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# the YMCA way

Knox County YMCA

FALL 2008

YMCA

**We Build  
strong kids, strong families, strong communities.**

caring

honesty

respect

responsibility

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.

## BUILDING HOURS AND LOCATION

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

**YMCA Kid Care Station**  
192 East South Street  
Galesburg, IL 61401  
Phone: (309) 342-4315

**YMCA Teen Center**  
2015 Windish Drive (Darst Lane. Unit 9)  
Galesburg, IL 61401  
Phone: (309) 368-2826

## DATES YMCA IS CLOSED

Partial YMCA Shut Down - Aug. 18-23, 2008  
Check with front desk for availability

Monday, September 1, 2008 - Labor Day  
Thursday, November 27, 2008 - Thanksgiving  
Wednesday, Dec. 24, 2008 - Christmas Eve-CLOSED AT 3 PM  
Thursday, Dec. 25, 2008 - Christmas Day  
Wednesday, Dec. 31, 2008 - CLOSED AT 5 PM  
Thursday, January 1, 2009 - New Year's 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, 2008

Membership Category	Monthly Draft	New Member Fee
Youth Membership (3-18)	\$11.75	\$30.00
Adult Membership (19-61)	\$31.25	\$60.00
Senior Membership (62 & up)	\$24.00	\$45.00
Family Membership (Husband, Wife, & dependents)	\$44.00	\$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.

## 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.



## 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.

# General Information

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## 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.

## 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



## 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 (*except on days school is out*).
5. Cross Court basketball is only available after 7:00 PM.
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.

## SESSION DATES

Session VI - September 8 — October 25, 2008  
Member registration begins: NOW!  
Activity Member registration begins: August 11, 2008

Session VII - October 27 — December 13, 2008  
Member registration begins: September 15, 2008  
Activity Member registration begins: October 6, 2008

## 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 department.  
**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 discounts.

**Private:** One student to one instructor: \$50.00 per Y Member  
**Semi-Private:** Two students to one instructor: \$40.00 per Y Member  
**Small Group:** Three to four students to one instructor: \$30.00 per Y Member

## PARENT CHILD SWIMMING (ages 6 mos. to 36 mos.)

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:

1 Lesson/wk:  
Y Member \$19.00 Activity Member \$38.00  
2 Lessons/wk:  
Y Member \$33.00 Activity Member \$53.00

Monday 6:00-6:30 PM  
Tuesday 9:30-10:00 AM  
Wednesday 10:00-10:30 AM  
Saturday 9:00-9:30 AM

## PRESCHOOL SWIM LESSONS (3-5 years)

This program offers children their first experience in the pool without parental assistance for a seven-week session.

**Fees:**

1 Lesson/wk:  
Y Member \$19.00; Activity Member \$38.00  
2 Lessons/wk:  
Y Member \$32.00; Activity Member \$53.00

## PIKE

Designed for new swimmers, teaching a basic paddle stroke, kicking skills, pool safety and discussion of YMCA 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 PM

## 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 PM; 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

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## YOUTH SWIM LESSONS (ages 6 and up)

A program designed to teach your child swimming and water skills while developing his/her physical, mental, and spiritual well being for a seven-week session.

### Fees:

1 Lesson/wk:  
Y Member \$19.00 Activity Member \$38.00  
2 Lessons/wk:  
Y Member \$33.00 Activity Member \$53.00

## 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 flotation device. The meaning of the core values in everyday life is 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. Students 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

At this final level, students are exposed to a wide range of aquatic experiences. For boys and girls who have completed Shark. Porpoise 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: Y Member \$19.00 Activity Member \$38.00



# YAQUATICS™

We build strong kids, strong families, strong communities.

## 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 and will be determined at the first class.

Tuesday or Thursday 8:30-9:15 AM  
Thursday 6:45-7:30 PM

### Fees:

1 Lesson/wk:

Y Member \$19.00 Activity Member \$38.00

2 Lessons/wk:

Y Member \$33.00 Activity Member \$53.00

## KROCODILE SWIM TEAM

Come out and join a great swim team or support the Crocodile Swim Team from the bleachers.

