



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY FUTURES BEGIN HERE

September 2011-August 2012
KNOX COUNTY YMCA



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Membership Information

All fees and schedules are subject to change without notice.

MEMBERSHIP INFORMATION

Your YMCA membership includes the use of the Gyms, Jungle Gym, Game Room, Fitness Studio, Pool, Wellness Center, Nautilus, Sauna, Racquetball Court, Indoor Track, as well as reduced prices on most programs. Rates effective September 1, 2011.

Membership Category	Monthly Draft	New Member Fee
Youth Membership (3-18)	\$12.50	\$30.00
Adult Membership (19-61)	\$33.50	\$60.00
Senior Membership (62 & up)	\$25.50	\$45.00
Family Membership (Husband, Wife, & dependents up through age 22 with verified full-time student status)	\$47.00	\$90.00

Join online at www.knoxymca.org

SUMMER MEMBERSHIP INFORMATION

Your YMCA membership includes the use of the Gyms, Jungle Gym, Game Room, Fitness Studio, Pool, Wellness Center, Nautilus, Sauna, Racquetball Court, Indoor Track. Summer memberships are valid May 15 through September 15, 2012.

No new member fee will be assessed and fee-based programs will be charged at the activity member rate.

Membership Category	FEES:
Youth Membership (1-18)	\$ 80.00
Adult Membership (19-61)	\$150.00
Senior Membership (62 & up)	\$120.00
Family Membership (Husband, Wife, & dependents)	\$170.00

DAYPASS

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.

PAYMENT OPTIONS

Membership payments are made either by monthly automatic checking, savings or credit/debit card (Visa, MasterCard or Discover) deductions on the 1st or 15th of each month or paid in full annually.

Your membership may be cancelled with a 30-day written notice. All membership payments are nonrefundable and nontransferable.

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.

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 Doctor's slip equals refund/credit. All other classes missed for personal reasons or scheduling conflicts will not result in any refund/credit.

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.



**STRONG KIDS
CAMPAIGN**
A YMCA Initiative

Membership 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 (October 3-May 29, 2012)	11:00 AM - 5:00 PM

<u>Main Branch</u> 1324 West Carl Sandburg Dr. Galesburg, IL 61401 Phone: (309) 344-1324 Fax: (309) 344-3023 website: www.knoxyymca.org info@knoxyymca.org	<u>YMCA Kid Care Station</u> 192 East South Street Galesburg, IL 61401 Phone: (309) 342-4315
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YMCA Teen Center
2015 Windish Dr. (Darst Lane Unit 9)
Galesburg, IL 61401
Phone: (309) 368-2826

DATES YMCA IS CLOSED

Shutdown August 20-September 6, 2011
Check with front desk for availability

Monday, September 5, 2011 - Labor Day
Thursday, November 24, 2011 - Thanksgiving
Saturday, Dec. 24, 2011 - Christmas Eve-CLOSED AT 3 PM
Sunday, Dec. 25, 2011 - Christmas Day
Saturday, Dec. 31, 2011 - New Year's Eve-CLOSED AT 5 PM
Sunday, January 1, 2012 - New Year's Day
Saturday, Feb. 4, 2012 - Swim Meet
Sunday, April 8, 2012 - Easter
Monday, May 28, 2012 - Memorial Day
Wednesday, July 4th, 2012 - Independence Day

A.W.A.Y. PROGRAM

Members of the YMCA of Knox County are welcome at more than 1,000 Y's nationwide. Proof of membership required. Please contact the YMCA you are visiting for specific details.

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; Mon.-Thurs. 5:00 PM-8:00 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: \$5.00 or Monthly: \$16.00



Membership Information

All fees and schedules are subject to change without notice.

MEMBERSHIP FACILITIES & BENEFITS

Wellness Center (ages 14 & up)

- Free Weights
- Life Fitness Weight Machines
- Treadmills
- Ellipticals
- Crosstrainers
- Summit Trainer
- Rowing Machine
- Bikes
- Step Machines
- NuSteps
- Stretching and Mat work area

MobileFit Virtual Personal Training Kiosk

Fitness Studio

McBride Gym

Soccer Complex

Gym

Pool

Nautilus

Sauna

Men's Steam Room

Jungle Gym with Climbing Wall

Game Room

Racquetball Court

Indoor Track

Free Wellness Center Orientation

Free Adult Group Aerobics Classes

Free Adult Group Aquatics Classes

Free Babysitting with Family Membership

Reduced Prices on Most Programs

Preferred Registration Dates on Session Programs



Membership Information

All fees and schedules are subject to change without notice.

