



FOR MORE THAN A WORKOUT!

SPRING II

May 3 - June 27, 2021

Kenosha YMCA Program Guide

MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



TABLE OF CONTENTS

YMCA Age & Facility Guidelines	5
Kueny Aquatic Center Policies	5
Massage.....	6
YOUTH DEVELOPMENT	
Kids' Club.....	7
SPLASH BIRTHDAY PARTIES	7
Early Childhood & Preschool (ages 2-5).....	8
School-Age Care (in school).....	9
School-Age Care (virtual learning).....	10
School's Out, Full-Day Programming.....	11
Summer Day Camp	12
Dance.....	13
Youth Sports.....	14-16
Martial Arts	16
Swimming Lessons, group	17-18
Specialty Aquatics & Private Swim Lessons	19
ARC CPR, AED & First Aid Training.....	19
Seahorse Swim Team	20
HEALTHY LIVING	
Aquatic Fitness	21
Group Fitness Schedule	22-23
Equipment Orientation.....	24
Personal Training.....	25
Group Training.....	25
SOCIAL RESPONSIBILITY	
VIRTUAL YMCA	Back page

NEW! Click on the  to be redirected to register for classes on that page.

SPRING II REGISTRATION

Member: Monday, April 19th

General Public: Monday, April 26th

CLASSES BEGIN: MONDAY, MAY 3rd

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 You can also update your email and any other outdated contact information.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:

- You will need to CREATE A NEW ACCOUNT.
- Visit kenoshaymca.org and click 'REGISTER/JOIN' button.
- Click 'CREATE NEW ACCOUNT'.
- Follow the easy steps to creating your account!

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!



Once the APP is downloaded you'll be prompted to choose Kenosha YMCA.
App is "DAXKO" for YMCA's

WORKING HARD TO WELCOME YOU BACK SAFELY

Please be considerate of all signage and your fellow Y members.

The health and well-being of our members, staff and community is our top priority. We are working hard to ensure our facilities meet the highest standards for cleanliness and safety based on CDC, state and local health guidelines.

Visit our website at kenoshaymca.org/covid-19-updates for a complete and up to date list of safety precautions, facility updates, policies and more.

THANK YOU for sticking with us!!

.....

Y FAMILY FUN NIGHTS

DATES: Friday, May 7th & June 4th

TIME: 7:00 - 8:00pm

FEE: Free, Y members only event

REGISTRATION REQUIRED:

Available online, at desk or email:
jthompson@kenoshaymca.org



Join us for some family fun games and activities!

MEMBERSHIP RATES

Membership Type	Monthly Draft	Joiner Fee
Youth 17 & under	\$19	\$25 \$0
Young Adult 18 - 29	\$28	\$25 \$0
Single Adult[^] 30 - 59	\$56	\$75 \$0
Family I^{^^} One Adult Household w/ Children 24 & under	\$65	\$75 \$0
Family II^{^^} Two Adult Household	\$70	\$75 \$0
Family III^{^^} Two Adult Household w/ Children 24 & under	\$78	\$75 \$0
Senior I Single Adult, 60 & over	\$47	\$75 \$0
Senior II[*] Two Adult Household, 60 & over	\$59	\$75 \$0

*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

*Last check-in is 15-minutes prior to closing.

SENIOR DAY

Temporarily Suspended, due to COVID-19 increase in our area

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 joiners 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, due to COVID-19 increase in our area

FACILITY MEMBER GUEST PRIVILEGES

Beginning April 1st Members (18+) may bring in a guest (18+).

Each member will receive three complimentary guest passes per calendar year. **All guests are required to provide picture ID and sign our daily liability waiver for all visits.** Guest passes are tracked electronically.

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. **You will be asked to present your membership card 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 FINANCIAL ASSISTANCE PROGRAM

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

Y members can visit any participating YMCA in the U.S. Valid for active, full facility Y members. Members must use their 'home Y' at least 50% of the time. **Please remember all local Y rules regarding facility use apply.** You can find all Y's easily at www.ymca.net. Special memberships (group homes, other agencies, etc.) and program-only participants are not eligible for nationwide membership.

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 Y 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 6 months. This provides an extended leave from your membership. At this time, there is no charge for this service.

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.

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.

Locker/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 a lining, rash guard shirts, board shorts, and swim trunks with an affixed/sewn 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.

LAP POOL OPEN SWIM HOURS

MONDAY – FRIDAY: 5:00am–8:30pm

SATURDAY: 6:00am–4:45pm

SUNDAY: 8:00am–1:45pm

WARM WATER POOL OPEN SWIM HOURS

MON.: 7:00–8:00am, 10:00am–12:00pm & 5:00–8:00pm

TUES.: 8:30am–12:00pm & 5:00–8:00pm

WED.: 7:00–8:00am, 10:00am–12:00pm & 4:00–7:00pm

THUR.: 8:30am–1:00pm & 5:00–8:00pm

FRI.: 7:00–8:00am, 11:00am–12:00pm & 4:00–7:00pm

SAT.: 10:00am–4:00pm

SUN.: 8:00am–1:45pm



FOR THE **SPIRIT, MIND & BODY**

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

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

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: \$60/70

90 minutes: \$85/95

Mini Stress Buster (30-min*) targeting the neck, shoulders & back: \$35/45

SPECIALTY MESSAGES 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*: \$40/50

60 minutes: \$65/75

90 minutes: \$90/100

PRENATAL MASSAGE

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*: \$40/50

60 minutes: \$65/75

SPECIALTY MESSAGES 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

90 minutes: \$100/110

VIGOR & VITALITY

A massage mixing Relaxation, Deep Tissue and Hot Stone.

90 minutes: \$110/130

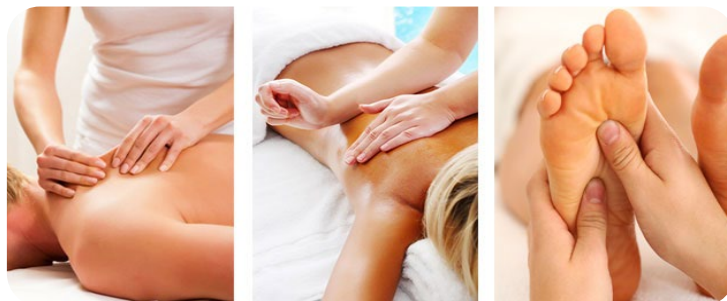


Schedule your appointment TODAY at the Member Service Desk or give us a call at 262.654.9622.

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.

*30-minute massages are available with Barb only.

WEEKEND HOURS AVAILABLE!



KIDS' CLUB, DROP-IN CHILDCARE

Available for children ages 6 weeks to 12 years, Kids' Club is drop-in childcare for our members and guests while they utilize the facility. **Please understand children are served on a first-come, first-served basis. For safety purposes we are limiting the amount of children that can be served at one time to 12.** You may call us at 654-9622 ext. 229 to check daily availability.

