



DISCOVER MORE AT THE YMCA!



**MORE
PLAY**

**MORE
ENERGY**

**MORE
BALANCE**

WINTER PROGRAM GUIDE
January 3 – February 27, 2022
KENOSHA YMCA

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

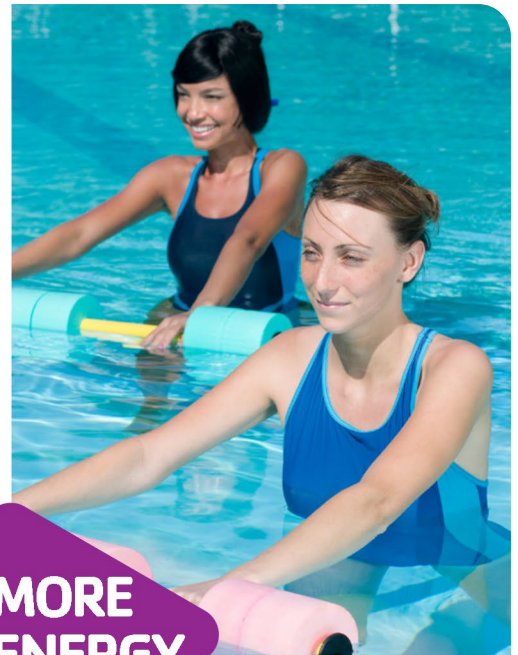


TABLE OF CONTENTS

YMCA Age & Facility Guidelines	5
Kueny Aquatic Center Policies	5
YOUTH DEVELOPMENT	
Kids' Club	6
SPLASH BIRTHDAY PARTIES	6
Early Childhood & Preschool (ages 2-5)	7
School-Age Care (in school)	8
School's Out, Full-Day Programming	9
Virtual Learning	10
Dance	11
STEM	11
Youth Sports	12-13
Martial Arts	13
Swimming Lessons, group	14-15
Specialty Aquatics	15
Private Swim Lessons	16
ARC CPR, AED & First Aid Training	16
Jaguars Swim Team	17
HEALTHY LIVING	
GROUP TRAINING - Blast Boot Camp	18
Equipment Orientation	18
Personal Training	18
ADULT SPORTS	19
Aquatic Fitness	20
Group Fitness Schedule	21-23
VIRTUAL YMCA	23
SOCIAL RESPONSIBILITY	
MASSAGE	Back page

WINTER REGISTRATION

Member: Monday, December 13th
General Public: Monday, December 20th

**CLASSES BEGIN:
MONDAY, JANUARY 3rd**

DATES TO NOTE

DECEMBER

13 WINTER '22 Member Registration Begins
18 Senior Day
20 WINTER '22 General Public Registration Begins
22-23 & 27-30 Winter Camp
20-JAN. 2 Winter Break, No Regular Classes
24 Christmas Eve, YMCA Open 5am-1pm
25 MERRY CHRISTMAS, YMCA CLOSED
31 New Year's Eve, YMCA Open 5am-1pm

JANUARY 2022

1 New Year's Day, YMCA Open 7am-1pm
3 WINTER 2022 SESSION BEGINS
3 BASE Program Begins, school resumes
15 Senior Day

FEBRUARY

14 SPRING 1 Member Registration Begins
21 SPRING 1 General Public Registration Begins
28 SPRING 1 SESSION BEGINS



Forever together. For a better us.

CONNECT TO OUR CAUSE!



@KenoshaYMCA

DOWNLOAD OUR FREE APP TODAY!



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



**GENERAL INQUIRES:
262.654.9622**

REGISTERING FOR CLASSES...

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



ONLINE: SAFE & SECURE! Register everyone with just a few simple clicks.

A valid email address on file at the Kenosha YMCA is required. **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.

WELCOME TO THE KENOSHA YMCA!

ACHIEVE YOUR

GOALS,



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 appointment required, please check in at Member Service Desk.

**MONDAYS @ 1:00PM
WEDNESDAYS @ 6:00PM**

FITNESS FAST START

Your personalized consultation will include:

- Face to Face interview
 - including 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!!

MAKE THE MOST OF YOUR Y MEMBERSHIP!

MEMBERSHIP RATES

Membership Type	Monthly Draft	Joiner Fee
Youth 17 & under	\$20	\$25 \$0
Young Adult 18 - 29	\$29	\$25 \$0
Single Adult^ 30 - 59	\$58	\$75 \$0
Family I** One Adult Household w/ Children 24 & under	\$68	\$75 \$0
Family II** Two Adult Household	\$73	\$75 \$0
Family III** Two Adult Household w/ Children 24 & under	\$81	\$75 \$0
Senior I Single Adult, 60 & over	\$49	\$75 \$0
Senior II* Two Adult Household, 60 & over	\$61	\$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

Presented by:  **Hospice Alliance**

Seniors (60 & over) may enjoy our facility FREE of charge on the 3rd Tuesday of EVERY MONTH! (Photo ID Required)

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

The general public is welcome to visit the Y anytime by purchasing a day pass. Guests 13 years of age & older are required to present a picture ID each time they visit. Adults accompanying children are required to purchase a day pass, regardless of intended use or non-use of facility amenities.

