



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

FALL FUN FOR EVERYONE



**DANVILLE FAMILY YMCA
FALL I & II PROGRAM GUIDE
SEPTEMBER 12-DECEMBER 18**



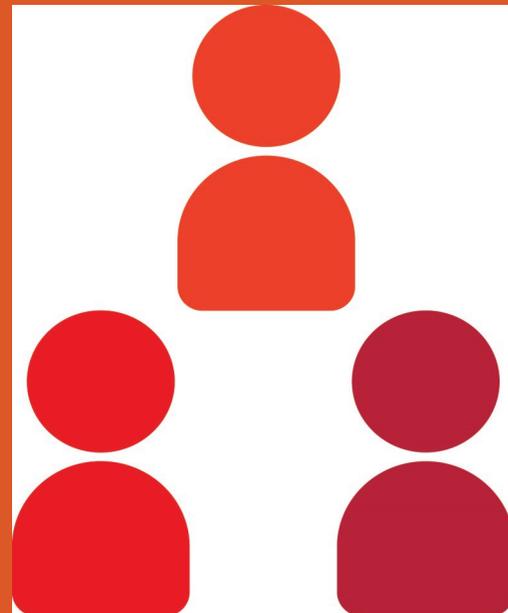


MEMBERSHIP RATES

MEMBERSHIP RATES	START UP FEE	MONTHLY FEE
YOUTH/HIGH SCHOOL	\$35.00	\$22.75
TEEN/YOUNG ADULT	\$45.00	\$31.00
ADULT	\$70.00	\$44.50
SINGLE PARENT FAMILY	\$70.00	\$53.50
HOUSEHOLD	\$85.00	\$65.50
Senior (65 and over)	\$60.00	\$37.50

- Youth & Young Adult: Ages 6-18
- Teen/Young Adult: Ages 18-23 and enrolled full-time in school
- Single-Parent Family: 1 adult + children under 18 or under 23 and full-time student (verification required)
- Household: 2 adults + children under 18 or under 23 and full-time student (verification required)

-Additional adults residing in the same household (verification required) may be added to a Family Membership ONLY for \$20.00 additional per month



Our Cause Defines Us

We know that lasting personal and social change comes about when we all work together. That's why at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

MEMBERSHIP

We're here for a better us.

Surrounded by friends as well as by caring, knowledgeable staff, you can grow your spirit, mind and body in ways you never imagined. But since that's a little hard to quantify, here are some other benefits to being a Y member:

General Information -Attire

We wear proper attire at all times. Athletic shoes must be worn during exercise in all workout areas of the facility. Shirts must be worn while working out in the exercise areas and during classes. Modest and lined swimsuits must be worn in the pool area only. No street clothes are allowed in the gyms or workout areas. We recommend eye protection in the racquetball courts.

Locker/Locker-Towel

Service - Members and guest must bring a lock and remove it at the end of each visit. Items left overnight will be removed and placed in lost and found. The YMCA is not responsible for lost or stolen items. Locks are available for sale at the Welcome Center. The Locker Towel Service is available only for adults age 19 and older as an option with membership.

\$12.00 - One Adult

\$18.00 - Two Adults in Household

Child Supervision

Children under the age of 10 must be under direct supervision of an adult in all areas of the facility or enrolled in a supervised YMCA program. Children under the age of 16 are not permitted in the workout areas unless they have completed the Teens in Training course.

Indoor Track

Children under 10 are not allowed on the track. Children 10-13 must have adult supervision or permission from a building supervisor or management staff on duty.

Pool

Please shower thoroughly before using the pool, steam room, and sauna. For safety reasons, please leave jackets and bags in the locker room rather than bringing them to the gym, program areas, Wellness Center or pool deck.

Class Cancellations/ Refunds

Program fees will not be refunded or credited once a class has met the second week of a session (child care and camp are excluded). Prorated fees will be given as a credit for illness or injury with a note from a physician. Classes missed due to holidays or personal reasons will not be made up because it compromises the safety ratio in other classes. If the YMCA cancels a class, a prorated fee will be given as a credit. In case of inclement weather, cancellations and closings will be announced on our mobile app and local radio stations.

