



NO PLACE



Like This Place

STEPHENS FAMILY YMCA

September 2026 – May 2027 Program Guide



WELCOME!

This program guide lists many opportunities for all ages. From climbing classes, to youth sports, to child care, the Stephens Family YMCA has something for everyone!

IT PAYS TO BELONG. YMCA members enjoy early access to programs and lower registration fees than non-members. For more information about how to become a member visit www.sf-ymca.net/join-y.

SESSION & REGISTRATION INFORMATION

SESSION 1: AUGUST 31 – OCTOBER 4

Member Registration: August 10

Guest Registration: August 17

SESSION 2: OCTOBER 5 – NOVEMBER 8

Member Registration: September 14

Guest Registration: September 21

SESSION 3: NOVEMBER 9 – DECEMBER 20

****Off Thanksgiving Week****

Member Registration: October 19

Guest Registration: October 26

SESSION 4: JANUARY 4 – FEBRUARY 7

Member Registration: December 14

Guest Registration: December 21

SESSION 5: FEBRUARY 8 – MARCH 14

Member Registration: January 18

Guest Registration: January 25

SESSION 6: MARCH 22 – APRIL 25

Member Registration: March 1

Guest Registration: March 8

SESSION 7: APRIL 26 – MAY 30

Member Registration: April 5

Guest Registration: April 12

FINANCIAL ASSISTANCE

Financial assistance is available for membership, programs and child care through an application process. Stop at the Member Services Desk for more information.

INCLUSION INFORMATION

The Stephens Family with Larkin's Place is dedicated to providing support to all children. We provide a wide range of inclusion support services, including adapted programming, modifications to existing programming, and inclusion counselor support for youth with disabilities.

In order to best meet the needs of all families, the level of support given to families will be determined on a case by case basis. In order to ensure the correct accommodations are given, any family needing additional accommodations or inclusion services **MUST** register for a program no less than 2 weeks before the start date of a program.

QUESTIONS ABOUT INCLUSION?

Contact Alyssa Anderson, Larkin's Place Director:
alyssa.anderson@ccymca.net

A group of children are playing on a grassy field. In the foreground, a boy is jumping over an orange cone. Other children are running and playing in the background under a blue sky with clouds.

THE Something for *Everyone* PLACE

KIDS & TEENS (AGES 2-17)

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- ▲ ACTIVE OLDER ADULT PROGRAMMING
- ★ INCLUSIVE PROGRAMMING



THE Play Like A Team PLACE

ADULT SPORTS LEAGUES

ELITE BASKETBALL LEAGUE

FALL DATES/TIME: August 27–October 6

- Playoffs: October 1, 6 & 8
- Game Days: Thursday Evenings, 5:30–8:30PM (Games are one hour long)
- Registration Deadline: August 17

SPRING DATES/TIME: April 22–May 20

- Playoffs: May 27, June 1 & 3
- Game Days: Thursday Evenings, 5:30–8:30PM (Games are one hour long)
- Registration Deadline: April 12

COST: \$400/Team

The Elite League is a men's league designed for teams who are highly competitive and skilled players. To be competitive in this league, it is recommended that teams have multiple players who played at a high school or college level, and play basketball on a consistent basis. The league will have 5 regular season games and an end-of-season tournament.

RECREATION BASKETBALL LEAGUE

FALL DATES/TIME: August 25–October 6

- Playoffs: September 29, October 6 & 8
- Game Days: Tuesday Evenings, 5:30–8:30PM (Games are one hour long)
- Registration Deadline: August 17

SPRING DATES/TIME: April 20–May 18

- Playoffs: May 25, June 1 & 3
- Game Days: Monday Evenings, 5:30–8:30PM (Games are one hour long)
- Registration Deadline: April 12

COST: \$400/Team

The Recreation League is a coed league designed for teams & players with moderate or lower skill levels who want to enjoy playing competitive basketball. The league will have 5 regular season games and an end-of-season tournament. Games are played competitively with registered officials and record keeping.

Players without a team may sign up for the Individual Team in the Recreation League. Players signed up for the Individual Team will be placed on a team with other individual players to form a team. Cost is \$60/player on the Individual Team.

ADULT SPORTS

PICKLEBALL OPEN GYM

DAYS/TIME: Monday, Tuesday & Thursday, 10:15AM-1PM

AGES: 50+

COST: Free for Members | \$10/Guest

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. No registration required!

YOUTH SPORTS

ITTY BITTY SPORTS

DAYS/TIME: Wednesdays, 5:30-6:30PM

- ITTY BITTY FOOTBALL: September 9–October 7
- ITTY BITTY BASKETBALL: January 6–February 3
- ITTY BITTY SOCCER: April 21–May 19

AGES: 3-5

COST: \$50/Member | \$100/Guest

It's never too early to introduce sports to your child's life. In the Itty Bitty program, parents work with YMCA staff to teach their children the skills and game of football, basketball, and soccer, with a focus on basic fundamentals. Parent involvement is required.

