

responsibility

honesty

2009 - 2010



Growing to Meet Our  
Community's Needs

respect

caring



1324 W. Carl Sandburg Drive, Galesburg, IL 61401 • 309.344.1324  
[www.knoxymca.org](http://www.knoxymca.org)



# General Information

All fees and schedules are subject to change without notice.

## SESSION DATES

### Session I - September 8 – October 25, 2009

Member registration begins: NOW!

Activity Member registration begins: August 11, 2009

### Session II - October 26 – December 13, 2009

Member registration begins: September 15, 2009

Activity Member registration begins: October 6, 2009

### Session III - January 4 - February 20, 2010

Member registration begins: November 2, 2009

Activity Member registration begins: December 17, 2009

### Session IV - February 22 - April 10, 2010

Member registration begins: January 11, 2010

Activity Member registration begins: February 1, 2010

### Session V - April 12 - May 29, 2010

Member registration begins: February 28, 2010

Activity Member registration begins: March 20, 2010

### Session VI - June 7 through July 10, 2010

Member registration begins: April 19, 2010

Activity Member registration begins May 9, 2010

### Session VII – July 12 through August 14, 2010

Member registration begins: June 14, 2010

Activity Member registration begins: July 2, 2010

## BUILDING HOURS AND LOCATION

Monday-Friday	5:30 AM - 9:00 PM
Saturdays	8:00 AM - 5:00 PM
Sundays (starting October 5-May 30, 2010)	12:00 PM - 5:00 PM

### Main Branch

1324 West Carl Sandburg Dr.  
Galesburg, IL 61401

Phone: (309) 344-1324

Fax: (309) 344-3023

Website: [www.knoxymca.org](http://www.knoxymca.org)

Info@knoxymca.org

### YMCA Kid Care Station

192 East South Street

Galesburg, IL 61401

Phone: (309) 342-4315

## DATES YMCA IS CLOSED

Shutdown August 23-Sept. 6, 2010 – Schedule TBA.

Check with front desk for availability

Monday, September 6, 2009 - Labor Day  
Thursday, November 25, 2009 - Thanksgiving  
Friday, Dec. 24, 2009 - Christmas Eve-CLOSED AT 3 PM  
Saturday, Dec. 25, 2009 - Christmas Day  
Friday, Dec. 31, 2009 - CLOSED AT 5 PM  
Saturday, January 1, 2010 - New Year's Day  
Saturday, Feb. 6, 2010 - Swim Meet  
Sunday, April 12, 2010 - Easter  
Monday, May 31, 2010 - Memorial Day

## MEMBERSHIP INFORMATION

Your YMCA membership includes the use of the Gym, Pool, Wellness Center, Nautilus, Sauna, Racquetball Court, Indoor Track, as well as reduced prices on most programs. Rates effective September 1, 2009

Membership Category	Monthly Draft	New Member Fee
Youth Membership (3-18)	\$12.00	\$30.00
Adult Membership (19-61)	\$32.00	\$60.00
Senior Membership (62 & up)	\$24.50	\$45.00
Family Membership (Husband, Wife, & dependents)	\$45.00	\$90.00

## DAY MEMBER FEES

Youth (13 and under)	\$ 5.00
Adults (14 and older)	\$10.00
Family	\$12.00

Day memberships are subject to availability and are not sold after 3:00 PM on weekdays or on Sundays. Limit 3 day passes sold per person per month.

## BABYSITTING - Ages 3 months to 6 years

Babysitting is available *free* with a family membership. Babysitting is available Mon - Fri. 8:45 AM-11:45 AM; and Mon - Thurs: 5:00 PM-7:00 PM

The Babysitting is for your immediate family use only! Members who are watching children (babysitting) are not allowed to bring those children into the babysitting room. Parents are required to stay within the YMCA while their child is in the babysitting room. This is not considered a drop - off location!

### Activity Member Fees:

Daily: \$3.00 or Monthly: \$16.00

## SCHOLARSHIP PROGRAM

The Knox County YMCA offers financial assistance to those with the inability to pay for services. Membership and enrollment in classes is open to all, with no one denied membership or services due to the inability to pay. If you, or someone you know, would like more information, please stop by the front desk or call 344-1324. The YMCA scholarship assistance program is made possible through support of the Knox County United Way and our annual Strong Kids campaign. We strongly encourage you to support both of these programs. Make a gift at [www.knoxymca.org](http://www.knoxymca.org).



# General Information

All fees and schedules are subject to change without notice.

## WELLNESS CENTER RULES

1. You must be 14 yrs of age or older to enter the Wellness Center.
2. Shirts & shoes must be worn at all times.
3. Please re-rack all weights and clean machines when you are finished.
4. No personal training, unless employed by the YMCA.
5. No food or drink permitted (except water).

## YMCA CODE OF CONDUCT

Each member and guest of the Knox County YMCA has a responsibility to behave properly while on the YMCA premises. A person's behavior may not: 1) Be inappropriate to the situation. 2) Interfere with the safety of others. 3) Interfere with other members'/guests' enjoyment and use of the facility. 4) Show lack of respect for the rights of others. 5) Damage YMCA or personal property.

**Infractions such as:** Foul Language, disrespect toward staff or other members/guests; excessive horseplay; entering age restricted areas (Wellness Center, Jungle Gym, Track) will result in the member/guest being given a "timeout." A staff member will speak to the member/guest about the behavior problem and expectations for improvement and future action (discontinuance of membership/guest privileges) should behavior fail to improve.

**Infractions such as:** Continuance of any of the behavior listed above; violence; fighting; theft; damage to property; gang representation or activity; the possession, use, sale of drugs; or any type of harassment, will result in: 1) The member/guest being directed to leave the building immediately. 2) Filing of an incident report by staff member. 3) Immediate suspension of YMCA privileges. 4) Where warranted, criminal prosecution.

Requesting a "Behavior Expectation Meeting" with the YMCA Executive Director may make consideration for reinstatement of privileges. A parent or legal guardian must accompany youth under the age of 18 during this meeting. Suspension of privileges may continue following the meeting with the Executive Director.

It is understood that if a member/guest needs a greater degree of attention than the YMCA staff can provide, he/she may not be allowed to participate in YMCA activities or use YMCA facilities. It is understood that a member's/guest's participation is at the discretion of the YMCA.

## OPEN SWIM RULES

1. Anyone with hair that touches the base of the neck must wear a swim cap or put hair up.
2. All swimmers that desire to swim in the deep end must pass a swim test.
3. Children under the age of 7 must be accompanied by an adult when using the pool.

## LAP SWIM RULES

1. Always alert other swimmers in the lane that you are planning to swim.
2. No diving in the shallow end.
3. 3 or less in a 2 lane area may swim straight, more than 3 must circle swim.
4. More than 7 swimmers in a 2 lane area must swim crawl only.
5. Change lanes according to pace, not availability.
6. Lane swim for adults; youth may lane swim if lane available and lifeguard approval.

## JUNGLE GYM RULES:

To ensure the jungle gym play area is fun for all, we ask that parents and children abide by the following rules:

1. The jungle gym area is for children 9 years of age and under.
2. There will be an attendant at peak times.
3. All parents are asked to be present to help monitor their children's play in the jungle gym.
4. Children are not to climb up the slide.
5. Socks must be worn while in the jungle gym area.
6. Attendant times are subject to change.

## GYMNASIUM RULES

1. Tennis shoes only (**no black sole shoes**).
2. Shirts required at all times.
3. No dunking or hanging on rims.
4. Full court basketball available from Noon to 1:30 PM Mon, Wed, Fri.
5. Cross Court basketball is only available after 7:30 PM with Gym Supervisor's approval.
6. Basketball games are played to 10 by ones, and must win by one. Winners stay on the court for next challenger.