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, Nautilus, Jungle Gym, Track) will result in the member/guest being given a "time-out." 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 result in 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.

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 preschool 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 and under" Rule, where children 6 and older must use their respective locker rooms.

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.

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.

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.



Information

WELLNESS CENTER & WEIGHT ROOM

1. You must be 14 yrs. of age or older to enter the Wellness Center.
2. Shirts and 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.)

LAP SWIM

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.

OPEN SWIM

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.

JUNGLE GYM

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. Attendant times are subject to change.
4. All parents are asked to be present to help monitor their children's play in the jungle gym.
5. Children are not to climb up the slide.
6. Socks must be worn while in the jungle gym area.

LOCKER ROOM

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 day's use. We are not responsible for items that are lost or stolen. Parents are reminded of the "5 and under" Rule, where children 6 and older are to use their respective locker rooms.

LOCKERS

Lockers are available for rental by monthly bank draft or paid in full for the year along with your dues.

Box Lockers: \$5.00 per month

Full Lockers: \$10.00 per month

See the front desk for availability.

TOWEL POLICY

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



I nformation

SESSION DATES

Session I - September 12 - October 29, 2011

Member registration begins: NOW!

Activity Member registration begins: August 15, 2011

Session II - October 31 - December 17, 2011

Member registration begins: September 26, 2011

Activity Member registration begins: October 10, 2011

Session III - January 2 - February 18, 2012

Member registration begins: November 14, 2011

Activity Member registration begins: November 28, 2011

Session IV - February 20 - April 7, 2012

Member registration begins: January 16, 2012

Activity Member registration begins: January 30, 2012

Session V - April 9 - May 26, 2012

Member registration begins: March 5, 2012

Activity Member registration begins: March 19, 2012

SUMMER SESSION DATES

Session VI - June 4 through July 7, 2012

Member registration begins: April 23, 2012

Activity Member registration begins May 13, 2012

Session VII - July 9 through August 11, 2012

Member registration begins: June 18, 2012

Activity Member registration begins: June 25, 2012

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 one red shirt and one blue shirt.

Youth Sizes

\$6.00 / shirt

Adult Sizes

\$6.00 / shirt

OUR CAUSE

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow and thrive.



FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE

SCHOOL-AGE CHILD CARE

The positive alternative to being home alone.

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

SCHOOL SITES:

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



OFFERS:

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

TIME and PRICES:

(subject to change without notice)

6:30 AM until school begins and after school
until 6:00 PM

Fees:
Galesburg \$6.00 per AM session, \$6.00 per PM session
Knoxville \$5.00 per AM session, \$5.00 per PM session

Pick up registration forms at the YMCA or at school registration. \$30.00 per child registration fee to cover consumable supplies for the year.
\$15.00 registration fee after January 1, 2012

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, swim suit and towel.

Time: 6:30 AM—6:00 PM

Dates: Oct. 28; Nov. 11; Dec. 21, 22, 23, 27, 28, 29
30; Jan. 2, 3, 4, 5, 6, & 16; Feb. 20; March 23, 30;
April 2, 3, 4, 5, 9; May 23, 29, 30, 31; June 1

Fee: Y Member \$22 Activity Member \$25

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

Dates may change if District 205 has snow days.

CAMP

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 and crafts, swimming, sports and games, plus a whole lot more! Activities will take place at the YMCA, unless otherwise noted. Children will swim daily from 3:00 PM - 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 4, 2012

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

Where: Knox County YMCA

Time: 6:30 AM - 6:00 PM

Registration available after April 23, 2012

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. 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 nonrefundable!!!

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE

YMCA TEEN CENTER

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, ping pong, to having snacks, and much more.

Monday, Tuesday and Thursday teens participate in S.U.C.C.E.S.S. at their respective junior high.

The YMCA Teen Center is open Monday through Friday from 3:00 PM-7:00 PM. Transportation from Churchill and Lombard is provided FREE OF CHARGE. Transportation home is also provided. (See parent manual for additional information.)

Register at the Knox County YMCA or at Churchill or Lombard during school registration.