Fee: Youth (17 & under) \$10 | Senior \$10 | Adult \$15 | *Family \$30

*Family: up to 6 people, parent(s) & children 24 & under. \$5 each additional

FACILITY MEMBER GUEST PRIVILEGES

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. *\$8 per guest after complimentary passes used.

LOCKERS

Lockers are available to rent for just \$7.25/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.

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.

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 and restrooms. 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 7 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.

Before visiting the Kueny Aquatic Center:

Due to covid-19, we are experiencing a lifeguard shortage that is causing irregular pool hours.

During this time we recommend visiting us on [Facebook](#) or calling 262.654.9622 ext. 264 for up-to-date pool schedules.

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 15.** You may call us at 654-9622 ext. 229 to check daily availability.

*Y Members must register for Kids' Club. There is a \$27 annual registration fee, per family; there is no additional charge for daily usage. (Kenosha YMCA & Nationwide Members)

KIDS' CLUB HOURS:

AM: Monday – Friday 8:00am–12:30pm
Saturday 8:00am–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 \$60.00 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 (\$175) 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: \$60 each hour
- Additional Adults (IF swimming): \$5 each
- Additional fees for after hours parties may apply

PARTY PRICING:

- \$175, for 12 children & 2 adults
- A non-refundable \$50 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
- 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...
 - Swim lessons, including water safety on Fridays
 - 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 monthly, and field trips to the library every Tuesday.



WEEKLY ACTIVITY SCHEDULE

TUESDAY: Music / Art (Library field trip)

WEDNESDAY: Show & Tell

THURSDAYS: Cooking

FRIDAY: Swimming

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 discount: 10% off fees for each additional child

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

RATES

Rates subject to change.

AGES	DAILY HOURS	DAILY RATE
2 years	Fewer than 5 hours	\$29 / \$34
	5+ hours	\$41 / \$46
3 - 5 years	Fewer than 5 hours	\$26 / \$31
	5+ hours	\$38 / \$43

*Member / Non-Member Rate

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SCHOOL-AGE, AGES 5-12

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!

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

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!**

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

NEW FOR 2021-22 SCHOOL YEAR!

Achievers is coming to ALL BASE programs!

Students can receive additional support in reading & math at no extra cost!

Parents are you interested in their child participating?
See your Site Coordinator.

SCHOOL-AGE LOCATIONS

SITES	PHONE #
FOREST PARK	262.515.1805
PRAIRIE LANE	262.942.7304
STOCKER	262.220.8229
YMCA Location	262.654.9622 ext. 237
Administrative Contact Information on Page 8	

***Call for info on additional schools.**

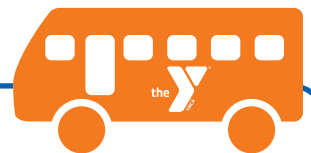
SCHOOL-AGE RATES

*Prices subject to change.

PROGRAM	DAILY RATE*
Before School	\$8.00
After School	\$12.00
Early Release Friday	\$17.00
Full Day, No School (KDO/Camp)	\$20.00

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

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 2021/22 school year:

◆ DIMENSIONS OF LEARNING

- A minimum of 5 students per school are required in order to provide transportation.
- Additional annual \$50 transportation fee for CFB.

Don't see your school listed? Call us at 262.654.9622 ext. 236. List subject to change based on need.

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



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.

WINTER CAMP

- December 22nd & 23rd and December 27th, 28th, 29th, 30th

2022 DATES:

- Monday, January 17th
- Friday, January 21st
- Friday, February 11th
- Friday, February 25th

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

EDUCATE, INSPIRE & ENGAGE

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:

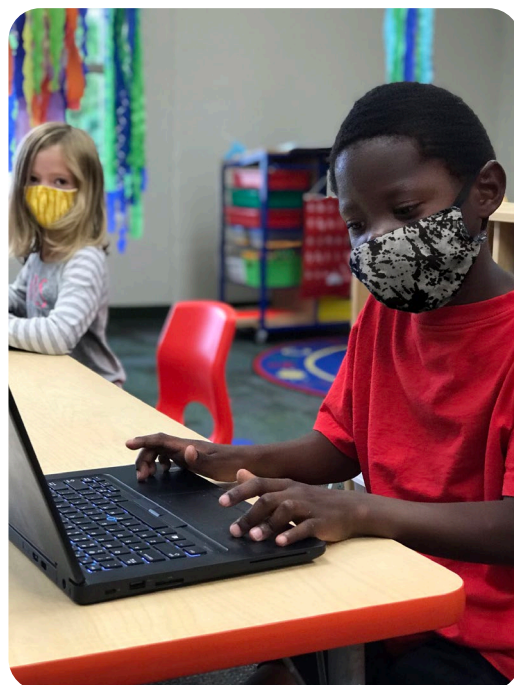
- Breakfast, Lunch & Afternoon Snack
- Academic support during "school day" with facilitated activity breaks
- Homework & tutoring help as needed "after school"
- Service Learning Projects
- Character Development
- STEM
- Bookmobile visits
- Gardening
- Swimming on Fridays
- "Live" (face to face) art,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

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



DANCE CLASSES!

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 \$42 General Public: \$69

LEVEL II

Tuesdays 6:30-7:15pm Member \$42 General Public: \$69

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 \$42 General Public: \$69

Saturdays 8:00-8:45am Member \$42 General Public: \$69

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

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 \$42 General Public: \$69

LEVEL II

Saturdays 10:00-10:45am Member \$42 General Public: \$69

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



SERIOUS ABOUT STEM S.A.S. (HOME SCHOOL)

Location: Maker Lab - This Class provides hands on learning about STEM: Science, Technology, Engineering and Math. Each week a different project, utilizing one of more of these topics. Projects include concepts such as teamwork, problem solving, and fun science experiments. Participants: 6/12

WEDNESDAYS 10:00-11:00am

Fee: Member \$37 General Public \$46



**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!**

Financial assistance is available to those in need thanks to the For a Better Us Campaign. If you or your family would benefit from a Y membership or program, but find the fees financially challenging please complete a John & Judy Wavro Scholarship Fund application and return to the Kenosha YMCA.

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.**



DODGEBALL



Location: Gymnasium – For ages 8-11; participants will play an organized game of Dodgeball. Come try out your arm strength and accuracy and be the last one standing to win it all.

Court 3 & 4 THURSDAYS 5:30-6:30pm
Fee: Member \$30 General Public \$50 Participants: 6/15



INDOOR SOCCER



MINI KICKERS: 3-4 Years Old

Location: Gymnasium – This is a parent/child participation program designed to teach children the basic skills of soccer. Fundamentals will consist of dribbling, passing, & shots at the goal.

Court 3 & 4 SATURDAYS 9:00-9:30am
Fee: Member \$30 General Public \$50 Participants: 5/15

LITTLE KICKERS: 5-7 Years Old

Location: Gymnasium – This is a non-competitive sports program designed to teach children the basic fundamentals of soccer, such as dribbling, passing, teamwork and taking shots on goal.

Court 3 & 4 SATURDAYS 9:30-10:15am
Fee: Member \$45 General Public \$75 Participants: 5/15

KICKERS: 8-11 Years old

Location: Gymnasium – This is a non-competitive sports program designed to teach children the basic fundamentals of soccer, such as dribbling, passing, teamwork and taking shots on goal.

Court 3 & 4 SATURDAYS 10:15-11:00am
Fee: Member \$45 General Public \$75 Participants: 5/15



QUESTIONS?

READY TO VOLUNTEER?

Contact Blake at bcollins@kenoshaymca.org or 262.654.9622 ext. 234.



BASKETBALL



LITTLE DRIBBLERS: 3-4 Years old

Location: Gymnasium – This program will 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 & 4 TUESDAYS 6:00-6:30pm
Fee: Member \$30 General Public \$50 Participants: 6/15

BEGINNER DRIBBLERS: 5-8 Years old

Location: Gymnasium – This program will focus on the fundamentals of shooting, ball handling, passing, post and perimeter play, & footwork. At the end of training, all participants will play in a pickup basketball games at the end of the course.

Court 3 & 4 TUESDAYS 6:30-7:15pm
Fee: Member \$45 General Public \$75 Participants: 6/15

INTERMEDIATE DRIBBLERS: 12-14 Years old

Location: Gymnasium – This program will focus on the fundamentals of shooting, ball handling, passing, post and perimeter play, & footwork. At the end of training, all participants will play in a pickup basketball games at the end of the course.

Court 3 & 4 TUESDAYS 7:15-8:00pm
Fee: Member \$45 General Public \$75 Participants: 6/15



SUPER KICKERS



Location: Gymnasium – **All participants will enjoy this fundamental indoor soccer class for kids with diverse abilities.** Participants will meet new friends while growing their athletic skills and confidence. Class time will consist of drills such as dribbling, passing, and taking shots at the goal.