## YMCA MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind and body for all. To achieve our mission we strive to instill the four character values of Caring, Honesty, Respect and Responsibility in all programming.



# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## FREE SWIMMING EVALUATION

If you are uncertain of the level of your child's ability, he/she will be evaluated by our aquatic staff. Please make an appointment with our aquatics staff. **NOTE:** Children under 6 must remain in the Preschool Program.

## PRIVATE, SEMI-PRIVATE, SMALL GROUP LESSONS

(6–1/2 Hour sessions)  
Must make arrangements with Aquatic Coordinator prior to registering. No coupons will be given.  
**Private:** One student to one instructor: \$50 per Y-member  
**Semi-Private:** Two students to one instructor: \$40 per Y-member  
**Small Group:** Three to four students to one instructor: \$30 per Y-member

## PARENT CHILD SWIMMING

This 30-minute class is for children ages 6 to 36 months and their parents or an adult participant. The primary objective is to get both the adult and child comfortable in the water. The child will become aware of the differences between moving through water and on dry land, while the parent will become aware of how to teach his or her child to be safer in and around the water.

Fees: Seven-Week Session:

	Y Members	Activity Member
1 Lesson / week	\$21.00	\$42.00
2 Lessons / week	\$38.00	\$76.00

Monday 6:00-6:30 pm  
Tuesday 9:30-10:00 am  
Wednesday 10:00-10:30 am  
Saturday 9:00-9:30 am



**SEE PAGES 18-20  
FOR SUMMER  
SESSION 6 & 7!  
SWIM  
LESSONS**

## PRESCHOOL SWIM LESSONS (3-5 years)

This program offers children their first experience in the pool without parental assistance.  
Fees: Seven Week Session

	Y Members	Activity Member
1 Lesson / week	\$21.00	\$42.00
2 Lessons / week	\$38.00	\$76.00

## PIKE

Designed for new swimmers, teaching basic paddle stroke, kicking skills and pool safety and discussion of the YMCA's Core Values.

Monday 10:00-10:30 am, 2:00-2:30 pm or 6:00-6:30 pm  
Thursday 9:30-10:00 am or 6:00-6:30 pm  
Saturday 9:00-9:30 am

## EELS

This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water.

Monday 10:00-10:30 am or 6:00-6:30 pm  
Tuesday 2:00-2:30 pm  
Thursday 9:30-10:00 am or 6:00-6:30 pm  
Saturday 9:30-10:00 am

## RAYS

At this level children review previous skills, improve stroke skills, learn more personal safety, and rescue skills.

Monday 10:30-11:00 am or 6:30-7:00 pm  
Thursday 10:00-10:30 am, 2:00-2:30 or 6:30-7:00 pm  
Saturday 9:30-10:00 am

## STARFISH

Children at this level review previously learned skills and refine their strokes as well as their personal safety, rescue and floating skills.

Monday 10:30-11:00 am or 6:30-7:00 pm  
Thursday 10:00-10:30 am or 6:30-7:00 pm  
Saturday 9:30-10:00 am

*A Pacesetter Club  
gift of \$250+  
would provide  
10 sessions of  
swim lessons  
for children.*

Y M C A  
**Strong Kids**  
CAMPAIGN  
Y

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

**SESSIONS**  
**1-5**

## YOUTH SWIM LESSONS (6 and up)

A program designed to teach your child swimming and water skills while developing his/her physical, mental, and spiritual well being.

Fees: Seven Week Session

	Y Members	Activity Member
1 Lesson / week	\$21.00	\$42.00
2 Lessons / week	\$38.00	\$76.00

## POLLIWOGS

This is the beginning level for school-age children teaching basic paddle stroke, kicking skills, pool safety and discussion of the YMCA's Core Values.

Monday 5:00-5:45 pm  
Wednesday 4:15-5:00 pm  
Thursday 5:00-5:45 pm  
Saturday 10:00-10:45 am

## GUPPY

The children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. The meaning of the Core Values in everyday life will be discussed.

Monday 5:00-5:45 pm  
Wednesday 4:15-5:00 pm  
Thursday 5:00-5:45 pm  
Saturday 10:00-10:45 am

## MINNOW

This is the initial intermediate level. They have learned some fundamentals of swimming strokes and water safety and are continuing to build and refine them. Provided opportunities to demonstrate the Core Values.

Monday 5:00-5:45 pm  
Wednesday 4:15-5:00 pm  
Thursday 5:00-5:45 pm  
Saturday 10:00-10:45 am

## FISH

At this point, students work to perform the crawl stroke, elementary backstroke, backstroke, sidestroke, turns and given opportunities to develop teamwork and the core values.

Thursday 4:15-5:00 pm  
Saturday 10:45-11:30 am

## FLYING FISH

At this advanced level, students work on refining their strokes and increasing their endurance, caution, determination, self-discipline and teamwork.

Thursday 4:15-5:00 pm  
Saturday 10:45-11:30 am

## SHARK

The students at this level continue to improve their strokes with starts and turns. Students will be encouraged to serve others and to think about the four Core Values.

Thursday 4:15-5:00 pm  
Saturday 10:45-11:30 am

## PORPOISE CLUB

At this final level, students are exposed to a wide range of aquatic experiences. For boys and girls who have completed Shark. Porpoise Club will meet once a week and will work on personal safety, water games and stroke development.

Saturday 11:30-12:15 pm

## YOUTH SWIM LESSONS FOR HOME SCHOOL

For ages 6 and up. All strokes will be taught. One lesson per week for seven-week session.

Wednesday 1:00-1:45 pm

Fees: Member \$21.00 Activity Member \$42.00

## ADULT SWIM LESSONS

Have you always wished you could swim? Do you think you could use a refresher course? Then join us for adult swim lessons—we can help you. All levels of instruction offered will be determined at the first class.

Tuesday or Thursday 8:30-9:15 am  
Thursday 6:45-7:30 pm

Fees:

1 Lesson / week	\$21.00	\$42.00
2 Lessons / week	\$38.00	\$76.00



# YAQUATICS™

We build strong kids, strong families, strong communities.

## UNLIMITED AQUATICS

Our aquatics program is set up to provide you with a flexible schedule. You can come as often as you like to our Aquatic Classes which include: Arthritis, Aquanastics, Deep Water, and Water Dance all for one low monthly fee!

Monthly Fees:

Members: **FREE** Activity Members: \$30.00



## AQUANASTICS

An exciting and popular exercise! You do not need to know how to swim. Warm-up, workout (aerobic), and cool down. All exercises can be done in the shallow end of the pool.

Tuesday and Thursday 10:30-11:25 am

Monday, Tuesday, Thursday & Friday 1:00-1:55pm

## ARTHRITIS

An exercise class in the shallow end of the pool, specially designed for those suffering from arthritis. Range of motion exercises promoted by the Illinois Arthritis Foundation.

Monday, Wednesday & Friday 11:00-11:45am

Monday, Tuesday, Thursday, Friday 2:00-2:45pm

## WATER DANCE

A more advanced workout for the faster paced person. All exercises can be done in the shallow end of the pool. Warm-up, workout (aerobic), wall exercises and cool down. You do not need to know how to swim.

Monday, Wednesday & Friday 9:00-9:55 am

## DEEP WATER AQUA-AEROBICS

Exercise in the deep end of the pool with the help of belts and other instructional equipment. Excellent class for those rehabilitating joint, muscle and back injury. This class will meet three times a week and promote fitness, strength, flexibility and water resistance.

