



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CLIMB TO NEW HEIGHTS



**2022 Fall Program Guide**  
**STEPHENS FAMILY YMCA**

# Welcome!



Welcome to the Stephens Family YMCA, which is among the best Ys in America! We believe this is a place that your whole family can use and the

entire family can be proud of.

We appreciate your continued support and look forward to serving your needs. Enjoy your YMCA experience.

Jeff Scott, CEO  
Stephens Family YMCA

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## Registration & Session Dates

### Session I: September 6-October 23

Member registration begins August 22  
Guest member registration begins August 29

### Session II: October 24 – December 18

(No classes held Thanksgiving week)  
Member registration begins October 3  
Guest member registration begins October 10

 Please “like” us on Facebook at Stephens Family YMCA with Larkin’s Place

 @SFYMCAOfficial

And visit our website: [SF-ymca.net](http://SF-ymca.net)

## HOURS OF OPERATION

Monday – Friday  
5 a.m. – 9 p.m.

Saturday  
6 a.m. – 5 p.m.

Sunday  
1 p.m. – 5 p.m.

## Closings

Labor Day  
Thanksgiving Day  
Christmas Eve (close at Noon)  
Christmas Day  
New Year’s Eve (close at Noon)  
New Year’s Day

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## Membership

Join the Y and become part of a family of more than 20 million members in more than 2,700 YMCAs across the country. There are four ways to be involved in your YMCA:

A **facility membership** provides you access to the YMCA wellness facilities, programs and activities. In addition, many programs are offered at a reduced rate for facility members.

**Sustaining members** support the YMCA through charitable giving. Contact our Director of Development at 239-2817 for more information.

**Program participants** enroll in YMCA programs without the benefits of membership. This is the first step in experiencing the YMCA before becoming a vested member with membership privileges.

**Volunteers** are a critical force in the YMCA. Volunteers create policy, coach, teach, mentor, supervise, clean, organize, fundraise and so much more resulting in thousands of hours contributed to the YMCA's cause. Contact the YMCA at 359-9622 and ask to speak to the director of the department for which you desire to volunteer.

### Inclusion

The Stephens Family YMCA invites persons with disabilities to enjoy Y programs and facilities. If you require a modification, due to a disability, to enjoy any of our programs, please select the request at the time of registration and contact the Larkin's Place Director at 217-239-2849. Any questions that you may have can also be sent to [inclusion@ccymca.net](mailto:inclusion@ccymca.net).

When you see the Larkin's Place symbol throughout the guide, this means that the program has additional support for those with disabilities, but all abilities are encouraged to participate.



## Financial Assistance

To the extent that funds are available, financial assistance is provided to youth and adults based on demonstrated need for those who cannot afford the full program or membership fees. Financial assistance is made possible by the generous donors to our Annual Fund Campaign in support of developing strong kids and strong families.

For consideration, **download an application at [www.sf-ymca.net](http://www.sf-ymca.net) or pick one up.** Please allow two weeks for processing prior to the need for funding a program or service. Questions? Contact Mary Stauffer, [mary@ccymca.net](mailto:mary@ccymca.net).

## Annual Fund Campaign (Scholarships)

In support of our mission to be a Y for all in Champaign County, we offer financial assistance to families and individuals so they may have the opportunity to participate in membership and programs at the Y. Through our Annual Scholarship Fund, donors, like you, help impact lives in our community. **To donate, go to our website: [www.sf-ymca.net](http://www.sf-ymca.net) or contact Renae Cory, [renae@ccymca.net](mailto:renae@ccymca.net).**

## Facility Membership

YMCA membership is an association of people who by simply accepting the responsibility of their own well-being, unexpectedly transform their community. Your membership supports all that the YMCA represents to the community and its charitable purpose.

The YMCA accepts the responsibility of helping kids, families and adults grow strong. Whether it's understanding the importance of accepting diversity or witnessing the impact of investing in youth, members enable the YMCA to offer programs that encourage individuals to grow strong in character grounded in Christian principles and open to all.



# EMPLOYEE WELLNESS WITH RESULTS

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## Corporate Wellness Program | STEPHENS FAMILY YMCA

Research has shown an effective wellness program can have significant impact on a variety of health risk factors including cholesterol, blood pressure, cardiovascular disease and obesity.

Through a YMCA Corporate Wellness Partnership, companies can provide their employees with a comprehensive wellness program, health education and unprecedented savings on memberships, all of which can improve employee morale, absenteeism and productivity.

### EMPLOYER BENEFITS

#### › DECREASE ABSENTEEISM

Employee wellness programs reduce the stress, depression, injury or illness that employees are experiencing in the workplace. Helping workers make positive lifestyle changes can reduce absenteeism and the drain it represents on company morale and resources.

#### › REDUCE HEALTH CARE COSTS

Employers have a vested interest in health-related issues and reducing unnecessary medical costs. The majority of US health care expenses can be attributed to the diagnosis and treatment of chronic diseases and health conditions such as diabetes, obesity, cardiovascular disease and high blood pressure. Positive lifestyle changes, such as increased physical activity and a healthy diet, can often prevent these costly medical conditions before they arise.

#### › IMPROVE PRODUCTIVITY AND MORALE

Improved employee productivity plays a big role in the success of a company. Workers who exercise regularly tend to have more energy and are more productive while at work. As little as 30 minutes of physical activity five days a week can have a significant positive impact on workers' physical and mental well-being.

#### › REDUCE INJURIES

Healthy employees are at a lower risk for injury than those who are unhealthy with multiple risk factors.

#### › IMPROVE EMPLOYEE RETENTION

Many employees view health promotion programs as an added perk that makes them feel valued and appreciated by their employer. Employees who feel valued are less likely to seek employment elsewhere, decreasing turnover and the time and money needed to recruit, hire and train new workers. Similarly, a well-being program can serve as a valuable recruiting tool as you seek to attract the best possible talent to your organization.



## EMPLOYEE BENEFITS

The Corporate Wellness Partnership provides an opportunity for employees to receive a variety of benefits, such as:



### EXCLUSIVE RATES

Save on all programs and services like swim lessons, youth sports, camps and more with our exclusive member-only rates



### CHILDWATCH

Complimentary on-site childcare while using a YMCA facility with a household membership



### UNLIMITED GROUP EXERCISE

Designed all levels and all interests, from aerobics and strength training to indoor cycling and yoga



### WELLNESS ORIENTATION

A one-on-one appointment to establish goals and familiarize yourself with fitness equipment



### MOBILE APP

Download our mobile app to keep you in the know of facility updates, schedules and more



### ACCESS TO YMCAs NATIONWIDE

Your Stephens Family YMCA membership allows you access to hundreds of YMCAs across Illinois and around the country

**STRENGTHENING THE FOUNDATIONS OF COMMUNITY**  
STEPHENS FAMILY YMCA | SF-YMCA.NET

## BECOMING A CORPORATE PARTNER

**Become a corporate partner by following these steps:**

1. Designate a corporate representative to act as a liaison and assist in communicating benefits to employees.
2. Confirm the commitment of at least five employees.
3. Determine your company's level of financial commitment (minimum \$10 subsidy) per employee. The Y will match your commitment up to \$10/month per employee.
4. Contact the YMCA's Corporate Wellness program representative.

EXAMPLE:	PER EMPLOYEE		
	Eligible Employees	Company Investment	YMCA Match
	20	\$10.00	\$10.00
			Monthly Savings
			\$20

Company Investment per month **\$200**  
Combined Employee Savings **\$400**

### EMPLOYER PAYMENT AGREEMENT

Subsidy Billing - Companies will be invoiced for the total partner subsidy amount on a monthly basis. Employers will be responsible for paying the agreed subsidy per employee that joins the Stephens Family YMCA.

**\$1 → \$6**

On average, for every \$1 spent on health management and education, companies could save \$3 – \$6 on healthcare costs.



# YOUTH DEVELOPMENT

Nurturing the potential of every youth and teen.



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## LESSON SELECTOR

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

**NOT YET**

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

**NOT YET**

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

**NOT YET**

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

**NOT YET**

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

**NOT YET**

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

**NOT YET**

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

**NOT YET**

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

**NOT YET**

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



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## STAGE DESCRIPTIONS

### SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



#### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



#### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

### SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



#### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



#### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



#### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

### SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



#### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



#### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



#### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.

