

the



# HELLO SUMMER!

KENOSHA YMCA  
PROGRAM GUIDE



**SUMMER 2022**

**SUMMER I: June 13 – July 17**

**SUMMER II: July 18 – August 21**



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



## DATES TO NOTE

## TABLE OF CONTENTS

YMCA Membership & Guest Policies.....	4
YMCA Age & Facility Guidelines .....	5
Kueny Aquatic Center Policies .....	5
Kids Club, Drop-in Childcare.....	6
Birthday Parties.....	6
<b>LICENSED CHILD CARE.....</b>	<b>7-11</b>
Early Childhood & Preschool (ages 2-5).....	8
School-Age Care (in school).....	9
<b>YOUTH ACTIVITIES &amp; PROGRAMS .....</b>	<b>10-22</b>
STEM, Lego Club.....	10
Youth Sports.....	10-11
Youth Fitness.....	12
Martial Arts .....	13
Dance.....	14
Swimming Lessons, group.....	15-16
Specialty Aquatics.....	16
Private Swim Lessons .....	17
Jaguars Swim Team.....	18
ARC CPR, AED & First Aid Training.....	19
<b>ADULT ACTIVITIES &amp; PROGRAMS .....</b>	<b>20-22</b>
WOMEN'S SESLF DEFENSE CLINIC.....	20
Adult Sports .....	21
Equipment Orientation.....	22
Personal Training.....	23
<b>GROUP TRAINING - Blast Boot Camp .....</b>	<b>23</b>
Aquatic Fitness .....	24
<b>GROUP FITNESS SCHEDULE.....</b>	<b>25-27</b>
Virtual YMCA & Y360.....	28
<b>MASSAGE .....</b>	<b>29</b>
<b>SPECIAL EVENTS.....</b>	<b>30-31</b>
Firecracker Run.....	30
Tri My Best Triathlon.....	31

### JUNE

- 4 Summer Day Camp Orientation, 10am-Noon
- 6 SUMMER I General Public Registration Begins
- 8 Last Day of BASE Programs & School
- 13 Summer Day Camp Begins\*
- 13 SUMMER I SESSION BEGINS (5-weeks)**
- 21 Senior Day

### JULY

- 3 **44<sup>th</sup> Annual Firecracker Run\***
- 4 **INDEPENDENCE DAY, YMCA Open 5am - 1pm**
- 4 Summer II Member Registration Begins
- 11 34<sup>th</sup> Annual Golf Outing at KCC\***
- 11 Summer II General Public Registration Begins
- 19 Senior Day
- 18 SUMMER II SESSION BEGINS (5-weeks)**

### AUGUST

- 7 **8<sup>th</sup> Annual Tri My Best Triathlon (Y CLOSED)\***
- 15 Fall I Member Registration Begins
- 22 Fall I General Public Registration Begins
- 16 Senior Day
- 21 BASP (\*22-23) Registration Ends, for 1st week\***
- 26 Last Day of Summer Day Camp
- 29 FALL I SESSION BEGINS (8-weeks)**

### SEPTEMBER

- 1 First Day of BASE Programs\* & KUSD Schools
- 5 **LABOR DAY, YMCA Open 5am-1pm**
- 18 Charity WERQ event\* 1-3pm**
- 20 Senior Day

### OCTOBER

- 1 **Fall Fest, 2022, 10am-10pm**
- 10 Fall II Member Registration Begins
- 17 Fall II General Public Registration Begins
- 18 Senior Day
- 24 FALL II SESSION BEGINS (8-weeks)**
- 31 Family Halloween Party, 6:30-8:30pm**

\*Registration is required for these programs/events.

# 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



@KenoshaYMCA

## SUMMER REGISTRATION\*

\*5-week sessions, prices have been adjusted.

**SUMMER I (6/13-7/17):**

Member: Monday, May 30<sup>th</sup>

General Public: Monday, June 6<sup>th</sup>

**CLASSES BEGIN: MONDAY, JUNE 13<sup>th</sup>**

\*No Classes, Monday July 4<sup>th</sup>, prices have been adjusted.

**SUMMER II (7/18-8/21):**

Member: Monday, July 4<sup>th</sup>

General Public: Monday, July 11<sup>th</sup>

**CLASSES BEGIN: MONDAY, JULY 18<sup>th</sup>**

## REGISTERING FOR CLASSES



**Online registration is strongly encouraged.**

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

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

Click on the **R** to be redirected to our online registration site.

### 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](http://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](http://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.



# MEMBERSHIP

Youth Development

Healthy Living

Social Responsibility

## YOU BELONG HERE!

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

\*Proof of household residency required.

<sup>^</sup>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.

## DAY PASSES & MEMBER GUESTS

» For the safety of our members, guests and children in the facility, all guests (13 & up) are required to provide a picture ID and will be entered into our registration system with a photo.

Guests are also required to sign our daily liability waiver.

### MEMBER GUEST PRIVILEGES

Each member receives three complimentary\* guest passes per calendar year. Member guest passes are tracked electronically.

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

### DAY PASSES

The general public is welcome to visit the Y anytime by purchasing a day pass. Adults accompanying children are required to purchase a day pass, regardless of intended use/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

### SENIOR DAY

Presented by: Hospice Alliance

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

## YMCA MEMBERSHIP POLICIES

### MEMBERSHIP PAYMENT OPTIONS

**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 membership is non-transferable.

### 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. Free towel service has been eliminated. You may purchase a towel at the Member Service Desk for \$2.

### 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](http://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](mailto: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](mailto: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 Orientation 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 5 and under:** Require Direct Supervision.
- **Ages 5-10:** Require Direct Supervision unless the child can pass the **deep end swim test**; however an adult must remain on the pool deck.
- **Ages 11-18:** 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.

# KIDS CLUB

## Drop-In Childcare



**Ages  
6 weeks-  
12 years**

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.