### Practice Schedule:

Monday & Thursday 6-8 PM @ GHS  
Tuesday & Wednesday 5-7:30 PM @ YMCA  
Friday 5—7 PM @ YMCA

Practice begins Tuesday October 14, 2008

Fees: \$160 if paid in full

\$175 if paid in installments as followed:

Registration fee: \$55.00

Nov. 1, 2008 \$40.00

Dec. 1, 2008 \$40.00

Jan. 1, 2008 \$40.00

(Installment plan must sign up for automatic deduction)

### Parent's Meeting:

Sunday, October 5, 2008, 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!!



## UNLIMITED AQUATICS

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

### Monthly Fees:

Y Member FREE Activity Member \$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 1:00–1:55 PM

## ARTHRITIS

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

Monday, Wednesday & Friday 11:00-11:45 AM  
Monday, Tuesday, Thursday & Friday 2:00-2:45 PM

## 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, cool down. You do not need to know how to swim.

Monday, Wednesday & Friday 9:00-10:00 AM  
Tuesday 7:00-8:30 PM  
Thursday 6:30-7:30 PM

## DEEP WATER AQUA-AEROBICS

Exercise in the deep end of the pool with the help of belts and other instructional equipment. An excellent class for those who are rehabilitating joints, muscle and back injuries. This class will meet three times a week and promote fitness, strength, and flexibility and water resistance.

Monday, Wednesday & Friday 12:00 - 12:45 PM



# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## 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! Schedules available at YMCA front desk.

Y Member FREE Activity Member \$30.00/month

### Group Fitness Classes

**Boot Camp:** Very intense cardio workout... doing calisthenics, lunges, squats, etc. - almost anything goes.

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

**Circuit Training:** Pick from eleven stations to target areas for a full body workout.

**Hi/Lo:** Aerobic dance moves varying between hi and lo intensity.

**Pilates:** strength training of core abdominal muscles.

**Kickboxing:** Intense cardio workout using as combination of punches and kicks.

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

**Stretch & Tone:** Low intensity class that focuses on strengthening the major muscle groups.

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

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

## WELLNESS CENTER ORIENTATION

Are you new members to the YMCA? Are you 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 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.

## YMCA GREATEST LOSER CHALLENGE

The YMCA GREATEST LOSER CHALLENGE is simply a contest to see who can lose the most weight in a given period of time. Each participant will compete against other participants. Individuals are encouraged to be a part of a 3 person team. Weekly incentives and a contest grand prize will be available. The challenge will begin Monday, January 12, 2009.

See next brochure for more information.

## 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.**

Personal Training Fee:

1/2 hour session	\$ 25.00
1 - one hour session	\$ 40.00
3 - one hour sessions	\$105.00
6 - one hour sessions	\$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)

# YSPORTS™

We build strong kids, strong families, strong communities.

## 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 6, 2008 and conclude Saturday, October 11, 2008 (weather permitting)

Registration begins: NOW !!!

Registration Deadline: Monday, August 11, 2008  
(Registrations after this deadline will be charged a \$5.00 processing fee)

Coaches Meeting - Tuesday, August 19, 2008 5:30 PM

Fee: Members: \$23.00 Activity Members: \$50.00

## FALL FLAG FOOTBALL LEAGUE

6 Game Schedule will be played. For Boys and Girls in grades K-1, 2-3, 4-5 (Divisions may vary due to registration). Games begin Sunday, September 14, 2008 and conclude Sunday, October 19, 2008 (weather permitting)

Registration begins: NOW!!!

Registration Deadline: Monday, August 18, 2008  
(Registration after this deadline will be charged a \$5.00 processing fee).