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## STRONG SWIMMERS CONFIDENT KIDS

The Y has been teaching people to swim for more than a century. Swimming is an activity you can enjoy your whole life. Let the Y help your family discover the fun and great exercise of swimming!

Learning to swim at the Y is more than just stroke development, our lessons offer a child-centered approach. Kids will learn through play, hands-on exercises and creative repetition. The YMCA lesson curriculum includes YMCA character development, which emphasizes our four core values of Caring, Honesty, Respect and Responsibility. Children are taught in small groups in a progressive approach, which allows each child to proceed at their own pace. When your child has mastered one level, they're ready for the next. Each lesson encourages your child to feel good about themselves and what they've learned, and they can develop lifelong skills that can help them stay healthy.

YMCA group swim lesson programs are offered year-round and include parent-child, preschool and youth group swim lesson classes. A minimum of two to three students to run a class. Levels may be combined due to low enrollment in multiple classes.

For class times, please visit [www.sf-ymca.net](http://www.sf-ymca.net) or stop by our member service desk.

## ADDITIONAL INFORMATION

Unfortunately, due to the number of programs we provide in Aquatics and limited space, we do not have make-up lessons for missed classes during the sessions.

If a class time you are interested in is full, you may choose to register for the same stage at a different time in the week. You may also place your child on the waitlist. If a spot opens up you will be contacted by our Assistant Aquatics Director.

We make every attempt to accommodate all swimmers and may combine levels, open additional classes, or remove classes that do not meet the minimum enrollment as we adjust our lesson schedule.

### **FOR ADDITIONAL ASSISTANCE IN CHOOSING YOUR CHILDS CORRECT LEVEL PLEASE VIEW OUR LEVEL SELECTOR**

#### **Parent/Child**

\$104 Member      \$207 Guest Member

#### **Preschool**

\$108 Member      \$216 Guest Member

#### **Youth and Teen/Adult**

\$112 Member      \$224 Guest Member

#### **Session I**

##### **September 6–October 23**

Member registration begins August 22  
Guest Member registration begins  
August 29

#### **Session II**

##### **October 24–December 18**

(no classes held Thanksgiving week)  
Member registration begins October 3  
Guest Member registration begins  
October 10

For questions or more information, contact Julie Logan at 217-239-2830 or [julie.logan@ccymca.net](mailto:julie.logan@ccymca.net).



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## SWIM STARTERS

We define parent broadly to include all adults with primary responsibility for raising children.

### PARENT / CHILD 6-36 MONTHS

Parents enter the water with their swimmer and take the lessons together.

### LEVEL A TADPOLES

Water Discovery

Introduces infants and toddlers to the aquatic environment. This stage is for student not yet able to respond to verbal cues and jump on land.

### LEVEL B KIPPERS

Water Exploration

Introduces infants and toddlers to the aquatic environment. This Stage is for students who are not yet comfortable working with an instructor without a parent in the water.

## SWIM BASICS

### AGES: 3-5 (PRESCHOOL) AND 6-12 (SCHOOL AGE)

Students learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim and jump, push, turn, grab.

### LEVEL 1 PIKE

Water Acclimation

Increases comfort underwater exploration and introduces basic self-rescue skills performed with assistance. Student not yet able to go underwater voluntarily.

### LEVEL 2 EEL

Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently. Student not yet able to do a front and back float on their own.

### LEVEL 3 MINNOW

Water Stamina

Develops self-rescue skills performed at longer distances than previous stages. Student not yet able to swim 10-15 yards on his or her front and back.

## SWIM STROKES

### AGES: 6-12 (SCHOOL AGE)

Learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### LEVEL 4 FISH

Stroke Introduction

Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water. Students not yet able to swim 15 yards of front and back crawl.

### LEVEL 5 SHARK

Stroke Development

Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke. Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

### LEVEL 6 FLYING FISH

Stroke Mechanics

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

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## TEEN / ADULT SWIM LESSONS

For anyone who wants to learn to swim above age 12, we offer small group swim lessons for adults and teens focusing on swim basics to swim stroke technique.

## PRIVATE LESSONS

### AGES: ALL

For anyone who wants to learn to swim (potentially scared of the water), to develop skills on a competitive level, or simply improve their swimming knowledge, we offer private 30 minute lessons for children and adults. Private lessons are for Members Only. Lessons are scheduled based on participant's schedule, as well as instructor and pool availability.

Four 30 minute sessions - \$154

Eight 30 minute sessions - \$308

Further questions regarding group swim lessons and private lessons scheduling should be directed to the Swim Lesson Coordinator via email to [swimlessons@ccymca.net](mailto:swimlessons@ccymca.net).

## HEAT SWIM TEAM

### COMPETITIVE SWIMMING

There are many jumping off points from recreational lessons to HEAT swim team. It is recommended swimmers are able to swim 25 yards of Free Style and 25 yards of Backstroke. You do not have to be proficient but you should be confident enough in the water on your own. HEAT is a competitive team. We pride ourselves in teaching our young athletes how to be competitive in a fun and healthy environment. There are no practice or competition requirements for most of the groups. If you would like to continue your interest in swimming, come try HEAT out up to three times without any obligation to join.

Heat Swim Team (Students age 6-18 years old) A YMCA and USA Swimming affiliated program, the Heat provides year-round training and competitive opportunities for swimmers of all ages and abilities. All participants must pass an initial assessment to ensure the minimum swimming requirements and be an active member at Stephens Family YMCA.

The focus of Heat Swim Team is placed on stroke technique, endurance, and strength, streamline starts, flip turns, and relay starts and exchanges and racing strategies. The Heat offers five training groups that are broken up by age and/or ability. To increase each swimmer's ability, the coaching staff recommends attending at least two practices per week with increasing attendance as the swimmer progresses through the groups.

## ADULT MASTERS

### COMPETITIVE SWIMMING

Team members can participate by purchasing a punch pass.

## ADDITIONAL FEES

HEAT swim team participation requires a Booster Club fee and parental volunteerism to support competitive events. Other fees for training and meets apply and are the responsibility of the swim team participant. Each swimmer may elect to compete in any number of meets they desire offered both by USA Swimming and YMCA.

For additional questions regarding our competitive swimming program please contact our Competitive Aquatics Director Will Barker at 239-2806 or [will@ccymca.net](mailto:will@ccymca.net).

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## NEMO SWIMMING LESSONS

NEMO swim lessons are a program designed for individuals with special needs. Each class is developed around the individual needs and ability of the participant(s). Through both one-to-one and group opportunities and in collaboration with occupational therapy and speech-language pathologists, lessons embed motor, sensory and language concepts to facilitate awareness, safety, engagement and social interaction. Individualized goals assist the participant in moving forward into group swim lessons with support. Parent/caregiver participation is encouraged and may be required. (6 months to adult)



### 30 Minute Individual NEMO

(7-week session)

\$115 Member    \$230 Guest Member

Please contact the NEMO Lesson Coordinator, [lynn@ccymca.net](mailto:lynn@ccymca.net) for availability and scheduling.

## PEDIATRIC AQUATIC THERAPY

(6 months to school age)

Pediatric aquatic therapy is led by a licensed therapist trained and certified in the Aquatic Therapy and Rehab Institute (ATRI). Individual sessions are designed to provide sensory and motor input in a safe and structured environment. Sessions focus on safety in the water, use of visuals and consistent language. Participation in aquatic therapy may enhance motor planning, strength and endurance and bilateral coordination. Parent/caregiver participation is encouraged and may be required. With appropriate documentation and eligibility, these services may be billable to medical insurance. Contact the Larkin's Place Director at [inclusion@ccymca.net](mailto:inclusion@ccymca.net).

### 30 Minute Individual Session

(per one session)

\$60 Member    \$75 Guest Member

## INCLUSION SWIM LESSONS

Inclusion swim lessons are intended to accommodate those with special needs in a safe and socially comfortable environment. The participant will join age/skill level appropriate group swim lessons accompanied by an "inclusion companion." Our inclusion companions are instructors who have experience working with individuals who have special needs. For more information and to register your child for lessons, contact the Larkin's Place Director at [inclusion@ccymca.net](mailto:inclusion@ccymca.net).

