



Warren County YMCA

Summer 2010

Professional Staff

Sam Brooks..... Executive Director/CEO
 Candy ConardAssociate Executive Director
 Tom Glenn.....Program Director
 Lynnae Touchette.....Program Director
 Heather Turnquist.....Membership Director
 Tom Lydic..... Building Superintendent
 Diana Hunt Front Desk Coordinator
 Carey Jones..... Fitness Coordinator

Member Information

General Information

Website www.warrencountymca.org
 Phone.....(309)734-3183
 Email.....info@warrencountymca.org

Hours Of Operation

Monday-Friday.....5:30 am - 9:00 pm
 Saturday.....8:00 am - 2:00 pm
 Closed Fridays at 7:00 pm6/04/10 - 9/10/10

Facility Holidays/Closed

Memorial DayMay 31, 2010
 Labor Day.....September 6, 2010
 Shutdown Week (close at 5 pm).... 9/7/10 - 9/10/10

Session Dates

Spring Session Ends..... May 29
 Summer I.....June 7 - July 10
 Summer IIJuly 12 - August 14
 Fall I.....September 13 - October 30

Registration Dates

Summer I Registration..... Begins May 24
 Summer II RegistrationBegins July 5
 Fall I Registration..... Begins August 23

Our Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Warren County YMCA

Dancing For Dreams

Save the Date . . . September 25, 2010

Please join us at the Rivoli Theater for food, a live & silent auction, and of course dancing! All proceeds from this wonderful event help to sustain the YMCA fee assistance program. Stay tuned to the local newspapers, radio, and the YMCA web site (www.warrencountymca.org) for more information.

Don't miss out on your chance to vote for your favorite celebrity dancer, make sure to mark your calendars for September 25th! The 2010 celebrity dancers are:

*Melissa Brown Craig Cozadd Brad Larson Luke Raymond
 Jackie Jenks Susie Juergens Joe Switzer Pam VanKirk*

Interested in dancing to raise money for Warren County kids? Contact the YMCA to express your interest in becoming one of the 2011 celebrity dancers.

2010 Monthly Membership Fees/Financial Assistance/Scholarships



2010 Monthly Membership Fees

Family	\$44.55
Married Couple	\$32.70
Adult (18-64 years)	\$31.70
Single Parent	\$30.25
Senior Couple	\$27.80
Senior Citizen (65 & Older)	\$24.75
Teen (13-17 years)	\$15.45
Youth (0-12 years)	\$12.65

Please remember that the age requirement to be in the facility unsupervised by an adult is 8 years old. Child-care services are available for children under 8 while the responsible adult is utilizing the facility. Morning & evening childcare hours are available, and are included with your membership. The safety of your child is our main concern, and the reason that this policy is in place.

Financial Assistance/Scholarships

The Warren County YMCA Fee Assistance Program is made possible by financial support received from the United Way of Warren County and donations received through the annual YMCA Strong Kids Campaign. Consistent with the goals and objectives of the Warren County YMCA, membership or program services will be made available to all persons, regardless of their ability to pay.

YOUTH SPORTS

YMCA Youth Sports are for everybody. You do not have to be a “star” to shine in YMCA sports. We do not cut any kids and make sure they each play at least half of the game. We never turn kids away...no matter what! Youth sports are not possible without the help of caring adults willing to volunteer their time. Volunteer coaches are needed for all youth sports programs.

Fees for all youth sports (unless otherwise indicated):
 \$29 Y Member \$49 Program Member
 * Unless otherwise indicated.

Girl's Fast - Pitch Traveling Softball Teams (Grades 6-12)

Divisions of play: Grades 6-8
 Registration: Beginning in April 2010
 Games played: June & July
 Fee \$40 Y Member \$60 Program Member

Divisions of play: High School
 Games played: June & July
 Fee: \$70 per player

Co-Ed T-Ball (ages 3-5)

June 5 - July 24
 Games played: Saturday Mornings at YMCA fields.
 League begins: June 2010

ADULT SPORTS & PROGRAMS

Adult 5 on 5 Basketball League

Assemble your best team and bring your A game. Join one of the best basketball leagues in the area. Each team will play one game per week. Games will be played at the 1st Street Armoury, 215 S. 1st Street.
 League Dates: June 8 - August 17
 Team Fee: \$225
 Registration Deadline: June 8



