



# There's Something for Everyone at the Y!

## 6 WEEKS–3 YEARS

- ★ Aquatic Therapy
- ▶ Child Watch (6 weeks–10yrs)
- ★ Developmental Playgroup with DSC
- ★ Speech Therapy
- ▶ Swim Lessons

## PRESCHOOL—AGE 3–5

- ★ Aquatic Therapy
- ★ Art for All (5–14)
- ▶ Birthday Parties
- ▶ Child Watch (6 weeks–10yrs)
- ▶ Climbing Class
- ★ Developmental Playgroup with DSC
- ▶ Itty Bitty Football
- ★ Soccer for All (5–14)
- ★ Speech Therapy
- ▶ Swim Lessons
- ★ Wheelchair Basketball (5–18)

## SCHOOL AGE—AGE 6–12

- ▶ Advanced & Adult Karate (10+)
- ▶ After School Programming (K–5th)
- ★ Aquatic Therapy
- ★ Art for All (5–14)
- ▶ Birthday Parties
- ▶ Child Watch (6 weeks–10yrs)
- ▶ Climbing Class
- ▶ Flag Football League (K–8th)
- ▶ HEAT Swim Team
- ▶ Homeschool PE (6+)

- ★ Move/Shake Adaptive Dance (8–18)
- ★ NEMO Swim Lessons
- ▶ Parent's Night Out (K–5th)
- ▶ School's Out Days (K–5th)
- ★ Soccer for All (5–14)
- ★ Speech Therapy
- ▶ Swim Lessons
- ★ Wheelchair Basketball (5–18)
- ▶ Youth Basketball League (K–8th)
- ▶ Youth Karate (5–14)

## TEENS—AGE 13–17

- ▶ Advanced & Adult Climbing
- ▶ Advanced & Adult Karate (10+)
- ★ Aquatic Therapy
- ★ Art for All (5–14)
- ▶ Birthday Parties
- ▶ Climbing Class
- ★ Cookin' It Up (12+)
- ▶ Flag Football League (K–8th)
- ★ Friday Night Fun
- ▶ Group Fitness Classes (14+)
- ▶ HEAT Swim Team
- ★ Move/Shake Adaptive Dance (8–18)
- ★ NEMO Swim Lessons
- ▶ Personal Training (14+)
- ★ Speech Therapy
- ▶ Swim Lessons
- ★ Wednesday Walk and Talk (14+)
- ★ Wheelchair Basketball (5–18)
- ▶ Youth Basketball League (K–8th)

## FALL PROGRAM GUIDE



**Session I:** Sep 5–Oct 22  
**Session II:** Oct 23–Dec 17  
*\*No classes Thanksgiving Week*

## ADULTS—18+

- ▶ Advanced & Adult Climbing
- ▶ Advanced & Adult Karate (10+)
- ★ Aquatic Therapy
- ▶ Basketball League
- ▶ Climbing Class
- ★ Friday Night Fun
- ▶ Group Fitness Classes (14+)
- ▶ HEAT Adult Masters Swim Team
- ▶ Nancy Yanello Cancer Program
- ★ Parent Support Group with CU Able
- ▶ Parkinson's Fit Program
- ▶ Personal Training (14+)
- ▶ Rock Steady Boxing
- ▶ Swim Lessons
- ★ Wednesday Walk and Talk (14+)

## ACTIVE OLDER ADULTS—50+

- ▶ Arts & Crafts
- ▶ Climbing Class
- ▶ Group Fitness Classes (14+)
- ▶ Nancy Yanello Cancer Program
- ▶ Personal Training (14+)
- ▶ Pickleball
- ▶ Swim Lessons
- ▶ Synergy Quarterly Event

★ Denotes Larkin's Place Program

# ACTIVITIES–YOUTH & ADULT

## SCHOOLS OUT DAYS

**DESCRIPTION:** 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.

\$55/members; \$70/guest member/day

*We cover the Unit 4 regular calendar. Advanced Registration required.*

## PARENTS NIGHT OUT

### DATES:

September 30

October 28

November 18

December 16

**TIME:** 5:15–9PM

**AGES:** Kindergarten–5th Grade

**COST:** Members–\$50/child; \$70/family  
Guest Members–\$60/child; \$80/family

**DESCRIPTION:** 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.

## YMCA360

**DAYS:** Any **TIME:** Any

**AGES:** All Ages

**COST:** Included with membership

**DESCRIPTION:** A Virtual Fitness option offering on-demand, livestream workouts and more. This platform allows you to workout from home when you need to, or workout while away on vacation.