### HOURS

^Late fee \$1, per minute.

<b>AM:</b> Monday - Friday	8:00am-12:30pm
Saturday	8:00am-12:30pm
<b>PM:</b> Monday-Thursday	4:00pm-8:00pm
Friday	4:00pm-7:30pm

### TIME LIMITS

- 🕒 **6 Weeks up to 6 Months: 1 HOUR**
- 🕒 **7 Months - 12 Years: 2 HOURS**



### DAILY ACTIVITIES

- 😊 Exploration Stations
- 😊 Game Time! (Outside/Gym)
- 😊 Reading Time
- 😊 Arts & Crafts

### FEES

#### MEMBER USAGE:

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)

#### NON-MEMBER\* USAGE:

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

\*Includes those purchasing a Y day pass.

# LET'S HAVE A PARTY

**Celebrate your special day with a SPLASH!**



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.
  - We require a minimum of two adult swimmers in the pool with the children, depending on age and swimming ability.
- 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](http://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](mailto: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
- Booking dependent upon lifeguard availability





Early Childhood

Preschool

School-Age

Summer Day Camp

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.**

## WE PROVIDE YOUR CHILDREN WITH A SAFE AND ENGAGING ENVIRONMENT.

When you enroll your child in a new child care program, you trust the caretakers to ensure safety and positivity for your child. At the Y, we care for each child with the utmost respect, treat them as distinct individuals. Y staff take responsibility for your child; their well-being is our priority. Every parent deserves to be worry-free when they have extended their trust to a child care provider.

The Y's child care staff are equipped with the knowledge and proper experience required to provide children with an environment they will enjoy. Our staff works hard every day to maintain an inclusive, positive and nurturing environment for children to interact with each other.

At the Y, integrity is a core value of our child care programs – your trust is our motivation. When your child is in our care, we put their well-being, safety, and happiness above all else.

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

## COMMUNICATION

All Kenosha YMCA Childcare programs use Brightwheel, a communication tool to connect staff to parents more efficiently through the use of messages, photos, videos, etc. You will be receiving an invitation shortly after registration. Once you do, please follow the instructions listed below.

1. **Create a free brightwheel account.** When you receive an invitation via email or text, please create a free parent account using either the web or mobile app. Make sure to use the same email address or cell phone number that the invitation was sent to.
2. **Confirm your child's profile.** You will see your child's profile after you create an account. Please confirm information such as birthday, allergies, and additional contacts. If you do not see your child's profile, please contact us with the email address or phone number you used to sign up.
3. **Set your account preferences.** Adjust your notification preferences within your profile settings on the app.

## CONTACTS

**QUESTIONS ABOUT OUR CHILD CARE PROGRAMS? PLEASE CONTACT US...**



### **BILLING/PAYMENT QUESTIONS & CONCERNS**

E: [youthandfamily@kenoshaymca.org](mailto:youthandfamily@kenoshaymca.org)  
P: 262.654.9622 ext. 236



### **JESSICA BROWN**

#### **Early Childhood & Preschool Director**

E: [jbrown@kenoshaymca.org](mailto:jbrown@kenoshaymca.org)  
P: 262.654.9622 ext. 217



### **KEELIAH HAMPTON**

#### **Assistant Director of School-Age & Camps**

E: [khampton@kenoshaymca.org](mailto:khampton@kenoshaymca.org)  
P: 262.654.9622 ext. 207



### **LISA ECKARDT**

#### **Youth & Family Assistant Director**

E: [leckardt@kenoshaymca.org](mailto:leckardt@kenoshaymca.org)  
P: 262.654.9622 ext. 236



### **DR. RACHEL MALL**

#### **Youth & Family Director**

E: [rmall@kenoshaymca.org](mailto:rmall@kenoshaymca.org)



**SCHOOL-AGE (BASE) SITE PHONE NUMBERS, pg 9**



# EARLY CHILDHOOD & PRESCHOOL



**Ages  
2-5**

**A safe and positive environment is critical to early childhood development. Here at Kenosha YMCA, we care for the children enrolled in our programs as though they were our own.**

## YOUR CHILD WILL...

- Develop Social Emotional, Pre-Reading, and Math Skills while engaging in fun activities and experiences
- Receive nutritionally sound breakfast, lunch and snacks provided; under CACFP guidelines
- Develop good health practices through daily exercise...
  - **Swim lessons, including water safety on Fridays**
  - Gym/Outdoor Time
  - Yoga & Sports Instruction
- Taught to understand and appreciate people and their world through activities such as: music, dance, art, foreign language and more
- **Introduced to new things like gardening, cooking, STEM and sign language**
- Participate in community service projects
- Explore with field trips to local sites and area businesses monthly, and field trips to the library every Tuesday
- Participate in the Ages & Stages Questionnaire (ASQ)



## ENROLLMENT INFORMATION

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

## WEEKLY ACTIVITY SCHEDULE

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

**TUESDAY:** Music / Art (Library field trip)

**WEDNESDAY:** Show & Tell

**THURSDAYS:** Cooking

**FRIDAY:** Swimming



## OUR STAFF

- Certified Lead Teachers
- Ongoing staff development
- First Aid, CPR & AED certified
- Maintain communication with parents via Brightwheel



## OUR RATES

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

\*Rates subject to change.

Member / Non-Member Rate

# B.A.S.E.

## BEFORE & AFTER SCHOOL ENRICHMENT



Ages  
5-12

Graduate to our school-age programs and enjoy the convenience of having the program directly at your child's school or at the Y (see transportation). Our BASE program is more than just childcare; we strive to provide fun, enriching activities and experiences that will enhance what they learn in school and support a life-long love of learning.

### PROGRAM INCLUDES

#### 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

2022-23  
ENROLLMENT  
NOW OPEN

### ENRICHMENT ACTIVITIES TEACH...

- **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.