E-Mail

The Y collects email addresses to communicate electronically with members and participants. If you do not wish to receive YMCA e-communication, choose the "unsubscribe" option when you receive your first email.

Personal Coaching/ Training-

Personal training is available for an additional fee. For liability reasons, we do not allow members, outside trainers or coaches to privately instruct other members or guests on YMCA property.

Deployed Military Family Memberships

Military spouses and children of deployed Guard or Reservists are eligible to join for a free six month membership at the Danville Family YMCA, courtesy of the Defense Department's Military OneSource. Family members will need to bring a copy of deployment orders and military I.D. New members must utilize the facility at least eight times each month to qualify for an additional six-month renewable membership. For more information or to sign-up, please contact our Membership Director. You may also confirm eligibility by contacting Military OneSource at www.militaryonesource.com

REGISTER ONLINE FOR PROGRAMS

1. Go to www.danville.org
2. Click 
3. Find your class and register!

DOWNLOAD OUR MOBILE APP

Available for both [iOS](#) or [Android](#).
FIND US ON FACEBOOK



FOR BETTER HEALTH

HEALTHY LIVING EQUIPMENT ORIENTATION

If you are new to the YMCA or returning to fitness, we understand all the equipment in the Wellness Center can be overwhelming. Allow our educated staff to guide you through the operating techniques of our cardio and strength machines. Call 442-0563 ext. 124 to set up your appointment.

Fee: Free to Members

BODY COMPOSITION

Interested in learning more about your body make up than just your weight? Learn about lean muscle mass and get your body fat percentage. Taking a moment to understand and educate yourself about your body composition can guide you in your well-being journey, and motivate you to reach your goals.

Fee: Free to Members

YMCA/PRESENCE HEALTH BRIDGE PROGRAM CARDIOPULMONARY REHABILITATION

The YMCA provides a safe, supervised environment for cardiac or pulmonary patients no longer needing continuous cardiac monitoring. The Bridge Program enables the patient to exercise under the supervision of a registered nurse who specializes in cardiopulmonary rehabilitation. The nurse is available to check blood pressure, O2 saturation, and heart rate for all members.

Fee: Free to Members

PERSONAL TRAINING

Our nationally certified personal trainers can design a personalized training program specifically for you based on your individual profile and goals.

Call 442-0563 ext. 124 or stop by the Welcome Center for more information.



1-on-1 Personal Training

(30 minute Sessions)

Four sessions	\$60 Member	\$120 Non-Member
Six sessions	\$90 Member	\$150 Non-Member
Ten sessions	\$150 Member	\$250 Non-Member
Twenty sessions	\$300 Member	\$500 Non-Member

1-on-1 Personal Training

(60 minute Sessions)

Four sessions	\$120 Member	\$180 Non-Member
Six sessions	\$180 Member	\$270 Non-Member
Ten sessions	\$300 Member	\$450 Non-Member
Twenty sessions	\$600 Member	\$900 Non-Member

Train Together (60 minute Sessions)

Six sessions	\$150 Member	\$360 Non-Member
Ten sessions	\$250 Member	\$400 Non-Member
Twenty sessions	\$500 Member	\$800 Non-Member

WEIGHT LOSS PACKAGE

Package includes a consultation with the personal trainer of your choice, fitness assessment, dietary analysis, and twelve (12) 1-on-1 sessions with your trainer. Designed for those serious about weight loss.

Fee: \$180 Member \$315 Non-Member

STARTING OFF PACKAGE

Package includes a 1-on-1 one (1) hour consultation with the personal trainer of your choice, fitness assessment, dietary analysis, and a custom workout designed to help you reach your goals on your own.

Note that personal trainer does not supervise workout delivered.

Fee: \$25 Member \$45 Non-Member

GROUP EXERCISE CLASSES

BOOT CAMP

No guts, no glory in this total body workout! This popular interval class mixes body weight exercises with cardio and strength training to enhance agility, speed, power, strength and quickness. Each boot camp class is designed for a total body fitness workout. A great class that focuses on arms, legs, abs and your heart! A great way to get your cardio, strength and flexibility in one class.

