



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SPLASH INTO SUMMER

DIXON FAMILY YMCA
STERLING-ROCK FALLS FAMILY YMCA

SUMMER 2017
PROGRAM GUIDE

DIXON FAMILY YMCA

110 N Galena Avenue
Dixon IL 61021
815.288.9622

FACILITY HOURS

Mon-Thu 5 am-9 pm

Friday 5 am-8 pm

Saturday 6 am-5 pm

Sunday* 10 am-3 pm

*Memorial Day - Sept 30th

Sunday** 10 am-5 pm

**Oct 1st - Memorial Day

View pool & gym hours at:
www.dixonymca.org

STERLING-ROCK FALLS FAMILY YMCA

2505 YMCA Way
Sterling IL 61081
815.535.9622

FACILITY HOURS

Mon-Thu 5 am-9 pm

Friday 5 am-7 pm

Saturday 7 am-5 pm

Sunday* 10 pm-5 pm

***NOW OPEN EXTENDED
SUNDAY HOURS YEAR-ROUND!**

View pool & gym hours at: srfymca.org

POOL WILL BE CLOSED MAY 18TH-30TH
FOR ANNUAL MAINTENANCE

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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A BETTER YOU MAKES A BETTER US

As a member of YMCA
you are a part of a diverse organization of men, women and children joined together by a shared commitment to strengthen our community through youth development, healthy living and social responsibility. Learn how your membership can make us—as individuals and a community—better. For a better you. For a better community. For a better country.

For a better us.™

Dixon Family YMCA
Sterling-Rock Falls Family YMCA

LAND WELLNESS

Group Exercise

DIXON FAMILY YMCA Session 1: May 30-July 15, Session 2: July 17-August 26

Working out with music is not a new concept. Understanding why music is “instrumental” may be. Music gets you into a zone, it stimulates the motor area of the brain, pushing you to keep a pace. Lets face it music makes you want to move. It allows you to escape the present, ditch negativity and literally helps you power through a workout. A great song leaves you with a positive attitude and an overall good feeling. Let the music move and inspire you to workout! Check out the music in our classes - music designed to power-through to the next level!

We’ve added new programs to inspire you and keep you intrigued. Each class will challenge you in a different way so be sure to check them all out: STRONG by ZUMBA, POUND ROCKOUT WORKOUT, & AXIS!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:45 am	Power Pump Christina Branson	Axis Dee Dee Cibu	Power Pump Christina Branson	Axis Dee Dee Cibu	Power Pump Christina Branson	
6:00-6:45 am		Power Pump Bonnie Rodriguez		Power Pump Bonnie Rodriguez		
7:30-8:30 am	Step Bonnie Rodriguez		Step Bonnie Rodriguez		Step Bonnie Rodriguez	Weekend Warriors
8:05-9:00 am	Stretch Therapy Cindy Neisewander	Gentle Yoga Cindy Neisewander	Stretch Therapy Cindy Neisewander	Gentle Yoga Cindy Neisewander		
8:45-9:45 am				Yoga Rachel		
9:05-9:45 am	↑ Class held in Gym	Cardio Mix Dawn Moore	↑ Class held in Gym	Cardio Mix Dawn Moore		
9:10-10:00 am	Sculpt Interval Cindy Neisewander		Sculpt Interval Cindy Neisewander			
10:15-11:00 am			Silver Sneakers Ronna Wheeler		Silver Sneakers Ronna Wheeler	
12:05-1:00 pm		Yoga Postures Cindy Neisewander		Yoga Postures Cindy Neisewander		
12:15-12:45 pm	Lunch Crunch Traci Duden		Lunch Crunch Traci Duden		Lunch Crunch Traci Duden	
1:00-1:45 pm+A12	Fit Club Dawn Jones		Fit Club Dawn Jones		Fit Club Dawn Jones	
4:00-4:30 pm		Active-motion Traci Duden		Active-motion Traci Duden		
5:00-5:40 pm	Abtastic Kayla Gaffey	Pound Rockout Mandy Dallas	Abtastic Kayla Gaffey	Pound Rockout Mandy Dallas	Pound Rockout begins June 13th for a 5 wk session & restarts July 17 for 6 wk session.	
5:00-5:40 pm		Spin Basics Teresa Otto		Spin Basics Teresa Otto		
5:15-6:30 pm		Power Pump Teresa Otto		Power Pump Teresa Otto		
5:45-6:30 pm	Studio Kickboxing Kayla Gaffey		Studio Kickboxing Kayla Gaffey			
6:35-7:20 pm	Zumba Fitness Lisa Taylor	STRONG by Zumba Lisa Taylor	Zumba Fitness Lisa Taylor	STRONG by Zumba Lisa Taylor		

STERLING-ROCK FALLS FAMILY YMCA

MONDAY

5:45-6:30AM	Kick Boxing	Andrea Vondra
8:00-9:00 AM	SilverSneakers	Kathy Collinson
9:00-10:00AM	Kick Boxing	Andrea Vondra
10:00-10:45AM	FIT Kids *Begins June 2017	Andrea Vondra
10:15-11:15AM	SilverSneakers	Kathy Collinson
4:15-5:00PM	Zumba	Connie Glenn
5:15-6:15PM	Power Pump	Jessica Shore
6:30-7:15PM	BollyX	Ganesa Novak