### OUR LOCATIONS & CONTACT #

SITES	PHONE #
DIMENSIONS OF LEARNING	262.734.9702
FOREST PARK	262.515.1805
PRAIRIE LANE	262.942.7304
STOCKER	262.220.8229
YMCA CFB Location	262.654.9622 ext. 237

Administrative Contact Information on Page 7

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

### OUR RATES

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.

\*Prices subject to change.

### ENROLLMENT INFORMATION

- Care offered at the Kenosha YMCA and several KUSD school locations (see school-age locations)
- **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\*!**



### TRANSPORTATION

For schools without a BASE program, we transport children to/from school to the Kenosha Y facility.

#### EXAMPLES of schools for 2022/23:

◆ Curtis Strange ◆ EBSOLA ◆ Somers ◆ Harvey

- A minimum of 3 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. 207. List subject to change based on need.**

\*Please stop at the Kenosha YMCA Membership Desk to complete the membership.

# YOUTH PROGRAMS

Sports ▶ Dance ▶ Martial Arts ▶ Swimming ▶ STEM

We believe positive early experiences are essential to future success. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their full potential. Making for confident kids today and contributing and engaged adults tomorrow.

## LEGO CLUB, AGES 6-10

Location: Makers Lab - Lego Club is a great way to interact and communicate with others through play. There will be weekly challenges, teambuilding exercise, and free play opportunities. Our objective is to allow all participants to be creative and use their imagination while developing social interactions with others. Participants: 4/8

**MONDAYS** 4:30-5:30pm

Summer I: Member \$32 General Public \$52

Summer II: Member \$37

General Public \$61

\*No class Monday, July 4<sup>th</sup>. Prices adjusted.

## YOUTH SPORTS

Character First, Competition Second



Ages  
3 & up

The youth sports programs at the Y is built on four core principles regardless of the skill level of each child:

- Building Character
- Having Fun
- Development (overall skill and knowledge)
- Healthy Habits

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 session, 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 PERSON they can be. First time players will receive t-shirt.

*Thank you!*

You make **moments** possible.



Youth Sports Sponsors

**FPS**

Finishing & Plating Service, Inc.



CARTHAGE  
COLLEGE



**festival**  
foods

**Snap-on**

**OZINGA**

**Kenosha News • Pepsi**  
**First American Bank**





## INTRO TO SPORTS



**Is your little one interested in sports, but not sure 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 - 10

Court 1

THURSDAYS

5:30-6:15pm

Fee: Members \$37

General Public \$63



## 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. Part: 6/15

Courts 1 & 2

MONDAYS

6:00-6:30pm

SUMMER I: Member \$15 General Public \$25

\*No class Monday, July 4<sup>th</sup>. Prices adjusted.

SUMMER II: Member \$19 General Public \$31

### 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. Participants: 6/15

Courts 1 & 2

MONDAYS

6:30-7:15pm

SUMMER I: Member \$32 General Public \$52

\*No class Monday, July 4<sup>th</sup>. Prices adjusted.

SUMMER II: Member \$34 General Public \$55

### INTERMEDIATE DRIBBLERS: 9-13 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. Participants: 6/15

Courts 1 & 2

MONDAYS

7:15-8:00pm

SUMMER I: Member \$32 General Public \$52

\*No class Monday, July 4<sup>th</sup>. Prices adjusted.

SUMMER II: Member \$34 General Public \$55



## OPEN VOLLEYBALL



Location: Court 3 - Recreational, yet competitive volleyball for ages 12 & up. There will be one court available for open play. We require all participants to bring their own balls.

Participants: Minimum 5 / Maximum 15

THURSDAYS 4:30-7:00pm

Fee: Member: FREE

General Public: Included with Day Pass



## FLAG FOOTBALL, CO-ED



This class will consist of basic fundamentals such as passing, catching, and lots of beginner drills. If time allows, each week will play a scrimmage game of 7 On 7. This is a great way to continue developing your skills, as you take your game to the next level.

Participants: 5/15

Ages: 5 - 9

OUTDOOR FIELD

TUESDAYS

4:00-4:45pm

Fee: Members \$37

General Public \$61

THURSDAYS

4:00-4:45pm

Fee: Members \$37

General Public \$61



## OUTDOOR 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.

Courts 1 & 2

SATURDAYS

9:00-9:30am

Fee: Member \$25

General Public \$45

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.

Courts 1 & 2

SATURDAYS

9:30-10:15am

Fee: Member \$37

General Public \$61

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.

Courts 1 & 2

SATURDAYS

10:15-11:00am

Fee: Member \$37

General Public \$61

Participants: 5/15

## TEEN SPORTS CLUB

### AGES: 13-17

Location: Courts 3 & 4 - This sports class is designed to learn basic fundamentals of sports such as, baseball/softball, basketball, flag football, volleyball and more. There will be a new sport focus each week followed by a 30-min organized game. Participants: 6/15

FRIDAYS

GIRLS: 4:00-5:00pm

BOYS: 5:00-6:00pm

Fee: Member \$32

General Public \$52

## INTERESTED IN BEING A VOLUNTEER COACH?

Contact Blake at [bcollins@kenoshaymca.org](mailto:bcollins@kenoshaymca.org) or 262.654.9622 ext. 234

## YOUTH SPEED & AGILITY TRAINING, w/ 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, speed & top end gains, regardless of the sport(s) you play. Participants: Min 4, Max 20

Ages: 10-18

Days: MONDAYS

Summer I: Members \$32

\*No class Monday, July 4<sup>th</sup>. Prices adjusted.

Summer II: Members \$40

Court 3 in Gymnasium

Time: 6:00-7:00pm

General Public \$53

General Public \$67

**CANCELLED**

## YOUTH STRENGTH TRAINING, w/ Personal Trainer Q, CPT

This program is **tailored specifically to growing athletes** who are looking to **properly gain strength** and overall athleticism. Your Teen will gain strength and coordination by teaching (and building) upon basic foundations, with a focus in unilateral strength training through the utilization of body weight, dumbbells and resistance bands.