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## YOUTH SPORTS

Kids learn so much through sports, such as skills and positive attitudes they'll carry with them throughout their lives. Enriching their personal development is the goal of the YMCA Youth Sports Series—a unique, coed sports program that combines the YMCA's philosophy of fair play, teamwork, and inclusiveness with skill development.



Youth  
Sports  
Partner

### Fall Flag Football League

(Kindergarten–8th Grade)

**Dates:** September 10th–October 22nd

**Overview:** Players will be placed on teams and compete against other teams in the league. Players will learn the basic rules of football as well as the skills of passing, catching, running and basic plays in their practices and then get to work on their skills in the game.

This is a non-contact sport with emphasis on teamwork, fair play, and sportsmanship. It is a great opportunity for prospective football players to play football play in a fun and competitive environment and build a solid foundation of the game!

**Team Attire:** All players receive a team t-shirt. Metal cleats and spikes not allowed.

### K–5th Grade:

- K–5th grade players will be placed on teams by the sports director. Teams will have a 20 minute practice followed by a 40 minute scrimmage each Saturday.

### 6th–8th Grade

- 6th–8th grade players will have a mandatory skills assessment on September 6th at 6pm. The players will be evaluated during the skills assessment by coaches and then drafted to teams.
- 6th–8th grade teams will have a one-hour mid-week practice each week and games on Saturdays. Games in the 6th–8th grade league are competitive with scorekeeping.

**Location:** Fields at the Stephens Family YMCA

**Fee:** \$71 Member    \$121 Guest Member

### Fall Basketball League

(Kindergarten–8th Grade)

**Dates:** October 29th–December 17th (no games Thanksgiving week)

**Overview:** Players will be placed on teams and compete against other teams in the league. Players will learn the fundamentals of basketball with an emphasis put on teamwork, fair play and sportsmanship. This is a great opportunity for young players to play in a fun and competitive environment and

## Would you like to volunteer to coach?

Because we believe that all kids deserve the opportunity to discover who they are and what they can achieve, the Y is for Youth Development. Through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement. Y activities give our children the opportunity to become confident kids today and healthier, happier grown-ups tomorrow. At the YMCA we believe that this can be accomplished through our Youth Sports programs! To do our important work, the Y relies on support from members, donors, volunteers and community leaders. Use your talents to encourage, guide and train young athletes at the Y. We rely on volunteer coaches to lead our year-round sports leagues. Programs include a wide variety of sports including basketball, volleyball, indoor soccer and flag football. Contact the Stephens Family YMCA to see how you can get in the game.

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build a solid foundation of the game!

**Team Attire:** All players will receive a team jersey

## **K-4th Grade**

- K-4th graders will be placed on teams by the sports director. Teams will have a 20 minute practice followed by a 40 minute scrimmage each week.

## **5th-8th Grade League**

- 5th-8th grade players will have a mandatory skills assessment on either 10/19 or 10/20. The players will be evaluated during the skills assessment by coaches and then drafted to teams.
- 5th-8th grade teams will have a one hour mid-week practice each week and games on Saturdays. Games in the 5th-8th grade league are competitive with scorekeeping, registered IHSA officials, and an end-of-season tournament to crown a champion!

**Location:** Stephens Family YMCA  
Gymnasiums

**Fee:** \$71 Member    \$121 Guest Member

## **Itty Bitty Football**

(3 to 5 years old)

**Dates:** September 14th-October 12th

**Days:** Wednesdays

**Time:** 5:30pm-6:30pm

**Overview:** It's never too early to introduce the game of football to your child's life. This program will have parents working with YMCA staff to teach children the skills and game of football, with a focus on passing, catching, running and defending. Parent involvement is required.

**Fee:** \$50 Member    \$100 Guest Member

## **Itty Bitty Basketball**

(3 to 5 years old)

**Dates:** November 2nd to December 7th

**Days:** Wednesdays

**Time:** 5:30pm-6:30pm

**Overview:** It's never too early to introduce the game of basketball to your child's life. This program will have parents working with YMCA staff to teach children the game of basketball, with a focus on shooting, dribbling, passing, and defending. Parent involvement is required.

**Fee:** \$50 Member    \$100 Guest Member

## **Karate**

(5 years old and up)

**Session 1:** September 7th-October 21st

**Session 2:** October 24th-December 16th

**Days:** Mondays, Wednesdays, Fridays

**Time:** 5:30pm-6:30pm

**Location:** Studio C

**Overview:** Learn self-confidence, self-discipline, self-control, and self-defense skills in this exciting class taught by our experienced karate instructor! No experience is necessary and uniforms not required.

**Fee:** \$95 Member    \$148 Guest Member



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## YMCA BIRTHDAY PARTY PACKAGES

Choose the YMCA to host your child's birthday party! Our enthusiastic staff will help coordinate party logistics on your behalf while you enjoy the celebration with your child. We host parties on Saturday evenings after the YMCA closes, so you'll have the area all to yourselves (not all dates available) The YMCA birthday party packages are:

- Swim Package (access to our pool)
- Family Adventure Center Package (access to our indoor playground)
- Climbing Package (access to our climbing wall)
- Sports Package (access to our main gymnasium)

Your Birthday Party package will include:

- A 2 hour party at the YMCA
- 1 hour for the specific party package activity
- An additional party room or area for entire 2 hours
- Paper plates, cups, napkins, and table cloths
- YMCA birthday shirt for birthday child

Birthday Party fees are \$190 for members and \$215 for guests. Parties with more than 20 children will include an additional \$50 charge.

To book a party, contact the Party Coordinator by email at [jacob@ccymca.net](mailto:jacob@ccymca.net) at least two weeks in advance.

## Room/Pavilion Rentals

Are you looking for a space to use for a baby shower, graduation celebrations, bridal shower, or any other celebration? Come celebrate your occasion at the YMCA! You can rent out a room or our outdoor pavilion for 2 hours at a time, add additional time for an added fee. To rent a room or pavilion contact the Party Coordinator at [jacob@ccymca.net](mailto:jacob@ccymca.net) at least 2 weeks in advance (not all dates available).

**Cost:** \$125/Member; \$150/Guest Member for 2 hours. +\$30/each additional hour.

## Gym Rental

You can now rent one of our gym courts for a variety of occasions! Whether you're looking to play basketball, volleyball, or just need the space, you can rent our courts by the hour. To rent the gym, contact [jacob@ccymca.net](mailto:jacob@ccymca.net).

## Cost

For Profit - \$50/hour for half gym or MP gym; \$100/hour for full

Non-Profit - \$25/hour for half gym or MP Gym; \$50/hour for full gym



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## YMCA AFTER-SCHOOL PROGRAM

The YMCA is known as the nation's largest provider of childcare; we provide family-centered, values-based programs to nurture children's healthy development.

The Stephens Family Y offers affordable and safe after-school care following the school calendar at 5 convenient locations in Champaign County. The Y's after school program offers a positive environment with supervised play for grade school youth. The curriculum includes supervised free play, interactive group games, homework, crafts, and indoor/outdoor physical exercise.

After-school care is offered for Kindergarten-5th grade and based on the school year calendar, this includes early dismissal days. The daily schedule runs five days a week at each site from dismissal until 6 p.m. The after-school care program does not run on days where there is no school, including school cancellations.

To enroll your child in the Stephens Family Y After-School program, go online at [www.sf-ymca.net](http://www.sf-ymca.net) or contact Devin Brocksmyth at [devin@ccymca.net](mailto:devin@ccymca.net) or Shawn McCarthy at [shawn@ccymca.net](mailto:shawn@ccymca.net) for Mahomet locations.

### Locations

Good Shepherd Lutheran Church  
(serving Unit 4)

Unity East  
(serving Unit 7)

Unity West  
(serving Unit 7)

Lincoln Trail  
(serving Unit 3)

Middletown Prairie  
(serving Unit 3)

## YMCA After School Monthly Rates

**The rates appearing below are monthly rates.** Rates are the same for each school. Payment for After School Child Care is scheduled and drafted on the 1st of every month. After School Program begins at the end of the school day and children must be picked up by 6 pm. The After School Program does not run on any days that school is not in session (holidays, teacher conferences, snow days, etc.). All changes to registration must be submitted to the Director before the 1st of the month.