LIL NINJAS

DAYS/TIMES: Wednesdays, 9:30-10:30AM

AGES: 3-5

SESSIONS:

- September 2–September 30 (5 weeks)
- October 7–November 4 (5 weeks)
- November 11–December 16 (5 weeks)
 - No Classes Thanksgiving week
- January 6–February 3 (5 weeks)
- February 10–March 10 (5 weeks)
- March 24–April 21 (5 weeks)
- April 28–May 26 (5 weeks)

FEES:

- 5 Week Session: \$50/Member | \$100/Guest

In the foundational years of development, mastering body fundamentals sets the stage for success in athletics and beyond. Lil Ninja is not just about physical fitness, it's about empowering kids to tackle challenges with confidence. Ninja increases agility and strength while teaching whole-body coordination and essential safety skills like falling and rolling. Give it a try today!



SPORTS FOR ALL

DAYS/TIME: Wednesdays, 4:30-5:15PM

• SOCCER FOR ALL:

- September 9–October 7 | April 21–May 19

• BASKETBALL FOR ALL:

- January 6–February 3

AGES: 5-14

COST: \$50/Member | \$100/Guest

Participants can have fun in a non-competitive way, and have support in learning new skills. This is an inclusive program, meaning it is designed to include participants of all ability levels both with and without disabilities. This is a great class for someone who wants to learn more about the sport, or is a first-time player!

GIRLS ON THE RUN

DAYS/TIMES:

- FALL SEASON: September 8–November 9 (8 Weeks)
- SPRING SEASON: February 8–April 23 (10 Weeks)
- Mon/Wed, 4:30-6PM OR Tues/Thurs, 4-5:30PM

GRADES: 3rd-5th Grade Girls

LOCATION: SF YMCA

COST: Fall \$120 | Spring \$150

- Financial Assistance is available

Over the course of the program, girls in 3rd-5th grade will have fun, make friends, increase their physical activity, and learn important life skills.

Additional locations available:

www.girlsontherunofchampaigncounty.org

YOUTH SPORTS LEAGUES

FALL FLAG FOOTBALL LEAGUE

DATES/TIMES: September 5–October 10

- **SKILLS ASSESSMENT:** August 25, 5:30–6:45PM
 - Makeup Assessment: August 26, 5:30PM

AGES: Kindergarten–8th Grade

- K–5th Grade: 20-minute practice followed by a 40-minute scrimmage each Saturday. Players will be placed on teams by the Sports Director.
- 6th–8th Grade: 60-minute midweek practice, games on Saturdays. Players have a mandatory skills assessment and are assigned to teams.

COST: \$77/Member | \$134/Guest

REGISTRATION DEADLINES:

- August 30 (K–5th) | September 3 (6th–8th)

SPRING FLAG FOOTBALL LEAGUE

DATES/TIMES: April 24–May 29

- **SKILLS ASSESSMENT:** April 13, 5–6:30PM
 - Makeup Assessment: April 14, 5–6PM

AGES: Kindergarten–8th Grade

- K–5th Grade: 20-minute practice followed by a 40-minute scrimmage each Saturday. Players will be placed on teams by the Sports Director.
- 6th–8th Grade: 60-minute midweek practice, games on Saturdays. Players have a mandatory skills assessment and are assigned to teams.

COST: \$77/Member | \$134/Guest

REGISTRATION DEADLINES:

- April 15 (K–5th) | April 12 (6th–8th)

Flag Football at the Y is a great opportunity for a prospective football player to build a solid foundation and play in a fun and competitive environment! All players will receive playing time each game and have an opportunity to develop skills in a weekly practice. Flag football at the Y is a minimal contact sport.

WINTER INDOOR SOCCER

DATES: January 9–February 13

AGES: Kindergarten–6th Grade

COST: \$77/Member | \$134/Guest

REGISTRATION DEADLINE: January 1

Players will learn the fundamentals of soccer with an emphasis put on teamwork, fair play, and sportsmanship. This is a great opportunity for young players to play soccer in a fun and competitive environment. Players will participate in a 20 minute practice followed by a 40 minute game each week. All players are required to wear shin-guards and tennis shoes. Team jerseys will be provided.

FALL YOUTH BASKETBALL LEAGUE

DATES/TIMES: October 31–December 19

- (No practice or games Thanksgiving Week)
- **MANDATORY SKILLS ASSESSMENT DATES:**
 - 5th–6th BOYS: October 19, 5–6:30PM
 - Makeup Assessment: October 21, 5–5:45PM
 - 5th–6th GIRLS: October 20, 4:30–5:30PM
 - Makeup Assessment: October 22, 5–5:45PM
 - 7th–8th COED: October 20, 6–7:15PM
 - Makeup Assessment: October 22, 6–7PM

AGES: Kindergarten–8th Grade

- K–4th Grade: 20-minute practice, followed by a 40-minute game each week. Players will be placed on teams by the sports director.
- 5th–8th Grade: 60-minute mid-week practice on Monday, Tuesday or Wednesday. Games are played on Fridays or Saturdays. Players have a mandatory skills assessment and are assigned to teams.

