



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND WHAT MOVES YOU

JANUARY 9TH-APRIL 16TH
WINTER 1 & 2 PROGRAMS



Danville Family YMCA

WELCOME WINTER WITH US...

**DO YOUR HOLIDAY
SHOPPING WHERE
YOUR GIFT MAKES
A DIFFERENCE.**

GIVE **HOPE** THIS HOLIDAY SEASON



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 and reminders to being a Y member:

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.

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. 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, Facebook, 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.danvilleyymca.org
2. Click 
3. Find your class and register!

DOWNLOAD OUR MOBILE APP

Available for both [iOS](#) or [Android](#).

HOURS OF OPERATION:

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.

***Closed Christmas Eve at 12:00p.m**

Closed Christmas Day and New Year's Day

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 Household Membership ONLY for \$20.00 additional per month

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

Locker/Locker-Towel Service - Members and guests should 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



CORPORATE WELLNESS

The Danville Family YMCA is proud to offer Corporate Wellness Partnerships with local organizations to ensure employees are making a priority of health and wellness. We offer access to Y classes and programs such as group exercise, personal training, swim lessons, and child watch. We also offer On-Site (at your location) classes, health fairs, fitness evaluations, lunch and learns, and corporate adult sports leagues. If this is something you or your employer would be interested in, please contact Sarah Jones at 217-442-0563 ext. 114 or sjones@danvilleymca.org.



MOVE WITH FITNESS

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.

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.

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.

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

MOVE TOGETHER

LAND 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!

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!

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.

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.

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.

P90X® The P90X® LIVE workouts offer a rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work, and more. Using the science of Muscle Confusion™, P90X® constantly switches things up (the blocks, the protocols, the rep ranges) to help class members bust through plateaus. Plus, there are modifications so people at any level can partake.

MOVE TOGETHER CONTINUED

AQUATIC CLASSES

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.

ACTIVE OLDER ADULT FITNESS

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.

LET'S GET FIT TOGETHER

YMCA GROUP EXERCISE AND FITNESS CLASSES



MOVE TOGETHER CONTINUED

ADULT SPORTS

ADULT INDOOR SOCCER

Looking for a place to play some indoor soccer? Look no further because it is here at the Danville Family YMCA! We offer a solution to the winter time weather! Teams are made up of high school players and adults.

- Program Starts January 15th
- Participants- Adults, ages 16 & over
- Fee \$30 Individual
- Time- Sundays 4:00pm- 9:00pm

ADULT VOLLEYBALL LEAGUE

Our adult volleyball league is for those who want to stay active in a fun, competitive program. The league is co-ed for ages 18 and older. You don't have to come with a team as we can place you on one. If you enjoy volleyball, this league is for you. Come with a team or you can be placed on a team.

- Program starts January 15th
- Games played on Sundays
- Men and Women ages 18 and up
- Games played on Sundays starting at 3pm-7pm
- Fee \$30 Individual

MEN'S BASKETBALL LEAGUE

Men 18 years of age and older are welcome to join our Men's Basketball League. The league includes a 7 week regular season followed by a single elimination tournament with full-court officiated games. Teams are required to have matching shirts with numbers.

- Program Starts January 9th
- Games on Mondays nights 6:00pm-8:00pm
- Men ages 18 and older
- Fee \$30 Individual



KEEPING KIDS MOVING

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 8:30a.m. - 11:30am

Mon-Thursday 5:00p.m. - 8:00pm

Saturday 8:30a.m. - 11:30a.m.

Kids Zone: Five years old to 12 years old

Monday-Thursday 5:00p.m. - 8:00p.m.

Saturday 8:30a.m.-11:30a.m.

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.



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 offered at Edison and Liberty from 7am-8am and Afterschool until 6pm at all sites.

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

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

DAYS OFF PROGRAM

Our Days Off Program is offered when school is out! Children will be able to play with friends, swim, and have fun! We provide a snack for each child as well. Children will need to bring a sack lunch, swim wear, and towel.