For this class to run smoothly, we will need volunteer adults to help assist kids as needed. Please email Blake Collins at bcollins@kenoshaymca.org to volunteer or for more information.

Minimum: 5 / Maximum 15 Participants

Wednesday 5:30-6:30pm Courts 3 & 4
Fee: Member: \$20 General Public \$36

*If fees are prohibitive, please contact us for scholarship information.



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 Gym w
Days: SATURDAYS **Time:** 11:30am-12:15pm
Fee: Members \$42 General Public \$68

SPECIAL THANKS TO THIS YEARS YOUTH SPORTS SPONSORS!

FPS

Finishing & Plating Service, Inc.

Snap-on

LEE
MECHANICAL

festival
foods

OZINGA



CARTHAGE
COLLEGE

Kenosha News • First American Bank • Pepsi

YOUTH SPEED & AGILITY TRAINING

Now with Personal Trainer Q, CPT

Do you have a child in sports looking to unlock their performance, improve muscle endurance, and stabilize balance to prevent injury and learn correct joint movement?

Eight weeks of intense work with Q will help you reach your maximum acceleration speeds & top end gains, regardless of the sport(s) you play. Participants: Min 4, Max 20

Ages: 10-18 **Court** 3 in Gymnasium

Days: MONDAYS **Time:** 6:00-7:00pm

Fee: Members \$64 General Public \$106

**IT'S
BACK!**

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 & 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

AIKIDO (14 Years & Older)

Extension of Lake County Aikikai

LOCATION: Studio A with **INSTRUCTORS:** Pat Weyand, Greg Pieper & Joe Grospe

Aikido is a Japanese martial art, which was developed in the 1900's by Morihei Ueshiba. Aikido was formed from traditional Samurai arts such as Ju Jutsu, Ken Jutsu and other traditional Japanese arts. Post War the purpose of Aikido and its philosophy evolved into harmonizing with one's opponent with the purpose of blending and unifying with negative energy thus ending a struggle before it can cause harm. On a physical level, Aikido involves joint locks, falls, rolls and throws.

Aikido involves training weapons. In this Aikido curriculum there are three (3) different training implements (traditional weapons utilized at some point in the training) including wooden swords, Jo (wooden short staff) and Tanto (wooden knife). Minimum: 4 / Maximum 12 Participants

Saturdays 11:00am-12:30pm

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

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.

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 \$52 General Public \$75

*Minimum FIVE & Maximum TEN participants per class.

PARENT & CHILD ORIENTATION

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
PARENT & CHILD 6-36 mths.	Thu	9:00-9:30am (6-36 mths)	Danielle
	Thu	12:00-12:30pm (6-36 mths)	Danielle
	Thu	6:00-6:30pm (6-36 mths)	Kyla W.
	Sat	10:15-10:45am (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 \$60 General Public \$96

*Minimum THREE & Maximum FIVE participants per class.

PRESCHOOL SWIM LESSONS

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
PRESCHOOL 1	Mon	4:30-5:15pm	Jenni G.
	Thu	9:00-9:45am	Kyla W.
	Thu	5:15-6:00pm	Kyla W.
PRESCHOOL 1/2	Thu	11:15am-12:00pm	Danielle
PRESCHOOL 2	Tue	6:15-7:00pm	Jason T.
	Thu	9:30-10:15am	Danielle
	Thu	5:30-6:15pm	Jason T.
PRESCHOOL 3	Tue	5:30-6:15pm	Jason T.
	Thu	12:30-1:15pm	Danielle
	Thu	1:15-2:00pm *Lap Pool Only Class	Danielle
	Thu	4:30-5:15pm	Kyla W.
PRESCHOOL 4/5	Thu	6:15-7:00pm	Jason T.

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...Kids' Club is available for children ages 6 weeks to 9 years. Please refer to page 7 for specifics.

WHAT IF MY CHILD MISSES A CLASS?

Refunds and/or make-up classes will not be offered. The Y offers refunds 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.