Monday, Wednesday & Friday 12:00-12:45 p.m.

Thursday 5:45-6:45 p.m.

Monthly Fees:

Y Members - **FREE** Activity Member - \$30.00



## KROCODILE SWIM TEAM

Come out and join a great swim team!

Swim Meets start end of October -March 2010.

Practice begins Tuesday October 13, 2009

Practice Schedule:

Monday & Thursday 6-8 PM GHS

Tuesday & Wednesday 5-7:30 PM YMCA

Friday 5-7 PM YMCA

Fees: \$175 if paid in full

\$200 if paid in installments as followed:

Registration fee: \$50.00

Nov. 1, 2008 \$50.00

Dec. 1, 2008 \$50.00

Jan. 1, 2008 \$50.00

(Installment plan must sign up for automatic deduction)

GHS Swimmers: Girls \$95.00 Boys \$70.00

Parent's Meeting:

Sunday, October 4, 2009, 4:00-5:00 PM

YMCA Multi purpose Room

\*Learn about swim team

\*Swim Meet Schedule

\*Meet the Coaches

\*And Much More\*

Kids can swim while parents meet!!



**SEE PAGES 18-20  
FOR  
SUMMER SESSION 6 & 7  
SWIM LESSONS**

# Y LIFEGUARD™

We build strong kids, strong families, strong communities.

## CPR/AED FOR THE PROFESSIONAL RESCUER REVIEW

The purpose of this review course is to give individuals the opportunity to demonstrate knowledge and skill competency outside a formal class setting. Participants have sole responsibility for preparing for the written exam and skill evaluations. This class is perfect for people who need to get recertified. (Must bring pocket mask or purchase one.)

Offered in MARCH-MAY

Fee: \$25

## LIFEGUARD/WATERFRONT TRAINING PROGRAM

*Lifeguarding skills to help build your future!*

Did you know that over 170,000 lifeguards are trained by American Red Cross Instructors each year? Lifeguarding is a challenging & exciting job where you will learn to work as part of a team to help people safely enjoy the water. Potential lifeguards will benefit from the latest research & science of lifeguard training techniques. Lifeguarding can help you develop skills & experience that are valued by colleges and future employers. Instruction and experience that can be used in dealing effectively with people, decision making skills and becoming a leader. Build your resume & have fun while earning money doing something worthwhile & enjoyable. Classes have been updated to include the latest in rescue skills & safety procedures.



## LIFEGUARD/WATERFRONT TRAINING

*(American Red Cross)*

Participants will learn the newest science in Lifeguard Training so that they may be able to prevent & respond to aquatic emergencies. Course content & activities will include surveillance skills, rescue skills, First Aid & CPR/AED for the Professional Rescuer training, and professional lifeguard responsibilities. Lifeguard candidates who pass will receive a certificate for Waterfront Lifeguard training. First Aid, CPR/AED for the Professional Rescuer, and Bloodborne Pathogens. (Three year Lifeguard Training & First Aid certification; One-year CPR/AED for the Professional Rescuer certification.) (Participants must pass the entire swimming test on the first day to continue in the class.)

Pass swimming test: 1) Swim 550 yards continuously using 200 yards of front crawl, 200 yards of breaststroke & 150 yards of front crawl or breaststroke. 2) Start in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 lb. Brick, return to the surface, swim 20 yards back to the starting point with the brick in both hands and exit the water without using a ladder or steps within 1 minute, 40 seconds. 3) Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side of the pool.

Offered in MARCH-JUNE

Fee: Y Member \$135 Activity Member \$145

Check at the YMCA for dates & times



# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## GROUP CYCLING:

When: Monday/Wednesday

Times: 5:45-6:35am, 8:00am-8:50am & 9:00am-9:50am

Where: Multi-Purpose Room

When: Friday

Time: 8:00-8:50am, 9:00-9:50am & 5:30-6:20pm

Where: Multi-Purpose Room

When: Tuesday/Thursday

Times: 5:30-6:20pm

Where: Multi-Purpose Room

Let trained group cycling instructors help you add some variety to your workout with our new group cycling class. These classes promote strength, endurance and mind/body unity. We offer a variety of days and times for this class to fit in anyone's schedule. Group cycling classes are only offered to YMCA members. Get ready for a great workout and have some fun! Check at the front desk for details.

### Fee Structure:

\$2.00 per class & must pay for the entire month.

## SILVER SNEAKERS FITNESS PROGRAM



Have fun and move to 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 and a chair is used for seated and/or standing support.

These classes are FREE for all YMCA members!! If you are Medicare-eligible and currently have Humana or AARP as your health plan provider, you are eligible for a FREE YMCA membership. Details are available at the YMCA Member Services Desk. Please see the posted schedule for class days and times.

## GROUP FITNESS CLASSES

Free with your membership at the YMCA !!

The Unlimited Group Fitness provides you with more flexibility in your schedule. You may come as often as you like!

Members FREE Activity Members \$30.00/month

**Cardio-Jam:** Get a great cardio workout using a variety of different formats ... step, hi/lo, kickboxing, etc.

**Hi/Lo:** Aerobic Dance moves varying between Hi and Low intensity.

**Kickboxing:** Intense cardio workout using punches and kicks.

**Yoga:** Method of learning that aims to attain the unity of spirit mind & body through exercise, breathing & meditation.

**Yogalates:** Combination of yoga and Pilates.

**Pilates:** Experience that focus on the inner core muscles to tone the body.

**Step:** Hi/Lo aerobic intensity using a step for optimum fitness.

**MSROM:** Increase muscular strength and range of motion

*Check front desk for a schedule*

## YMCA COMMIT TO BE FIT CHALLENGE

Come join us in the YMCA's Commit To Be Fit Challenge! This contest is a great way to take off that unwanted weight. Sheila Cruz, Fitness Coordinator, and the rest of the YMCA staff will help you build a healthy spirit, mind, and body for a long-lasting healthier lifestyle. Each participant will compete against other participants to simply see who can lose the most weight in a period of time. Individuals are encouraged to be a part of a three person team. Weekly incentives and a contest grand prize will be available. The challenge will begin on Monday, January 11, 2009 which is a great time to act on all of those New Year's resolutions!

Y Member: \$5 Activity Member: \$15

Registration Deadline: Monday, January 11, 2010

**"Commit to be Fit" Kick-off Sunday, January 10 at 3:00 p.m.**

Come register for the challenge, choose a team, weigh-in, receive the guidelines for the program, and sign up for MobileFit virtual training system.

## NUTRITION PROGRAM FOR ALL COMMIT TO BE FIT PARTICIPANTS

Hy-Vee will begin a ten week lifestyle management program with an emphasis on weight control, fitness, and eating for good health. Join registered dietitian Meredith Tibbe as she shares simple secrets to staying slim, managing a plateau, healthy cooking, tips on grocery shopping for weight management, and much more! This program is FREE for Commit to be Fit participants. Classes will be held in the game room from 10:15-11:00 a.m. after weekly weigh-ins.



# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## PERSONAL TRAINING

Knox County YMCA Personal Trainers are available to YMCA members only for land training. The personal training program is based on your individual needs and limitations. Only personal trainers who are staff members of the YMCA may provide personal training within the Knox County YMCA facility.

