



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER/SPRING PROGRAM GUIDE 2011



JOIN THE YMCA!
See page 3

WINTER/SPRING SESSIONS:

Session I: January 3 - February 20
Member registration begins November 29
Guest member registration begins December 6

Session II: February 21 - April 17
(Spring Break - No classes held week of March 21-25)
Member registration begins January 31
Guest member registration begins February 7

Session III: April 18 - June 5
Member registration begins March 28
Guest member registration begins April 4

CHAMPAIGN COUNTY YMCA
(217) 359-9622
www.ccyymca.net

WELCOME!



It is with great pleasure that my staff and I welcome you to the Champaign County YMCA. I am very excited to be a part of **our** YMCA. I look forward to a long and outstanding relationship.

Whether you visit the McKinley Family Center or the Fitness and Family

Center, the YMCA offers tremendous health and wellness opportunities.

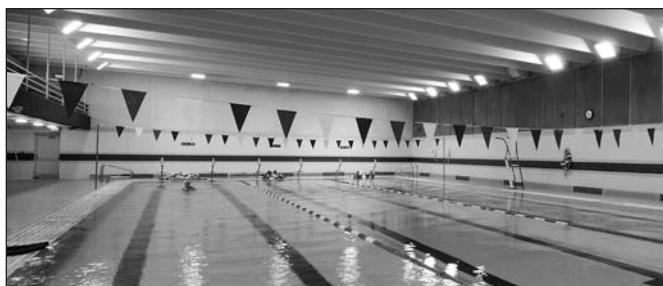
In today's fast-paced and stressful world, Americans of all ages are struggling against significant odds to achieve and maintain well-being in spirit, mind and body. Consistent with our mission and history, we're redefining the YMCA experience to better support health seekers like you and your family in achieving a healthier lifestyle.

With our 'kids play free' membership pricing philosophy, to growing our financial assistance program, to breaking ground on our new facility--the YMCA is focused on you and your family staying active, forming stronger connections and having fun.

Enjoy your YMCA experience,

Mark Johnson, CEO
Champaign County YMCA

(217) 359-YMCA (9622)



McKinley Family Center

500 West Church Street
Champaign, IL 61820
Monday - Friday, 5 a.m. to 9:30 p.m.
Saturday, 7:30 a.m. to 5 p.m.
Sunday, Noon to 5 p.m.

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HOLIDAY CLOSINGS

New Year's Day	Easter
Memorial Day	Independence Day



Fitness and Family Center

707 N. Country Fair Drive
Champaign, IL 61821
Monday - Friday, 6 a.m. to 9 p.m.
Saturday, 7:30 a.m. to 5 p.m.
Sunday, noon to 5 p.m. (effective 1/2/11)

GET INVOLVED AT THE YMCA

Join the Y and become part of a family of more than 20 million members in more than 2,600 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 239-2809 or visit www.ccyymca.net and click YDonate 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. Contact the YMCA at 359-9622 and ask to speak to the director of the department for which you desire to volunteer.

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 YMCA Strong Kids Campaign.

For consideration, download an application at www.ccyymca.net or pick one up at either location. 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.

The YMCA is a place for everyone.

2011 Membership Rates

All new memberships are assessed a one-time \$90 initial joining fee.

Membership Category	Monthly Bank Draft
Youth (preschool-high school)	\$17
Adult (one adult plus dependent children up to age 18 in same household)	\$40
Two Adult (two adults plus dependent children up to age 18 in same household)	\$61

Membership includes:

- Use of two full-service YMCA facilities
- Most land and water exercise classes
- Reduced rates for most programs and free member events

In support of the YMCA's goal to connect families in meaningful ways, **dependent children living in the same household are included at no charge on all Adult or Two Adult memberships.** What is your family waiting for? Get on in here and play!

For additional membership information, contact the Membership Director at 239-2815.



HEALTH & WELL BEING

Check out the line-up of group and individual training options that will help you improve your spirit, mind and body in a supportive environment.

CUSTOMIZED TRAINING AND ASSESSMENTS

Our personalized training programs and individual assessments are specifically designed and tailored to your health and well-being needs. Our certified trainers will guide you through customized programs that can result in an effective and safe exercise plan.

Fitness Assessment

This assessment includes both body composition and fitness testing. Body composition testing includes body fat assessment, tape measurements, blood pressure, skin caliper readings and weight. Fitness testing includes resting heart rate, muscle endurance tests and cardiovascular three minute step test. A complete profile will be provided upon completion. By appointment only.

Fee: \$35 Member \$70 Guest Member

Body Composition Analysis

Have your body composition tested quickly and accurately. Within minutes, you will receive a profile that includes percentage body fat, lean body weight, and fat weight. By appointment only.

Fee: \$15 Member \$30 Guest Member

Personal Training

It is our mission to provide members with every opportunity to take their health and well-being to the next level. Personal training offers you a completely customized approach to fitness. You will work one-on-one with a nationally certified trainer that will tailor every aspect of your training to your specific needs and goals. Training also includes Body Composition and Fitness Testing. By appointment only for members:

One Session:	\$45
Three Sessions:	\$120
Six Sessions:	\$220
Twelve Sessions:	\$395

SMARTFIT WELLNESS ORIENTATION

This interactive orientation was developed to support members with varying degrees of comfort and experience with working out. To get started, you'll meet with a wellness coach for your initial consultation and together, you will determine the best-fitting SmartFit orientation level for your objectives.

SmartFit orientations are FREE for members and recommended for members over the age 13. To schedule your SmartFit appointment, please visit the member service desk in the Family and Fitness Center lobby.

SmartFit 101

This is our entry-level orientation tailored for members who are: 1) just beginning a wellness plan, 2) unfamiliar with equipment or constructing a personal fitness routine. Working with your coach, this 10-week orientation will help you embrace a consistent workout routine while increasing your knowledge and experience with cardiovascular and strength training equipment.

The orientation is planned around your schedule and includes three, one-on-one consultations with your coach to keep you informed and motivated.

SmartFit 201

For members who are familiar with exercise routines, or simply need a refresher on equipment use or more in-depth guidance. This level of support includes an initial consultation with a wellness coach to create a customized workout plus one follow-up appointment scheduled at your convenience to assess your progress.

SmartFit 301

If you are advanced in your exercise knowledge and routine, or are comfortable working out on your own and just need advice on how to improve your results in a safe and effective manner, this orientation gives you access to professional guidance and includes an initial appointment with a wellness coach to design and track an effective workout routine that you can carry out on your own.

HEALTH & WELL BEING

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 April 8.

Location: McKinley Family Center

Friday Nights April 22-June 3

Team Fee: \$375

Individuals: \$50

SURVIVOR 10

The goal of Survivor: travel from Mildura, the Gateway of outback to Broken Hill in Australia by biking, swimming, or running/walking. You have seven weeks to complete the distance, which is broken down in to weekly goals. If you survive, you will have established a healthy routine, and get to meet other Survivors during a free lunch. You will also receive a Survivor 10 t-shirt. Contestants must be Champaign County YMCA members and at least 13 years old. Under 17, they must be accompanied by an adult. The contest runs from January 17-March 6. You may choose a new track (Bike, Swim, Run/Walk) each week. You cannot change your track mid-week. The required weekly distance must be attained each week in order to stay in the contest.

