

2024

WINTER/SPRING GUIDE



There's Something for Everyone at the Y!

Session I: Jan 8–Feb 25

Member Registration: Dec 11
Guest Registration: Dec 18

Session II: Feb 26–Apr 14 **No classes week of Spring Break; Mar 11–17*

Member Registration: Feb 5
Guest Registration: Feb 12

Session III: Apr 15–Jun 2

Member Registration: Mar 25
Guest Registration: Apr 1

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
- ★ Basketball for All (5–14)
- ▶ Birthday Parties
- ▶ Child Watch (6 weeks–10yrs)
- ▶ Climbing Class
- ★ Developmental Playgroup with DSC
- ▶ Itty Bitty Basketball
- ▶ Itty Bitty Soccer
- ★ NEMO Swim Lessons (4+)
- ★ 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
- ★ Basketball for All (5–14)
- ▶ Birthday Parties
- ▶ BOYS Program
- ▶ Child Watch (6 weeks–10yrs)
- ▶ Climbing Class
- ★ Cookin' It Up (10+)
- ▶ DYN0 Dance Team
- ▶ Girls on the Run (3rd–5th)
- ▶ Flag Football League (K–8th)

- ▶ HEAT Swim Team
- ▶ Homeschool PE (6+)
- ▶ Indoor Soccer (K–6th)
- ★ Move/Shake Adaptive Dance (8–18)
- ★ NEMO Swim Lessons (4+)
- ▶ Parent's Night Out (K–5th)
- ▶ School Days Out (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
- ▶ Birthday Parties
- ▶ Climbing Class
- ★ Cookin' It Up (10+)
- ▶ Flag Football League (K–8th)
- ★ Friday Night Fun
- ★ Gamers (12–18)
- ▶ Group Fitness Classes (14+)
- ▶ HEAT Swim Team
- ★ Move/Shake Adaptive Dance (5–14)
- ★ NEMO Swim Lessons (4+)
- ★ Neurodiversity Group (13–18)
- ▶ Personal Training (14+)
- ★ Speech Therapy
- ▶ Swim Lessons
- ★ Wheelchair Basketball (5–18)
- ▶ Youth Basketball League (K–8th)

ADULTS—18+

- ▶ Advanced & Adult Karate (10+)
- ★ Aquatic Therapy
- ▶ Basketball League
- ▶ Brown Bag Book Club
- ▶ Climbing Class
- ▶ CPR Certification
- ★ Friday Night Fun
- ▶ Group Fitness Classes (14+)
- ▶ HEAT Adult Masters Swim Team
- ★ Move/Shake Adaptive Dance (16+)
- ▶ Nancy Yanello Cancer Program
- ★ Neurodiversity Group
- ★ Parent Support Group with CU Able
- ▶ Parkinson's Fit Program
- ▶ Personal Training (14+)
- ▶ Prayer Shawl Ministry
- ▶ Rock Steady Boxing
- ▶ Swim Lessons

ACTIVE OLDER ADULTS—50+

- ▶ Arts & Crafts
- ▶ Climbing Class
- ▶ Group Fitness Classes (14+)
- ▶ Learn to Play...Pickleball
- ▶ Let's Take a Stroll
- ▶ Nancy Yanello Cancer Program
- ▶ Parkinson's Fit Program
- ▶ Personal Training (14+)
- ▶ Pickleball
- ▶ Prayer Shawl Ministry
- ▶ Swim Lessons

★ Denotes Larkin's Place Program

ACTIVITIES–YOUTH

SCHOOL DAYS OUT

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:

January 27

February 24

March 23

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.

HOMESCHOOL PE

DAYS: Wednesday | Feb 28–May 22

**No class Mar 13*

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!
*If your child cannot swim on their own, they must wear a Coast Guard-certified PFD, and a parent/guardian must be present during the swim portion of the class (11:40–12:25 pm)

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

Saturday 10AM–12PM

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 and Saturday mornings.