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 \$60 General Public \$96

*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	Jenni G.
	Thu	4:30–5:15pm	Jenni G.
LEVEL 2	Mon	6:00–6:45pm	Jenni G.
	Thu	5:15–6:00pm	Jenni G.
LEVEL 3	Tue	5:00–5:45pm	Brittany
	Thu	5:00–5:45pm	Brittany
LEVEL 4	Tue	5:45–6:30pm	Brittany
	Wed	5:00–5:45pm	Brittany
LEVEL 5/6	Thu	5:45–6:30pm	Brittany



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 5:45–6:30pm Brittany

Fee: Member \$60 General Public \$96

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

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 5:30–6:30pm Member \$40 General Public \$67

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

QUESTIONS about our Swimming Lessons?
Contact us at 262.654.9622 ext. 261
or info@kenoshaymca.org
AQUATIC CENTER POLICIES...PAGE 5

PRIVATE LESSONS >

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

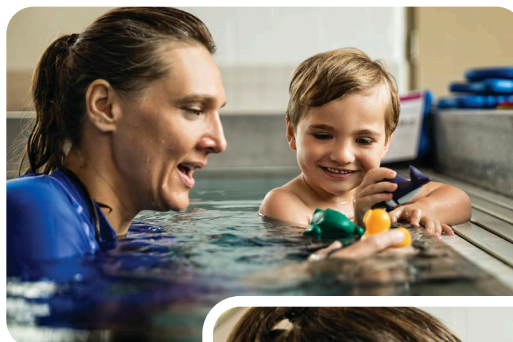
PRIVATE +1 (2 swimmers of similar abilities & goals)

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

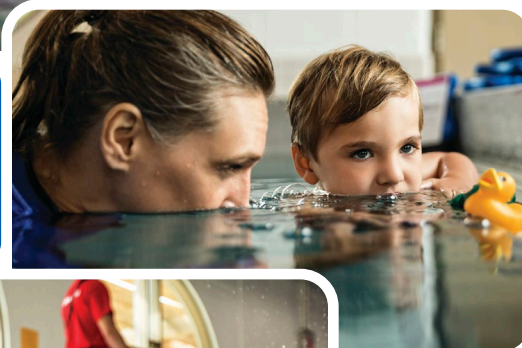
PRIVATE +2 (3 swimmers of similar abilities & goals)

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.



**Online
request
form >**



AMERICAN RED CROSS TRAINING



ADULT & PEDIATRIC CPR/AED/FIRST AID

The CPR/AED for Professional Rescuers course will help prepare you to recognize and care for a variety of breathing and cardiac emergencies. The eLearning portion of this class is scenario based and will introduce you to the skills that you will practice and master during the in-person skill session. **Successful completion of this eLearning content alone will not result in certification.** This eLearning content must be taken in conjunction with in-person training and evaluation led by an American Red Cross Instructor. To earn certification, participants must:

- Complete all eLearning modules (approx. 3 hours) and present proof of completion before beginning the in-person skill session
- Attend and actively participate in all class sessions
- Demonstrate competency in all required skills
- Pass the final written exam in the eLearning conclusion module with a minimum grade of 80% or better
- Pass the final skill scenario



**American
Red Cross**

>> GET TRAINED & CERTIFIED <<

To begin the eLearning portion **CLICK HERE**. You will be directed to create an American Red Cross account or Sign In to your existing account. You will then be automatically redirected to the list of online blended learning classes. For this certificate you must complete the **CPR/AED for Professional Rescuers class**; click **LAUNCH** to begin class.

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

This fee is paid at the time of scheduling the in-person skill session. Sorry, online registration is unavailable for this class. Please contact Kaitlin, at krhodes@kenoshaymca.org to schedule your in-person portion.

*There is no charge for the eLearning portion of this class. Call 262.654.9622 with any questions.

eLearning Course Link:

<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.

INTRODUCING THE NEW.....

JAGUARS SWIM TEAM



The Jaguars are a Y of the USA and USA Swimming 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.

The Kenosha YMCA 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.

SWIM GROUPS:

- **BRONZE:** 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.
- **SILVER:** 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.
- **GOLD:** this group is for our advanced, competitive swimmers. Swimmers in this group must test to the practice standards of the group, adhere to attendance standards, and competition standards.

Tryouts: Mondays 6:15-6:30pm & Saturdays 11am-12pm, by appointment only

PRACTICE TIMES

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

➤ **Start Date Bronze/Silver: September 13th**
Start Date Gold: August 16th

PRACTICE FEES

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

*Swim team is a 7-8 month commitment, monthly payments will be automated.

MULTIPLE SWIMMER DISCOUNT

Families with multiple swimmers will receive a discount. 10% on second swimmer, 20% on third swimmer and 30% on fourth swimmer.

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.

PRACTICE SCHEDULE

Practice schedule will be determined by the level of your swimmer. Currently, we have team practices M-F in the evening hours. Saturdays may be scheduled for the gold group.

APPAREL FEES

Apparel orders will be available for all swimmers, including team suits. All swimmers are responsible for their own apparel fees.