Traditional

DECEMBER: 21, 22, 23, 26, 27, 28, 29, 30

JANUARY 2017: 3, 16

FEBRUARY: 8, 20

MARCH: 17, 20, 21, 22, 23, 24

APRIL: 14, 19

Balanced

DECEMBER: 22, 23, 26, 27, 28, 29, 30

JANUARY 2017: 2, 3, 16, 17

FEBRUARY: 20

MARCH: 10, 13, 14, 15, 16, 17, 20, 21, 22, 23, 24, 27, 28, 29, 30, 31

APRIL: 14

MOVING TOWARD LEADERSHIP

TEEN CENTER

The goal of the YMCA is to provide youth with a safe and fun environment during out of school hours. 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.

- Program is all school year long
- 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 6-8p.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. 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

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)

Middle School Wednesday 3:45-4:45p.m.

Snacks provided

All school year long

Free for all participants



ACHIEVERS

Y Achievers is open to teens in grades 8 through 12. It is a multi-racial effort to help teens develop to their fullest potential. Registration includes youth membership at the Danville Family YMCA. There are no scholastic requirements to enroll. The only requirement is the desire to succeed.

Y Achievers now provides assistance to those students interested in receiving their GED. This is open to students from the ages of 16-24 and meets the Workforce Innovation and Opportunity Act (WIOA) qualifications.

Meetings are the second and Fourth Saturday of each month 2:00pm. – 3:00 p.m.

MOVING TO COMPETE

YOUTH SPORTS

ITTY BITTY BASKETBALL

Itty Bitty sports are important to get kids involved at an early age. Itty Bitty Basketball is a parent child class that goes on every Saturday from 9:00 a.m. to 9:45 a.m. This program teaches the basic skills of the game such as ball handling, passing, shooting, and defense.

- Program starts January 14th
- Saturdays 9:00am- 9:45am
- Boys and Girls (Ages 3-5 with parents)
- Fee members \$40 nonmembers \$65
- Each participant receives a trophy and t-shirt

KINDERGARTEN BASKETBALL

Kindergarten Basketball is a fun program for boys and girls that are in kindergarten. Each participant will learn the basic principles of how to dribble, pass and shoot the basketball in a practice style format for 30 minutes. Following the 30 minutes skill development session the children in the program will then play in a 20 minute game to show the skills that they are learning in a game format.

- Program starts January 14th
- Saturdays 10:00am- 11:00am
- Boys and Girls in Kindergarten
- Fee members \$40 nonmembers \$65
- Each participant receives a trophy and t-shirt

YBA-BASKETBALL (9 WEEKS)

It's time for Winter YBA at the Danville Family YMCA! YMCA Basketball is a great way to set a good foundation for players who are just starting out. With competitive games as well as organized practices our program is designed to help kids progress at a fast pace. For any questions please contact Andreas Coleman at 217- 442-0563 ex. 115 or by email acoleman@danvilleymca.org.

- Program Starts January 10th
- Participants- Girls and Boys 1st- 5th Grade
- Fee- \$45 Members Non- Members \$70
- Time- Tuesdays or Thursdays 5:30pm- 7:30pm(Practice)
- Games on Saturday afternoon
- Games start January 28th

TAEKWONDO

Martial Arts is a great way to have fun with your children and learn positive techniques for self-discipline, exercise training and promote self-confidence. You won't need any special gear, shorts & t-shirts are fine. Uniforms are available upon purchase.

- Program Starts January 10th
- Tuesdays and Thursdays 4:30pm- 5:30pm
- Instructor- Mr. David Crawley 2nd Degree Black Belt
- Fee- \$40 Members \$65 Non Members
- Program is for males and females ages 11 and up



MOVING TO COMPETE

YOUTH SPORTS

YOUTH INDOOR SOCCER

Learn the basic soccer skills and have fun with others at the same time. The Youth Indoor Soccer program will teach each participant the basics they need to understand to compete at a higher level. This program is for everyone! Come out and join the fun!