*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 YMCA & Nationwide Members)

**RESERVATIONS
NO LONGER
NEEDED.**

KIDS' CLUB HOURS:

AM: Monday - Friday	8:00am-12:30pm
Saturday	9:00am-12:30pm
PM: Monday-Thursday	4:00pm-8:00pm
Friday	4:00pm-7:00pm
**Late fee \$1, per minute.	

NON-MEMBER* USAGE FEES:

1 hr.: \$5.00 | 10 hrs: \$45.00 | 20 hrs: \$85.00

*Includes those purchasing a day or week Y pass.

KIDS' CLUB TIME LIMITS:

6 Weeks up to 6 Months: 1 HOUR

7 Months - 12 Years: 2 HOURS

DAILY ACTIVITIES

Exploration Stations
Reading Time

Game Time! (Outside/Gym)
Arts & Crafts



CELEBRATE THAT SPECIAL DAY WITH A SPLASH PARTY AT THE Y!!



SPLASH PARTY

Have a splashing good time with a pool party! Enjoy one-hour in either the Instructional or Lap pool. A certified lifeguard will be provided, and a designated area will be roped off. A bucket of swim toy items will be provided for use for games and play during the party.

- At this time splash parties are limited to a maximum of 18 people: 12 children and up to 6 adults.
 - There must be two adult swimmers in the pool with the children.
- Swimmers need to bring a bathing suit, towel and a lock.

MAKE IT A PRIVATE SPLASH PARTY

- An additional \$50.00 per hour
- Choose from either the Instructional or Lap pool.
- A certified lifeguard will be provided.

IMPORTANT PARTY INFORMATION

- All children are required to wear a wristband. Base fee (\$125) includes 12 child wristbands. (Two adult wristbands included.) Wristbands will be handed out to party guests upon arrival.
- EACH child must have a waiver signed by their parent/legal guardian before the child may participate. Party organizer may pick these up prior to the party, or download at kenoshaymca.org, and brought in the day of the event.

BOOK YOUR CELEBRATION TODAY!

Contact Cheryl Hervat, 262.654.9622 ext. 203 or chervat@kenoshaymca.org

PARTY PACKAGES INCLUDE

- One hour of activity
- One hour in a private party room for food, cake & gifts, and a host to assist you and escort your group to the pool
- And of course...We'll do the clean-up

PARTY ADD-ONS:

- Additional hour of activity: \$50 each hour
- Additional Adults (IF swimming): \$5 each
- Additional fees for after hours parties may apply

PARTY PRICING:

- \$125, for 12 children & 2 adults
- A non-refundable \$25 deposit due when booking



CHILD CARE, AGES 2-5

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, Pre-Reading, and 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...
 - Free swim lessons on Fridays for children ages 3-5
 - Gym/Outdoor Time
 - **Yoga & Sports Instruction**
- Teaching students to understand and appreciate people and their world through 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.

COVID-19: We are currently following the Best Practices Guide provided by WI State Licensing to provide a safe and clean environment for all.

WEEKLY ACTIVITY SCHEDULE

TUESDAY: Music / Art

WEDNESDAY: Cooking / STEM

FRIDAY: Swimming (ages 3-5)

DAILY CIRCLE TIME: Sign language, Math Skills, Foreign Language, and more

Come visit us and see what a difference our mission and commitment to youth development makes!

QUESTIONS? PLEASE CONTACT US...

Billing & Payment Questions

Email: youthandfamily@kenoshaymca.org

Lisa Eckardt, Assistant Director

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

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 discount: 10% off fees for each additional child

RATES

Rates subject to change.

AGES	DAILY HOURS	DAILY RATE
2 years	Fewer than 5 hours	\$28 / \$33
	5+ hours	\$40 / \$45
3 - 5 years	Fewer than 5 hours	\$25 / \$30
	5+ hours	\$37 / \$42

*Member / Non-Member Rate

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SCHOOL-AGE, AGES 5-12

This program runs anytime school is in-person.

Graduate to our SCHOOL-AGE programs and enjoy the convenience of having the program directly at your school or at the Y as we pick up your child from school. Your child will participate in enrichment activities and learn:

- **Honesty** through good sportsmanship in activities and being encouraged to always tell the truth.
- **Respect** for staff, participants and themselves through core value activities and participating in a positive and safe environment.
- **Responsibility** while completing homework assignments and being assigned daily jobs.
- **Caring** while working together as a group to complete community service projects.

All while doing fun activities and developing their Y pride!

ENROLLMENT INFORMATION

- Care offered at the Kenosha YMCA and several KUSD school locations (listed at right, subject to change)
- **Online Enrollment, Scheduling & Billing**
- Enrollment accepted year-round
 - Children may begin attending within 2 business days (Mon-Fri), providing...
 - Space is available
 - ALL required forms are complete
- The Site Director will contact you regarding the child's FIRST WEEK schedule. Thereafter, scheduling & billing will be done online. You will receive instructions on how to set up your account.
- A registration fee \$30 per child, is required for participant's at the time of enrollment.
 - This is a one-time fee. Therefore, returning families (previous school year) will receive a \$30 credit on their account once enrollment is complete.
- **Wisconsin Works accepted, co-pay may apply**
- **Scholarships/Financial Assistance available**
- **Multiple child discount: 10% off fees for each additional child attending the program**
- **Children enrolled in School-Age Care will receive a FREE YMCA Youth Membership!**

COVID-19: We are currently following the Best Practices Guide provided by WI State Licensing to provide a safe and clean environment for all.

BEFORE SCHOOL

- 6:30am until school starts

AFTER SCHOOL

- School dismissal until 6:00pm
- Includes healthy snacks
- Free STEM and health instructional classes offered
- Homework Assistance & Specialized Tutoring
- Early Release Fridays: Field trips to the YMCA; check with your Site Director for details

SCHOOL-AGE LOCATIONS

SITES	PHONE #
BRASS	262.654.9622 ext. 236
FOREST PARK	262.654.7415
KTEC WEST	262.220.8229
PRAIRIE LANE	262.942.7304
YMCA Location	262.654.9622 ext. 237
Administrative Contact Information on Page 9	

SCHOOL-AGE RATES

PROGRAM	DAILY RATE*
Before School	\$8.00
After School	\$12.00
Early Release Friday <small>*Except KTEC</small>	\$17.00
KTEC Half Day	\$15.00
Full Day, No School (KDO/Camp)	\$20.00

Requires separate registration, please see next page for complete details.

SNOW DAY?

No Problem



When school is closed due to a Snow Day, we offer a full day program **at no additional charge**, to students that are signed up for that day in our program. This program is held at the YMCA, not the school sites. **Simply contact the Member Service Desk (262.654.9622) to register by 6:30am.** Services will be provided 7am-6pm, unless inclement weather closes the facility. Parents will need to provide their child with a lunch and 2 snacks.