## CHILD WATCH

**Monday–Friday** 7:30–11:30AM

**Monday–Friday** 4–7:30PM

**Saturdays** 7:30AM–2PM

**Sunday** 1:30–5PM

### TWEEN ROOM:

**Tuesday** 4–7:30PM

**Thursday** 4–7:30PM

**DESCRIPTION:** As a benefit for our members with a Household or Single Parent Family Membership, our Y offers free Child Watch for up to 90 minutes per visit as you work out or relax in our facility. Children are welcome between the ages of 6 weeks and 10 years. We have a dedicated Tween room for children ages 7–10 available Tuesday & Thursday afternoons.

## HOMESCHOOL PE

**DAYS:** Wednesday | Sep 6–Nov 29

**TIME:** 10:30AM–12:30PM

**COST:** \$50/member; \$150 guest member

**AGES:** 6+

**DESCRIPTION:** Drop off your kids for a 12-session weekly PE class where they will learn traditional PE games, various sports, and have open swim time, while you take a break or make use of all the great programs the Y has to offer!

## ACTIVE OLDER ADULTS

**DAYS:** Vary **TIME:** Varies

**AGES:** 50+

**DESCRIPTION:** AOA members increase their self-confidence and sense of achievement while building relationships and celebrating success through on-going fun, safe, and engaging programs, activities, and events.

## ARTS & CRAFTS

**DAYS:** Varies, Weekly

**TIME:** 1–2:30PM

**AGES:** 50+

**DESCRIPTION:** Have a special skill or favorite hobby? Bring your supplies and share your knowledge with others in a social setting.

Registration Required.

## SYNERGY QUARTERLY EVENT

### WHO GETS GRANDMA'S YELLOW PIE PLATE?

**DATE:** September 20

**TIME:** 12–1:30PM

**COST:** Free, open to the community

**AGES:** 50+

**DESCRIPTION:** Who Gets Grandma's Yellow Pie Plate? provides research-informed practical strategies to protect your family relationships when passing on personal items. While it may seem simple, decisions about personal property can be challenging and may lead to serious family conflicts.

Registration Required.

Questions about Active Older Adults?  
Contact Amy Witruk.  
amy@ccymca.net



# AFTER SCHOOL

## YMCA AFTER SCHOOL PROGRAMMING

**DAYS:** Mon–Fri **TIME:** After school until 6pm  
**AGES:** K–5th Grade  
**DESCRIPTION:** The Stephens Family YMCA offers affordable and safe after school care following the school calendar at 6 convenient locations in Champaign County. The YMCA's after school program offers a positive environment with supervised play for grade school youth.

## YMCA AFTER SCHOOL MONTHLY RATES

### AUGUST\* & DECEMBER

**2 DAYS/WEEK:** Tues/Thurs ONLY—\$68/month  
**3 DAYS/WEEK:** Mon, Wed, Fri ONLY—\$102/month  
**5 DAYS/WEEK:** Mon–Fri—\$170/month  
*\*August fees include a \$50 registration deposit*

### SEPTEMBER–NOVEMBER; JANUARY–MAY

**2 DAYS/WEEK:** Tues/Thurs ONLY—\$140/month  
**3 DAYS/WEEK:** Mon, Wed, Fri ONLY—\$210/month  
**5 DAYS/WEEK:** Mon–Fri—\$350/month

### Y ON THE FLY RATES

**5 DAYS/WEEK:** MON–FRI—\$20/month

## LINCOLN TRAIL—UNIT 3

**DAYS:** Mon–Fri **TIME:** After school until 6pm  
**GRADES:** K–5  
**LOCATION:**  
 Lincoln Trail Elementary  
 102 East State Street  
 Mahomet, IL 61853

## MIDDLETOWN PRAIRIE—UNIT 3

**DAYS:** Mon–Fri **TIME:** After school until 6pm  
**GRADES:** K–5  
**LOCATION:**  
 Middletown Prairie Elementary  
 1301 S. Bulldog Dr.  
 Mahomet, IL 61853



Questions? Scan the QR Code.