HIIT

High Intensity Interval Training is an efficient, effective and fun workout which will challenge each muscle group. HIIT is an effective way to burn calories and improve your cardiovascular fitness. This class is perfect for intermediate to advanced fitness levels. Keep moving with little or no rest between exercises. Prepare to sweat and push yourself to the next level!

CIRCUIT TRAINING

Boredom is minimized because you keep moving with little or no rest between exercises.

INDOOR CYCLING

Indoor cycling is an exceptional cardiovascular workout. This class uses major muscle groups and increases the heart rate. Cycling is a great form of exercise for those with certain joint problems because it is considered very low impact. Must be 16 and older to participate.

LET'S GET IT STARTED

Participate in this class to receive a variety of workouts! Each day has a unique and specific focus. Come one day for cardio endurance, another for interval training, and yet another for a boot camp style workout. A great way to get your day started right!

QI GONG

This class focuses on slow, simple movements to allow individuals of any age and fitness level to participate to improve general health, relieve stress and tension, improve mental well-being, stimulate and strengthen muscles, increase energy and counteract the aging process.

SCULPT

Sculpt a whole new you by challenging your major muscle groups through strength training to tone your body. This class uses various forms of resistance tools to build muscle strength and endurance.

HATHA YOGA

During Hatha Yoga, you use physical postures to align your body and allow energy to flow freely. Yoga is intended to improve balance, flexibility, and strength. Some poses also massage internal organs and enhance circulation, digestion, and hormonal activity in the body. Yoga is a gentle, non-impact form of exercise that is suitable for all fitness levels. Classes held in Fitness Room.

ASANA YOGA

Asana Yoga cultivates body awareness, relaxation, and concentration while moving from one firm but relaxed position to another. Students of all ages, health, and skill levels will concentrate on breathing and move at their own ability from posture to posture to build strength, balance, and flexibility.

POWER YOGA

Power Yoga takes yoga and athleticism and combines them into an intense workout with emphasis on strength and flexibility. Students will learn a series of Vinyasas (movement from one posture to another while breathing), first holding each posture for a few breaths then speeding up the change of postures into a flowing intense workout.

ADULT Co-Ed VOLLEYBALL LEAGUE

STARTS NOVEMBER 6TH

Volleyball is a great way to kick off the fall. Spikes and kills, are all legal in this game!

Registration begins
October 1st

Ages- 18 & up

All games are on Sunday.

Rosters are no more than
7 players max.

Fee- \$30 per player

FOR ACTIVE OLDER ADULTS

ZUMBA

A fun filled workout that combines upbeat music with thrilling dance and fitness movements that will leave you excited about meeting your fitness goals.

ZUMBA TONING

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Light hand weights enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

AQUA ZUMBA

Bringing the dance floor to the water! This is a great workout that takes the fun and energy of classic Zumba dance and puts it in the water. Excellent cardiovascular workout that is easy on the joints.

BURSTFIT WATER

A workout designed with strength, endurance and core training exercises to target your key fat burning areas and give you a lean physique.

DEEP WATER

Let the buoyancy of the water keep you afloat and its resistance give you a workout. This deep water class is an excellent cardiovascular and toning workout. It is ideal for those whose joints cannot tolerate and impact class.

POWER SPLASH

Working in shallow water, you will receive a full body workout that is guaranteed to improve your strength, cardiovascular endurance and flexibility, while being very easy on the joints!

WATER FITNESS

This is a water workout which provides a variety of activities ranging from dance to boxing to keep your workout exciting. Classes will incorporate cardiovascular conditioning, interval training, resistance exercises, and flexibility. Uses shallow water.

WATER IN MOTION

This class offers the benefit of a high energy calorie burning workout without the pull that gravity plays on the body. Experience the cross-training effects that water provides while reducing the impact on your joints, specifically the knees and back.

WATER, MIND AND BODY

A fun, low stress way to strengthen and stretch your whole body. All exercises are in shallow water to allow strain-free, full range, integrated muscle movement to aid balance and to increase body control. No swimming skills required.