COST: \$82/Member | \$139/Guest

REGISTRATION DEADLINES:

- October 22 (K–4th) | October 16 (5th–8th)

SPRING YOUTH BASKETBALL LEAGUE

DATES/TIMES: February 20–April 17

- (No practice or games over Spring Break)
- **MANDATORY SKILLS ASSESSMENT DATES:**
 - 5th–6th BOYS: February 8, 5–6:30PM
 - Makeup Assessment: February 10, 5–5:45PM
 - 5th–6th GIRLS: February 9, 4:30–5:30PM
 - Makeup Assessment: February 11, 5–5:45PM
 - 7th–8th COED: February 9, 6–7:15PM
 - Makeup Assessment: February 11, 6–7PM

AGES: Kindergarten–8th Grade

- K–4th Grade: 20-minute practice, followed by a 40-minute game each week. Players will be placed on teams by the sports director.
- 5th–8th Grade: 60-minute mid-week practice on Monday, Tuesday or Wednesday. Games are played on Fridays or Saturdays. Players have a mandatory skills assessment and are assigned to teams.

COST: \$82/Member | \$139/Guest

REGISTRATION DEADLINES:

- February 11 (K–4th) | February 5 (5th–8th)

Players will learn the fundamentals of basketball with an emphasis put on teamwork, fair play and sportsmanship. Games in the 5th–8th grade leagues are competitive with scorekeeping, registered IHSA officials, and an end-of-season tournament to crown a champion!

THE Reach Your Goals PLACE

CLIMBING WALL

MINI-MONKEYS

DAYS/TIME: Saturdays, 10-10:50AM

AGES: 2-6

COST:

- 5 Week Session: \$50/Member | \$100/Guest
- 4 Week Session: \$40/Member | \$80/Guest

In this 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. Parents are welcome to register with their children.

INTRO TO CLIMBING

DAYS/TIMES:

- Wednesdays & Thursdays, 4-4:50PM
- Saturdays, 12-12:50PM

AGES: 3-10

COST:

- 5 Week Session: \$50/Member | \$100/Guest
- 4 Week Session: \$40/Member | \$80/Guest

In this class, climbers will be conquering their fears and introduced to basic climbing concepts, proper commands, safety, knots, and reaching the top! Taught by experienced YMCA climbing staff, this class will have you achieving your goals! No climbing experience necessary.

YOUTH CLIMBING CLASS

DAYS/TIMES:

- Wednesdays & Thursdays, 5-5:50PM
- Saturdays, 1-1:50PM

AGES: 6-17

COST:

- 5 Week Session: \$50/Member | \$100/Guest
- 4 Week Session: \$40/Member | \$80/Guest

This class is great for kids who enjoy climbing and aren't afraid to climb to the top! In this group setting, staff will modify instruction for individual climbers based on their skill. Whether your child wants to improve their skill or just climb casually, this will be a fun and exciting class to participate in.



CLIMBING PROGRAMS

FAMILY CLIMBING CLASS

DAYS/TIMES:

- Wednesdays & Thursdays, 6-6:50PM
- Saturdays, 11-11:50AM

AGES: 3-18+

COST:

- 5 Week Session: \$50/Member | \$100/Guest
- 4 Week Session: \$40/Member | \$80/Guest

Bring your family for a fun and high energy class of climbing at the Y! Instruction will be modified for the skill level and desire of participants. Don't miss out on this fun and exciting class with your family! No climbing experience necessary. *Climbers must have at least one other family member registered and all climbers must be registered separately*

TEEN & ADULT CLIMBING

DAYS/TIMES:

- Wednesdays & Thursdays, 7-7:50PM
- Saturdays, 2-2:50PM

AGES: 13-18+

COST:

- 5 Week Session: \$50/Member | \$100/Guest
- 4 Week Session: \$40/Member | \$80/Guest

Climbers will be challenged to achieve personal goals on the wall and take their climbing skills to the next level. Climbers will learn and work on lead climbing, lead falls, advanced techniques, route setting boulder problems, and how to choose and buy your own gear.

PRIVATE CLIMBING SESSIONS

DAYS/TIMES: Varies

AGES: All Ages

COST:

- Individual Sessions (30 Minutes)
 - \$20/Climber for 1 Session
 - \$80/Climber for 5 Sessions
- Group Rental (60 Minutes, 4-10 Climbers)
 - \$60 for 1 Session

Ready to give climbing a try but don't want to join a full class? Sign up for a private climbing session with an instructor on our climbing wall! Climb at your own pace! Our instructors can help you become a better climber through multiple sessions. Come by yourself or come with a small group of family and friends.