Coaches Meeting: Thursday, August 21, 2008 5:30 PM

Fee: Members: \$23.00 Activity Members: \$50.00

## JR. HIGH FALL SOCCER PROGRAM

Information to be released at each Jr. High School during school registration (August 13th - 15th).

Games will be played from September 6 - October 11 on Tuesdays, Thursdays, and Saturdays.

## ROMP n STOMP PRESCHOOL SOCCER CLINIC

A soccer clinic for children ages 3 and 4. The children will learn the basics of soccer including: terminology, player positions, kicking accuracy, passing, dribbling, and trapping. The clinic will be held for one week. The last day of the clinic the participants and parents will play a game. The clinic will meet behind Rose Hoben Welch School. Limited to 20 children per session.

Session I: Mon.-Fri. Sept. 22-26

Session II: Mon.-fri. Oct. 6-10

Mon.—Fri. from 4:00 PM—4:45 PM

Fee: Seven-Week Session:

Y Member \$19.00 Activity member: \$38.00

## BIDDY BASKETBALL LEAGUE

A basketball league for Kindergartners and First Graders. For all boys and girls in grades Kindergarten and 1. 6-game schedule. Games will begin on Saturday, October 18, 2008

Registration begins: NOW !!!

Registration Deadline: Monday, September 29, 2008  
(Registrations after this deadline will be charged a \$5.00 processing fee)

Coaches Meeting - Thursday, October 2, 2008 5:30 PM

Fee: Members: \$23.00 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 18, 2008

Registration begins: NOW !!!

Registration Deadline: Monday, September 29, 2008  
(Registrations after this deadline will be charged a \$5.00 processing fee)

Coaches Meeting - Thursday, October 2, 2008 5:30 PM

Fee: Members: \$23.00 Activity Members: \$50.00

## MARTIAL ARTS: NEW

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

# YSPORTS™

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## 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 6 - 27
Session 2	Tuesdays	Oct 7 - 28
Session 3	Mondays	Nov 3 - 24
Session 4	Tuesdays	Nov 4 - 25

**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 10, 2009

Registration begins: NOW !!!

Registration Deadline: Monday, December 1, 2008  
(Registrations after this deadline will be charged a \$5.00 processing fee)

Coaches Meeting - Thursday, December 11, 2008  
5:30 PM

**Fee:** Members: \$23.00    Activity Members: \$50.00

## TINY TOTS TUMBLING LEVEL I

For boys and girls ages 3-5 years. This class is an excellent way to develop coordination, flexibility, balance, and strength. This class will teach your child how to do a front and back roll, cartwheel, use the balance beam, and much more.

Minimum: 4 Students    Maximum: 6 Students  
Tuesdays 4:15-5:00 PM  
**Fee:** Y Member: \$14.00    Activity Member: \$27.00

## TINY TOTS TUMBLING LEVEL II

For boys and girls who have currently completed a session of Tiny Tots: Level I. This class will focus on all that was learned in Tiny Tots Level I, but will start to explore a better sense of balance, and focus on more of the active gymnastics, such as cartwheels, and take a more advanced approach into Head Stands.

Minimum: 4 Students    Maximum: 6 Students  
Tuesdays 5:00-5:45 PM  
**Fee:** Y Member \$14.00    Activity Member \$27.00



# 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 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)

### OFFERS:

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

### TIME & PRICES

(Subject to change with 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 offers after school care only until 6:00 PM.

Pick up registration forms at the YMCA. A \$25.00 per child registration fee to cover consumable supplies for the year.

## 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 AM-6:00 PM

Dates: October 10 & 13; November 7 & 11; December 22, 23, 29 & 30; January 2, 16 & 19; February 16; March 27; April 6, 7, 8, 9 & 13

**Fee:** Y Member or Afterschool participant: \$19  
Activity Member \$22  
(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**

<u>Full-Time Fee Structure:</u>	<u>Full day 5+ hours</u>
	1st Child
<u>Infant: (6 wks-23 months)</u>	
YMCA Member	\$30.00/day
Activity Member	\$34.00/day
<u>2-6 years</u>	
Y Family Member	\$23.00/day
Activity Member	\$26.00/day
<u>Part Time Fee Structure:</u>	<u>Less than 5 hours</u>
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 2 full-time or 3 part-time days.