## STEPHENS FAMILY YMCA—UNIT 4

**DAYS:** Mon–Fri **TIME:** After school until 6pm  
**GRADES:** K–5  
**LOCATION:**  
 SF YMCA  
 2501 Fields South Dr  
 Champaign, IL 61822

## Y ON THE FLY—UNIT 4

**DAYS:** Mon–Fri **TIME:** After school until 6pm  
**GRADES:** K–5  
**LOCATION:**  
 Y on the Fly  
 2422 W Springfield  
 Champaign, IL 61822



## UNITY EAST—UNIT 7

**DAYS:** Mon–Fri **TIME:** After school until 6pm  
**GRADES:** K–5  
**LOCATION:**  
 Unity East Elementary  
 1638 County Road 1000 N  
 Philo, IL 61864

## UNITY WEST—UNIT 7

**DAYS:** Mon–Fri **TIME:** After school until 6pm  
**GRADES:** K–5  
**LOCATION:**  
 Unity West Elementary  
 1035 Co. Rd. 600N  
 Tolono, IL 61880



**Stephens Family YMCA**  
 2501 Fields South Drive, Champaign, IL 61822  
 217.359.9622 | [www.sf-ymca.net](http://www.sf-ymca.net)

# AQUATICS

## SWIM LESSONS

**DAYS:** Vary **TIME:** Varies

**AGES:** 6 months–12 yrs

**COST:** Varies

**DESCRIPTION:** YMCA group swim lesson programs are offered year-round and include parent-child, preschool, and youth group swim lesson classes.

**Session I:** Sep 5–Oct 22

**Session II:** Oct 23–Dec 17

*\*No classes Thanksgiving Week*



## SWIM STARTERS

**PARENT-CHILD (6 mon–3 yrs)**

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

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

### STAGE A—WATER DISCOVERY

Introduces infants and toddlers to the aquatic environment. This stage is for students 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.

Scan the QR for available dates and times—if you don't see class times, registration is closed.



## SWIM BASICS

**AGES: 3–5 (Preschool) & 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.



# AQUATICS, CONTINUED

## TEEN/ADULT SWIM LESSONS

**DAYS:** Vary **TIME:** Varies

**AGES:** 13+

**COST:** Varies

**DESCRIPTION:** For anyone who wants to learn to swim above age 13, we offer small group swim lessons for adults and teens focusing on swim basics to swim stroke technique.

Visit [www.sf-ymca.net](http://www.sf-ymca.net) for available dates and times.

## PRIVATE SWIM LESSONS

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).

## NEMO SWIM 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).

**35 MINUTE INDIVIDUAL NEMO LESSONS**  
(7-week session)

\$130/member; \$260/guest member

Questions about NEMO Lessons?  
Nemo Lesson Coordinator, at [nemo@ccymca.net](mailto:nemo@ccymca.net),  
or scan the QR code below.



## COMPETITIVE SWIMMING

### CHAMPAIGN COUNTY



### HEAT SWIM TEAM

**AGES:** 6–18

**DESCRIPTION:** 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.

### ADULT MASTERS SWIM TEAM

**AGES:** 19+

**DESCRIPTION:** 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.

Questions about competitive swimming?  
Contact Will Barker, Competitive Aquatics Director  
at 217-239-2806 or [will@ccymca.net](mailto:will@ccymca.net).

## HEAT SWIM 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.

# BIRTHDAY PARTIES & RENTALS

## BIRTHDAY PARTY PACKAGES

Host your child's birthday party at the YMCA! Our enthusiastic staff will help coordinate party logistics on your behalf while you enjoy the celebration with your child. We host parties on Saturday and Sunday evenings after the YMCA closes, so you'll have the area all to yourselves

**DAYS:** Saturday or Sunday

**TIME:** Varies, depending on Party Package

**COST:** \$190/member; \$215/guest member

*\*Parties with more than 20 children will include an additional \$50 charge.*

To schedule a party, contact the Party Coordinator at [jacob@ccymca.net](mailto:jacob@ccymca.net) at least 2 weeks in advance (not all dates available).