All workout distances must be recorded in your Survivor Log at the Member Service desk after each workout or no later than Sunday, 5 pm each week. If you fail to cover the required distance or to record your distance in the Survivor Log by the weekly deadline, you will be ousted from the contest. Registration begins in January. The last day to register is January 23, 2011. If you register during the first week of the contest, you must make up and log your distance by January 23rd to remain in the contest.

GROUP EXERCISE CLASSES

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

Classes are held at both YMCA facilities and are identified as **MFC** for the McKinley Fitness Center on Church Street or **FFC** for the Family Fitness Center on Country Fair Drive. To ensure you select the appropriate class for your needs, classes are identified by the intended workout intensity level:

Everyone: Level 1

Beginner: Level 2

Intermediate: Level 3

Advanced: Level 4

Yoga

Yoga workouts result in increased strength, balance and flexibility. This class includes gentle stretching and moderate to challenging poses such as sun salutations, downward facing dog, plant, child's pose and bridge pose. (All levels)

Mon/Fri 8-9 a.m. at MFC Gymnasium

Tuesday 6:30-7:15 p.m. at FFC Aerobics Rm

NEW!

Yoga for ANY BODY – Introductory Level

This class is adapted for any body type. Increase your flexibility and strength and get a great workout before work! Alignment meets enlightenment! (Level 1 and 2)

Tu/Th 6:45-7:45 a.m. at MFC Gym

Yoga for ANY BODY – Continuing Level

Once you master the introductory level, come to the continuing level class and take part in more advanced movements. Improved strength and stamina will be focused through inversions, shoulder stands, and standing poses. Please pre-register so instructor can plan the class accordingly. (Level 3 and 4)

Tues/Thurs 9-10:30 a.m. at MFC Gym

HEALTH & WELL BEING

Hi Lo Cardio

This class offers high and low intensity movements with fun, yet easy to follow choreography. Incorporates both cardio and strength training components offering a well-rounded workout for beginner and intermediate fitness levels.

(Levels 1 and 2)

Tues/Wed/Thu 8-9 a.m. at MFC Gymnasium

Women's Strength Training

Geared for female strength development, this class uses a variety of non-traditional strength training equipment for an all-body toning emphasis. Instruction includes introductions to equipment, guidance with proper form and progressive exercises (Levels 3 & 4)

Thursday 5:30-6:30 p.m. at FFC Aerobics Rm

Step and Tone

Leverage this 60-minute workout to step up your cardio output. Designed for any fitness level, this up-beat workout with aerobics steps will integrate a toning segment to give you a well-rounded workout (All levels)

Mon/Wed/Fri 5:30-6:30 p.m. at FFC Aerobics Rm

Zumba

Zumba is sweeping the nation. Taught by a certified instructor, you'll be introduced to Zumba dance moves and progress with new steps each week. If you love to dance, or want to try a new cardio challenge, Zumba dance will help you achieve your goal in a fun, coed setting. (All levels)

Mon/Wed 6:00-6:45 p.m. at FFC All Purpose Rm

Cardio Kickboxing

This fat-burning aerobics class uses a high-energy mix of classic punch, jab and kick combinations. A toning segment at the end focuses on building muscular strength.

(Level 2 and 3)

Tuesday 5:30-6:30 p.m. at FFC Aerobics Rm

Circuit Training

Improving your muscular strength helps you look good and feel great. With the guidance of an instructor, you'll learn how to incorporate circuit training on multiple machines for a complete workout of all muscle groups.

(All Levels)

Tues/Thur 4-4:30 p.m. at the FFC Weight Rm

Ab-tastic

This 30-minute workout focuses on strengthening and toning your abdominal, oblique, core and back muscles. Integrate this class with your weekly routine for a comprehensive workout.

(All levels)

Monday/Friday 8:30-9 a.m. at FFC Aerobics Rm

Tone & Flex

Using a combination of hand weights and floor work, you'll sculpt and strengthen individual muscle groups while improving overall flexibility. (All levels)

Tues/Thur 9-10 a.m. at FFC Aerobics Room

Boot Camp

Come and push yourself with aerobics and strength exercises designed to burn fat, build strength, and push you to the limit. This class will be sure to get your day off to a good start! (All levels)

Mon/Wed 7:30-8:15 a.m. at FFC Aerobics Room

Fitness Fact

Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. -Centers for Disease Control and Prevention



SWIM

AQUA AEROBICS

Aqua Aerobics is offered for anyone who loves water or wants to be in better shape without having to produce strain on your joints and muscles. Water related exercises to increase cardiovascular fitness as well as improve overall strength. The water provides support for the body, and the risk of muscle or joint injury is greatly reduced, if not completely eliminated.

No pre-registration is required; just attend the class you wish to take. Guest members may participate in classes by purchasing a guest pass from the service desk. Class schedules are subject to change. To view an updated class schedule, visit www.ccyymca.net. All classes held at the McKinley Family Center.

Aquathenics

This is a low impact, moderate intensity exercise class that combines a cardiovascular workout with toning and stretching exercises. Class takes place in the shallow end of the small pool. Swimming ability is not required.

Tuesday/Thursday 8-9 a.m.

Arthritis Exercise

This class provides a low-intensity, low-impact workout using gentle water exercises to ease discomfort, improve joint mobility and balance, and increase strength. This is an approved program of the YMCA and Arthritis Foundation and takes place in the shallow-end of the small pool. A medical permission slip is required for participation. Swimming ability is not required.

Mon/Wed/Fri 9-9:45 a.m. or 3-4 p.m.



Deep Water Exercise

This class provides a moderate to high intensity, no-impact way to build strength, endurance, and cardiovascular fitness while being easy on the joints. Swimming ability is not required, but participants should be comfortable in the deep water. Class takes place in the deep end of the small pool using flotation and resistance equipment.

Mon/Wed/Fri 8:15-9 a.m. or 10:15-11 a.m.
Monday/Wednesday 6-7 p.m.

Aqua Aerobics

This is a high-energy class that uses the water's natural resistance along with the use of water equipment to build cardiovascular and muscle strength while increasing flexibility. Join us in the large pool for music and movements to help exercise your way to fitness. Swimming ability is not required.

Mon/Wed/Fri 9-10 a.m.
Tuesday/Thursday 6-7 p.m.

Live Y'ers

Enthusiasts, age 55 and over, you're invited to join in the fun of one of our most popular classes. This is a moderate intensity class that helps to develop your strength and improve body tone using a variety of cardiovascular, strengthening and stretching exercises. Swimming ability is not required.

Monday - Friday 2-3 p.m.

Tai Chi

Tai Chi focuses on balance, strength, and being centered. This low-impact, shallow water class teaches Tai Chi principles for health, relaxation, overall well-being. It is a great way to gently work different muscle groups through alternative modes of exercise. Class takes place in shallow end of the pool.

Monday/Wednesday/Friday 9:45 - 10:15 a.m.

Slower Paced Aqua Aerobics

This class is a slower and lower energy version of the Aqua Aerobics class, using the water's natural resistance along with water equipment to build cardiovascular and muscular strength, while increasing flexibility. Class takes place in the shallow end of the small pool. Swimming ability is not required.

Tuesday/Thursday 6:15-7 p.m.