# YOUTH™

We build strong kids, strong families, strong communities.

## YMCA TEEN CENTER

**ATTENTION ALL JUNIOR HIGH YOUTH!** We've got a space, and it's just for you! The YMCA Teen Center is open to all youth currently in 6th, 7th, and 8th grades, and is a great place to spend some of your free time after school! You can choose from a variety of activities to participate in... from doing homework and playing games on the computers, art projects, to playing pool, hockey and ping pong, to having snacks, and much more, there's plenty to do and not be bored!

The YMCA Teen Center is located at 2015 Windish Dr. # 9, in Galesburg.

The YMCA Teen Center is open when District #205 is in session, Monday through Friday from 3:00 - 7:00 pm. Transportation from Churchill & Lombard is provided...FREE OF CHARGE, and transportation to 5 locations (see parent manual for additional information).

**To register for the Teen Center, Come out to the Knox County YMCA at 1324 W. Carl Sandburg Drive. For a tour of the Teen Center, call between the hours of 3:00 PM-7:00 PM Monday-Friday @ 368-2826.**

Starts Tuesday, September 2, 2008  
Ages: All 6th, 7th & 8th Graders in Knox County

**Fee:** \$25.00 until December 31st;  
\$12.50 January 1st, 2009 - June 2009

**Where:** 2015 Windish Dr. (Darst Lane, Unit #9)

**When:** Whenever School District #205 is in Session

**ANYONE CAN JOIN!  
YOU DON'T HAVE TO BE A MEMBER!**



## YMCA ACTIVATE AMERICA AND FAMILY FITNESS FUN!

What is Activate America?

It's a Chance for You to Make an IMPACT for Your Family...



How can the YMCA help you make an IMPACT? Through Fun Family Fitness Activities, and through Healthy Lifestyle Education & Fun Fitness involving the whole family.

Tuesday 5:30 - 7:00 pm  
September 9th - April 28, 2009  
Sign Up Anytime!  
Free for Y Members  
Activity Member \$10/family

Visit [www.ymca.net/activateamerica](http://www.ymca.net/activateamerica) for more information on this nation wide program.

The YMCA is partnering with University of Illinois Extension Office, Knox County Health Department, as well as many other local community health care professionals!  
**THANK YOU TO ALL OUR PARTNERS!!!!**



# YFAMILY™

We build strong kids, strong families, strong communities.

## SNACK WITH SANTA

Hey Kids, come and enjoy the morning with Santa! Get your picture taken with the Big Man for just \$1.00. Included are games, crafts, and snacks for the holiday season.

Saturday, December 6, 2008 from 10:00 – 11:30 AM  
Free event for members.



## 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. All parents are asked to be present to help monitor their children's play in the jungle gym.
3. Children are not to climb up the slide.
4. Socks must be worn while in the jungle gym area.
5. No children ages 10 and up are allowed in the jungle gym.



## 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, 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.

# General Information

All fees and schedules are subject to change without notice.

## YMCA BIRTHDAY PARTY AND BUILDING RENTALS

Birthday Party - during business hours

Hours:

Monday - Friday 7:00-9:00 PM; Sat 1:00-5:00 PM;  
Sun 1:00 PM-4:00 PM  
(closed on Sundays June - September)

Y Member           \$40.00 - 2 hours  
                          \$60.00 - 3 hours

Activity Member   \$65.00 - 2 hours  
                          \$98.00 - 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 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 more than 15 people.**

## ONLINE REGISTRATION

Visit our website at [www.knoxymca.org](http://www.knoxymca.org) to register online for our programs. Member registration will have priority. Activity members will be able to register during the Activity Member Registration period. If you need assistance, please call our front desk at 344-1324 or email [info@knoxymca.org](mailto:info@knoxymca.org).