ACTIVITIES–YOUTH

DYNO DANCE TEAM

DAYS/TIMES: Tuesday & Thursday; 6–7PM

COST: \$15/participant

AGES: 7–15

DESCRIPTION: DYNO is a new dance team at Y on the Fly. Participants will learn modern hip-hop dance routines and perform at community events.

BOYS PROGRAM

DAYS: Saturdays

TIME: Varies

COST: Free, registration is required

AGES: Grades 1–5

DESCRIPTION: The BOYS Program (Building Opportunities for Youth Success), presented by Y on the Fly, is a fun and engaging program for our young men. Participants will be taken on enriching outings that include volunteering, learning experiences, and fun! Transportation is provided, and participants are supervised by YOTF staff.



GIRLS ON THE RUN

DATES: Feb 5–Apr 26

DAYS: 2x/week **TIME:** Varies

LOCATION: Varies

AGES: 3rd–5th Grade Girls

COST: \$150; financial assistance available

DESCRIPTION: Over the course of the ten-week program, girls in 3rd–5th grade will have fun, make friends, increase their physical activity, and learn important life skills.



Registration open Jan 15–28.

www.girlsontherunofchampaigncounty.org

CPR CERTIFICATION

DATES:

January 13

February 10

March 9 & 23

April 13 & 27

TIME: 12–3PM

AGES: 10+

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

DESCRIPTION: The Adult and Pediatric First Aid/CPR/AED is a blended learning course that equips students to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children, and infants. In the blended learning format, the online portion (accessed via mobile desktop or tablet) must be completed prior to attending the Instructor-led skills session.



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.



Stephens Family YMCA

2501 Fields South Drive, Champaign, IL 61822

217.359.9622 | www.sf-ymca.net

ACTIVITIES—ADULT

ARTS & CRAFTS

DAYS: Thursdays, Weekly

TIME: 1–2:30PM

AGES: Active Older Adults 50+

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

LEARN TO PLAY PICKLEBALL

DAYS: Mondays

Session I: Jan 8–29

Session II: Mar 4–Apr 1

**No classes Spring Break, Mar 11–15*

TIME: 10–11AM

COST: \$25/member; \$35/guest member

AGES: Active Older Adults 50+

DESCRIPTION: We are excited to offer a new 4 week program teaching the fundamentals of pickleball. You will learn the rules of pickleball, serving, scoring, and will get a chance to play!



PRAYER SHAWL MINISTRY

DAYS: TBD, Monthly

TIME: TBD

DESCRIPTION: Compassion and the love of knitting/crocheting have been combined into a prayerful ministry and spiritual practice which reaches out to those in need of comfort and solace, as well as in celebration and joy. Many blessings are prayed into every stitch.

CHOCOLATE EXTRAVAGANZA

DATE: February 14

TIME: 1–2:30PM

AGES: 50+

DESCRIPTION: Come celebrate Valentine's Day with us! It's a chocolate potluck! Bring your favorite chocolate dessert and enjoy the company of friends.

LET'S TAKE A STROLL

DAYS: Tuesdays, Weekly

TIME: 10AM

AGES: Active Older Adults 50+

DESCRIPTION: Lace up those tennies and let's stroll. Every week, we'll get the blood flowing with a walk, while talking with friends. Bundle up and walk around the Y or upstairs on the walking track if the weather is too cold. Join us to get your body moving during the winter months!

Y BROWN BAG BOOK CLUB

DATE: 2nd Thursday, Monthly

TIME: 12PM

AGES: 18+

DESCRIPTION: Bring your lunch and discuss a book every month with other members!