SWIM LESSONS

COED TEEN AND ADULT LESSONS

(12 years old and up)

This course is designed for all levels of swimmers, from beginners to swimmers with some or advanced abilities. Skills will be taught based on an initial assessment with the intention of skill progression. Each swimmer will develop in ability from basic swimming and water safety skills to stroke development and building endurance.

Teen and Adult Lessons Schedule

DAYS	TIMES
Tuesday/Thursday	9-10:00 a.m.
Saturday	11:45-12:45 p.m.

Two classes per week: \$60 Member
\$120 Guest Member

One class per week: \$30 Member
\$60 Guest Member

Aquatic Fitness Pass

Looking for a new way to improve your health and try new classes? Guest members may purchase a 6-class pass to attend any YMCA aquatic classes of your choice. This pass is valid through the end of December. Once the pass is depleted, we invite you to join the YMCA as a member and take advantage of all of the YMCA aquatic classes available each week for free as part of your membership benefits.

\$42 Guest Member (Limit one pass per person through December 2011.)

Adult Masters Swim Team

The YMCA Masters Team offers a place for swimmers age 19 and older to stay in shape, receive expert technique instruction, and workout in a team-oriented atmosphere. Team members can participate by purchasing a punch pass. For more information, call the Masters Team coach at 239-2806.

Practice Times:

DAYS	TIMES
Monday/Wednesday	8:15-9:15 p.m.
Friday	6-7:30 p.m.
Sunday	3:15-4:45 p.m.

Fees: \$65 Member
\$80 Guest Member
(10 practice punch card)

SWIM LESSONS

The YMCA has been America's leading swim instructor for over 100 years. The YMCA Swim Lessons program is organized in an age/skill group system. This allows instructors to gear their teaching to a child's skill level as well as their developmental level.

Each level of swimming contains five components:

- Personal Safety
- Stroke development
- Water sports/games
- Character Development
- Rescue Skills

Each level incorporates many skills to learn and it may take a child several sessions to pass a level. Participants can register for classes that meet twice during the week or once on the weekend. For greater skill development and progression, we strongly recommend two lessons per week. Classes are held weekly during seven-week sessions. If a class is full, you may choose to register for the same level offered at another time. You can also stop in or call to place your child on the waiting list for a specific time. You will be contacted if space becomes available. There are no makeup lessons for missed classes.

Minimum class enrollment is three participants. If there is less, the Aquatics Director will contact families to switch classes or issue a refund. All swimming and aquatics programs are held at McKinley Family Center. For more information contact the Aquatics Director at 239-2814.



SWIM LESSONS

PARENT/CHILD LESSONS

(6 months-3 years)

Children work on water acclimation and gain physical and social development through games and activities in the pool. Basic arm and leg movements, floating, blowing bubbles, and pool safety are some of the areas covered. Children need to wear approved "swim diapers." Classes are held in the small pool.

Parent/Child Schedule

CLASS	DAYS	TIMES
Parent/Child	Tuesday/Thursday	9-9:30 a.m.
	Friday	6:00-6:30 p.m.
	Saturday	9-9:30 a.m.
	Saturday	11:30-Noon

Two classes per week: \$52 Member
\$104 Guest Member

One class per week: \$26 Member
\$52 Guest Member

PROGRESSIVE PRESCHOOL LESSONS

(3-5 year old boys and girls)

This level offers children their first experience in the pool without parent assistance. Children are taught basic skills in five levels that serve as the building blocks of swimming and aquatic safety awareness. In support of quality instruction and child ratios, there is a maximum of six children per class. All classes are held in the small pool.

Mini-Pike: Children become adjusted to the lessons program without parents in the water. It covers basic swimming and safety skills while introducing them to the use of IFDs and PFDs. This is a great option for children coming out of the Parent/Child Program or for children with little or no aquatic experience.

Pike: Children develop safe pool behavior, adjust to the water and develop independent movement in the water. Basic paddle stroke and kicking skills, pool safety, proper use of IFDs and PFDs are taught in addition to getting comfortable with holding the face in the water while blowing bubbles and swimming.

Eel: Reinforces Pike level skills geared for children who are comfortable in the water. Instruction includes kicking, diving, floating and performing the progressive paddle stroke. Children also learn basic water safety and use of PFDs. This level results in children swimming across the pool with face in the water on their front, back and side with the use of an IFD.

Ray: Children review previous skills, improve stroke skills, learn more personal safety and rescue skills, build endurance by swimming on front, back and side, learn to tread water and perform progressive diving skills. This level results in children swimming across the pool with rhythmic breathing on their front, back crawl, elementary backstroke and sidestroke without assistance.

Starfish: Children review previously learned skills and refine front crawl, backstroke, elementary backstroke, sidestroke, and breaststroke. Underwater swimming skills are also taught. Children can swim a length of the pool with rhythmic breathing on their front and a length of the pool on their back.

Progressive Preschool Schedule

CLASS	DAYS	TIMES
MiniPike	Monday/Wednesday	4:00-4:30 p.m.
	Tuesday/Thursday	5:10-5:40 p.m.
	Saturday	9:40-10:10 a.m.
Pike	Monday/Wednesday	4:00-4:30 p.m.
	Monday/Wednesday	4:35-5:05 p.m.
	Tuesday/Thursday	9:40-10:10 a.m.
	Tuesday/Thursday	4:00-4:30 p.m.
	Tuesday/Thursday	5:10-5:40 p.m.
	Friday	6:35-7:05 p.m.
	Saturday	9:40-10:10 a.m.
	Saturday	10:15-10:45 a.m.
Sunday	3:35-4:05 p.m.	
Eel	Monday/Wednesday	4:35-5:05 p.m.
	Monday/Wednesday	5:10-5:40 p.m.
	Tuesday/Thursday	9:40-10:10 a.m.
	Tuesday/Thursday	4:00-4:30 p.m.
	Tuesday/Thursday	4:35-5:05 p.m.
	Saturday	10:15-10:45 a.m.
	Sunday	4:10-4:40 p.m.
Ray	Monday/Wednesday	5:10-5:40 p.m.
	Tuesday/Thursday	4:35-5:05 p.m.
	Tuesday/Thursday	5:45-6:15 p.m.
	Saturday	10:50-11:20 a.m.
Starfish	Monday/Wednesday	5:10-6:40 p.m.
	Tuesday/Thursday	5:45-6:15 p.m.
	Saturday	10:50-11:20 a.m.

Two classes per week: \$52 Member
\$104 Guest Member

One class per week: \$26 Member
\$52 Guest Member

SWIM LESSONS

PROGRESSIVE YOUTH LESSONS

(6 years and older boys and girls)

Each progressive skill level builds on the preceding level with seven levels of progression covering all strokes, diving fundamentals and aquatics safety skills. Class size is determined by the personal attention that one instructor can provide to participants in a safe environment. There is a maximum of eight children in Polliwog and Guppy classes and a maximum of 10 children in all other levels.

Polliwog: This is the beginning level for school-age children. Curriculum is designed to help children get acclimated to progressive lessons, the aquatic environment, use of PFDs, floating and independent movement in the water. This level results in children knowing the front, back and side paddle and swimming 15 yards.

Polliwog I: Designed for children with little or no experience in the water, as well as those that may have some fear of the water. Children will learn to swim on their front and back with the assistance of an instructor.

Polliwog II: Designed for children that may have had previous swim lessons and/or are already comfortable in the water. Children will learn to swim on their front and back without the assistance of an instructor.

