

Warren County YMCA



Winter/Spring 2010

Professional Staff

Sam Brooks..... Executive Director/CEO
Candy Conard Associate Executive Director
Tom Glenn Program Director
Andrew Wilson 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
Sunday 1:00 pm - 4:00 pm
Closed Sundays beginning ..5/02/10 - 10/31/10
Closed Fridays at 7:00 pm6/04/10 - 9/10/10

Facility Holidays/Closed

December 24, 2009..... Close at 1:00 pm
December 25 Closed
December 31 Close at 5:00 pm
January 1, 2010..... Closed
April 4, 2010..... Closed
May 31, 2010..... Closed

Session Dates

Winter I January 4 - February 20
Winter II..... February 22 - April 10
Spring..... April 12 - May 29

Registration Dates

Winter I Begins week of December 14, 2009
Winter II..... Begins week of February 15, 2010
Spring..... Begins week of April 5, 2010

Our Mission Statement

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

Warren County YMCA KIDS NEED HEROES *Annual Sustaining Campaign*

As we continue a new year and new challenges, we once again look for your support. 2010 will be a year of rebuilding for many families. More than ever, our community must come to the aid of vulnerable children and families.

Children are in need of security. They need a place to go where they are filled with hope and promise; a place where they will find an adult they can trust and an activity that builds self-esteem. If kids don't have a place to go, they could end up going no where.

Parents are in need of peace of mind. Peace of mind that their children are safe and protected. They need a place that they can spend time with their children; a place that provides an atmosphere of enrichment and family value.

The YMCA meets these needs every day. In 2009, the Warren County YMCA and its contributors were able to improve the quality of life for over 1,000 children and families throughout Warren County by providing over \$40,000 in membership and program assistance.

We give families opportunities to spend time together and build strong relationships. We teach swimming lessons – a skill that could some day save a life. Our school age childcare program gives working parents the affordability and dependable support they need. Our youth fitness programs help fight the childhood obesity epidemic. Our youth sports programs teach teamwork while building self-esteem.

Each year we conduct our Kids Need Heroes Campaign to provide scholarships for those who are less fortunate. We cannot continue our important work without the support of our community--without your support. NO CONTRIBUTION IS TOO SMALL.

We have set a goal of \$20,000 for our 2010 Kids Need Heroes Campaign:



- A gift of \$50 will provide a session of swim lessons or youth sports
- A gift of \$100 will provide will provide four youth a week of after school care
- A gift of \$135 will provide a one year membership for a youth
- A gift of \$200 will provide a one year membership for a teen
- A gift of \$250 will provide five youth a swim lesson or youth sport
- A gift of \$500 will provide a one membership for a family in need

Support the place that supports kids and families – the YMCA
Make a contribution to the
2010 Kids Need Heroes Campaign today!

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

Basketball League – Girls Welcome!

Divisions of play: Grades 2-3
Grades 4-6
Games begin: Saturday, January 23

After School Dodge Ball

Grades K-3 Mondays 3:45-5:15 pm
Grades 4-6 Tuesdays 3:45-5:15 pm
Begins week of January 11th
Fee: \$17 Y Member \$32 Program Member

Co-Ed Spring Soccer

Divisions of play: K-2nd 3rd-5th 6th-8th
League begins: March 2010
Some traveling for Grades 3-8.

Kickball League (Grades K-8)

Starting in March 2010. Watch at school for flyers.
Schedule: Wednesday 3:45-5:00 pm
Fee: \$17 Y Member \$32 Program Member

Due to the great success of last season **MIDGETS Baseball is back better than ever!** **(Ages 6-8)**

Real Teams! Real Coaches! Real Practices! Real Games!
Games **Under the LIGHTS!!** Pitching machine does the pitching.
This program is designed to help your t-ball player make the jump to the “big leagues.” League rules are very similar to Lion’s League Baseball.
A great transition for future baseball players!
Registration: March of 2010
Practices: Beginning in April
Games played: Monday & Wednesday Nights & Saturday Mornings
May, June & July
Coaches: Local volunteers will be needed

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

Flyers will be delivered to schools at time of registration.
Games played: Saturday Mornings
League begins: June 2010

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: ASA Softball (16-U, 18-U)
Registration: April 2010
Games played: June & July
Fee: \$70 per player

... youth fun

Cheerleading (Grades K-4)

Cheerleaders will perform at YMCA sports events and community events.
Begins January 18th (7 weeks)
Schedule Mondays 6:00-7:00 pm
Fee: \$22 Y Member \$42 Program Member

Baton Lessons

Mondays (7-week sessions)
Fee: \$30 Y Member \$52 Program Member

Level I 4:15-5:00 pm

For 6 years of age and up. This class is for the beginner. Students must be able to follow directions and stay focused for one hour.

Level II 5:00-6:00 pm

For twirlers with the knowledge of the basic twirls and dance moves. Class focuses on twirlers to become smooth and graceful. Two batons will be introduced.

