



There's Something for Everyone at the Y!

FALL PROGRAM GUIDE

Session I: Sep 5–Oct 22

Session II: Oct 23–Dec 17

**No classes Thanksgiving Week*

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)

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

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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–12PM
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: Every Thursday
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.

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



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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



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



AQUATICS

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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.

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

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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 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.

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.

COMPETITIVE SWIMMING



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.

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.



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



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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 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



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.





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.*

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

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!

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? Visit our website at www.sf-ymca.net.



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.



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