TUESDAY

5:45-6:45AM	Get Fit	Elaine Hand
9:00-10:00AM	Body Sculpt & Core	Kay Wallin-Bronston
10:15-11:00AM	Low Impact Aerobics	Kathy Collinson
4:15-5:00PM	Cardio Flow	Kayla Heimerman
5:15-6:00PM	Pound Rockout	Andrea Vondra
6:15-7:00PM	Kick Boxing	Andrea Vondra
7:15-7:45PM	UPlift *Ends May 31	Deshawn Johnson

WEDNESDAY

8:00-9:00 AM	SilverSneakers	Kathy Collinson
9:00-10:00AM	Morning Mixer	Kathy Collinson
10:15-11:15AM	SilverSneakers	Kathy Collinson
12:15-1:00PM	Pound *Begins June 2017	Andrea Vondra
4:15-5:00PM	Zumba	Connie Glenn
5:15-6:15PM	Power Pump	Jessica Shore
6:30-7:15PM	BollyX	Ganesa Novak

THURSDAY

5:45-6:45AM	Get Fit	Elaine Hand
9:00-10:00AM	Body Sculpt & Core	Kay Wallin-Bronston
10:15-11:00AM	Low Impact Aerobics	Kathy Collinson
4:15-5:00PM	Cardio Flow	Kayla Heimerman
5:15-6:00PM	Pound Rockout	Andrea Vondra
6:15-7:00PM	Kick Boxing	Andrea Vondra
7:15-7:45PM	UPlift *Ends May 31	Deshawn Johnson

FRIDAY

8:15-9:00AM	#Ynot45	Andrea Vondra
8:00-9:00AM	Sit & Fit	Kathy Collinson
9:00-10:00AM	Pound Rockout	Andrea Vondra
10:15-11:15AM	Sit & Fit	Kathy Collinson

SATURDAY

8:00-9:00AM	Bootcamp *Begins June 2017	Deshawn Johnson
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CARDIO FLOW

Cardio Flow combines yoga and athletics for a unique mind-body experience! Classes feature traditional yoga poses, such as warrior, and plyometric and strength movements, such as jumping jacks and lunges. Cardio Flow moves quickly to elevate your heart rate, then slows down to focus on stretching and breathing.

POWER PUMP

Power Pump is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and body weight. Featuring safe motivating exercises, and great music to create a thrilling group fitness atmosphere.

BODY SCULPT & CORE CONDITIONING

The intense workout focuses on muscle toning and core conditioning with the use of bars, weights, balls and bands to give you strength and helps to sculpt your body.

SILVERSNEAKERS® and SIT & FIT

Designed for our senior population! Exercises help with strength, flexibility, muscular endurance, balance, coordination, and agility. A chair is provided if needed. Free for members, non-members \$16 monthly

LOW IMPACT AEROBICS

Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. Great for beginners or those looking to add to their existing workouts.

POUND ROCKOUT WORKOUT

POUND is a full-body cardio jam session with constant simulated drumming. The workout fuses cardio, Pilates, and isometric movements that strengthen and sculpt muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

BOOTCAMP

Bootcamp is the combination of a team atmosphere AND intense full-body cardio and strength workouts. It's very effective at reducing excess body weight, improving cardiovascular endurance, increasing lean muscle mass and improving overall coordination and balance.

BOLLYX

A high intensity Bollywood cardio workout. Move to the heart pumping beats of Bollywood, get ready to feel that muscle burn and unleash your inner swagger.

FIT KIDS

Bring your kids ages 7+ to the YMCA this summer to get moving! This class will incorporate CATCH lessons and fun dance aerobics. Each week will bring something new to keep kids FIT this summer.



Getting healthy is Y.

Finding motivation is Y.

Feeling strong is Y.

Having fun is Y.

Trying something new is Y.

This is Y.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Sauk Valley
Community College

SAUK YMCA

- **NEW FACILITY WITH STATE OF THE ART EQUIPMENT**

Tired of busy gyms and waiting your turn to get a machine? Try the Sauk YMCA! The Sauk Y offers more space and equipment and multiple machines are handicapped accessible.

- **JOIN ONE Y AND BELONG TO THEM ALL**

What other gym can give you a membership with so many convenient location.

- **EARN COLLEGE CREDIT WITH THE SAUK YMCA**

Register for SVCC PED class and get a free Y membership!

Sauk YMCA • 815.835.6466 • saukymca.org

YMCA CAMP BENSON

MT. CAROLL, IL

815.244.8722

Why is summer camp great for kids?

They Develop:

- Independence
- Character
- Decision-Making Skills
- Appreciation for Nature
- Teambuilding Skills
- Self Expression
- Acceptance of Others
- Life-Long Friendships
- Their Own Potential
- Self-Confidence
- Problem Solving Skills



Know what else is great?
Camp is unplugged and tons of fun!