FALL SEASON	AUGUST/SEPTEMBER - MARCH
Bronze	M, W & F 5:30-6:30PM
Silver	M-F 6:30-8:00PM
Gold	M-Th 6:30-8:30PM, F 5:30-7:30PM
All Levels	Open Practice 9:00-11:00AM

FALL SEASON	AUGUST/SEPTEMBER - MARCH
Bronze	\$75 per month
Silver	\$90 per month
Gold	\$110 per month

GROUP EQUIPMENT

Each group will hand out an equipment list to parents. All swimmers are responsible for their own equipment and cost.

MEET FEES

All Swim Team members are responsible for their own meet fees.

CANCELLED PRACTICES

No refunds or credits will be given for cancelled practices. Cancelled practices will only be done in the cases of high school swim meets and/or extreme weather, facility maintenance, etc.

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.

Questions?

Contact: Head Coach Ziggy Cornegan at 262.654.9622 ext. 262 / zcornegan@kenoshaymca.org

MAKE THE MOST OF YOUR Y MEMBERSHIP!

GROUP TRAINING

Personal Training @ Group Fitness Prices

ALL
NEW

BLAST BOOT CAMP

Blast your metabolism in this challenging, trainer led class held in 'My Fitness Studio'. Class will focus on full body resistance training while incorporating blasts of cardio intervals. You'll burn fat, improve muscle definition, increase cardio capacity, and most importantly have FUN! Participants: Min. 4, Max 10

MONDAYS	6:30-7:20am	\$64 / \$106	Katie
MONDAYS	6:30-7:20pm	\$64 / \$106	Beth
TUESDAYS	5:15-6:00am	\$64 / \$106	Q
TUESDAYS	5:30-6:20pm	\$64 / \$106	Elizabeth
WEDNESDAYS	9:30-10:20am	\$64 / \$106	Elizabeth
WEDNESDAYS	7:00-7:50pm	\$64 / \$106	Katie
THURSDAYS	5:15-6:00am	\$64 / \$106	Q
THURSDAYS	5:30-6:20pm	\$64 / \$106	Elizabeth
FRIDAYS	4:30-5:20pm	\$64 / \$106	Katie
SATURDAYS	8:00-9:00am	\$64 / \$106	Beth
SUNDAYS	9:30-10:20am	\$64 / \$106	Elizabeth

**SIGN UP FOR ONE CLASS AND
GET EACH ADDITIONAL FOR HALF PRICE!!**



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. Virtual training also available.**

For your convenience we offer One-On-One (as low as \$41 a session) & Partner Training (as low as \$31 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.

ACHIEVE YOUR GOALS,

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 @ 1:00PM
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 to set-up your time today! Email her at: tfick@kenoshaymca.org

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

ADULT SPORTS

CHARACTER FIRST, COMPETITION SECOND

Our adult sports programs will provide every individual with an equal opportunity to participate in heart-strengthening, stress-reducing exercise, to socialize with friends, to quench the competitive fire, and most importantly TO HAVE FUN.



PICKLEBALL is a recreational sport that is designed to be played by children and adults of all ages and abilities. It is played on a badminton-sized court with a specialized paddle and ball. Come and try this exciting sport that is sweeping the nation.

PICKLEBALL – OPEN GYM (12* & Older)

Location: Gym, Courts 1 & 2

Equipment is available for use in the gym.

*Ages: 12-13 years old are welcome with parent

- Sunday: 10:00am-12:00pm
- Mondays: 9:00am-12:00pm
- Wednesdays: 9:00am-12:00pm
- Friday: 9:00am-12:00pm



ADULT BASKETBALL LEAGUE (18 & Older)

Location: Gymnasium, Courts 3 & 4

This Men's winter league will be played MONDAY nights and will consist of 5 regular season games followed by single elimination playoffs. All teams must have their own uniforms.

Games on Monday Nights: January 10th – March 7th

Game Times: 5:30-8:00pm

Playoffs: March 7th, 21st & 28th

Fee: \$250.00 per team Min: 5 teams Max: 8 teams/12 players

Registration closes: Tuesday, January 4th

PICKLEBALL LEAGUE (18 Years & Older)

Location: Gym, Courts 1 & 2

This mixed gender league will be played with doubles on Friday nights and will consist of 5 regular season games followed by single game elimination playoffs. We encourage you to bring your own paddles. Currently seeking Volunteers! Please contact Bcollins@kenoshaymca.org for more information.

Games on Friday Nights: January 21st– March 11th

Game Times: 5:00-8:30pm

Playoffs: March 18th, 25th & April 1st

Fee: \$50.00 per team Min: 5 teams Max: 8 teams/2 players

Registration closes: Tuesday, January 10th

BASKETBALL – OPEN GYM

Open gym basketball is designed for free shoot around, or pickup games while meeting new friends. There are 2 full size courts, and 12 basketball rims that could be modified to your liking. All participants are encouraged to bring their own ball.

