MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.
WORKING HARD TO WELCOME YOU BACK SAFELY

Our top priority is the health and well-being of our members, staff and community, and we’re working hard to ensure our facilities meet the highest standards for hygiene and safety based on CDC, state and local health guidelines. At right is the latest updates to our phased re-opening plan. Please note this could change at anytime.

THANK YOU for sticking with us!!!

To longtime members this program guide will look different, but please know we are striving to bring all programs and classes back to you as quickly and safely as possible.
WHAT TO EXPECT AT THE Y... FACILITY UPDATE

FALL 1 SESSION: August 31st – October 25th

*UPDATES HIGHLIGHTED IN HOT PINK*

• Hours of Operation: Mon- Fri: 5:00am-9:00pm & Sat: 6:00am-5:00pm & Sun: 8:00am-2:00pm

• Members Welcome: Kenosha YMCA Members only. Nationwide Membership, Day Passes & Member Guest temporarily suspended.
  • Some Classes and Programs are OPEN for General Public Registration for Fall I beginning Monday, August 24th. Child care programs also open to general public.

• Social Distancing: 6' spacing whenever possible & area capacity limits

• Face Masks: Everyone 5 and older is required to wear a mask indoors, unless they have a medical condition that prevents mask use. According to the Executive Order, proof is not required. If you are having trouble breathing, especially during accelerated physical exertion activities, you can take your mask off. We ask that you replace if and when you are able.

• Temperature Checks: Not required for Members. Daily temperature checks required for staff.

• Towels & Mats: No towel service. Please bring your own towels and mats.

• Enter / Exit: ENTER through Main Doors & EXIT through Kueny Aquatic Doors, follow floor markings.

• Check In / Check Out: Members are asked to use hand sanitizer upon entering & exiting. Scan in with no touch card scan, and review health screening questions posted at entrance.

• Membership & Program Questions & Transactions: Stay Right upon Entering & Proceed to Back of Member Service Desk, may need to wait in line. Maintain 6ft distancing, follow floor markings. ONLINE REGISTRATION STRONGLY ENCOURAGED.

• Coffee / Seating Area: Temporarily not available.

• Locker Rooms: Members under 14 must be accompanied by an adult. No hairdryers at this time.
  • Showers Open
  • Whirlpool: Max 2 people at a time
  • Sauna/Steam: Temporarily Closed

• Family Locker Room: Open.

• Cardio & Strength Equipment: Equipment Physically Distanced.

• Free Weight Area: 10 person capacity.

• WALKING TRACK: UPSTAIRS TRACK OPEN BEGINNING FALL I (MONDAY, AUGUST 31ST)
  • Please Note: Upstairs restrooms reserved for School-Age Child Care.

• Bottle Fillers: Available, but water fountains are not available.

• Outdoor Track: Open, please social distance.

• Gymnasium, Please follow Entrance & Exit Directionals
  • Court 1: Fitness Equipment
  • Court 3 &4: Fitness Classes
  • Court 2: Fitness Classes
  • Basketball: Online Hoop Reservations available
  • All free drop-in classes are first-come, first served; registration is required

• Personal Training: Available with social distancing.

• 2nd Floor Studios: Closed for Summer Day Camp, Social Distancing Requirements.

• Lap Pool: No Reservations Needed. First Come, First Served. Please see Pool Schedule for availability.
  • Capacity Limit = 8, 1 person per lane OR 4 families of 4

• Warm Water Pool: No Reservations Needed. First Come, First Served. Please see Pool Schedule for availability.
  • Capacity Limit = 16 people weekdays, Family Swim: 4 families of 4

• Pool Equipment: Now Available, will be disinfected after each use.

• Private Lessons: Resuming, will continue to be by appointment.

• Preschool: Open, see Early Childhood for more information.

• School-Age Care: Open, offering full day & half day options with virtual learning support. See page 9.

• Rockwall: Temporarily Closed.

• Kids’ Club: Open w/ Reservations; 12 child max. Call for reservations, see pg 7. Children over 5 are required to wear masks.

• Massage: Now taking appointments, for Y Members only.

• My Fitness Studio: Now Open, please wipe down equipment before and after use.

• Swim Team: Tryouts are Wednesday, September 9th @ 6:30pm for the Fall team!!

• ADULT AQUATICS CLASSES: FALL I CLASSES OPEN TO GENERAL PUBLIC REGISTRATION.

• Youth Sports & Swimming Lessons: Limited offerings to allow for physical distancing, NOW OPEN TO GENERAL PUBLIC.

• Maker Lab & Martial Arts Classes: No Classes for Fall I, stay tuned.

• DANCE: VIRTUAL CLASSES, OPEN FOR GENERAL PUBLIC REGISTRATION.
YMCA CODE OF CONDUCT

The YMCA is committed to providing a positive atmosphere that is safe and inclusive to all in our community. In order to ensure this, we have adopted a code of conduct to govern the actions and behavior of all people while in our facilities and participating in our programs.

All individuals using the Kenosha YMCA facility are expected to conduct themselves in a manner consistent with the YMCA Core Values of CARING, HONESTY, RESPECT and RESPONSIBILITY. Failure to do so may result in immediate dismissal from the premises and may result in suspension or termination of membership privileges.

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FALL I REGISTRATION

Member: Monday, August 17th
General Public: Monday, August 24th
CLASSES BEGIN: MONDAY, AUGUST 31st

GENERAL INQUIRES: 262.654.9622 EXT. 201

REGISTERING...

ONLINE: SAFE & SECURE! Register everyone with just a few simple clicks. A valid email address on file at the Kenosha YMCA is required. At this time online registration is strongly encouraged.

LOGGING INTO YOUR ACCOUNT.....

CURRENT & NEW MEMBERS:
You have an account as soon as you join! *Creating a new account WILL duplicate your record and not allow you to receive member pricing.
- Visit kenoshaymca.org and click ‘REGISTER/JOIN’.
- Click ‘SIGN IN’ button.
- From Login Page click ‘FORGOT PASSWORD’ to receive a temporary password via email.
- Your LOGIN is the EMAIL ADDRESS ATTACHED TO YOUR Y ACCOUNT. If you are having trouble or you are not sure what email we have, please contact us at 262.654.9622 ext. 201/202.
- You will be prompted to change your password upon logging in for the first time. You can also update your email and any other outdated contact information.

NON-MEMBERS: Facility currently only open to members. General Public may register for CLASSES ONLY.

WALK-IN: Online registration is strongly encouraged. If not available please register at the Member Service Desk.

MORE INFORMATION
- Registrations can no longer be taken over the phone.
- Full payment is required at the time of registration.
- Accounts must be in good standing.
- Registrations are on a first-come, first-served basis.
- Participants put on a ‘class waiting list’ will be contacted by a staff member to make arrangements for transfer to another available class/program or to initiate a refund.

CONNECT TO OUR CAUSE!
DOWNLOAD OUR FREE APP TODAY!

