



# PROGRAM GUIDE

September 2024 – May 2025

STEPHENS FAMILY YMCA

# WELCOME TO THE STEPHENS FAMILY YMCA

This program guide lists many opportunities for all ages. From climbing classes, to youth sports, to child care, the Y has something for everyone!

IT PAYS TO BELONG. YMCA members enjoy early access to programs and lower registration fees than non-members. For more information about how to become a member visit [www.sf-ymca.net/join-y](http://www.sf-ymca.net/join-y).

## SESSION & REGISTRATION DATES:

### SEPTEMBER 3 – OCTOBER 6

Member Registration: Aug 19

Guest Registration: Aug 26

### OCTOBER 7 – NOVEMBER 10

Member Registration: Sept 16

Guest Registration: Sept 23

### NOVEMBER 11 – DECEMBER 22

*(Off Thanksgiving week)*

Member Registration: Oct 21

Guest Registration: Oct 28

### JANUARY 6 – FEBRUARY 9

Member Registration: Dec 16

Guest Registration: Dec 23

### FEBRUARY 10 – MARCH 16

Member Registration: Jan 20

Guest Registration: Jan 27

### MARCH 24 – APRIL 20

*(Off Spring Break week)*

Member Registration: Mar 3

Guest Registration: Mar 10

### APRIL 21 – MAY 25

Member Registration: Mar 31

Guest Registration: Apr 7

## FINANCIAL ASSISTANCE

Financial assistance is available for membership, programs and child care through an application process. Stop at the Member Services Desk for more information.

## INCLUSION INFORMATION

The Stephens Family with Larkin's Place is dedicated to providing support to all children. We provide a wide range of inclusion support services, including adapted programming, modifications to existing programming, and inclusion counselor support for youth with disabilities.

In order to best meet the needs of all families, the level of support given to families will be determined on a case by case basis. In order to ensure the correct accommodations are given, any family needing additional accommodations or inclusion services **MUST** register for a program no less than 2 weeks before the start date of a program.

## QUESTIONS ABOUT INCLUSION?

Contact Alyssa Anderson, Larkin's Place Director.  
[alyssa.anderson@ccymca.net](mailto:alyssa.anderson@ccymca.net)

# THERE'S SOMETHING FOR EVERYONE

## 6 WEEKS–3 YEARS

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

## PRESCHOOL—AGE 3–5

- ★ Aquatic Therapy
- ★ Basketball for All (5–14)
- ▶ Birthday Parties
- ▶ Child Watch (6 weeks–10yrs)
- ▶ Climbing Class
- ▶ 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
- ▶ AthLEAP (10–18)
- ★ Basketball for All (5–14)
- ▶ Birthday Parties
- ▶ BOYS Program
- ▶ Child Watch (6 weeks–10yrs)
- ▶ Climbing Class
- ★ Cookin' It Up (10+)
- ▶ DYNO Dance Team
- ★ Gamers (11–18)
- ▶ 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 (8–14)
- ★ NEMO Swim Lessons (4+)
- ▶ Parent's Night Out (K–5th)
- ▶ School Days Out (K–5th)
- ★ Sibshops (5–13)
- ★ 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
- ▶ AthLEAP (10–18)
- ▶ Birthday Parties
- ▶ Climbing Class
- ★ Cookin' It Up (10+)
- ▶ EGYM
- ▶ Flag Football League (K–8th)
- ★ Friday Night Fun
- ★ Gamers (11–18)
- ▶ Group Fitness Classes (14+)
- ▶ HEAT Swim Team
- ★ Move/Shake Adaptive Dance (8–14)
- ★ NEMO Swim Lessons (4+)
- ★ Neurodiversity Group (16+)
- ▶ 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
- ▶ EGYM
- ★ Friday Night Fun
- ▶ Group Fitness Classes (14+)
- ▶ HEAT Adult Masters Swim Team
- ▶ Knit & Crochet Club
- ★ Move/Shake Adaptive Dance (16+)
- ▶ Nancy Yanello Cancer Program
- ★ Neurodiversity Group
- ★ Parent Resource Series with CU Able
- ★ Parent Support Group with CU Able
- ▶ Parkinson's Fit Program
- ▶ Personal Training (14+)
- ▶ Rock Steady Boxing
- ▶ Swim Lessons

