



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN PLAY GROW



2023 Winter/Spring Program Guide
STEPHENS FAMILY YMCA

Welcome!



Welcome to our Stephens Family YMCA, which is among the best Y's in America! We believe this is a place that your whole family can use and the entire community 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

Registration & Session Dates

Session I:

January 9–February 26

Member registration begins December 12
Guest member registration begins December 19

Session II:

February 27–April 16

(No classes held week of March 13)
Member registration begins February 6
Guest member registration begins February 13

Session III:

April 17–June 4

Member registration begins March 27
Guest member registration begins April 3

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

Christmas Eve (close at Noon)
Christmas Day
New Year's Eve (close at Noon)
New Year's Day
Easter Sunday
Memorial 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 alyssa.anderson@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 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.

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 or contact Renae Cory, 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.

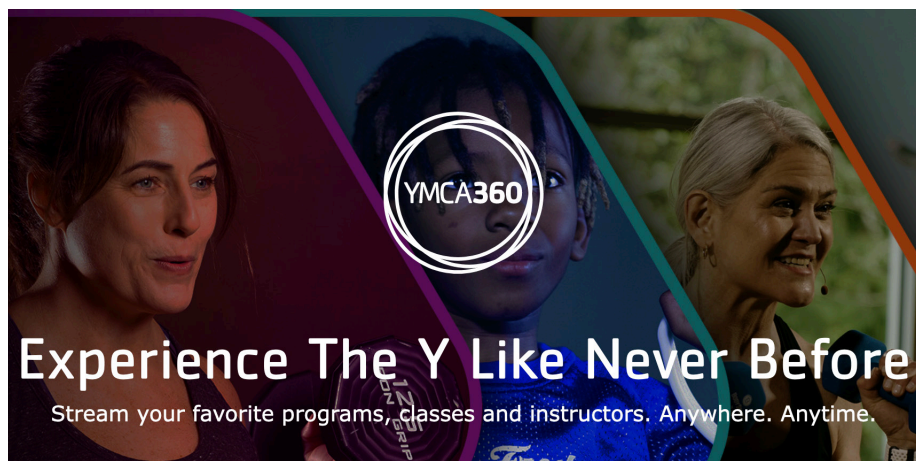
The YMCA accepts the responsibility of helping kids, families and adults grow strong. Whether it's understanding the importance of accepting diversity or witnessing the impact of investing in youth, members enable the YMCA to offer programs that encourage individuals to grow strong in character grounded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

WORKOUTS AT YOUR FINGERTIPS INTRODUCING YMCA360!

We know life gets busy! That's why we're excited to provide our members with YMCA360: A Virtual Fitness option offering on-demand, livestream workouts and more. This platform allows you to work out from home when you need to, or workout while away on vacation. Anytime you want to work out with the Y! You can access YMCA360 on your phone, on the web or on Apple TV.

YMCA360 is FREE to all YMCA members, and logging in is easy! Follow these simple steps to begin using it today.

1. Visit YMCA360.org, and click '**Login or Signup**'.
2. Enter your **zip code**, and select your home YMCA.
3. Enter your **email address** associated with your YMCA membership account.
4. Enter the **authorization code** it sends to your email address. *Code is sent within seconds
5. You're in! Explore and enjoy.





EMPLOYEE WELLNESS

WITH RESULTS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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	Monthly Savings
20	\$10.00	\$10.00	\$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.

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. 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. Levels may be combined due to low enrollment in multiple classes.

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

Session I
January 9-February 26

Session II
February 27-April 16
(No classes held week of March 13)

Session III
April 17-June 4

For class times and prices, please visit www.sf-ymca.net or stop by our member service desk.

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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



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



13+ 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? Contact julie.logan@ccymca.net for any questions about the swim lessons program.

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SWIM STARTERS

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

PARENT / CHILD 6–48 MONTHS

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

STAGE A

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.

STAGE B

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.

STAGE 1

Water Acclimation

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

STAGE 2

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.

STAGE 3

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.

STAGE 4

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.

STAGE 5

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.

STAGE 6

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: 5 years old and up

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.

Further questions regarding group swim lessons and private/semi-private lessons scheduling should be directed to the Swim Lesson Coordinator via email to group lessons: swimlessons@ccymca.net, private lessons: privateswimlessons@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

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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)

Please contact Lynn at lynn@ccymca.net for availability and scheduling. A screening may be scheduled to determine appropriate instructional level.

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 alyssa.anderson@ccymca.net.

30 Minute Individual Session

*(per one visit)

\$60 Member \$75 Guest Member

*If eligible, may be billed to private insurance

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 Assistant Aquatics Director julie.logan@ccymca.net and Lynn at lynn@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.