For larger climbing groups, please contact Glenn Kuhaneck: glenn@ccymca.net.



THE Make A Splash PLACE

COMPETITIVE SWIMMING

HEAT SWIM TEAM

AGES: 5-18

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 and be an active member at Stephens Family YMCA.

HEAT SWIM ADDITIONAL FEES: HEAT 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. More information is available at www.sf-ymca.net/heat-swim-team.

ADULT MASTERS SWIM TEAM

AGES: 19+

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 and be an active member at Stephens Family YMCA.

Questions about Competitive Swimming?

Contact Will Barker, Competitive Aquatics Director:
217-239-2806 | will@ccymca.net

OPEN/FAMILY/LAP SWIM & OPEN EXERCISE

TIMES: Varies

AGES: All Ages

Our Family Pool is available for Open Swim or Family Swim when it is not being utilized by programming. Our Lap Pool is available for lap swimming, Aqua Fitness Classes, private swim lessons, and lifeguard trainings. Our Therapy Pool is available for adults and individuals 14 years old or older (except during designated Water Bugs programming).

Please check the live schedule for the most up-to-date availability.

AQUA FITNESS CLASSES

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 or requests, please inform the instructor and they will be happy to assist you
- Schedules are posted on the mobile app and online at www.sf-ymca.net
- Aqua shoes are not required, but highly recommended; any other personal equipment needs to be approved for use in the class by the instructor
- Floatation belts and resistance equipment are provided per genre

SWIM LESSONS

SWIM LESSONS

AGES: 6 Months-Adult

COST: \$88/Member per Session | \$176/Guest per Session

YMCA group swim lesson programs are offered year-round and include parent-child, preschool, youth, teen & adult group swim lesson classes. Scan the QR for available dates and times, if you don't see class times, registration is closed.



PRIVATE SWIM LESSONS

LESSON PACKAGES: Members may purchase up to three consecutive 4-lesson packages, after which they must rejoin the waitlist before continuing.

- Individual (4 lessons): \$165
- Semi-Private (2 members from the same household): \$195
 - Great for siblings, couples, or parent/child pairs

CANCELLATIONS & RESCHEDULING:

- Please give 24+ hours' notice to reschedule.
- Cancellations with less than 24 hours' notice will be forfeited.

Private swim lessons are available to members based on pool and instructor availability. Lessons are 30 minutes long (late arrivals do not extend lesson time) and are typically held once per week, though frequency may vary. To inquire or join the waitlist (ages 5+), email: swimlessons@ccymca.net.

Stages of Learning

Infant & Toddler 6 mos-3 yrs Stages A-B
 Preschool 3-5 yrs Stages 1-4
 School Age 5-12 yrs Stages 1-5
 Teen & Adult 12+ yrs Stages 1-5

SWIM STARTERS Parent & child lessons		SWIM BASICS Recommended skills for all to have around water			SWIM STROKES Skills to support a healthy lifestyle	
A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development
Blow bubbles on surface, assisted	Blow bubbles mouth & nose submerged, assisted	Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object in chest-deep water	Endurance any stroke or combination of strokes, 25 yd.	Endurance any stroke or combination of strokes, 50 yd.
Front tow chin in water, assisted	Front tow blow bubbles, assisted	Front glide assisted, to wall, 5 ft.	Front glide 10 ft. (5 ft. preschool)	Swim on front 15 yd. (10 yd. preschool)	Front crawl rotary breathing, 15 yd.	Front crawl bent-arm recovery, 25 yd.
Water exit parent & child together	Water exit assisted	Water exit independently	Water exit independently	Water exit independently	Back crawl 15 yd.	Back crawl pull, 25 yd.
Water entry parent & child together	Water entry assisted	Jump, push, turn, grab assisted	Jump, push, turn, grab	Jump, swim, turn, swim, grab 10 yd.	Dive sitting	Dive kneeling
Back float assisted, head on shoulder	Back float assisted, head on chest	Back float assisted, 10 secs., recover independently	Back float 20 secs. (10 secs. preschool)	Swim on back 15 yd. (10 yd. preschool)	Resting stroke elementary backstroke, 15 yd.	Resting stroke sidestroke, 25 yd.
Roll assisted	Roll assisted	Roll assisted	Roll	Roll	Tread water scissor & whip kick, 1 min.	Tread water scissor & whip kick, 2 mins.
Front float chin in water, assisted	Front float blow bubbles, assisted	Front float assisted, 10 secs., recover independently	Front float assisted, 10 secs. (10 secs. preschool)	Tread water 1 min. & exit (30 secs. preschool)	Breaststroke kick, 15 yd.	Breaststroke 25 yd.
Back tow assisted, head on shoulder	Back tow assisted, head on chest	Back glide assisted, at wall, 5 ft.	Back glide 10 ft. (5 ft. preschool)	Swim, float, swim 25 yd. (15 yd. preschool)	Butterfly kick, 15 yd.	Butterfly simultaneous arm action & kick, 15 yd.
Wall grab assisted	Monkey crawl assisted, on edge, 5 ft.	Swim, float, swim assisted, 10 ft.	Tread water 10 secs., near wall, & exit	Swim, float, swim 5 yd.		