## ACTIVE OLDER ADULTS—50+

- ▶ Arts & Crafts
- ▶ Brown Bag Book Club
- ▶ Climbing Class
- ▶ EGYM
- ▶ Group Fitness Classes (14+)
- ▶ Guest Speaker Series
- ▶ Knit & Crochet Club
- ▶ Learn to Play Pickleball
- ▶ Nancy Yanello Cancer Program
- ▶ Parkinson's Fit Program
- ▶ Personal Training (14+)
- ▶ Pickleball
- ▶ Swim Lessons

# ACTIVITIES FOR YOUTH

## Y NIGHTS – PARENTS NIGHT OUT

### DATES:

October 5  
December 14  
February 15  
April 12

**TIME:** 5:15–9PM

**GRADES:** Kindergarten–5th Grade

**COST:** Members–\$60/child; \$85/family  
Guest Members–\$70/child; \$95/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.

## GIRLS ON THE RUN

**FALL SEASON:** Sept 9–Nov 15 (8 weeks)

**SPRING SEASON:** Feb–Apr (10 weeks)



**DAYS:** Tuesday & Thursday **TIME:** 4–5:30PM

**LOCATION:** SF YMCA

**GRADES:** 3rd–5th Grade Girls

**COST:** Fall \$120; Spring \$150  
*financial assistance available*

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

Additional locations available at  
[www.girlsontherunofchampaigncounty.org](http://www.girlsontherunofchampaigncounty.org).

## FAMILY ADVENTURE CENTER OPEN PLAY

**AGES:** 10 and younger

**DESCRIPTION:** Come play in the Family Adventure Center! This area is open for use by our members when Child Watch is not being utilized. Children must be supervised by an adult.

## BOYS PROGRAM

**DATES:** Sept 7–May 17

**DAYS:** Saturdays

**TIME:** 11AM–3PM

**COST:** Free, registration is required

**AGES:** 8–11

**DESCRIPTION:** The B.O.Y.S Mentoring Program (Building Opportunities For Youth Success) is offered at no cost to all registered participants. The primary objective of this program is to offer young men the opportunity to explore and engage in various community activities, with a strong emphasis on enrichment. By attending every meeting, participants can fully benefit from the program and maximize their experience with us.



## DYNO DANCE TEAM

**DATES:** Begins Sept 9

**DAYS/TIMES:** Mon–Wed; 4:30–6 PM

**COST:** \$25/participant

**GRADES:** K–8

**DESCRIPTION:** The DYNO Cheer/Dance Team program prepares participants to cheer for the YOTF First-String basketball team during Saturday tournaments. Additionally, they will perform a choreographed dance routine at the first-string banquet.



## 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 FOR YOU

## 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!

## MEN'S DEMENTIA SUPPORT GROUP

**DAY/TIME:** Tuesdays at 9 AM and Wednesdays at 10:30AM

**LOCATION:** In person at SF YMCA 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.*

## 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*

## EGYM

# E G Y M

**COST:** \$20 one-time onboarding fee

**AGES:** 14+; for SF YMCA members only

**DESCRIPTION:** The EGYM strength training circuit introduces new opportunities to help members reach their fitness goals. Through regular measurements, the machines adapt your training weight automatically, allowing you to always workout with the optimum resistance to achieve your goals.

Stop at the Member Services Desk to schedule an on-boarding with an EGYM specialist.

## COOKIE DECORATING CLASS

**DATE:** December 12

**TIME:** 10 AM–12 PM

**AGES:** 18+

**COST:** \$55; for members only

**DESCRIPTION:** Brittany from Fairy Tale Sweets will teach us tricks to decorate sugar cookies like a pro! Participants will decorate 6 Christmas themed cookies to take home. All supplies 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.



## HOLIDAY BAZAAR

**DAYS:** November 7 & 8

**TIME:** 9 AM–1 PM

**DESCRIPTION:** Stephens Family YMCA is hosting their first ever Holiday Bazaar craft fair. Vendors will have a variety of handmade items available for purchase. Get some of your holiday shopping done at the Y!

Vendor applications will be available September 9.

## KNIT & CROCHET CLUB

**DAY/TIME:** Tuesdays, 1–2:30PM &

Thursdays, 6–7:30PM

**LOCATION:** SF YMCA

**AGES:** 14+

**COST:** Free, registration required

**DESCRIPTION:** This club will offer a space where beginner and advanced knitters and crocheters can come together to learn from each other, while creating handmade items. We will have a project available to work on as a group, or you may bring in your own.