- Program Starts January 14th
- Participants- Boys and Girls 4U to 14U
- Fee- Members \$45 Non- Members \$70
- Time- Saturdays 9:00am- 12:00PM
- Games Start January 14th (Last game March 11th)
- Each participant receives a trophy and t-shirt



INDOOR HOCKEY

Come enjoy Floor Hockey at the Danville Family YMCA. YMCA Hockey will teach children all the basics of Floor Hockey. Children will be taught drills and play in scrimmage games. Participants will use padded sticks and plastic hockey balls. This program will be ran by the Danville Dashers. Participants will receive a participation trophy and free tickets to watch the Dashers!

- Program Starts January 9th
- Mondays 5:00pm- 6:00pm
- Fee- \$40 Members \$65 Non- Members
- Participants- Boys and Girls ages 5-12 years old
- Each participant receives a trophy and t-shirt

AQUATICS –SWIM LESSONS

SHRIMP – Stage A (6 months – 3 years)

\$35 Member

\$50 Non-Member

- 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
- Thursday 6:00 – 6:30 p.m.

PERCH – Stage B (2 – 4 years old)

\$40 Member

\$65 Non-Member

- 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.

MOVING TO COMPETE

AQUATICS

PIKE – Stage P2 (3 – 5 years old)

\$40 Member

\$65 Non-Member

- 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 – personal safety is emphasized
- Toys and games will be used to help children play and feel comfortable in the water
- Tuesday 5:15 – 6:00 p.m.
- Thursday 4:30 – 5:15 p.m.
5:15 – 6:00 p.m.
- Sunday 3:00 – 3:45 p.m.

EEL – Stage P3 (3 – 5 year old)

\$40 Member

\$65 Non-Member

- Children will be introduced front and back floating and glide, front and back paddle strokes, and jumping independently
- Diving may be introduced & personal safety skills are emphasized
- Tuesday 6:00 – 6:45 p.m.
- Thursday 4:30 – 5:15 p.m.
- Sunday 3:45 – 4:30 p.m.

STARFISH – Stage P4 (3 – 5 year old)

\$40 Member

\$65 Non-Member

- Elementary backstroke, breaststroke, and butterfly may be introduced
- Diving skills, endurance, and personal lifesaving skills are practiced
- Tuesday 5:15 – 6:00 p.m.

POLLIWOG – Stage S2 (6 – 13 years old)

\$40 Member

\$65 Non-Member

- 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
- Personal safety skills are emphasized
- Tuesday 6:00 – 6:45 p.m.
- Thursday 4:30 – 5:15 p.m.
5:15 – 6:00 p.m.
- Sunday 3:00 – 3:45 p.m.



GUPPY/MINNOW – Stage S3 (6-13 years old)

\$40 Member

\$65 Non-Member

- 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 5:15 – 6:00 p.m.
- Thursday 4:30 – 5:15 p.m.
5:15 – 6:00 p.m.
- Sunday 3:45 – 4:30 p.m.

PRE-TEAM – Stage S4 (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 – 6:45 p.m.

Note: Classes meet once a week for seven weeks. Each session has water safety instruction built into the lesson format. 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. Note that Lessons are moving toward a Level system and the Fish names are soon to be replaced. P=Preschool, S=School Age. There will be more information soon regarding the changes.

MOVING TO COMPETE

AQUATICS CONTINUED

PRIVATE/SEMI-PRIVATE LESSONS

- Learn to swim with one-on-one or small group instruction
- Lessons are 30 minutes
- Lessons are scheduled at a time between the instructor and the individual, but may be susceptible to the pool schedule and instructor availability
- Please fill out a lesson request form at the Welcome Center or call 442-0563 ext. 110 to make arrangements.