Location: 2015 Windish Dr. (Darst Lane Unit 9)

Galesburg, IL

Phone: (309) 368-2826

Starts: Tuesday, September 6, 2011

Fee: Free

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 \$33.00 (\$165.00/wk)

Activity Member \$37.00 (\$185.00/wk)

2-6 years

Y Family Member \$28.00/day

Activity Member \$32.00/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

(does NOT include infants)

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



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EDUCATION & LEADERSHIP

YOUTH CIVIC ENGAGEMENT

YOUTH AND GOVERNMENT

Illinois YMCA Youth and Government is a mock government program for high school sophomores, juniors and seniors in the state of Illinois. If you are interested in how our government works and operates then this is the program for you! For more information about our Youth and Government program, please contact Knox County YMCA Senior Program Director Justin Inskeep.

SWIM, SPORTS & PLAY

COMPETITIVE SWIMMING & SPORTS

KROCODILE SWIM TEAM

Come out and join a great swim team!
Swim Meets take place late October-March 2012
Practice begins Tuesday, October 11, 2011

Practice Schedule:

Monday and Thursday 6-8 PM @ GHS

Tuesday, Wednesday and Friday 5-7:30 PM @ YMCA

Tuesday and Wednesday - Group 3 - 6:00-7:30 PM GHS

Registration begins at Parent's Meeting:

Sunday, October 2, 2011, 2:30-3:30 PM

YMCA Multi-Purpose Room

*Fees

*Learn about swim team

*Swim Meet Schedule

*Meet the Coaches

*And Much More



FOR YOUTH DEVELOPMENT

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SWIM, SPORTS & PLAY

YOUTH SPORTS PROGRAMS

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: 12 students

Fall/Winter/Spring Sessions

Thursdays 6:45-7:15 PM

Fee: Seven Week Session:

Members: \$23.00 Activity Members: \$46.00

Summer Sessions

Thursdays 6:45-7:15 PM

Fee: Five Week Session:

Members: \$18.00 Activity Members: \$36.00

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 intermediate to advanced tumblers.

Min: 4 students Max: 12 students

Fall/Winter/Spring Sessions

Thursdays 7:20-7:50 PM

Fee: Seven Week Session:

Members: \$23.00

Activity Members: \$46.00

Summer Sessions

Thursdays 7:20-7:50 PM

Fee: Five Week Session:

Members: \$18.00

Activity Members: \$36.00

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.

Fall/Winter/Spring Sessions

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

Fee: Seven Week Session:

Members: \$30.00 Activity Members: \$60.00

Summer Sessions

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

Fee: Five Week Session:

Members: \$21.00 Activity Members: \$38.00

JR. HIGH FALL SOCCER PROGRAM

Information to be released at each Jr. High School during school registration.

Games TBD.

FALL YOUTH SOCCER LEAGUE

6 game schedule will be played. 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 10, 2011 and conclude Saturday, October 15, 2011 (weather permitting.) Shin guards are required.

Registration begins: NOW !!!

Registration Deadline: Monday, August 15, 2011

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

Coaches Meeting-Thursday, August 18, 2011 5:30 PM

Fee: Members: \$30.00 Activity Members: \$60.00



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SWIM, SPORTS & PLAY

YOUTH SPORTS PROGRAMS

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 18, 2011 and conclude Sunday, October 23, 2011 (weather permitting.)

Registration begins: NOW !!!

Registration Deadline: Monday, August 15, 2011

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

Coaches Meeting - Thursday, August 25, 2011, 5:30 PM

Fee: Members: \$30.00 Activity Members: \$60.00

2ND & 3RD 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 10 - 31, 2011
Session 2	Tuesdays	Oct 4 - 25, 2011
Session 3	Mondays	Nov 7 - 28, 2011
Session 4	Tuesdays	Nov 8 - 29, 2011

Fee: Members: \$17.00 Activity Members: \$34.00

GIRLS BASKETBALL LEAGUE

6-game schedule will be played.

For all girls in grades 2-3, 4-5, 6-8 beginning Saturday, October 22, 2011

Registration begins: NOW !!!

Registration Deadline: Monday, September 19, 2011

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

Coaches Meeting - Thursday, September 29, 2011, 5:30 PM

Fee: Members: \$30.00 Activity Members: \$60.00

BIDDY BASKETBALL LEAGUE

6-game schedule will be played.