Join us in a structured, yet laid-back atmosphere where communication and collaboration are encouraged.

# ACTIVITIES FOR 50+

## ARTS & CRAFTS

**DAYS:** Thursdays, 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.



## GUEST SPEAKER SERIES

**COST:** Free, registration is required

**AGES:** 50+

**DESCRIPTION:** Join other active older adults in this new monthly series! We will have a different guest speaker coming to talk about a variety of topics.

### DATES & TOPICS:

**Sept 10** The History of our YMCA

**Oct 11** State Health Insurance Program (SHIP)—which Medicare type is right for you?

**Nov DATE TBD** Advocates for Aging Care presentation

**Nov 15** Aging In Place w/Synergy Homecare

**Jan 8** Estate Planning w/Maatuka AI-Heeti Emkes, LLC

**Feb TBD** Internet Safety

**Feb 19** Healthy Living w/Synergy Homecare

**Mar 10** Healthcare Panel Q&A w/Synergy Homecare

**Apr TBD**

**May TBD**

## LEARN TO PLAY PICKLEBALL

### SESSIONS:

Sept 23–Oct 14

Oct 28–Nov 18

Jan 6–27

Feb 10–Mar 3

Mar 24–Apr 14

Apr 28–May 19

**DAYS:** Mondays

**TIME:** 10–11 AM

**AGES:** 50+

**COST:** \$25/Member; \$35/Guest Member

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



## PICKLEBALL OPEN GYM

**DAYS:** Monday, Tuesday, & Thursday

**TIME:** 10 AM–1 PM

**AGES:** 50+

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

**DESCRIPTION:** The Y is excited to offer Pickleball to Active Older Adults! Get involved in the fastest growing sport in the country, improve your health and meet new people. No registration required!

## CHAIR-BASED 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.

# ADULT SPORTS

## ELITE BASKETBALL LEAGUE

**DESCRIPTION:** The Elite League is a men's league designed for teams who are highly competitive and skilled players. To be competitive in this league, it is recommended that teams have multiple players who played at a high school or college level, and play basketball on a consistent basis. The league will have 5 regular season games and an end-of-season tournament.

**COST:** \$350/team

**FALL DATES:** September 5–October 11

Playoffs: Oct 8, 10, & 11

Game Days: Thursday Evenings—5:30–8:30PM

*Games are one hour long*

**Registration Deadline: August 22**

**SPRING DATES:** April 24–May 29

PLAYOFFS: May 27, 28, 29

GAME DAYS: Thursday Evenings—5:30–8:30PM

*Games are one hour long*

**Registration Deadline: April 11th**

## LEARN TO PLAY PICKLEBALL

### SESSIONS:

Sept 23–Oct 14

Oct 28–Nov 18

Jan 6–27

Feb 10–Mar 3

Mar 24–Apr 14

Apr 28–May 19

**DAYS:** Mondays

**TIME:** 10–11 AM

**AGES:** 50+

**COST:** \$25/Member; \$35/Guest Member

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

## RECREATION BASKETBALL LEAGUE

**DESCRIPTION:** The Recreation League is a coed league designed for teams & players with moderate or lower skill levels who want to enjoy playing competitive basketball. The league will have 5 regular season games and an end-of-season tournament. Games are played competitively with registered officials and record keeping.

**COST:** \$350/team

**FALL DATES:** September 3–October 11

Playoffs: Oct 8, 10, & 11

Game Days: Tuesday Evenings—5:30–8:30PM

*Games are one hour long*

**Registration Deadline: August 22**

**SPRING DATES:** April 21–May 29

PLAYOFFS: May 27, 28, 29

GAME DAYS: Monday Evenings—5:30–8:30PM

*Games are one hour long*

**Registration Deadline: April 11th**

Players without a team may sign up for the Individual Team in the Recreation League. Players signed up for the Individual Team will be placed on a team with other individual players to form a team.

Cost is \$50/player on the Individual Team.