*Credits and refunds are issued for participants regularly scheduled on the day of the snow day.

^TRANSPORTATION



For those enrolled in our Callahan Family Branch (CFB) Before &/or After School Program transportation is provided based on need. Below are the schools we are transporting to/from for 2020/21 school year:

◆ Stocker ◆ Somers

- A minimum of 5 students per school are required in order to provide transportation.
- Additional annual \$50 transportation fee for CFB.
- Call for current availability, or if you do not see your school listed. Subject to change based on need.

EDUCATE, INSPIRE & ENGAGE

There are 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:

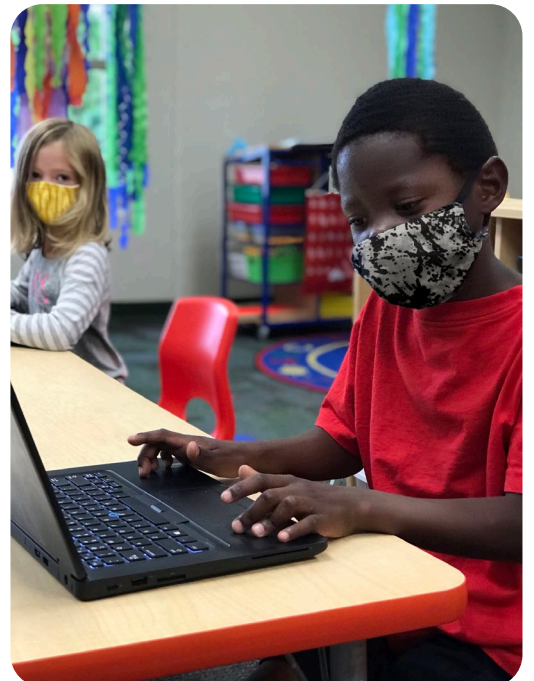
- Breakfast, Lunch & Afternoon Snack
- Academic support during "school day" with facilitated activity breaks
- Homework & tutoring help as needed "after school"
- Service Learning Projects
- Character Development
- STEM
- Bookmobile visits
- Gardening
- Swimming on Fridays
- "Live" (face to face) art, 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.

**Have a 7th/8th Grader?
We have something for them too!
Contact us today.**

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



SCHOOL'S OUT – FULL DAY PROGRAMMING

Join us...When school is out due to teacher work days and holiday breaks our full day programs offer children the opportunity to experience new things, explore new activities and build relationships. We offer a fun, exciting and SAFE environment for kids; we'll keep your child active and having fun so you're able to work without worry.

****PRE-REGISTRATION IS REQUIRED;** we are unable to offer drop-in care on these scheduled days. Registration forms are available at our school-age sites, online and at the Member Service Desk. Completed forms can be brought to the Member Service Desk or your BASE site.



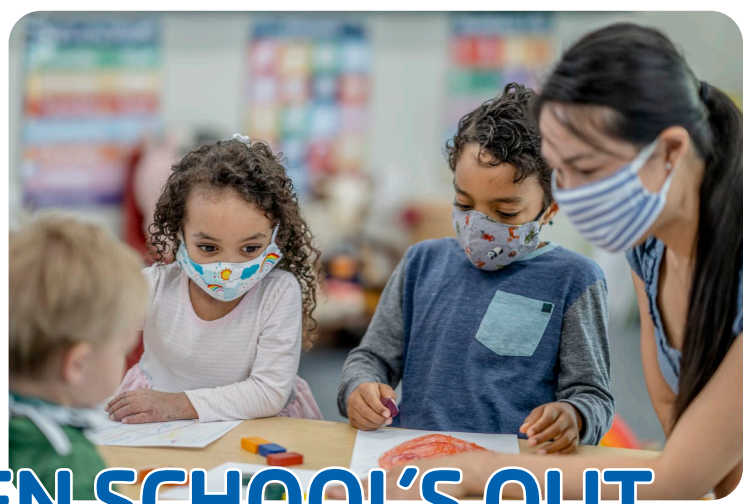
DETAILS...

- Open to students ages 5-13
- Pre-registration is required; we are unable to offer drop-in care on these scheduled days.
- Registration forms are available at our school-age sites, online and at the Member Service Desk.
- Completed forms can be brought to the Member Service Desk or your BASE site.
- Operates 6:30am – 6:00pm
- Includes Breakfast, Lunch & Healthy Snack
- Held at the Kenosha YMCA
- Wisconsin Works accepted, co-pay may apply
- Activities include rock climbing, swimming, arts & crafts, sports & games, field trips and more!

Fee: Current BASE participants: \$20.00 per student, per day

WHAT TO BRING...

- Appropriate clothing for activities: tennis shoes, coat, backpack for belongings
- Swimming suit & towel



WHEN SCHOOL'S OUT.. COME SAFELY HANG OUT AT THE Y!!



June 14 - August 27

BEST SUMMER EVER... FAR & NEAR

The Kenosha YMCA provides children ages 5-15 with summer fun and adventures that promote a healthy spirit, mind and body. Children spend time indoors and out as experienced staff leads your camper in a wide variety of activities including science, arts and crafts, large motor activities, sports, skits and songs. In addition, we incorporate our four core values of Respect, Responsibility, Honesty and Caring into our activities to promote a positive and safe environment that fosters development and fun.

This is an exciting adventure for the camper ready to make new friends and face fun new challenges. Each week a variety of activities will focus around a different theme. Day camp will encourage your child to try new things, learn through experience and build long lasting relationships.



REGISTRATION INFORMATION

- **ONLINE REGISTRATION NOW OPEN (March 1st)**
- **FLEXIBLE SCHEDULING OPTIONS**
- \$25.00 per child Registration Fee due at sign-up
 - **SPECIAL: Fee waived when you register PRIOR to April 5th**
- Must schedule at least one-week in advance
 - Registration for Week #1 closes June 6th
- Payments are due one-week in advance
 - Current BASE families receiving W-2 assistance may register without any payment
- Parent Policy Book must be reviewed and acknowledgment page turned in prior to the first day of camp
- Registration packet must be completed prior to the first day of attendance



SUMMER DAY CAMP RATES*

CAMP	RATE
Y Kids Summer Day Camp, 5-12 years	\$40 per day

*Multiple child discount: 10% off fees for each additional child. Rates subject to change.

Please call 262.654.9622 ext. 236 or ext. 238 for more information

FINANCIAL ASSISTANCE

The Kenosha YMCA is a state licensed facility that accepts W-2 (Wisconsin Works) payment. Any families that receive W-2 assistance, and are not currently enrolled in our BASE program will need to provide proof of authorization prior to the first Day of camp. Parents are responsible for any co-payments.

The Kenosha YMCA welcomes requests for reduction of fee from individuals and families who would benefit from Participation in the Youth & Family programs, but are limited in their ability to pay through the John and Judy Wavro Scholarship Fund. Please contact us at (262) 654-9622, ext 238 for details on how to apply.