Participants: Min 3, Max 10

Ages: 12-18

Days: WEDNESDAYS

Fee: Members \$40

Class will meet by the vending machines

Time: 6:00-7:00pm

General Public \$66

**CANCELLED**



## PREPARED FOR ANYTHING

### WOMEN'S SELF DEFENSE CLINIC AT THE YMCA

Wednesday, June 22nd  
5:30 – 7:30pm  
in Studio B

Members: \$25 / General Public: \$50

REGISTRATION: In-person at the Kenosha Y or online  
at [www.kenoshaymca.org](http://www.kenoshaymca.org). Max: 10

JOIN US FOR AN INTRO TO  
BASIC SELF-DEFENSE &  
SITUATIONAL AWARENESS!

**Be Safe! Be Smart! Be Aware!**

# MARTIAL ARTS

Tae Kwon Do & Aikido



Ages  
6 & up

**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 \$50 General Public: \$83

Intermediate / Advanced 7:15-8:00pm

Fee: Member \$50 General Public: \$83

Participants: Min: 5 & Max: 13, each class



## AIKIDO, 14 & older

Extension of Lake County Aikikai

Location: Studio A & **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

Fee: Member \$50 General Public: \$83

**\*MARTIAL ARTS UNIFORM & EQUIPMENT NOTE:** All uniforms and additional equipment are purchased in class through your instructor.

## 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.

**For a better us.®**



# YOUTH DANCE

Coordination, Creativity & Confidence



Ages  
3 & up

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.

## 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 10

Tuesdays	4:30-5:15pm	Member \$27	General Public: \$44
Saturdays	8:00-8:45am	Member \$27	General Public: \$44

## SUPER STARS, Ages 7-17

NEW!

Location: STUDIO B - This is an **inclusive, adaptive** dance class for children of all abilities! Super Stars provides the kids a chance to develop a love for dance and allows them to meet new friends, learn new skills, get some healthy exercise, and most importantly, HAVE FUN! Participants: Min 4, Max 10

THURSDAYS	4:30-5:15pm
-----------	-------------

Fee: Member: \$15 General Public \$26

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



Contact Tenille  
or Jordan today!

## PARENT SHOWCASE SUNDAY, JUNE 12<sup>th</sup> at 12:30pm



## BALLET & JAZZ, Ages 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 10

### LEVEL I

Saturdays	9:00-9:45am	Member \$27	General Public: \$44
-----------	-------------	-------------	----------------------

### LEVEL II

Saturdays	10:00-10:45am	Member \$27	General Public: \$44
-----------	---------------	-------------	----------------------

## MODERN DANCE, AGES 6-17

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 appropriate) song. Participants: Min 3, Max 12

### MODERN DANCE KIDS, Ages 6-9

Tuesdays	5:30-6:15pm	Studio A
Member \$27	General Public: \$44	

### MODERN DANCE TEENS, Ages 10-17

Thursdays	5:30-6:15pm	Studio B
Member \$27	General Public: \$44	

NEW  
TEEN  
DANCE  
CLASS!

## DANCE CLASS DRESS CODE:

Creative Movement & Ballet/Jazz: Ballet Shoes, Girls: Leotards and Tights and Boys: Comfortable clothes

Modern Dance & Super Stars: 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)

CONTACT: Tenille at [tfick@kenoshaymca.org](mailto:tfick@kenoshaymca.org) or at 262.654.9622 ext. 235.

Sorry no age exceptions.

# YOUTH AQUATICS

Strong Swimmers, Confident Kids



Ages  
6 months  
& up

We're excited to offer our community several aquatic programs, 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.**

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

## PARENT & CHILD ORIENTATION

Ages 6 – 36 Months

Location: Instructional Pool – This water enrichment program provides a positive environment for our youngest swimmers. The parent or guardian in the water, will be guided through basic swimming skills by our trained instructors. Classes are 30-minutes in length.

### PARENT & CHILD (6–36 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 \$35 General Public \$56

\*Minimum FIVE & Maximum TEN participants per class.

### PARENT & CHILD SCHEDULE

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
PARENT & CHILD	Thu	9:30–10:00am	Danielle M
	Thu	5:30–6:00pm	Heidi S
	Sat	10:15–10:45am	Heidi S

**QUESTIONS about our Swimming Lessons?**  
Contact us at 262.654.9622 ext. 261  
or [swimlessons@kenoshaymca.org](mailto:swimlessons@kenoshaymca.org)

**AQUATIC CENTER POLICIES...PAGE 5**

## PRESCHOOL GROUP LESSONS

Ages 3 – 5 Years

Location: Instructional & Lap Pools – This program offers children 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 child for the youth program. Student/Instructor ratio will not exceed 4 to 1. **All preschool classes are 30-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. **Participants: Min 2, Max 3**

### 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. **Participants: Min 2, Max 3**

### PRESCHOOL 3 – EEL

Designed to provide students success with fundamental skills, independent swimming and beginner stroke techniques. Entrance requires successful completion of Preschool 2. **Participants: Min 2, Max 3**

### 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. **Participants: Min 3, Max 4**

Fee: Member \$40 General Public \$64

\*MONDAY SUMMER I – No class July 4<sup>th</sup>: Member \$32 General Public \$52