- Sunday: 12:00-2:00pm (Courts 3 & 4)
- Monday: 12:00-6:00pm (Courts 3 & 4)
- Tuesday: 5:00am-5:30pm (All Courts)
- Wednesday: 12:00-5:00pm (All courts)
- Thursday: 12:00-5:30pm (All Courts)
- Friday: 5:30-9:00pm (Courts 1 & 2)



INDOOR SOCCER – OPEN GYM (12 & Older*)

Location: Gym, Courts 1 & 2

Recreational, yet competitive soccer. There will be one full court available. *Ages: 12-13 years old are welcome with a parent

SUNDAYS:

- 2:00-3:00pm (Adults)
- 4:00-5:00pm (Youth)

TUESDAYS:

- 6:00-7:00pm (Youth)
- 7:00-9:00pm (Adults)



QUESTIONS? READY TO VOLUNTEER?

Contact Blake at bcollins@kenoshaymca.org
262.654.9622 ext. 234.

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 specifically stated) 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	PASS NEEDED*	Rita R
Wednesday	9:00-10:00am	PASS NEEDED*	Rita R
Friday	9:00-10:00am	PASS NEEDED*	Rita R

*PASSES: To ensure everyone has the opportunity to attend this class we have implemented a pass system. Members will need to obtain a pass from the Member Service Desk no earlier than 30-minutes before each class. These passes will be collected each day by the instructor. Each day 20 passes will be available.

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	\$32 / \$62	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	\$32 / \$62	Corrine F.
Fridays	7:00-8:00am	\$32 / \$62	Bryan M.



QUESTIONS about our Aquatic Programs?
Contact us at info@kenoshaymca.org or
at 262.654.9622 ext. 224.

AQUATIC CENTER POLICIES...PAGE 5

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	\$32 / \$62	Corrine
Thursdays	7:30-8:30am	\$32 / \$62	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 16

Mondays	8:15-9:15am	\$32 / \$62	Jeanne
Mondays	9:15-10:15am	\$32 / \$62	Jeanne
Wednesdays	8:15-9:15am	\$32 / \$62	Jeanne
Wednesdays	9:15-10:15am	\$32 / \$62	Jeanne
Fridays	8:15-9:15am	\$32 / \$62	Jeanne
Fridays	9:15-10:15am	\$32 / \$62	Jeanne

DID YOU KNOW?

- ✓ Water supports the body, putting less stress on your joints and muscles.
- ✓ Working out sharpens your memory and improves brain performance.
- ✓ Exercise prevents signs of aging.
- ✓ Water pressure put less strain on the heart by moving blood around the body.
- ✓ Working out enables you to sleep better.

GROUP FITNESS CLASSES

Drop-in classes are **FREE** to members.

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

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.

BUTTS & GUTS - EXPRESS

Challenge your core! Focus on the major muscles of the torso, toning and strengthening your abs, back, and butt. Strong core & butt muscles mean better posture, more balance, healthier back and more confidence.

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.

HARD CORE EXPRESS

This 30-minute class concentrates on strengthening your core muscles, which includes your abdominal muscles, back muscles and the muscles around the pelvis. In between a light cardio warm-up and cooldown stretch, you'll twist, crunch, and plank your way to a stronger core!

HIIT

This class will include interval training that combines short intervals of maximum intensity exercise separated by longer intervals of recovery or low to moderate intensity exercise. This high-impact, heart pumping workout will push you past your limits to get you in the shape you've always wanted to be! (**EXPRESS is a 30-minute class**)

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!

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!

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!

Y SENIOR CIRCUIT (formerly SilverSneakers Circuit)

The Circuit class is for students who desire and are ready for an advanced senior workout. The format offers a blend of standing non-impact choreography designed to increase cardiovascular endurance and muscular strength & endurance. Alternated with upper body strength work and hand-held weights, elastic tubing and a ball.