NEMO SWIM LESSONS

30-MINUTE INDIVIDUAL LESSONS

- 5-Week Session

AGES: 4+

COST: \$95/Member | \$190/Guest

NEMO swim lessons are a program designed for individuals with special needs. Each lesson is developed around the needs and ability of the participant(s).

Questions about NEMO Lessons? Contact us at nemo@ccymca.net.



THE Learning Together PLACE

YMCA AFTER SCHOOL PROGRAMMING

DAYS/TIME: Monday–Friday, After school until 6PM

AGES: K–5th Grade

LOCATIONS:

- Stephens Family YMCA & Y on the Fly – Champaign Unit 4
 - Unit 4 provides transportation, contact the Unit 4 Transportation Dept for drop off location.
- Lincoln Trail – Mahomet Unit 3
- Middletown Prairie – Mahomet Unit 3
- Unity East & Unity West – Tolono Unit 7

The Y's after school program offers a positive environment with supervised play for grade school youth. At the program, kids will receive homework help, a snack, physical play, and fun, engaging activities each day. After school care is offered for K–5th graders based on the school year calendar and includes early dismissal days. Daily schedule runs 5 days a week at each site from school dismissal until 6 pm.

RATES: The YMCA After School fees are \$18.25/day, and paid monthly. For full after school cost breakdown for each location, please go online at www.sf-ymca.net/after-school-program. Payments are drafted on the 1st of each month. Children may be registered for either 2 Days a Week, 3 Days a Week, or 5 Days a Week. For 2 and 3 days a week, days of the week children are attending must be consistent each week and chosen at registration. Any changes please contact the after school director for that location. Stephens Family YMCA accepts CCRS payments and scholarships are available.

Y ON THE FLY RATES: Final Pricing subject to CCRS acceptance and/or YMCA Scholarship. For more information, contact Capricia Whittaker: capricia@ccymca.net

SCHOOL'S OUT DAYS

REGISTRATION DATES:

- August–October: Opens August 1
- November–February: Opens October 1
- March–May: Opens February 1

COST: \$55 Members | \$70/Guest per day

When school isn't in session during winter break, spring break, holidays, or district in-service, the Y is your most convenient child care alternative. The school's out day program includes age-appropriate activities with character development, physical play, cultural learning and educational components. We cover the Unit 4 regular calendar. Advanced Registration required.

LITTLE EXPLORERS PRESCHOOL PROGRAM

DATE: August 31, 2026–May 21, 2027

2-DAY OR 3-DAY OPTIONS AVAILABLE:

- **2-Day Program** (Tuesday/Thursday)
- **COST:**
 - Members – \$187/Month | Guest – \$219/Month
- **3-Day Program** (Monday/Wednesday/Friday)
- **COST:**
 - Members – \$281/Month | Guest – \$330/Month

We're excited to have your child join us! Our program is designed for children ages 3 to 5 years old and focuses on social, mental, and emotional growth through creative, hands-on activities in art, science, music, and dramatic play. Children must be fully potty trained to participate.

Questions about the preschool program?
Contact Jazmine Gilliland at jgilliland@ccymca.net

HOMESCHOOL PROGRAMS

HOMESCHOOL PE

DAYS/TIME: Fridays, 10:00AM-12:30PM

- FALL DATES - Registration Opens August 10
 - Session 1: September 4-25
 - Session 2: October 9-30
 - Session 3: November 13-December 11
 - No Classes Thanksgiving Week
- SPRING DATES - Registration Opens January 4
 - Session 4: February 12-March 5
 - Session 5: March 26-April 16
 - Session 6: April 30-May 21

AGES: 6-14

COST: \$50/Member | \$100/Guest

Join us for an exciting PE class specifically for Homeschool families! Kids will engage in a variety of sports, enhance their fitness, and enjoy swimming with their friends each week. This program will promote physical health and teamwork through structured activities, sports, and fitness challenges. This class is perfect for homeschool families looking to keep their kids active, healthy, and socially engaged.

HOMESCHOOL PE PACKAGE: Sign up for multiple PE sessions in the 2026-2027 year and guarantee your child a spot in the program at a discounted price!