1/2 hour session	\$ 25.00
1 - one hour session	\$ 40.00
3 - one hour sessions	\$105.00
6 - one hour session	\$185.00
12 - one hour sessions	\$360.00

## MOBILE-FIT TRAINING SYSTEM; NEW, FREE TO ALL MEMBERS:

Are you looking to make your workouts more structured without all of the leg work? The Knox County YMCA has just the program for you! Mobile-Fit is a wellness system exclusive to YMCA's that provides adaptive workout plans based on member activity. The member registers at the kiosk, completes a wellness questionnaire, and is assigned to our Mobile-Fit Trainer Joan Wilson. The system then prints out a customized workout plan just for you! The workouts adapt and changes as the member provides feedback on workouts completed. Members can log their feedback through the kiosk or on-line from anywhere there is internet access. Information on Mobile-Fit also can be found on the web at [www.mobilefit.com](http://www.mobilefit.com)

## MOBILE FIT NUTRITION SYSTEM

*Cutting-edge Tool to Help you with Nutritional Planning*

### *What does it do?*

It give you the tools to:

- Develop a safe and healthy customized meal plan
- Analyze your current eating habits for deficiencies or over-consumption
- Use our proprietary Nutrition Wizard to build customized meal plans based on PhD dietary templates
- Perform a Nutrition Analysis to point out micro-nutrient deficiencies

\$50 to Register – \$5/month



## YOUTH LEAGUE ALL SPORT SHIRTS

The Knox County YMCA uses the All Sport Shirts. These shirts will be used for every sport which your child participates. Each participant will be responsible for purchasing 1 red shirt and 1 blue shirt.

Youth Sizes	\$5.00 / shirt
Adult Sizes	\$5.50 / shirt



## WELLNESS CENTER ORIENTATION

New member? New to the Wellness Center? This orientation program gives you an in-depth training on the Wellness Center equipment. It is designed to give you the confidence and need to become a regular exerciser. Upon completion of the program you will be more knowledgeable and comfortable with the equipment. Please sign up for an orientation at our front desk.

**FREE!**

## JR. HIGH FALL SOCCER PROGRAM

Information to be released at each Jr. High School during school registration (August 12th - 14th).

Games will be played from September 8 - October 17 on Tuesdays, Thursdays, and Saturdays.

## BIDDY BASKETBALL LEAGUE

A basketball league for Kindergartners and First Graders. For all boys and girls in grades Kindergarten and 1st. 6-game schedule. Games will begin on Saturday, October 24, 2009  
Registration begins: NOW !!!  
Registration Deadline: Monday, September 21, 2009  
(Registrations after this deadline will be charged a \$5.00 processing fee)  
Coaches Meeting - Thursday, October 1, 2009 5:30 PM  
Fee: Members: \$25.00 Activity Members: \$50.00

## GIRLS BASKETBALL LEAGUE

6-game schedule.

For all girls in grades 2-3, 4-5, 6-8. 6-game schedule beginning Saturday, October 24, 2009



Registration begins: NOW !!!  
Registration Deadline: Monday, September 21, 2009  
(Registrations after this deadline will be charged a \$5.00 processing fee)  
Coaches Meeting - Thursday, October 1, 2009 5:30 PM  
Fee: Members: \$25.00 Activity Members: \$50.00

## 2<sup>ND</sup> & 3<sup>RD</sup> GRADE BASKETBALL CLINIC

For boys and girls in 2nd and 3rd grade. The kids will learn fundamental basketball skills including shooting, passing, dribbling, and defensive skills. This clinic will help your child prepare for an upcoming league. The clinic will run for four consecutive weeks from 4:00 PM-5:00 PM.

Day	Dates
Session 1	Mondays Oct 5 - 26
Session 2	Tuesdays Oct 6 - 27
Session 3	Mondays Nov 2 - 23
Session 4	Tuesdays Nov 3 - 24

Fee: Members: \$17.00 Activity Members: \$33.00

## BOYS BASKETBALL LEAGUE

For all boys in grades 2-3, 4-5, 6-8. 6-game schedule beginning January 9, 2010

Registration begins: NOW !!!  
Registration Deadline: Tuesday, December 1, 2009  
(Registrations after this deadline will be charged a \$5.00 processing fee)  
Coaches Meeting - Thursday, December 10, 2009 5:30 PM

Fee: Members: \$25.00 Activity Members: \$50.00



## BIDDY BASKETBALL CLINIC

An instructional basketball clinic for boys and girls in Kindergarten and First Grade. The children will learn the basics of basketball including; dribbling, shooting, lay-ups, pivoting, passing. The clinic will meet from 4-5 pm for one hour for four consecutive weeks.

Session	Grade	Day	Dates
1	K/1	Mon.	Jan. 4-25, 2010
2	K/1	Mon.	Feb. 1-22, 2010

Minimum Enrollment/Session: 7 Kids  
Maximum Enrollment/Session: 14 Kids

Fee: Members: \$17.00 Activity Members: \$33.00



## SPRING SOCCER LEAGUE

6 Game Schedule. Shin guards are required. For Boys, and Girls in grades Pre-K, K-1, 2-3, & 4-5 (Divisions may vary due to registration). Games begin Saturday, April 17, 2010 and conclude Saturday, May 22, 2010 (weather permitting)  
Registration begins: January 4, 2010

Registration Deadline: Tuesday, March 9, 2010

(Registrations after this deadline will be charged a \$5.00 processing fee)

Coaches Meeting - Thursday, March 18, 2010 5:30 pm

Fee: Members: \$25.00 Activity Members: \$50.00



## SOCCER COACHES CLINIC: FREE!

Parents, are you interested in learning more about the game of soccer? Have you ever wanted to coach your child's team, but felt that you didn't have the skills to coach? This new program will help the novice understand the basics of the game of soccer, teaching skills to youth, structuring a practice session, and learning the intricacies of the sport of soccer. The coaches clinic is open to the public.

Date: Saturday, March 6, 2010

Time: 9:30am to Noon

Deadline: Sign up by March 6, 2010

Where: YMCA Multi-Purpose Room

## T-BALL CLINIC

For boys and girls ages 4 - 6 years. The children will learn the basics of fielding, catching, throwing, and hitting. The clinic is recommended prior to participating in the T-Ball league. The clinic will meet for one hour (5:30 - 6:30 p.m.) for four consecutive weeks behind the YMCA.

Session I: Tuesdays - April 6-27, 2010

Session II: Tuesdays-May 4-25, 2010

Minimum Enrollment/Session: 7 Kids

Maximum Enrollment/Session: 14 Kids

Fee: Member: \$17.00 Activity Member: \$33.00

## PRESCHOOL SOCCER CLINIC

A soccer clinic for children ages 3-5 years. The children will learn the basics of soccer including, player positions, passing, dribbling, trapping, and soccer terminology. The clinic will be held for one week from 5:30 p.m.-6:15 p.m. The last day of the clinic, the parents will play a game with their child. The clinic will be held behind Rose Hoben School.

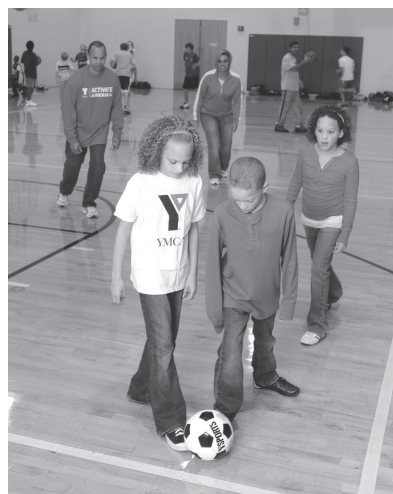
Session I : April 5-9 (Mon-Fri)

Session II: April 19-23 (Mon-Fri)

Minimum Enrollment/Session: 7 Kids

Maximum Enrollment/Session: 14 Kids

Fee: Member: \$17.00 Activity Member: \$33.00





## T-BALL LEAGUE AGES 4-6:

For Boys and Girls ages Pre-K, and K-1, A 6-Game schedule will be played. Games will begin Tuesday, June 15, 2010 at Gale Fields.