SUMMER 2017

Adventure Week 1 June 18-24
Adventure Week 2 June 25-July 1
Adventure Week 3 July 9-15
Adventure Week 4 July 16-22
Adventure Week 5 July 23-29

Explorer Week A June 25-28
Explorer Week B June 28-July 1
Explorer Week C July 16-19
Explorer Week D July 19-22

MEGA Camp June 18-July 1
TEEN Camp July 2-July 8

STERLING-ROCK FALLS
AND DIXON Y MEMBERS
RECEIVE 20% OFF!

Learn more and register at ymcacampbenison.org

YOUTH PROGRAMS

Sports, Swim Team, and Family Programs

DIXON FAMILY YMCA

ROCKFORD RAPTORS SUMMER SOCCER CAMP (AGES 4-13)

The Raptors summer camp is designed to improve the player's all-around game. This camp will maximize touches to improve technical ability. Teach attacking/defending principles by introducing simple tactics with fun, challenging, and competitive activities and games. We will have Rockford Raptors licensed coaches that will use a developmental appropriate curriculum focused on improving skills and techniques in a game-approach environment. The camp will be divided by age and ability which will allow every player the opportunity to improve and have fun. Participants need to bring: shin guards, cleats, snacks, sunscreen, soccer ball & water bottle. Registration ends June 22nd.

Date: June 26-29
Where: Meadows Soccer Complex
1500 Washington Ave, Dixon
Time: 1-3PM
Fee: \$105
Coaches: Nick Roman & Eduardo Garza

*Register online at: <http://www.rockfordraptors.org/page/show/20561-soccer-camps>

KIDS JUST WANNA REAGAN RUN

This five week program will teach youth in grades 1st through 6th the proper techniques of training for a 5K run as well as nutrition education. All runners which register for this program are also automatically registered for the Reagan Run 5K event. This program meets weekly at the YMCA and the Reagan Boyhood Home on Tuesday and Thursday afternoons from 5:30 to 6:30 pm. Fees are \$20.00 per youth for this program. Contact Andy at 815-288-9622 for more information .

BOYS AND GIRLS BASKETBALL (3RD -6TH)

Boys and girls have the opportunity to learn the importance of fair play and teamwork while playing basketball. Players practice the basic skills of the game and will be divided as 3rd/4th and 5th/6th. 5th/6th grade teams will have 1 game during the week as well as games on Saturday in Dixon or Oregon. Practice takes place during the week at YMCA or local school. Registration for 3-6th Grade Boys and Girls will start August 21st.

Dates: TBA
Location: TBA
Fee: TBA

PHLC CAMP FOR CHILDREN WITH DIABETES

This summer join us for a free day of camp activities specifically tailored to children diagnosed with diabetes! As the first scholarship camp of its kind to be offered in Lee County, campers have a chance to meet new friends and learn that living with diabetes doesn't have to prevent you from living an active and satisfying life!

Register online at: <http://www.lchd.com>
Date: July 16th, 8am-3pm

FALL SOCCER (Ages 4-14)

We help kids become better players and better people! Our youth soccer league is designed to be progressive among various playing levels. We make sure that playing time is equal, games are fair, and most of all the fun for young athletes. Playing levels are determined based on league numbers. U10-U14 teams will end the season with a 2-week tournament. To register birthday must be prior to January 1, 2013 or be after January 1, 2004.

Dates: TBA
Location: TBA
Fee: TBA

1 ON 1 OR GROUP BASKETBALL TRAINING

Matt Ross a professional basketball player has returned to Dixon to provide youth basketball training. Through intense and highly specific drills athletes will focus on each movement and position to develop their skills as they translate to the game. Contact the Dixon Family YMCA for program fees.



STERLING-ROCK FALLS FAMILY YMCA

CO-ED OUTDOOR SOCCER (Ages 4 to 6th grade, **NEW** 7th/8th grade)

Youth soccer is a progressive program where every child plays and games are safe, fair, and fun. Boys and girls will play together at all levels. Each division will learn the skills necessary to develop as a student of the game. Games are played on Saturdays at the YMCA. Practices will be held once a week. Volunteer coaches needed. Coaches meeting on Thursday, August 24 at 7:00PM. Practice begins the week of Aug 28. Games begin Sep 2.

Dates: Aug 28-Oct 14 Register by Aug 20
Fee: Members \$45, Non-members \$67
Late Fee: \$10 will be included after Aug 20

LITTLE DRIBBLERS (Ages 3-5)

Join us as your preschooler learns about the game of basketball. The program will emphasize fun, learning about the game, and developing basic skills. The kids will learn how to dribble, pass, shoot, and score at the Y. Games and practices will be on the same night at 5:15 or 6:15pm. Volunteer coaches are needed. Register by July 2.

Date: Wednesdays, July 12-Aug 16
Fee: Members \$45, Non-Members \$67

SPORTS OF ALL SORTS (Co-ed 3 to 5 year olds)

This parent interactive program will concentrate on a different sport each week; basketball, soccer, Tee Ball-2 weeks We will learn the basic skills of each of these sports and then we will be playing modified games. The class will be 1 hour long with 50 minutes of skills work and 10 minutes of games.