SPECIAL OLYMPICS SPOTLIGHT

During the last three months Special Olympics has been focusing on Swimming and Track and Field. All five of our swimmers advanced to state at the District meet in Urbana in April with nine golds among the five athletes. On May 1st, our Track and Field team competed at Districts here in Monmouth at Sunny Lane Field with 26 athletes receiving gold medals to advance to state competition. So, now we will be busy practicing for State Summer Games to be held in Bloomington-Normal the weekend of June 11th through June 13th.

In addition two athletes went to the Nationals Competition training weekend in April and will be going to Lincoln, Nebraska in July to compete in Bocce and Track and Field as part of the Illinois delegation. We are also getting ready for softball season, getting our teams together and starting practices. Good luck to all our athletes in the upcoming competitions!

RENTAL INFORMATION

During Facility Hours:

Party rentals are available to YMCA members and community members. A party rental includes our game room, No Limits! and swimming. The No Limits! room will be reserved specifically for your party, but use of the pool is subject to the open swim schedule during your rental. No Limits! is a space that kids and families will love. This space has air hockey, ping pong, foosball, shuffle board, Wii stations, arcade games, and a TV lounge. The perfect party room! Contact Heather Turnquist to schedule your event.

The No Limits! room will be available to decorate 30 minutes prior to rental time.

YMCA Member: \$50
Community/Activity Member: \$75

The prices listed above are for a two-hour rental.

After Hours Rental Prices

Your family or group can rent the YMCA after hours when the YMCA is closed. You can rent the entire facility with or without the pool. Full facility rental does not include: cardio room, nautilus, free weights, studio, or babysitting service. It does include: gym, pool (optional), racquetball court, and No Limits!. Rental prices listed below are subject to change depending upon staffing requirements for your event.

Full Facility Rental \$125/hour

A full facility rental includes the gym, pool, racquetball court, and No Limits!.

Full Facility Rental (no pool) \$75/hour
 Rental includes gym, racquetball court, and No Limits!

Overnight Building Rental \$350/night

YOUTH & TEEN ACTIVITIES

Baton Lessons

(Two 5-week sessions)

Fee: \$21 Y Member \$37 Program Member

Session 1: June 8, 15, 22, 29, & July 6

Session 2: July 13, 20, 27, August 3 & August 10

Tuesdays

Level I 2:00-2:50 pm

Level II & III 3:00-4:00 pm

Level IV 3:00-4:30 pm

Kuk Sool Won (Martial Arts)

Thursdays (Two 5-week sessions)

Age 7-15 year olds

Time: 6:30-7:30 pm

Fee: \$21 Y Member \$39 Program Member

Age 16 & up

Time: 7:30-8:30 pm

Fee: \$21 Y Member \$39 Program Member

United After School Program (North & South Campus)

YMCA After-School Program provides a safe environment for your child Monday through Friday after school until 6:00 pm. Our program helps to support and strengthen the family unit, and develop children to their full potential. Through daily activities, we promote the YMCA core values in each child. To learn more about the daily activities and other general information, please contact Andrew Wilson.



Honesty

It takes courage to grow up and become who you really are.
~e.e. cummings

YMCA Summer 2010 Day Camp ... What's New With Day Camp?



- Place: Warren County YMCA
- Dates: June 7-August 20 (11 weeks)
- Days: Monday through Friday
- Time: 7:00 am - 5:30 pm
- Fees: Member: \$65 per week or \$50 for 3 days
Non-Member: \$75 per week or \$65 for 3 days
- Note: 15% discount for each additional child in the same family
- Age: Children entering 1st through 6th grade.
- Deposit: A \$10 non-refundable deposit must be put down for each week you register for. The deposit is part of the weekly fee, not in addition to.

Day Camp at the Warren County YMCA is a place where memories are made. Camp participants will remember the summer of 2010 for years to come!

Introducing our new Camp Coordinator Georgia Gum!!!! Georgia is currently in pursuit of earning a bachelor degree in Elementary Education at Western Illinois University. Georgia has a number of great ideas for this summer's Day Camp, and looks forward to implementing them throughout the summer.