SILVER SNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.



SILVER SNEAKERS CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work is done with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises

YOGA PLATINUM

Yoga Platinum will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

ADULT FITNESS PROGRAM

The Adult Fitness Program is for adults 55 and older and is designed to offer members an individualized exercise program to help them meet their fitness goals. (Please see the booklet at the Welcome Center for more details).
Monday-Friday 5a.m.-12p.m.

FOR BETTER YOUTH

LUNCH & LEARN (Free To Members)

Mark your calendars. Our Lunch & Learn will cover Orthopedic Health and will be held in the teen center. An Orthopedic specialist will speak and Presence Health will provide a light lunch. Please sign up at the Welcome Center.

Wednesday September 14, 2016 at 12:00 p.m.

ICE CREAM SOCIAL

The Y will provide all ice cream and toppings. All you need to bring is yourself and maybe even a friend. The social is free to all seniors. You do not have to be a member to attend!

Wednesday, September 28, 2016 at 12:00 p.m.

Outside on the basketball court

AGATHA CHRISTIE'S "MURDER ON THE NILE"

(Minimum Participation: 25)

This year we will be heading to Myers Dinner Theater in Hillsboro, IN.

Tickets are \$60.00 each. This includes transportation, dinner, entertainment and tip. Registration is available at the Welcome Center until October 28th. The bus will leave at 10:45 a.m. We will return at approximately 3:00 p.m.

Wednesday November 9, 2016

HOLIDAY POTLUCK

Come help us celebrate for reason for the season. Please bring a dish to share. The Y will provide the entrée and drinks. Invite a friend to come along!

Wednesday December 7, 2016 at 12:00 p.m.

Small Gym

COVERED BRIDGE

(Minimum Participation: 25)

We will be taking a trip to the Covered Bridge in Bridgeton, IN. Please sign up in advance at the Welcome Center.

Price: \$30.00 per person. We will leave the YMCA at 9:00 am and will return at approximately 3:00 pm.

Wednesday October 19, 2016 9 a.m. – 3 p.m.

ADULT COLORING

Adult coloring meets every other Monday at 11:30 a.m. in the Teen Center

Sign up at the Welcome Center

AOA BIBLE STUDY

Our Active Older Adults Bible Study meets every Thursday at 10 a.m. in the meeting room



NURSERY/KIDS ZONE

Child Watch is provided free to members with family membership while utilizing the facility. Children without membership cost \$3 per child per visit. Children must be signed in and out of the Nursery/Kid Zone by a parent.

Nursery: Ages six months to five years old

Monday-Friday 8:30am-11:30am

Mon-Thursday 5:00pm-8:00pm

Saturday 8:30-11:30am

Kids Zone: Five years old to 12 years old

Monday-Thursday 5:00pm-8:30pm

Saturday 8:30am-11:30am

Children under the age of ten must be under direct supervision of an adult in all areas of the facility or enrolled in a supervised YMCA program. Children under the age of 16 are not permitted in the workout area unless they have completed the Teens in Training course. Youth under the age of 19 are not allowed in the locker rooms.

FOR BETTER YOUTH- CONTINUED

Y-KIDS AFTERSCHOOL PROGRAM

Y-Kids afterschool engages kids in physically active, learning, and imaginative activities that encourage exploration of who they are and what they can achieve. Students get assistance with their homework from trained Y-staff, are served a nutritious meal, and form long lasting friendships that enhance their development and growth, and self-confidence.

Y-Kids Before School 7am-8am and Afterschool until 6pm

Y-Kids Sites: Edison, Northeast, Liberty, Southwest, and Mark Denman Elementary

Registration for Y-Kids is available at the YMCA's Welcome Center.

TEEN CENTER

The Teen Center is also a great place to go after school to socialize, do homework and enjoy activities. Teens can stop by the Teen Center to socialize, do homework, or participate in a variety of activities; which includes Pool, Basketball, Board Games, Wii, Computer/Internet, and many more. Teen Center is free to members and open to guests who purchase a guest pass.

YMCA Staff are on site at all times to ensure safe and responsible use of center.