Dates: Wednesdays Aug 23-Sept 13, 5:00-6:00pm
Fee: Members \$25, Non-Members: \$37

SPORTS OF ALL SORTS (Ages 6-8)

This parent interactive program will concentrate on a different sport each week; basketball, soccer, Tee Ball-2 weeks We will learn the basic skills of each of these sports and then we will be playing modified games. The class will be 1 hour long with 50 minutes of skills work and 10 minutes of games.

Dates: Fridays, June 23-July 14, 9:30-10:30am
Fee: Members \$25, Non-Members: \$37

LITTLE KICKERS (Ages 3-5)

Little Kickers soccer is designed to introduce your preschooler to the game of soccer. This program emphasizes FUN, spatial awareness, learning to follow directions, and playing as a team. They also will be learning the basic skills of the outdoor game. Games and practices will be on the same night. Practice and games will be held at the YMCA. Practices will be held at either 5:15 or 6:15 pm on Wednesday nights. Volunteer coaches are needed. Register by May 20th. Coaches are needed to help, see Deb for details.

Dates: Wednesdays, May 24 - June 28
Fee: Members \$45, Non-Members \$67
Late Fee: \$10 after May 20



SWIM LESSONS

DIXON FAMILY YMCA

Lessons for all ages and abilities. Classes are held once a week for 6 weeks. Skill levels are defined below, please use these to determine which class your child should be in. Current participants will be notified at the end of the session which level to register for. Contact the aquatic department for any questions.

Swim Lesson Sessions:

**May 30-July 15 (No class the week of July 1-7)
July 17-Aug 26**

PARENT CHILD (6 months-36 months)

The goal of this class is to make the child comfortable in the water. A parent accompanies their child in the water and works with the instructor on basic skills and water safety taught through fun songs and games. Skills are introduced at the child's developmental level and build as the child progresses.

Date: Wednesday 10:00-10:30 am
Saturday 11:30-12:00 pm

Cost: Members \$31.50, Program Members \$51.50

PRESCHOOL SWIM LESSONS (Ages 3-5)

This class is for all swim levels. Caring instructors will make your child's water experience a great success. They will learn to adjust to water, develop independent movement, basic strokes, kicking skills, floating, and how to be safe around water. (training belts provided).

Date: Tues. 3:45- 4:30 pm
Thurs. 3:45 -4:30 pm
Sat. 9:00- 9:45 am OR 10:40-11:25 am

Fee: Member \$42, Program Member \$62

YOUTH SWIM LESSONS (Ages 6+)

A great way to keep your child active and fit while teaching valuable safety and life skills around the water. Divided by ability to help your child develop to their fullest potential.

Date: Tues: 4:40-5:25 pm
Thurs. 4:40-5:25 pm
Sat. 9:45- 10:30 am

Fee: Member \$42, Program Member \$62

SUMMER SWIM TEAM

Have a fun competitive experience this summer! The team will emphasize self-discipline, swimming skills, teamwork, sportsmanship, and fun. Great for those thinking of joining the Dixon Dolphins in the fall. Must be a member.

Dates: May 15-July 27
Day/Times: Mon/Wed 4:00-5:30 pm
Tues/Thurs 5:30-7:00 pm
Fee: Members \$85

GYM AND SWIM: (Ages 3-5)

This class is intended to teach basic tumbling skills, build strength, flexibility and coordination with 30 minutes in the gym. Instructor will escort participants to the pool for a 45 minute swim lessons. Bring children to the gym dressed in swimsuit under t-shirt and bring a towel.

Date: Mon 9:30-10:00 (gym) 10:05-10:50 (Pool)
Thurs. 9:30-10:00 (gym) 10:05-10:50 (Pool)

Fee: Members \$49, Program Participants \$69

PRIVATE SWIMMING LESSONS

Four-30 minute one on one swim lessons for all ages. This program is ideal for anyone who is fearful of the water. Fill out the private lesson form at the front desk and a member of the aquatics staff will be in contact to schedule the lessons.

Fee: Members \$60, Program Participants \$90

SWIM LESSONS AT TIMBER CREEK

*Must bring Timber Creek member card at registration to receive Timber Creek member rate.

Dates: June 6-June 22 (2x/week for 3 weeks)
July 11-July 27

YOUTH SWIM LESSONS AT TIMBER CREEK (Ages 6+)

A great way to keep your child active and fit while teaching valuable safety and life skills around the water.

Dates: Tues/Thurs 9:00-9:45 am
Fee: Members/Timber Creek Members \$42
Program Member \$62

PRESCHOOL SWIM LESSONS AT TIMBER CREEK (Ages 3-5)

Caring certified YMCA instructors will help make your child's first water experience a positive one.