Level III & IV 6:00-7:00 pm

Twirlers will develop solo routines, more difficult skills and perfect their technique. Competition and showmanship twirling at this level.

Kuk Sool Won (Martial Arts)

Fridays (7-week sessions)
20 Participant Maximum per Class. Requirements: Black Gee - White Belt.

Age 5-6 year olds (Instructor approval required)

Time: 4:30-5:00 pm
Fee: \$15 Y Member \$25 Program Member

Age 7-15 year olds

Time: 5:00-6:00pm
Fee: \$30 Y Member \$55 Program Member

Age 16 & up

Time: 6:00-7:00 pm
Fee: \$30 Y Member \$55 Program Member

YOUTH & TEEN ACTIVITIES



YMCA Summer 2010 Day Camp... **WHY DAY CAMP?**

Kids stay ACTIVE by participating in...

Daily swimming, group games, walking to various destinations, etc.

Kids continue LEARNING by participating in...

- Field trips, Guest speakers, science experiments, library visits, etc.

Kids develop their CHARACTER by participating in...

- Daily activities that incorporate the YMCA values of caring, responsibility, respect, and honesty.

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

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.

ADULT SPORTS & PROGRAMS

Adult Basketball

Assemble your best team and bring your A game.

League Begins: January 19

Games Played: Tuesdays beginning at 6:30 pm (10 weeks)

Fee: \$225 per season per team

Women's Only Indoor Soccer League (5 on 5)

Seven members per team minimum

League Begins: January 20

Games Played: Wednesday or Thursday nights

Fee: \$225 per team

Adult Indoor Soccer (5 on 5)

Seven members per team minimum

League Begins: January 24

Games Played: Sunday nights (10 weeks)

Fee: \$225 per team

Adult Volleyball

Come as a team or as an individual.

League Begins: February 4th

Games Played: Thursdays beginning at 6:30 pm (9 weeks)

Fee: \$100 per team

Adult Competitive Softball League

Assemble your team and join the fun. All games will be played at Monmouth Park Softball Field. Contact Tom Glenn for details.

Pre-season meeting in March.

League begins: May-August 2010 (Friday nights)

Fee: \$375 per team

Introducing by popular demand...

Adult Competitive Fast Pitch Softball

Assemble your best Fielders, and grab a great pitcher. Join us on Friday night's in May, June, July, & August. All games will be played at Monmouth Park Softball Field. Contact Tom Glenn for details.

Pre-season meeting in March 2010.

League begins: May-August 2010 (Friday nights)

Fee: \$375 per team

SPECIAL OLYMPICS SPOTLIGHT

The Warren County Special Olympics group has been busy in the last three months. We have participated in several sports, brought home lots of medals and had enormous amounts of fun in the process.

During August we were winding up our Softball season with a 2nd place finish at the District tournament in Springfield. We also got to participate in the International Softball competition in the Quad Cities with our team combining forces with some of the athletes from the competition to form two mixed teams. No score was kept and I'm not sure all of the plays were legal, but much fun was had by all the players and the spectators got more than a few laughs out of it.

We also started practicing for Bowling and Volleyball in August. We had two volleyball teams competing this season, a regulation team and a modified team. Both teams won gold at the district qualifier in October and went on to state in November. At state our regulation team got gold and our modified team got bronze. In bowling we had 16 athletes receive gold at districts in October to qualify for sectionals. We also had numerous silver and bronze winners. At sectionals in November we had 6 athletes receive gold to qualify for state on December 5th. Of the remaining 10 who went to sectionals, nine received either gold or silver medals.

Additionally, during this last three months, we found out that one athlete, Bernie Troutwine has been selected to participate in the National Games next July in Lincoln, Nebraska. He will be participating in track and field events. Another of our athletes, Katy Palmer, has been selected as an alternate for the National Games. Both athletes attended an orientation session in November and will be continuing to train and prepare for the games over the next several months.

That's about it for now. We will be starting our basketball, skiing, snowshoeing and aquatics programs in the next few months so we will have plenty more to report next time. ***We wish all of you and yours a very Happy and Blessed Holiday Season.***

For additional information regarding our program please call Jodi Nixon at 309-337-3498 or email her at jodin@live.com.

ADULT FITNESS

Fitness Class Prices

No. of class meetings	Member	Program Member
14	Included	\$56
21	Included	\$80
Unlimited		\$105

AQUATIC FITNESS

Splash Dance

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

Treading Water

M/W/F	9:00-9:45 am
T/TH	5:45-6:30 pm

Water Walking

T/TH	9:30-10:15 am
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AFYAP (Arthritis Foundation YMCA Aquatic Program)

Curriculum referred by the Arthritis Foundation and National YMCA. Classes focus on improving range of motion and are non-aerobic. Feel healthier and move easier with less pain.