Winter Indoor Soccer

(Kindergarten–6th Grade)

January 7th–February 18th

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

Team Attire: All players are required to wear shin-guards and tennis shoes. Team jerseys will be provided by the YMCA.

Practice and Games: Players will participate in a 20-minute practice followed by a 40 minute scrimmage on Saturdays in the Stephens Family YMCA Multi-Purpose Gym.

Rosters & Schedules: Will be sent out to participants on January 2nd

Fee: \$71 Member \$121 Guest Member

Spring Basketball

(Kindergarten–8th Grade)

Dates: February 22nd to April 15th

3rd Grade Boys and **4th Grade Boys teams** will play on Thursday evenings
Kindergarten, 1st, 2nd, 3rd–4th Girls, 5th–6th Girls, and 5th–6th Boys teams will play on Saturdays
7th–8th Grade teams will play games on Thursday evenings.

Spring Break: No practices or games from March 13th to March 18th

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 build a solid foundation of the game!

Team Attire: All players will receive a team jersey from the Y.

K–4th Grade Leagues

- 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 Leagues

- 5th–8th grade players will have a mandatory skills assessment on either 2/15, 2/17, or 2/19
- 5th–8th grade teams will have a one-hour mid-week practice each week, and games on Saturdays for 5th–6th grade and Thursdays for 7th–8th grade. Games in the 5th–8th grade leagues 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

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Spring Flag Football

(Kindergarten–8th Grade)

Dates: April 22nd–June 3rd

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 in a fun and competitive environment and build a solid foundation of the game!

Team Attire: All players will 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 April 16th at 1:30pm. The players will be evaluated during the skills assessment by coaches and then drafted to teams.
- 6th–8th grad 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

Youth Karate Class

(5–14 years old)

Session 1: Jan. 9th to February 24th

Session 2: February 27th to April 14th

Session 3: April 17th to June 2nd

Days: Mondays, Wednesdays, Fridays

Time: 5:30pm–6:30pm

Location: Studio C at Stephens Family YMCA

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

Fee: \$95 Member \$148 Guest Member

Advanced and Adult Karate Class

(10 years old and up)

Session 1: Jan. 11th to February 24th

Session 2: March 1st to April 14th

Session 3: April 19th to June 2nd

Days: Wednesdays & Fridays

Time: 6:40pm–7:40pm

Location: Studio C at Stephens Family YMCA

Overview: Learn self-confidence, self-discipline, self-control, and self-defense skills in this exciting class taught by our experienced karate instructor! This class is designed for adults or experienced youth. Uniform not required.

Fee: \$60 Member \$95 Guest Member

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PRE-SCHOOL SPORTS

Itty Bitty Soccer

(3-5 years old)

Dates: January 11th to February 8th

Days: Wednesdays

Time: 5:30pm-6:30pm

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

Fee: \$50 Member \$100 Guest Member

Itty Bitty Basketball

(3-5 years old)

Dates: April 19th to May 17th

Days: Wednesdays

Time: 5:30pm-6:30pm

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

Fee: \$50 Member \$100 Guest Member



YOUTH DEVELOPMENT

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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 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 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.

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 or contact Devin Brocksmyth at devin@ccymca.net or Shawn McCarthy at 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

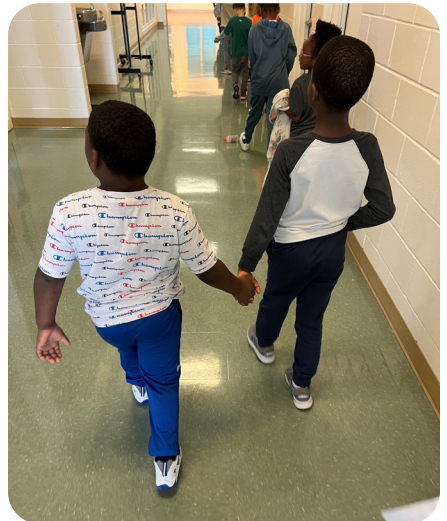
The rates appearing below are monthly rates. Rates are the same for each school. Payment for After School Child Care is scheduled and drafted on the 1st of every month. After School Program begins at the end of the school day and children must be picked up by 6 pm. The After School Program does not run 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.

Y on the Fly

Y on the Fly seeks to deliver a “Y without walls” programming experience directly to communities outside of our current service areas, enabling us to serve more neighborhoods and more youth than ever before. The experience is designed to encourage learning and inspire imagination.