Dates: Tues/Thurs 10:00-10:45 am
Fee: Member/Timber Creek Members \$42
Program Member \$62

STERLING-ROCK FALLS FAMILY YMCA

NATIONAL YMCA SWIM PROGRAM

The Y offers swim lessons for all ages and abilities. Look at the skill levels below or call Aquatic and Youth Sports Director, Deb Mortonson, to answer a few questions in order to place them in the correct class. Swim placement required if you have not taken YMCA lesson in the last year. Classes are twice/week for 3 weeks. Saturday classes once/week for 6 weeks.

Dates: June 5-June 23

June 10-July 15 (Saturday classes only)

June 26-July 15

July 17-Aug 4

July 22-Aug 26 (Saturday classes only)

Aug 7-24 (only evening classes offered)

Fee: Members \$38, Non-Members \$57

PARENT-CHILD (6-36 Months)

Parent accompanies the child in the water. Skills are introduced at the child's development level and build as the child progresses. Basic water skills are taught through fun songs and games.

Tues/Thurs: 5:30-6:00 pm

PIKE (AGES 3-5): Preschool Beginner

Children adjust to the water and develop independent movement. Includes basic stroke and kicking skills, floating, and pool safety.

Mon/Wed: 10:00-10:30am

Tues/Thurs: 5:00-5:30 pm

Sat: 9-9:30 am

EEL (AGES 3-5): Preschool Intermediate

For children who are comfortable in the water and able to swim five feet with faces in the water and no floatation device. Children are taught to float, kick, and perform progressive arm movements across the pool.

Mon/Wed: 10:00-10:30 am

Tues/Thurs: 5:00-5:30 pm

Sat: 9:00-9:30 am

RAY/STARFISH (AGES 3-5): Preschool Advanced

Reviews and improves stroke skills on front, back and side, builds endurance, teaches treading water skills.

Tues/Thurs: 5:30- 6:00 pm

Sat: 9:30-10:00 am

POLLIWOG (AGES 6+): School Aged Beginner

Beginner level for those uncomfortable or inexperienced in the water. Includes water skills such as gliding with face in water, floating and kicking.

Mon/Wed: 10:30-11:00 am

Tues/Thurs: 6:00-6:30 pm

Sat: 10-10:30 am

GUPPY (Ages 6+): School Aged Intermediate

For children able to swim 20 feet without a flotation device. Includes swimming on front, back and side and taking a breath while swimming.

Mon/Wed: 11:00-11:30 am

Tues/Thurs: 6:00-6:30 pm

Sat: 10:30-11:00 am

MINNOW/FISH/FLYING FISH (AGES 6+): School Aged Advanced

Advanced class to build endurance, perfect strokes and turns, and learn survival skills.

Mon/Wed: 11:30-12:00 pm

Tues/Thurs: 6:30-7:00 pm

PRIVATE LESSONS (AGES 3-ADULT)

Four 1/2 hour, one-on-one swim lesson with a certified swim instructor. This is ideal for anyone who is fearful of the water, or if your child learns better in this type of environment.

Fee: Members \$60, Non-Members \$90

HIGH SCHOOL SUMMER SWIM PROGRAM

This program is designed for anyone going into high school and above who wants to stay in shape and refine their skills. Learn the competitive strokes, starts, turns, and drills. The program will be ran by Kyle Ruiz and Jamie Ruiz, head coaches of the Sterling High School boys and girls swim teams.

Date: June 5-July 27, Mon, Wed, Thurs at 4:00-5:00 pm

Fee: Member \$60, Non-Member \$80*

*Non-Member fee includes full YMCA membership from 6/5-7/27

COMPETITIVE STROKE CLINIC: (AGES 10-18)

Learn from one of the best! Get 18 hours of coaching on competitive stroke techniques through drills, underwater video stroke analysis and instruction. The class will be taught by Nancy Hinrichs who is a level 5 coach. She has been named coach of the year several times and also in in the coaches hall of fame. She has worked under the USA Olympic Swim team coach and has coached over 19 years and has trained 20 All American swimmers in her career as a college coach.

Date: June 5th - July 15th (6 weeks of training)

Time: Monday/Wednesday 5:30-7pm

Cost: Members \$90, Non-Members \$120

WATER WELLNESS

Group Water Exercise

DIXON FAMILY YMCA

MAY 30-JULY 14

JULY 17-AUGUST 25

ENERGIZE WITH MUSIC

A water fitness class adaptable to all levels of fitness. Each class includes a cardiovascular workout, movements to improve muscle tone, and helps increase flexibility and circulation.

Dates: Tues/Thurs 8:00-8:55

Fee: Member \$21, Program Member \$41

AQUAROBICS

A water fitness class adaptable to all levels of fitness. Each class includes a cardiovascular workout, movement to improve muscle tone, and helps increase flexibility and circulation.

Dates: Mon/Wed/Fri 8:00-8:55 AM or 9:00-9:55 AM

Fee: (3X/Week): Member \$31.50, Program Member \$51

(2X/Week): Member \$21, Program Member \$41

DEEP WATER FITNESS

Experience a low impact workout utilizing the resistance of the water. Great if you've had knee surgery.