BOOKS FOR WINTER/SPRING:

JANUARY 11: *Killers of the Flower Moon* by David Grann

FEBRUARY 8: *The Secret Life of Sunflowers* by Marta Molnar

MARCH 14: *Three Things About Elsie* by Joanna Cannon

APRIL 11: *Breathing Lessons* by Anne Tyler

MAY 9: *Booth* by Karen Joy Fowler

MEN'S DEMENTIA SUPPORT GROUP

DAY/TIME: Tuesdays; 9AM & Wednesdays; 10:30AM, weekly, in person and on Zoom

DESCRIPTION: If you are caring for a family member with dementia and would benefit from in-depth discussion about this journey, you are welcome to join us. We gather in support of one another to share our stories freely and confidentially. *Registration NOT required.*

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 E State St
 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 County Road 600N
 Tolono, IL 61880



AQUATICS

SWIM LESSONS

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: Jan 8–Feb 25

Session II: Feb 26–Apr 14

**No classes Spring Break Mar 10–16*

Session III: Apr 15–Jun 2



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 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). For ages 4+.

35 MINUTE INDIVIDUAL NEMO LESSONS

(7-week session)

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

Questions about NEMO Lessons?
Contact our Nemo Lesson Coordinator,
at seth@ccymca.net, or scan the QR code below.



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.

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.*

All Birthday Party packages include:

- A 2 hour party at the YMCA for up to 20 participants*
 - » 1 hour for the activity package of your choice
 - » A party room or area for entire 2 hours
- Paper plates, cups, napkins, and table cloths
- YMCA birthday shirt for birthday child

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 **TIME:** 4–6PM

FAMILY ADVENTURE CENTER PACKAGE

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

SPORTS PACKAGE

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

SWIM PACKAGE

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

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 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: Jan 8–Feb 3 (4 weeks)

Session II: Feb 5–Mar 9 (5 weeks)

Session III: Mar 18–Apr 20 (5 weeks)

Session IV: Apr 22–May 25 (5 weeks)

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: Wednesday; 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 Glenn Kuhaneck.
climbing@ccymca.net.



Stephens Family YMCA

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

LARKIN'S PLACE



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 

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; Apr 24–May 22
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
Session I & Session II
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.*

BASKETBALL FOR ALL

DAYS: Wednesdays; Jan 10–Feb 7
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 basketball, or is a first-time player!



LARKIN'S PLACE, CONTINUED

COOKIN' IT UP

DAYS: Tuesdays **TIME:** 5:15–6:15PM

Session I & Session II

AGES: 10+

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 **TIME:** 6:45–7:30PM

AGES: **Session I:** 16+ | **Session II:** 5–14

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.

GAMERS

DAYS: Tuesdays

TIME: 6:30–7:30PM

AGES: 12–18

COST: \$50/member; \$70/guest member

DESCRIPTION: This is a flexible gaming group for anyone interested in gaming with others. A Minecraft server will be hosted, but other games can be brought as well. This group will be supervised, but is intended to be a place where tweens and teens can explore gaming together, and make connections with others who share their interests.

Devices and games are not provided.

TEEN NEURODIVERSITY GROUP

DAYS: Wednesdays

TIME: 5:30–6:30PM

AGES: 13–18

COST: \$40

DESCRIPTION: Our neurodiversity groups are a place for those who may be diagnosed as neurodivergent. This includes individuals on the Autism spectrum or those with ADHD, however, anyone who wants to gain social experiences without judgement is welcome to join.

The goal of our teen group is to have engaging social experiences each week, while meeting new friends and forming connections. This is a place where you can come as you are without judgement. Some skill-building topics will be incorporated into the group; however, the main goal is social friendships and support.

ADULT NEURODIVERSITY GROUP

DAYS: Wednesdays

TIME: 6:45–7:45PM

AGES: 18+

COST: \$40

DESCRIPTION: The goal of our adult group is to have engaging social experiences each week, while meeting new friends and forming connections. This is a place where you can come as you are without judgement.



YOUTH SPORTS

WINTER INDOOR SOCCER

DAYS: Saturdays | Jan 6–Feb 17

TIME: Varies

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

AGES: Kindergarten–6th Grade

DESCRIPTION: 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. All players will participate in a 20 minute practice followed by a 40 minute game each week.