ADULT FITNESS

Fitness Class Prices

No. of class meetings	Member	Program Member
20	Included	\$78
30	Included	\$115
Unlimited	Included	\$125

AQUATIC FITNESS

AFYAP (Arthritis Foundation YMCA Aquatic Program)

M/W/F 2:15-3:00 pm

Splash Dance

M/W/F 8:00-8:45 am
T/TH 5:30-6:15 pm

Treading Water

M/W/F 9:00-9:45 am

Water Walking

T/TH 9:30-10:15 am



LAND FITNESS

Basic Pilates

T/TH 5:45-6:15 am
T/TH 8:30-9:00 am
T/TH 5:00-5:30 pm

Beginner Kickboxing

M/W 6:15-7:00 pm

Core-lystix

M/W 5:30-6:15 pm

Dance Fusion

Tuesday 6:45-7:45 pm
Wednesday 7:15-8:15 pm

Kickboxing

M/W/F 8:30-9:15 am
T/TH 5:30-6:30 pm

People with Arthritis Can Exercise (P.A.C.E.)

(Arthritis Foundation Accredited Program)

M/W/F 10:30-11:00 am (YMCA)
Fee: Free Y Members \$20 Program Members

Y-Pump

M/W/F 5:45-6:30 am
M/W/F 9:15-10:15 am
Saturday 8:30-9:30 am

Y Walk - Join our club

(7 week sessions)

M-F 6:00-9:00 am
Fee: Free to YMCA Members \$15 donation for Program Members

Fit Beginnings Program

New to exercise? Want to learn to exercise? Sign up for this nine-week program that provides instruction on the basics to exercise. Contact Candy Conard for details.

Personal Training

Contact Candy Conard for details.

Nautilus/Free Weight Orientations

Appointments made for YMCA members only. A \$10 refundable deposit is required upon making an appointment. If you do not show up to your appointment and the YMCA is not notified in advance, your \$10 deposit will not be returned. Requirements for an orientation are: minimum of 12 years old, 5 ft. tall, and must weigh 100 pounds.

Caring

*If you cannot be a poet, be the poem.
~David Carradine*



YMCA Aquatics Lesson & Pool Information

Fee for all lessons:

\$15 Y Member \$25 Program Member

Summer Session I June 7 - July 10

Summer Session II July 12 - August 14

Two 5-week sessions with classes meeting one time per week.

PARENT & CHILD LESSONS (ages 6 months - 3 years)

Parent & Child Water Enrichment Program

The YMCA Parent & Child Water Enrichment Program helps children explore and adjust to a water environment with their parents. It's a great way to spend quality time together! Songs, games, and activities help parents promote a love and respect of the water.

Tuesday 6:30-7:00 pm

PRESCHOOL LESSONS (ages 3-5)

Pike

Beginner: Class teaches children how to float and paddle on their front and back with a float belt, as well as other basic skills appropriate for this age level. Children will build their confidence and become more comfortable in the water.

Monday or Wednesday 6:00-6:30 pm

Combined Eel & Ray/Star

Advanced Beginner: Class reinforces skills learned in Pike, and helps children become more confident swimming with little to no help. Participants will begin to develop coordinated strokes on front, back, and side. Children become more independent in the water and prepared for youth classes.

Monday or Wednesday 6:00-6:30 pm

Combined Pike, Eel & Ray/Star

Beginner & Advanced Beginner: Class is designed to help beginner and advanced beginner students work together to improve. Class practices and reviews skills learned in Polliwog, and helps students achieve the more advanced skills learned in Guppy.

Tuesday 7:00-7:30 pm

YOUTH LESSONS (ages 6-12)

Polliwog

Beginner: Class is designed for older children who are just learning to swim. Class focuses on gaining confidence in the water, floating and gliding on the front and back, as well as the beginning of stroke development. No experience is necessary.

Monday or Wednesday 6:30-7:15 pm

Guppy

Advanced Beginner: Students start to perfect the front crawl with rhythmic breathing, back crawl, and sidestroke. Children also begin to build endurance and coordination in the water.