A basketball league for boys and girls in Kindergarten and First Grader.

Games will begin on Saturday, October 22, 2011.

Registration begins: NOW !!!

Registration Deadline: Monday, September 19, 2011

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

Coaches Meeting - Thursday, September 29, 2011, 5:30 PM

Fee: Members: \$30.00 Activity Members: \$60.00

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 4:00-5:00 PM for one hour for four consecutive weeks.

Session	Grade	Day	Dates
1	K/1	Mon.	Jan. 9-30, 2012
2	K/1	Mon.	Feb. 6-27, 2012

Minimum Enrollment/Session: 7 Kids

Maximum Enrollment/Session: 14 Kids

Fee: Members: \$17.00 Activity Members: \$34.00

BOYS BASKETBALL LEAGUE

For all boys in grades 2-3, 4-5, 6-8. 6-game schedule beginning February 11, 2012.

Registration begins: NOW!!!

Registration Deadline: Tuesday, January 3, 2012

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

Coaches Meeting - Thursday, January 12, 2012, 5:30 PM

Fee: Members: \$30.00 Activity Members: \$60.00

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SWIM, SPORTS & PLAY

YOUTH SPORTS PROGRAMS

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 PM - 6:30 PM) for four consecutive weeks at the Knox County YMCA Soccer Complex.

Session I: Tuesdays - April 3-24, 2012

Session II: Tuesdays—May 1-22, 2012

Minimum Enrollment/Session: 7 Kids

Fee: Member: \$17.00 Activity Member: \$34.00

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 PM—6:15 PM The last day of the clinic, the parents will play a game with their child. The clinic will be at the Knox County YMCA Soccer Complex.

Session I : April 9-13 (Mon—Fri)

Session II: April 16-20(Mon—Fri)

Minimum Enrollment/Session: 7 Kids

Fee: Member: \$17.00 Activity Member: \$34.00

SPRING SOCCER LEAGUE

6 game schedule will be played. For Boys and Girls in grades Pre-K, K-1, 2-3, and 4-5 (Divisions may vary due to registration.) Games begin Saturday, April 14, 2012 and conclude Saturday, May 19, 2012 (weather permitting.) Shin guards are required.

Registration begins: January 2, 2012

Registration Deadline: Tuesday, March 6, 2012

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

Coaches Meeting - Thursday, March 15, 2012 5:30 PM

Fee: Members: \$30.00 Activity Members: \$60.00

T-BALL LEAGUE AGES 4-6

A 6 game schedule will be played. For boys and girls ages Pre-K, and K-1.

Games will begin Tuesday, June 12, 2012 at Knox County YMCA Soccer Complex.

Registration begins: February 27, 2012

Registration Deadline: Monday, May 7, 2012

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

Coaches Meeting - Thursday, May 17, 2012, 5:30 PM

Fee: Members: \$30.00 Activity Members: \$60.00

First Game: Tuesday, June 16, 2012

CHALLENGER BRITISH SOCCER CAMPS!

July 9-13, 2012

Back by popular demand! The Brits from Challenger Sports will be coming to Galesburg July 9-13, 2012 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 Erin for details.

First Kicks \$72.00

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

Mini Soccer \$98.00

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

Half Day \$110.00

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

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

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

Register by going to www.challengersports.com
\$10.00 late fee if payment received after
June 30, 2012.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

YOUTH SPORTS PROGRAMS

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 PM-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 PM-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 16-20, 2012; 9:00 AM-4:00 PM
Fees: Members \$50.00 Activity Members \$65.00

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.

Where: TBA
Dates: July 30-Aug. 3, 2012
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 AM-12:45 PM
Fees: Members \$25.00 Activity Members \$50.00

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 PM-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 PM-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 23-27, 2012; 9:00 AM-4:00 PM
Fees: Members \$50.00 Activity Members \$65.00



FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

YOUTH SWIM LESSONS

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 credits will be given.

Private: One student to one instructor:
\$60 per Y-member

Semi-Private: Two students to one instructor:
\$50 per Y-member

Small Group: Three to four students to one instructor:
\$40 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 safe in and around the water.