DAY CAMP ORIENTATION

Please join us on **Saturday, June 12th, 10:00am-12:00pm** to meet the Summer Day Camp team! Specifics regarding all the fun adventures planned for this summer will be discussed, specifically themes and field trips. This is also a great time to have your questions answered as well as prepare your camper for their first day of camp.

INCLUDED

- Camp T-shirt
- **HEALTHY BREAKFAST, LUNCH & SNACK!!**
- Transportation and Admission for most Field Trips
- Recreational Swimming & Rock Climbing*
- **ALL THE FUN YOUR CAMPER CAN HANDLE!**
- **ASSISTANCE WITH ONLINE SUMMER SCHOOL LESSONS**

COVID-19: We are currently following the Best Practices Guide provided by WI State Licensing to provide a safe and clean environment for all.

FIELD TRIP DAYS!

- Mondays - Preschool
- Tuesdays - 5-6 year olds
- Wednesdays - 7-8 year olds
- Thursdays - 9-10 year olds
- Fridays - 11-13 year olds



*Activities and field trip options subject to change based on COVID-19 restrictions.

DANCE CLASSES ARE BACK IN PERSON!

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 minoring 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

Location: **STUDIO A** - 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, Max 6

LEVEL I

Tuesdays 5:30-6:15pm Member \$40 General Public: \$66

LEVEL II

Tuesdays 6:30-7:15pm Member \$40 General Public: \$66

CREATIVE MOVEMENT, Ages 3 & 4

Location: **STUDIO A** - 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, Max 6

Tuesdays 4:30-5:15pm Member \$40 General Public: \$66

Saturdays 8:00-8:45am Member \$40 General Public: \$66

BALLET & JAZZ, 5 & UP

Location: **STUDIO A**

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. Part: Min 3, Max 6

LEVEL I

Saturdays 9:00-9:45am Member \$40 General Public: \$66

LEVEL II

Saturdays 10:00-10:45am Member \$40 General Public: \$66



WELCOMING OUR YOUTH BACK SAFELY!

For safety purposes:

- Masks are required
- Sorry, no parent viewing at this time
- Social Distancing

QUESTIONS about our Dance Program? Contact Tenille at tfick@kenoshaymca.org or at 262.654.9622 ext. 235.

**Did you know the
YMCA offers Financial
Assistance?**

Would you or do you know
someone that would benefit from
a Kenosha YMCA membership?
No one is turned away due to an
inability to pay...**APPLY TODAY!**

YOUTH SPORTS: 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 they can be in their individual sports, but most importantly, we want to help them be the best HUMAN BEING they can be. **First time players will receive t-shirt.**



YOUTH BASKETBALL



***Due to the holiday (5/31) prices have been pro-rated.**

MINI DRIBBLERS: 3-4 Years Old

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.

Court 3 MONDAY* 6:00-6:30pm
Fee: Member \$28 General Public \$47 Participants: 5/15

LITTLE DRIBBLERS: 5-7 Years Old

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.

Court 3 MONDAY* 6:30-7:15pm
Fee: Member \$33 General Public \$56 Participants: 5/15

DRIBBLERS: 8-11 Years old

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.

Court 3 MONDAY* 7:15-8:00pm
Fee: Member \$33 General Public \$56 Participants: 5/15



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



YOUTH OUTDOOR SOCCER



MINI KICKERS: 3-4 Years Old

Location: Outdoor Soccer Field - this is a parent/child participation program designed to teach children the basic skills of soccer, such as dribbling, passing and taking shots on goal.

Saturdays 9:00-9:30am
Fee: Member \$32 General Public \$54 Participants: 5/20

LITTLE KICKERS: 5-7 Years Old

Location: Outdoor Soccer Field - this is a non-competitive sports program designed to teach children the basic skills of soccer, such as dribbling, passing, teamwork and taking shots on goal.

Saturdays 9:30-10:15am
Fee: Member \$38 General Public \$64 Participants: 5/20

KICKERS: 8-11 Years old

Location: Outdoor Soccer Field - this is a non-competitive sports program designed to teach children the basic skills of soccer, such as dribbling, passing, teamwork and taking shots on goal.

Saturdays 10:15-11:00am
Fee: Member \$38 General Public \$64 Participants: 5/20



WELCOMING OUR YOUTH BACK SAFELY!

The following safety measures are in place:

- Equipment will be cleaned & disinfected after each use
- Social Distancing in class

SPECIAL THANKS TO THIS YEARS YOUTH SPORTS SPONSORS!



Kenosha News • First American Bank • Pepsi

MIRACLE LEAGUE

The Miracle League is a baseball program for kids ages 3-19, with physical and developmental disabilities. The program offers these special kids the opportunity to break through the perceived boundaries of their disabilities, while making new and lasting friendships and having fun! Games are played on the ROTARY MIRACLE FIELD our custom-designed field, with a cushioned synthetic turf surface, the field accommodates wheelchairs and other walking assistance devices. Depending on ability, players hit from a tee or a pitched ball. Each player is paired with an able bodied "volunteer buddy" to assist with batting, base-running and fielding.



YOU CAN HELP...BE A VOLUNTEER BUDDY

Children with special needs are not the only ones who benefit from this league! Through the "volunteer buddies" program, able-bodied members of the community will be partnered with players to provide assistance, encouragement and friendship. Individuals interested in becoming a volunteer buddy should complete a Y volunteer application; available at the YMCA Member Service Desk.

*Please note: A background check is required for all YMCA volunteers over 18.

SPRING LEAGUE

Wednesdays, May 12th - July 7th

Awards Picnic: Wednesday, July 7th

Game Times: 5:30-6:30pm > Volunteer Buddies are asked to arrive at 5:00pm

Fee: FREE of charge to Participants



SPECIAL THANKS TO THIS YEARS YOUTH SPORTS SPONSORS!



OZINGA®

Kenosha News • First American Bank • Pepsi

TRI MY BEST TRIATHLON

A triathlon for children (5+) and young adults with developmental disabilities. This swim, bike, run event promotes physical activity and participation for individuals of all ability levels. Event will be held at the Kenosha YMCA.



VOLUNTEER BUDDIES NEEDED!

ATHLETES REGISTER TODAY!

Questions? Email us at trimybestkenosha@gmail.com. You can also visit us on Facebook at Tri My Best Triathlon Kenosha or [kenoshaymca.org/special-events/tri-my-best](https://www.facebook.com/kenoshaymca.org/special-events/tri-my-best)

DON'T MISS THIS AMAZING EVENT!

Sponsorship and donation opportunities also available. Please contact Chris, Development Director at cfinkel@kenoshaymca.org



SUNDAY, AUGUST 1st



CHECK OUT THESE SPORTS PROGRAMS!