- **3 Class Package:** \$135/Member | \$270/Guest
- **6 Class Package:** \$270/Member | \$540/Guest

ART & MUSIC

DAYS/TIME: Wednesdays, 10-11:30AM

- FALL DATES - Registration Opens August 10
 - Session 1: September 1-26
 - Session 2: October 5-31
 - Session 3: November 9-December 12
 - No Classes Thanksgiving Week
- SPRING DATES - Registration Opens January 4
 - Session 4: February 8-March 6
 - Session 5: March 22-April 17
 - Session 6: April 26-May 22

AGES: 6-17

COST: \$40/Member | \$80/Guest

Students will study a different culture each month through art and music. Sessions will cover the art, music, and culture of various countries through different crafts and music immersion. Participants will learn about major art pieces and recreate their own versions weekly using appropriate materials. Playlists and handouts will be provided for further study at home.



ATHLEAP

DAYS/TIME: Tuesdays, 1:15-2:30PM

- FALL DATES - Registration Opens August 10
 - Session 2: October 5-31
 - Session 3: November 9-December 12
 - No Classes Thanksgiving Week
- SPRING DATES - Registration Opens January 4
 - Session 4: February 8-March 6
 - Session 5: March 22-April 17
 - Session 6: April 26-May 22

AGES: 11-16

COST: \$40/Member | \$80/Guest

In AthLEAP, youth will be lead through a fusion of plyometrics, Pilates, yoga, and sport activities that will help your young athlete safely gain strength and agility, prevent common sports injuries, improve flexibility and balance, and hone their brain-body connections. Improve your personal best through this fun and engaging youth fitness class!

THE Community For All PLACE

ART FOR ALL

SESSIONS:

- September 10–October 1 (4 Week Session)
- October 15–November 12 (5 Week Session)

DAYS/TIMES: Thursdays, 5:15–6:15PM

AGES: 5–11

COST:

- \$50/Member | \$100/Guest – 4 Week Session
- \$60/Member | \$120/Guest – 5 Week Session

In an effort to encourage creative expression, participants will be exposed to a variety of mediums and methods in creative arts. This is an inclusive program meant for children of all ability levels! We will have themes each week, with a variety of projects which encourage creative expression and learning new art techniques. This class is taught by a certified art educator, and is sure to be a favorite!

COOKIN' IT UP!

SESSIONS:

DAYS/TIME: Tuesdays, 6:15–7:15PM

AGES: 10+

COST: \$60/Member | \$120/Guest

This class will focus on the basics of cooking and prerequisite skills needed to become master chefs! Participants will make predominantly non baked items, such as dips, appetizers, and other yummy creations.

FRIDAY NIGHT FUN

DAYS/TIME: One Friday per Month, Time Varies

AGES: 14+

COST: Varies

Hang out at the Y or attend a community outing for a few hours! Have fun and socialize in a variety of activities planned, coordinated and supervised by Larkin's Place staff. Support and accommodations considered.

GAMERS

SESSIONS:

DAYS/TIME: Tuesdays, 5–6PM

AGES: 10+

COST: \$50/Member | \$100/Guest

This is a flexible gaming group for anyone interested in gaming with others. A Minecraft server will be hosted, but other games can be brought as well. This group will be supervised, but is intended to be a place where tweens and teens can explore gaming together, and make connections with others who share their interests. Devices and games are not provided.

MOVE/SHAKE ADAPTIVE DANCE

SESSION: October 22–November 19

- Spring Sessions TBD

DAYS/TIME: Thursdays, 6:30–7:15PM

AGES: 16+

COST: \$50/Member | \$100/Guest

Through simple patterns, sequencing and repetition, the students will learn the basics of movement, rhythm and basic dance. Creative movement and stretching will also be incorporated to promote artistic freedom and strengthening of the body.



INCLUSION PROGRAMS

ROLLING HEAT WHEELCHAIR BASKETBALL

SESSIONS:

- September 14–October 26
- November 2–December 14 (No Thanksgiving Week)
- January 4– February 15
- February 22– April 12 (No Spring Break Week)

DAYS/TIME: Mondays, 5:30–7:30PM

AGES: 5–14

COST: \$75/Member | \$120/Guest

This is for any individual who has a physical disability which would impair them from playing competitive standup basketball. Led by a Paralympian, this season will focus on skill-building and learning, with the intention of being competitive. Athletes do not need to use a wheelchair in their daily lives to play

NEW! ROOKIE ROLLERS

SESSIONS:

- September 28–October 26
- November 2–December 7
- January 11–February 8

DAYS/TIME: Tuesdays, 4:45–5:30PM

AGES: Age 3–Kindergarten

COST: \$40/Member | \$80/Guest

Rookie Rollers is an introductory wheelchair basketball program for children ages 3 years through Kindergarten, as well as older children whose disability may make a competitive team less appropriate. This fun, skills-based program meets 45 minutes, once a week over 5 weeks, helping athletes build confidence while learning wheelchair comfort and mobility, passing, dribbling, and other basketball fundamentals. No sports wheelchair is required, as equipment is provided. Athletes do not need to use a wheelchair in their day-day life, but should have a lower extremity disability.

