high impact options to push your endurance limits, or take the low options and focus on building your strength and cardio stamina. This class is for EVERYBODY and EVERY BODY!

**Les Mills BODYCOMBAT**
BODYCOMBAT® is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness! No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release stress, have a blast, and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**Les Mills BODYFLOW**
BODYFLOW® is a class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi, and Pilates. BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.

**Les Mills BODYPUMP**
BODYPUMP® is the original barbell workout that gives you the fastest way to tone and condition your muscles. Backed by scientific research, BODYPUMP® creates rapid fat-burning while building strength and endurance.

**Les Mills BODYSTEP**
BODYSTEP® is the ultimate way to give your body a high energy cardio blast that will tone the hips and thighs. With over 2,000 steps per session you’ll see the results in record time. Get in step with one of the best fitness classes the world has to offer.

**Chair-Based Fitness**
This class will provide training in balance, joint integrity, and range of motion, while providing a low impact alternative to other workout formats that can be performed in or out of your chair.

**Circuit Training**
Circuit Training is a high-intensity hour long class, perfect for those weekday warriors looking to push their limits with this strength and cardio mixture.
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Les Mills CXWORX
Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it’s the glue that holds everything together. All the moves in CXWORX™ have options, so it’s challenging but achievable for your own level of fitness. During the 30-minute workout, you’ll work with resistance tubes and weight plates, as well as perform body weight exercises, to target your abdominals, obliques, hips, butt, lower back, and more!

Fitness Club
Ages 19 and up
Tuesdays 4:30-5:30 p.m.
Learn how to use the fitness center and a basic workout routine and meet new friends. Preregistration required.
FREE Members $8 Guest Members

Les Mills GRIT

Group Cycling
Group Cycling classes combine energizing music with a unique fitness workout for powerful results. You get all the benefits of aerobic activity, including a great calorie burn and stronger heart and lungs, in a fun and supportive group setting.

Kids SWEAT
Kids SWEAT is a 45-minute class for children ages 5-12 that is designed to introduce kids to healthy living habits and making fitness a priority. Workouts will focus on total body conditioning as well as coordination, balance, and aerobic output.

Low Impact Aerobics
Start your day with a light cardio workout followed by balance and strength training exercises to fun music. All moves can be modified to suit your specific fitness needs and goals!

Beachbody PIYO
PiYo is a unique athletic blend of Pilates, Yoga, toning movements. The mind/body format moves fit perfectly together to form choreography that is fun and challenging.

Pure Strength
Improve joint strength and balance with simple exercises designed to improve your stability. This class is designed for those looking low intensity strength building.
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Les Mills RPM
Find your own rhythm in a cycling workout that delivers maximum cardio results with minimum impact on your joints. RPM™ tunes you in to great music and takes you on a journey of hill climbs, sprints, and flat riding. You control your own resistance levels and speed so you can build up your training level over time. Your instructor will show you how to set up your bike and all the basic cycling moves. If you want a true sense of achievement, get into a RPM class today.

Senior Strength
Senior Strength uses low-intensity strength training to improve muscle, bone and joint strength while helping to develop overall stability. All exercises can be modified, all fitness levels and abilities welcome!

Les Mills SH´BAM
Featuring simple, but hot dance moves—set to a soundtrack of chart-topping popular hits, dance music, familiar classics, and modernized Latin beats, SH’BAM is the perfect way to shape up and let out your inner star even if you’re dance challenged.

Les Mills SPRINT
LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

Sweat
This 45-minute strength and conditioning class is perfect for the lunch time workout warrior. Provides an excellent balance of both anaerobic and aerobic work focusing on total body functional movements.

Youth Cycle
Youth Cycle is a 45-minute class designed for kids ages 10–14. It combines fun music and energy to help kids get a great aerobic workout on the bike in a fun group setting!

Zumba
Zumba is perfect for everybody and every body! We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check!
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YOGA CLASSES

Chair Yoga
Free for members who want a gentle approach to yoga. Experience the stretching and calmness of a traditional yoga class, while sitting!