• **Motivating Group Atmosphere**

• **Great for All Levels**

Day	Class	Time	Instructor	LOCATION	Maximums
MONDAY	BodyPump	5:15 AM	David	Studio C	Max: 15
	Spinergy	6:00 AM	Tom	Cycle Studio	Max: 14
	Yoga	8:30 AM	Tammy	Virtual Only	No Max
	Y Step	9:00 AM	Corrine	Studio C	Max: 25
	Butts & Guts	10:00 AM	Corrine	Studio C	Max: 25
	SilverSneakers Classic	10:15 AM	Judy	Courts 1 & 2	Max: 25
	SilverSneakers Yoga	11:00 AM	Dan	Studio C	Max: 25
	SilverSneakers Classic	11:15 AM	Judy	Courts 1 & 2	Max: 25
	NEW! HIIT Express	12:00 PM	Beth	Studio C	Max: 25
	NEW! WERQ	5:30 PM	Tenille	Studio C	Max: 25
	Pilates	5:30 PM	Amy	Virtual Only	No Max
	Yoga	6:00 PM	Dan	Studio A	Max: 15
TUESDAY	Body Pump	6:45 PM	Bryan	Studio C	Max: 15
	Y Combo	5:15 AM	Corrine	Studio C	Max: 25
	Yoga	9:00 AM	Tammy	Studio B	Max: 15
	NEW! Y Combo	9:00 AM	Cathie	Studio C	Max: 25
	NEW! HIIT	10:00 AM	Elizabeth	Studio B	Max: 15
	Senior Circuit	10:15 AM	Cathie	Studio C	Max: 25
	NEW! Butts & Guts	12:00 PM	Tenille	Studio C	Max: 25
	NEW! Piloxing	5:15 PM	Christine	Studio C	Max: 25
WEDNESDAY	Butts & Guts	6:45 PM	Katie	Studio B	Max: 15
	Body Combat	5:15 AM	David	Studio C	Max: 15
	NEW! Zumba	9:00 AM	Corrine	Studio C	Max: 25
	Y Step	10:00 AM	Ann	Studio C	Max: 25
	SilverSneakers Classic	10:15 AM	Judy	Courts 1 & 2	Max: 25
	SilverSneakers Classic	11:15 AM	Judy	Courts 1 & 2	Max: 25
	NEW! SilverSneakers Yoga	11:00 AM	Dan	Virtual Only	No Max
	NEW! HIIT Express	12:00 PM	Beth	Studio C	Max: 25
	Pilates	5:00 PM	Amy	Studio A	Max: 15
	Zumba	5:30 PM	Sandra	Virtual Only	No Max
	WERQ	5:30 PM	Stacy	Studio C	Max: 25
	Yoga	6:00 PM	Dan	Studio A	Max: 15
THURSDAY	Zumba	6:45 PM	Melissa	Studio C	Max: 15
	Y Combo	5:15 AM	Corrine	Studio C	Max: 25
	Yoga	8:30 AM	Tammy	Studio B	Max: 15
	NEW! Y Combo	9:00 AM	Cathie	Studio C	Max: 25
	NEW! HIIT	10:00 AM	Elizabeth	Studio B	Max: 15
	Senior Circuit	10:15 AM	Cathie	Studio C	Max: 25
	NEW! Hard Core	12:00 PM	Beth	Studio C	Max: 25
	Zumba	4:30 PM	Sandra	Studio A	Max: 15
	NEW! Piloxing	5:15 PM	Christine	Studio C	Max: 25
	Spinergy	6:00 PM	Tenille	Cycle Studio	Max: 14

Day	Class	Time	Instructor	LOCATION	Maximums
FRIDAY	BodyPump	5:15 AM	David	Studio C	Max: 15
	WERQ	9:00 AM	Tenille	Studio C	Max: 25
	NEW! Butts & Guts	10:00 AM	Ann	Studio C	Max: 25
	SilverSneakers Classic	10:15 AM	Judy	Courts 1 & 2	Max: 25
	Y Step	10:30 AM	Ann	Studio C	Max: 25
	SilverSneakers Classic	11:15 AM	Judy	Courts 1 & 2	Max: 25
	SilverSneakers Yoga	11:00 AM	Dan	Virtual Only	No Max
	NEW! HIIT Express	12:00 PM	Beth	Studio C	Max: 25
SATURDAY	Body Pump	5:45 PM	David	Studio C	Max: 15
	Butts & Guts	7:00 AM	Katie	Studio C	Max: 25
	Spinergy	8:00 AM	Tenille	Cycle Studio	Max: 14
	Zumba	8:00 AM	Melissa	Studio C	Max: 25
	WERQ	9:00 AM	Tenille	Studio C	Max: 25
	Body Combat	10:00 AM	David	Studio C	Max: 25
SUNDAY	WERQ	10:00 AM	Stacey	Virtual Only	No Max

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

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 & 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 DROP-IN FITNESS CLASSES?

NOPE! Simply login 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 & ROKU TV.

MEETING YOUR HEALTH & WELLNESS NEEDS WHEREVER YOU ARE!



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: \$62/72

90 minutes: \$87/97

Mini Stress Buster (30-min*) targeting the neck, shoulders & back: \$37/47

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*: \$42/52

60 minutes: \$67/77

90 minutes: \$92/102

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*: \$42/52

60 minutes: \$67/77

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

Policy change effective August 30, 2021:

No call/no shows will be required to pre-pay for future appointments.

Give the gift of a therapeutic, stress relieving, relaxing... *massage!*

MASSAGE GIFT CARDS
Available!