Dates: Mon, Wed, Fri 8:00-8:55 AM

Mon, Wed, Fri 9:00-9:55 AM

Mon, Wed 5:30-6:30 PM

Tues, Thurs 7:00-7:55 AM

Tues, Thurs 8:00-8:55 AM

Fee: Member \$31.50 (3X/week), Program Member \$51 (3X/week)

Member \$21 (2X/week), Program Member \$41 (2X/week)

TIMBER CREEK WATER FITNESS

*Must bring T.C. member card at registration to receive T.C. rate.

May 31-July 14 (No class July 4)

DEEP WATER AT TIMBER CREEK

Dates: Mon, Wed, Fri 8:00-8:55 AM

Fee: Member/Timber Creek Member \$31.50 3x/week

Member/Timber Creek Member \$21 2x/week

Program Member \$51 3x/week \$41 2x/week

STERLING-ROCK FALLS FAMILY YMCA

JOYFUL JOINTS

This class is designed for people who either have arthritis or who need a low impact class. In this class the pace is slower and the movements are designed to take various body muscles through their full range of motion. Workout with instructors Laura Fitzgerald (T/Th), and Monica Osterhaus (M/W/F).

Days: Mon- Fri 8:00 - 9:00 am

Fee: Free for members

SILVER SWIMMERS

A class specially focused for the active older adults. All levels, abilities are welcomed with instructors Deirdre Desmond and Kathy Collinson.

Day: Tues & Thurs 9:00 - 9:45 am

Fee: Free for members

LET'S MAKE WAVES

A challenging and fun 60 minute non-stop well rounded advanced workout in the water with instructor Allison Hoehn or Deidre Desmond.

Days: Mon, Wed, Fri 9:00 - 10:00 am

Fee: Free for members

H2O HI/LO AEROBICS

Using natural resistance of the water allows for an effective cardio workout that can strengthen, tone your muscles and increase flexibility with instructor Leanne Schumacher. Class is mostly in deep water.

Days: Mon, Wed 6:00 - 7:00 pm

Fee: Free for members

***Minimum size for all water wellness classes is 4 participants.**

ADULT AND TEEN PROGRAMS

DIXON FAMILY YMCA



REAGAN RUN

The regions premier 5K run is around the corner! Reagan Run 5k is Saturday, July 1, 2017 at 8:00am. Stop by the Y and get your forms and register today.

1 ON 1 OR GROUP BASKETBALL TRAINING

Matt Ross a professional basketball player has returned to Dixon to provide youth basketball training. Through intense and highly specific drills athletes will focus on each movement and position to develop their skills as they translate to the game. Contact the Dixon Family YMCA for program fees.

YMCA PARTY IN THE GARDEN

Join us for a night of delicious food, wine, music and fun in the beautiful setting of Distinctive Gardens. All proceeds benefit the Dixon Family YMCA scholarship program.

Date: June 23, 5:30 PM
Fee: \$20/ person or \$35/couple

Education. Motivation. Inspiration.

If you're not working out the way you would like, it's a weight on your mind. Maybe it's just hard to make the time to work out. Perhaps it seems boring, or painful. Or maybe you don't really know what you should or could be doing to improve your strength, health or fitness level. We can help with that.

Personal Training, either individually or within a small group of two or three, can help you make the most of your time at the Y. Our wellness coaches are certified personal trainers who are up-to-date on the most effective and efficient exercise strategies; and they'll keep you accountable in the times when life gets in the way of exercise.

At the Y, you can opt for one-on-one training, or you can train with a friend or two. Either way we make it easy to experience the advantages of training with your own coach.

Contact your Sterling-Rock Falls Family YMCA or Dixon Family YMCA for additional information or to register.

STERLING-ROCK FALLS FAMILY YMCA

TEEN NIGHT (Grades 5th -8th)

Party at the Y. Hang out with your friends, play some volleyball, enjoy outdoor activities, and learn new skills. Teen Night, at the YMCA provides a safe space for teens to socialize, get support and take part in fun activities.

Date: Thursday, May 25, 7-8:30 pm
Fee: \$2 a person (includes a snack)

AMERICAN RED CROSS BABYSITTING (Ages 11-15)

Become a great babysitter! You'll learn practical skills and confidence through videos, hands on activities and classroom discussions. Please bring baby doll, notebook, snacks & lunch.

Date: Friday, July 21. 9:00 – 5:00 pm
Fee: \$50, includes ARC babysitting certification

DODGEBALL TOURNAMENT

Dodge, dip, dive, duck, and dodge in this fun double elimination tournament. Co-ed teams of 6 players, 8 teams entered.

Date: Saturday, Aug 26 at 9:00am
Fee: \$60/Team

SILVER SNEAKERS TIMBERLAKE TRIP

Join the Silver Sneakers on their yearly trip to Timberlake Playhouse to see the classic musical Carousel!

Date: Wednesday, August 2nd
Fee: \$20/ticket

RECLINER 2 RACE

Have you ever wanted to run a 5k? Then this group is for you! Join us as we train and learn how to run a 5k. This 6 week program will help participants learn about what it takes to train for a 5k. We will start with the basics and work our way up to participating as a group in a local 5k. *5k registration is included in fee.