## PICKLEBALL OPEN GYM

**DAYS:** Monday, Tuesday, & Thursday

**TIME:** 10 AM–1 PM

**AGES:** 50+

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

**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. No registration required!



# AFTER SCHOOL PROGRAM

## 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.

### LOCATIONS:

**STEPHENS FAMILY YMCA** – Champaign Unit 4\*\*

**Y ON THE FLY** – Champaign Unit 4\*\*

**LINCOLN TRAIL** – Mahomet Unit 3

**MIDDLETOWN PRAIRIE** – Mahomet Unit 3

**UNITY EAST** – Tolono Unit 7

**UNITY WEST** – Tolono Unit 7

\*\*Unit 4 provides transportation, contact the Unit 4 Transportation Dept for drop off location.

## YMCA AFTER SCHOOL RATES

### FULL MONTH

**2 DAYS/WEEK:** Tues/Thurs ONLY—\$140/month

**3 DAYS/WEEK:** Mon, Wed, Fri ONLY—\$210/month

**5 DAYS/WEEK:** Mon–Fri—\$350/month

### 3/4 MONTH

**2 DAYS/WEEK:** Tues/Thurs ONLY—\$104/month

**3 DAYS/WEEK:** Mon, Wed, Fri ONLY—\$158/month

**5 DAYS/WEEK:** Mon–Fri—\$263/month

### 1/2 MONTH

**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 includes a \$50 deposit to register

### Y ON THE FLY RATES

Contact [Capricia Whittaker](mailto:capricia@ccymca.net) for pricing.

[capricia@ccymca.net](mailto:capricia@ccymca.net)

*Stephens Family YMCA accepts CCRS payments and scholarships are available.*

## CHAMPAIGN FEE SCHEDULE

**FULL MONTH–** September, November, January, February, April, May

**3/4 MONTH–** August\*, October, December

**1/2 MONTH–** March

## MAHOMET & UNITY FEE SCHEDULE

**FULL MONTH–** September, October, November, January, February, April

**3/4 MONTH–** December, March, May

**1/2 MONTH–** August\*

## 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 days out 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.*





# 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.

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



## Stages of Learning

Infant & Toddler  
6 mos.–3 yrs.  
Stages A–B

Preschool  
3–5 yrs.  
Stages 1–4

School Age  
5–12 yrs.  
Stages 1–6

Teen & Adult  
12+ yrs.  
Stages 1–6

SWIM STARTERS Parent & child lessons		SWIM BASICS Recommended skills for all to have around water			SWIM STROKES Skills to support a healthy lifestyle		
A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics
<b>Blow bubbles</b> on surface, assisted	<b>Blow bubbles</b> mouth & nose submerged, assisted	<b>Submerge</b> bob independently	<b>Submerge</b> look at object on bottom	<b>Submerge</b> retrieve object in chest-deep water	<b>Endurance</b> any stroke or combination of strokes, 25 yd.	<b>Endurance</b> any stroke or combination of strokes, 50 yd.	<b>Endurance</b> any stroke or combination of strokes, 150 yd.
<b>Front tow</b> chin in water, assisted	<b>Front tow</b> blow bubbles, assisted	<b>Front glide</b> assisted, to wall, 5 ft.	<b>Front glide</b> 10 ft. (5 ft. preschool)	<b>Swim on front</b> 15 yd. (10 yd. preschool)	<b>Front crawl</b> rotary breathing, 15 yd.	<b>Front crawl</b> bent-arm recovery, 25 yd.	<b>Front crawl</b> flip turn, 50 yd.
<b>Water exit</b> parent & child together	<b>Water exit</b> assisted	<b>Water exit</b> independently	<b>Water exit</b> independently	<b>Water exit</b> independently	<b>Back crawl</b> 15 yd.	<b>Back crawl</b> pull, 25 yd.	<b>Back crawl</b> pull & flip turn, 50 yd.
<b>Water entry</b> parent & child together	<b>Water entry</b> assisted	<b>Jump, push, turn, grab</b> assisted	<b>Jump, push, turn, grab</b>	<b>Jump, swim, turn, grab</b> 10 yd.	<b>Dive</b> sitting	<b>Dive</b> kneeling	<b>Dive</b> standing
<b>Back float</b> assisted, head on shoulder	<b>Back float</b> assisted, head on chest	<b>Back float</b> assisted, 10 secs., recover independently	<b>Back float</b> 20 secs. (10 secs. preschool)	<b>Swim on back</b> 15 yd. (10 yd. preschool)	<b>Resting stroke</b> elementary backstroke, 15 yd.	<b>Resting stroke</b> sidestroke, 25 yd.	<b>Resting stroke</b> elementary backstroke or sidestroke, 50 yd.
<b>Roll</b> assisted	<b>Roll</b> assisted	<b>Roll</b> assisted	<b>Roll</b>	<b>Roll</b>	<b>Tread water</b> scissor & whip kick, 1 min.	<b>Tread water</b> scissor & whip kick, 2 mins.	<b>Tread water</b> retrieve object off bottom, tread 1 min.
<b>Front float</b> chin in water, assisted	<b>Front float</b> blow bubbles, assisted	<b>Front float</b> assisted, 10 secs., recover independently	<b>Front float</b> 20 secs. (10 secs. preschool)	<b>Tread water</b> 1 min. & exit (30 secs. preschool)	<b>Breaststroke</b> kick, 15 yd.	<b>Breaststroke</b> 25 yd.	<b>Breaststroke</b> open turn, 50 yd.
<b>Back tow</b> assisted, head on shoulder	<b>Back tow</b> assisted, head on chest	<b>Back glide</b> assisted, at wall, 5 ft.	<b>Back glide</b> 10 ft. (5 ft. preschool)	<b>Swim, float, swim</b> 25 yd. (15 yd. preschool)	<b>Butterfly</b> kick, 15 yd.	<b>Butterfly</b> simultaneous arm action & kick, 15 yd.	<b>Butterfly</b> 25 yd.
<b>Wall grab</b> assisted	<b>Monkey crawl</b> assisted, on edge, 5 ft.	<b>Swim, float, swim</b> assisted, 10 ft.	<b>Tread water</b> 10 secs., near wall, & exit	<b>Swim, float, swim</b> 5 yd.			