### PRESCHOOL SCHEDULE

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
PRESCHOOL 1	*Mon	3:15–3:45pm	Kyla W
	*Mon	3:45–4:15pm	Kyla W
	Tue	3:15–3:45pm	Kyla W
	Tue	5:30–6:00pm	Jason T
	Thu	9:00–9:30am	Danielle M
	Thu	11:30am–12:00pm	Danielle M
	Thu	5:30–6:00pm	Jason T
PRESCHOOL 2	Mon	4:15–4:45pm	Kyla W
	*Mon	6:45–7:15pm	Jenni G
	Tue	3:45–4:15pm	Kyla W
	Tue	6:00–6:30pm	Jason T
	Thu	10:00–10:30am	Danielle M
	Thu	11:00–11:30am	Danielle M
	Thu	6:00–6:30pm	Jason T
PRESCHOOL 3	Tue	4:15–4:45pm	Kyla W
	Tue	6:30–7:00pm	Jason T
	Thu	10:30–11:00am	Danielle M
	Thu	6:30–7:00pm	Jason T
PRESCHOOL 4	*Mon	4:45–5:15pm	Jenni G
	Thu	4:45–5:15pm	Jenni G



# SCHOOL-AGE GROUP LESSONS

Ages 6 – 12 Years

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 are also introduced to flip turns on the front & 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 \$40 General Public \$64

\*MONDAY SUMMER I – No class July 4<sup>th</sup>: Member \$32 General Public \$52

\*Minimum FOUR & Maximum SIX participants per class.

## SCHOOL-AGE SCHEDULE

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
LEVEL 1	*Mon	5:15–6:00pm	Jenni G
	*Mon	5:45–6:30pm	Kim K
	Tue	8:15–9:00am	Rachel C
	Wed	9:00–9:45am	Rachel C
LEVEL 2	*Mon	6:00–6:45pm	Jenni G
	Tue	9:00–9:45am	Rachel C
	Wed	8:15–9:00am	Rachel C
	Thu	6:00–6:45pm	Jenni G
LEVEL 3	*Mon	5:00–5:45pm	Ziggy C
	Tue	9:45–10:30am	Rachel C
	Wed	9:45–10:30am	Rachel C
	Thu	5:15–6:00pm	Jenni G
LEVEL 3/4	Wed	5:00–5:45pm	Ziggy C
LEVEL 4	Thu	5:30–6:15pm	Bekah C
LEVEL 4/5	Tue	4:15–5:00pm	Ziggy C
LEVEL 5/6	Thu	6:15–7:00pm	Bekah C

## ADVANCED SKILLS

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

TUESDAYS	5:00–6:00pm	Ziggy C
THURSDAYS	5:00–6:00pm	Ziggy C

Fee: Member \$50 General Public \$80

## ONE METER SPRINGBOARD DIVING

Ages 9 & up, 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.**

\*SUMMER I: will begin Tuesday, June 21<sup>st</sup>, 4-week session

TUESDAYS 5:30–6:30pm Member \$24 General Public \$40

SUMMER II: 5-weeks

TUESDAYS 5:30–6:30pm Member \$30 General Public \$48





# PRIVATE & SEMI-PRIVATE SWIM LESSONS



Available to all ages, private lessons will help swimmers gain confidence in the water and improve their swimming skills with swim instruction tailored to meet individual goals. Private lessons are available to any 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 - 5	\$26	\$32
6 - 10	\$24	\$30
11+	\$22	\$28

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

1 - 5	\$20	\$26
6 - 10	\$18	\$24
11+	\$16	\$22

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

1 - 5	\$17	\$23
6 - 10	\$15	\$21
11+	\$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.

# JOIN THE Y TEAM...

## 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 5:30-6:00pm & 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: April 1, 2022**

### 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.

#### LONG COURSE SEASON: APRIL 1<sup>st</sup> - JULY 31<sup>st</sup>

Bronze	M, W & F 6:15-7:00pm
Silver	M-F 6:15-8:00pm
Gold	M-F 6:00-8:30pm
All Levels	Open Practice, Saturdays 9-11am

#### LONG COURSE SEASON: APRIL 1<sup>st</sup> - JULY 31<sup>st</sup>

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](mailto:zcornegan@kenoshaymca.org)**



# TRAINING

## American Red Cross +



Join the **NEXT GENERATION** of Red Cross Training! The Kenosha YMCA is a leader in providing up-to-date training and certification through the American Red Cross. We regularly offer certification and review courses. If you have any questions about which course is right for you, please contact Stephanie at 262.654.9622 ext. 224.



### ADULT & PEDIATRIC CPR/AED/FIRST AID TRAINING

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

### >> GET TRAINED & CERTIFIED <<

To begin the eLearning portion **CLICK** or copy & paste the link below. 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.

#### CLASS OPTIONS:

- Monday, June 20th from 6pm – 8pm
- Monday, June 27th from 6pm – 8pm

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 Stephanie, at [szuehls@kenoshaymca.org](mailto:szuehls@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>

### LIFEGUARD TRAINING

**Course Content & Prerequisites:** This course is designed to provide participants with the knowledge and skills to prevent, recognize, and respond to emergencies in and around pools. Participants must successfully complete the following prerequisite swimming skills: 300-yd, continuous swim using front crawl and/or breaststroke; tread water for 2 minutes using only the legs; swim 20 yards, retrieve a 10 pound brick from a maximum depth of 12 feet, then swim 20 yards with both hands on the brick. Participants must be 15 or older by completion of course. **CERTIFICATE:** American Red Cross Lifeguarding (includes CPR/AED and First Aid), upon successful completion of the written and physical skills tests. Certificate is valid for 2 years.



### >> WATCH OUR WEBSITE FOR DATE ANNOUNCEMENTS <<

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](http://www.redcrossrefresher.com)



Improving our communities health & well-being.



# PREPARED FOR ANYTHING

## WOMEN'S SELF DEFENSE CLINIC AT THE YMCA

**JOIN US FOR AN INTRO TO  
BASIC SELF-DEFENSE &  
SITUATIONAL AWARENESS!**

**Wednesday, June 22nd  
5:30 – 7:30pm  
in Studio B**

**Members: \$25 / General Public: \$50**

REGISTRATION: In-person at the Kenosha Y or  
online at [www.kenoshaymca.org](http://www.kenoshaymca.org). Max 10

**Be Safe! Be Smart! Be Aware!**

## 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.

**For a better us.®**

# ADULT SPORTS

Character First, Competition Second



Ages  
16 & up

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 – OPEN GYM, 12\* & UP

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.