### August\* & December

- 2 days/week (Tues. and Thurs. only) = \$68
  - 3 days/week (Mon., Wed., Fri. only) = \$102
  - 5 days/week = \$170
- \*August fees includes a \$50 deposit to register*

### September–November; January–May

- 2 days/week (Tues. and Thurs. only) = \$140
- 3 days/week (Mon., Wed., Fri. only) = \$210
- 5 days/week = \$350



# YOUTH DEVELOPMENT

Nurturing the potential of every youth and teen.

## YMCA SCHOOLS OUT DAYS

When school isn't in session during winter break, spring break, holidays, or district in-service, the Y is your most convenient child care alternative. The school's out day program includes age-appropriate activities with character development, physical play, cultural learning and educational components.

Due to the staff and student ratios upheld by the YMCA, participation in YMCA school's out day requires advance registration. To register please visit our website at [www.sf-ymca.net](http://www.sf-ymca.net) or stop into the member services desk at the YMCA. We cover the Unit 4 regular calendar. Please check our website for the complete list of school's out days that are covered. To check on availability or ask any further questions, please contact Youth Director at 217-239-2811.

### Fees:

\$45 for Members per day

\$55 for Guest Members per day

## Parents Night Out (Y Nights)

Grades K-6th

Come have a blast! Drop your kids off at the Y for a fun filled Saturday night. Activities available include: games, arts and crafts, a movie, swimming and much more. Pizza and a drink are provided. It's time for a break, go enjoy your evening and let us take care of the kids for a while!

**Time:** 5:15-9:00 p.m.

**Dates:** September 17, October 15, November 19, December 10

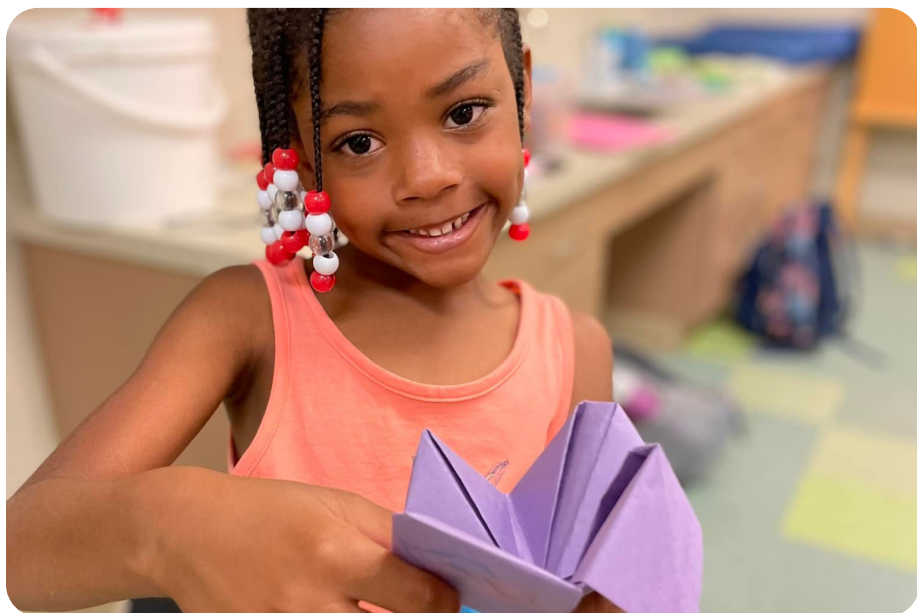
### Fees:

Member: \$40/child 50/family

Guest Member: \$50/child \$60/family

\*Spots are limited\*

For more information contact Devin Brocksmith, Youth Director, at 239-2811 or [devin@ccymca.net](mailto:devin@ccymca.net).



# YOUTH DEVELOPMENT

Nurturing the potential of every youth and teen.



## Girls on the Run is for **EVERY** girl.



**Girls on the Run is an afterschool program like no other!**

Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th-grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event.



### *Why it matters*

**It's fun. It's effective.**

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than 40%\*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions\*

\*Results based on a independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

### SEASON DETAILS

**Registration Opens: 8/15/2022 at 8:00 a.m.**  
\*Sites are throughout Champaign County

**Season: 9/6/2022 - 11/11/2022**

**5K celebration: 11/6/2022**

**Program Fee: \$150**  
Financial Assistance is available

**Contact: Robin Maier at**  
[robin.maier@girlsontherun.org](mailto:robin.maier@girlsontherun.org)

Learn more and register at  
<https://www.girlsontherunofchampaigncounty.org/>

# YOUTH DEVELOPMENT

Nurturing the potential of every youth and teen.

## LARKIN'S PLACE AND Y THERAPY SERVICES



### Why the Y?

We help people of ALL ages, discover new skills, work on developing skills, make friends and be a successful part of the YMCA community.

Stephens Family YMCA with Larkin's Place has created programming designed to support individuals at all developmental levels and their families. We feel these needs can be met in a non-competitive recreational environment developing skills, learning, and making friends along the way. Inclusion and participation in desired programs is encouraged.

### Y Therapy Services: (infants to 17 years)

Why therapy at the Y?

Because when families come to the Y they are part of this community. Individualized and specialized intervention is integrated into naturalistic opportunities. Swimming, fitness club, gymnastics, basketball meeting new friends and having hands-on experiences fully enhances learning and carryover across different settings and situations.

### Occupational Therapy

Fine motor and sensory challenges may be addressed through individual and/or small group intervention. Our licensed occupational therapist(s) can evaluate and determine a plan of intervention that includes exploration, movement and sensory activities to develop skills in a fun and functional way.

### Aquatic Therapy

Pediatric aquatic therapy is led by a licensed occupational therapist trained and certified in the Aquatic Therapy and Rehab Institute (ATRI). Individual sessions with are designed to provide sensory and motor input in a safe and structured environment. Sessions focus on safety in the water, use of visuals and consistent language. Participation in aquatic therapy may enhance motor planning, strength and endurance and bilateral coordination.

### NEMO SWIMMING LESSONS

NEMO swim lessons are a program designed for individuals with special needs. Each class is developed around the individual needs and ability of the participant(s). Through both one-to-one and group opportunities and in collaboration with occupational therapy and speech-language pathologists, lessons embed motor, sensory and language concepts to facilitate awareness, safety, engagement and social interaction. Individualized goals assist the participant in moving forward into group swim lessons with support. Parent/caregiver participation is encouraged and may be required. (6 months to adult)

### 30 Minute Individual NEMO

(7-week session)

\$115 Member    \$230 Guest Member

Please contact the NEMO Lesson Coordinator, [lynn@ccymca.net](mailto:lynn@ccymca.net) for availability and scheduling.

# YOUTH DEVELOPMENT

Nurturing the potential of every youth and teen.

## LP Friday Night Fun

(14 years and older)

Make new friends and keep the old... Hang out at the Y or attend a community outing for a few hours! Have fun and socialize in a variety of activities planned, coordinated and supervised by Larkin's Place.

Support and accommodations considered.

Venues, times and fees vary.

## Fitness Club

Ages 14 and up

Tuesdays and Thursdays 4-5 pm

Join peers to socialize and participate in a variety of theme-based exercise promoting cardio, weights and a healthy mind and body.

Free for Members and \$5 for Guests

## Larkin's Place Social Circle

Ages 18 and up

Session I

Come meet some new friends and introduce them to some of your old friends! Meeting new friends is fun but sometimes it can be tricky, have fun role playing and enjoy other socially interactive activities to boost your social game!

Time: Thursdays 11am-2pm

\$89 Member \$109 Guest Member

## Make Your Mark Art Show at the Y

Ages 18 and up

Session II

Create works of art to display on the final day of the session during our fancy art show at the Y! Use paint, glitter, whatever your fancy to design marvelous masterpieces.

Time: Tuesdays 11am-2pm

\$89 Member \$109 Guest Member

## Kids' Chit Chat

Children learn and engage in a small group environment. This group facilitates social skills, communication and structured play. Led by an occupational therapy assistant.

3-5 year olds

3-4 year old Mondays & Wednesdays

9-10am

5 year olds Fridays 9-10am

\$99 Member \$113 Guest Member

## Just Twos

Toddlers learn and engage in a small group environment. Led by an occupational therapy assistant. The group will naturally foster turn taking, cooperative play and interaction with peers.