The Y on the Fly summer program runs as 2 mobile units serving youth in 4 neighborhoods in Champaign-Urbana. This program allows Stephens Family YMCA to take high quality programming and services to underserved communities who lack transportation and critical resources for youth development and success.

Y on the Fly Afterschool Program
Located at 2422 W. Springfield Ave.
(Old Swann School).

Y on the Fly is excited to extend services to support youth as an after-school program. Youth grades K- 5 will have the opportunity to participate in fun and engaging programming (STEAM, nutrition, arts, and more!), receive homework help, learn from positive adult mentors, and more!

Monday – Friday 2:30p – 6:00p
Transportation provided by Unit 4
Snacks provided
\$20 per month *Financial assistance available



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 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 our 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: January 14, February 11, March 11, April 8

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.

Rug Bugs

(Walking to 5 years old; Children older than 5 will not be permitted)

Children must be walking to 5 years old (children older than 5 will not be permitted.) Bounce on the tumble track, swing on the bars, roll down the tumble tower, and wind through the obstacle course with your child.

All children must be supervised by a parent/guardian (no more than 3 children per adult).

Parent/Child Open Gym Schedule (Girls and boys walking-5 years old)

Days: Monday 11:30 a.m. – 12:30 p.m.

Friday 11:30 a.m. – 12:30 p.m.

Fees: FREE Member \$8 Guest Member



YOUTH DEVELOPMENT

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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.

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.

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, Alyssa Anderson at 217.239.2849 or alyssa.anderson@ccymca.net.

Creative Dramatics

Ages 14-22 years old
Led by a certified Creative Dramatics instructor. This is a class focused on the process of drama and to inspire creativity and imagination. This class does not have a performance piece to it, it teaches all people to have fun, and how to tap their inner imagination. Each class is unique and encourages participants to be inspired by others in their creativity. This class is structured to support each participant and is designed to support participants of all different levels and abilities. No former drama or acting is required.

Date: Mondays 6:30-7:30 p.m.

Session I only

Fees: Member \$75 Guest Member \$90



YOUTH DEVELOPMENT

Nurturing the potential of every youth and teen.

Soccer for All

Ages 5-14 years old

Soccer for All is a 5-week class focusing on the basic skills of indoor soccer. Participants can have fun in a non-competitive way, and have support in learning new skills. This is a Larkin's Place friendly program, meaning it is designed to include participants of all ability levels. This is a great class for someone who wants to learn more about soccer, or is a first-time player! Skills taught include dribbling, passing, shooting, and goal keeping. Social skills, such as turn taking and cooperative play will also be integrated. For any questions about accessibility, or if your child needs any kind of modification, please contact the Larkin's Place Director, Alyssa Anderson.

Date: Wednesdays, January 11th-February 8th

Time: 4:30-5:15 p.m.

Fee: Member \$50 Guest Member \$100



Basketball for All

Ages 5-14 years old

Basketball for All is a 5-week class focusing on the basic skills of basketball. Participants can have fun in a non-competitive way, and have support in learning new skills. This is a Larkin's Place friendly program, meaning it is designed to include participants of all ability levels. Skills taught include dribbling, passing, shooting, basic ball handling, and social skills. For any questions about accessibility, or if your child needs any kind of modification, please contact the Larkin's Place Director, Alyssa Anderson.

Date: Wednesdays, April 19th-May 17th

Time: 4:30-5:15 p.m.

Fee: Member \$50 Guest Member \$100



YOUTH DEVELOPMENT

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Lego-Based Therapy Play Group

Ages 5-10 years old

The Lego Therapy System can provide an interactive play group for our students with an intrinsically motivating means to improve their ability to work with a partner/group and understand their role within the group, ultimately building and improving their social relationships.

Basic Principles of Lego-Based Therapy include:

- Allows children of all ages to participate
- Inherently motivating
- Collaborative process to teach joint attention, sharing, turn-taking, problem-solving, patience and mutual respect
- Emphasizes social identity development for students who might otherwise be socially isolated.

Lego Therapy System utilizes "Freestyle" Building and Group Kit Building:

- Free Style building allows the child to design and build their own creation from "loose" Lego pieces.
- Group building with sets provides 3 Roles: Engineer verbally describes Lego piece to Part Supplier and directs the Builder where to place the Lego piece; Builder follows Engineers' directions and places the piece where directed; Part Supplier locates the piece described and gives it to Builder. Participants rotate roles during the LEGO group.

Date: Wednesdays 4:30-5:30 p.m.