**Registration begins:** March 1, 2010

**Registration Deadline:** Monday, May 10, 2010

*(Registrations after this deadline will be charged a \$5.00 processing fee)*

**Coaches Meeting** - Thursday, May 20, 2010 at 5:30 PM

**Fee:** Members: \$25.00 Activity Members: \$50.00

First Game: Tuesday, June 15, 2010

## FALL YOUTH SOCCER LEAGUE

6 Game Schedule will be played. Shin guards are required. For Boys, and Girls in grades Pre-K, K-1, 2-3, 4-5 (Divisions may vary due to registration). Your child must be 4 years of age by the first game in order to register. Games begin Saturday, September 12, 2009 and conclude Saturday, October 17, 2009 (weather permitting)

**Registration begins:** NOW !!!

**Registration Deadline:** Monday, August 10, 2009

*(Registrations after this deadline will be charged a \$5.00 processing fee)*

**Coaches Meeting** -Thursday, August 20, 2009 5:30 PM

**Fee:** Members: \$25.00 Activity Members: \$50.00

## FALL FLAG FOOTBALL LEAGUE

6 Game Schedule will be played. For Boys, and Girls in grades K-1, 2-4 (Divisions may vary due to registration). Games begin Sunday, September 20, 2009 and conclude Sunday, October 25, 2009 (weather permitting)

**Registration begins:** NOW !!!

**Registration Deadline:** Monday, August 17, 2009

*(Registrations after this deadline will be charged a \$5.00 processing fee)*

**Coaches Meeting** - Thursday, August 27, 2009 5:30 PM

**Fee:** Members: \$25.00 Activity Members: \$50.00

## TINY TOTS TUMBLING: LEVEL I

For boys and girls ages 3-6 years. This class is an excellent way to develop coordination, flexibility, balance, and strength. This class will teach your child forward, backward, and straddle rolls as well as learning the basics of a cartwheel.

Min. 4 students Max: 8 Students

Fee Seven Week Session:

Members: \$21.00 Activity Members: \$42.00

Thursdays 6:45-7:15 PM

## TINY TOTS TUMBLING: LEVEL II

For boys and girls ages 3-6 years. In addition to the level 1 class, participants will move at a more accelerated pace with cartwheels, front limbers, bridges, and walk-overs and much more. This class is designed for a more intermediate to advanced tumblers.

Min. 4 students Max: 8 Students

Fee Seven Week Session:

Members: \$21.00 Activity Members: \$42.00

Thursdays 7:20-7:50 PM

## MARTIAL ARTS

Train with the best! Since 1974 Kuk Sool Won martial arts has been in Galesburg and was the first established martial arts school in the United States. Kuk Sool Won is now bringing their most talented instructors to the Knox County YMCA. Each instructor is a certified black-belt in every area of martial arts. These new classes will help self-confidence, concentration, and most of all give you a positive mental attitude! We promote healthy lifestyles and strive to teach positive self-discipline. This class will meet for one hour per week and will be held in the racquetball/ multi-purpose room.

Fee Seven Week Session

Y Member \$30.00

Activity Member \$60.00

Thursdays – 4-6 yr. olds 5:00-5:30 PM;

7-12 yr. olds 5:45-6:30 PM; 12 and Up 6:45-7:45 PM

OR Saturdays – 4-6 yr. olds 10:00-10:30 AM;

7-12 yr. olds 10:45-11:30 AM; 12 and Up 11:45 AM-12:45 PM

**SEE PAGES 22 FOR SUMMER SESSION 6 & 7  
TUMBLING & MARTIAL ARTS**

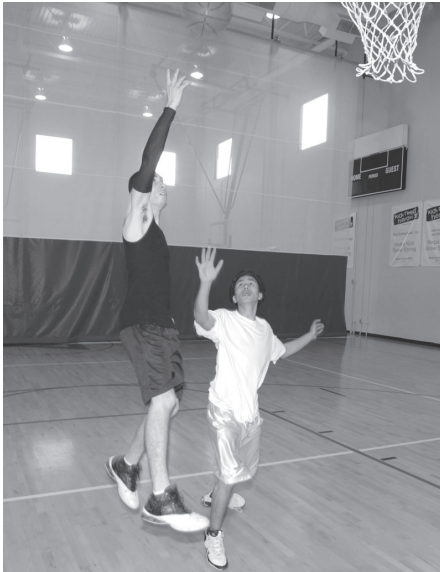
## BOYS BASKETBALL CAMPS:

Come join the fun as you learn basic basketball skills that include: dribbling, shooting, pivoting, passing, defense and much more. The mornings will contain structured drills that focus on improving skills, cooperation, quickness, and accuracy. The afternoons will be filled with games and contests as well as an optional swim from 3:00-4:00 PM. All participants will receive a camp t-shirt and certificate. Players will be selected as the best defensive player, best free throw shooter, best ball handler, best hustler, most improved, and camper of the week. Each camper is responsible for bringing a sack lunch for the day. Lunch will be eaten from 12:00-1:00 PM in the gym. Swimsuit and towel is also required if taking advantage of the free swim.

**Who:** Boys who have completed 2nd-7th grade

**When:** July 19-23, 2010; 9:00 AM-3:00 PM

**Fees:** Members \$45.00 Activity Members \$60.00



## GIRLS BASKETBALL CAMPS:

Come join the fun as you learn basic basketball skills that include: dribbling, shooting, pivoting, passing, defense and much more. The mornings will contain structured drills that focus on improving skills, cooperation, quickness, and accuracy. The afternoons will be filled with games and contests as well as an optional swim from 3:00-4:00 PM. All participants will receive a camp t-shirt and certificate. Players will be selected as the best defensive player, best free throw shooter, best ball handler, best hustler, most improved, and camper of the week. Each camper is responsible for bringing a sack lunch for the day. Lunch will be eaten from 12:00-1:00 PM in the gym. Swimsuit and towel is also required if taking advantage of the free swim.

**Who:** Girls who have completed 2nd-7th grade

**When:** July 26-30, 2010; 9:00 AM-3:00 PM

**Fees:** Members \$45.00 Activity Members \$60.00

## BASEBALL CAMP

Come join the fun as you learn basic baseball skills taught by a group of hand picked members from area baseball teams. Baseball skills that will be taught include: proper throwing techniques, hitting drills, base running drills, pitching mechanics, as well as quickness and accuracy. All participants will receive a camp t-shirt and certificate. Players will also be selected as the best hustler, best attitude, most improved, and camper of the week.