Search “DAXKO”
Once the APP is downloaded you’ll be prompted to choose Kenosha YMCA.
MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Monthly Draft</th>
<th>Joiner Fee</th>
</tr>
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<tbody>
<tr>
<td>Youth 17 &amp; under</td>
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<td>Young Adult 18 - 29</td>
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<td>Single Adult 30 - 59</td>
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<td>$0</td>
</tr>
<tr>
<td>Senior II*</td>
<td>$59</td>
<td>$0</td>
</tr>
</tbody>
</table>

*Proof of household residency required. *Ask about Corporate Discounts. Rates subject to change.

FACILITY HOURS

MONDAY - FRIDAY: 5:00am - 9:00pm
SATURDAY: 6:00am - 5:00pm
SUNDAY: 8:00am - 2:00pm

*S last check-in is 15-minutes prior to closing.

SENIOR DAY: Temporarily Suspended

LAP POOL OPEN SWIM HOURS
MONDAY, WEDNESDAY & FRIDAY: 5am-8pm
TUESDAY, THURSDAY: 5am-8:30pm
SATURDAY: 6am-4:45pm
SUNDAY: 8am-1:45pm

WARM WATER POOL OPEN SWIM HOURS
MONDAY: 7-8am, 10am-12pm & 5-8pm
TUESDAY: 8:30am-12pm & 5:30-8pm
WEDNESDAY: 7-8am, 10am-12:30pm & 4-7pm
THURSDAY: 8:30-10am, 11am-12pm & 6-8pm
FRIDAY: 7-8am, 11am-12pm & 4-7pm
SATURDAY: 11:30am-4pm
SUNDAY: 8:00am-1:45pm

YMCA MEMBERSHIP POLICIES

MEMBERSHIP PAYMENT OPTIONS

Membership payments can be made in one of two ways:

- **Monthly Bank Draft** is an ongoing membership plan, with the joiner fee and first month’s membership paid upon joining. Thereafter the monthly fee is withdrawn from a checking/savings account or debit/credit card on your join date each month.
- **Annual** is paid in full upon joining. Renewal notices are sent one month prior to your expiration date. Fees are non-refundable and non-transferable.

DAY PASSES: Temporarily Suspended

FACILITY MEMBER GUEST PRIVILEGES: Temporarily Suspended

MEMBERSHIP CARDS

The YMCA is a membership organization. In an effort to provide a safe place for your family, we give each member, 13 years and older, a membership card. **We ask that you always present it to gain admittance to any YMCA.** Photo ID with proof of age is required for membership and to receive a membership card. You may purchase a replacement card at any time for $5.

LOCKERS

Lockers are available to rent for just $6.25/month. Daily use is free. Member/guest must provide a lock. We strongly encourage everyone to lock your locker. Locks may not be left on overnight unless it is a rented locker. Towel Service has been eliminated.

JOHN & JUDY WAVRO SCHOLARSHIP FUND

If you cannot afford the full cost of a YMCA membership or program, please ask for a confidential scholarship application. Financial assistance, to the extent possible, is available to those in need thanks to the Annual Campaign and United Way.

NATIONWIDE MEMBERSHIP

Temporarily Suspended

MULTI-MEDIA

The use of cell phones and other electronic devices is prohibited in ALL locker rooms, restrooms and on all equipment. YMCA programs and events are often photographed/videotaped for promotional purposes. If you do not wish to be included, please speak with the YMCA event and/or program staff.

LOST AND FOUND

The YMCA is not responsible for lost or stolen articles. Lost and found items are kept at the Member Service Desk for 14 days and then donated to a charitable organization.

DISABILITIES

If you have a disability, need further assistance or more information, please contact us at 262.654.9622 or fax us at 262.653.9886. You can also e-mail us at info@kenoshaymca.org.

CLASS CANCELLATION POLICY

We offer credits upon request for medical reasons only. Documentation is required, a prorated system will be used and a $10 processing fee will be deducted from the amount of the credit. Credits are valid for 12 months.

MEMBERSHIP CANCELLATION POLICY

All schedules, activities, class fees and staff may be changed or canceled by the Y without notice. The Y does not require contracts; you may cancel at anytime. A minimum 14-day notice is required to cancel your bank draft. Please visit the Member Service Desk or download the Cancellation Form from our website. This form may be mailed, faxed or e-mailed to info@kenoshaymca.org. You will receive a follow-up email to confirm your cancellation has been processed. Refunds are not given for paid-in-full memberships canceled early. Note: the billable member must request cancellation.

MEMBERSHIPS “ON-HOLD”

Memberships may be put on “hold” one time per calendar year for a minimum of 3 months, but no more than 12 months. This provides an extended leave from your membership, but saves you from repaying the Joiner’s Fee when you return. There is a $10 monthly fee for this service. If you are unable to participate due to a medical condition, you may request a medical leave without monthly dues with documentation from your doctor.

RETURNED CHECKS & DECLINED CHARGES

The Y reserves the right to charge a $30 service fee on all EFT’s, returned checks, and declined reoccurring credit card charges.
The guidelines below have been temporarily adjusted. At this time anyone under the age of 14 is required to have adult supervision. Thank you for your understanding.

YMCA AGE GUIDELINES
In order to provide a safe and positive experience for the youth of our community, the following guidelines related to facility use by YMCA members and guests will apply. “Supervising individuals” are defined as persons 18 years or older.

FACILITY AGE GUIDELINES
The following guidelines apply to all youth not participating in a supervised, structured program while in the facility.

Youth ages 9 and under are required to be directly supervised at all times. Kids’ Club is available to all; see above for specifics.

Youth ages 10-12 are required to be accompanied by a supervising individual who remains in the building. This individual does not have to be in the same area as the youth.

Youth ages 13–14 are not required to be accompanied by a supervising individual but need to have a signed ‘Youth Code of Conduct’ on file. They are required to follow the age policies for specific areas as outlined to the right. Orientation to the facility and equipment is strongly recommended.

AGE GUIDELINES FOR SPECIFIC AREAS
Free Weight/Cardiovascular Areas
Youth age 14 and older may use these areas without supervision. Youth ages 12-13 are required to complete the Youth Strength Training Class to use this area and need to be accompanied by a supervising individual who is actively monitoring the youth. Youth age 11 and under are not permitted in weight/cardiovascular areas. Appropriate attire is required including athletic shoes.

Pools: See Kueny Aquatic Center Policies at right.
Whirlpool/Sauna/Steam: Members & guests need to be 15 years old to use these facilities.
Lockers/Shower Facilities: Youth age 5 and over are required to use the same gender locker room and be accompanied by a supervising individual. The Family Locker Room is also available.
Exercise Classes: Participants need to be 14 years old. Youth ages 11-13 may participate with a supervising individual if they are willing and able to follow class structure.
Walking Track: Youth ages 12-13 are required to complete the Youth Strength Training Class to use this area. Youth age 11 and younger may utilize track if directly supervised by an adult.
Rockwall: Ages 5–9 require direct supervision for Open Climb.