SIBSHOPS

DATES: TBD

DAYS/TIME: Sundays, 1:15–3:15PM

AGES: 19+

COST: FREE, Registration Required

This exciting collaboration is part of a national effort to create supportive and engaging workshops for children who have a sibling with a disability. All children will be supervised and will be able to engage in fun and interactive activities, while being around others who may be going through similar experiences.

NEURODIVERSITY GROUP

DAYS/TIME: Thursdays, 5:30–6:30PM

AGES: 18+

COST: \$40

Our neurodiversity groups are a place for those who may be diagnosed as neurodivergent. This includes individuals on the Autism spectrum or those with ADHD, however, anyone who wants to gain social experiences without judgement is welcome to join.

THERAPY SERVICES

SPEECH THERAPY

DAYS/TIME: By Appointment Only

COST: Varies

Led by a Certified Speech Language Pathologist, clients can work on many different areas of speech and language, such as articulation delays, receptive and expressive language disorders, language processing, social language deficits, and stuttering. Private insurance billing or self pay is accepted.

AQUATIC THERAPY

DAYS/TIME: By Appointment Only

COST: Varies

Pediatric aquatic therapy is led by a licensed occupational therapist trained and certified in the Aquatic Therapy and Rehab Institute (ATRI). Individual sessions are designed to provide sensory and motor input in a safe and structured environment. Sessions focus on safety in the water, use of visuals and consistent language. Participation in aquatic therapy may enhance motor planning, strength and endurance and bilateral coordination. Billed through early intervention, private insurance, or self pay.

For questions about Larkin's Place programs or therapy services, contact Alyssa Anderson: alyssa.anderson@ccymca.net



THE *We Can Do This* PLACE

PERSONAL TRAINING

DAYS/TIMES: Varies

AGES: 14+

The Y's personal trainers are committed to giving our members excellent professional service, by providing effective, and quality personalized exercise in a highly motivational atmosphere on land and in the water. For more information, contact Eddie Edwards: eddie@ccymca.net.

GROUP FITNESS

DAYS/TIMES: Monday-Sunday, Various Times

AGES: 14+ (12+ with Parent)

COST: Included with Membership

All group exercise classes (unless otherwise noted) are co-ed and designed for a variety of fitness levels. Our Group Fitness Program aims to provide inclusion options for everyone. Both land and aquatic group fitness classes are available.

- For Land Group Fitness information, contact Group Fitness Coordinator, Maria Wilson: maria@ccymca.net
- For Aqua Group Fitness information, please email: aquafitness@ccymca.net

ROCK STEADY BOXING

DAYS/TIMES: Tuesday-Thursday, Various Times

COST: \$40/Member | \$115/Guest

Rock Steady Boxing is a one-of-a-kind program, founded in 2006, to provide a uniquely effective form of physical exercise to people who are living with Parkinson's. Though it may seem surprising, this non-contact, boxing inspired fitness routine is proving to dramatically improve the ability of people with Parkinson's to live independent lives.

NANCY YANELLO CANCER PROGRAM

DAYS/TIMES: Varies

COST: FREE, Open to the Community

Cancer survivors participate in a one-on-one, customized exercise regimen developed by a Cancer Exercise Specialist. A medical referral (MD, PA, NP, or PT) and physician clearance are required for admittance into this program. This eight-week program includes 16 sessions with two 30-minute sessions per week. Each session is led by a Cancer Exercise Specialist and includes instruction in flexibility, strength training, and cardiovascular conditioning. Pre- and post-participation assessments are available upon request.



WELLNESS PROGRAMS

EGYM

AGES: 13+; For SF YMCA Members Only

COST: \$25 one-time onboarding fee

The EGYM strength training circuit introduces new opportunities to help members reach their fitness goals. Through regular strength tests, the machines adapt your training weight automatically, allowing you to always workout with the optimum resistance to achieve your goals. Stop at the Member Services Desk to schedule an onboarding with an EGYM specialist.

YMCA360

COST: Included with Membership

A Virtual Fitness option offering on-demand, livestream workouts and more. This platform allows you to workout from home when you need to, or workout while away on vacation.

MEN'S DEMENTIA SUPPORT GROUP

DAYS/TIMES: Tuesdays, 9AM & Wednesdays, 10:30AM

LOCATION:

- In person: SF YMCA Community Room
- Zoom

If you are caring for a family member with dementia and would benefit from in-depth discussion about this journey, you are welcome to join us. We gather in support of one another to share our stories freely and confidentially. Registration NOT required.