# AQUATICS

## 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 email [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+.

**30 MINUTE INDIVIDUAL NEMO LESSONS**  
 (5-week session)  
 \$95/member; \$190/guest member

Questions about NEMO Lessons?  
 Contact the Nemo Lesson Coordinator,  
 at [nemo@ccymca.net](mailto:nemo@ccymca.net).



## OPEN SWIM

**TIMES:** Vary  
**AGES:** All ages  
**DESCRIPTION:** Our pools are available for Open Swim when they are not being utilized by programming. Check the live schedule for the most up-to-date availability.

## COMPETITIVE SWIMMING

### CHAMPAIGN COUNTY

# HEAT

#### HEAT SWIM TEAM

**AGES:** 5-18

**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.

More information is available at  
[www.sf-ymca.net/heat-swim-team](http://www.sf-ymca.net/heat-swim-team)

# 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!

**DAYS:** Any, depending on availability

**COST:** \$75/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

## SESSIONS & PRICING

Sept 3–Oct 6 (5 weeks)

Oct 7–Nov 10 (5 weeks)

Nov 11–Dec 22 (5 weeks)

*No Classes Thanksgiving week*

Jan 6–Feb 9 (5 weeks)

Feb 10–Mar 16 (5 weeks)

Mar 24–Apr 20 (4 weeks)

*No Classes Spring Break week*

Apr 21–May 25 (5 weeks)

### FEES:

5 Week Session

\$50/Member; \$100/Guest Member

4 Week Session

\$40/Member; \$80/Guest Member

## MINI-MONKEYS

**DAY/TIME:** Tuesdays; 4–5PM &

Saturdays; 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:** Tuesdays; 5:15–6:15PM &

Saturdays; 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:** Thursday; 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:** Thursdays; 5:15–6:15PM

& Saturdays; 11:15AM–12:15PM

**AGES:** 3–Adult

**DESCRIPTION:** Bring your family for a fun and high energy class of climbing at the Y! Instruction will be modified for the skill level and desire of participants. Don't miss out on this fun and exciting class with your family!

*No climbing experience necessary.*

\*Climbers must have at least one other family member registered and all climbers must be registered separately\*

## ADVANCED & ADULT CLIMBING

**DAY/TIME:** Tuesdays; 6:30–7:30PM

& Thursdays; 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, Senior Program Director, at [jacob@ccymca.net](mailto:jacob@ccymca.net).