## CLIMBING PACKAGE

**DAYS:** Saturday or Sunday **TIME:** 4–6PM

Your Birthday Party package will include:

- A 2 hour party at the YMCA for up to 20 participants\*
  - » 1 hour for climbing
  - » An additional party room or area for entire 2 hours
- Paper plates, cups, napkins, and table cloths
- YMCA birthday shirt for birthday child

## FAMILY ADVENTURE CENTER PACKAGE

**DAYS:** Saturday or Sunday **TIME:** 5–7PM

Your Birthday Party package will include:

- A 2 hour party at the YMCA for up to 20 participants\*
  - » 1 hour for playing in the Family Adventure Center
  - » An additional party room or area for entire 2 hours
- Paper plates, cups, napkins, and table cloths
- YMCA birthday shirt for birthday child

## SPORTS PACKAGE

**DAYS:** Saturday or Sunday **TIME:** 6–8PM

Your Birthday Party package will include:

- A 2 hour party at the YMCA for up to 20 participants\*
  - » 1 hour for sports in our main gym
  - » An additional party room or area for entire 2 hours
- Paper plates, cups, napkins, and table cloths
- YMCA birthday shirt for birthday child

## SWIM PACKAGE

**DAYS:** Saturday or Sunday **TIME:** 5–7PM

Your Birthday Party package will include:

- A 2 hour party at the YMCA for up to 20 participants\*
  - » 1 hour for swimming in our family pool
  - » An additional party room or area for entire 2 hours
- Paper plates, cups, napkins, and table cloths
- YMCA birthday shirt for birthday child

## 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.

**DAYS:** Any, depending on availability

**TIME:** 2 hours

**COST:** \$125; \$50/each additional hour

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).



# CLIMBING WALL

## CLIMBING CLASSES

**DESCRIPTION:** Our 30 ft. indoor climbing wall is designed to accommodate everyone, from the beginner to the experienced climber.

**Session I:** Aug 28–Sep 30

*\*No classes Labor Day*

**Session II:** Oct 2–Nov 4

**Session III:** Nov 6–Dec 16

*\*No classes Thanksgiving Week*

### 4 WEEK CLASS FEES:

\$40/member; \$80/guest member

### 5 WEEK CLASS FEES:

\$50/member; \$100/guest member

## MINI-MONKEYS

**DAY/TIME:** Monday; 4–5PM & Saturday; 10–11AM

**AGES:** 3–5

**DESCRIPTION:** In this 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.*

## INTRO TO CLIMBING

**DAY/TIME:** Monday; 5:15–6:15PM & Saturday; 12:30–1:30PM

**AGES:** 5–14

**DESCRIPTION:** 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!

*No climbing experience necessary.*

## YOUTH CLIMBING CLASS

**DAY/TIME:** Wednesday; 4–5PM & Saturday; 1:45–2:45PM

**AGES:** 6–14

**DESCRIPTION:** This class is great for kids who enjoy climbing and aren't afraid to climb to the top! In this group setting, staff will modify instruction for individual climbers based on their skill. Whether your child wants to improve their skill or just climb casually, this will be a fun and exciting class to participate in.

## FAMILY CLIMBING CLASS

**DAY/TIME:** Monday; 5:15–6:15PM & Saturday; 11:15AM–12:15PM

**AGES:** 3–Adult

**DESCRIPTION:** 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!

*No climbing experience necessary.*

## ADVANCED & ADULT CLIMBING

**DAY/TIME:** Monday; 6:30–7:30PM & Wednesday; 6:30–7:30PM

**AGES:** 18+ or experienced climbers

**DESCRIPTION:** 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.

## PRIVATE CLIMBING SESSIONS

**DAY/TIME:** Varies

**AGES:** All Ages

**DESCRIPTION:** 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!

Climb at your own pace! 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.