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

Activity/Community Members: \$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

LAND FITNESS

Y Walk - JOIN OUR CLUB (7 week sessions)

M/T/W/TH/F	6:00-9:00 am
Free for Y Members	\$15 per session Program Members

Kickboxing

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

Beginner Kickboxing

M/W	6:15-7:00 pm
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Y-Pump

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

Stability Ball

T/TH	9:15-9:45 am
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Basic Pilates

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

Quick Core

T/TH	10:45-11:15 am
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Core-lystix

An intense workout to reshape and extinguish those crazy problem areas. Be ready for an incredibly challenging workout!

M/W	5:30-6:15 pm
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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

Dance Fusion

Tuesday	6:45-7:45 pm
Wednesday	7:15-8:15 pm
Saturday	9:45-10:45 am

Ballroom Dance (Starting January 4th)

Monday	7:15-8:15 pm
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This class includes various styles of dance, such as Waltz, Foxtrot, Rumba and Swing. Fee: \$10 per class payable to instructor

Swing Only

Monday	8:15-9:15 pm
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This class includes, Single, Club, West Coast and Lindy Hop styles.

Fee: \$10 per class payable to instructor.

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.

YOUTH AQUATICS

Despite the snow and cold weather, winter is a great time to participate in swimming lessons! It keeps children active, and helps them learn valuable skills that help them stay safe in and around water. If you have questions about class placement, advancement, or the components of our lessons, please contact the Aquatics Director.

Fee for all lessons:

\$20 Y Member

\$35 Program Member

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 (Winter I & Spring only)

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 teaches all levels of preschool swimmers. Children work with peers of all levels and learn from each other. This class practices and reviews all skills learned in Pike, and when ready, helps children learn the more advanced skills in Eel or Ray/Star.

Tuesday 7:00-7:30 pm (Winter I & Spring only)

Saturday 11:00-11:30 am

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 sidestroke. 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 (Winter I & Spring Only)

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: \$45 Y Member \$65 Non-Member

Semi-Private Lessons (2-3 students)

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

American Red Cross Lifeguarding (ages 15 and up)

The American Red Cross Lifeguarding course is a 30-hour program designed to train people in water safety, lifeguarding, CPR, and first aid. Class will be designed to fit around the participant and instructor's schedule. A minimum of 4 is required. Training will take place during the spring session; please register by April 5.

Fee: \$150 Member or \$170 Non-Member

Book and CPR mask included in fee.

Special Events/Membership/Staff Spotlight/Special Olympics 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.

Friday, January 29 – Up (PG)

Friday, February 26 – G-Force (PG)

Friday, March 26 – Ice Age: Dawn of the Dinosaurs (PG)

Friday, April 30 – Cloudy with a Chance of Meatballs (PG)

Individual Fee: \$2 Member \$5 Non-Member

Family Fee: \$8 Member \$15 Non-Member

Hawaiian Luau

School is almost out... Celebrate an upcoming summer of fun with the Hawaiian Luau pool party on Friday, May 21 from 6:30-8:30 pm. Enjoy hula-hoop contests, underwater treasure hunts (for real money!), hula dancing, music, water games, and much more! Free Hawaiian leis to each participant, and prizes for contest winners!

Fee: \$2 Member

\$5 Non-Member

Father/Daughter Dance

Dad's, bring your special gal to the YMCA on Saturday, February 6th for a special time together. We will have music, food, and fun for you and your daughter. Don't miss this great night of fun with your special gal.

Time: 6:00-8:00 pm

Fee: \$20 per family

Best Buddy Loser Contest

Have fun losing weight, developing a healthier lifestyle, and looking better! Join us at the YMCA and let us help you become a big "winner by losing" in 12 weeks. Pick your best workout buddy, designate a captain and register at the YMCA front desk. Contest dates are January 11, 2010 through April 11, 2010.

The YMCA will be hosting a variety of educational seminars and offering group free weight and Nautilus orientations.

Participants in this event will have full use of the YMCA facility during open hours regardless of membership status. Prizes will be awarded to the team with the highest percentage of weight lost.

Fee: \$15 Y Member \$30 Program Member

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. Childcare services are available for children under 8 while the responsible adult is utilizing the facility. Morning and 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.

Staff Spotlight/2009 Dancing for Dreams



Lynnae Touchette is a lifeguard and swim instructor in the Aquatics Department. She also helps the Waterbug Swim Team as an assistant coach. Lynnae says she enjoys working at the YMCA because everyone is friendly, and she loves teaching children to swim. She says the best part about teaching is watching the children's eyes get wide when they realize they can swim or try something new. When she's not at the Y, she enjoys softball, golf, photography, watching high school or college sports, and reading. November 2009 marked Lynnae's one year employment at the Y, and we do not know what we would do without her! She has been a true asset to the Aquatics Department and has been a great addition to the YMCA staff.

*Thank you Lynnae
for all of your hard work!*



2009 Dancing for Dreams

*We cannot thank the Stars & Professionals enough
for their hard work and dedication to this wonderful event!*