KUENY AQUATIC CENTER POLICIES

LIFEGUARDS AND ADULT SUPERVISION
Our aquatic staff of American Red Cross certified lifeguards strives to maintain the highest standards possible. The goal is to provide patrons with a safe, clean atmosphere in which families can enjoy aquatic fitness and recreation. The purpose of the aquatic staff is not to supervise your child, but to ensure the safety of all facility patrons by preventing and responding to emergencies. Therefore, parents are expected to closely supervise their children and assist in enforcing the policies for the safety and enjoyment of all patrons.

• Direct Supervision: an adult (18+) is required to be in a swimsuit and in the water with the child at all times; unless the child is participating in a Y supervised program.
• Ages 6 and under: Require Direct Supervision.
• Ages 7–9: Require Direct Supervision unless the child can pass the deep end swim test; however an adult must remain on the pool deck.
• Ages 10–17: Are subject to the deep end swim test at the lifeguard’s discretion. An adult does not have to remain in the pool area.

The deep-end swim test in the lap pool is... Jump in and level off before beginning to swim, then swim to the lifeguard chair in the middle of the pool using a front paddling stroke, tread at that spot for 15 seconds, swim to the end, and then float at the start for 15 seconds, without assistance.

The deep-end swim test in the instructional pool is... Jump in and level off before beginning to swim, then swim to the lifeguard chair in the middle of the pool using a front paddling stroke, tread at that spot for 15 seconds, swim back to the start, and then float at the start for 15 seconds, without assistance.

PROPER SWIMSUIT ATTIRE IS REQUIRED
In the interest of public health and safety, and in compliance with all local and state laws, patrons need to wear appropriate, clean swimwear and shower prior to entering the pools. Guardians must also be in proper swimsuit attire, so if necessary, they can enter the pool to assist the patrons for whom they are responsible.

Appropriate swimsuit attire is defined as clothing specifically designed for use in the water. They are designed to be quick drying and are generally made from smooth, nylon material. Examples of appropriate swimwear include: swimsuits with an affixed/rash guard shirts, board shorts, and swim trunks with an inner lining. Some examples of inappropriate attire include (but are not limited to) basketball shorts, underwear and/or boxer shorts, sports bras, cotton clothing items of any kind, and lifeguard gear (due to liability issues). Inappropriate attire can damage our pumps and off-set our chemical levels.

FLOTATION DEVICES AND TOYS
At this time, flotation devices and pool toys are welcome at our aquatic facility under the following guidelines:

• Children under the age of 10 may only use flotation devices with an adult or guardian in the water, supervising the child.
• Any flotation device or pool toy must be clean and free of any debris (i.e. sand & beach water residue)
• Flotation devices and/or pool toys will be allowed at the lifeguard’s discretion.
• Water wings are strongly discouraged for use as flotation devices. The Y recommends only US Coast Guard approved flotation devices.
KIDS’ CLUB
DROP-IN CHILDCARE

Welcoming our little friends back safely. We are so excited to be welcoming more members and children back into the facility! For safety purposes we have made the following changes:

- **RESERVATION FORMAT:** Please call us directly at 262.564.6818 during Kids’ Club hours
  - Reservations taken on a first come, first served basis
  - You are able to make reservations up to 4 days in advance

- **2-hour time limit for all ages**
- Temperature Checks and Hand Washing Upon Arrival
- Parents will be called to change diapers
- No food/snacks, unless there is a medical need
- Please bring your own water bottle or sippy cups, no cups will be provided

**RESERVATION TIMES, 2-HOURS:**

**AM:**
- Monday – Friday 8:00-10:00am,
  - 10:15-12:15pm &
- Saturday 10:00am-12:00pm

**PM:**
- Monday-Thursday 4:00-6:00pm,
  - 6:15-8:15pm
- Friday 5:00-7:00pm

**DAILY ACTIVITIES**

- Exploration Stations
- Reading Time
- Game Time! (Outside or Gym time)
- Arts & Crafts

Kids’ Club is drop-in childcare for our members while they utilize the facility. Open to children 6 weeks to 12 years old.

*Y Members must register for Kids’ Club. There is a $25 annual registration fee, per family; there is no additional charge for daily usage. (Kenosha Y & Nationwide Members)
Ensure a brighter future! We can meet your childcare needs for ages 2 through 13 years with low staff-to-child ratios. As a state-licensed facility with the commitment to providing the highest quality care at each developmental stage, our mission and core values of honesty, responsibility, respect and caring make us an easy choice to meet your childcare needs. Scholarships are available.

Watch as your child hits each milestone in our EARLY CHILDHOOD & PRESCHOOL PROGRAMS! You’ll feel secure knowing your child is in an inclusive, positive and nurturing environment that includes:

- Develop Social Emotional and Pre-Reading & Math Skills while engaging in fun activities and experiences
- Creative Curriculum
- Certified Lead Teachers, and ongoing staff development
- Nutritionally sound breakfast, lunch and snacks provided; under CACFP guidelines.
- ASQ: Ages & Stages Questionnaire
- Good health practices through daily exercise, including...
  - Gym/Outdoor Time
  - Yoga & Sports Instruction
- Teaching students to understand and appreciate diversity through multicultural activities such as: music, dance, art, foreign language and more.
- Introducing them to new things like gardening, cooking, STEM and sign language.
- Community service projects.
- Field trips to local sites and area businesses, including the Library once a week (upon lifting of COVID restrictions).

**WEEKLY ACTIVITY SCHEDULE**

**TUESDAY:** Music / Art  
**WEDNESDAY:** Cooking / STEM  
**DAILY CIRCLE TIME:** Sign language, Math Skills, Foreign Language, and more

**ENROLLMENT INFORMATION**

- Program open Monday – Friday, 6:30am-6:00pm
- Flexible Scheduling. Enrollment is accepted year round; call for current openings.
- Summer only available
- On-line Enrollment
- Children may begin attending within 2 business days (M-F), providing space available and all required forms are complete.
- Multiple child: 10% off fees for each additional child

<table>
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<th>AGES</th>
<th>DAILY HOURS</th>
<th>DAILY RATE</th>
</tr>
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<td>2 years</td>
<td>Fewer than 5 hours</td>
<td>$28 / $33</td>
</tr>
<tr>
<td></td>
<td>5+ hours</td>
<td>$40 / $45</td>
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<tr>
<td>3 - 5 years</td>
<td>Fewer than 5 hours</td>
<td>$25 / $30</td>
</tr>
<tr>
<td></td>
<td>5+ hours</td>
<td>$37 / $42</td>
</tr>
</tbody>
</table>

*Member / Non-Member Rate

**QUESTIONS? PLEASE CONTACT US...**

Billing & Payment Questions Email: youthandfamily@kenoshaymca.org  
Lisa Eckardt, Early Childhood Coordinator  
P: 654.9622, ext. 236  E: leckardt@kenoshaymca.org  
Office Hours: Monday - Friday: 8:00am-1:30pm

Dr. Rachel Mall, Youth and Family Director  
E: rmall@kenoshaymca.org

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.
EDUCATE, INSPIRE & ENGAGE

Hurry, only a few spots left... FULL DAY & HALF DAY program with Virtual Learning Support!