Gentle Yoga
Renew your mind and body through simple and gentle movements. This class is perfect for anyone looking to improve flexibility. Great for all fitness levels. Yoga Level 1.

Intermediate Yoga
Already familiar with yoga basics and want to deepen your practice? Learn about yogic philosophy—uniting breath, movement and meditation, and how to go farther into postures while building stamina and core strength. Yoga levels 2–3.

Kids Yoga
Kids Yoga is a 45-minute class just for kids ages 5–10. Parents are welcome to attend or leave their children with the instructor.

Power Yoga
Power Yoga offers a variety of breathing, movement, and meditation techniques designed to improve your power stances and work joints ranges associated with your major muscle groups. Yoga Levels 1–3.
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AQUA FITNESS
Aqua Fitness has extraordinary effects on your overall health. It is a great alternative, or addition to land exercise classes; no swimming skills are required. Our Aqua Fitness program has something to offer everyone.

AQUA FITNESS CLASS INFO
• All aquatic classes are co-ed, drop in and included in your membership; class participants must be at least 14 years old.
• Swimming ability is not required, but participants need to be comfortable in water.
• If you have any special needs, please inform the instructor and they will be happy to assist you.
• Schedules are posted on-line at www.sf-ymca.net and on the mobile app
• Class genre and/or instructor are subject to change; changes are posted daily on whiteboard in the hallway.
• Most classes utilize music. Instructors teach from the deck and/or in the water. Instructors may use a waterproof microphone.
• Aqua shoes are not required, but highly recommended.
• Floatation belts and resistance equipment, such as noodles, happy discs, dumbbells, and kickboards are provided.
• Always bring water to class in an unbreakable, sealed water bottle.
• Lockers are available in locker rooms for daily use for personal items; bring your own lock.
• No cell phones are to be used in locker room or on the pool deck.

WATER FITNESS CLASS DESCRIPTION & INTENSITY RATES*
HIGH (H) Heart rates will increase to higher training levels
MODERATE (M) Heart rates will increase above walking level
LOW (L) Heart rates will remain low, but will increase above resting rate
*Intensity rate depends on how much effort you put into your workout

LOW INTENSITY WATER FITNESS CLASSES
Aqua Arthritis Therapy Pool (L)
Following the Arthritis Foundation Aquatic Program, utilizing exercises that have been scientifically evaluated, each class is designed specifically for those with arthritis and related diseases, such as Parkinson’s disease and Fibromyalgia, though everyone is welcome!

LEVEL I is a 45 minute class for those looking to improve range of motion, muscular endurance, and balance control with no-impact on the joints.

LEVEL II, an hour long class, adds buoyancy equipment for strengthening and will include exercises that may minimally increase heart rate, without impacting the joints.

Tai Chi & More Therapy Pool (L)
Tai chi is a form of training that combines low-intensity water exercise with a complex, learned, motor sequence. The choreographed routine focuses on the Tai Chi principles of balance, strength, and breathing practice. These components of the class, in addition to basic moves from the Arthritis Foundation Aquatic Program, offer the opportunity to focus on health, relaxation, and overall well-being.
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Aqua Yoga
Therapy Pool (L)
Enjoy relaxing and stretching out tight muscles in the heated Therapy Pool with gentle Aqua Yoga. This class is excellent for beginners or seasoned yogis alike. The benefit of warm water can make it possible for participants to improve their flexibility and range-of-motion. It is a 60 minute late afternoon class.

Fit FOR ALL
Family Pool (L)
Water exercise allows you to work your entire body while placing very little weight on your joints, opening up the opportunity for participants of all varying levels of fitness.

If you are a beginner, this one is for you; a great confidence builder. If your goal is calorie burning, this one is for you; water provides about 12 times more resistance than air. It is a fun way to exercise, a great social experience, and where new friends may be made.

Stretch FOR ALL
Therapy Pool (L)
Stretch out in warm water and urge others to do the same. All abilities are encouraged to participate. Spread the word on this new inclusive low-impact aquatic fitness class. Class is led by Larkin’s Place staff.

