

GROWING STRONGER TOGETHER

WITH



FALL 1

August 29 - October 23, 2022

**Kenosha YMCA
Program Guide**



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



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GENERAL INQUIRES:
262.654.9622



DATES TO NOTE

AUGUST

15 Fall I Member Registration Begins
16 Senior Day
22 Fall I General Public Registration Begins
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
20 Senior Day

OCTOBER

1 Fall Fest, 2022, 10am-10pm
8 Charity WERQ event* 5-7pm
10 Fall II Member Registration Begins
17 Fall II General Public Registration Begins
18 Senior Day
24 FALL II SESSION BEGINS (8-weeks)

NOVEMBER

6 Daylight Savings, Fall Back
9 Annual Luncheon & Campaign Kickoff
12 Healthy Living Fair 10am-2pm
15 Senior Day
24 THANKSGIVING, YMCA Open 5am - 1pm
29 Giving Tuesday

*Registration is required for these programs/events.

FALL I REGISTRATION*

Member: Monday, Aug 15th
General Public: Monday, Aug 22nd

CLASSES BEGIN:
MONDAY, AUG 29th

*No Classes, Monday Sept 5th, prices have been adjusted.

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



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 You can also update your email and any other outdated contact information.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

MEMBERSHIP

Youth Development

Healthy Living

Social Responsibility

YOU BELONG HERE!

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.

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

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

Presented by:  **Hospice Alliance**

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. 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 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.

AM: Monday - Friday 8:00am-12:30pm
Saturday 8:00am-12:30pm
PM: 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
-  Reading Time
-  Game Time! (Outside/Gym)
-  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, 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
- 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...**



KEELIAH HAMPTON

Youth & Family Director

E: khampton@kenoshaymca.org

P: 262.654.9622 ext. 207



LISA ECKARDT

Youth & Family Assistant Director

E: leckardt@kenoshaymca.org

P: 262.654.9622 ext. 236



JESSICA BROWN

Early Childhood Lead Teacher

E: jbrown@kenoshaymca.org

P: 262.654.9622 ext. 217



BILLING/PAYMENT QUESTIONS & CONCERNS

E: youthandfamily@kenoshaymca.org

P: 262.654.9622 ext. 236



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



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

- Participate in the Ages & Stages Questionnaire (ASQ)

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:

- ◆ Pleasant Prairie ◆ Grant ◆ Somers ◆ Nash
- 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

Member \$56 General Public \$91

*No class Monday, Sept 5th. 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.

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

4:30–5:15pm

Fee: Members \$40

General Public \$64



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

Fee: Member \$28 General Public \$49

*September 12th – Wear your favorite sports team shirt or jersey

*No class Monday, Sept 5th. Prices adjusted.

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

Fee: Member \$42 General Public \$70

*September 12th – Wear your favorite sports team shirt or jersey

*No class Monday, Sept 5th. Prices adjusted.

INTERMEDIATE DRIBBLERS: 9–14 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. Participants: 6/15

Courts 1 & 2

MONDAYS

7:15–8:00pm

Fee: Member \$42 General Public \$70

*September 12th – Wear your favorite sports team shirt or jersey.

*No class Monday, Sept 5th. Prices adjusted.



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 – 17

OUTDOOR FIELD

TUESDAYS

4:00–4:45pm

Fee: Members \$40

General Public \$64

THURSDAYS

4:00–4:45pm

Fee: Members \$40

General Public \$64



OUTDOOR SOCCER



MINI KICKERS: 3–4 Years Old

Location: Outdoor Field – 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 \$32 General Public \$56

Participants: 5/15

*September 15th – Wear your favorite sports team shirt or jersey

LITTLE KICKERS: 5–8 Years Old

Location: Outdoor Field – 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 \$48 General Public \$80

Participants: 5/15

*September 15th – Wear your favorite sports team shirt or jersey

KICKERS: 9–14 Years old

Location: Outdoor Field – 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 \$48 General Public \$80

Participants: 5/15

*September 15th – Wear your favorite sports team shirt or jersey

NEW!