2 year olds

Tuesdays & Thursdays 9:30-10am

\$50 Member \$75 Guest Member

## Pre-writing for Preschool

Gain confidence in coloring, pencil grasp, and have fun while doing so!

3-5 year olds

Mondays & Wednesdays 10:30-11:30am

\$99 Member \$113 Guest Member

# HEALTHY LIVING

Improving the nation's health and well-being.



## MILESTONES

### Nutrition & Behavioral Health

A service of the Stephens Family YMCA

217.239.6085

[www.sf-ymca.net](http://www.sf-ymca.net)

MILESTONES IS A NUTRITION AND BEHAVIORAL HEALTH CLINIC THAT FOCUSES ON OVERALL WELLNESS OF THE MIND AND THE BODY.

To schedule a consultation email [melissa@ccymca.net](mailto:melissa@ccymca.net) or call 217.239.6085. Milestones accepts Health Alliance and Blue Cross Blue Shield



#### MELISSA SMITH RDN, LDN DIRECTOR OF NUTRITION AND BEHAVIORAL HEALTH

Melissa offers individualized services specific to:

- Nutrition Therapy
- Prevent and manage chronic disease
- Discovering a healthy relationship with food
- Devise long lasting habit change for goal achievement and maintenance
- Collaborative care for eating disorders, gut health, and diabetes



#### DANA BAKER MS, LCPC THERAPIST

Dana treats a variety of diagnoses specializing in:

- Depression
- Anxiety
- Stress management
- Behavioral problems
- Disordered Eating

3015 B Village Green Place  
Champaign, IL 61822



# HEALTHY LIVING

Improving the nation's health and well-being.

## PERSONAL TRAINING

The Y's personal trainers are committed to giving our members excellent professional service, by providing effective, and quality personalized exercise in a highly motivational atmosphere. The Y sets extremely high standards when it comes to providing superior service for our members, and our certified trainers reflect that. We strive to inspire you to make fitness and wellness a high priority in your life, and our trainers will be there to guide you regardless of your age, abilities, and goals.

## WELLNESS ORIENTATION

New to our YMCA and not sure where to start? Sign up for a free Wellness Center orientation. One of our Personal Trainers will assist you in set up and use of our machines. We will also explain and recommend our different Group Fitness classes. If you are curious about Personal Training and want to know more, our services and options will be explained. We want you to get the most out of your membership.

## Great Start Training Package 2/45-minute Sessions

Our personal trainers will help guide you to make sure you are spending time on the proper types of exercise that are best for you. Learn effective and efficient technique to become confident with how to perform exercises, use machines and navigate the facility. Sample what we have to offer! **\*One time use only. Fee \$90.**

### 30-Minute Packages

5/30-minute sessions \$160  
10/30-minute sessions \$280  
15/30-minute sessions \$390  
20/30-minute sessions \$480

### 45-Minute Packages

5/45-minute sessions \$210  
10/45-minute sessions \$400  
15/45-minute sessions \$570  
20/45-minute sessions \$720

### 60-Minute Packages

5/60-minute sessions \$260  
10/60-minute sessions \$500  
15/60-minute sessions \$720  
20/60-minute sessions \$920



# HEALTHY LIVING

Improving the nation's health and well-being.

## SMALL GROUP TRAINING

### Parkinson's Fit Program

Our Parkinson's Fit program is FREE for anyone in our community living with Parkinson's disease and their caretakers. We offer several formats for all levels of fitness, cycling, seated chair strength, and interval style workouts.

### YMCA Diabetes Prevention Program

More than 200 Ys across the country help thousands of people reduce their risk for developing type 2 diabetes with YMCA's Diabetes Prevention Program. This small-group program helps people with prediabetes eat healthier, increase their physical activity and lose weight, which can delay or even prevent the onset of type 2 diabetes.

For additional information regarding Personal Training and any of our small group training programs, please contact Wellness Director Eddie Edwards at 217-239-6088 or [eddie@ccymca.net](mailto:eddie@ccymca.net).

### Form Check

As trainers we see common form errors that can lead to injuries. If you have questions about the exercises you perform, join Kevin Khan at times below for a quick form check. No registration required.

Tuesdays & Thursdays  
9:30-10:30 a.m.

Mondays & Wednesdays  
3-4 p.m.

## THE NANCY YANELLO CANCER PROGRAM

### History

The Yoerk Family, Richard and Lynn, along with Express Employment are teaming up with the Stephens Family YMCA bringing Nancy Yanello's Cancer Program to cancer survivors.

Nancy was born in Streator, IL on September 3rd, 1942, marrying the love of her life Jerry Yanello on December 1st, 1962. Jerry and Nancy had three children Jerry (Julie) Yanello Jr. of Houston, Texas, Lynn (Richard) Yoerk of Mahomet, IL, and Bob (Kim) Yanello of Joliet, IL.

Along with a full-time career and family, Nancy found time to give back to her community of Streator as a volunteer softball and swim coach at the Streator YMCA. Nancy was employed at St. Mary's Hospital as a Lab Technician before retiring from the Red Cross.

The NYC Program was established to continue Nancy's legacy. This program will build a foundation with survivor's of all ages, providing an atmosphere for success.

### How Does the Program Work?

Survivors participate in a one-on-one customized exercise regimen developed by a Cancer Exercise Specialist. A medical referral (Dr., PA., NP., or PT) and clearance from a physician are required for admittance into this program.

### Program Details

- Eight week program
- Two, 30-45 minute sessions per week (16 sessions)
- Each session is with a Cancer Exercise Specialist
- Instruct flexibility, strength training and cardiovascular conditioning
- Assessments pre and post participation available upon request

# HEALTHY LIVING

Improving the nation's health and well-being.

## GROUP EXERCISE CLASSES

All group exercise classes (unless otherwise noted) are co-ed and designed for a variety of fitness levels. Class participation is an included benefit in your membership.

Schedules are reviewed monthly and may change according to demand. Therefore, we do not publish the class schedule in the program guide. Pick up a current schedule at the member service desk or visit our website at [www.sf-ymca.net](http://www.sf-ymca.net). Management reserves the right to cancel classes due to low enrollment at any time. Please note the most up to date schedules can be found on our website and mobile app.

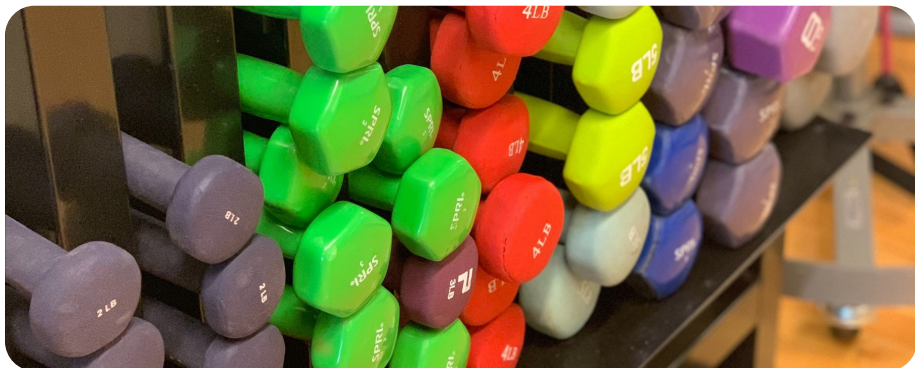
## GROUP EXERCISE RULES

- Proper footwear is required for class.
- If you are new to class or have any special needs, please inform your instructor and they will be happy to assist you.
- All classes at the YMCA are multi-level (instructor will offer modifications for all fitness levels).
- Please work at your own pace AND listen to your body.
- Always bring a water bottle and a towel to class.

- Class participants must be 14 years of age or older to attend class without a parent. (12 or older with a parent).
- PLEASE wait until the previous class ends before entering the room.
- No talking on cell phones during class.
- It is best to introduce yourself to the instructor before class starts if you are new so that the instructor can be better prepared to show modifications for class if necessary.
- In order to help us keep everyone healthy and safe, please wipe down your equipment both before and after use with the provided disinfecting wipes.
- If you have concerns or additional needs, please email [inclusion@sf-ymca.net](mailto:inclusion@sf-ymca.net).