### INDIVIDUAL SESSIONS:

**30 MINUTES**

\$20/Climber for 1 session

\$80/Climber for 5 sessions

### GROUP SESSIONS (4–8 climbers):

**45 MINUTES**

\$60 for 1 session

\$240 for 5 sessions

Want to schedule private climbing?

Contact Jacob Meyer, Sports Director at [jacob@ccymca.net](mailto:jacob@ccymca.net).



# LARKIN'S PLACE



## WEDNESDAY WALK AND TALK

**DAYS:** Every Wednesday **TIME:** VARIES

**AGES:** 14+

**DESCRIPTION:** Join us on the track at the Y for some walking and talking. Each Wednesday, staff and participants will enjoy some exercise at their own pace, while embedding social skills into it. Staff will provide visual and conversation starters, so that individuals are able to participate, no matter their ability level.

## FRIDAY NIGHT FUN

**DAYS:** One Friday per month **TIME:** Varies

**AGES:** 14+

**COST:** Varies

**DESCRIPTION:** 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 staff. *Support and accommodations considered.*

## DEVELOPMENTAL PLAYGROUP

in Collaboration with DSC

**DAYS:** Wednesday **TIME:** 10:30–11:30AM

**AGES:** 0–5

**COST:** \$56/member; \$64/guest member

**DESCRIPTION:** This program is led by Early Childhood therapists and individuals going into the therapy field, and is for **ANYONE!** We offer structured play, such as a "Hello Song", gross motor activities, sing-song activities, sensory activities, fine motor activities, and more. Parent participation is encouraged.



## PARENT SUPPORT GROUP

with  CU Able

**DAYS:** Every Third Thursday **TIME:** 6:15–7:30PM

**LOCATION:** SF YMCA Community Room

**DESCRIPTION:** Are you the parent of a child with a disability? Are you looking to make connections with other parents, find support, and create relationships with others who "just get it"? We strive to create a judgment free and safe community for all parents, whether your child is a baby or an adult.

## SOCCER FOR ALL

**DAYS:** Wednesdays; Sep 13–Oct 11

**TIME:** 4:30–5:15PM

**AGES:** 5–14

**COST:** \$50/member; \$100/guest member

**DESCRIPTION:** Participants can have fun in a non-competitive way, and have support in learning new skills. This is an inclusive program, meaning it is designed to include participants of all ability levels both with and without disabilities. This is a great class for someone who wants to learn more about soccer, or is a first-time player!

## WHEELCHAIR BASKETBALL

**DAYS:** Tuesdays **TIME:** 5:30–7:30PM

**AGES:** 5–18

**COST:** \$75/member; \$130/guest member

**DESCRIPTION:** This is for any individual who has a physical disability which would impair them from playing competitive standup basketball. Led by a Paralympian, this season will focus on skill-building and learning, with the intention of being competitive. *Athletes do not need to use a wheelchair in their daily lives to play.*





# LARKIN'S PLACE, CONTINUED

## ART FOR ALL

**DAYS:** Wednesdays **TIME:** 6:15–7:15PM

**AGES:** 5–14

**COST:** \$80/member; \$95/guest member

**DESCRIPTION:** In an effort to encourage creative expression, participants will be exposed to a variety of mediums and methods. Adapted/modified tools will be used to help participants engage with the materials. Visuals will be used to help participants follow directions. Each class will be themed, and will focus on age appropriate projects with room for creativity and fun!

## COOKIN' IT UP

**DAYS:** Tuesdays | Oct 23–Dec 17

*\*No classes Thanksgiving Week*

**TIME:** 5:15–6:15PM

**AGES:** 12+

**COST:** \$80/member; \$95/guest member

**DESCRIPTION:** 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.

## MOVE SHAKE ADAPTIVE DANCE

**DAYS:** Thursdays; Beginning Sep 14

**TIME:** 6:45–7:30PM

**AGES:** 8–18

**COST:** \$60/member; \$80/guest member

**DESCRIPTION:** Through simple patterns, sequencing and repetition, the students will learn the basics of movement, rhythm and basic dance. Creative movement and stretching will also be incorporated to promote artistic freedom and strengthening of the body.