Fall/Winter/Spring Sessions

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

Fees: Seven-Week Fall/Winter/Spring Session:

	Y Members	Activity Member
1 Lesson / week	\$25.00	\$50.00
2 Lessons / week	\$42.00	\$82.00

Summer Sessions

Monday 6:30-7:00 PM
Wednesday 10:00-10:30 AM
Saturday 9:00-9:30 AM

Fees: Five-Week Summer Session

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

PRESCHOOL SWIM LESSONS (3-5 years)

This program offers children their first experience in the pool without parental assistance.

Fees: Seven-Week Fall/Winter/Spring Session

	Y Members	Activity Member
1 Lesson / week	\$25.00	\$50.00
2 Lessons / week	\$42.00	\$82.00

Fees: Five-Week Summer Session

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

PIKE

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

Fall/Winter/Spring Sessions

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

Summer Sessions

Monday 6:00-6:30 PM
Tuesday or Thursday 9:30-10:00 AM
Thursday 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.

Fall/Winter/Spring Sessions

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

Summer Sessions

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

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

YOUTH SWIM LESSONS

RAYS

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

Fall/Winter/Spring Sessions

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

Summer Sessions

Monday 6:30-7:00 PM
Tuesday or Thursday 10:00-10:30 AM
Thursday 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.

Fall/Winter/Spring Sessions

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

Summer Sessions

Monday 6:30-7:00 PM
Tuesday or Thursday 10:00-10:30 AM
Thursday 6:30-7:00 PM
Saturday 9:30-10:00 AM

WHO WE ARE

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

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 Fall/Winter/Spring Session:

	Y Members	Activity Member
1 Lesson / week	\$25.00	\$50.00
2 Lessons / week	\$42.00	\$82.00

Fees: Five-Week Summer Session

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

POLLI WOGS

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.

Fall/Winter/Spring Sessions

Monday 5:00-5:45 PM
Wednesday 4:15-5:00 PM
Thursday 5:00-5:45 PM
Saturday 10:00-10:45 AM

Summer Sessions

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.

Fall/Winter/Spring Sessions

Monday 5:00-5:45 PM
Wednesday 4:15-5:00 PM
Thursday 5:00-5:45 PM
Saturday 10:00-10:45 AM

Summer Sessions

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

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

YOUTH SWIM LESSONS

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 those skills. Students are provided opportunities to demonstrate the Core Values.

Fall/Winter/Spring Sessions

Monday 5:00-5:45 PM
Wednesday 4:15-5:00 PM
Thursday 5:00-5:45 PM
Saturday 10:00-10:45 AM

Summer Sessions

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.

Fall/Winter/Spring Sessions

Thursday 4:15-5:00 PM
Saturday 10:45-11:30 AM

Summer Sessions

Wednesday 5:00-5:45 PM
Thursday 2:00-2:45 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.

Fall/Winter/Spring Sessions

Thursday 4:15-5:00 PM
Saturday 10:45-11:30 AM

Summer Sessions

Tuesday 2:00-2:45 PM
Wednesday 5:00-5:45 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.

Fall/Winter/Spring Sessions

Thursday 4:15-5:00 PM
Saturday 10:45-11:30 AM

Summer Sessions

Wednesday 5:00-5:45 PM
Friday 2:00-2:45 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.

Fall/Winter/Spring Sessions

Saturday 11:30—12:15 PM

Summer Sessions

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.

Fall/Winter/Spring Sessions

Wednesday 1:00—1:45 PM
Fees: Member \$25.00 Activity Member \$50.00



FOR HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

WATER ACTIVITIES

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.

Fall/Winter/Spring Sessions

Tuesday or Thursday 8:30-9:15 AM

Thursday 6:45-7:30 PM

Fees: Seven Week Fall/Winter/Spring Session

	Y Members	Activity Member
1 Lesson / week	\$25.00	\$50.00
2 Lessons / week	\$42.00	\$82.00

Summer Sessions

Tuesday or Thursday 8:30-9:15 AM

Wednesday 6:00-6:45 PM

Fees: Five Week Summer Session

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



FOR HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

WATER ACTIVITIES

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, Silver Splash®, Aquanastics, Deep Water, and Water Dance all for one low monthly fee!

Monthly Fees:

Members: FREE Activity Members: \$40.00

SILVER SPLASH®

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Tuesday and Thursday 1:00-1:50 PM

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 and Friday 1:00-1:55 PM

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 and Friday 11:00-11:45 AM

Monday, Tuesday, Thursday and 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 and cool down. You do not need to know how to swim.