Date: Mon/Wed, June 26-Aug 5 at 5:15-6:15pm
Fee: Member \$30/ Non-Member \$55

CHILD WATCH

Child Care and Preschool

DIXON FAMILY YMCA

SUMMER DAY CAMP

Very few spots remain for Summer 2017. You can register for just one week, all summer, or anything in between. The center is open 6AM-6PM Monday-Friday. Camp is held at Reynoldswood Christian Camp.

SUMMER RATES (Registered after April 9, 2017)

	<u>YMCA MEMBER</u>	<u>PROGRAM MEMBER</u>
Full-Time	\$150/week	\$180/week
Part-Time	\$115/week	\$145/week

Y-TOTS PRESCHOOL

Provide your child a solid educational foundation. Teachers will use a variety of learning outlets during each class. AM and PM classes available for Pre-K students, call M-F 7:30-3:30 for more information.

Pre-4 (must be 3 by 9/1/17)	\$74.25/month	\$98/month
Pre-K 3 AM days (must be 4 by 9/1/17)	\$100/month	\$125/month
Pre-K 5 PM days (must be 4 by 9/1/17)	\$137/month	\$210/month

*Discounts available for LCDC families and for yearly upfront payments
Half day LCDC options available-Call for pricing.

New! SUMMER ADVENTURE TOTS

A fun new program to keep your preschooler mentally and physically active this summer. A one day a week program for 8-weeks that will provide exciting opportunities for your child to socialize, learn and play in a structured environment. Ages 3-5 and child must be potty trained. Contact Rachel for more information.

Weekly Themes:

- June 6- All About Me
- June 13- Adventure Day
- June 20-Water Day
- June 27-Arts & Crafts Day
- July 4- No Class
- July 11-Science
- July 18-Color Day
- July 25-Cooking Day
- Aug 1-Olympic Day

Day/Time:	Tuesdays, 9:00am-12:00pm
Fee:	Member \$80/Session Program Member \$100/session

AFTER SCHOOL CRICKET CLUB

We've teamed up with Reynoldswood Christian Camp to provide additional after school services. Children will be bussed from the public schools to the camp after school each day. Upon arrival children will have allotted time for homework and free play as well as arts, crafts, and group games. Space is limited. Half days not included.

Full-Time (4-5 days/week)	Y Member: \$45	Program Member:\$60
Part-Time (3 days/week)	Y Member: \$35	Program Member:\$50

BIRTHDAY PARTIES AT THE Y

You bring the cake and the guests, we'll do the rest. The Y will provide invitations, favors, decorate the room and provide activities for the attendees in one of our 5 themes. You can even add a party planner to assist during the party of a small additional charge. Call Lindsey for more information.

Time:	Saturdays 1:30-4:00 Sundays 1:30-4:00 (Oct-May) 11:30-2:00 (June-Sept)
Fee:	Overnights and after hours rentals also available Varies, call for more information.

BEFORE SCHOOL

We open at 6:00AM for those families that need care in the early mornings. We will provide breakfast and a supervised, fun place for your child to catch the bus.

Full-Time:	Y Member \$17/week	Program Member \$27/week
Part-Time:	Y Member \$12/week	Program Member \$22/week

LOVETT CHILD DEVELOPMENT CENTER (Ages 2-Pre-K)

Work with ease knowing your child is enjoying a day filled with games, art, music, and stories with friends. Our licensed child care program follows all DCFS standards and provides your child with a unique experience that will prepare them for their future school days.

Session:	Year Round
Days:	Mon-Fri 6:00AM-6:00PM

Weekly Rates:		
Full-Time (4-5 days/wk)	Y Member: \$115	Program Member:\$135
Part-Time (3 days/wk)	Y Member: \$88.50	Program Member:\$108.50

Special Requirements: Physical, shot record, copy of birth certificate and completed registration forms must be submitted prior to beginning. Child must be potty trained. 4 year old openings for fall.

SCHOOL'S OUT

STERLING-ROCK FALLS FAMILY YMCA

SUMMER DAY CAMP 2017 (K-6TH GRADE)

This summer let's begin a new chapter at the Summer Day Camp! At the SDC we will have fun, safe and educational programming at Challand Middle School. Day Camps run daily from 7:30AM-5:30PM. Early drop-off is available for a small fee. Lunch and snack are provided. Detailed daily schedule will be available at the Y and online.

Weekly Themes for Day Camp

- Week 1: Wild West
- Week 2: Mission Impossible
- Week 3: Wet and Wild
- Week 4: Shark Week
- Week 5: Rock and Roll
- Week 6: Stars and Stripes
- Week 7: Hawaiian
- Week 8: Holiday Madness
- Week 9: Superhero and Princess
- Week 10: Outdoor Survival
- Week 11: Outer Space
- Week 12: Mad Scientist

Location: Challand Middle School

Dates: May 31 – August 16, Closed July 4th

Fee: \$27/day, additional child \$22/day

Early bird drop off 6:30-7:30. \$2/day (for each child(ren))



YMCA MOBILE OUTREACH (K-Age 18)

The Sterling-Rock Falls in partnership with the Salvation Army will begin their mobile meal and daily activity program. Every Monday and Friday come for the lunch and stay for the holistic healthy activity. Whether it is a football game on the yard or an arts and crafts activity, or even a team building exercise, you are sure to have fun during your summer months.