INTRO TO SPORTS

Is your little interested in sports, but doesn't know which one? This class is PERFECT FOR THEM because they can learn a little about a few of them! This program will introduce kids to the basic components of soccer, baseball, and basketball. Participants: 5/15

Ages: 5 - 9

Courts 3 & 4 in Gymnasium

Days: THURSDAYS

Time: 6:30-7:30pm

Fee: Members \$38

General Public \$64



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! Eight weeks 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

Court 2 in Gymnasium

Days: MONDAYS

Time: 5:00-5:45pm

Fee: Members \$28

General Public \$47

*Due to the holiday (5/31) prices have been pro-rated.



MARTIAL ARTS



Combines fitness, self-defense, discipline, character development and self-confidence. Taught by highly trained, certified instructors, and a great option for families to take together!

TRADITIONAL TAE KWON DO (6 years & Older)

Location: **STUDIO C** - This is a year round continuous program teaching traditional Tae Kwon Do in the ITF style of Grandmaster Duk An Yun. Open to all levels and abilities the students are instructed in the self-defense techniques that have made Tae Kwon Do one of the most popular martial arts in the world. With an emphasis on teaching techniques for self-defense, this program helps the student build confidence and respect for themselves and others. Offered to both children and adults this is an excellent family activity and experience that will benefit everyone involved.

TUESDAYS & THURSDAYS

(*must register for both days, sorry no exceptions)

Beginner 6:30-7:15pm

Fee: Member \$80 General Public: \$132

Intermediate / Advanced 7:15-8:00pm

Fee: Member \$80 General Public: \$132

Participants: Min: 5 & Max: 12, each class

WELCOMING OUR YOUTH BACK SAFELY!

For safety purposes:

- Masks are required
- Sorry, no parent viewing at this time
- Social Distancing
- Equipment will be cleaned and disinfected after each use



YOUTH SWIM LESSONS

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.

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: 10, Preschool: 5, School-Age: 6
2. YOUTH classes open to Members & General Public
3. Touch points and equipment will be disinfected once per hour
4. Instructors will wear face shields
5. 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.
6. Please note that all plans are subject to change. We will continue to follow the guidelines of the CDC and our local health authorities.

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 10 children will be accepted into each class. Classes are 30-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 \$51 General Public \$72

*Minimum FIVE & Maximum TEN participants per class.



PARENT & CHILD ORIENTATION

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
PARENT & CHILD 6-36 mths.	Tue	9:30-10:00am (6-36 mths)	Kyla W.
	Tue	5:30-6:00pm (6-36 mths)	Heidi S.
	Wed	5:00-5:30pm (6-36 mths)	Kyla W.
	Thu	11:15-11:45am (6-36 mths)	Kyla W.
	Sat	10:15-10:45am (6-36 mths)	Heidi S.
	Sat	10:45-11:15am (6-36 mths)	Heidi S.

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 \$59 General Public \$95

*Monday Class Fee: Member \$52 General Public \$83

*Due to the holiday (5/31) prices have been pro-rated.

*Minimum THREE & Maximum FIVE participants per class.



PRESCHOOL SWIM LESSONS

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
PRESCHOOL 1	Mon	6:45-7:30pm	Heidi S.
	Tue	10:00-10:45am	Kyla W.
	Wed	5:30-6:15pm	Kyla W.
PRESCHOOL 1/2	Tue	10:45-11:30am	Kyla W.
PRESCHOOL 2	Mon	6:00-6:45pm	Jenni G.
	Tue	5:00-5:45pm	Jenni G.
PRESCHOOL 3	Tue	5:30-6:15pm	Jason T.
	Tue	5:45-6:30pm	Jenni G.
	Thu	5:30-6:15pm	Jason T.
PRESCHOOL 4/5	Tue	6:15-7:00pm	Jason T.
	Thu	6:15-7:00pm	Jason T.

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 – 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

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

LEVEL 3 – MINNOW

An intermediate level emphasizing endurance; refinement of front crawl and back crawl (focusing on rotary breathing); continued development of elementary backstroke and breaststroke; 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 \$59 General Public \$95

*Monday Class Fee: Member \$52 General Public \$83

*Due to the holiday (5/31) prices have been pro-rated.

*Minimum **FOUR** & Maximum **SIX** participants per class.



SCHOOL-AGE SWIM LESSONS

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
LEVEL 1	Mon	5:15–6:00pm	Heidi S.
	Tue	4:45–5:30pm	Stephanie M.
LEVEL 2	Tue	5:30–6:15pm	Stephanie M.
	Thu	6:00–6:45pm	Jenni G.
LEVEL 3	Mon	6:00–6:45pm	Heidi S.
	Tues	6:15–7:00pm	Stephanie M.
LEVEL 4	Wed	5:00–5:45pm	Abby H.
LEVEL 5/6	Tues	6:00–6:45 PM	Emily M.
	Sat	10:15–11:00 AM	Abby H.

ADVANCED SKILL LESSONS

Location: Lap Pool

This is a class for children in levels 4–6 that are progressing through, but not currently interested in competing on the swim team. We will focus on building endurance and improving technique. There will be instruction, but your child must be able to swim front and back crawl an entire length to participate. This will be a lap swimming workout class that will also include open and flip turns as well as water entries. Participants: Min. 4, Max 6

Wednesday	5:45–6:45pm	Abby H.
Thursday	6:00–7:00pm	Emily M.
Saturday	9:15–10:15am	Abby H.

Fee: Member \$59 General Public \$95

QUESTIONS about our Aquatic Programs?

Contact Sam Craig, Aquatic Director at

scraig@kenoshaymca.org or at

262.654.9622 ext. 224.

AQUATIC CENTER POLICIES...PAGE 6

AQUATIC & LESSON FAQ's

WHAT DOES MY CHILD NEED FOR THEIR LESSON?

Proper swimwear is required for all patrons of our facility. Children who are not toilet trained must wear a swim diaper or cloth diaper with plastic pants. Regular disposable diapers are not allowed. Tie-backs for children with long hair will help them swim without the distraction of hair in the face. Towels are provided at our Member Service Desk.

WHY DO WE HAVE TO SHOWER BEFORE SWIMMING?

Kenosha YMCA policy states that showers are required before entering the pool. This policy is in place for the health and safety of the over 300 people who use our pools each day.

CAN I WATCH MY CHILD'S LESSON?

For health & safety purposed only one adult, per student, will be able to observe. Please observe from the benches (instruction pool) or bleachers (lap pool) provided.

IS THERE CHILDCARE FOR GENERAL PUBLIC DURING LESSONS?

Yes...Kid's Club is available for children ages 6 weeks to 9 years. Please refer to page 6 for specifics.

WHAT IF MY CHILD MISSES A CLASS?

Refunds and/or make-up classes will not be offered. The Y offers refunds and or credits upon request for medical reasons only. Upon supplying medical documentation, a pro-rated system will be used and a \$10 processing fee will be deducted from the amount of the refund/credit. Kenosha Y classes are uniformly priced regardless of holidays.