Monday, Wednesday and 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 and Friday 12:00—12:45 PM

Thursday 5:45-6:45 PM

Monthly Fees:

Y Members – FREE Activity Member - \$40.00



FOR HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

FAMILY TIME

THE YMCA's HEALTHY KIDS DAY April 28, 2012 ~ FREE FAMILY FUN!

Building strong healthy kids is important to the YMCA. We invite you to come out, and visit us on Saturday, April 28 to learn how to have fun while being healthy! The Knox County YMCA, along with other youth serving organization, will be hosting this event! Come in comfortable clothes ready to play, learn and create! This event is for the entire family!

When: Saturday, April 28, 2012 9:00 AM - 12:00 PM

SNACK WITH SANTA

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

When: Saturday, December 10, 2011
10:00 AM - 12:00 PM

Where: YMCA Multipurpose Room
Fee: Free

YMCA BIRTHDAY PARTY AND BUILDING RENTALS

Rentals during open hours:

Birthday Party - 2 hour rental
\$80 members \$110 non members
(1 hour multipurpose room and
1 hour in pool, jungle gym, game room or gym)
Extra hour at \$25 per hour per above area.
Multi-Purpose Room \$25 per hour

Rentals after hours:

Large building Rental (no pool)	\$100 per hour
Large building Rental (pool included)	\$160 per hour
Overnight Building Rental 10 PM-6 AM	\$400/night
(Available to groups only Must provide certificate of insurance.)	



FOR HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

GROUP CLASSES

Free with your membership at the YMCA. The Unlimited Group fitness Pass for Activity Members provides one month of unlimited fitness classes for one low price.

Members: Free Activity Members: \$40/month

CLASS DESCRIPTIONS

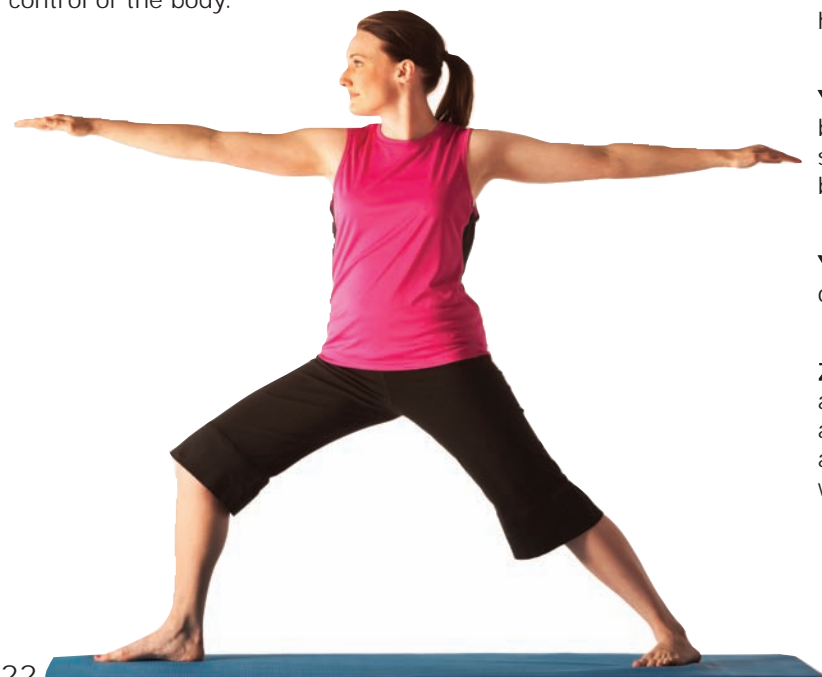
Visit our website or see our front desk for a current schedule.

Group Cycling: A great cardio workout that promotes strength, endurance and mind/body unity.

Hi/Lo Aerobics: Choreographed movements varying between hi and low intensity where YOU can choose the level of difficulty. Class may also include some strength training and toning exercises.

Kickboxing: Intense cardio workout combining athletic moves, punches, kicks and so much more!! The ultimate challenge for your heart.

Pilates: Targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body. Designed to stretch, strengthen and balance the body. Excellent for improving posture, flexibility and aligning the body correctly. Also teaches coordination, concentration and control of the body.



CLASS DESCRIPTIONS

SilverSneakers® - Cardio Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

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

Spartacus: High-intensity circuit workout designed to define your muscles and send your fitness level soaring. Series of 14 exercises for 60 seconds each to challenge your heart and lungs as well as your muscles. Sculpt a lean, athletic-looking body...and be in the best shape of your life.