MODERATE INTENSITY WATER FITNESS CLASSES

Aqua Tone
Family Pool (M)
The water provides an atmosphere of safe resistance for aerobic conditioning. This morning class offers exercises performed in a vertical position in waist-to-chest high water. The class teaches fitness, improving efficiency of movement through improved muscle tone, and promotes the ability to perform day-to-day activities more easily. All exercises have modifications to accommodate varying degrees of fitness.

Splash Dance
Lap Pool (M)
Dance moves are choreographed and adapted for your inner Diva or Dude to rock the water during this morning class. Moves help to increase strength, improve flexibility, and build cardiovascular endurance using the natural resistance of the water and some equipment.

Classes denoted with the Larkin’s Place life preserver on the schedule indicates that the class has additional support available, via accommodations or modifications to aide participants & inclusion in these classes.
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Functional Fitness
Family Pool (M)
This 60 minute, afternoon class provides exercises that will train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work, or at play. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. Water walking will be emphasized as well as lively movements, working on cardiovascular endurance, all to promote a healthy lifestyle.

Aqua Aerobics
Family Pool (M/H)
Come and enhance your personal fitness goals, shake off the stressors of your day while burning calories in an afternoon, evening, or Saturday morning class. A variety of instructors and different equipment make each class fun, interesting, and challenging. The natural resistance of water increases strength while keeping you cool. Aqua Aerobics can improve your cardiovascular and respiratory system, without the pain of joint impact or concern of falling. Water has greater resistance than air, which means all moves require more effort=more calories burned. Join any class for a happier, healthier you.

HIGH INTENSITY WATER FITNESS CLASSES

Boot Camp
Family Pool (H)
This early morning class is an hour of intense aquatic exercise. It is fast paced consisting of exercises that will challenge your muscle and cardio strength; a great calorie burning class for sure! Some optional swimming may occur during this class. Modifications will always be given for those uncomfortable with swimming.

Aqua HIIT and Circuits
Family Pool (H)
Are you looking for more of a challenge? Wake up your mornings in an invigorating class. Get yourself warmed up then proceed through HIIT moves, a circuit of cardio and strengthening exercises, followed by balance challenges. A cool down stretching session completes these fun, full-body workouts. Start your day strong and confident!

Total Body Workout
Deep end/Lap Pool (H)
Let’s go to the deepest part of water fitness training. You’re sure to improve your cardiovascular conditioning as well as muscular strength and endurance in this motivating, high-intensity, non-impact, athletic approach aquatic class. Participants must be comfortable in deep water. Floatation belts will be provided.
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SWIM

CO-ED TEEN AND ADULT LESSONS
(13 years old and up)
This course is designed for swimmers of all levels, from beginners with no experience to advanced swimmers looking to work on technique. The class will be taught with the intention of individual skill progression based on an initial assessment given the first day. Each swimmer will develop in ability from basic swimming and water safety skills to stroke development and building endurance.

Fees: $68 Member  $136 Guest Member
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Climbing Wall
WHEN LIFE HAS YOU CLIMBING THE WALLS...come try climbing ours. Whether you need a break from the corporate climb, are tired of the social climb – or just want a new reason to climb up off that couch and get moving – we’ve got what you’re looking for. Our 30 ft. indoor climbing wall is designed to accommodate everyone, from the beginner to the experienced climber. Climbing provides a fun, full-body work out that combines precision, strength, and balance. There are three ways to experience the climbing wall. Spend quality time with that special child in your life or squeeze in an intense workout by scheduling a 30-minute climbing session at the member service desk. Learn a specific aspect of climbing by taking part in one-hour skill workshop, see the climbing department for details. Join a climbing class, taught by qualified instructors to learn safety, knots, equipment, climbing technique, and conditioning at your level.

30-Minute Climbing Session
Ready to give climbing a try? Stop by the member service desk to view the climbing wall’s appointment book. Appointments can be made in person same day up to two weeks in advance. Payment is due upon scheduling. Members may purchase a ten punch card to save both time and money; may be used interchangeably.