CAN I HELP MY CHILD PROGRESS AT A FASTER RATE?

A child will not move to the next level until he/she has successfully demonstrated the skills required in their current level. Please remember that even though your child may not have advanced to the next level, instructors will individualize within each class, keeping all children challenged. What can you do as a parent? Don't compare children; each child will progress at a pace that's right for them. Always be understanding and encouraging. Your child can practice their skills at home, blowing bubbles during bath time or using "big arms" while watching television. Ask their instructor for additional skills they can work on at home.

**SWIM LESSON SCHOLARSHIPS
AVAILABLE, APPLY TODAY!!**

HOME SCHOOL PHYSICAL EDUCATION

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: 9:30-10:15am & Swim Time: 10:30-11:15am

Fee: Member \$68 General Public \$106



SEE ADDITIONAL P.E. OPTIONS ON PAGE 15

ONE METER SPRINGBOARD DIVING (CO-ED)

Location: Lap Pool

Open to boys & girls 9 years of age or older that are comfortable in deep water, and able to swim 25 yards (1 length) front crawl.

What do you need? Proper Swimwear (Girls, one-piece suit & Boys, trunk or jammer), Water Bottle, Towel (for dry land and stretching), Nose plugs not allowed. Maximum Participants: 10

Beginner class w/ Jim M.

Thursdays 5:00-6:00pm Member \$45 General Public \$75

Advanced class w/ Jackie T.

Wednesdays 5:45-7:15pm Member \$68 G.P. \$113
Fridays 5:00-7:00pm Member \$78 G.P. \$131, No Class 6/25
Saturdays 10:15-12:15am Member \$78 G.P. \$131, No Class 6/26
Sundays 9:00-10:30am Member \$60 G.P. \$99, No Class 6/27

AMERICAN RED CROSS TRAINING

ADULT & PEDIATRIC CPR/AED/FIRST AID

This will be a blended learning course for CPR. A large portion of the class will be online, and must be completed prior to coming to class. Click website link below (or copy/paste URL) to create an American Red Cross account or sign in. You will then be AUTOMATICALLY re-directed to the correct class. The in person portion of class will show you can successfully perform the skills on a manikin.

Fee: Member:\$75 General Public: \$90

In-person portion is scheduled upon request. Contact Sam at sraig@kenoshaymca.org to schedule.

<http://redcrosslearning.com/course/5f07b740-38d4-11e6-b2df-817c38bde446>

The American Red Cross also offers a **FREE** online refresher center to keep your knowledge and skills sharp so you are ready to respond. Visit www.redcrossrefresher.com.



American Red Cross

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

# of 30-min. lessons	Member Rate per lesson	Gen. Public Rate per lesson
1 - 3	\$26	\$32
4 - 7	\$24	\$30
8 - 15	\$22	\$28
16 - 23	\$20	\$26
24+	\$19	\$25

PRIVATE +1 (2 swimmers of similar abilities & goals)

1 - 3	\$20	\$26
4 - 7	\$18	\$24
8 - 15	\$16	\$22
16 - 23	\$15	\$21
24+	\$14	\$20

PRIVATE +2 (3 swimmers of similar abilities & goals)

1 - 3	\$17	\$23
4 - 7	\$15	\$21
8 - 15	\$14	\$20

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.

Complete
online
request
form.

SEAHORSE SWIM TEAM



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.

NEW SWIMMER EVALUATIONS (AKA Try Outs)

New swimmers can join the Seahorse Swim Team however an evaluation is required. Email us at seahorses@kenoshaymca.org to request a new swimmer evaluation.

Evaluations will happen at the beginning of each season. Swimmers should have their suit, goggles, and a towel (Swim Cap Preferred). Locker rooms are available.

Swimmers need to be able to complete a minimum of one length of freestyle, one length of backstroke, and be able to demonstrate breaststroke and butterfly without direct instruction.

SUMMER 2021 EVALUATIONS: Wed., June 2nd at 6:30pm

PRACTICE SCHEDULE

Practice schedule will be determined by the level of your swimmer. Currently, we have team practices M-Th 6:30-8:00pm.

SWIM GROUPS

The Kenosha YMCA Seahorse Swim team offers training and practice groups to those in all ability levels from beginner to advanced ages 6-18. Our beginner swimmer groups will focus on technique and efficiency before advancing groups.

SEAHORSE SMALL FRYs

This group is primarily for our swimmers 12 and under or for those completely new to competitive swimming. Coaches will teach the four competitive strokes, starts, and turns - the basics of competitive swimming.

SEAHORSES

This group is primarily for our swimmers 13 & up that can legally swim all four strokes. Emphasis is on fine tuning stroke technique and efficacy in the water to lead to increased performance.

PRACTICE TIMES

Please attend the correct practice days and times for your group unless otherwise directed by the coaching staff. Attendance will be taken.

SUMMER SEASON	JUNE 7 th - JULY 30 th
Seahorse Small Frys	Mon. & Wed. 6:30-7:30pm
Seahorses	Mon - Thur. 6:30-8:00pm

FEES

All Seahorse Swim Team members must have a Kenosha YMCA membership (youth or family).

SUMMER SEASON	JUNE 7 th - JULY 30 th
Seahorse Small Frys	\$130
Seahorses	\$210

REFUND & CREDIT POLICY

Following the Kenosha YMCA Class Cancellation Policy, credits will be given for medical reasons only; documentation required. A prorated system will be used to determine credit amount and a \$10 processing fee will be deducted from the credit amount. Credits are valid for 12 months.

GROUP CHANGES

As swimmers are ready, coaches will make changes to the swimmer's group assignment. If your swimmer moves to a group with a higher fee, you will be responsible for the prorated increase.

CANCELED PRACTICES

No refunds or credits will be given for canceled practices.

SWIM WITH HORSEPOWER!

AQUATIC FITNESS CLASSES



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.

LAP POOL 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 cardio endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance, and coordination.

Participants: Min 10, Max 20

Monday*	9:00-10:00am	FREE / \$52	Gail S.
Wednesday	9:00-10:00am	FREE / \$60	Gail S.
Friday	8:15-9:15am	FREE / \$60	Corrine F.

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 10, Max 20

Wednesday	7:00-8:00am	\$30 / \$60	Corrine F.
-----------	-------------	-------------	------------

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. 10, Max 20

Mondays*	7:00-8:00am	\$26 / \$52	Corrine F.
Fridays	7:00-8:00am	\$30 / \$60	Corrine F.



QUESTIONS about our Aquatic Programs?

Contact Sam Craig, Aquatic Director
at sraig@kenoshaymca.org or at
262.654.9622 ext. 224.

AQUATIC CENTER POLICIES...PAGE 5

*Due to the holiday (5/31) prices have been pro-rated.