Our Group Fitness Program aims to provide inclusion options for everyone. If you would like to attend a class and feel you need additional accommodations or modifications for participation, please email [inclusion@ccymca.net](mailto:inclusion@ccymca.net).



# HEALTHY LIVING

Improving the nation's health and well-being.

## LAND CLASSES

### Adult Cross Training (ACT)

Do you do the same workouts day after day? If so, you need cross-training! Cross-training involves combining exercises to work various parts of the body to eliminate imbalances that can arise when we focus on one particular activity. This class will help you to improve overall performance by combining strength, power, endurance, and plyometric components.

### Barre Above

Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above delivers a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you into absolutely amazing shape.

### Beginning Strength

Beginning Strength uses low intensity strength training improves muscle, bone, and joint strength while helping to develop overall stability. All exercises can be modified, all fitness levels and abilities welcome!

### Les Mills BODYATTACK

BODYATTACK® is a high-energy, sports-inspired cardio workout that will challenge you with strong, simple, moves and pumping music. Take the high impact options to push your endurance limits, or take the low options and focus on building your strength and cardio stamina.

### Les Mills BODYCOMBAT

BODYCOMBAT® is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness! No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast, and feel like a champ.

### Les Mills BODYFLOW

BODYFLOW® is a class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.

### Les Mills BODYJAM

IF YOU WANT TO DANCE, THERE'S NOTHING LIKE IT! House, hip-hop, Drum 'n' Bass, Trap, and all styles of electronic dance music. It's the soul of BODYJAM®.

### Les Mills BODYPUMP

BODYPUMP® is the original barbell workout that gives you the fastest way to tone and condition your muscles. Backed by scientific research, BODYPUMP® creates rapid fat-burning while building strength and endurance.

### Les Mills BODYSTEP

BODYSTEP® is the ultimate way to give your body a high energy cardio blast that will tone the hips and thighs. With over 2,000 steps per session you'll see the results in record time. Get in step with one of the best fitness classes the world has to offer.

# HEALTHY LIVING

Improving the nation's health and well-being.

## Les Mills CORE

Exercising muscles around the core, Les Mills CORE™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together! All the moves in Les Mills CORE have options, so it's challenging but achievable for your own level of fitness.

## Fitness Club

Ages 14 and up

Tuesdays and Thursdays 4-5 p.m.

Join peers to socialize and participate in a variety of theme-based exercise promoting cardio, weights and a healthy mind and body.

Free Members

\$5 Guest Members

## Les Mills GRIT

Go hard. Rest. Go harder. Rest. Go again. Rest. Repeat. The LES MILLS GRIT® Series features three unique workouts featuring High Intensity Interval Training designed for ultimate results in minimum time.

## Group Cycling

Group Cycling classes combine energizing music with a unique fitness workout for powerful results. You get all the benefits of aerobic activity, including a great calorie burn and stronger heart and lungs, in a fun and supportive group setting.

## Low Impact Aerobics

Start your day with a light cardio workout followed by balance and strength training exercises to fun music. All moves can be modified to suit your specific fitness needs and goals!



# HEALTHY LIVING

Improving the nation's health and well-being.

## Pure Strength

Improve joint strength and balance with simple exercises designed to improve your stability. This class is designed for those looking low intensity strength building.

## Les Mills RPM

Find your own rhythm in a cycling workout that delivers maximum cardio results with minimum impact on your joints. RPM™ tunes you in to great music and takes you on a journey of hill climbs, sprints and flat riding.

## Les Mills SH'BAM

Featuring simple but hot dance moves- set to a soundtrack of chart-topping popular hits, dance music, familiar classics, and modernized Latin beats, SH'BAM is the perfect way to shape up and let out your inner star even if you're dance challenged.

## Les Mills SPRINT

SPRINT® is a 30-minute High-Intensity Interval Training (HIIT) workout on an indoor bike. We combine bursts of intensity, where we work as hard as possible, with periods of rest that prepare for the next effort. Payoff? You smash your fitness goals, FAST!

## Strength & Cardio HIIT

This class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear your mind.

## Strength & Conditioning

Strength & Conditioning is a 45-minute muscle building class using a mixture of dumbbells, resistance bands, and body weight exercises to sculpt and define arms, back, legs and glutes.

## Sweat

This 45-minute strength and conditioning class is perfect for all levels. Provides an excellent balance of both anaerobic and aerobic work focusing on total body functional movements



# HEALTHY LIVING

Improving the nation's health and well-being.

## YOGA CLASSES

### Chair Yoga

Free for members who want a gentle approach to yoga. Experience the stretching and calmness of a traditional yoga class, while sitting!

### Gentle Yoga

Renew your mind and body through simple and gentle movements. This class is perfect for anyone looking to improve flexibility. Great for all fitness levels. Yoga Level 1.

### Intermediate Yoga

Already familiar with yoga basics and want to deepen your practice? Learn about yogic philosophy-uniting breath, movement and meditation, and how to go farther into postures while building stamina and core strength. Yoga levels 2-3.

### Kids Yoga

Kids Yoga is a 45-minute class just for kids ages 5-10. Parents are welcome to attend or leave their children with the instructor.

### Power Yoga

Power Yoga offers a variety of breathing, movement, and meditation techniques designed to improve your power stances and work joints ranges associated with your major muscle groups. Yoga Levels 1-3.



# HEALTHY LIVING

Improving the nation's health and well-being.

## AQUA FITNESS

Aqua Fitness has extraordinary effects on your overall health. Any class is a great alternative, or addition to, land exercise classes.

### AQUA FITNESS CLASS INFO

- All aquatic classes are co-ed, drop in and included in your membership; class participants must be at least 14 years old.
- Swimming ability is not required, but participants need to be comfortable in water.
- If you have any special needs, please inform the instructor and they will be happy to assist you.
- Schedules are posted on-line at [www.sf-ymca.net](http://www.sf-ymca.net) and on mobile app
- Class genre and/or instructor are subject to change.
- Most classes utilize music. Instructors teach from the deck and/or in the water. Instructors may use a waterproof microphone.
- Aqua shoes are not required, but highly recommended.
- Floatation belts and resistance equipment, such as noodles, dumbbells, and kickboards are provided.
- Always bring water to class in an unbreakable, sealed water bottle.
- Lockers are available in locker rooms for personal items; bring your own lock.
- No cell phones are to be used in locker room or on the pool deck.

## WATER FITNESS CLASS DESCRIPTION & INTENSITY RATES\*

HIGH (H) Heart rates will increase to higher training levels

MODERATE (M) Heart rates will increase above walking level

LOW (L) Heart rates will remain low, but will increase above resting rate

\*Intensity rate depends on how much effort you put into your workout

### Aqua Arthritis

Follows the Arthritis Foundation Aquatic Program. This class provides exercises that have been scientifically evaluated and specific for those with arthritis and related diseases. Participants may improve range of motion, muscular strength and endurance, balance control, and enjoy socializing. Therapy Pool (L)

### Aqua Barre

One of our newest classes – bringing you the popular Barre fitness format to the pool. With a pool noodle as a ballet barre for stability and using the water's resistance and buoyancy, you will work through dynamic movements without stress to muscles and joints. Be prepared to improve balance, coordination, stability, strength, and overall function. Family Pool (L)

### Aqua Blast

Workout to choreographed, well-known pop songs. Each workout will get your heart rate up and contain options for wherever you're at in your fitness journey. Strength training, flexibility and balance elements will also be rotated through the workout lineup. Come and see what a blast it can be to use water resistance in a dance-party way! Family Pool (M/H)

# HEALTHY LIVING

Improving the nation's health and well-being.



## Aqua Fit

Mid-morning class – This moderate to high-intensity workout is designed to improve cardiovascular condition and muscular strength for an overall body tone. Get your heart rate up and your bodies moving as you work out to lively music! Family Pool (M/H)

## Aqua HIIT

Are you an early-riser? Like hi-intensity work-outs? Come and join this shallow water class. Each class begins with active warm up, proceeds through fun, fast-paced circuits and Tabata sets, as well as strength training for a total-body workout. All classes end warming down and stretching out. It's the Y way to start your day. Family Pool (H)

## Aqua Yoga

A gentle water exercise class – Using the basic exercises, principles, and movements of yoga and adapting them to a shallow-water environment, this is a gentle and very low impact aquatic activity. With the release of gravity, the body is able to find the best stretch that mat yoga may restrict. Family Pool (L)

## Stretch and Strength

Not new to our Aqua Fitness family – iiiiiiissssss back! Stretch and Strength is a fun form of exercising FOR ALL. You can catch this class in the morning in the Therapy Pool. Bring a friend to join the fun!!

