

# 2024

## SUMMER GUIDE

# There's Something for Everyone at the Y!

**Session I: Jun 3–Jul 7**

**Session II: Jul 8–Aug 11**

Member Registration: May 13  
Guest Registration: May 20

Member Registration: Jun 17  
Guest Registration: Jun 24

Scan to Register



### 6 WEEKS—3 YEARS

- ★ Aquatic Therapy
- ▶ Child Watch (6 weeks–10yrs)
- ★ Speech Therapy
- ▶ Swim Lessons (6 months+)

### PRESCHOOL—AGE 3–5

- ★ Aquatic Therapy
- ▶ Birthday Parties
- ▶ Child Watch (6 weeks–10yrs)
- ★ NEMO Swim Lessons (4+)
- ▶ Private Climbing Sessions
- ★ Speech Therapy
- ▶ Swim Lessons (6 months+)

### SCHOOL AGE—AGE 6–12

- ▶ Advanced & Adult Karate (10+)
- ★ Aquatic Therapy
- ▶ Birthday Parties
- ▶ BOYS Program
- ▶ Child Watch (6 weeks–10yrs)
- ▶ HEAT Swim Team
- ★ NEMO Swim Lessons (4+)
- ▶ Private Climbing Sessions
- ★ Speech Therapy
- ▶ Swim Lessons (6 months+)
- ▶ Youth Karate (5–14)

### TEENS—AGE 13–17

- ▶ Advanced & Adult Karate (10+)
- ★ Aquatic Therapy
- ▶ Birthday Parties
- ▶ Group Fitness Classes (14+)
- ▶ HEAT Swim Team
- ▶ High School Basketball League
- ★ NEMO Swim Lessons (4+)
- ▶ Personal Training (14+)
- ▶ Private Climbing Sessions
- ★ Speech Therapy
- ▶ Swim Lessons (6 months+)

### ADULTS—18+

- ▶ Advanced & Adult Karate (10+)
- ★ Aquatic Therapy
- ▶ Elite Basketball League
- ▶ Brown Bag Book Club
- ▶ Group Fitness Classes (14+)
- ▶ HEAT Adult Masters Swim Team
- ▶ Nancy Yanello Cancer Program
- ▶ Parkinson's Fit Program
- ▶ Personal Training (14+)
- ▶ Private Climbing Sessions
- ▶ Rock Steady Boxing
- ▶ Swim Lessons (6 months+)

### ACTIVE OLDER ADULTS—50+

- ▶ Group Fitness Classes (14+)
- ▶ Nancy Yanello Cancer Program
- ▶ Parkinson's Fit Program
- ▶ Personal Training (14+)
- ▶ Pickleball Open Gym
- ▶ Private Climbing Sessions
- ▶ Swim Lessons (6 months+)

★ Denotes Larkin's Place Program



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

# ACTIVITIES–YOUTH & ADULT

## 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.

## BOYS PROGRAM

**DAYS:** Fridays, June 14 & 21 | July 19 & 26

**TIME:** 2–4pm

**COST:** Free, registration is required

**AGES:** 11–14

**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.



## 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.

## 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 SUMMER:

**JUNE 13:** *Pay It Forward* by Catherine Ryan Hyde

**JULY 11:** *Tom Lake* by Ann Patchett

**AUGUST 8:** *The Family Upstairs* by Lisa Jewel

## 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.*



# AQUATICS

## SWIM LESSONS

**AGES:** 6 months–Adult

**COST:** Varies

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

**Session I:** Jun 3–Jul 7

**Session II:** Jul 8–Aug 11

See next page for Summer Weekly session options.



## 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

## SUMMER SWIM WEEKLY LESSONS

**DAYS:** Mon–Thurs **TIME:** Varies

**SESSION DATES:**

- June 3–6
- June 10–13
- June 17–20
- June 24–27
- July 8–11
- July 15–18
- July 22–25
- July 29–Aug 1

**DESCRIPTION:** Swimming is more than just a hobby — it’s a life-saving skill. That’s why the Y’s swim lessons help focus on water safety, building character and increasing self-confidence.

## 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 Assistant Aquatics Director 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). For ages 4+.

**35 MINUTE INDIVIDUAL NEMO LESSONS**  
(7-week session)  
\$130/member; \$260/guest member

Questions about NEMO Lessons?  
Contact Seth Richmond, Nemo Lesson Coordinator, at [seth@ccymca.net](mailto:seth@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](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.*

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](mailto: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](mailto:jacob@ccymca.net) at least 2 weeks in advance (not all dates available).



# YOUTH & ADULT SPORTS

## YOUTH KARATE

**DATES:** Jul 10–Aug 9  
**DAYS:** Wednesday & Friday  
**TIME:** 5:30–6:30PM  
**AGES:** 5–14  
**COST:** \$50/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.*

## ADVANCED & ADULT KARATE

**DATES:** Jul 10–Aug 9  
**DAYS:** Wednesday & Friday  
**TIME:** 6:40–7:40PM  
**AGES:** 10+  
**COST:** \$50/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:** Tuesday & Wednesday  
**TIME:** 11:30–1:30PM  
**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.



## HIGH SCHOOL BASKETBALL LEAGUE

*Must have attended high school in 2023–24*

**DATES:** Jun 26–Jul 31  
**Tournament Games Aug 7–9**  
**DAYS/TIME:** Wednesday Evenings  
**COST:** \$300/team  
**DESCRIPTION:** This is a competitive, coed league with registered officials. Each session will have 5 regular season games and an end-of-season tournament to crown a champion! Games are one hour long and played on Wednesday evenings.

## 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](mailto:climbing@ccymca.net).

## ELITE BASKETBALL LEAGUE

**DATES:** Jun 3–Jul 15  
**Tournament Games Jul 22, 29, Aug 1**  
**DAYS/TIME:** Monday Evenings  
**COST:** \$450/team  
**AGES:** 18+  
**DESCRIPTION:** This is a competitive men's league designed for players with above average basketball skills. This session will have 7 regular season games and an end-of-season tournament to crown a champion! Games are one hour long and played on Monday evenings.

*Players must be 18 years or older & show photo ID before each game.*



## REC BASKETBALL LEAGUE

**DATES:** Jun 6–Jul 18  
*(no games week of July 4)*  
**Tournament Games Jul 25, 29, Aug 1**  
**DAYS/TIME:** Thursday evenings  
**COST:** \$400/team or \$60/individual  
**AGES:** 18+  
**DESCRIPTION:** This is a coed league designed for teams and players with moderate or lower skill levels who want to enjoy playing the game of basketball in a competitive environment. This session will have 6 regular season games and an end-of-season tournament to crown a champion! Games are one hour long and played on Monday evenings.

*Players must be 18 years or older & show photo ID before each game.*

# 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](mailto:brittanybooth@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.

## 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](mailto:alyssa.anderson@ccymca.net)

### 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