Location: Gym, Courts 3 & 4

Equipment is available for use in the gym.

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

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

## INDOOR SOCCER-OPEN GYM, 12\* & UP

Location: Gym, Courts 2

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

**SUNDAYS:**

- 12:00-2:00pm

**TUESDAYS:**

- 7:00-8:00pm



## BASKETBALL – OPEN GYM



Open gym Basketball is designed for free shoot around, or pickup games with close friends. There are 2 full-size courts, and 12 basketball rims that could be modified to your liking. **All participants are required to bring their own ball.**

Please see gym schedule for days and time **located in our gym.**



Make a  
Difference



**VOLUNTEER  
COACHES NEEDED!**

Contact Blake Today!

## QUESTIONS? READY TO BE A MENTOR?

Contact Blake at [bcollins@kenoshaymca.org](mailto:bcollins@kenoshaymca.org) 262.654.9622 ext. 234.

# Whether you just joined or just found the motivation... **GET THE MOST OUT OF YOUR Y MEMBERSHIP!**

## FITNESS FAST START

Your personalized consultation will include:

- Interview: health history & goal setting
- Exercise and clean eating guidance
- Body Composition

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, to be completed by your doctor, will be provided.

Fee: \$20.00

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

## YOUTH ORIENTATION, Ages 12 & 13

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'll receive a completion bracelet to be worn while working out in the Fitness Center, under direct parental supervision.

Contact Tenille to set-up your time today!

Email: [tfick@kenoshaymca.org](mailto:tfick@kenoshaymca.org)

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

## EQUIPMENT ORIENTATION

### IN-PERSON

A great place to start; **FREE 30-minute equipment orientation** guided by a member of your Health Team! After your orientation 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 @ 5:30pm**

### VIRTUAL

- Can't make it to the Y for the in-person times?
- Prefer a self-guided learning experience?
- Just looking for a refresher?

**We have that too!!** We are excited to announce that we now have **on-demand videos** demonstrating how to safely and effectively utilize the selectorize equipment on the fitness floor. Each video is just a couple minutes long and was recorded right here at the Y, starring our very own Tenille Fick, CPT.

### 2 WAYS TO VIEW:

- [www.kenoshaymca.org/y-videos/](http://www.kenoshaymca.org/y-videos/)
- Visit the Kenosha YMCA YouTube page

# ACHIEVE YOUR GOALS!





# PERSONAL TRAINING

Helping you reach your goals.



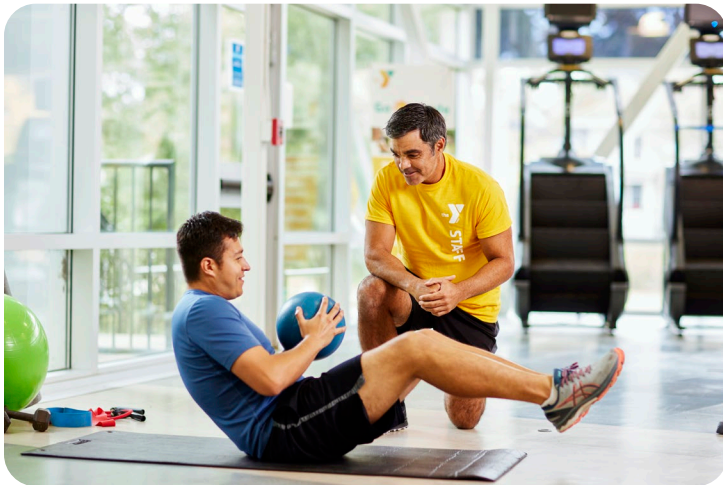
Our knowledgeable and experienced personal trainers will create a customized workout program accompanied with clean eating guidelines so you have a plan to succeed!

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](mailto: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](http://www.kenoshaymca.org).

\*Please note sessions must be paid in full.



**YOU DON'T HAVE  
TO BE EXTREME,  
JUST CONSISTENT**

## BLAST BOOT CAMP, GROUP TRAINING CLASS

Location: My Fitness Studio

This is a **challenging, trainer led class** you will **burn fat**, improve **muscle definition** and increase your cardio capacity. Class will focus on **full body resistance training** while incorporating **blasts of cardio** intervals to help you feel better and, **HAVE FUN WHILE GETTING IN SHAPE!**

### TUESDAYS:

- 5:15-6:00am
- 5:30-6:20pm

### WEDNESDAYS:

- 9:30-10:20am

### THURSDAYS:

- 5:15-6:00am
- 5:30-6:20pm

**BLAST YOUR  
METABOLISM**

**FEE: \$40 / \$66 ➡ SIGN UP FOR ONE CLASS & GET EACH ADDITIONAL at HALF PRICE!!**

# AQUATIC FITNESS

A Low Impact, Effective Workout!



All Fitness Levels.  
Ages 14 & up.

**LOOKING FOR A NEW WORKOUT?** Try aquatic exercise – its fun and great 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.

## 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.

\*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'.

## 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"!

## ADULT FIT N' WELL SWIMMING

Location: Lap Pool

For those comfortable in deep water who want to improve their form and learn new strokes. Although this class helps you stay in shape and build strength, it is also a great way to unwind and relax'

## QUESTIONS about our Aquatic Programs?

Contact us at [info@kenoshaymca.org](mailto:info@kenoshaymca.org) or at 262.654.9622 ext. 224.