**Dates:** August 2-6, 2010

**Y Rookies:** Ages-9-11 yrs

**Time:** 8:00 AM- 9:30 AM

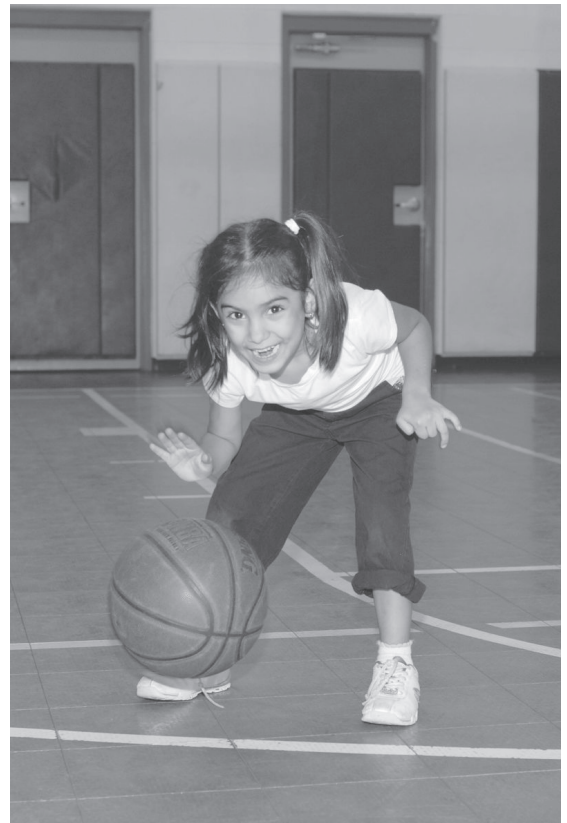
**Little Sluggers:** Ages- 7-8 yrs

**Time:** 9:45 AM- 11:15 AM

**Grand Slam Hitters:** Ages-4-6 yrs

**Time:** 11:30 PM-12:45 PM

**Fees:** Members \$25.00 Activity Members \$50.00





We build strong kids, strong families, strong communities.

**Sign Up  
Today!**

## SUMMER DAY CAMP

Come and experience all the fun and adventure of Summer Day Camp! YMCA Summer Day Camp is an excellent opportunity to imagine, laugh, play, and grow!

Children can be dropped off at the YMCA beginning at 6:30 am. At 9:00 am, structured activities, including fun and laughter begin! The YMCA employs caring, responsible staff who love children and will look out for their best interests. Activities range from field trips, cookouts, singing, arts & crafts, swimming, sports & games, plus a whole lot more! Activities will take place at the YMCA, unless otherwise noted. Children will swim daily from 3:00pm–3:45 pm. A swimsuit, towel and sack lunch should be brought daily.

**Ages:** Children entering 1st grade - Children entering 6th Grade (Children will be placed into 2 groups according to grade)

**When:** Sessions begin June 7, 2010

\*may be subject to change if District 205 has Snow Days.

**Where:** Knox County YMCA

**Time:** 6:30 am - 6:00 pm

## IMPORTANT! PLEASE READ!...

All Parents Who Register Their Child for Day Camp...

IF YOU WOULD LIKE TO RESERVE A SESSION OF CAMP...

First you must pay for the first week your child is attending week. After your first camp session is paid in full, you may then reserve other weeks by either:

- Paying in full for the following weeks
- Placing a deposit of \$15
- Paying your co-pay for the month (for Child Care Resource and Referral Clients)
- Paying your weekly co-pay (for Child Care Resource and Referral Clients).

**All Deposits are Non Refundable!!!**



## CHALLENGER BRITISH SOCCER CAMPS! July 12-16, 2010

Back by popular demand! The Brits from Challenger Sports will be coming to Galesburg July 12-16, 2010 to provide their expertise in the area of soccer. Professionally licensed coaches from Great Britain will teach your child the game of soccer like they have never been taught before. The coaches love working with the kids and understand how to effectively implement their philosophy and the YMCA's philosophy of 'everybody plays, everybody wins.' Registration forms are available at the YMCA. Registration includes a free soccer ball and t-shirt. House a coach and receive a FREE scholarship to camp. Ask Justin for details.

### First Kicks \$65.00

Ages 3 & 4 9:00 AM-10:00 AM

### Mini Soccer \$91.00

Ages 4 -6 10:10 AM-12:10 PM

### Half Day \$102.00

Ages 7-9 9:00 AM-12:00 PM

Ages 10-12 1:00 PM-4:00 PM

Ages 13 & 14 1:00 PM-4:00 PM

Register by going to [www.challengersports.com](http://www.challengersports.com)  
\$10.00 late fee if payment received after July 2, 2010.





# YCHILD CARE™

We build strong kids, strong families, strong communities.

## SCHOOL AGE CHILD CARE

*The positive alternative to being home alone.*

The YMCA in cooperation with Galesburg, Knoxville, ROWVA and Alwood school districts offers a before and after school child care program.

### SCHOOL SITES

Alwood  
Gale  
King  
Knoxville (Mable Woolsey)  
Nielson  
Silas Willard  
Steele (includes Cooke)  
ROWVA (Oneida)

### OFFERS:

Homework/Reading	Craft/Quiet Time
Sports/Active Game	Youth Fitness
Creativity/Free Choice Snacks	Character Development

### TIME & PRICES:

(subject to change without notice)

Galesburg/Knoxville 6:30 am until school begins and after school until 6:00 pm \$5.00 per AM session. \$5.00 per PM session.

Alwood/ROWVA offers after school care until 6:00 pm

Pick up registration forms at the YMCA. \$30.00 per child registration fee to cover consumable supplies for the year. \$15.00 registration fee after January 1st, 2010

## KOOL AGE CLUB

This program is offered at the YMCA on days that Galesburg schools are not in session. All children should be pre-registered. Limited to 40 children per day. Swimming, crafts and FUN will be offered each day. Bring a sack lunch (drink provided), swim suit and towel.

Time: 6:30 a.m.—6:00 p.m.

Dates: Oct. 9 & 12; Nov. 6 & 11; Dec. 21, 22, 23, 28, 29 & 30; Jan. 15 & 18; Feb. 15; March 26; April 5, 6, 7, 8 & 9

Fee: Y Member \$21 Activity Member \$24

(Individuals not pre-registered will be charged an additional \$5.00 fee)

## YMCA KID CARE STATION (infant-6)

The Knox County YMCA understands the sensitive needs of your child. We offer a developmentally and age appropriate child care center that ensure your child gets the most out of his/her YMCA experience. CARING and RESPONSIBLE staff are there to provide an enriching experience for your child.

Hours of operation: The YMCA Kid Care Station is open from 6:00 am to 6:00 pm Monday through Friday – except on major holidays. Full-time care is available. Nutritious meals and snacks are provided for the children that follow guidelines set by the U.S.D.A Child Care Food Program.

**REGISTRATION FEE REQUIRED: \$25.00/child**

**Full-Time Fee Structure: Full day 5 hours**

1st Child

### Infant: (6 wks-23 months)

YMCA Member	\$30.00
Activity Member	\$34.00

### 2-6 years

Y Family Member	\$23.00/day
Activity Member	\$26.00/day

### Part Time Fee Structure:

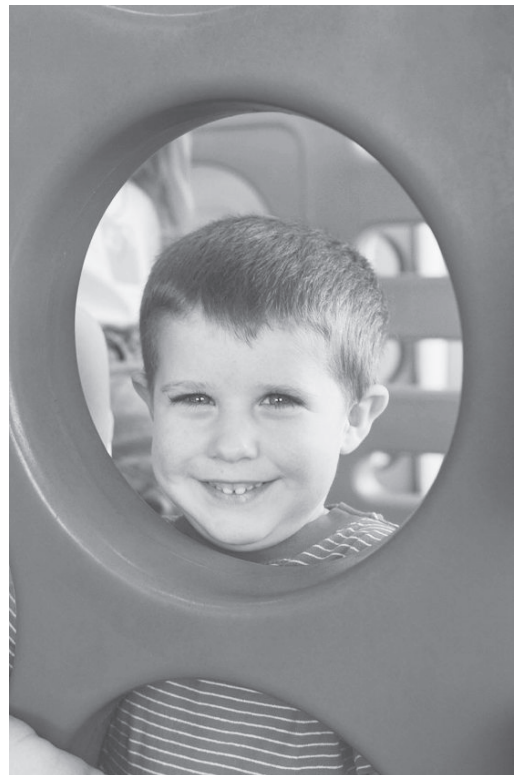
**Less than 5 hours**

Y Family Member	\$15.00/day
Activity Member	\$18.00/day

### 2nd Child:

Y Member \$15.00 Activity Member \$18.00

Participants must register and pay for a minimum of 3 full-time or 4 part-time days.