PRIVATE LESSON SESSION

Four Sessions	\$60 Member	\$80 Non-Member
Six Sessions	\$90 Member	\$120 Non-Member
Ten Sessions	\$150 Member	\$200 Non-Member

SEMI-PRIVATE LESSON SESSION

Six Sessions	\$50 Member	\$70 Non-Member
Ten Sessions	\$80 Member	\$110 Non-Member



YMCA LIFEGUARDING CLASS

The Danville Family YMCA will be offering a Lifeguarding during the Spring Session. Participants must be 16 years old by the end date of the course. The cost is \$200 for members and \$220 for non-members. The course will include certification in YMCA Lifeguarding, ASHI CPR-Pro/Oxygen Administration/First Aid, a whistle, a rescue mask, and a rescue pack. All participants will need to pass a prerequisite swim consisting of a 350-yd. swim (14 lengths) plus one length additional length fast, three minutes of treading water, the ability to swim to the bottom of the pool and retrieve an object, and to exit the pool without the use of a ladder. You must pass the prerequisite swim test to continue in the course, and refunds will not be offered if the prerequisite swim is not completed. The course consists of 8 hrs. and 30 min. of online learning to be completed prior to the start of the course at the Y, 14 hrs. and 30 min. of classroom time, and 13 hrs. of pool time. Any questions should be directed to Joyce Bruett at (217) 442-0562x110 or jbruett@danvilleymca.org.

ADULT SWIM SKILLS SEMINARS

\$6 Members

\$10 Non-Members

*New Starting this January

- A monthly class dedicated to a lap swimming skill to help improve your workout in the pool
- A different stroke or skill each month
- Registration starts the first of the month
- 15 min of video specific to that month's topic (if applicable) and then time to change before meeting in the pool for 40 minutes to put into practice the skills presented and have instruction to help maximize personal skills
- Topics to be addressed: Freestyle, Backstroke, Breaststroke, Butterfly, Starts/Diving, Turns, Breathing, Personal Rescue Skills, Using Equipment Properly & Effectively, and more to come.

January 12th – Freestyle Stroke: hand position, kick, body rotation, some breathing suggestions & head position

February 9th – Backstroke Stroke: body rotation, hand/arm movement underwater, kick, head position

March 9th – Flip Turns

The second Thursday's of the month

5:30-6:30 a.m. OR 7:45-8:45 p.m.

HELPING THE COMMUNITY MOVE

WINTER COMMUNITY EVENTS AND PARTIES

FATHER DAUGHTER DANCE

Our annual event is back! Treat your daughter/s to a special date night with dad. You will enjoy an evening of music, dancing, fellowship, and refreshments. Fathers, uncles, brothers, and grandfathers are invited to spend a magical evening with your little princess!

Who: Any age can participate (recommended age 5-14yrs old)

When: Friday, February 24, 2016

Time: 6:00p.m.-7:30p.m.

Cost: Members \$15 per pair (\$3 for each additional daughter)

Non-members: \$20 per pair (\$5 for each additional daughter)

Location: Danville Family YMCA

For more information, or any questions please contact Andreas Coleman @ 217-442-0563 ext. 115 or via email acoleman@danvilleymca.org.

BIRTHDAY PARTIES

Celebrate your child's next birthday at the Danville Family YMCA! You'll have an opportunity to be active and have fun in a safe environment. Enjoy a two hour party using both a party room and our pool. The Y will provide pizza, pop, and. In addition, your guests will each receive a one day family guest pass!

ACTIVE OLDER ADULTS WINTER ACTIVITIES

HOLIDAY POTLUCK

December 7, 2016

The Y will provide the entrée and the beverages

Please bring a dish to share

Sign-up sheets will be available at the Welcome Center

ADULT COLORING

Throughout these winter months we will continue with:

Adult coloring every other Monday at 11:30 am – 1:00 pm

AOA BIBLE STUDY

AOA Bible Study meets every Thursday from 10:30 am to 11:30 am

VALENTINE POTLUCK

February 15, 2017

The Y will provide the Entrée and the beverages

Please bring a dish to share

Sign-up sheets will be available at the Welcome Center



POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15a-9:00a 4 Lap Lanes/ 2 Walking Lanes	5:15a-9:00a 4 Lap Lanes/ 2 Walking Lanes	5:15a-9:00a 4 Lap Lanes/ 2 Walking Lanes	5:15a-9:00a 4 Lap Lanes/ 2 Walking Lanes	5:15a-9:00a 4 Lap Lanes/ 2 Walking Lanes	6:45a-9:00a 4 Lap Lanes/ 2 Walking Lanes	1:00p-4:45p Open Swim 3 Lap Lanes
9:00a-9:30a Water Mind & Body 9:30a-10:30a Water in Motion 1 Lap Lanes	9:00a-9:30a Water Mind & Body 9:30a-10:30a Water in Motion 1 Lap Lanes	9:00-9:30 Water Mind & Body 9:30a-10:30a Water in Motion 1 Lap Lanes	9:00-9:30 Water Mind & Body 9:30a-10:30a Water in Motion 1 Lap Lanes	9:00-9:30 Water Mind & Body 9:30a-10:30a Water in Motion 1 Lap Lanes	9:00a-10:00a Aqua Deep 3 Lap Lanes	
10:30a-5:00p Open Swim 3 Lap Lanes	10:30a-6:00p Open Swim 3 Lap Lanes	10:30a-5:00p Open Swim 3 Lap Lanes	10:30-4:30 Open Swim 3 Lap Lanes	10:30a-6:00p Open Swim 3 Lap Lanes	10:00a-2:45p Open Swim 3 Lap Lanes	
5:00p-6:00p Burst Fit 2 Lap Lanes	6:00p-7:30p Swim Lessons 0 Lap Lane	5:00p-6:00p Burst Fit 2 Lap Lanes	4:30-6:00 Swim Lessons 3 Lap Lanes	6:00p-7:00p Open Swim and Swim Team 1 Lap Lane		
6:00p-7:45p 0 Lap Lanes 6-7 1 Lap Lane 7-7:45	6:00-7:45 Swim Team 0 Lap Lanes	6:00p-7:45p 0 Lap Lanes 6-7 1 Lap Lane 7p-7:45p	6:00-7:45 Swim Team 0 Lap Lanes 1 Lap Lane 6-7p	7:00p-8:00p Open Swim 3 Lap Lanes		
7:45p-8:45p Open Swim 3 Lap Lanes	7:45p-8:45p Open Swim 3 Lap Lanes	7:45p-8:45p Open Swim 3 Lap Lanes	7:45p-8:45p Open Swim 3 Lap Lanes			

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Let's Get It Started 5:30a-6:30a Asana Yoga 8:00a-8:45 Circuit Training 8:45-9:30 Silver Sneakers Classic® (3 Classes) 9, 10, 11-11:45a HIIT 5:30p-6:00p Sculpt 6:00p-7:00p Zumba® 7:00p-8:00p	Cycling 5:30a-6:15a Power Yoga 8:00a-8:45a Silver Sneakers Circuit® 9:00a-10:00a Yoga Platinum 10:30a-11:30a Cycling 5:45p-6:30p P90X® 6:00p-7:00p Hatha Yoga 6:00p-7:00p Zumba® 7:00p-8:00p	Let's Get It Started 5:30a-6:30a Asana Yoga 8:00a-8:45 Circuit Training 8:45-9:30 Silver Sneakers Classic® (3 Classes) 9, 10, 11-11:45a HIIT 5:30p-6:00p Sculpt 6:00p-7:00p Hatha Yoga 6:00p-7:00p Zumba® 7:00p-8:00p	Cycling 5:30a-6:15a Power Yoga 8:00a-8:45a Silver Sneakers Circuit® 9:00a-10:00a Yoga Platinum 10:30a-11:30a Cycling 5:45p-6:30p P90X® 6:00p-7:00p Hatha Yoga 6:00p-7:00p Zumba® 7:00p-8:00p	Let's Get It Started 5:30a-6:30a Asana Yoga 8:00a-8:45 Circuit Training 8:45-9:30 Silver Sneakers Classic® (3 Classes) 9, 10, 11-11:45a	HIIT 8:30a-9:00a Sculpt 9:00a-10:00a



MOVING FOR A BETTER COMMUNITY



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