Fee: $4 per person per 30 min appointment for members, $8 for guest members
Parent/Tot: $6 for members for 1 parent and 1 child and $12 for guest members for a 30 min appointment, Saturday only
Punch Card: $33 for 10 punches. For members only.

Workshops
Workshops are a fun way to learn a specific new climbing skill. These one hour sessions introduce, explain, and provide plenty of hands-on experience with the topics of top-rope belaying, lead climbing, lead belaying, trad climbing, anchors, rappelling, or route setting. We keep the class size small, with at most a 2:1 climber to instructor ratio, so that each person has direct instruction and opportunity to practice. Workshops are held weekly but can also be scheduled at alternative times, depending on staff and wall availability. At the end of the workshop climbers can take an optional certification test to demonstrate proficiency. Upon successfully passing the test, climbers will receive a certification card and be granted specific privileges. Climbers should decide whether they will test or not when they sign up. Contact the climbing department for the workshop schedule and more information.

Age: 16 years old and up
Workshop Fee: $20 members only
Certification Fee: $10 members only
Contact climbing wall staff for availability
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Mini-Monkey Climbing Class
Is your young child bouncing off the walls? This class is designed for them. In a fun, high energy atmosphere, we will be climbing, swinging through the air, playing climbing games, learning safety, building confidence, and reaching the top! Class can be taken multiple times. No climbing experience necessary.

**Age:** 3 to 5 years old  
**Time:** 10:00–11:00 a.m. Saturday  
**Fee:** $50 Member       $95 Guest Member

Beginner Youth Climbing Class
Ready to experience something new and exciting? Climbers will be introduced to basic climbing concepts such as conquering their fear of heights, proper commands, terminology, safety, knot tying, and reaching the top. Taught by experienced YMCA climbing staff that will have you achieving your goals! Minimal or no climbing experience needed.

**Age:** 6 to 17 years old  
**Time:** 11:00–12:00 p.m. or 12:00–1:00 p.m. Saturday  
**Fee:** $50 Member       $95 Guest Member

Intermediate 1 Youth Climbing Class
Let’s kick it up a notch and learn to follow more challenging climbing routes. Instruction includes footwork, technique, knots, equipment use, balance and strength training. This class will equip climbers to reach the 5.6–5.7 climbing level.

**Age:** 6 to 17 years old  
**Time:** 4:00–5:00 p.m. Monday  
**Fee:** $50 Member       $95 Guest Member

Intermediate 2 Youth Climbing Class
“You will only climb as high as your mind lets you.” –Robin Erbesfield
In addition to teaching the physical aspects of climbing such as new techniques and conditioning, we will also delve in the mental components of climbing harder routes, such as resting, sequencing, setting goals, falling and trying again, and problem solving. This class will focus on reaching the 5.8–5.9 level.

**Age:** 6 to 17 years old  
**Time:** 5:00–6:00 p.m. Monday  
**Fee:** $50 Member       $95 Guest Member

Advanced Youth Climbing Club
Passionate about climbing? So are we! In an encouraging atmosphere, climbers will be supported in working towards achieving personal climbing goals. Climbers will learn and work on lead climbing, lead falls, advanced technique, route setting boulder problems, and how to choose and buy your own gear. This class is designed to be taken multiple times and is for aiming to climb at the 5.10 level and up.

**Age:** 6 to 17 years old  
**Time:** 6:00–7:00 p.m. Monday  
**Fee:** $50 Member       $95 Guest Member

Adult Climbing Class
Interested in climbing but not sure where to start? Been climbing a while, ready to learn new skills and techniques, such as leading, to add depth and thrill to your climbing experience? In a supportive atmosphere with other adults, this is the class for you. Because of the low instructor to climber ratio (1:3), we customize class to your specific climbing goals. This class is for all ability levels, from no experience to 5.11.

**Age:** 18 years old and up  
**Time:** 7:00–8:00 p.m. Monday  
**Fee:** $50 Member       $95 Guest Member
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**Adult Basketball League**
(18 years and older)
Come take part in the YMCA’s Adult Basketball League. This league will consist of 6 games and a single elimination tournament at the end to crown the champions.