## NEMO SWIM 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).

SEE AQUATICS PAGE FOR MORE INFO.

## THERAPY SERVICES

**WHY THERAPY AT THE Y?** 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 carries over across different settings and situations.

## SPEECH THERAPY

**DAYS/TIME:** By appointment only

**COST:** Varies

**DESCRIPTION:** Led by a Certified Speech Language Pathologist, clients can work on many different areas of speech and language, such as articulation delays, receptive and expressive language disorders, language processing, social language deficits, and stuttering.

Private insurance billing or self pay is accepted.

To schedule, contact Brittany Booth, SLP.  
brittanybooth@ccymca.net.

## AQUATIC THERAPY

**DAYS/TIME:** By appointment only

**COST:** Varies

**DESCRIPTION:** Pediatric aquatic therapy is led by a licensed occupational 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.

Billed through early intervention, private insurance, or self pay.

For questions regarding Larkin's Place programs or therapy services, contact Alyssa Anderson.  
alyssa.anderson@ccymca.net



# SPORTS

## YOUTH SPORTS

**DAYS:** Vary **TIME:** Varies

**AGES:** 3+

**DESCRIPTION:** 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.

## ITTY BITTY FOOTBALL

**DAY/TIME:** Wednesdays | Sep 13–Oct 11

**TIME:** 5:30–6:30PM

**AGES:** 3–5

**COST:** \$50/member; \$100/guest member

**DESCRIPTION:** 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.*

## FLAG FOOTBALL LEAGUE

**DAYS:** Saturdays | Sep 9–Oct 21

**TIME:** Varies

**COST:** \$75/member; \$130/guest member

**AGES:** Kindergarten–8th Grade

**DESCRIPTION:** 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.

### K–5TH GRADE:

20 minute practice, followed by a 40 minute scrimmage each Saturday

### 6TH–8TH GRADE:

**MANDATORY SKILLS ASSESSMENT:**

**AUG 28 | 5:30–7PM**

One-hour mid-week practice each week and games on Saturdays. Games in the 6th–8th grade league are competitive with scorekeeping.

## YOUTH KARATE

**Session I:** Sep 6–Oct 20

\$95/member; \$142/guest member

**Session II:** Oct 23–Dec 15

*\*No classes Thanksgiving Week*

\$100/member; \$150/guest member

**DAYS:** Monday, Wednesday, Friday

**TIME:** 5:30–6:30PM

**AGES:** 5–14

**DESCRIPTION:** Learn self-confidence, self-discipline, self-control, and self-defense skills in this exciting class! *No experience necessary; uniforms not required.*

## YOUTH BASKETBALL LEAGUE

**DAYS:** Vary | Oct 26–Dec 16

*\*No practices/games Thanksgiving Week*

**TIME:** Varies

**COST:** \$75/member; \$130/guest member

**AGES:** Kindergarten–8th Grade

**DESCRIPTION:** 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!

### K–4TH GRADE:

20 minute practice, followed by a 40 minute scrimmage each week

### 5TH–8TH GRADE:

**MANDATORY SKILLS ASSESSMENT:**

**OCT 16, 17, 18, or 19 | TIME TBD**

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!

## INTERESTED IN MULTIPLE SPORTS?

See our Youth Sports Package on the next page!



# SPORTS

## ADULT SPORTS

**DAYS:** Vary **TIME:** Varies

**AGES:** 18+

**DESCRIPTION:** For sports fans 18 years and older who enjoy the fun and friendly YMCA atmosphere but still want to go for the gold, the Adult Sports program provides an outlet for all your competitive energy.

## ADULT BASKETBALL LEAGUE

**DAYS:** Monday & Thursday | Sep 7–Oct 5

**TIME:** 5:30–9:30PM

**COST:** \$350/team | ONLY 8 TEAMS AVAILABLE!

**AGES:** 18+

**DESCRIPTION:** This is a competitive coed league with registered officials. The season will consist of 8 teams, 7 regular season games, and an end of season tournament to crown a champion!

Games are one hour long and played on Monday and Thursday evenings—all teams play twice a week.