WARM WATER MOVEMENT CLASSES

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 8, Max 15

Tuesdays	7:30-8:30am	\$30 / \$60	Corrine
Thursdays	7:30-8:30am	\$30 / \$60	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 8, Max 15

Mondays*	8:15-9:15am	\$26 / \$52	Jeanne
Mondays*	9:15-10:15am	\$26 / \$52	Jeanne
Wednesdays	8:15-9:15am	\$30 / \$60	Jeanne
Wednesdays	9:15-10:15am	\$30 / \$60	Jeanne
Fridays	8:15-9:15am	\$30 / \$60	Jeanne
Fridays	9:15-10:15am	\$30 / \$60	Jeanne

**Did you know the
YMCA offers Financial
Assistance?**

**Would you or do you know
someone that would benefit from
a Kenosha YMCA membership?
No one is turned away due to an
inability to pay...APPLY TODAY!**

GROUP FITNESS CLASSES

Drop-in classes are FREE to members.

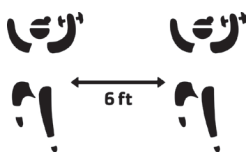
**NO
REGISTRATION
FIRST-COME,
FIRST-SERVED**

NEW VIRTUAL CLASS SIGN-IN PROCESS

1. Visit KENOSHAYMCA.ORG and CLICK on VIRTUAL Y
2. LOGIN to VIRTUAL Y using the EMAIL associated with your Kenosha YMCA account.
 - The first time login you will receive a verification email, so give yourself a couple extra minutes for this step.
3. CLICK 'LIVE VIRTUAL FITNESS'. Choose the class you wish to attend by CLICKING on the box. CLICK 'LAUNCH CLASS'

Having trouble logging in? Give us a call at 262.654.9622 *You will no longer receive an email containing the class link.

Classes are being held in the gym w/ smaller class sizes to allow for physical distancing.



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.

CARDIOKICK

This class will take the spirit and physical demands of kickboxing and channel it into a challenging and fun cardio workout that will help you burn up to 15 calories per minute. All fitness levels welcome as this class protects your joints from the risk of injury from hyperextension.

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.

PILOXING®

Celebrity workout to the stars created by Viveca Jensen is sweeping the nation. This intensified workout weaves together both Pilates and Boxing inspired moves. This class leaves no muscle behind while creating a fun and challenging workout that will leave you wanting more.

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.

Y STEP

Experience variety, fun, and a total body workout in this heart pumpin' and calorie burning step class that may incorporate resistance training and core exercises as well! All levels are welcome!

ZUMBA®

Join the Zumba party! This safe and effective total body workout is a fusion of Latin and International music and routines that feature aerobic/interval training. It is a mixture of body sculpting movements with easy to follow dance steps. You'll never have more fun!

SILVERSNEAKERS CLASSES

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!

CYCLE CLASS

SPINERGY

Boost energy levels with SPINergy! This awesome, non-impact workout is for everyone. Come sweat, have fun, and enjoy upbeat music while challenging yourself with lots of calorie-burning racing!

• Motivating Group Atmosphere

• Great for All Levels

Day	Class	Time	Instructor	LOCATION	Virtual	Maximums
Monday	BodyPump	5:15 AM	David	Courts 3 & 4	Yes	Max: 15
	Yoga	8:30 AM	Tammy	Virtual Only		No Max
	Y Step	9:00 AM	Corrine	Studio C	No	Max: 12
	SilverSneakers Classic	9:45 AM	Tom	Virtual Only		No Max
	SilverSneakers Classic	10:15 AM	Judy	Courts 3 & 4	No	Max: 25
	SilverSneakers Classic	11:15 AM	Judy	Courts 3 & 4	No	Max: 25
	Barre Above	10:30 AM	Norah	Virtual Only		No Max
	SilverSneakers Yoga	11:00 AM	Dan	Virtual Only		No Max
	CardioKick	5:00 PM	Tenille	Courts 3 & 4	No	Max: 25
	WERQ	5:30 PM	Stacey	Virtual Only		No Max
	Pilates	6:30 PM	Amy	Virtual Only		No Max
Tuesday	Y Combo	5:15 AM	Corrine	Studio C	No	Max: 12
	Yoga	9:00 AM	Tammy	Studio C	No	Max: 12
	Y Combo	10:15 AM	Cathie	Courts 3 & 4	Yes	Max: 25
	WERQ	4:30 PM	Stacey	Courts 3 & 4	Yes	Max: 25
	Body Pump	6:00 PM	David	Courts 3 & 4	Yes	Max: 15
Wednesday	Body Combat	5:15 AM	David	Courts 3 & 4	Yes	Max: 25
	Zumba	9:00 AM	Corrine	Studio C	No	Max: 12
	NEW! Spinergy	9:00 AM	Tenille	Cycle Studio	No	Max: 8
	SilverSneakers Classic	9:45 AM	Tom	Virtual Only		No Max
	SilverSneakers Classic	10:15 AM	Judy	Courts 3 & 4	No	Max: 25
	Y Combo	10:30 AM	Corrine	Virtual Only		No Max
	SilverSneakers Classic	11:15 AM	Judy	Courts 3 & 4	No	Max: 25
	SilverSneakers Yoga	11:00 AM	Monica	Virtual Only		No Max
	Pilates	5:00 PM	Amy	Studio C	No	Max: 12
	Zumba	5:30 PM	Sandra	Virtual Only		No Max
Thursday	Zumba	6:30 PM	Melissa	Studio C	No	Max: 12
	Y Combo	5:15 AM	Corrine	Studio C	No	Max: 12
	Yoga	8:30 AM	Tammy	Studio C	No	Max: 12
	Y Combo	10:15 AM	Cathie	Courts 3 & 4	Yes	Max: 25
	Zumba	4:30 PM	Sandra	Studio C	No	Max: 12
Friday	Piloxing	5:30 PM	Christine	Courts 3 & 4	Yes	Max: 25
	BodyPump	5:15 AM	David	Courts 3 & 4	Yes	Max: 15
	WERQ	9:00 AM	Crystal	Courts 3 & 4	Yes	Max: 25
	SilverSneakers Classic	9:45 AM	Tom	Virtual Only		No Max
	SilverSneakers Classic	10:15 AM	Judy	Courts 3 & 4	No	Max: 25
	SilverSneakers Classic	11:15 AM	Judy	Courts 3 & 4	No	Max: 25
Sat.	SilverSneakers Yoga	11:00 AM	Dan	Virtual Only		No Max
	Body Pump	5:45 PM	David	Courts 3 & 4	Yes	Max: 15
	NEW! Body Combat	7:00 AM	David	Courts 2	Yes	Max: 15
	Zumba	8:00 AM	Melissa	Courts 3 & 4	Yes	Max: 25
	WERQ	11:00 AM	Tenille	Courts 3 & 4	Yes	Max: 25

ACHIEVE YOUR GOALS,

START HERE



FITNESS EQUIPMENT ORIENTATION

A great place to start; **FREE 30-minute equipment orientation** guided by a member of your Health Team! After your orientation to the equipment you will feel comfortable in our fitness center and will be able to safely and effectively use the cardio and selectorized equipment. **No registration required, please check in at Member Service Desk.**

MONDAYS @ 12:00PM
WEDNESDAYS @ 6:00PM

FITNESS FAST START

Your personalized consultation will include:

- Face to Face interview, health history and goal setting
- Exercise and clean eating guidance
- Body Composition

During your consultation a member of your Health Team will ask you a series of questions and will then map out a plan for you based on your personal health and fitness GOALS. Health Questionnaire must be completed (available at the Member Service Desk); if this reveals a need to speak to your doctor, a medical release will be provided to be completed by your doctor.