OPEN PLAY NIGHT

FRIDAY OCTOBER 14TH

Location: Gymnasium

Time: 5–8pm

Try your hand (or foot) at Pickleball, Volleyball, Basketball & Soccer at our first Open Play Night! All four sports will be played simultaneously while music fills the air. Come play one of your favorite sports or try something new!

All ages & levels welcome.

Free with Membership or Day Pass. Registration required.





PLAY BALL!

YOUTH FALL T-BALL LEAGUE

REGISTRATION: July 11th - August 22nd

*Registration closes after August 22nd

SEASON: Aug 30th - Oct 29th

AGES: 6 - 8 years old, co-ed

PRACTICE: Tuesdays, 6:15pm-7:00pm

GAME DAYS: Saturdays, 12:00pm-2:00pm

*Game times will vary depending on teams

UNIFORMS: Provided at practice prior to first game

FEE: Member \$65 General Public: \$104

PARTICIPANTS: 18/50

No credit refunds after August 30th.

REGISTER TODAY!

**FIRST GAME:
Sept 24th**

Schedule provided first
week of first practice

**See you on the
Miracle Field!**

**MAKE A DIFFERENCE!
VOLUNTEERS COACHES
NEEDED, CONTACT BLAKE**



For more information or to volunteer contact Blake at bcollins@kenoshaymca.org



GET YOUR GAME ON!

YOUTH BASKETBALL LEAGUE

This beginner league is a great way to develop the fundamental skills of basketball. All participants will have an opportunity to play and enjoy the game.

REGISTRATION: September 1st - October 31st

SEASON BEGINS: November 15th

PRACTICE DAYS: Tuesdays at 6pm

GAME DAYS: Saturdays, 9:00am-2:00pm

- First Game is December 3rd
- Playoffs are February 4th & 11th

UNIFORMS: Provided prior to first game

FEE: Member \$75 General Public: \$104

EVALUATION DAY: November 8th

Age Group 6-8: 6-6:30pm

Age Group 9-10: 6:30-7:15pm

Age Group 11-13: 7:15-8pm

*courts 1 & 2



REGISTER TODAY!

VOLUNTEERS NEEDED! Coaches, Referees, Score Keepers & More - Contact Blake!

For more information or to volunteer contact Blake at bcollins@kenoshaymca.org

The Johnson Family of Companies

MIRACLE LEAGUE

It's an experience that every kid deserves...

and through the Miracle League it's an experience that every kid can enjoy.

This baseball program for kids with physical and developmental disabilities offers these special kids the opportunity to break through the perceived boundaries of their disabilities, while making new and lasting friendships and having fun.

Kids with special needs aren't the only ones who benefit:

Through the Volunteer Buddies program, able-bodied members of the community are partnered with players to provide playing assistance, encouragement and friendship. Volunteer forms can be found on our website.

Where:

Games are played on the Rotary Miracle Field, at the Y. Custom-designed, with a cushioned synthetic turf surface, the Miracle Field accommodates wheelchairs & walking assistance devices.

Ages:

Kids with physical and developmental disabilities, 3-19 years old



THE KENOSHA
MIRACLE
LEAGUE

There's just
something about
baseball that lights
up a kid's eyes!



Miracle League has
three special rules:

- Every player gets a hit
- Every player gets on base
- Every player scores

FALL: September 7th – October 26th

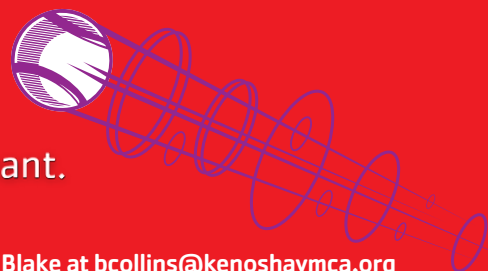
First Practice: September 7th 5:30-6:30pm

First Game: September 14th 5:30-6:30pm

This program is offered at no cost to the participant.