All players are required to wear shin-guards and tennis shoes.

ITTY BITTY BASKETBALL

DAY/TIME: Wednesdays | Jan 10–Feb 7

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 basketball to your child's life. This program will have parents working with YMCA staff to teach children the skills and game of basketball, with a focus on shooting, dribbling, passing, and defending.

Parent involvement is required.

YOUTH KARATE

Session I: Jan 8–Feb 23

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

Session II: Feb 26–Apr 11

**No classes Spring Break, Mar 11–15*

\$85/member; \$130/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.*

SPRING YOUTH BASKETBALL LEAGUE

DAYS: Vary | Feb 24–Apr 20

**No practices/games Mar 4–16*

- 3rd–4th Grade Girls and 4th Grade Boys play on Wednesday evenings
- 3rd Grade Boys and 7th–8th Grade Girls play on Thursday evenings
- 7th–8th Grade Boys play on Friday evenings
- Kindergarten, 1st, 2nd, and 5th–6th grade teams play on Saturdays

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 game each week

K–4th Grade Registration Deadline: Feb 16

5TH–8TH GRADE:

MANDATORY SKILLS ASSESSMENT:

- 5th–6th Boys–Feb 11 | 1:30–3PM
makeup assessment Feb 12 | 4:30PM
- 7th–8th Boys–Feb 11 | 3:30–5PM
makeup assessment Feb 12 | 5:30PM
- 5th–6th Girls–Feb 15 | 4:30–5:30PM
makeup assessment Feb 16 | 4:30PM
- 7th–8th Girls–Feb 15 | 5:45–6:45PM
makeup assessment Feb 16 | 5:15PM

One-hour mid-week practice each week and games on Friday or Saturday. Games in the 5th–8th grade league are competitive with scorekeeping, registered IHSA officials, and an end-of-season tournament to crown a champion!

5th–8th Grade Registration Deadline: Feb 10



YOUTH SPORTS

ITTY BITTY SOCCER

DAY/TIME: Wednesdays | Apr 24–May 22

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 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.

SPRING FLAG FOOTBALL LEAGUE

DAYS: Saturdays | Apr 27–Jun 1

TIME: Varies

COST: \$70/member; \$120/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 game each Saturday

6TH–8TH GRADE:

MANDATORY SKILLS ASSESSMENT:
APR 17 | 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.



BASKETBALL FOR ALL



DAYS: Wednesdays; Jan 10–Feb 7

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 basketball, or is a first-time player!

SOCCER FOR ALL



DAYS: Wednesdays; Apr 24–May 22

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!



ADULT 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.

SPRING ADULT BASKETBALL LEAGUE

DAYS: Monday & Thursday | Apr 18–May 16

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: Jan 10–Feb 23

\$65/member; \$100/guest member

Session II: Feb 28–Apr 11

**No classes Spring Break, Mar 11–15*

\$55/member; \$85/guest member

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.

PICKLEBALL OPEN GYM

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.



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: Varies

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: FREE; open to the community

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



THERAPY SERVICES

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

BECOME A MISSION PARTNER

MISSION PARTNER MEMBERSHIP

MEMBERS SUPPORTING MEMBERS

The Stephens Family YMCA Mission Partner Membership is for our members that choose to round up or add on to their monthly membership dues to support membership for those who may not otherwise have the means. By becoming a Mission Partner, you are contributing to the over 500 families and individuals who are able to access the Y through our scholarship program, ensuring the Y remains a place for all.

ROUND UP

ADULT	\$57 → \$60
2 ADULT	\$79 → \$80
SINGLE PARENT FAMILY	\$70 → \$75
HOUSEHOLD	\$85 → \$90
STUDENT	\$35 → \$40

ADD ON

\$5
\$10
\$25
\$50
\$100
OTHER