Location: Salvation Army, 409 Ave F. Sterling

Dates: June 5-Aug 12 (Mon & Fri) at 11:30-1:30PM

Fee: FREE, Open meal site for ages 18 and under

Y EARLY OUT PROGRAM**(K-5th Grade)

Join the Y on early out days to participate in arts, crafts, games, sports, science, and fitness activities. Activities are at Challand Middle School and begin when school releases and last through 5:30pm. Please drop your child off at the North (parking lot) door. Whiteside County Transportation and the Y have partnered together to help transport children to Challand from their schools. All children needing to ride the bus must sign up 1-week prior to the early out date. Transportation is an additional \$2 per child and must be paid in advance.

Dates: May 30, Aug 17

Fee: Member \$15/day, 2nd Child \$10/day

Free/Reduced \$10/day

Y SUMMER OUTREACH DAY CAMP (K-8th Grade)

Sterling-Rock Falls Family YMCA is committed to serving both sides of the river. Our Outreach Summer Day Camp is located in the heart of Rock Falls. If you are in to arts, crafts, games, sports, fitness, and swimming, then the Outreach Day Camp is for your child. A nutritious lunch will be provided every Monday and Friday!

Location: Rock Falls Chamber Community Building

Dates: June 5-Aug 12 (Mon & Fri) at 9:00-2:00PM

Fee: FREE, Open meal site for ages 18 and under

*Sterling-Rock Falls Family YMCA follow Sterling Public Schools Calendar, please be advised that the start date of the program could change due to inclement weather days.

SPECIAL EVENTS AND PROGRAMS

DIXON FAMILY YMCA

BIRTHDAY PARTIES

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Time: Saturdays 1:30-4:00
Sundays 1:30-4:00 (Oct-May) 11:30-2:00 (June-Sept)
Overnights and after hours rentals also available
Fee: Varies, call for more information.

SERVING UP SUMMER

A Summer meal service program offering healthy and nutritious lunches to children ages 18 and under at no cost. Lunches will be served to children beginning Wednesday, May 31, 2017 and ending on Friday, August 11, 2017. The meals will be offered 3 days a week—Mon, Wed, and Fri at two locations: Wooden Wonderland, on Washington Avenue, and Vaile Park/Splash Pad on Custer Avenue in Dixon. This is a collaborative effort with: United Way of Lee County, KSB Hospital Community Wellness, Lee County Health Department, Dixon Family YMCA, Dixon Park District, Dixon Township, Buddy Bags, Dixon Main Street, and Dixon Public Schools.

Time: TBD Mon, Wed, Fri
Fee: FREE for ages 18 and under

YMCA PARTY IN THE GARDEN

Join us for a night of delicious food, wine, music and fun in the beautiful setting of Distinctive Gardens. All proceeds benefit the Dixon Family YMCA scholarship program.

Date: June 23, 5:30 PM
Fee: \$20/ person or \$35/couple

STERLING-ROCK FALLS FAMILY YMCA

OUTDOOR ADVENTURE FEST

The Outdoor Adventure Fest will feature FREE outdoor family activities. Activities will include indoor fishing in the Y pool (Don't worry we will drain the pool the next day), archery, climbing walls, live critter talks, bounce houses, free hot meal and dozens of additional activities and learning centers.

Date: May 20, 12pm-4pm
Fee: FREE

MEMORIAL MASHUP

Join us over Memorial Day weekend for our 2nd annual fitness showcase! We will feature a sampling of our classes for you to try. This 2 hours showcase will keep you moving and grooving while also being entered to win great prizes!

Date: Friday, May 26, 5-7pm
Fee: Free for members / \$5 non members

AMERICAN RED CROSS BLOOD DRIVE

Give something that means something! We will be holding a blood drive to help support local hospitals in our area. Light refreshments will be provided to all donors/volunteers. Sign up now at the front desk!

Date: May 31st, 9:30-1:30pm
Location: YMCA gym

GOLF OUTING

We're proud to announce the 13th Annual Golf Tournament with all proceeds benefiting the Sterling-Rock Falls Family YMCA Scholarship Program.

Date: June 2, Lunch at 12pm, Shotgun start at 1pm
Early Registration (Before 5/20) Individual \$75, Foursome \$300
Registration (After 5/20) Individual \$85, Foursome \$340

CO-ED VOLLEYBALL LEAGUE (Ages 18 and up)

Love to play volleyball? Then come play at the YMCA! This league is for beginners to intermediate players looking to have fun. Teams are co-ed and consist of 10 players. So get your team together and come play.

Dates: Aug 28-Oct 9 on Mondays (No games 9/2)
Time: 6PM, 7PM, or 8PM
Fee: \$200/Team. Register by 8/19