FULL DAY: $40 or HALF DAY: $25
FLEXIBLE SCHEDULING & 10% MULTIPLE CHILD DISCOUNT

EMAIL YOUTHANDFAMILY@KENOSHAYMCA.ORG TO REGISTER!

PROGRAM INCLUDES:
- Breakfast, Lunch & Afternoon Snack
- Academic support during “school day” with facilitated activity breaks
- Homework & tutoring help as needed “after school”
- Service Learning Projects
- Character Development
- STEM
- Bookmobile visits
- Gardening
- Swimming on Fridays
- “Live” (face to face) art, music, language and physical education/sports activities
- A YMCA Youth Membership! Save on other programs like martial arts, swimming lessons, dance and more!

Scholarships also available, contact us for more info.

SAFE ENVIRONMENT:
- Physical distancing
- Enhanced cleaning & sanitation
- Daily wellness checks for staff and participants
- Individual art supplies, notebook paper and other supplies will be provided

OPEN HOUSE
AUGUST 31st
See the space, meet the teachers and more. Email us at youthandfamily@kenoshaymca.org to schedule your time!

Have a 7th/8th Grader? We have something for them too! Contact us today.
WELCOMING OUR YOUTH BACK SAFELY!

For safety purposes the following safety measures are in place:
- Each participant will have their own equipment, provided by the Y
- Equipment will be cleaned and disinfected after each use, by the Y
- Social Distancing

These practices will be reviewed with you at the beginning of class.
Your children’s health and safety is our number one priority!

CHARACTER FIRST, COMPETITION SECOND

The youth sports program at the Y is built on four core principles regardless of the skill level of each child: Character, Fun, Development (overall skill and knowledge), and Health.

Our classes are exciting and fast paced, and are structured to provide each child an equal opportunity to improve. Our ultimate goal, at the end of each class, is for each student to be better than they were day one. We want everyone in our program to not only be the best person they can be in their individual sports, but most importantly, we want to help them be the best HUMAN BEING they can be.

NOW OPEN TO GENERAL PUBLIC REGISTRATION

QUESTIONS about our Sports Programs?
Contact Chris Finkel at cfinkel@kenoshaymca.org or at 262.654.9622 ext. 213.

LITTLE DRIBBLERS
Location: Gymnasium - Focus on the fundamentals of shooting, ball handling, passing, post and perimeter play, footwork and pivoting drills, movement without the ball, and core training. T-shirt provided.
- Preschool (3-4 yrs) Court 3 Mondays 6:00-6:30pm
- Fee: Member $21 General Public $30 Minimum Participants: 5
  *Due to the holiday (9/7) prices have been pro-rated.

BEGINNER DRIBBLERS
Location: Gymnasium - Focus on the fundamentals of shooting, ball handling, passing, post and perimeter play, footwork and pivoting drills, movement without the ball, and core training. T-shirt provided.
- Grades K-3rd Court 3 Mondays 6:30-7:30pm
- Fee: Member $39 General Public $57 Minimum Participants: 5
  *Due to the holiday (9/7) prices have been pro-rated.

INTERMEDIATE DRIBBLERS
Location: Gymnasium - Focus on the fundamentals of shooting, ball handling, passing, post and perimeter play, footwork and pivoting drills, movement without the ball, and core training. T-shirt provided.
- Grades 4th-8th Court 3 Thursdays 6:00-7:00pm
- Fee: Member $44 General Public $65 Minimum Participants: 5

MINI KICKERS
Location: Outdoor Soccer Field - a parent/child participation program designed to teach children the basic skills of soccer, such as dribbling, passing and taking shots on goal. T-shirt provided.
- Pre-K (3-4 yrs.) Saturdays 9:00-9:30am
- Fee: Member $24 General Public $34 Minimum Participants: 5

LITTLE KICKERS
Location: Outdoor Soccer Field - a non-competitive sports program designed to teach children the basic skills of soccer, such as dribbling, passing, teamwork and taking shots on goal. T-shirt provided.
- Grades K-2nd Saturdays 9:30-10:30am
- Fee: Member $38 General Public $54 Minimum Participants: 5

YOUTH OUTDOOR SOCCER

YOUTH BASKETBALL
NEW PROGRAMS!

SPEED & AGILITY TRAINING with Personal Trainer Tom, NASM, CPT

Are you looking to unlock your performance, improve muscle endurance, stabilize balance, prevent injury and learn correct joint movement? This intense speed & agility training program is just for you! 4 weeks (8 sessions) of intense work with Tom will help you reach your maximum acceleration speeds & top end gains, regardless of the sport(s) you play.

Participants: Min 5, Max 10

Ages: 12 & up

Days: Mondays & Thursdays
Time: 6:00-7:00pm
Meet outside My Fitness Studio
Fee: Members $103
General Public $136

*Due to the holiday (9/7) prices have been pro-rated.

STAY CONNECTED...

Parents are encouraged to download the ‘REMIND’ app from the app store. You can then receive updates on youth sports.

CODES NEEDED....

Soccer: @ KYM CASOCC
Basketball: @ KYMCABBAL
Speed and Agility: @ KYMCASA
Miracle League: @ KYMCAML

COMPREHENSIVE P.E. PROGRAM

Join us for this 8-week program designed for youth interested in enhancing their current level of fitness. Your child will have the opportunity to explore the fun of fitness with other kids their own age while participating in activities and games that help develop coordination, socialization, and group play. Activities include time in our gymnasium and outdoor fields (weather permitting). Participants: Min 6, Max 20

Ages: 6 – 12

Days: Thursdays
Time: 3:45-4:45pm
Meet in the Gymnasium
Fee: Members $75
General Public $130

SPECIAL THANKS TO THIS YEARS YOUTH SPORTS SPONSORS!

Kenosha News ● First American Bank
Martin Petersen Company, Inc. ● Pepsi

Intro to Sports
Developmental Volleyball
Volleyball and Pickleball Leagues
Family Fun Sports Nights

Coming Soon!!

Intro to Sports
Developmental Volleyball
Volleyball and Pickleball Leagues
Family Fun Sports Nights

Keep an eye out for more information or contact Chris Finkel at cfinkel@kenoshaymca.org or at 262.654.9622 ext. 2173.
Our DANCE Program teaches children more than just how to dance. Through the art of dance we teach children: coordination, creativity, confidence, responsibility, friendship & socialization skills, as well as an appreciation and understanding of the Arts. Our dance staff is dedicated to teaching your child in a positive and motivating manner. Our program is designed to guide and challenge your child in the Performing Arts.