Guppy: Children continue to practice and build upon basic skill levels and performing skills. They are introduced to front crawl, backstroke, sidestroke, diving and personal safety skills. This level results in children swimming a length of the pool with face in the water on their front, back and side without assistance.

Minnow: Children further refine front crawl, backstroke, and sidestroke, while introduced to breaststroke and elementary backstroke. Additional focus is placed on diving, personal safety and rescue skills. This level results in children swimming a length of the pool using front crawl with rotary breathing as well as backstroke, sidestroke, breaststroke, and elementary backstroke.

Fish: Skill progression includes working to increase endurance up to two lengths of the pool, swimming each stroke with open turns as well as review diving, personal safety and rescue skills. Butterfly stroke is introduced. This level results in children swimming two lengths of the pool front crawl with rotary breathing as well as backstroke, sidestroke, breaststroke and elementary backstroke.

Flying Fish: Stroke refinement is continued and endurance is built to a length of the pool swimming butterfly and four lengths of the pool front crawl, backstroke, breaststroke, sidestroke, and elementary backstroke. Flip turns are also introduced.

Shark: In this level, an emphasis is placed on making strokes more efficient with the continuation of flip turns and the introduction of race starts. The individual medley is introduced. Upon completion of this level, children will be able to swim two continuous lengths of the pool using butterfly, backstroke, breaststroke and front crawl with flip turns.

Porpoise: This is the final level of stroke refinement and includes opportunities for youth leadership and volunteering in the aquatics environment. Basic lifesaving skills used by lifeguards, such as stride jump entry and approach stroke are also introduced.

Progressive Youth Schedule

CLASS	DAYS	TIMES
Polliwog I	Monday/Wednesday Saturday	4:15-5 p.m. 9-9:45 a.m.
Polliwog II	Monday/Wednesday Tuesday/Thursday Friday Saturday Saturday	6:15-7 p.m. 4:15-5 p.m. 6:15-7 p.m. 9-9:45 a.m. 9:55-10:40 a.m.
Guppy	Monday/Wednesday Tuesday/Thursday Friday Saturday Saturday Sunday	4:15-5 p.m. 4:15-5 p.m. 7:10-7:55 p.m. 9-9:45 a.m. 9:55-10:40 a.m. 3:45-4:30 p.m.
Minnow	Monday/Wednesday Tuesday/Thursday Friday Saturday Sunday	6:15-7 p.m. 4:15-5 p.m. 7:10-7:55 p.m. 9:55-10:40 a.m. 2:45-3:30 p.m.
Fish	Monday/Wednesday Saturday Sunday	6:15-7 p.m. 10:50-11:35 a.m. 2:45-3:30 p.m.
Flying Fish	Monday/Wednesday Saturday	6:15-7 p.m. 10:50-11:35 a.m.
Shark	Monday/Wednesday Saturday	6:15-7 p.m. 10:50-11:35 a.m.
Porpoise	Saturday	10:50-11:35 a.m.

Two classes per week: \$58 Member \$116 Guest Member

One class per week: \$29 Member \$58 Guest Member

SWIM LESSONS

Advance Technique

(5-12 year old boys and girls)

As an extension of the YMCA Swim Lesson program, this class introduces participants to stroke development, breath control, balance and rhythm, race starts, and flip turns. Please speak with the Aquatics Director 239-2814 for more information.

Practice Time: Monday/Wednesday 4-5 p.m.

Location: McKinley Family Center Large Pool

Fee Per Session: \$60 Member \$120 Guest Member

Home School Aquatics

In order to support the physical education needs of home school students, the YMCA offers progressive swim lessons during daytime hours for preschool and elementary youth. Individual skill assessments will be conducted during the first class to determine instruction level and skill development. All classes are held in a group format and follow the seven-week program schedule. Looking for more health and well-being options? See pages 16-19 for Gymnastic classes.

Preschool (3-5 year old boys and girls)

Wednesdays 2:20-2:50 p.m.

\$25 Member \$50 Guest Member

Youth (6-12 year old boys and girls)

Wednesdays 3-3:45 p.m.

\$28 Member \$56 Guest Member

Swimming Without Limits

Larkin's Place Programming

Swimming Without Limits is an inclusive swim lesson program at the Champaign County YMCA. Each course is developed around the individual needs and abilities of each participant. All classes take place in the small pool and have a maximum of 4 participants. Parents/guardians may participate in the program if their child needs extra assistance. These lessons are designed for children 3-12 years old.

Thursday 4:30-5:30pm 3-5 year olds

Thursday 5:10-5:40pm 6-8 year olds

Thursday 5:45-6:15pm 9-12 year olds

Fee: \$28 Members \$56 Guest Members

Private Swim Lessons

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 adults and youth. Lessons are scheduled based on participant's schedule, as well as instructor and pool availability. To schedule a private lesson, contact the Aquatics Director at 239-2814.

Private Lesson fee per class: \$25 Member
\$50 Guest Member

Package of lessons, 6 lessons: \$125 Member
\$250 Guest Member

Semi-Private Swim Lessons

Enables participants to receive additional instruction and skill refinement designed around their specific needs. Thirty-minute lessons are offered for adults and youth. These lessons are available for groups of two or three participants of similar skill level. Lessons are scheduled based on participant's schedule, as well as instructor and pool availability. To schedule a semi-private lesson, contact the Aquatics Director at 239-2814.

Semi-Private lesson fee per class:

First Participant: \$25 Member \$50 Guest Member

Additional Participant: \$10 Member \$20 Guest Member



SWIM LESSONS

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.

American Heart Association Heartsaver CPR and AEDs

Learn lifesaving skills such as CPR and the use of AEDs in the American Heart Association Heartsaver course. Participants learn skills to respond to emergencies involving adults, children, and infants. Participants receive an American Heart Association certification card after completion which is good for 2 years of certification.

Course is held on Wednesdays from 6-9 p.m. at the McKinley Family Center on the following dates:

January 5, January 19, February 2, February 16, March 2, March 16, April 6, April 20, May 4, May 18

Fee: \$20 Member
\$40 Guest Member

Lifeguard Certification - American Red Cross

Participants must be 15 years of age and able to swim 300 yards continuously to enroll. The first class will include an initial assessment which includes participants being able to swim 300 yards using front crawl or breaststroke; surface dive 7-10 feet; retrieve a 10-pound object and returning to the surface and swimming 20 yards back to the starting point with the object; exit the water without using a ladder or steps within 1 minute 40 seconds.

Course is held on Tuesdays/Thursdays from 6-9 p.m. at the McKinley Family Center on the following dates (mandated attendance at all classes to receive certification):

February 8-March 10; April 5-May 5
Spring Break Option: March 21-25, 9 a.m - 3 p.m.

Fees: \$200 Member \$225 Guest Member

Boy Scout and Girl Scout Badge Program

Is your troop looking to complete an aquatic badge? The YMCA can design a one-hour curriculum to meet your troop's needs for just \$5 per scout. For more information, contact us at 239-2814.

American Red Cross Lifeguard and CPR for the Professional Rescuer Challenge

These courses are designed to re-certify current American Red Cross Lifeguards. Participants must perform required skills without practice to gain re-certification and bring their own pocket mask to course.

Course held on Sunday, April 10 and May 8

Noon-5:00 p.m.