Step: Fun, energetic and easy to follow, this mixed impact cardio class will keep you moving using a step for optimum fitness. Burn fat and strengthen your heart.

Yoga: Method of learning that combines posture, breathing and focus to promote strength, flexibility, stamina, balance and deep relaxation of the mind and body.

Yogalates: A great workout combining the exercises of yoga and pilates.

Zumba®: Fun, easy to learn class that feels more like a party than a workout. This class fuses Latin rhythms and easy to follow moves that tones, sculpts and melts away stress, leaving you feeling energized. Ditch the workout, join the party!

FOR HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

HEALTHY LIFESTYLES

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: Check at the front desk for dates, times and pricing

LIFEGUARD/WATERFRONT TRAINING

(American Red Cross)

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 and 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 and science of lifeguard training techniques. Lifeguarding can help you develop skills and 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 and have fun while earning money doing something worthwhile and enjoyable. Classes have been updated to include the latest in rescue skills and safety procedures.

Participants will learn the newest science in Lifeguard Training so that they may be able to prevent and respond to aquatic emergencies. Course content and activities will include surveillance skills, rescue skills, First Aid and 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 and First Aid certification; Two-year CPR/AED for the Professional Rescuer certification.)

Pass swimming test:

- 1) Swim 550 yards continuously using 200 yards of front crawl, 200 yards of breaststroke and 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.

Participants must pass the entire swimming test on the first day to continue in the class.

Offered in MARCH-JUNE

Check at the YMCA for dates, times and pricing.



FOR HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

PERSONAL FITNESS

PERSONAL TRAINING

Knox County YMCA Personal Trainers are available to YMCA members 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



WELLNESS CENTER ORIENTATION

New member? New to the Wellness Center? This free orientation program gives you an in-depth training on the Wellness Center equipment. It is designed to give you the confidence you 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.

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 set period of time. Weekly incentives and a contest grand prize will be available. The challenge will begin on Monday, January 9, 2012 which is a great time to act on all of those New Year's resolutions!

Y Member: \$8 Activity Member: \$17

"Commit to be Fit" Kick-off: Sunday, January 8 at 1:00 PM

Registration Deadline: Monday, January 9, 2012

Come register for the challenge, choose a team if you wish, 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 AM after weekly weigh-ins.

FOR HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

PERSONAL FITNESS

MOBILE-FIT TRAINING SYSTEM FREE TO ALL MEMBERS:

Are you looking to make your workouts more structured without all of the hassle? 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 your activity. You register at the kiosk, complete a wellness questionnaire and are 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 you provide feedback on workouts completed. You can log your 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



FOR SOCIAL RESPONSIBILITY

Giving Back and providing support to our neighbors.

SOCIAL SERVICES

COMMUNITY HEALTH

MILITARY OUTREACH INITIATIVE

The Armed Services YMCA and Department of Defense Outreach Initiative offers YMCA memberships to eligible Title 10 personnel's military families and personnel who may not have access to a nearby military facility. Eligible military families and personnel include:

- Family members of deployed National Guard and Reservists
- Active Duty Independent Duty personnel and their families as approved by their Military Service Headquarters
- Relocated spouses and family members of deployed Active Duty personnel

Contact Military OneSource at www.militaryonesource.com or 800-342-9647 to confirm eligibility and receive an eligibility form. Visit our website at www.knoxyymca.org for more information.



THE SILVERSNEAKERS® FITNESS PROGRAM

This program is available to eligible Medicare members and group retirees at little or no additional cost (other than any medical plan premium.)

To find out if you are eligible for the SilverSneakers®, please contact your health plan provider. For more information on the program, call 1-800-423-4632 or visit www.silversneakers.com.



Knox County YMCA is proud to be part of the Prime fitness center network. As a member with access to the Prime network, the following amenities are available to you:

- Full Facility Usage
- Free Group Fitness Classes
- Free Group Aquatic Fitness Classes
- All the perks of a regular member!



FOR SOCIAL RESPONSIBILITY

Giving Back and providing support to our neighbors.