## Total Body Workout/Deep Water

Let's HIIT the deep! You are sure to improve your cardio-vascular conditioning, as well as total body muscular strength and endurance in this motivating, exhilarating, hi-intensity, no-impact, athletic approach class. Swimming is not required but participants must be comfortable in deep water. Floatation belts are provided and used in this class. No swimming or submerging during class. Lap Pool (H)

## Y Waves

This fun class will make the difference between staying active and hardly moving. Various exercises will be offered to develop cardio-conditioning and body toning, balance and coordination, while encouraging and promoting a healthy lifestyle. This is a great experience you don't want to miss! Family Pool (L/M)

# HEALTHY LIVING

Improving the nation's health and well-being.

## Tai Chi & More

A form of training that combines low-intensity water exercise with a complex, learned, motor sequence. The choreographed routine focuses on the Tai Chi principles of balance, strength, and breathing practice. These components of the class, in addition to basic moves from the Arthritis Foundation Aquatic Program, offer the opportunity to focus on health, relaxation, and overall well-being. Therapy Pool (L)

## WATERinMOTION

This workout provides a high-energy challenge for participants of all ages, skill, and fitness levels. The choreography and music are refreshed every 3 months – so jump in and make a splash with this dynamic cardiovascular workout that tightness and tones the entire body. It is more than just another aqua class – its pure fun 45 minute water extravaganza! Lap Pool (M/H)



# HEALTHY LIVING

Improving the nation's health and well-being.

## Climbing Wall

When life has you climbing the walls... try climbing ours! Whether you need a break from the corporate climb, are tired of the social climb, or just want a new reason to climb off the couch and get moving, we've got what you're looking for. Our 30 ft. indoor climbing wall is designed to accommodate everyone, from the beginner to the experienced climber.

Climbing provides a fun, full body workout that combines precision, strength and balance. You can spend quality time with that special child in your life, or squeeze in an intense workout during a 30 minute private climbing session. All classes are taught by qualified instructors and are designed to teach safety, equipment, knots, climbing technique and conditioning on the participant's level.

### Climbing Session 1:

August 30th-October 1st (5 weeks)  
Monday classes in Session I will be 4 weeks only. No classes Labor Day.

### Climbing Session 2:

October 4th-November 5th (5 weeks)

### Climbing Session 3:

November 8th-December 17th (5 weeks)

## Mini-Monkeys

Is your young child bouncing off the walls? Then this class is perfect for them! In a fun, high energy atmosphere, we will be climbing, swinging through the air, playing climbing games, learning safety, building confidence, and reaching the top! Class can be taken multiple times. No climbing experience necessary.

**Age:** 3 to 5 years old

**5 Week Class Fee:** \$50 Member  
\$100 Guest Member

**4 Week Class Fee:** \$40 Member  
\$80 Guest Member

**Times:** 4-5 p.m. Monday  
10-11 a.m. Saturday  
11:15 a.m.-12:15 p.m. Saturday

## Introduction to Climbing

Is your child ready to experience something new and exciting? In this class climbers will be conquering their fears and introduced to basic climbing concepts, proper commands, safety, knots, and reaching the top! Taught by experienced YMCA climbing staff, this class will have you achieving your goals! Minimal or no climbing experience needed.

**Age:** 5 to 14 years old

**5 Week Class Fee:** \$50 Member  
\$100 Guest Member

**4 Week Class Fee:** \$40 Member  
\$80 Guest Member

**Times:** 5:15-6:15 p.m. Monday  
4-5 p.m. Wednesday  
12:30-1:30 p.m. Saturday

## Challenges and Routes

Let's kick it up a notch and learn to follow more challenging climbing routes. For those who want a harder challenge, this class will focus on footwork, technique, knots, equipment use, balance and strength, and more complicated routes to follow. This is a perfect class to continue your climbing journey! Participants should have some experience with climbing.

**Ages:** 6 to 14 years old

**5 Week Class Fee:** \$50 Member  
\$100 Guest Member

**4 Week Class Fee:** \$40 Member  
\$80 Guest Member

**Times:** 6:30-7:30 p.m. Monday  
5:15-6:15 p.m. Wednesday  
1:45-2:45 p.m. Saturday



# HEALTHY LIVING

Improving the nation's health and well-being.

## Advanced and Adults Climbing

Interested in climbing but not sure where to start? Been climbing a while and ready to learn a new skill? Is your child skilled and looking for a new challenge? Then the Advanced and Adults climbing class is perfect for you! Climbers will be challenged to achieve personal goals on the wall and take their climbing skills to the next level. Climbers will learn and work on lead climbing, lead falls, advanced techniques, route setting boulder problems, and how to choose and buy your own gear. This class can be taken multiple times.

**Ages:** Adults or Experience Climbers

**5 Week Class Fee:** \$50 Member

\$100 Guest Member

**4 Week Class Fee:** \$40 Member

\$80 Guest Member

**Time:** 6:30-7:30 p.m. Wednesday

## Private Climbing Sessions

Ready to give climbing a try but don't want to join a full class? Sign up for a private climbing session with an instructor on our climbing wall! You can come climb at your own pace, or our instructors can help you become a better climber through multiple sessions. Come by yourself or come with a small group of family and friends. Appointments can be made by contacting [jacob@ccymca.net](mailto:jacob@ccymca.net).

### Fee:

30 Minute Sessions:

\$20/climber for 1 session

\$80/climber for 5 sessions

Group Sessions (4-8 climbers)

\$60 for a 45-minute session

\$240 for five 45-minute sessions





# HEALTHY LIVING

Improving the nation's health and well-being.

## ADULT SPORTS

### Fall Adult Basketball League

**Date:** August 23-October 4

**Days:** Tuesday Evenings

**Time:** 6-9 p.m. (Games 1 hour long)

**Cost:** \$400/team \$75/Individual

**Overview:** Get your team together and join our Adult Basketball League at the Stephens Family YMCA! This is a competitive coed league with registered officials. The season will consist of 6 regular season games and an end of season tournament to crown a champion! Games are one hour long and played on Tuesday evenings. Must be 18 years or older to play and players must show a photo ID to participate.

**Registration:** To register email Jacob Meyer at [jacob@ccymca.net](mailto:jacob@ccymca.net) or call 217-239-2813. SPOTS ARE LIMITED!

### Pickleball

(50+ years old)

The Y is excited to offer Pickleball to Active Older Adults! Get involved in the fastest growing sport and in the country, improve your health and meet new people. Come play during our open pickleball times on Tuesday and Thursday mornings, no registration required!

**Days:** Tuesdays and Thursdays

**Time:** 10 a.m.-12 p.m.

**Cost:** Free for Members; \$10 per day for Guest Members

### Lunchtime Pickup Basketball

(18+ years old)

Looking for somewhere to play basketball over the lunch hour? The YMCA has reserved times for adults 18 years and older to come play pickup basketball each week. Come out and play for some fun and competitive basketball, to improve your health and meet new people!

**Days:** Mondays, Wednesdays, and Fridays

**Time:** 11:30 a.m.-1:30 p.m.

**Cost:** Free for Members; \$10 per day for Guest Members

### 40+ Pickup Basketball

(40+ years old)

The YMCA has reserved time for adults 40+ years old to come play pickup basketball each week! Come play to improve your health, meet new people, or just to have to fun with other every Wednesday evening.

**When:** Wednesdays at 6:30 p.m.

**Cost:** Free for Members; \$10 per day for Guest Members

# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## WATER SAFETY

As the largest operator of swimming pools in the United States, the YMCA sets the bar for water safety. From your child’s first swim lesson to lifeguard programs, a safe water environment is the foundation of any YMCA aquatic experience.

## Lifeguard Certification – American Red Cross

Participants must be 15 years of age and able to pass the initial assessment. During the initial assessment, participants will be tested on their ability to: 1) swim 300 yards using front crawl and breaststroke; 2) surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards on back to the start point with the object and exit the pool without the use of a ladder; and 3) tread for 2 minutes without the use of your hands.