## ADVANCED & ADULT KARATE

**Session I:** Sep 6–Oct 20

**Session II:** Oct 25–Dec 15

*\*No classes Thanksgiving Week*

**DAYS:** Wednesday & Friday

**TIME:** 6:40–7:40PM

**AGES:** 10+

**COST:** \$65/member; \$100 guest member

**DESCRIPTION:** Learn self-confidence, self-discipline, self-control, and self-defense skills in this exciting class! *No experience necessary; uniforms not required.*

Ready to Register? Scan the QR Code.



## PICKLEBALL

**DAYS:** Monday, Tuesday, Thursday

**TIME:** 10–1PM

**COST:** Free for Members; \$10/guest member/day

**AGES:** 50+ (Active Older Adults)

**DESCRIPTION:** 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.

## ADVANCED & ADULT CLIMBING

**DAY/TIME:** Monday; 6:30–7:30PM &

Wednesday; 6:30–7:30PM

**AGES:** 18+ or experienced climbers

**DESCRIPTION:** 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. \*See Climbing page for more info.

## YOUTH SPORTS PACKAGE

**AGES:** Kindergarten–8th Grade

**DESCRIPTION:** Register your child for multiple youth sports programs at once at the YMCA for the 2023–2024 school year. You can pick 3 or 5 of our youth sports leagues to sign up for, which guarantees your child's spot and at a discounted price!

### 3 SPORTS PACKAGE:

\$190/Member; \$330/Guest Member

### 5 SPORTS PACKAGE:

\$315/member; \$550/Guest Member

### PROGRAMS AVAILABLE WITH THE PACKAGE:

- Fall Flag Football | Sep9–Oct 21
- Fall Basketball | Oct 28–Dec 16
- Winter Indoor Soccer | Jan 6–Feb 17
- Spring Basketball | Feb 24–Apr 13
- Spring Flag Football | Apr 20–Jun 1

Registration Deadline: Aug 31



# WELLNESS

## PERSONAL TRAINING

**DAYS:** Vary **TIME:** Varies

**AGES:** 14+

**DESCRIPTION:** 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.

*\*Both land and aquatic personal training available*

### GREAT START PACKAGE:

2/45-minute sessions—\$90

\*One time use only

### 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:

5/45-minute sessions—\$260

10/45-minute sessions—\$500

15/45-minute sessions—\$720

20/45-minute sessions—\$920

## GROUP FITNESS

**DAYS:** Every Day **TIME:** Varies

**COST:** Included with membership

**AGES:** 14+ (12+ with parent)

**DESCRIPTION:** All group exercise classes (unless otherwise noted) are co-ed and designed for a variety of fitness levels. Our Group Fitness Program aims to provide inclusion options for everyone.

*\*Both land and aquatic group fitness classes available*

## PARKINSON'S FIT PROGRAM

**DAYS:** Monday–Friday

**TIME:** 1–2PM

**COST:** Included with membership

**DESCRIPTION:** Our Parkinson's Exercise Program is a fitness program designed to empower people with Parkinson's Disease (PD) by optimizing their physical function and helping to delay the progression of symptoms. Each class includes exercises to improve cardiovascular endurance, strength, flexibility and balance.

## ROCK STEADY BOXING

**DAYS:** Tuesday, Wednesday, Thursday

**TIME:** TBD

**COST:** \$40/member; \$115/guest member

**DESCRIPTION:** Rock Steady Boxing is a one-of-a-kind program, founded in 2006, to provide a uniquely effective form of physical exercise to people who are living with Parkinson's. Though it may seem surprising, this non-contact, boxing-inspired fitness routine is proving to dramatically improve the ability of people with Parkinson's to live independent lives.



## NANCY YANELLO CANCER PROGRAM

**DAYS:** Vary **TIME:** Varies

**COST:** Included with membership

**DESCRIPTION:** Cancer 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.

Nancy Yanello  
Cancer Program  
A Program of the Stephens Family YMCA  
Express



### PROGRAM DETAILS

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



**Stephens Family YMCA**

2501 Fields South Drive, Champaign, IL 61822  
217.359.9622 | www.sf-ymca.net