About the Instructor: Ms. Jordan is currently attending Carthage College majoring in elementary and special education and minorinig in dance. She has been dancing for 16 years; including having the opportunity to dance on a dance team, and with a professional company in Chicago. She’s performed at multiple events in the Kenosha/Chicago area, and is looking forward to sharing her passion for dance.

MODERN DANCE, 6 & up
In this fun, high energy, technique-focused dance class, students will learn the basic concepts of modern dance including hip hop. They will also learn a dance routine to a popular, top 40, (but kid friendly) song.
Participants: Min 3
LEVEL I  Tuesdays 5:30–6:15pm  Member $40  General Public: $60
LEVEL II  Tuesdays 6:30–7:15pm  Member $40  General Public: $60

CREATIVE MOVEMENT, Ages 3 & 4
This is an introduction to dance. The classes primary goal is to foster the love of movement. Learning basic ballet steps and working on large motor skills, following directions, creative play, spatial awareness, and rhythm.
Participants: Min 3
Tuesdays 4:30–5:15pm  Member $40  General Public: $60
Saturdays 8:00–8:45am  Member $40  General Public: $60

YMCA DANCE DRESS CODE:
Creative Movement & Ballet/Jazz: Ballet Shoes. Girls: Leotards and Tights and Boys: Comfortable clothes
Modern Dance: Comfortable Clothing (T-shirt/Tank Top; Pants (Knees Must be Covered, No Jeans); Sneakers.
*For safety purposes jewelry should not be worn during dance classes. (Stud earrings are okay)

BALLET & JAZZ, 5 & UP
JAZZ: Students will learn a style of dance that is structured, upbeat ballet stage style of dance. It involves jumps, kicks, turns, isolations, flexibility, floor work, and body awareness.
BALLET: Students will learn ballet fundamentals, technique, and terminology, while building muscular strength, and proper dance posture. Classes will use age appropriate material. Etiquette and discipline are emphasized in a positive and creative atmosphere. Participants: Min 3
LEVEL I  Saturdays 9:00–9:45am  Member $40  General Public: $60
LEVEL II  Saturdays 10:00–10:45am  Member $40  General Public: $60

VIRTUAL ZOOM CLASS PROCESS & INFORMATION
1. DOWNLOAD ZOOM APP
2. Create a FREE ZOOM account
3. Register for your classes at KenoshaYMCA.org
*Once you have registered please watch for a confirmation email containing the Zoom class link and equipment suggestions.
HOW TO ZOOM, Having trouble? Check out these instructions

NOW OPEN TO GENERAL PUBLIC REGISTRATION
Welcome to the YMCA youth aquatic programs. We’re excited to highlight several programs this season, including private and semi-private lesson packages and guaranteed low student to instructor ratios for each group lesson. ALL of our instructors are certified water safety instructors through the American Red Cross; let them help you gain confidence in the water and improve your swimming skills.

**KEEPING OUR COMMUNITY SAFE AND WELCOMING OUR SWIMMERS BACK SAFELY**

Drowning is still the leading cause of death for children ages 1–4; with that in mind we are going to begin offering swim lessons again. The following safety measures have been put in place.

1. Limited class sizes
   • Parent & Child: 8, Preschool: 4, School-Age: 5
2. YOUTH classes open to Members & General Public
3. Staggered start times to eliminate large groups in the hallway
4. One adult, per student, will be allowed to observe
5. Classes held in both pools and distanced by at least 10 feet
6. No shared equipment during class
7. The touch points and equipment will be disinfected once per hour
8. Instructors will wear face shields
9. Swimmers will be unable to swim before or after their lesson. Please do not arrive more than 5 minutes before your lesson, and exit promptly when your lesson is complete.
10. Please note that all plans are subject to change. We will continue to follow the guidelines of the CDC and our local health authorities.

**NOW OPEN TO GENERAL PUBLIC REGISTRATION**

**PARENT & CHILD SWIM LESSONS**

Location: Instructional Pool – This water enrichment program provides a positive environment for children ages 6-36 months with a parent or guardian in the water. Parents are guided through basic swimming skills by our trained instructors. No more than eight children will be accepted into each class. Classes are 45-minutes in length.

**PARENT & CHILD 1 – SHRIMP** (6-18 months)

Fun with games, songs and nursery rhymes while introducing basic swimming skills.

**PARENT & CHILD 2 – KIPPER** (18-36 months)

Water comfort and swimming skills taught through a variety of fun activities. Parents and children will be guided through introductory swimming skills and safety precautions preparing them for classes without the aid of a parent.

Fee: Member $49 General Public $67 *EIGHT participants per class.*

**PARENT & CHILD ORIENTATION**

These classes will meet ONCE per week. EIGHT participants per class.

**PRESCHOOL SWIM LESSONS**

Location: Instructional & Lap Pools – This program offers children ages 3-5 their first experience in the pool without a parent, made possible through a variety of fun activities & games. Classes provide a step-by-step progression of swimming and water safety without the aid of a flotation device, designed to adequately prepare your 3 to 5 year old child for the youth program. Student/Instructor ratio will not exceed 5 to 1. All preschool classes are 45-minutes in length. Preschool 1 & 2 will be held in the Instructional pool, Preschool 3 will transition into the Lap pool; Preschool 4 & 5 are held in the Lap Pool.

**PRESCHOOL 1 – PERCH**

Basic water skills such as water entry & exit, kicking and floating will be the main emphasis along with a focus on pool safety rules. This is the perfect class for children needing additional support in transitioning to a class without a parent, those experiencing fear in the water, or with no previous lesson experience.

**PRESCHOOL 2 – PIKE**

Emphasis remains on fun; beginner stroke techniques, individual swimming skills and underwater exploration are also taught. Previous lesson experience is not required, providing that the child experiences no fear in the water or without the aid of a parent.

**PRESCHOOL 3 – EEL**

Designed to provide students success with fundamental skills, independent swimming and beginner stroke techniques. Entrance requires successful completion of Preschool 2.

**PRESCHOOL 4 – RAY**

This is an advanced preschool class offering refinement of the front and back crawl, advanced body control skills, and endurance work through swimming and treading water. Entrance requires successful completion of Preschool 3.

**PRESCHOOL 5 – STARFISH**

This is essentially a Minnow class for 3 to 5 year olds. Children work independently through all skills. Entrance requires successful completion of Preschool 4.

Fee: Member $58 General Public $93 *FOUR participants per class.*

**MONDAY Class Fee: Member $50 General Public $81

*Due to the holiday (9/7) prices have been pro-rated.**

**PRESCHOOL SWIM LESSONS**

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>TIME</th>
<th>INSTRUCTOR</th>
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</thead>
<tbody>
<tr>
<td>PRESCHOOL 1</td>
<td>Mon*</td>
<td>5:00-5:45pm</td>
<td>Ashley P.</td>
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<tr>
<td></td>
<td>Sat</td>
<td>11:00-11:45am</td>
<td>Heidi S.</td>
</tr>
<tr>
<td>PRESCHOOL 2</td>
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<td>5:45-6:30pm</td>
<td>Ashley P.</td>
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<td>PRESCHOOL 3</td>
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</tr>
<tr>
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<td>6:15-7:00pm</td>
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<tr>
<td>PRESCHOOL 4/5</td>
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<td>5:30-6:15pm</td>
<td>Jason T.</td>
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</table>

These classes will meet ONCE per week. **FOUR participants per class.**

**SCHOOL-AGE LESSONS, NEXT PAGE >**
QUESTIONS about our Aquatic Programs?
Contact Sam Craig, Aquatic Director at scraig@kenoshaymca.org or at 262.654.9622 ext. 224.