CPR only: \$20 Member \$40 Guest Member
Lifeguarding & CPR: \$40 Member \$65 Guest Member

GuardStart Training Course

(ages 11-14)

(Formerly known as Junior Lifeguarding) GuardStart is a program developed by the American Red Cross to prepare and train young leaders to be future lifeguards. The program helps participants build a foundation of knowledge, attitudes and skills that they will need to be responsible lifeguards. Both classroom and in-water lessons are grouped into five main areas: prevention, fitness, response, leadership and professionalism. Upon completion of the training, participants will be fully knowledgeable about what it takes to become a future lifeguard.

Mondays/Wednesdays 7-8 p.m.

\$70 Member \$100 Guest Member

GuardStart sessions offered:

Session I: January 3 - February 16
Session II: February 21 - April 13
Session III: April 18 - June 1



SWIM LESSONS

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 Heat Swim Team offers year-round competitive swimming opportunities for youth throughout Champaign County. Focus 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, relays 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.



HEAT Pre-Swim Team

(3-5 year olds)

The HEAT pre-swim team is for those little swimmers that have a small amount of swim experience and want to be introduced to more competitive options. The goal is for the participants to be in a small introductory swim meet by the end of the session. There are instructors in the water for 2-3 weeks and then will try move out of the water to give the swimmers a more "coached" experience.

Qualifications for the Heat Pre-Swim Team are:

Be 3 years old

Be comfortable in the water.

Be able to swim 30 feet by themselves, but do not need to be proficient.

Practice Days: Monday/Wednesday

Time: 4:30 – 5:00 pm

Fees: Member \$60 Guest Member \$120

YOUTH SPORTS

YOUTH STRENGTH TRAINING

Pre-Teens

(3rd – 5th grade)

A revised class for younger kids, this class teaches proper training technique and the tenets of discipline for living a healthy lifestyle. Instruction will focus on body-weight lifts and calisthenics. An ideal class for kids interested in their physical well-being in a fun and informal setting. Class offered during 4-week program schedule.

Tuesday/Thursday 5:30-6:15 p.m. at FFC Weight Room

\$30 Members \$60 Guest Members

Teens

(6th – 8th grade)

Designed for teens seeking a positive change in their overall health and well-being, this interactive class teaches boys and girls how to properly use strength training equipment, while creating a customizable and basic weight training program. Sport specific or general training options are available. Class offered during 4-week program schedule.

Tuesday/Thursday 4:30-5:30 p.m. at FFC Weight Room

\$30 Members \$60 Guest Members



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.

All participants enjoy **equal playing time** as well as positive coaching during games and practices. Awards are given to all players at the end of each season.

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

Youth Sports Series Fees:
 \$38 per youth per sport YMCA Member
 \$76 per youth per sport Guest Member

Spring Flag Football

(Kindergarten – 6th grade)

April 23-June 4

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 commemorative t-shirt. Metal cleats and spikes are not allowed.

Practices and Games: 20-minute practices are followed by a 40-minute team scrimmage on Saturdays.

Locations: Champaign - Practice field behind Jefferson Middle School

NEW SITE! Tolono - Unity West Elementary School

Spring Basketball

(Kindergarten – 8th grade)

March 5 - April 16

(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 Fitness and Family Center gymnasium.

(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 McKinley Family Center gymnasium. 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 assessment are scheduled for:

5th-6th graders: Saturday, February 26 from 4-5 p.m.

7th-8th graders: Saturday, February 26 from 6-7 p.m.

Skill assessments will take place at the McKinley Family Center gymnasium.

Winter Indoor Soccer

(Kindergarten – 6th grade)

January 15 - February 26

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 commemorative team shirt.

Practices and Games: Players will participate in a 20-minute practice followed by a 40-minute scrimmage on Saturdays at the McKinley Family Center gymnasium.

Football Without Limits

NEW!

Larkin's Place Programming

Basketball Without Limits is an inclusive sports program at the Champaign County YMCA. The program is geared around introducing youth to the game of football while keeping their abilities and needs in mind. 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 4-12 years old.

Date: Mondays, April 18 - June 6

Time: 5:30-6:15 p.m. at the FFC Gym

\$30 Members \$60 Guest Members

YOUTH SPORTS

PRE-SCHOOL SPORTS

Itty Bitty Basketball

(Preschool 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.

Tuesday nights, March 1-April 12

Fitness and Family Center

\$25 Member \$50 Guest Member

Itty Bitty Indoor Soccer

(Pre-school 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!

Tuesday nights, January 11-February 22

McKinley Family Center

\$25 Member \$50 Guest Member

Tae Kwon Do

(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: 6:30-7:30 p.m.

Location: FFC Aerobics Room

Fee: Members \$75 Guest Member: \$125



Jay Price Coed Basketball Clinic

(Kindergarten – 6th grade)

Jay Price, assistant basketball coach for the University of Illinois men's basketball team, will lead a 4-day basketball skills clinic for children in Kindergarten through 6th grade. Focus will be on fundamentals skills of shooting, dribbling, and passing at the Fitness and Family Center. Clinic is limited to eighty participants.

This clinic is neither sponsored nor supported by the University of Illinois.

Date: May 2-5

Schedule:

Kindergarten-3rd grades: 5:00-5:50 p.m.

4th-6th grades: 6:00-6:50 p.m.

Fee: \$30 Members \$60 Guest Member

CHAMPAIGN COUNTY YMCA CHEER SQUAD

Our flag football and basketball teams have been growing bigger every year, but the games are lacking spirit, lacking CHEERLEADERS! But not anymore. Be a part of the first ever CCMCA cheer squad!

Each session is kicked off with a Sunday clinic to gear up for the games. All games are held on Saturdays. Times vary depending on grade level. Schedules will be sent out prior to the first game. The first half hour of every game is practice time for players and cheerleaders. Price includes Sunday clinic, and coaching at all events. Girls and boys of all levels welcome!

SPRING BASKETBALL CHEER SQUAD

March 5-April 16

Sunday Clinic: February 27

K-2ND GRADE – Jr. Squad

3rd- 5th GRADE – Senior Squad

Fees: \$48 member

\$86 Guest Member

SPRING FLAG FOOTBALL CHEER SQUAD

April 23-June 4

Sunday Clinic: April 17

K-2ND GRADE – Jr. Squad

3rd- 5th GRADE – Senior Squad

Fees: \$48 member

\$86 Guest Member

GYMNASTICS

The YMCA offers gymnastics for youth 12 months of age through high school. Participants learn movement skills, fine motor skills, tumbling skills and maneuvers on gymnastic elements in a progression-based curriculum. Each class level has multiple skills to learn and it will take a child several sessions in a particular class level to progress to the next class. **We strongly recommend two lessons per week for greater skill development and skill retention that enhances individual progression.**

PARENT/CHILD LESSONS

Through the use of props and small gymnastics equipment this class helps the parent and child age 12 months to 3 years old to bond and develop a love and appreciation of physical fitness together while learning basic gymnastics skills. Skills get more difficult and complex as the children move through the age divided classes and prepare for our Firefly class.

Progressive Parent/Child Lessons Schedule (12 mos.-3 yrs.)