The Teen Center is open to children 10-17 years old Monday - Thursday 6:00p.m.-8:00p.m.

LEADERS CLUB

The Y is counting on you to lead the way! We meet every day after school from 3:00p.m.-6:00p.m., transportation will be provided to the YMCA. Members and Non-Members are welcome. Leaders Club is interactive where participants get tutored if they need homework help and learn life skills to make them leaders in society.

For students in 3rd - 12th Grade

Fee- \$10 for the entire school year

A lunch will be provided daily

ITTY BITTY BASKETBALL

Itty Bitty sports are programs to get kids involved at an early age. Itty Bitty Basketball is a parent child class that goes on every Saturday from 10:00 a.m. to 11:00 a.m. This program teaches the basic skills of the game such as ball handling, passing, shooting, and defense.

Saturdays 10:00a.m. - 11:00a.m.

Boys and Girls (Ages 3-5 with parents)

Fee members \$38 nonmembers \$63

Each participant receives a trophy

GIRLS HOOP CLINIC

This program is for girls interested in learning the basics and fundamentals of basketball. Basic fundamentals such as passing, dribbling, shooting and teamwork will be taught to help make them more knowledgeable about the game! Young ladies that participate will have a great time learning in a positive atmosphere where they can have fun and make new friends.

Fall 1 and Fall 2

Saturdays 11:15a.m- 12:15p.m

Girls only (K-5th Grade)

Fee members \$38 nonmembers \$63



YOUNG MEN AWARE

The YMCA has partnered with Presence United Samaritans Foundation to provide a program that will help teach Young Men how to be successful in the classroom as well as in the community. Our three main goals are high school graduation, college graduation or going into the armed forces, along with early fatherhood prevention with an emphasis on abstinence.

Danville High School (Daily at DHS)

North Ridge Tuesday 3:45-4:45p.m.

South View Wednesday 3:45-4:45p.m.

Snacks provided

All school year long

Free for all participants

FOR BETTER YOUTH -AQUATICS



SHRIMP (6 months – 3 years)

\$33 Member \$48 Non-Member - 30 min. classes

Children learn basic water skills such as kicking, arm strokes, and jumping in the water all with the assistance of a parent or adult in the pool with them.

Activities are based on the developmental ability of the child

Songs, games, and toys are included as part of each class

Monday: 10:45 - 11:15 a.m.

Thursday: 6:00 - 6:30 p.m.

\$38 Member \$63 Non-Member-45 min. classes

PERCH (2 – 4 years old)

Designed for children who are entering the beginning stages of swimming. Parents or an adult will be in the water to help during each class. Children will work on basic arm strokes, kicking, and learning to jump into the water with assistance.

Wednesday: 6:00 - 6:45 p.m.

PIKE – BEGINNER (3 – 5 years old)

Designed for children entering the beginning stages of swimming. Children will be introduced to basic kicking, arm strokes, and learning to jump into the water. Toys and games will be used to help children play and feel comfortable in the water.

Tuesday 6:00 - 6:45 p.m.

Thursday 4:30 - 5:15 p.m.

5:15 - 6:00 p.m.

EEL – INTERMEDIATE (3 – 5 year old)

Children will be introduced front and back floating and glide, front and back paddle strokes, and jumping independently. Diving may be introduced.

Tuesday 6:00 - 6:45 p.m.

Thursday 4:30 - 5:15 p.m.

STARFISH – ADVANCED (3 – 5 year old)

Elementary backstroke, breaststroke, and butterfly may be introduced. Diving skills, endurance, and personal lifesaving skills are practiced.

Tuesday 6:45 - 7:30 p.m.

FOR BETTER YOUTH -AQUATICS

POLLIWOG – BEGINNER (6-13 years old)

Designed for school aged children who are entering the beginning stages of swimming. Front and back paddle strokes and floating are introduced, as well as jumping into shallow water independently.

Tuesday 6:00 – 6:45 p.m.
6:45 – 7:30 p.m.
Thursday 4:30 – 5:15 p.m.
5:15 – 6:00 p.m.