PRIVATE & SEMI-PRIVATE SWIM LESSONS
Gain confidence in the water and improve your swimming skills with swim instruction tailored to meet your individual goals. Private lessons are available to any age and ability. Let our certified American Red Cross water safety instructors work with you individually or in a small group of your choosing. All lessons are 30-minutes in length and can be scheduled at your convenience year round. We do our best to coordinate your preferred days and times while working with our pool and instructor availability.

PRIVATE

<table>
<thead>
<tr>
<th># of 30-min. lessons</th>
<th>Member Rate per lesson</th>
<th>Gen. Public Rate per lesson</th>
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<tr>
<td>1 - 3</td>
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PRIVATE +1 (2 swimmers of similar abilities & goals)

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<th>Gen. Public Rate per lesson</th>
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PRIVATE +2 (3 swimmers of similar abilities & goals)

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<td>8 - 15</td>
<td>$12</td>
<td>$18</td>
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NOTE: All listed rates are per participant. Rates are subject to change without prior notice. All private swimming lessons expire 6-months after the date of purchase. All sessions are non-transferable and non-refundable.

SCHOOL-AGE SWIM LESSONS
Location: Lap Pool - Children ages 6-12 years learn the fundamentals of swimming and water safety with increased stroke development and endurance as levels increase. Classes will not exceed a 6 to 1 student/instructor ratio. All classes are 45-minutes in length, and are taught in the Lap Pool. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at Level 1, which has no prerequisite.

LEVEL 1 - POLLWOG
The objective of this class is for your child to feel more comfortable in the water and enjoy the water safely. Introduction to basic aquatic skills such as beginner stroke technique and underwater exploration are emphasized.

LEVEL 2 - GUPPY
An advanced beginner class for children ready to perform skills unsupervised. Focus is placed on developing the front and back crawl, treading water, and introduction of the elementary breaststroke.

LEVEL 3 - MINNOW
An intermediate level emphasizing endurance; refinement of front crawl and back crawl (focusing on rotary breathing); continued development of elementary breaststroke and freestyle; and introduction of sidestroke.

LEVEL 4 – FISH
Develops confidence in the strokes learned and improves additional aquatic skills. Participants will refine breaststroke and sidestroke while increasing endurance with front and back crawl. Introduction to open turns and butterfly will also be included.

LEVEL 5 – FLYING FISH
Provides further coordination and refinement of strokes. At this advanced level students will refine their performance of all strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke. Students will also be introduced to flip turns on the front and back.

LEVEL 6 – SHARK
Class objective is stroke refinement so that students swim with ease, efficiency, power and smoothness over greater distances. Students will also complete a 200 medley (50 yards each of butterfly, back crawl, breaststroke and front crawl with starts and turns).

Fee: Member $58 General Public $93 *FIVE participants per class.

SCHOOL-AGE SWIMMING LESSONS
Location: Instructional & Lap Pools
Join us this fall for our comprehensive Home School Physical Education Program, designed for home-schooled youth ages 6-12 interested in enhancing their current level of fitness. Your child will have the opportunity to explore the fun of fitness with other kids their own age, while participating in activities and games that help develop coordination, socialization, and group play. Activities include time in our gymnasium, and outdoor fields (weather permitting). In addition to 45-minutes of gym-time fun, children join their appropriate level of youth swim program. Children that are not home-schooled are also welcome.

THURSDAYS
Gym Time: 9:00-9:45am & Swim Time: 10:00-10:45am
Fee: Member $66 General Public $101

PRIVATE & SEMI-PRIVATE SWIM LESSONS
Gain confidence in the water and improve your swimming skills with swim instruction tailored to meet your individual goals. Private lessons are available to any age and ability. Let our certified American Red Cross water safety instructors work with you individually or in a small group of your choosing. All lessons are 30-minutes in length and can be scheduled at your convenience year round. We do our best to coordinate your preferred days and times while working with our pool and instructor availability.

LEVEL 1 - POLLIWOG
The objective of this class is for your child to feel more comfortable in the water and enjoy the water safely. Introduction to basic aquatic skills such as beginner stroke technique and underwater exploration are emphasized.

LEVEL 2 – GUPPY
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Fee: Member $58 General Public $93 *FIVE participants per class.
BEGINNER
Introduction to Competitive Swimming includes explanation of procedures, rules and legalities of strokes. We will begin with the, “ABC’s” of block diving and beginner level stroke drills starting with Freestyle and Backstroke. When those basic strokes are close to being mastered, both Breaststroke and Butterfly will be introduced.

INTERMEDIATE
This level mainly focuses on Breaststroke and Butterfly, while still improving on Freestyle and Backstroke. The Backstroke flip turn will be introduced through different types of drills. Yardage will also start to increase to build endurance and begin training to move up to the Advanced level. Mastery of Basic Freestyle, Backstroke and diving skills are required to participate in this level.

ADVANCED
This level is used to build background, fine tune strokes, speed techniques and prepare swimmers to compete with District, State and National level swimmers. Swimmers must be able to swim a, “legal” 100 yard I.M. and a solid 500 yard Freestyle to be able to swim at the Advanced Level.

REGISTRATION INFORMATION
Registrations are accepted on a first come, first served basis by submitting a completed registration form along with payment. Space is limited within each level. Once these levels fill, we are unable to add additional swimmers. A YMCA membership is required to be a Seahorse.

Practice will be held at the Kenosha YMCA & Waukegan High School, Brookside (West) Campus, 2325 Brookside Avenue, Waukegan.
Dual Meets are included in registration fee, however invitational are optional and have additional fees associated with them.

There are 4 Easy Ways to Register...
1) Walk In  2) Mail In  3) Fax  4) Online

Please contact us at seahorse@kenoshaymca.org with questions.

The Seahorses are a YMCA sanctioned swim team that focuses on providing children with a consistent opportunity to develop and refine their swim endurance and stroke technique. Instruction is provided to meet each individual swimmer’s needs within a safe, motivating, and challenging environment. Allowing your child to develop their competitive skills and instill a lifelong interest in swimming.

At the YMCA we practice a holistic approach to sports, with an emphasis on positive physical, mental, and spiritual development. We believe that there is too much emphasis on winning at all costs and on special recognition for sporting ability.