CLASS	DAYS	TIMES
Inchworm (12-24 months)	Monday	10-10:30 a.m.
Caterpillar (2 year olds)	Monday Wednesday Thursday Saturday	9:30-10 a.m. 6:15-6:45 p.m. 10:30-11 a.m. 9-9:30 a.m.
Grasshopper (3 year olds)	Monday Monday Tuesday Thursday Saturday	9-9:30 a.m. 6:15-6:45 p.m. 5-5:30 p.m. 10:30-11 a.m. 9:30-10 a.m.

Fees: \$51 per class Member
\$69 per class Guest Member

Parent/Child Gym Play (formerly Rug Rats)

(Walking to 5 years old)

Bounce on the tumble track and trampoline, jump into "the pit", swing on the bars and wind through the obstacle course with your child. All children must be supervised by their parent/guardian. Pay as you attend or purchase a gift card for five classes at the guest member rate.

Wednesdays 10:30-11:30 a.m. or Fridays 1-2 p.m.

Fee per child per day: Free for Members \$6 Guest Member

PROGRESSIVE PRESCHOOL LESSONS

Firefly I This is a beginner preschool class for 4-5 year olds that teaches the basic skills of gymnastics such as forward and backward rolls, basic bar skills, walks on balance beam, as well as terminology and body positions.

Firefly II Prerequisite Firefly I: Preschoolers will build on Firefly I skills with emphasis on handstands, forward and backward rolls, pullovers on bars, basic vaulting and using the higher balance beams.

Firefly III Prerequisite Firefly II: Building on Firefly II skills, this Intermediate class focuses on floor, vault, bars, and beams with integration of cartwheels, handstands, bridge kick-overs, pullovers and more advanced vaulting and beam skills.

Firefly Class Schedule (4-5 year olds)

CLASS	DAYS	TIMES
Firefly I	Monday	3:45-4:30 p.m.
	Tuesday	6:30-7:15 p.m.
	Wednesday	5:30-6:15 p.m.
	Thursday	9-9:45 a.m.
	Thursday	4:45-5:30 p.m.
	Saturday	11-11:45 a.m.
Firefly II	Monday	5:30-6:15 p.m.
	Wednesday	4:30-5:15 p.m.
	Thursday	9:45-10:30 a.m.
	Thursday	4-4:45 p.m.
	Saturday	10:15-11 a.m.
Firefly III	Monday	4:30-5:15 p.m.
	Wednesday	3:45-4:30 p.m.
	Thursday	5:30-6:15 p.m.

Fees: \$65 Member
\$85 Guest Member



GYMNASTICS

GIRLS PROGRESSIVE LESSONS

Butterfly I This is the beginning gymnastics class; 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.

Butterfly II Prerequisite: Butterfly I. Intermediate skills will be taught on vault, bars, beam, and floor.

Butterfly III Prerequisite: Butterfly II. In this advanced class, more technical skills are taught on vault, bars, beam, and floor.

Butterfly Class Schedule (5-7 year old girls)

CLASS	DAYS	TIMES
Butterfly I	Tuesday	4-5 p.m.
	Tuesday	5-6 p.m.
	Tuesday	6-7 p.m.
	Thursday	6:30-7:30 p.m.
	Saturday	9-10 a.m.
Butterfly II	Tuesday	4-5 p.m.
	Tuesday	5-6 p.m.
	Tuesday	6-7 p.m.
	Thursday	6:30-7:30 p.m.
	Saturday	9-10 a.m.
Butterfly III	Tuesday	4-5 p.m.
	Tuesday	5-6 p.m.
	Tuesday	6-7 p.m.
	Thursday	6:30-7:30 p.m.
	Saturday	9-10 a.m.

Fees: \$70 Member
\$90 Guest Member

Ladybug I Classes are for those interested in learning skills on the vault, bars, beam, and floor.

Ladybug II Prerequisite: Ladybug I. Advanced skills will be taught on all four events.

Ladybug Class Schedule (8 years and older)

CLASS	DAYS	TIMES
Ladybug I	Monday	4:30-5:30 p.m.
	Thursday	5:30-6:30 p.m.
Ladybug II	Monday	5:30-7 p.m.
	Thursday	4-5:30 p.m.
Ladybug I fees:	\$70 Member	\$90 Guest Member
Ladybug II fees:	\$85 Member	\$105 Guest Member

BOYS PROGRESSIVE LESSONS

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

Dragonfly Class Schedule (5-7 year old boys)

CLASS	DAYS	TIMES
Dragonfly	Wednesday	3:30-4:30 p.m.
	Thursday	4:30-5:30 p.m.
	Friday	4:00-5:00 p.m.

Yellowjacket This is the beginning gymnastic level for boys age 8 years and up. Beginning through intermediate skills will be taught on the floor, vault, rings, pommel horse, high bar and parallel bars.

Yellowjacket Class Schedule (8 years old and up)

CLASS	DAYS	TIMES
Yellowjacket	Wednesday	3:30-4:30 p.m.
	Thursday	4:30-5:30 p.m.
	Friday	4:00-5:00 p.m.

Dragonfly & Yellowjacket Fees: \$70 Member
\$90 Guest Member

PROGRESSIVE TUMBLING

(5-7 year-old boys and girls)

Tumblebug I Participants will learn forward and backward rolls, bridges, trampoline jumps with good control and other progressive skills.

Tumblebug II Prerequisite: Tumblebug I. Building on previous level skills, handstands, roll combinations, cartwheels and jump series on trampolines will be taught in preparation for Tumblebug III.

Tumblebug III Prerequisite: Tumblebug II. At this level, participants will advance in cartwheel and handstands, learn backbends and walkovers, as well as additional skills on the trampolines.

Tumblebug Class Schedule (5-7 year olds)

CLASS	DAYS	TIMES
Tumblebug I	Monday	4-5 p.m.
	Monday	5-6 p.m.
	Wednesday	3:30-4:30 p.m.
	Wednesday	5:30-6:30 p.m.
	Wednesday	6:30-7:30 p.m.
	Saturday	11-noon

GYMNASTICS

Tumblebug II	Monday	4-5 p.m.
	Monday	5-6 p.m.
	Wednesday	3:30-4:30 p.m.
	Wednesday	5:30-6:30 p.m.
	Wednesday	6:30-7:30 p.m.
	Saturday	11-noon

Tumblebug III*	Monday	4-5 p.m.
	Monday	5-6 p.m.
	Wednesday	3:30-4:30 p.m.
	Wednesday	5:30-6:30 p.m.
	Wednesday	6:30-7:30 p.m.
	Saturday	11-noon

Tumblebug fee: \$70 Member
\$90 Guest Member

PROGRESSIVE TRAMPOLINE AND TUMBLING

(8 years old and up boys and girls)

Power tumbling and trampoline is a popular sport growing everyday. All trampoline and tumbling classes incorporate trampoline, tumbling, tumble track, and double mini into each class. Participants will learn skill sequences on each event and must successfully master them before moving on to the next level. Skills will progress from rolls and cartwheels to handsprings. Participants in all levels have the opportunity to compete in USTA Tumbling & Trampoline events as part of the YMCA Mustang team featuring national level qualifiers in the 20078-2009 season.

(3 1/2-5 year olds, boys & girls)

Jr. Tumblebugs

Participants will learn beginning tumbling skills such as forward and backward rolls, bridges, beginning jumps on the trampoline, and skills on the tumble track. *Children under age 4 years may be asked to have a parent participate in class to assist their child if difficulties arise.