Registration deadline is January 3 at noon.
Monday and Thursday nights with games starting January 6 with the championship on February 22.
Time: Games start at 6 p.m.
Team Fee: $385
Individuals: $60
Max of 10 teams for this season.

**Adult Men’s Basketball Open Gym**
(40 years and older)
End your day right with basketball pick-up games at the Y! Join us in the gym on Wednesday nights for friendly competition. Fair play and good sportsmanship for all players is mandatory and STRICTLY ENFORCED! For Members only.
Dates: Wednesday nights
Time: 7–9 p.m.

**Pickleball**
(55 years+)
The Y is excited to offer Pickleball to Active Older Adults! Get involved in the fastest growing sport in the country, improve your health and meet new people!

When: Tuesdays and Thursdays
Time: 11:00 a.m.–1:00 p.m.
Price: Free for Members
10 visit punchcard for $30 for Guest Members
SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors.

WATER SAFETY
As the largest operator of swimming pools in the United States, the YMCA sets the bar for water safety. From your child’s first swim lesson to lifeguard programs, a safe water environment is the foundation of any YMCA aquatic experience.

Lifeguard Certification – American Red Cross
Participants must be 15 years old and about to pass the initial assessment to be able to take this course. The first class will include the initial assessment, which will test participant’s ability to 1) swim 300 yards using front crawl and breaststroke. 2) Surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards on back to the start point with the object, and exit the pool without the use of a ladder. And 3) tread for 2 minutes without the use of your hands. Attendance of all classes is mandatory to receive certification. Successful participants will receive a 2 year certification upon completion of class. Classes are offered once a month to the public, days and times will be available in advance on our website. For any further questions, please contact the Aquatics Director at 217-239-2814.

Fee: $250 Member  $300 Guest Member
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SOCIAL ACTIVITIES

Active Older Adults
Active Older Adults (AOA) in the YMCA experience a strong sense of belongingness and a network of friends who provide supportive communities for sustained health and well-being. Through on-going, fun, safe, and engaging programs, activities, and events, AOA members increase their self-confidence and sense of achievement while building relationships and celebrating the successes and milestones of each older adult within their AOA community.

Older adults, individuals 55 and above, are a significant and growing segment of our communities. All AOA benefit from engaging in YMCA activities that enhance connections, decrease a sense of isolation, and improve overall well-being.

Bible Study
Join us for a co-ed Bible study every Tuesday 12:00pm-1:00pm in the chapel for fellowship and worship.

Brown Bag Book Club
Join us the 2nd Thursday of each month from 12 p.m.-1:30 p.m. in the Chapel. Visit the Brown Bag Book Club webpage on our website for more information.

Coffee in the Lobby
We offer free coffee to our members until 12pm every day. Have a cup before or after your workout and visit with old and new friends.

Deep Water Divas and Dudes
The more the merrier! The Deep Water Divas and dudes host a luncheon on the second Wednesday of the month at various restaurants around town. Stop by the member services desk to sign up.

Injury Screening
Visit with a physical therapist from Athletico Physical Therapy for performance/injury screening on the first Monday (9-11 a.m.) and third Thursday (5-6 p.m.) of the month.
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**Investment Club**
Join us the 3rd Thursday of each month from 11:30 a.m.–1:00 p.m. in the Community Room to teach and learn from one another about investing.

**John’s Friends**
2nd Sunday of the month
1:30–3:30 p.m.
Come and enjoy fellowship and fun at the YMCA community room where adults with special needs can make friends and grow in Christ. Email inclusion@sf-ymca.net for more information and updates.

**LP Support Groups & Educational Workshops**
Workshops and support groups provide parents and caregivers a safe space to network and support each other. Topics and dates to be determined. Email inclusion@sf-ymca.net for more info.

**Needles and Pens**
Meets the 1st and 3rd Friday of each month. 11 a.m.–1 p.m. in our Community Room.

**Potlucks, Luncheons and Cook-off’s**
There is always something stewing at the Y! We love to have potlucks, organize luncheons and cook-offs.