Fees: Member \$84 Guest Member \$105



Cookin' It Up

Ages 10+ years old

Are you a foodie? Join us for our new program, Cookin' It Up. This class will focus on the basics of cooking and prerequisite skills needed to become master chefs!

Participants will make predominantly non-baked items, such as dips, appetizers, and other yummy creations. This class will have 1-2 new recipes each week that participants will get to take home with them to make at home after learning in class.

There will be visual recipes with step by step directions so that we can include participants with a wide range of abilities. If the participant has any food allergies, please let the Larkin's Place Director, Alyssa Anderson, know so recipes can be planned in advance that accommodate all needs.

Date: Thursdays 5:15-6:15 p.m.

Fees: Member \$75 Guest Member \$90



Gamers

Ages 12+ years old

Join us for our gamers group! This fun group will embed all different types of popular games in different formats. Video games, board games, and card games will all be presented and the class will determine what each session looks like. Participants will learn the new games as well as social skills, such as turn taking and conversational skills. Taught by a certified special education teacher, these sessions will be fun but structured to help all participants feel included. This group is intended for individuals who enjoy playing games and can understand the rules, but may need more direct instruction or support on the other aspects of playing games with others. For any questions, please contact Alyssa Anderson, Larkin's Place Director.

Dates: Thursdays 6:30-7:30 p.m.

Fees: Member \$75 Guest Member \$90



YOUTH DEVELOPMENT

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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)

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.

Time: 6:00–8:30 p.m.

Dates and Fees: vary

Location: visit sf-ymca.net for schedule details

Fitness Club

Ages 14 and up

Reservations made online

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



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 on April 28th!



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 an independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

SPRING 2023 SEASON

Registration: 1/9/23 - 2/6/23

Location: **Stephens Family YMCA and various sites throughout Champaign County**

Program Starts: 2/13/2023

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

Contact: **Robin Maier**
robin.maier@girlsontherun.org

Learn more and register January 9 at
<https://www.girlsontherunofchampaigncounty.org/>

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 \$90 Fee**

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

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.

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
Strength in optimism. Hope in progress.

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. 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.



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.



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

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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 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 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

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Aqua Fit

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

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. Family 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 tightens 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:

January 4th to February 4th (5 week)
Monday classes in Session 1 will be 4 weeks only. No classes on Jan. 2nd.

Climbing Session 2:

February 6th to March 11th (5 weeks)

Climbing Session 3:

March 27th to April 29th (5 weeks)

Climbing Session 4:

May 1st to May 27th (4 weeks)

5 week class fee: \$50 Member
\$100 Guest Member

4 week class fee: \$40 Member
\$80 Guest Member

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@cycmca.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

Spring Adult Basketball League

Date: April 20th to May 25th (7 weeks)

Days: Thursdays

Time: 6pm-9pm (Games 1 hour long)

Cost: \$300/Team

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 Thursday evenings. Must be 18 years or older to play.

Registration: To register go online at www.sf-ymca.net/adult-sports. Email Jacob Meyer with questions at jacob@ccymca.net.

Pickleball

(50+ years old)

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

Days: Tuesdays and Thursdays

Time: 10:00 a.m.-1:00 p.m.

Cost: Free for Members; \$10 for a guest pass for non-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. Days and times will be available in advance on our website. For any further questions, please contact the Aquatics Director at 217-239-2814.



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

SOCIAL ACTIVITIES

Active Older Adults

Active Older Adults (AOA) in 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 successes and milestones of each older adult within their AOA community.

Older adults, individuals 55 and above, are a significant and growing segment of our communities. All AOA benefit from engaging in YMCA activities that enhance connections, decrease a sense of isolation, and improve overall well-being.

We meet the 3rd Thursday of the month. Quarterly events with Synergy Homecare and other sponsors.

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.



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

John's Friends, Larkin's Place

Come and enjoy fellowship and fun at the YMCA Hangout Room where adults with special needs can make friends and grow in Christ. Email: inclusion@sf-ymca.net for more information and update.

Time: 2nd Sunday of each month 2:00-3:30 pm

Location: YMCA Hangout Room or other community site as scheduled

Fees: FREE with exception for community outings

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.

Time: 6:00-8:30 p.m.

Dates and Fees: vary

Location: visit sf-ymca.net for schedule details

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.

Annual Scholarship Fund

In support of our mission, we offer a donor-funded financial assistance program that lends support to families and individuals with low income and/or extenuating circumstances 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 or contact Renae Cory at renae@ccymca.net.

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.

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 winter/spring season, classes are scheduled in seven-week sessions:
Session 1: January 9 – February 26
Session 2: February 27 – April 16
Session 3: April 17 – June 4

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

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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