AOA PARKINSON'S FITNESS PROGRAM

DAYS/TIME: Monday–Friday, 1-1:45PM

COST: Included with membership

Our Parkinson's Exercise Program is a fitness program designed to empower people with Parkinson's Disease (PD) by optimizing their physical function and helping to delay the progression of symptoms. Each class includes exercises to improve cardiovascular endurance, strength, flexibility and balance.



THE Making Memories PLACE

BIRTHDAY PARTY PACKAGES

Host your child's birthday party at the YMCA! Our enthusiastic staff will help coordinate party logistics on your behalf while you enjoy the celebration with your child.

DAYS/TIMES:

- Climbing Package: Saturdays, 4-6PM
- Family Adventure Center Package: Saturday or Sunday, 5-7PM
- Sports Package: Saturday or Sunday, 6-8PM
- Swim Package: Saturday or Sunday, 5-7PM
 - Waterslide must be requested: \$25 extra

COST: \$190/Member | \$215/Guest

- Parties with more than 20 children will include an additional \$50 charge

All Birthday Party packages include:

- A 2 hour party at the YMCA for up to 20 participants
 - 1 hour for the activity package of your choice
 - A party room or area for entire 2 hours
- YMCA birthday shirt for birthday child

ROOM/PAVILION RENTALS

Are you looking for a space to use for a baby shower, graduation celebrations, bridal shower, or any other celebration? Come celebrate your occasion at the YMCA!

DAYS: Any, depending on availability

COST: \$75/Hour

To schedule a party or reserve a room or pavilion, contact Shawn McCarthy at shawn@ccymca.net at least two weeks in advance. Reservations are subject to availability.

FAMILY ADVENTURE CENTER OPEN PLAY

AGES: 10 and Younger

Come play in the Family Adventure Center! This area is open for use by our members when Child Watch is not being utilized. Children must be supervised by an adult

Y KID'S NIGHT

DATES/TIME: 5:15-9PM

- October: TBD
- December: TBD
- February: TBD
- April: TBD

AGES: K-5th Grade

COST:

- Members - \$40/Child, \$70/Family
- Guest - \$50/Child, \$90/Family

Y Kid's Night is the ultimate evening of fun and adventure for your child! Drop them off at the YMCA for a fun-filled night where they'll enjoy swimming, active group games, and a special activity. Plus, we provide a tasty meal to enjoy with their friends. It's the perfect opportunity for parents to enjoy a night out while the kids experience their own memorable mini-adventure. Fun, food, and friends all away at Y Kid's Night!

Y BROWN BAG BOOK CLUB

DATES/TIME: 2nd Thursday, 11:30AM-1PM

AGES: 18+

Bring your lunch and discuss a book every month with other members!

THE Find Your Best Friend PLACE

Y ON THE FLY



ELEMENTARY AFTER SCHOOL PROGRAMMING

DAYS/TIME: August 17–May 14

- Monday–Friday, After School until 6PM

AGES: K–5th Grade

COST: \$20 Deposit*

The Stephens Family YMCA offers affordable and safe after school care following the Unit 4 school calendar at our Y on the Fly location. It provides homework help, recreational activities, art, crafts, STEM projects, and more, with a snack provided each day. Transportation is provided by Unit 4. *Final pricing subject to CCRS acceptance and/or YMCA Scholarship.

F.L.Y.T. AFTER SCHOOL PROGRAMMING

DAYS/TIME: August 17–May 14

- Monday–Friday, After School until 6PM

AGES: 6th–8th Grade

COST: \$40

Y on the Fly is introducing our new middle school teen program: Fundamentals that Lay the path for Young Teens (F.L.Y.T.) focus on academic strengthen & enrichment, physical and mental wellness, and much more. The program will be tailored by the following days: Mentor Monday, Tech Tuesday, Wellness Wednesday, Think Big Thursday, Fun Friday. Transportation is provided by Y on the Fly vans.

B.O.Y.S. MENTORING PROGRAM

DAYS/TIME: TBD

AGES: 8–11

COST: Free

The BOYS Mentor Program (Building Opportunities For Youth Success) offers young men the opportunity to explore and engage in various community activities, with a strong emphasis on enrichment. By attending every meeting, participants can fully benefit from the program and maximize their experience with us.

*Parent meeting TBD.

For more information about the B.O.Y.S. Mentoring Program, contact Steven Lewis at stevenlewis@ccymca.net

DYNO DANCE TEAM

DAYS/TIME: TBD

AGES: K–8th Grade

COST: TBD

The DYNO Cheer/Dance Team program prepares participants to cheer for the YOTF First String basketball team during Saturday tournaments. Additionally, they will perform a choreographed dance routine at the First String banquet. *Parent meeting TBD

For questions about
Y on the Fly, contact
Capricia Whittaker:
capricia@ccymca.net