CLASS	DAYS	TIMES
Jr. Tumblebugs	Monday	4-4:30 p.m.
	Thursday	6:30-7 p.m.

Jr. Tumblebugs fee: \$51 Member
\$69 Guest Member

Tumbling I This class is an introduction to tumbling and trampoline. Cartwheels, handstands and rolls are introduced. Beginning routines on the trampoline and double-mini are also introduced.

Tumbling II Prerequisite: Tumbling I. More progressive skills such as walkovers and round-offs will be taught. More difficult routines and passes will be taught, along with proper form and technique on the trampolines.

Tumbling III Prerequisite: Tumbling II. Emphasis is on flip-flops and form with advanced skills taught on the trampolines.

Coed Trampoline and Tumbling Schedule (8 years old and up)

CLASS	DAYS	TIMES
Tumbling I	Monday	6-7 p.m.
	Wednesday	4:30-5:30 p.m.
Tumbling II	Monday	6-7 p.m.
	Wednesday	4:30-5:30 p.m.
Tumbling III	Monday	6-7 p.m.
	Wednesday	4:30-5:30 p.m.

Tumbling I, II, III fees: \$70 Member
\$90 Guest Member

Gymnastics Without Limits Larkin's Place Programming

This gymnastics program is an inclusive gymnastics class. Instructors will teach basic gymnastics, tumbling, and trampoline elements; adapting skills to each child's needs and abilities. Instructors will work closely with parents to help children progress in the areas of motor skills, balance, coordination, flexibility, strength development and socialization in a fun, friendly atmosphere. All participants should have a parent/buddy with them during the class. If working on independence from parents or helper is a goal for your child, let the instructor know in advance and we will work toward that goal. Also if you are in need of a "buddy" for your child please call the gymnastics director at 239-2808 or email gymnastics@ccymca.net. Feel free to contact director in advance with any questions or accommodations that may be needed in order for your child to participate.

GYMNASTICS

Ages 3-6 years old (boys and girls)

Tuesday 4-4:45 p.m.
 Thursday 5:30-6:15 p.m.
 Fee: \$51 Member \$69 Guest Member

Ages 6 years old and up (boys and girls)

Tuesday 4-4:45 p.m.
 Thursday 5:30-6:15 p.m.
 Fee: \$51 Member \$69 Guest Member

Beginners Trampoline

(6 years old and up, boys and girls)

This class is for those kids who love the trampoline and want to learn how to perform skills correctly and safely. Participants will learn jumps, swivel hips, front and back drops, and beginner level routines on trampoline. Beginner routines and passes on Double mini will be taught as well as front tucks on tumble track. No experience is required for this level.

Ages: 6-9 years old, boys and girls

Schedule: Tuesday 6-7 p.m.
 Thursday 4-5 p.m.

Ages: 10 years old and up, boys and girls

Schedule: Tuesday 6:00-7:00 p.m.
 Thursday 4-5 p.m.

Fees: \$70 Member \$90 Guest Member

Intermediate/Advance Trampoline

(6 years old and up, boys and girls)

Must have instructor or director's approval before registering for this class. Participants in this class will learn skills ranging from front and back tucks through to double front and back flips on trampoline and double mini, as well as twisting elements and beyond. This is for those who have mastered the basic skills and safety elements required to move on to more advanced trampoline skills.

Schedule: Tuesday 6-7 p.m.
 Thursday 4-5 p.m.

Fees: \$70 Member \$90 Guest Member

Cheer Tumbling

(10-18 year-old boys and girls)

Skill development will primarily focus on non-trampoline tumbling instruction to enhance competitive cheerleading or dance curriculum. All skill levels welcome; instruction based on individual ability.

Mondays 7-8 p.m.

Fees: \$70 Member
 \$90 Guest Member

Gymnastics And Tumbling Clinics

Ages 4-12 years

TIME: 9 am-12 pm
 \$25 Member \$35 Guest Member

Clinic Date: January 17, February 21, March 18, March 21, March 22, March 23, March 24, March 25

Private Gymnastics Lessons

Private gymnastics and tumbling lessons provide one-on-one instruction for enhanced skill development for youth ages five and older. Lessons must be pre-paid and are scheduled by appointment only by calling the Gymnastic Director 239-2808.

Option 1: 60-minute lesson
 One student: \$35 Member \$50 Guest Member

Option 2: 30-minute lesson
 One student: \$20 Member \$27.50 Guest Member



GYMNASTICS

COMPETITIVE GYMNASTICS TEAM

The YMCA Mustangs competitive gymnastics team membership is comprised of boys and girls who are eligible to tryout after receiving director's approval. The team program is designed to develop dedicated and goal-oriented gymnasts. We offer competitive teams for boys and girls under the USAG governing body. Our goal is to develop advanced gymnasts in a healthy and competitive atmosphere. A YMCA membership is required to participate. For more information, contact the Gymnastics Director at 239-2808.

MUSTANG TUMBLING AND TRAMPOLINE TEAM

Join our National level tumbling and trampoline team for the 2010-2011 season! Experience the thrill of competition in a low commitment, fun environment. Team is open to boys and girls ages 3 and up. Practice options include one or two times per week and only one competition per season is required. New team members are accepted throughout the year on a "space available" basis. Come give it a try. The first practice is always free! Ask your child's instructor for an informational letter or contact the Gymnastics Director at 239-2808 or gymnastics@ccymca.net

MANNERS: FUN, FOOD AND MORE

(ages 8 – 10 years)

This course is designed for 8-10 year olds and will emphasize a variety of areas related to etiquette. Topics will include table manners, serving food, writing thank you notes and everyday manners that can be used in many different situations.

All materials will be provided for each session and all of the classes will be presented in a fun atmosphere with opportunities for "hands on" experiences.

Wednesday: 4:00 – 5:00 pm McKinley Family Center

Fee: \$12 member \$24 guest member

FRIDAY FAMILY FUN NIGHTS

Plan ahead to attend the YMCA's fall line-up of family fun events on Friday nights! Your family will enjoy safe, supervised play in the pools and gyms while taking part in themed events of the evening. Due to the nature of these events, all children under the age of 18 must be accompanied by a participating adult.

Friday Family Fun Nights are held from from 6-8 p.m. on February 11 and April 2 . Both will be held at FFC.

FAMILY

SPRING BREAK TEEN WRITER'S WORKSHOP

Who better to introduce teens to the amazing world of fiction writing than someone who has taken the long journey to publication and has a love for children's and teen stories. TEMPEST, the first book in Julie Cross's (YMCA Recreational Gymnastics Director) forthcoming young adult trilogy is set to be on shelves next fall.

Teen Writer's Workshop will explore all forms of storytelling including, but not limited to, short stories, novel writing, poetry, screen writing, journalism and comics and graphic novels. No experience required, just a love of stories and creative exploration. Nothing technical or boring about this workshop! Just good, clean, fiction fun.

March 21-25
Fitness and Family Center

Grades 4-7	9:00am-12:00pm
Grades 8-12	1:00pm-4:00pm

Member: \$100 Guest Member: \$125

YMCA BIRTHDAY PARTY PACKAGES

Let the YMCA host your child's birthday party! Our unique party packages include an enthusiastic host who will coordinate party logistics on your behalf, while you enjoy the celebration with your child.