VOLUNTEERISM & GIVING

FINANCIAL SUPPORT

STRONG KIDS CAMPAIGN

The Knox County YMCA Strong Kids Campaign helps to provide support for individuals and families in need to participate in YMCA programs. The Y is the leading nonprofit for strengthening communities through youth development, health living and social responsibility. We strongly believe every person should have the opportunity to participate in our programs, regardless of their ability to pay.

Financial assistance keeps the Y available for kids and families who need it most. We count on the generosity of our members and community to help people of all ages and walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

Levels of Giving:

\$3,000+ A Strong Kids Corporate Sponsor Gift would enable one child to attend 1/2 year of full-time day care or 27 children to attend one week of summer day camp.

\$1,500 A Strong Kids Banner Sponsor Gift may provide for two single-parent family members or six youth memberships.

\$250 A Pacesetter Club Gift would provide one youth membership or an opportunity to participate in four youth league sports.

\$50 A Friend of Youth Gift would provide a summer membership for one youth.

WHAT WE DO

The Y make accessible the support and opportunities that empower people and communities to learn, grow and thrive. With a focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the nation's health and well-being, and provides opportunities to give back and support neighbors.



FOR SOCIAL RESPONSIBILITY

Giving Back and providing support to our neighbors.

VOLUNTEERISM & GIVING

YMCA YOUTH SPORTS SPONSORS

The Knox County YMCA would like to thank the following sponsor for their support of Youth Sports Programs. Sponsoring a youth sports league at the YMCA enables a business to make an investment in a precious commodity; our children. Specifically, your sponsorship dollars help to purchase sporting equipment to assist those who are unable to afford the league, and to keep league fees to a minimum.

Youth Sports Sponsors are listed on a banner in our gym and used as names for youth sports teams. For future Youth Sports Sponsorship opportunities, contact Justin Inskeep at 344-1324 or jinskeep@knoxyymca.org.

2011-2012 SPONSORS

Sully's Restaurant
OSF St. Mary's Medical Center
Galesburg Christian School
Ladner Orthodontics
Galesburg Firefighters Local #555
Breedlove's Sporting Goods
G&M Distributors
Gaylen Johnson D.D.S.
Bruner, Cooper & Zuck
Johnson Building Systems
Mangieri Electric
Seminary Village
Elks Lodge 894
Hungry Hobo
Stone Hayes
McDonald's

HERITAGE CLUB

The Heritage Club recognizes and thanks those who have taken steps now to help guarantee a strong future for the Y by including a gift to the YMCA Endowment in their estate plans. There are many ways to accomplish this including, but not limited to:

1. Gift in your will or revocable living trust
2. Future gift of a life insurance policy
3. Creation of a charitable trust

For more information on how you too can help create a brighter tomorrow for kids and families in our community, contact Linus VanderWyst at 344-1324 or linus@knoxyymca.org.

ANNUAL RAFFLE

For over 25 years, the Knox County YMCA has held an Annual Raffle in the summer. This family friendly themed cookout, silent auction with great local prizes and a raffle for \$11,000 in cash prizes guarantees a great time! All proceeds go to support YMCA Kid Care Station and provide financial assistance for disadvantaged persons.



FOR SOCIAL RESPONSIBILITY

Giving Back and providing support to our neighbors.

VOLUNTEERISM & GIVING

VOLUNTEERISM

Volunteering is a great way to give back to your community, and we have fun and meaningful opportunities at the Y. You can coach or mentor in one of our youth and teen programs or camps. We have plenty of opportunities in our youth sport programs, camps or clinics throughout the year. Have a specific skill you would like to share? Let us know and we will work with you. To get started, give us at call at 344-1324 or email us at info@knoxymca.org.



About the Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 21 million men, women and children - regardless of age, income or background - to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.



About Us

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YMCA MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

<u>Name</u>	<u>Title</u>	<u>e-mail</u>
Linus VanderWyst	Executive Director	linus@knoxyymca.org
Sarah Brown	Finance & Human Resource Director	sbrown@knoxyymca.org
Linda Chezem	Child Care Director	lchezem@knoxyymca.org
Justin Inskeep	Senior Program Director	jinskeep@knoxyymca.org
Kelly Corbin	Membership & Marketing Director	kcobin@knoxyymca.org
JR Knaack	Maintenance Director	
Erin Brown	Program Director	ebrown@knoxyymca.org
Beth Swing	Aquatics Coordinator	
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Knox County YMCA
1324 W. Carl Sandburg Drive
Galesburg, IL 61401

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