Fee: \$20.00 Sign-up within the FIRST 30 DAYS of your new Y membership and SAVE \$10!!

YOUTH ORIENTATION (12-13 yr. olds)

This clinic will teach your child the rules and proper etiquette to follow while working out in the Fitness Center. The participant will also learn how to perform some basic exercises properly.

Once your child has successfully completed this clinic they will receive a completion bracelet, this is to be worn while working out in the Fitness Center, under direct parental supervision.

Contact Tenille at tfick@kenoshaymca.org to set-up your time today!

Fee: Member: \$15 General Public: \$30



MAKE THE MOST OF YOUR Y MEMBERSHIP!

GROUP TRAINING

PERSONAL TRAINING @ GROUP FITNESS PRICES



RUN & YOGA

Location: Meet on the upstairs track, yoga will be in Studio B.
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. Participants: Min 5, Max 12

WEDNESDAYS 5:15-6:05AM \$40/\$66 Tammy

NEW
TIME!

Class is in-person only. Meet in back of facility on Outdoor track. Upstairs, indoor track when inclement weather.

TOTAL BODY TRX®

Location: Studio B

Want a fast, effective total-body workout? TRX Suspension Training leverages gravity and your own body weight along with the TRX Suspension Trainer™ to challenge your whole body while working in every plane of motion. Build a solid core, increase muscular endurance and strength, as well as improve flexibility and balance. Experience this device in My Fitness Studio. Participants: Min 5, Max 12

SATURDAYS 9:00-9:45am \$40/\$66 Tom

Class is in-person only.

PENALTY BOX

Location: Studio A

Lose weight, gain explosive speed, and increase your stamina! The Penalty Box® is a complete body workout program using four squares to take the place of an agility ladder. ALL levels welcome!

ONLY 5 SPOTS AVAILABLE - REGISTER TODAY!

WEDNESDAYS 5:00-5:50pm \$40/\$66 Katie

NEW DAY & TIME



PERSONAL TRAINING

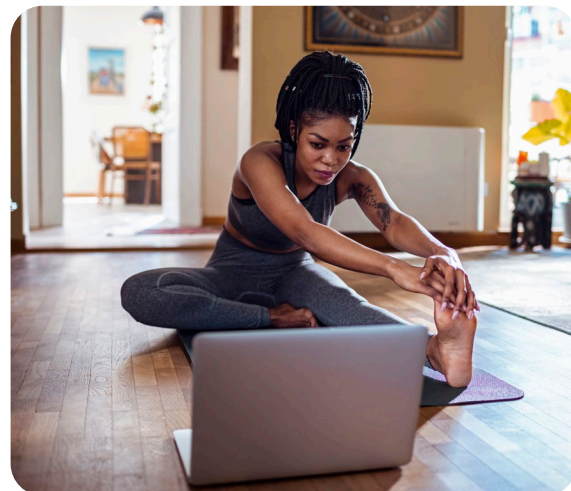
Our knowledgeable and experienced personal trainers will create a customized workout program accompanied with clean eating guidelines so you have a plan to succeed!

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 on our website at www.kenoshaymca.org. Please note sessions must be paid in full.

**NOW OFFERING
VIRTUAL TRAINING
via Zoom!**

**Contact us today for more
info. @ 654.9622 ext. 235**



VIRTUAL YMCA

featuring Y360

Whether it's a global pandemic, a snowstorm or just a busy day, we know it's not always possible to head to the Y. Because we care about YOU, we are making it easier for you to stay healthy, stay balanced and get in a good workout from the comfort of your home. So make some room, grab your device and enjoy...

WHAT IS VIRTUAL Y & Y360?

Simply they are websites available only to Kenosha Y members that offer Live Streamed and On-Demand classes and programs.

Virtual Y features our very own certified Kenosha Y instructors teaching your favorites both live and on-demand.

Y360 features videos from certified YMCA instructors from all over the country. Here you will find everything from BodyPump to Yoga and Arts & Crafts to Family Nutrition and more.

IS THERE A FEE FOR VIRTUAL Y?

No, if you are an Active Kenosha YMCA member, Virtual Y and Y360 are additional member benefits.

HOW DO I ACCESS THESE SITES?

Visit KENOSHAYMCA.ORG. Click on VIRTUAL Y; you will be brought to the SIGN-IN page. Your LOGIN is the EMAIL associated with your Kenosha YMCA account. The first time you login you will receive a verification email. *If you have a Roadrunner email (wi.rr.com) please contact us at 262.654.9622.

Y360 is accessible once you are logged into Virtual Y. Click the 'Y360 On-Demand Videos' button on the home page. You will need to choose the Kenosha YMCA and login using the same email you used for Virtual Y.



IS VIRTUAL Y ONLY FITNESS CLASSES?

The short answer is NO. Currently fitness classes do make-up most of the content on Virtual Y, however, we are working hard to bring you a Virtual Community. We will have options such as senior coffee clutch, arts & crafts, storytellers and more!

Y360 also offers a wide variety of fitness classes as well as Family Nutrition, Arts & Crafts, Culinary Arts & more!

HAVING ISSUES LOGGING IN?

That's ok, we can help! Just give our friendly Member Service Desk staff a call at 262.654.9622.

DO I STILL HAVE TO REGISTER FOR THE DROP-IN FITNESS CLASSES?

NOPE! You will simply log-in to the Virtual Y site, click 'LIVE VIRTUAL FITNESS', then click the provided link for your desired class.

WILL YOU STILL BE EMAILING OUT LINKS FOR FREE CLASSES?

No, you will simply login to Virtual Y a few minutes prior to class start time and click 'LIVE VIRTUAL FITNESS', then click the provided link for your desired class.

CAN I USE VIRTUAL Y ON ANY DEVICE?

Yes! You can join us on your phone, table, laptop or computer. Some TV's even allow you to 'cast to' from your device.

Y360 is currently available on Apple TV also. Coming to Roku soon!!

TAKE BACK YOUR HEALTH...

YOU ARE ESSENTIAL!