GUPPY/MINNOW – INTERMEDIATE

(6-13 years old)

Children will continue to develop their freestyle & backstroke skills, as well their endurance to swim the length of the pool. Diving, elementary backstroke, personal lifesaving skills will be introduced and focused on.

Tuesday 6:45 – 7:30 p.m.
Thursday 4:30 – 5:15 p.m.
5:15 – 6:00 p.m.

PRE-TEAM – ADVANCED (School Age)

Designed for advanced youth swimmers
Can help children get ready to be on the swim team as all four competitive strokes are introduced, as well as starts and turns. This class involves swimming laps of the pool at a time.

Tuesday 6:00-6:45p.m.

Note: Classes may be cancelled or combined due to low enrollment. Swimmers will always be worked with at their own level if it is necessary to combine classes. Classes meet once a week for seven weeks. Each session has water safety instruction built into the lesson format, either as a one-time lesson for the younger children or throughout the weeks for the older classes.

YMCA DOLPHIN SWIM TEAM

The YMCA Swim Team is for children ages 5-21 years old. The season runs September – March. Swimmers should be able to swim one length of the pool (ages 8 and under) or two lengths of the pool (ages 9 and older). Call 442-0563 ext. 110 for more information.

Fees: All swimmers must be a YMCA member and pay a \$25 registration fee.

\$200 First child

\$185 Additional children

\$145 High school boys/\$115 high school girls *

*Must train with their high school team part of the season.



YMCA LIFEGUARDING CLASS

A YMCA Lifeguarding Class will be held during the Winter Break. Course includes: Class/Pool time, First Aid, CPR-Pro, AED, Oxygen Administration, lifeguard book, CPR mask, rescue pack, whistle, and certification cards. Please call 442-0563 ext. 110 for more information, prerequisites, and dates.

Fees: \$200 Member
\$220 Non-Member

SOCIAL RESPONSIBILITY

CORPORATE WELLNESS

The Danville Family YMCA Corporate Wellness Program does more than provide membership cards. The Y offers programs and services to support every individual and family on their quest to adopt a healthy and active lifestyle. If your current employer partners with the Y, you are eligible to receive 20% off of your monthly membership dues in addition to having the joiner fee waived. Inquire within to see if your company is a part of our partnership.

If your company is interested in partnering with the Danville Family YMCA and would like pricing information, please contact:

Sarah Jones, Community Outreach and Marketing Director



LABOR DAY PARADE

Come join us at the Labor Day Parade located downtown on September 5th for our annual Labor Day Parade. The Danville Family YMCA will participate in this event and have goodies for the community!



United Way
of Danville Area, Inc.

ANNUAL HALLOWEEN BASH

Join us for our annual Halloween Bash October 27th from 5:00p.m.-7:00p.m. We will have games, candy, snacks, drinks and a costume contest!



TOGETHERHOOD

Invites Y members to activate their social responsibility by participating in the Y's cause to strengthen community. Togetherhood provides Y members with fun, convenient and rewarding ways to give back and support their neighbors. Togetherhood is the YMCA's Signature Program for Social Responsibility. This program invites Y members to lead and participate in volunteer service projects that benefit the community where they live.

Upcoming Projects:

- Fall Movie Night
- Winter Life Skills Day
- Spring Yard Clean Up



CONTACT US:
PHONE: 217-442-0563
WEBSITE: www.danvillemca.org
ADDRESS: 1111 N. Vermilion, Danville IL, 61832

HOURS OF OPERATION

FALL HOURS (Begin August 15th)
MONDAY-FRIDAY: 5:00a.m.-8:00p.m.
SATURDAY: 6:30a.m.-3:00p.m.
SUNDAY: CLOSED

WINTER HOURS (Begin November 5th)
MONDAY-THURSDAY: 5:00a.m.-9:00p.m.
FRIDAY: 5:00a.m.-8:00p.m.
SATURDAY: 6:30a.m.-3:00p.m.
SUNDAY 1:00p.m.-5:00p.m.

(WE WILL BE CLOSED SEPTEMBER 5TH AND NOVEMBER 24TH)