Monday or Wednesday 6:30-7:15 pm

Combined Polliwog & Guppy

Beginner & Advanced Beginner: Class is designed to help beginner and advanced beginner students work together to improve. Class practices and reviews skills learned in Polliwog, and helps students achieve the more advanced skills learned in Guppy.

Saturday 10:15-11:00 am

Minnow

Intermediate: Children continue to perfect the front crawl, back crawl, and side-stroke. The elementary backstroke is introduced, and diving skills are practiced. Class continues to reinforce skills learned in Polliwog and Guppy, and helps students build endurance for swimming greater distances.

Monday 6:30-7:15 pm

Fish/Flying Fish

Advanced 1: Students will perfect all strokes learned previously and begin learning the breaststroke and butterfly. Diving is moved to the diving board, and students begin to work on turns. Endurance is very important at this level as students continue to work on their competency.

Wednesday 6:30-7:15 pm

Combined Minnow & Fish/Flying Fish

Intermediate & Advanced 1: Class designed to help intermediate and advanced students work together to improve. Class practices and reviews skills learned in Minnow, and helps students achieve the more advanced skills learned in Fish/Flying Fish.

Saturday 9:30-10:15 am

Shark/Porpoise

Advanced 2: If your child has advanced to the Shark/Porpoise level, please contact the Aquatics Director. Classes will be developed and added based on interest. If not enough students are interested, we highly recommend signing up for the Fish/Flying Fish class to continue reinforcing the skills you have worked on.

OTHER AQUATIC OPPORTUNITIES

Private & Semi-Private Lessons (ages 3 and up)

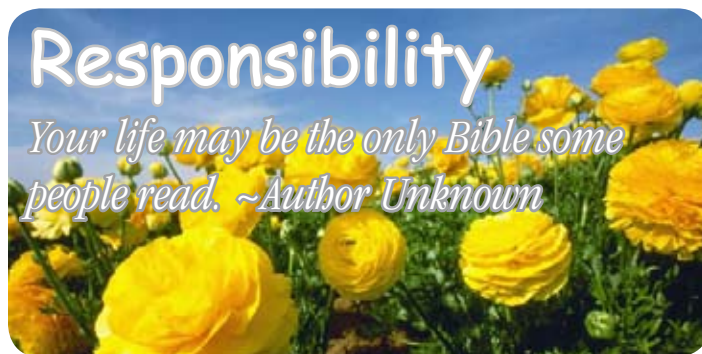
Private or Semi-Private lessons are ideal for older children just learning to swim, children with special needs, adults who are nervous around water, or busy families that can't fit the regularly scheduled swimming lesson in their day! Lessons are designed to fit your schedule. Please contact the Aquatics Director if interested.

Private Lessons (1 student)

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

Semi-Private Lessons (2-3 students)

Fee: \$25 Y Member \$40 Non-Member



Special Events/Staff Spotlight

Dive-In Movies

Coming soon to a pool near you! Enjoy a movie while it's projected up on the wall in the pool area. You can float on a noodle, jump off the diving board, and splash around with your friends or family! Free popcorn and drinks will be served half way through the movie at "intermission." Movies start at 6:30 pm and end at 8:30 pm.

Thursday, June 24 – Flushed Away

Thursday, July 29 – Shark Tale

Thursday, August 26 – Kung Fu Panda

Individual Fee: \$2 Member \$5 Non-Member
Family Fee: \$8 Member \$15 Non-Member

Dancing for Dreams

Save the date . . . September 25, 2010. See page 1 for more information.



Staff Spotlight

Get to know our NEW day camp coordinator, Georgia Gum...

My hometown is Bushnell, IL. I am a graduate of PORTA High school, and Lincoln Land Community College. I spent 4 years in the Navy and I loved traveling to Italy, Greece and the Caribbean. I am now a student at WIU working on my Bachelors degree in Elementary Education. I have a little house in Roseville, where I attempt to master various home improvement projects. In my free time I like to boat and ski in the summer, watch movies and grill out with friends. I am looking forward to working with the Summer Camp!

Respect

*There is no pillow so soft as a clear conscience.
~French Proverb*



Warren County YMCA Mission Statement

To put Christian principles into practice through programs that build
healthy spirit, mind, and body for all.