We build strong kids, strong families, strong communities.

## **Knox County YMCA 2010 Annual Raffle**

**Friday, August 6, 2010 @ 6:30 P.M.**

**Cookout at Knox College**

**\$5,000 Cash Prize!**

*Plus Drawings for \$2,500, \$1,000 & \$500!*

*Each ticket present by 7:00 pm*

*will be entered into a cash prize drawing!*

*An additional \$2,000 will be given away in 20 gifts of \$100.*

### **KNOX COUNTY YMCA 2010 MY TICKET(S) AND RAFFLE ORDER FORM**

Please reserve \_\_\_\_ ticket(s) in my name (ticket and invoice will be mailed to me in June)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I plan on attending the cookout @ 6:30 pm on August 6. Please reserve \_\_\_\_ meals (2 meals per \$100.00 ticket. 11yrs. & under eat free!)

*\*All proceeds go to support YMCA Kid Care Station and provide financial assistance for disadvantage persons.*

*A Strong Kids Banner Sponsor gift of \$1,000+ may provide for  
two single-parent family memberships.  
A Club gift of \$500+ would sponsor a whole family membership for a year.*





We build strong kids, strong families, strong communities.

## GAME ROOM RULES

The game room is provided for youth to hang out and have a great time. Located off the gym, you have access to air hockey, foosball, game bikes, and DDR. Have ideas about new things for the game room? Let us know at the front desk!

### Game Room Rules:

1. No food or drink allowed in the game room.
2. Always show respect for your peers.
3. No swearing.
4. No fighting.
5. You must be 7 or older.
6. Clean up after yourselves.



## YMCA HEALTHY KIDS DAY April 17, 2010 ~ FREE FAMILY FUN!

Building Strong Healthy Kids is important to the YMCA. We invite you to come out, and visit us on Saturday, April 17 to learn how to have fun while being healthy! The Knox County YMCA along with other Youth Serving Organizations will be hosting this Event! Come in comfortable clothes ready to play, learn & create! This event is for the entire family!

**WHEN:** Saturday, April 17, 2010 9:00 am–Noon

## SNACK WITH SANTA

Hey Kids, come enjoy a day with Santa Claus where you will have your picture taken with Santa and have cookies & juice. You'll have the chance to write & even give Santa your Christmas Gift List.

**When -** Saturday, December 12, 2009 in the YMCA Multi-Purpose Room. 10:00 a.m. - 12:00 p.m.

**Fee:** FREE/ Pictures: \$1.00 each

## CALL FROM SANTA

Can't make it to visit Santa on December 12, 2009? That's okay, your child can receive a phone call from the BIG Man himself...that's right, Santa! Drop off or mail your letter to Santa at the Knox County YMCA and Santa will call your child on Wednesday, December 16, 2009. Please remember to include your child's name, school, grade, pets and toys they may be wanting. List each child's name separately. No long distance calls will be made. You may also email your letters to Santa at: [jinskeep@knoxymca.org](mailto:jinskeep@knoxymca.org) and we will make sure Santa receives those, also!







We build strong kids, strong families, strong communities.

## YMCA BIRTHDAY PARTY AND BUILDING RENTALS

Birthday Party - during business hours

Hours: Fri 5:00-9:00 pm; Sat 1:00-5:00pm; Sun 1pm-4pm  
(closed Sun during summers)

### Multi-purpose RM and pool

YMCA members \$50.00 - 2 hours

Activity members \$70.00 - 2 hours

### Multi-purpose RM and jungle gym

YMCA members \$50.00 - 2 hours

Activity member \$70.00 - 2 hours

### Multi-purpose RM, jungle gym, and pool

YMCA members \$75.00 - 3 hours

Activity members \$110.00 - 3 hours



Birthday Parties are available to both YMCA members and community members. Prices listed above reflect use of the Multi-purpose Room with a max of 40 people. Groups are allowed to decorate their room within 15 minutes prior to the event and must have the room cleaned and empty within 15 minutes after the event. Food and drink are allowed in your party room. The party room is reserved especially for your group, but the Pool, Gym, Jungle Gym, and Game Room are open to YMCA members at all times. Use of the Pool is dictated by the open swim schedule during your reservation. Prices are based on 15 guests. An additional \$1/person will be charged for any above 15.

## AFTER HOURS RENTALS PRICES:

Pool	\$60/hour, max 50 people
Gym	\$50/hour, max 50 people
Sport Court	\$25/hour
Multi-Purpose Room	\$15/hour, max 40 people
Jungle Gym	\$30/hour mx 25 people
Large Building Rental	\$105/hour, max 150 people
Large Building Rental (no pool)	\$60/hour, max 150 people
Overnight Building Rental	\$400/night, max 150 people. Available after hours ONLY



## STRONG KIDS CAMPAIGN



The youth and families of Knox County are fortunate to have a well established YMCA in the community. Programs ranging from youth basketball to after school care give children from every neighborhood the foundation they need to make the right decisions.

Currently, the Knox County YMCA operates 8 before/after school sites, one full-day child care center and collaborates with District 205 to offer one state licensed preschool programs throughout Knox County. Every day, our staff provide children with a loving, safe environment. At the YMCA, youth and teens are involved in a wide variety of programs, year round. During the summer months, kids can escape from the summer heat and enjoy indoor activities with their friends. Last summer, more than 225 youth and teens daily took advantage of YMCA programs. During the school year, children are transported to the YMCA Youth Center, where they participate in programs that help them develop physically, mentally and spiritually.

Contributions to the Strong Kids Campaign go directly to improving lives. Whether we assist a single parent family with childcare, or send a young person to camp, your dollars are at work:

### Levels of Giving:

A Strong Kids Corporate Sponsor gift of \$2,500 may enable one child to attend year of full-time daycare or 27 children to attend one week of summer day camp.

A Strong Kids Banner Sponsor gift of \$1,000 may provide for two single-parent family memberships or six youth memberships.

A Club gift of \$500 may sponsor a whole family membership for a year.

A Pacesetter Club gift of \$250 may provide 10 sessions of swim lessons for children.

A Century Club gift of \$100 may provide one youth membership plus an opportunity to participate in four youth sport leagues.

A Friends of Youth gift of \$25 may provide a summer membership for one youth.

*If you would like to help us  
to help our community, stop by your  
YMCA or call at 309-344-1324.*

We build strong kids, strong families, strong communities.

# SUMMER

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## YOUTH SWIM LESSONS (6 and up)

A program designed to teach your child swimming and water skills while developing his/her physical, mental, and spiritual well being.

Fees: Seven Week Session

	Y Members	Activity Member
1 Lesson / week	\$18.00	\$36.00
2 Lessons / week	\$32.00	\$68.00

## POLLIWOGS

This is the beginning level for school-age children teaching basic paddle stroke, kicking skills, pool safety and discussion of the YMCA's Core Values.

Monday 10:00-10:45 am or 5:00-5:45 pm

Wednesday 1:00-1:45 pm

Thursday 5:00-5:45 pm

Saturday 10:00-10:45 pm

## GUPPY

The children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. The meaning of the Core Values in everyday life will be discussed.