## AQUATIC CENTER POLICIES...PAGE 5

## 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...

## 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.

Day	Class	Time	Fee	Instructor	POOL	Min./Max
<b>MONDAY</b> MONDAY SUMMER I: No class July 4 <sup>th</sup> : Member \$16 General Public \$36	WaterInMotion	7:00-8:00 AM	\$20 / \$45	Corrine F.	Lap Pool	10 / 20
	Gentle Waves	8:15-9:15 AM	\$20 / \$45	Jeanne	Warm Water Pool	8 / 16
	SilverSneakers Splash	9:00-10:00 AM	*PASSES	Rita R.	Lap Pool	10 / 20
	Gentle Waves	9:15-10:15 AM	\$20 / \$45	Jeanne	Warm Water Pool	8 / 16
<b>TUESDAY</b>	WaterInMotion	7:00-8:00 AM	\$20 / \$45	Corrine F.	Lap Pool	10 / 20
	Aqua Pi-Yo-Chi	8:15-9:15 AM	\$20 / \$45	Corrine F.	Warm Water Pool	8 / 15
<b>WEDNESDAY</b>	Aqua Zumba	7:00-8:00 AM	\$20 / \$45	Corrine F.	Lap Pool	10 / 20
	Gentle Waves	8:15-9:15 AM	\$20 / \$45	Jeanne	Warm Water Pool	8 / 16
	SilverSneakers Splash	9:00-10:00 AM	*PASSES	Rita R.	Lap Pool	10 / 20
	Gentle Waves	9:15-10:15 AM	\$20 / \$45	Jeanne	Warm Water Pool	8 / 16
<b>THURSDAY</b>	Aqua Pi-Yo-Chi	7:30-8:30 AM	\$20 / \$45	Corrine F.	Warm Water Pool	8 / 15
<b>FRIDAY</b>	WaterInMotion	7:00-8:00 AM	\$20 / \$45	Bryan M.	Lap Pool	10 / 20
	Gentle Waves	8:15-9:15 AM	\$20 / \$45	Jeanne	Warm Water Pool	8 / 16
	SilverSneakers Splash	9:00-10:00 AM	*PASSES	Rita R.	Lap Pool	10 / 20
	Gentle Waves	9:15-10:15 AM	\$20 / \$45	Jeanne	Warm Water Pool	8 / 16

# GROUP FITNESS

Drop-in classes are FREE to members.



All Fitness  
Levels.  
Ages 14 & up.

**No Registration; classes are first come, first served.**

## Motivating Group Atmosphere

### 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.

### 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.

### STRONG NATION®

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to music that has been specifically designed to match every single move! All levels welcome!

### 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

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.

## CLASS SCHEDULE > > >



Day	Class	Time	Instructor	LOCATION	Maximums
MONDAY	 BodyPump	5:15 AM	David	Studio C	Max: 15
	STRONG Nation®	7:00 AM	Giulia	Studio C	Max: 30
	Y Step	9:00 AM	Ann	Studio C	Max: 25
	Butts & Guts	10:00 AM	Ann	Studio C	Max: 30
	SilverSneakers Classic	10:15 AM	Judy	Courts 1 & 2	Max: 28
	SilverSneakers Yoga	11:00 AM	Dan	Studio C	Max: 20
	SilverSneakers Classic	11:15 AM	Judy	Courts 1 & 2	Max: 28
	HIIT Express	12:00 PM	Beth	Studio C	Max: 30
	Butts & Guts	5:00 PM	Tenille	Studio C	Max: 30
	WERQ	5:30 PM	Tenille	Studio C	Max: 30
	Pilates	5:30 PM	Amy	Virtual Only	No Max
	Yoga	6:00 PM	Dan	Studio A	Max: 15
	Body Pump	6:45 PM	Bryan	Studio C	Max: 15
TUESDAY	Y Combo	5:15 AM	Corrine	Studio C	Max: 25
	Yoga	9:00 AM	Norah	Studio B	Max: 15
	Y Combo	9:00 AM	Cathie	Studio C	Max: 30
	HIIT	10:00 AM	Elizabeth	Studio B	Max: 15
	Senior Circuit	10:15 AM	Cathie	Studio C	Max: 30
	Y Combo Express	12:00 PM	Beth	Studio C	Max: 30
	 STRONG Nation®	4:15 PM	Giulia	Studio C	Max: 30
	Piloxing	5:15 PM	Christine	Studio C	Max: 30
	 Spinergy	5:30 PM	Katie	Cycle Studio	Max: 14
	 Butts & Guts	6:30 PM	Katie	Studio A	Max: 15
WEDNESDAY	STRONG Nation®	7:00 AM	Giulia	Studio C	Max: 30
	Zumba	9:00 AM	Corrine	Studio C	Max: 30
	SilverSneakers Classic	10:15 AM	Judy	Courts 1 & 2	Max: 28
	SilverSneakers Yoga	11:00 AM	Monica	Virtual Only	No Max
	SilverSneakers Classic	11:15 AM	Judy	Courts 1 & 2	Max: 28
	HIIT Express	12:00 PM	Beth	Studio C	Max: 30
	Pilates	5:00 PM	Amy	Studio A	Max: 15
	WERQ	5:30 PM	Stacy	Studio C	Max: 30
	Yoga	6:00 PM	Dan	Studio A	Max: 15
	Zumba	6:45 PM	Melissa	Studio C	Max: 30
	Y Combo	5:15 AM	Corrine	Studio C	Max: 25
	Yoga	8:30 AM	Norah	Studio B	Max: 15
THURSDAY	Y Combo	9:00 AM	Cathie	Studio C	Max: 30
	HIIT	10:00 AM	Elizabeth	Studio B	Max: 15
	Senior Circuit	10:15 AM	Cathie	Studio C	Max: 30
	Hard Core	12:00 PM	Beth	Studio C	Max: 30
	Zumba	4:30 PM	Sandra	Studio A	Max: 15
	Piloxing	5:15 PM	Christine	Studio C	Max: 30