Our program holds other values that are important:
- Developing self-confidence, self-respect, and an appreciation of your own worth as an individual.
- Developing a commitment for daily living based on values such as Caring, Honesty, Respect, and Responsibility.
- Growing as a responsible member of the family and as a citizen of the community.
- Appreciating that health of mind and body is a sacred gift and that physical fitness and mental well being are conditions to be achieved and maintained.
- Recognizing the worth of all people and working for inter-group understanding.
- Developing the capacity for leadership and using it responsibly in groups and community life.

To be ready for a competitive team, the swimmer must be able to complete 25 yards each of Freestyle and Backstroke, without stopping. They will also need to display a general knowledge of Breaststroke and Butterfly.

FALL SWIM TEAM
SEPTEMBER 14th – MARCH 25th
TRY-OUTS: WEDNESDAY, SEPTEMBER 9th @ 6:30pm

REGISTRATION FEE:
Member: $225 + Y Membership
@ KENOSHA YMCA

PRACTICES
Mondays - Thursdays       Times: 6:30-8:00pm
* Coaches will determine the swimmers’ schedule anywhere from 2-4 nights per week based on ability.

SWIM WITH HORSEPOWER!

KENOSHA YMCA, 7101 53rd Street Kenosha WI 53144       P: 262 654 9622
**GROUP FITNESS SCHEDULE**

- **Held in the Gymnasium**  
- **Great for All Levels**  
- **Motivating Group Atmosphere**  

*These FREE drop-in classes are first-come, first served; member registration is required.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
<th>Instructor</th>
<th>LOCATION</th>
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<tr>
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<td>BodyPump</td>
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<td>David</td>
<td>Courts 3 &amp; 4</td>
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<tr>
<td></td>
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</tr>
<tr>
<td></td>
<td>WERQ</td>
<td>9:00 AM</td>
<td>Tenille</td>
<td>Courts 3 &amp; 4</td>
<td>Yes</td>
<td>Max: 20</td>
</tr>
<tr>
<td></td>
<td>SilverSneakers Classic</td>
<td>9:45 AM</td>
<td>Tom</td>
<td>Virtual only</td>
<td>No Max</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SilverSneakers Classic</td>
<td>10:00 AM</td>
<td>Judy</td>
<td>Courts 3 &amp; 4</td>
<td>No</td>
<td>Max: 15</td>
</tr>
<tr>
<td></td>
<td>SilverSneakers Yoga</td>
<td>11:00 AM</td>
<td>Monica</td>
<td>Virtual only</td>
<td>No Max</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Body Pump</td>
<td>5:30 PM</td>
<td>David</td>
<td>Courts 3 &amp; 4</td>
<td>Yes</td>
<td>Max: 15</td>
</tr>
<tr>
<td><strong>Sat.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Zumba</td>
<td>8:45 AM</td>
<td>Melissa</td>
<td>Court 2</td>
<td>Yes</td>
<td>Max: 12</td>
</tr>
<tr>
<td></td>
<td>WERQ</td>
<td>11:00 AM</td>
<td>Tenille</td>
<td>Courts 3 &amp; 4</td>
<td>Yes</td>
<td>Max: 20</td>
</tr>
</tbody>
</table>
Free to Members

Classes will be held in the gym with smaller class sizes to allow for physical distancing.

GROUP FITNESS DESCRIPTIONS

BARRE ABOVE™
Barre Above™ fuses the very best of pilates, yoga, aerobics, and strength training. You don’t need to worry about dance experience. Barre above is barre for all bodies! Classes include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone your body.

BODYCOMBAT®
This is a non-contact, high-energy, martial arts-inspired cardio workout with moves inspired by Karate, Tae kwon do, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ! No experience needed so bring your best fighter attitude and come punch and kick your way to better health!

BODYPUMP®
A fast way to shape up and lose body fat. This toning and conditioning class uses weights and is for just about everybody who wants to add strength training to their workout. The simplicity of BODYPUMP makes it a great starting point to develop strength and confidence. Hot sounds and compelling choreography keep you going through each workout. You’ll use a step platform, a bar and a set of weights.

PILATES
Is a challenging yet safe method to sculpt your body and feel increased agility in your every day movements, as well as work on balancing all muscle groups’ strength and flexibility, with an emphasis on challenging the core muscles with each movement. Please bring your own yoga mat, if you have one.

SILVERSNEAKERS® CLASSIC
In SilverSneakers Classic you’ll move to music as you increase muscular strength and flexibility. This multi-level, equipment based class takes you through a variety of exercises using hand-held weights, elastic tubing and a ball. This class is right for you regardless of your fitness level. Start improving your health today!

SILVERSNEAKERS® YOGA
Yoga will move your whole body through a complete series of seated and standing yoga poses; no floor work. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Appropriate for everybody every age!

WERQ®
WERQ (pronounced “work”) is the fiercely fun, and fresh cardio dance fitness workout based on HIP HOP MUSIC with a little pop and rock mixed in. You can expect to sweat and burn about 500-900 calories each class! All dance and fitness abilities welcome!

Y COMBO
These fun & challenging workouts are designed for all fitness levels. These classes combine three components of exercise: cardio, toning, and flexibility. You’ll get a variety of workouts, a mixture of challenges, all while using an assortment of equipment or none at all. Build endurance, strength, and flexibility.

YOGA
This class will create a pleasant feeling, rejuvenate your spirit, mind and body as well as improve flexibility, strength, vitality and energy. Some poses will be held momentarily to integrate breath work and self-awareness and some poses will flow one-to-another with the breath. Poses can be shown and modified for a variety of levels. You may bring your own yoga mat, if you have one.

VIRTUAL ZOOM CLASS PROCESS & INFORMATION
1. DOWNLOAD ZOOM APP
2. Create a FREE ZOOM account
3. Register for your classes at KenoshaYMCA.org
HOW TO ZOOM, Having trouble? Check out these instructions
*Once you have registered please watch for a confirmation email containing the Zoom class link and equipment suggestions.
PERSONAL TRAINING
Our knowledgeable and experienced personal trainers will create a customized workout program accompanied with clean eating guidelines so you have a plan to succeed!
We offer a wide variety of strength training programs that are customized to each individual's goals. Our trainers will discuss in depth long and short term goals; as well as target areas that need to be monitored and improved. By doing so, we’re able to prepare a program that, over time, will enhance your overall health and fitness. No matter what your goal is, we will work with you directly to accomplish those goals in a safe and healthy environment.
For your convenience we offer One-On-One (as low as $39 a session) & Partner Training (as low as $29 per person, per session); please contact Tenille Fick, at tfick@kenoshaymca.org or call 654.9622 ext. 235 for more information or to schedule a FREE consultation with a trainer. Complete Personal Trainer biography’s available at www.kenoshaymca.org. Please note sessions must be paid in full.