# HOMESCHOOL PROGRAMS

## HOMESCHOOL PE

**DAYS:** Fridays

**TIME:** 10:30AM–12:20PM

**AGES:** 6–14

**Cost:** \$40/Member; \$80/Guest Member

**DESCRIPTION:** Join us for an exciting PE class specifically for Homeschool families! Kids will engage in a variety of sports, enhance their fitness, and enjoy swimming with their friends each week. This program will promote physical health and teamwork through structured activities, sports, and fitness challenges. This class is perfect for homeschool families looking to keep their kids active, healthy, and socially engaged.

### FALL DATES

Session 1: Sept 6–27

Session 2: Oct 11–Nov 1

Session 3: Nov 15–Dec 13

*No Classes Thanksgiving week*

### SPRING DATES

Session 4: Feb 14–Mar 7

Session 5: Mar 28–Apr 18

Session 6: Apr 25–May 16

### FALL REGISTRATION DATES (SESSIONS 1-3):

Members: Opens August 5

Guest Members: Opens August 12

### SPRING REGISTRATION DATES (SESSIONS 4-6):

Members: Opens January 6

Guest Members: Opens January 13

## HOMESCHOOL PE PACKAGE

Sign up for multiple PE sessions in the 2024–2025 year and guarantee your child a spot in the program at a discounted price!

**3 Class Package:** \$105/Member; \$210/Guest Member

**6 Class Package:** \$210/Member; \$420/Guest Member

## ATHLEAP

**DAYS:** Wednesdays

**TIME:** 10–11:30AM

**AGES:** 10–18

**DESCRIPTION:** In AthLEAP, youth will be lead through a fusion of plyometrics, Pilates, yoga, and sport activities that will help your young athlete safely gain strength and agility, prevent common sports injuries, improve flexibility and balance, and hone their brain–body connections. Improve your personal best through this fun and engaging youth fitness class!

Sept 4–Oct 2 (5 weeks)

Oct 9–Nov 6 (5 weeks)

Nov 13–Dec 18 (5 weeks)

*No Classes Thanksgiving week*

Feb 12–Mar 12 (5 weeks)

Mar 26–Apr 16 (4 weeks)

Apr 23–May 21 (5 weeks)

### FEES:

**5 Week Session**

\$50/Member; \$100/Guest Member

**4 Week Session**

\$40/Member; \$80/Guest Member

# INCLUSION–LARKIN’S PLACE

## COOKIN’ IT UP

### SESSIONS:

Sept 3–Oct 6  
Oct 7–Nov 10  
Feb 10–Mar 16  
Mar 24–Apr 20

*No Classes Spring Break week*

**DAYS:** Tuesdays **TIME:** 5–6 PM

**AGES:** 10+

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

## GAMERS

### SESSIONS:

Sept 3–Oct 6  
Oct 7–Nov 10  
Jan 6–Feb 9  
Feb 10–Mar 16  
Mar 24–Apr 20

*No Classes Spring Break week*

**DAYS:** Tuesdays

**TIME:** 6–7 PM

**AGES:** 11–18 (Middle/High School)

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

## 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.



## MOVE SHAKE ADAPTIVE DANCE

### SESSIONS:

Sept 3–Oct 6 | Ages 16+  
Nov 11–Dec 22 | Ages 16+

*No Classes Thanksgiving week*

Feb 10–Mar 16 | Ages 8–14  
Mar 24–Apr 20 | Ages 16+

*No Classes Spring Break week*

**DAYS:** Thursdays **TIME:** 6:45–7:30PM

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

## WHEELCHAIR BASKETBALL

### SESSIONS:

Sept 24–Oct 29  
Nov 5–Dec 17

*No practice Thanksgiving week*

Jan 7–Feb 11  
Feb 18–Apr 1

*No practice Spring Break week*

Apr 8–May 13

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

**AGES:** 5–18

**COST:** \$75/member; \$120/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.*

# INCLUSION—LARKIN'S PLACE

## SPORTS FOR ALL

**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 the sport, or is a first-time player!

**DAYS:** Wednesdays **TIME:** 4:30–5:15PM

**AGES:** 5–14

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

## SOCCER FOR ALL

September 4–October 2

April 23–May 21

## BASKETBALL FOR ALL

January 8–February 5

## 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.*

## NEURODIVERSITY GROUP

**DAYS:** Thursdays **TIME:** 5:30–6:30PM

**AGES:** 16+

**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.

## PARENT SUPPORT GROUP

**DAYS:** Every Third Tuesday **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.

## PARENT RESOURCE SERIES

**DAYS:** Every First Wednesday **TIME:** 6–7 PM

**LOCATION:** SF YMCA or on Zoom

**DESCRIPTION:** Please join CU Able and Larkin's Place for our Parent Resource Series. This monthly series supports caregivers of individuals with disabilities. Each month, a new topic will be discussed.