**Volunteer Opportunities**
We have a wide variety of volunteer opportunities here at the Y. Please find the volunteer application on our website and drop it off at the administrative office or email inclusion@sf-ymca.net to fill out the online version via Google forms.

**LP Friday Night Fun**
14 years and older
Come hang out at the Y for a few hours. Open to teenagers through young adults. Assistance provided to those who need special accommodations. Play games and meet new friends!
**Dates:** TBA
**Time:** 6:30–8:30 p.m.
Community Room
**Fees:** $12 Member $17 Guest Member

**Annual Scholarship Fund Program**
In support of our mission, we offer financial assistance that lends support to families and individuals with low income and/or extenuating circumstances so they may have the opportunity to participate in membership and programs at the Y. Each year, we award over $250,000 in scholarships to benefit over 1,500 people. This is possible because of donors like you. To donate and help impact lives in our community, go to our website: www.sf-ymca.net or contact Christina at 239-2817.

**Music Therapy Services**
The Y offers individualized private music therapy. Evaluation and treatment are available. Contact Sarah Scully at musictherapy@sf-ymca.net for more information.

**NEW! Occupational Therapy Services**
The Y offers Early Intervention Services in Occupational Therapy. Treatments are available. Contact OT@sf-ymca.net for more information.
GOOD STUFF TO KNOW

The following information will help you be aware of important things to know regarding your YMCA participation. While not a full menu of YMCA policies, the following topics address the most frequently asked questions.

Q: When do YMCA classes begin and end?
A: For the summer season, classes are scheduled in seven-week sessions:
   Session I: January 6-February 23
   Session II: February 24-April 12
   Session III: April 13-May 31

Q: Will the YMCA accept late registration for a class in progress?
A: When possible, we will accommodate late registrations for most programs or create a waiting list. Acceptance of late registrations is dependent on the appropriate director’s approval.

Q: If a class is cancelled, will I receive a refund?
A: The YMCA reserves the right to cancel or merge classes due to low enrollment. Registrants will be notified at the earliest point possible if this occurs. A full refund will be given at the time of cancellation. No refund will be issued if a participant doesn’t voluntarily show for class.

Q: Can I use my cell phone in the YMCA facilities?
A: All cell phone usage is restricted to the front lobby. In order to protect your privacy, the use of cell phones and other recording devices are prohibited in YMCA locker rooms, restrooms, and wellness center.

Q: Is there a specific dress code at the YMCA?
A: The YMCA asks that you use discretion and choose clothing that is appropriate for your intended activity. The YMCA is a family organization and we ask that your selection of apparel reflect good judgment. Shirts, shoes and appropriate shorts/pants are required apparel in all workout areas, gyms and arenas. To maintain a clean environment, please refrain from walking on the pool deck with street shoes. Proper covering swim suits, not cut-offs or gym shorts, must be worn in the pools.

Q: How is member conduct monitored?
A: Along with its privileges, members agree to abide by the rules, regulations, and policies of the YMCA membership. Inappropriate language and behavior does not reflect YMCA philosophy and will not be tolerated. The YMCA reserves the right to suspend or cancel a membership if the member’s behavior or language is judged to be in conflict with the welfare of other members or staff or in conflict with the YMCA’s values.

Q: I noticed a YMCA staff person taking photos of members throughout the facility. How are the photos used?
A: By acceptance of membership or by registration in a program, members and guest members give their permission to the YMCA to use without limit and obligation, photographs, film footage or tape recordings which may include their image or voice for purpose of promoting YMCA programs in publications, brochures, advertisements or web pages. If you do not want to have your photo used, please contact the Membership Director at 239-2805.

Errors and Omissions
The YMCA reserves the right to change printed schedules and prices based on errors or accidental omissions.

For all policies, please visit the “About Us” tab on our website.
Please "like" us on facebook at Stephens Family YMCA with Larkin’s Place
And visit our website: SF-ymca.net

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