WE ARE HERE FOR YOU!!! We understand that some of you might not feel comfortable coming to a gym right now, but you still want to workout for your health.
WE HEAR YOU AND WE ARE WORKING ON IT!!
We are currently looking to offer other options, for example: outside training, via Zoom or in-home training. Contact us today for more info. @ 654.9622 ext. 235

GROUP TRAINING
PERSONAL TRAINING @ GROUP FITNESS PRICES

RUN & YOGA
Location: Meet in back, on Outdoor track. Inclement weather inside track.
Want to PR your next 5K, 10K or longer distance race? Come join us!
Improve your form and efficiency, and increase your power and speed in the first 40-45 minutes of this coach-led training class. The remainder of the hour will be spent doing yoga poses that specifically help runners improve their flexibility. Meet on the upstairs track, yoga will be in Studio A.
Participants: Min 4, Max 12
WEDNESDAYS 6:00-6:50pm $38 / $76 Tammy
Class is in-person only. Meet in back of facility on Outdoor track. Upstairs, indoor track when inclement weather.

WOMEN ON WEIGHTS
Location: My Fitness Studio
This female-focused class will introduce you to the weight room and weight lifting-techniques that will build your confidence and help keep you accountable for meeting your own specific goals. Learn proper exercise form and technique, increase self-esteem and confidence, build bone density and manage weight.
MONDAYS* 12:15-1:05pm $33 / $66 Tammy
Class is in-person only.
*Due to the holiday (9/7) prices have been pro-rated.
Looking for a new workout? Try aquatic exercise – its fun, low impact, and yet a very effective workout for all levels of fitness! We offer classes in both our warm water instructional pool and our lap pool. Members and guests may also work out by swimming, water walking, or through use of a variety of our specialty equipment (water dumbbells, noodles, aqua joggers) during any open swim time. Our aquatic fitness classes take place in the shallow sections of our pools (unless deep water is specifically listed) and do not require any swimming ability.

**AQUATIC FITNESS CLASSES**

**SILVERSNEAKERS® SPLASH**  
Location: Lap Pool  
 Activate your aqua exercise urge for variety! This class offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance, and coordination.  
Participants: Min. 4, Max 15  
Monday 9:00-10:00am  FREE  Gail S.  
Wednesday 9:00-10:00am  FREE  Gail S.  
Friday 9:00-10:00am  FREE  Gail S.  
*Free drop-in classes are first-come, first-served, and currently only open to members. Registration is required.

**WATERinMOTION®**  
Location: Lap Pool  
WATERinMOTION is the newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skills and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55-minute water extravaganza. Aqua-phobes will forever become aqua-FANS when they “Catch the Wave”! Participants: Min. 4, Max 15  
Mondays 7:00-8:00am $24 / $49  Ashley  
Wednesdays 7:00-8:00am $27 / $56  Ashley  
*Due to the holiday (9/7) prices have been pro-rated.

**AQUA ZUMBA®**  
Location: Lap Pool  
Also known as Zumba ‘pool party’, provides low-impact exercise class based on the original Zumba land classes. Integrating the Zumba formula with traditional aqua fitness disciplines, the class blends it all together into a safe, challenging, water-based workout. Participants will work on aerobic endurance, muscular resistance, flexibility, joint mobility and body-toning all at the same time, without feeling like you’re ‘working out’. Participants: Min. 4, Max 25  
Friday 7:00-8:00am $27 / $56  Corrine

**AQUA PI-YO-CHI**  
Location: Warm Water Instructional Pool  
Experience the pleasure of a mind-body program in the water. The fusion of Pilates, Yoga, and Tai Chi will help you to build a strong core, improve your balance and breathing, decrease stress, and increase your body’s energy flow. It’s fluid bliss... Participants: Min. 4, Max 12  
Tuesdays 7:30-8:30am $27 / $56  Corrine  
Thursdays 7:30-8:30am $27 / $56  Corrine

**GENTLE WAVES**  
Location: Warm Water Instructional Pool  
Gentle Waves works to improve your range of motion, flexibility, overall strength, and cardiovascular fitness while decreasing pain and/or discomfort associated with arthritis, fibromyalgia, and/or injury recovery. Enjoy the healing environment of the warm water pool where the water supports your body, leaving you to exercise effectively without pain. Participants: Min. 4, Max 12  
Mondays 8:15-9:15am $24 / $49  Jeanne  
Mondays 9:15-10:15am $24 / $49  Jeanne  
Wednesdays 8:15-9:15am $27 / $56  Jeanne  
Wednesdays 9:15-10:15am $27 / $56  Jeanne  
Fridays 8:00-9:00am $27 / $56  Jeanne  
Fridays 9:00-10:00am $27 / $56  Jeanne  
*Due to the holiday (9/7) prices have been pro-rated.

QUESTIONS about our Aquatic Programs?  
Contact Sam Craig, Aquatic Director  
at scraig@kenoshaymca.org or at 262.654.9622 ext. 224.

KENOSHA YMCA, 7101 53rd Street Kenosha WI 53144  
P: 262 654 9622

**WARM WATER MOVEMENT**
FOR THE SPIRIT, MIND & BODY

Professional massage has many benefits to your overall health & well-being, including:

- Reducing Stress
- Encouraging Relaxation
- Easing Aches & Pains
- Relieving Headaches
- Increasing Flexibility
- Improving Circulation & Blood Flow

RELAXATION MASSAGE
An eclectic mix of techniques, mostly Swedish, to help you relax mentally & physically. You may choose to include some therapeutic work too.

- 60 minutes: $60
- 90 minutes: $85

Mini Stress Buster (30-min) targeting the neck, shoulders & back: $35

SPECIALTY MASSAGES 1

THERAPEUTIC &/OR SPORTS MASSAGE
More of an area specific massage geared towards working on tense, limiting or non-mobile areas of the body. Helps decrease tension, stiffness, and improves mobility. Techniques may include: muscle testing to determine problem areas; clinical and deep tissue massage techniques and/or massage tools, heat, or hot stones to assist in techniques.

- 30 minutes: $40
- 60 minutes: $65
- 90 minutes: $90

PRENATAL MASSAGE (w/ Barb or Angelica)
Soothing, relaxing massage specifically for women who are expecting. You will be propped up on pillows for appropriate support and positioning so you feel safe and comfortable.

- 30 minutes: $40
- 60 minutes: $65

SPECIALTY MASSAGES 2

HOT STONE MASSAGE
A blend of relaxation massage techniques with warm, smooth Lava stones (high in natural minerals) ultimately leading to a deep relaxation experience while creating harmony and positive energy flow. A bit more oil is used during this massage so the stones glide smoothly.

- 60 minutes: $80
- 90 minutes: $100

VIGOR & VITALITY
A massage mixing Relaxation, Deep Tissue and Hot Stone.

- 90 minutes: $110

Schedule your appointment TODAY at the Member Service Desk or give us a call at 262.654.9622.

Please Note: If you need to cancel or rescheduled an appointment a minimum 24-hour courtesy notice is required or you will be charged a $30 minimum fee.

MASSAGES MAKE A WONDERFUL GIFT!

WEEKEND HOURS NOW AVAILABLE!