### DATES & TOPICS:

**Sept 4** Local Resources for Children Age 0–3 and Navigating Early Intervention.

**Oct 2** Special Needs Trusts & Estate Planning

**Nov 6** ABLE account presentation

## SIBSHOPS

### DATES:

Sept 15, Oct 13, Nov 10

Feb 9, Mar 9, Apr 13, May 11



**DAYS:** Sundays **TIME:** 1–3 PM

**AGES:** 5–13

**COST:** Free, registration required

**DESCRIPTION:** This exciting collaboration is part of a national effort to create supportive and engaging workshops for children who have a sibling with a disability. All children will be supervised and will be able to engage in fun and interactive activities, while being around others who may be going through similar experiences.

# THERAPY SERVICES

## 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



# 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 on land and in the water. For information, contact Eddie Edwards at eddie@ccymca.net.



## 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*

## CHAIR-BASED 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

**Nancy Yanello  
Cancer Program**

A Program of the Stephens Family YMCA

**Express**



**Stephens Family YMCA**

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

# YOUTH SPORTS

## ITTY BITTY SPORTS

**DESCRIPTION:** It's never too early to introduce sports to your child's life. In the Itty Bitty program, parents work with YMCA staff to teach their children the skills and game of football, basketball, and soccer, with a focus on basic fundamentals.

*Parent involvement is required.*

**DAYS:** Wednesdays

**TIME:** 5:30–6:30PM

**AGES:** 3–5

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

## ITTY BITTY FOOTBALL

September 4–October 2

## ITTY BITTY BASKETBALL

January 8–February 5

## ITTY BITTY SOCCER

April 23–May 21

## SPORTS FOR ALL

**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 the sport, or is a first-time player!

**DAYS:** Wednesdays

**TIME:** 4:30–5:15PM

**AGES:** 5–14

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

## SOCCER FOR ALL

September 4–October 2

April 23–May 21

## BASKETBALL FOR ALL

January 8–February 5



## KARATE

### SESSIONS & PRICING

Sept 3–Oct 6 (5 weeks)

Oct 7–Nov 10 (5 weeks)

Nov 11–Dec 22 (5 weeks)

*No Classes Thanksgiving week*

Jan 6–Feb 9 (5 weeks)

Feb 10–Mar 16 (5 weeks)

Mar 24–Apr 20 (4 weeks)

*No Classes Spring Break week*

Apr 21–May 25 (5 weeks)

### FEES:

**5 Week Session**

\$50/Member; \$100/Guest Member

**4 Week Session**

\$40/Member; \$80/Guest Member

## YOUTH KARATE

**DAYS:** Wednesday & Friday

**TIME:** 5:30–6:30PM

**AGES:** 6–14

**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

**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.*



# YOUTH SPORTS LEAGUES

## FALL FLAG FOOTBALL LEAGUE

**DATES:** September 3–October 12

**AGES:** Kindergarten–8th Grade

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

**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. It is a great opportunity for prospective football players to play football play in a fun and competitive environment and build a solid foundation of the game!

### **K–5TH GRADE:**

*Players will be placed on teams by the sports director.*

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

### **6TH–8TH GRADE:**

*Players have a mandatory skills assessment and are assigned to teams*

60 minute midweek practice

Games on Saturdays

**SKILLS ASSESSMENT: AUG 28 | 6–7:30PM**

Makeup Assessment: Aug 30 at 4:30pm

Games in the 6th–8th grade league are competitive with scorekeeping.

Registration Deadline: Aug 26 (K-5) Aug 23 (6-8)

## SPRING FLAG FOOTBALL LEAGUE

**DATES:** April 21–May 31

**AGES:** Kindergarten–8th Grade

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

**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. It is a great opportunity for prospective football players to play football play in a fun and competitive environment and build a solid foundation of the game!