Monday 10:00-10:45 am or 5:00-5:45 pm

Wednesday 1:00-1:45 pm

Thursday 5:00-5:45 pm

Saturday 10:00-10:45 pm

## MINNOW

This is the initial intermediate level. They have learned some fundamentals of swimming strokes and water safety and are continuing to build and refine them. Provided opportunities to demonstrate the Core Values.

Monday 2:00-2:45 pm or 5:00-5:45 pm

Thursday 5:00-5:45 pm

Saturday 10:00-10:45 pm

## FISH

At this point, students work to perform the crawl stroke, elementary backstroke, backstroke, sidestroke, turns and given opportunities to develop teamwork and the core values.

Wednesday 5:00-5:45 pm

Thursday 2:00-2:45 pm

Saturday 10:45-11:30 am

*A Pacesetter Club  
gift of \$250+  
would provide  
10 sessions of  
swim lessons  
for children.*





# SUMMER

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## FLYING FISH

At this advanced level, students work on refining their strokes and increasing their endurance, caution, determination, self-discipline and teamwork.

Tuesday 2:00-2:45 pm

Wednesday 5:00-5:45 pm

Saturday 10:45-11:30 am

## PORPOISE CLUB

At this final level, students are exposed to a wide range of aquatic experiences. For boys and girls who have completed Shark. Porpoise Club will meet once a week and will work on personal safety, water games and stroke development.

Saturday 11:30-12:15 pm



## SHARK

The students at this level continue to improve their strokes with starts and turns. Students will be encouraged to serve others and to think about the four Core Values.

Wednesday 5:00-5:45 pm

Thursday 2:00-2:45 pm

Saturday 10:45-11:30 am

## ADULT SWIM LESSONS

Have you always wished you could swim? Do you think you could use a refresher course? Then join us for adult swim lessons—we can help you. All levels of instruction offered will be determined at the first class.

Tuesday or Thursday 8:30-9:15 am

Thursday 6:00-6:45 pm

Fees:

1 Lesson/wk Y Member: \$18 Activity Member: \$36

2 Lesson/wk Y Member: \$32 Activity Member: \$68

# SUMMER

# YSPORTS™

We build strong kids, strong families, strong communities.

## SESSION DATES

**Session IV - June 7 through July 10, 2010**

Member registration begins: April 1, 2010

Activity Member registration begins May 9, 2010

**Session V - July 12 through August 14, 2010**

Member registration begins: June 25, 2010

Activity Member registration begins: July 2, 2010

## TINY TOTS TUMBLING: LEVEL I

For boys and girls ages 3-6 years. This class is an excellent way to develop coordination, flexibility, balance, and strength. This class will teach your child forward, backward, and straddle rolls as well as learning the basics of a cartwheel.

Min. 4 students Max: 8 Students

Fee Five Week Session:

Members: \$18.00 Activity Members: \$36.00

Thursdays 6:45-7:15 PM

## TINY TOTS TUMBLING: LEVEL II

For boys and girls ages 3-6 years. In addition to the level 1 class, participants will move at a more accelerated pace with cartwheels, front limbers, bridges, and walk-overs and much more. This class is designed for a more intermediate to advanced tumblers.

Min. 4 students Max: 8 Students

Fee Five Week Session:

Members: \$18.00 Activity Members: \$36.00

Thursdays 7:20-7:50 PM



## MARTIAL ARTS

Train with the best! Since 1974 Kuk Sool Won martial arts has been in Galesburg and was the first established martial arts school in the United States. Kuk Sool Won is now bringing their most talented instructors to the Knox County YMCA. Each instructor is a certified black-belt in every area of martial arts. These new classes will help self-confidence, concentration, and most of all give you a positive mental attitude! We promote healthy lifestyles and strive to teach positive self-discipline. This class will meet for one hour per week and will be held in the racquetball/multi-purpose room.

Y Member \$21.00

Activity Member \$38.00

Thursdays - 4-6 yr. olds 5:00-5:30 PM;

7-12 yr. olds 5:45-6:30 PM; 12 and Up 6:45-7:45 PM

OR Saturdays - 4-6 yr. olds 10:00-10:30 AM;

7-12 yr. olds 10:45-11:30 AM; 12 and Up 11:45 AM-12:45 PM



# Knox County YMCA Policies

## MEMBERSHIP CARD POLICY:

We require you to bring your membership card each time you enter the facility. This saves time for the member as well as for the front desk staff. Replacement cards can be obtained for a \$5.00 fee.

## LOCKER POLICY:

In order to better serve our members, the YMCA furnishes lockers for the members. Please make sure that you bring your own lock for the days use. We are not responsible for items that are lost or stolen. Parents are reminded of the "5 & under" Rule, where children 6 & older are to use their respective locker rooms.

## CREDIT/REFUND POLICY:

Request for program credit/refunds will be processed in the following manner: Class canceled by YMCA equals full refund/credit. Classes missed due to illness with Dr's slip equals refund/credit. All other classes missed for personal reasons or scheduling conflicts will not result in any refund/credit.

## CANCELLATION POLICY:

The YMCA reserves the right to cancel any program not meeting a minimum enrollment. Classes will not be cancelled prior to the first meeting of the session in order to accommodate late registrations. If a program is cancelled, paid program fees are refunded in full.

## VALUABLES:

The YMCA is not responsible for lost or stolen articles. Please lock up your valuable items while participating in YMCA activities. If you have lost an article, check with the front desk or in our lost and found.

## ACCIDENTS:

The YMCA was built with the highest standards of health and safety and does not provide Accident Insurance. Each person participates at his or her own risk.

## TOWEL POLICY:

Towel service is available for adults 18 & over. Limit one towel per visit.

## LOCKERS:

Box and Long Lockers are also available for rental by monthly bank draft or paid in full for the year along with your dues. Rental box lockers are available in the women's locker room, boy's locker room and men's locker room. Rental long lockers are available in the women's locker room and boys locker room.

Box Lockers: \$5.00 per month

Long Lockers: \$10.00 per month


See the front desk for availability

## YMCA YOUTH POLICY – ATTENTION PARENTS:

For your child's safety, NO ONE UNDER 7 YEARS OF AGE IS PERMITTED IN THE Y UNLESS ACCOMPANIED BY A PARENT OR ADULT, except when attending a Y class or special event. Parents of pre-school children, 2 and younger, must stay in the building while the child is in class or attending a special event. Parents are also asked to observe the "5 & under" Rule, where children 6 & older must use their respective locker rooms.

## YMCA BOARD OF DIRECTORS:

President, Julie King  
Vice President, Rodney Phelps  
Secretary, Jamie Yemm  
Treasurer, John Polillo

 Dane Bragg, C.L. Cummings, Russ Dahms  
Rick Danielson, Gene Denisar, Doug Gibb,  
Arnie Haider, Chris Johnson, Rebecca King,  
Jeremy Kleine, Marie McElvaine, Fred Peterson,  
Lori Putnam, Vicky Romano, Doug Sanders,  
John Sibley, Sr., Irene Strejc, Jackie Turner, Don Tomlin

## ENDOWMENT COMMITTEE:

Dale Teel – Chair

Dustin Courson, Tom Maloney, Dennis Renander,  
Doug Sanders, Wayne Statham, and John Polillo

## YMCA STAFF:

Linus Vander Wyst, Executive Director  
linus@knoxyymca.org

Bobbi Pio, Executive Assistant  
bpio@knoxyymca.org

Sarah Brown, Senior Director  
sbrown@knoxyymca.org

Linda Chezem, Child Care Director  
lchezem@knoxyymca.org

Justin Inskeep, Program Director  
jinskeep@knoxyymca.org

Kelly Corbin, Membership Director  
kcorbin@knoxyymca.org

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