Attendance of all classes is mandatory to receive certification. Successful participants will receive a 2 year certification upon completion of class. Classes are offered once a month to the public. Days and times will be available in advance on our website. For any further questions, please contact the Aquatics Director at 217-239-2814.

**Fee:** \$250 Member    \$300 Guest Member



# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## SOCIAL ACTIVITIES

### Active Older Adults

Active Older Adults (AOA) at the YMCA experience a strong sense of belongingness and a network of friends who provide supportive communities for sustained health and well-being. Through on-going, fun, safe, and engaging programs, activities, and events, AOA members increase their self-confidence and sense of achievement while building relationships and celebrating the success and milestones of each older adult within their AOA community.

This group is for our Y members over 50 years of age.

Future dates and events are as follow:

**August 24th, 2-3 pm** – Synergy Home Care will be hosting a Senior Slip N' Slide at the Y! We will have blood pressure checks, free swag and treats. This is a free event for members and non-members.

**Lunches are \$10 and included for the following dates: please register at [www.sf-ymca.net](http://www.sf-ymca.net) or see the member services desk.**

**September 21st, 12-1 pm** – Anna Menendez from Brookdale Senior Living. Lunch: El Toro-taco bar

**October 19th, 12-1 pm** – Chili cook-off event. Bring your favorite chili recipe and we will have a few “celebrity” judges to decide the favorite one. Lunch: Jimmy John’s

**November 16th, 12-1 pm** – Send Christmas cards to our local senior living homes. Lunch: Olive Garden-soup and salad

**December 21st, 12-1 pm** – Enjoy each other’s company with games and share our favorite Holiday traditions. Lunch: Potluck, no charge for this event, but please still register.

Please come join us to any/all of these events!

Questions, contact Amy Witruk at [amy@ccymca.net](mailto:amy@ccymca.net).

### Bible Study

Join us for a co-ed Bible study every Tuesday 12:00pm-1:00pm in the chapel for fellowship and worship.

### Brown Bag Book Club

Join us the 2nd Thursday of each month from 12 p.m.-1:30 p.m. in the Chapel. Visit the Brown Bag Book Club webpage on our website for more information.

### Coffee in the Lobby

We offer free coffee to our members until 12pm every day. Have a cup before or after your workout and visit with old and new friends.

### Deep Water Divas and Dudes

The more the merrier! The Deep Water Divas and dudes host a luncheon on the second Wednesday of the month at various restaurants around town. Stop by the member services desk to sign up.



# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## John's Friends

2nd Sunday of the month

2:00-3:30 p.m.

Come and enjoy fellowship and fun at the YMCA community room where adults with special needs can make friends and grow in Christ. Email [inclusion@ccymca.net](mailto:inclusion@ccymca.net) for more information and updates.



## LP Friday Night Fun

(14 years and older)

Make new friends and keep the old... Hang out at the Y or attend a community outing for a few hours! Have fun and socialize in a variety of activities planned, coordinated and supervised by Larkin's Place. Support and accommodations considered. Venues, times and fees vary.



## Potlucks, Luncheons and Cook-offs

There is always something stewing at the Y! We love to have potlucks, organize luncheons and cook-offs.

## Volunteer Opportunities

We have a wide variety of volunteer opportunities here at the Y. Please find the volunteer application on our website and drop it off at the member service desk.

## LARKIN'S PLACE AND Y THERAPY SERVICES

### Why the Y?

We help people of ALL ages, discover new skills, work on developing skills, make friends and be a successful part of the YMCA community.

Stephens Family YMCA with Larkin's Place has created programming designed to support individuals at all developmental levels and their families. We feel these needs can be met in a non-competitive recreational environment developing skills, learning, and making friends along the way. Inclusion and participation in desired programs is encouraged.

### Y Therapy Services: (infants to 17 years)

Why therapy at the Y?

Because when families come to the Y they are part of this community. Individualized and specialized intervention is integrated into naturalistic opportunities. Swimming, fitness club, gymnastics, basketball meeting new friends and having hands-on experiences fully enhances learning and carryover across different settings and situations.

## SUPPORT OUR SCHOLARSHIP PROGRAM

Did you know on average, the Y distributes over \$250,000 in scholarships annually to those who would not otherwise have access to our programs and services? Consider joining in our mission to provide opportunities for all.

**When you give to the Y, you give children and families of all abilities the opportunity learn, grow, and achieve.**

For more information, contact Development & Marketing Director, Renae Cory, [renae@ccymca.net](mailto:renae@ccymca.net).



# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## Occupational Therapy

Fine motor and sensory challenges may be addressed through individual and/or small group intervention. Our licensed occupational therapist(s) can evaluate and determine a plan of intervention that includes exploration, movement and sensory activities to develop skills in a fun and functional way.

## Aquatic Therapy

Pediatric aquatic therapy is led by a licensed occupational therapist trained and certified in the Aquatic Therapy and Rehab Institute (ATRI). Individual sessions with are designed to provide sensory and motor input in a safe and structured environment. Sessions focus on safety in the water, use of visuals and consistent language. Participation in aquatic therapy may enhance motor planning, strength and endurance and bilateral coordination.

## Social Skills Therapy

Our Licensed Clinical Social Workers bring a supportive and social perspective of the children in the community. Mindfulness, a research supported play-based LEGO group is an opportunity to elicit cooperation, team building, self-reflection, positive communication and self-regulation. All of these skills help children to grow and become successful at home, school and in the community.

**Individual Y Therapy sessions available by appointment.**

**Small group programs available through Y registration.**

**For any questions, you may contact our Larkin's Place Director at 217.239.2849 or [inclusion@ccymca.net](mailto:inclusion@ccymca.net).**

# GOOD STUFF TO KNOW

The following information will help you be aware of important things to know regarding your YMCA participation. While not a full menu of YMCA policies, the following topics address the most frequently asked questions.

**Q: When do YMCA classes begin and end?**

A: For the summer season, classes are scheduled in seven-week sessions:

Session 1: September 6 - October 23

Session 2: October 24 - December 18

**Q: Will the YMCA accept late registration for a class in progress?**

A: When possible, we will accommodate late registrations for most programs or create a waiting list. Acceptance of late registrations is dependent on the appropriate director's approval.

**Q: If a class is cancelled, will I receive a refund?**

A: The YMCA reserves the right to cancel or merge classes due to low enrollment. Registrants will be notified at the earliest point possible if this occurs. A full refund will be given at the time of cancellation. No refund will be issued if a participant doesn't voluntarily show for class.

**Q: Can I use my cell phone in the YMCA facilities?**

A: All cell phone usage is restricted to the front lobby. In order to protect your privacy, the use of cell phones and other recording devices are prohibited in YMCA locker rooms, restrooms, and wellness center.

**Q: Is there a specific dress code at the YMCA?**

A: The YMCA asks that you use discretion and choose clothing that is appropriate for your intended activity.

The YMCA is a family organization and we ask that your selection of apparel reflect good judgment. Shirts, shoes and appropriate shorts/pants are required apparel in all workout areas, gyms and arenas. To maintain a clean environment, please refrain from walking on the pool deck with street shoes. Proper covering swim suits, not cut-offs or gym shorts, must be worn in the pools.

**Q: How is member conduct monitored?**

A: Along with its privileges, members agree to abide by the rules, regulations and policies of the YMCA membership. Inappropriate language and behavior does not reflect YMCA philosophy and will not be tolerated. The YMCA reserves the right to suspend or cancel a membership if the member's behavior or language is judged to be in conflict with the welfare of other members or staff or in conflict with the YMCA's values.

**Q: I noticed a YMCA staff person taking photos of members throughout the facility. How are the photos used?**

A: By acceptance of membership or by registration in a program, members and guest members give their permission to the YMCA to use without limit and obligation, photographs, film footage or tape recordings which may include their image or voice for purpose of promoting YMCA programs in publications, brochures, advertisements or web pages. If you do not want to have your photo used, please contact the Membership Director at 239-2805.

**Errors and Omissions**

The YMCA reserves the right to change printed schedules and prices based on errors or accidental omissions.



**Stephens Family YMCA**  
2501 Fields South Drive  
Champaign, IL 61822

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

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