## YMCA AFTER HOUR BUILDING RENTALS

Are you planning a graduation party or an After Prom or Dance Party? How about an employee party to reward those hard working individuals? The Knox County YMCA is definitely the place to have a fun time. The YMCA can be rented by your family or group after hours when the YMCA is closed (except holidays). You may rent the entire building or just part of the building.

Facilities available for rental are:

**Gymnasium:** The gym is approximately 7000 sq ft with 6 basketball goals. The gym can be divided in half to accommodate both volleyball and basketball. There is also a suspended walking track for those avid walkers or joggers.  
Fee: \$40.00 / hour

**Pool:** This 6 lane 25 yd pool is large enough to accommodate most every party. The pool also contains a 10 ft dive well with diving board.  
Fee: \$50.00 / hour (includes lifeguard)

**Multi-Purpose Room:** The multi-purpose room can seat approximately 35-40 individuals. It includes refrigerator, tables, chairs, sink, and electrical outlet use.  
Fee: \$15.00 / hour

**Overnight Package:** The entire YMCA can be rented from 10:00 PM—6:00 am . It includes two hours of swimming, 8 hours of gym and multi-purpose room use.  
Fee: \$400.00



# 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. Members and guests are to bring their own lock for the locker and remove their belongings at the end of the day. 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 cancelled 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 due 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.

## 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.

**MEMBERS AND PARTICIPANTS 13 & UNDER MUST BE ACCOMPANIED BY AN ADULT TO USE THE TRACK AND THE NAUTILUS CENTER UPSTAIRS.**

## YMCA BOARD OF DIRECTORS:

President, Julie King  
Vice President, Doug Sanders  
Secretary, Jamie Yemm  
Treasurer, Rodney Phelps

Barb Ball, Dane Bragg, Dirk Butler, C.L. Cummings,  
Rick Danielson, Gene Denisar, Doug Gibb,  
Arnie Haider, Rebecca King, Jeremy Kleine,  
Marie McElvaine, Fred Peterson,  
John Polillo, Lori Putnam, Jim Rich,  
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  
Bobbi Pio, Executive Assistant  
Sarah Brown, Senior Director  
Linda Smith, Child Care Director  
Justin Inskeep, Program Director  
Kelly Corbin, Membership Director

# GYM SCHEDULE

Effective September 8, 2008

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
5:30-9:00 am Open Gym	6:00-7:00 am Group Fitness Class	5:30-9:00 am Open Gym	6:00-6:45 am Group Fitness Class	5:30-9:00 am Open Gym	6:00-7:00 am Group Fitness Class	5:30-9:00 am Open Gym	6:00-6:45 am Group Fitness Class	5:30 am to 9:00 am Open Gym		<b>Open Gym** 8:00 am to 5:00 pm</b>	
8:00-10:00 am Open Gym	8:00-10:00 am Group Fitness Class	8:00-10:00 am Open Gym	8:00-10:00 am Group Fitness Class	8:00-10:00 am Open Gym	8:00-10:00 am Group Fitness Class	8:00-10:00 am Open Gym	8:00-10:00 am Group Fitness Class	8:00-10:00 am Open Gym	8:00-10:00 am Group Fitness Class		<b>Open Gym Noon to 5:00 pm</b>
10:00-Noon Open Gym		10:00-Noon Open Gym		10:00 am -12:00 pm Open Gym		10:00-Noon Open Gym		10:00-Noon Open Gym			
Noon - 5:30 pm Open Gym***		Noon - 5:30 pm Open Gym***	12:00-1:00 am Group Fitness Class	Noon - 5:30 pm Open Gym***		Noon - 4:00 pm Open Gym***	12:00-1:00 am Group Fitness Class	Noon - 7:00 pm Open Gym***			
5:30-6:30 pm Open Gym	5:30-6:30 pm Group Fitness Class	5:30-6:30 pm Open Gym	5:30-6:30 pm Group Fitness Class	5:30-6:30 pm Open Gym	5:30-6:30 pm Group Fitness Class	5:30-6:30 pm Open Gym	5:30-6:30 pm Group Fitness Class				
6:30- 9:00 pm Open Gym		6:30- 9:00 pm Open Gym		6:30- 9:00 pm Open Gym		6:30- 9:00 pm Open Gym		6:30- 9:00 pm Open Gym			
										RENTALS	RENTALS