Day	Class	Time	Instructor	LOCATION	Maximums
FRIDAY	BodyPump	5:15 AM	David	Studio C	Max: 15
	WERQ	9:00 AM	Tenille	Studio C	Max: 30
	Butts & Guts	10:00 AM	Ann	Studio C	Max: 30
	SilverSneakers Classic	10:15 AM	Ashley	Courts 1 & 2	Max: 28
	Y Step	10:30 AM	Ann	Studio C	Max: 25
	SilverSneakers Classic	11:15 AM	Ashley	Courts 1 & 2	Max: 28
	SilverSneakers Yoga	11:00 AM	Dan	Virtual Only	No Max
	HIIT Express	12:00 PM	Beth	Studio C	Max: 30
	Body Pump	5:45 PM	David	Studio C	Max: 15
SATUR-DAY	Butts & Guts	7:00 AM	Katie	Studio C	Max: 30
	Zumba	8:00 AM	Melissa	Studio C	Max: 30
	WERQ	9:00 AM	Tenille	Studio C	Max: 30
	Body Combat	10:00 AM	David	Studio C	Max: 30
SUNDAY	Yoga	8:15 AM	Norah	Studio C	Max: 22
	WERQ	10:00 AM	Stacey	Virtual Only	No Max

### VIRTUAL CLASS SIGN-IN PROCESS

1. Visit [KENOSHAYMCA.ORG](http://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

## GROUP TRAINING

## BLAST YOUR METABOLISM!



### TUESDAYS

5:15-6:00 AM  
5:30-6:20 PM

### WEDNESDAYS

9:30-10:20 AM

### THURSDAYS

5:15-6:00 AM  
5:30-6:20 PM

### FEE:

\$40 / \$66

This is a **challenging, trainer led class** you will **burn fat**, improve **muscle definition** and increase your cardio capacity. Class will focus on **full body resistance training** while incorporating **blasts of cardio** intervals to help you feel better and...

## HAVE FUN WHILE GETTING IN SHAPE!

KENOSHA YMCA, 7101 53<sup>rd</sup> Street Kenosha WI 53144

P: 262 654 9622

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

# 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...

# ANYONE ANYTIME ANYWHERE



## FAQ's

### 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](http://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, Y360 also offers a wide variety of fitness classes as well as Family Nutrition, Arts & Crafts, Culinary Arts, Sports Drills and 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 TOO.**





# 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!*

44<sup>th</sup> Annual

# FIRECRACKER

Sunday, July 3, 2022

PRESENTED BY:

**ULINE**

## REGISTRATION INFORMATION

 **ONLINE**  **AT THE Y**  **MAIL IN FORM**

	1-Mile Fun Run/Walk	5K Run/Walk	10K Run
In-Person	\$25	\$30	NA
Virtual	\$25	\$25	\$25

\*Race entry fees are Non-Refundable.

## RACE INFORMATION

**In-Person Races Start Time:** 5K & 1-Mile will begin at 8:30am

**Race Location:** Kenosha's Library Park 711 59<sup>th</sup> Place, Kenosha, WI 53140

**Race Course:** Closed USATF certified course with 3 water stations.

**Race Timing:** ONLY the 5K race is chip timed.

**SWAG:** T-shirts & Participant Medals to the first 400 entrants, no size guarantee.

## PACKET PICK-UP

Two Options:

- Friday, July 1<sup>st</sup> from 12pm-6pm at the Kenosha YMCA
- Sunday, July 3<sup>rd</sup> (Race Day), 7:00-8:00am in Library Park

\*\*Virtual Racers can pick-up packets at the Y or add \$7 for shipping.

## RESULTS & AWARDS

**Awards Ceremony:** Held immediately after the race. Awards for the in-person 5K ONLY. Trophies awarded to the male & female winner. Medals to top 3 male/female for 14 & under, 5 year age groups, and 80+. Overall winners not eligible for age group awards. Awards are mailed out; they will be available for pick-up at the Kenosha Y Member Service Desk until 7/10/22.

**Results:** No more waiting for results; runners will be able to see live posted results online! Results URL will be provided the day of the race. Individual results will also be posted online at [www.kenoshaymca.org](http://www.kenoshaymca.org) (after race completion).

**SHOW YOUR AMERICAN SPIRIT...CREATIVE SPIRIT  
WEAR ENCOURAGED! PRIZES WILL BE AWARDED!**

**SPONSORED BY:**

**Snap-on**

**FPS**

Finishing & Plating Service, Inc.

**chiroxone**  
wellness centers

VISIT  
**KENOSHA**  
WISCONSIN

**T-SHIRTS & PARTICIPANT  
MEDALS TO FIRST 400  
REGISTRANTS**

**REGISTER BY:  
WEDNESDAY, JUNE 29<sup>th</sup>**

LAST CHANCE REGISTRATION (+\$5) WILL BE  
HELD ON FRIDAY, JULY 1<sup>st</sup> 12-6pm at the YMCA.





8<sup>th</sup> Annual

# TRI MY BEST

## TRIATHLON - KENOSHA

Presented by:

**ULINE**



### Swim • Bike • Run

A triathlon for children & young adults with developmental disabilities.



# SUNDAY, AUGUST 7, 2022

## at the Kenosha YMCA | Opening Ceremonies at 8am

This 'swim/bike/run' event is open to children (5 & up) and young adults with developmental disabilities including Autism, Cerebral Palsy, Muscular Dystrophy, global delays, etc. ALL abilities are welcome, including those that may require the use of flotation devices, adapted bikes, walkers, power wheelchairs, and other assistive devices. All athletes will be paired up with volunteers to encourage, assist and ensure safety.

**ATHLETES**

Click to Register

Closes July 8<sup>th</sup>

**VOLUNTEERS**

Click to Volunteer

Shifts 7am-4pm



Find us on  
**Facebook** @ Tri My Best-Kenosha

HOSTED BY:



tendertouch  
THERAPY