Gymnastics Package includes:

- One hour of supervised play in the gymnastics arena
- Party room with decorations, includes set-up and clean-up

Ages: Four years and older

Pricing: Fees vary depending on party logistics

Schedule: Hours available vary depending on program schedule. Call 253-3399 for more information or to schedule a party.

Aquatics package includes:

- One hour of supervised water play in small pool for maximum 20 children
- One hour of private room for group use

FAMILY

PRESCHOOL PARTY FRIDAY

Ages 3-5 Years

9:00 a.m.-12:00 p.m.

\$20 Member/each party \$25 Guest Member/each party

Have a morning off while your child has a blast partying at the YMCA. Program is run by the Gymnastics Director and gymnastics staff and is held at the **Fitness and Family Center on Country Fair Drive**. In addition to the monthly themed activities, gymnastics play time, crafts and snacks will be part of each party.

FEBRUARY 4TH – ADVENTURES IN CANDY LAND

Journey to a land where jumping, leaping, flipping and candy are all part of the fun. Play a life size game of Candy Land and create beautiful valentines for friends and family.

MARCH 4TH – SPEEDRACER BASH

This party will be full of race cars, relays, and obstacle courses of every kind. Fun for boys and girls!

APRIL 1ST - PRINCESS BALL

Come dressed as your favorite prince or princess (frogs also welcome!) and bring your dancing shoes. Activities include creative movement, “freeze dance,” learning princess etiquette such as practicing posture while walking the balance beam, and of course “tea” with the queen.

MAY 6TH – PIRATES OF THE CARIBBEAN

Set sail to a land called “Gymnastics Island” where inhabitants build their own shelter, play an intense game of “hide and seek” in the island’s forest, and some may even walk the plank into the giant foam pit. But be on the lookout for crocodiles!

YMCA AFTERSCHOOL CARE

(Kindergarten through 5th grades)

As the nation’s largest provider of childcare, YMCAs provide family-centered, values-based programs to nurture children’s healthy development.

The YMCA offers affordable and safe after school care for both traditional and year-round school calendars at six 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, cultural learning and educational components.

AFTERSCHOOL

Afternoon 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 p.m. five days each week at multiple sites.

To enroll your child in YMCA Afterschool Care, contact the Youth and Family Director at 239-2812.

Locations:

St. John’s Lutheran School, Champaign (serving private school)
 McKinley Family Center YMCA, Champaign (primarily serving Unit 4)
 Church of Christ, St. Joseph (primarily serving CCSD#169)
 Unity East Elementary (primarily serving Unit 7)
 Unity West Elementary (primarily serving Unit 7)
 Heritage School, Homer, IL (serving Unit 8)

Fees:

Annual registration fee:

Individual: \$25 Family: \$35

Monthly Fees as follows:

5 days per week	\$175
4 days per week	\$155
3 days per week	\$135

SPRING BREAK CARE

The YMCA School’s Out session for Spring Break is offered twice this spring:

March 21-25

Register by March 16 to guarantee your child’s participation.
 Location: McKinley Family Center YMCA

April 11-15

Register by March 30 to guarantee your child’s participation.
 Location: Church of Christ, St. Joseph

What to wear: to maximize your child’s enjoyment, attire should include comfortable clothing and gym shoes to allow your child to participate in all activities.

What to bring: your child should bring two snacks and a lunch each day. When notified by YMCA staff, pack a swimsuit and towel for designated swim days.

What to leave home: YMCA staff will keep your child engaged in healthy, interactive activities throughout the day. Please do not send electronic games or toys or other personal possessions for entertainment purposes.

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 winter/spring season, classes are scheduled in seven-week sessions: Session I: January 3 - February 20
Session 2: February 21 - April 17
Session III: April 18 - June 5

Q: How early can I enroll myself or my child in a YMCA class and what are the enrollment methods?

A: You may register for a class usually three to four weeks prior to the start of a session. For your convenience, you may register online at www.cymca.net or in-person at either YMCA facility. Registration is on a first-come, first-serve basis. Payment in full is required at time of enrollment. If registering as a member at the reduced fee, a current YMCA membership is required for the duration of the session. Missed classes due to holiday, bad weather or voluntary absence are not made up.

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 at each branch. In order to protect your privacy, the use of cell phones and other recording devices are prohibited in YMCA locker rooms.

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: 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 239-2809.

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: Does the YMCA have a lost and found area?

A: Lost and Found is located at the member service desk. The YMCA is not responsible or liable for articles damaged, lost or stolen.

Q: What are the rules about lap swimming?

A: Pool set-up and lane configuration may change depending on class enrollment and the number of swimmers present at any time. Some lap swim times are more popular than others and you may be asked to circle swim.

Q: Does the YMCA sell guest passes for daily or multi-day use?

A: Guest passes may be purchased for daily use and are valid for the entire day at either YMCA location. Youth guests under the age of ten must be accompanied and supervised by an adult for the duration of a guest visit.

The cost of one or more guest passes purchased may be applied towards membership fees if you desire to join the YMCA within 30 days of the guest pass purchase. Daily guest fees:

Preschool and younger	\$3
Elementary youth (K-5)	\$5
Junior and High School youth	\$7
Adult	\$9

Q: As a member, can I rent a locker for permanent use?

A: Lockers are available for monthly or annual rentals at the rate \$1 for a small locker and \$2 for a larger locker. Please see the Membership Director to reserve and pay for your locker.

Q: Can I use my YMCA membership at another YMCA while traveling out of town?

A: The A.W.A.Y. program (Always Welcome at YMCAs) is a voluntary, national program among YMCAs based on the philosophy that when a member joins one YMCA, he or she is a part of a nationwide association. The A.W.A.Y. program enables members from one YMCA to temporarily access other YMCA facilities across the country while traveling to various cities or states. Some restrictions or additional fees may apply at each respective YMCA.

Errors and Omissions

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

The Y Logo

THEN



1891 - Luthur H. Gulick, M.D., proposes a red triangle as the Y symbol. The equal sides of the triangle stand for "man's essential unity, body, mind and spirit, each being a necessary and eternal part of man, he being neither one or alone..."



1895 - The annual convention of the U.S. and Canadian Ys authorizes adding the triangle to the old World Alliance insignia referencing John 17:21: "That they may all be one... as we are one."



1896 - The logo is simplified and a second ring is added. It is said the second ring represents friendship and love without end among individuals. This remains the Y's official emblem



1897 - The everyday logo from 1897 to 1967 is the red triangle



1967 - The Y creates and trademarks the logo with the triangle and bent bar.

NOW



YMCA Mission: To put Christian Principles into practice through programs that build healthy spirit, mind and body for all.



Champaign County YMCA
500 West Church Street
Champaign, IL 61820

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**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ACTIVATE AMERICA® YMCA HEALTHY KIDS® DAY 2011

YMCA Healthy Kids Day is a free and fun-filled event designed to promote healthy habits for kids and families. We celebrate this day by making fitness fun and introducing kids to an array of YMCA programs and ways to play—both essential components of developing of healthy lifestyles.

Bring your family and join in on the fun—
event is free to the community!

**Saturday, April 16 from 3-5 p.m. at the
YMCA on Country Fair Drive**



DAY CAMP

**SUMMER CAMP IS JUST
AROUND THE CORNER!**

**LOOK FOR OUR 2011 SUMMER CAMP GUIDE
COMING IN FEBRUARY.**