*\*Open Swim and Open Gym Times are subject to change without notice.*

*\*\*Saturday Open Time dictated by Youth Basketball League play.*

*\*\*\*Only half the gym will be available during schools out days.*

# POOL SCHEDULE

Effective September 8, 2008

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:30-8:30 am Lap Swim		5:30-8:30 am Lap Swim		5:30-8:30 am Lap Swim		5:30-8:30 am Lap Swim		5:30-8:30 am Lap Swim		8:00-9:30 am Lap Swim		12:30-4:30 pm Open Swim	
8:30-11:45 am Classes	1 Lane Lap Swim	8:30-10 am Classes	1 Lane Lap Swim	8:30-10:30 am Classes	1 Lane Lap Swim	8:30-11:25 am Classes	1 Lane Lap Swim	8:30-11:45 am Classes	1 Lane Lap Swim	9:00-11:30 pm Classes			
		10:00-10:30 am Open Swim		10:30-11:00 am Open Swim									
		10:30-11:25 am Classes		11:00-11:00 am Open Swim									
11:45 am-1:00 pm Classes/Lap Swim		11:45 am-1:00 pm Open/Lap Swim		11:45 am-1:00 pm Classes/Lap Swim		11:45 am-1:00 pm Open/Lap Swim		11:45 am-1:00 pm Classes/Lap Swim		12:00-1:00 pm Lap Swim		Starting 10/5/08	
1-2 pm Classes	1-2pm 1 Lane Lap Swim	1-2 pm Classes	1-2pm 1 Lane Lap Swim	1-2 pm Classes	1-2pm 1 Lane Lap Swim	1-2 pm Classes	1-2pm 1 Lane Lap Swim	1-2 pm Classes	1-2pm 1 Lane Lap Swim	1:00-4:30 pm Open Swim	1:00-4:30 pm 2 Lanes Lap Swim		
2-3:30 pm Classes		2-3:00 pm Classes		2-3pm Classes	1 Lane Lap Swim	2:00-3:00 pm Classes		2:00-3:00 pm Classes/Lane					
3:30-5pm Open Swim*	3:30-5pm 2 Lanes Lap Swim	3:00-5:00 pm Diving Meet		3:30-4:15pm Open Swim*	2 Lanes Lap Swim	3:30-4:15pm Open Swim*	2 Lanes Lap Swim	3:30-5pm Open Swim*	2 Lanes Lap Swim	RENTALS		RENTALS	
				4:15-5:00 pm Classes		4:15-5:00 pm Classes							
5-7 pm Classes	1 Lane Lap Swim	5:00-7:30pm Swim Team	1 Lane Lap Swim	5:00-7:30 pm Swim Team	1 Lane Lap Swim	5-7:30 pm Classes	1 Lane Lap Swim	5-7 pm Swim Team	1 Lane Lap Swim				
7:00-8:50 pm Open Swim	2 Lane Lap Swim	7:30-8:50 pm Open Swim	2 Lane Lap Swim	7:30-8:50 pm Open Swim	2 Lane Lap Swim	7:30-8:50 pm Open Swim		7:00-8:50 pm Open Swim	2 Lane Lap Swim				

*Pool Schedule is subject to change without notice.  
\*Open Swim shares time with GHS Diving Team through February.*