### **K–5TH GRADE:**

*Players will be placed on teams by the sports director.*

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

### **6TH–8TH GRADE:**

*Players have a mandatory skills assessment and are assigned to teams*

60 minute midweek practice

Games on Saturdays

**SKILLS ASSESSMENT: APR 16 | 5–6:30PM**

Makeup Assessment: Apr 17 at 5:30pm

Games in the 6th–8th grade league are competitive with scorekeeping.

Registration Deadline: April 14, 2025

## WINTER INDOOR SOCCER

**DATES:** January 11–February 15

**AGES:** Kindergarten–6th Grade

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

**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.

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. Team jerseys will be provided.*

Registration Deadline: January 2, 2025

# YOUTH SPORTS LEAGUES

## FALL BASKETBALL LEAGUE

**DATES:** October 30–December 21—*No practice or games Thanksgiving week (Nov 24–Nov 30)*

**AGES:** Kindergarten–8th Grade

**COST:** \$80/member; \$135/guest member

**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!

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

### K–4TH GRADE:

*Players will be placed on teams by the sports director.*

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

### 5TH–8TH GRADE:

*Players have a mandatory skills assessment and are assigned to teams*

60 minute mid-week practice

Games on Fridays or Saturdays

### MANDATORY SKILLS ASSESSMENT DATES:

- **5TH–6TH BOYS—OCT 22 | 5-6:30PM**  
Makeup Assessment Oct 23 at 6 PM
- **5TH–6TH GIRLS—OCT 24 | 4:30-5:30PM**  
Makeup Assessment Oct 25 at 5 PM
- **7TH–8TH COED—OCT 24 | 6-7 PM**  
Makeup Assessment Oct 25 at 6 PM

Games in the 5th–8th grade leagues are competitive with scorekeeping, registered IHSA officials, and an end-of-season tournament to crown a champion!

Registration Deadline: October 20, 2024

## SPRING BASKETBALL LEAGUE

**DATES:** February 22–April 19—*No practice or games over Spring Break (Mar 13–Mar 22)*

**AGES:** Kindergarten–8th Grade

**COST:** \$80/member; \$135/guest member

**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!

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

### K–4TH GRADE:

*Players will be placed on teams by the sports director.*

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

### 5TH–8TH GRADE:

*Players have a mandatory skills assessment and are assigned to teams*

60 minute mid-week practice

Games on Fridays or Saturdays

### MANDATORY SKILLS ASSESSMENT DATES:

- **5TH–6TH GIRLS—FEB 12 | 4:30-5:30PM**  
Makeup Assessment Feb 13 at 5:30PM
- **5TH–6TH BOYS—FEB 12 | 6-7:30PM**  
Makeup Assessment Feb 13 at 4:30PM
- **7TH–8TH COED—FEB 13 | 6:45-8:15PM**  
Makeup Assessment Feb 14 at 5:30PM

Games in the 5th–8th grade leagues are competitive with scorekeeping, registered IHSA officials, and an end-of-season tournament to crown a champion!

Registration Deadline: February 10, 2025

# Y ON THE FLY



## 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 Unit 4 school calendar at our Y on the Fly location.

2422 W. Springfield Ave.  
 Champaign, IL 61822

For questions about Y on the Fly, contact Capricia Whittaker at [capricia@ccymca.net](mailto:capricia@ccymca.net).

## 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 days out program includes age-appropriate activities with character development, physical play, cultural learning and educational components.

\$55/child/day

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



## BOYS PROGRAM

**DATES:** Sept 7–May 17  
**DAYS:** Saturdays  
**TIME:** 11AM–3PM  
**COST:** Free, registration is required  
**AGES:** 8–11  
**DESCRIPTION:** The BOYS Mentor Program (Building Opportunities For Youth Success) is offered at no cost to all registered participants. The primary objective of this program is to offer young men the opportunity to explore and engage in various community activities, with a strong emphasis on enrichment. By attending every meeting, participants can fully benefit from the program and maximize their experience with us.

## DYNO DANCE TEAM

**DATES:** Begins Sept 9  
**DAYS/TIMES:** Mon–Wed; 4:30–6 PM  
**COST:** \$25/participant  
**GRADES:** K–8  
**DESCRIPTION:** The DYNO Cheer/Dance Team program prepares participants to cheer for the YOTF First-String basketball team during Saturday tournaments. Additionally, they will perform a choreographed dance routine at the first-string banquet.