Registration Deadline: August 13th

For more information on this and other Kenosha YMCA Sports Programs please contact Blake at bcollins@kenoshaymca.org



NOW HIRING!

Aquatics

- Water Safety Instructors
- Lifeguards

Membership

- Front Desk Attendants
- Kids' Club Counselors

Sports

- Rock Climbing Wall Instructor
- Youth Sports Coach/Instructor

Health & Wellness

- Indoor Cycling Instructor

Youth & Family, Child Care

- Before After School Enrichment
 - Teachers
 - Assistant Teachers
- Early Childhood Teachers
- Kids Club Counselors

Achievers

- Site Directors
- Teachers
- Tutors

APPLY TODAY! www.kenoshaymca.org



EMPLOYEE BENEFITS

- Free Family Membership
- Flexible Work Schedule
- Team Atmosphere
- Discount on Y programs
- Discount on Y child care



FIND YOUR PURPOSE. FIND YOUR Y.

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 \$80 General Public: \$133

Intermediate / Advanced 7:15–8:00pm

Fee: Member \$80 General Public: \$133

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 Morehi 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 \$80 General Public: \$133

***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!**

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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 \$44 General Public: \$71
Saturdays 8:00-8:45am Member \$44 General Public: \$71

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: \$24 General Public \$42

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



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 \$44 General Public: \$71

LEVEL II

Saturdays 10:00-10:45am Member \$44 General Public: \$71

MODERN DANCE, AGES 5-17

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 5-9

Tuesdays 5:30-6:15pm Studio A
Member \$44 General Public: \$71

MODERN DANCE TEENS, Ages 10-17

Thursdays 5:30-6:15pm Studio B
Member \$44 General Public: \$71

**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 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 \$56 General Public \$80

***MONDAYS** No class Sept 5th: Member \$49 General Public \$70

***Minimum FIVE & Maximum TEN participants per class.**

PARENT & CHILD SCHEDULE

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
PARENT & CHILD	*Mon	5:15–5:45pm	Emily H
	Thu	9:00–9:30am	Danielle
	Sat	9:45–10:15am	Kim K
	Sat	10:15–10:45am	Heidi S

QUESTIONS about our Swimming Lessons?

Contact us at 262.654.9622 ext. 261
or 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 \$64 General Public \$104

***MONDAYS** No class Sept 5th: Member \$56 General Public \$91

PRESCHOOL SCHEDULE

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
PRESCHOOL 1	*Mon	4:45–5:15pm	Jenni
	*Mon	4:45–5:15pm	Corinne
	*Mon	5:45–6:15pm	Corinne
	*Mon	6:15–6:45pm	Jenni
	*Mon	6:15–6:45pm	Corinne
	Tue	6:30–7:00pm	Jason T
	Thur	9:30–10:00am	Danielle M
	Thur	5:30–6:00pm	Jason T
PRESCHOOL 2	*Mon	4:15–4:45pm	Corinne
	*Mon	5:15–5:45pm	Jenni
	*Mon	5:15–5:45pm	Corinne
	*Mon	5:45–6:15pm	Jenni
	Tue	6:00–6:30pm	Jason
	Thur	10:00–10:30am	Danielle M
	Thur	6:00–6:30pm	Jason T
PRESCHOOL 3	*Mon	6:45–7:15pm	Jenni
	*Mon	6:45–7:15pm	Corinne
	Tue	5:30–6:00pm	Jason
	Tue	5:45–6:15pm	Kyla
	Thur	6:30–7:00pm	Jason
	*Mon	6:30–7:00pm	Emily H
PRESCHOOL 4	Tue	4:30–5:00pm	Kyla

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 \$64 General Public \$104

*MONDAY – No class Sept 5th: Member \$56 General Public \$91

*Minimum FOUR & Maximum SIX participants per class.



SCHOOL-AGE SCHEDULE

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
LEVEL 1	Tue	5:00–5:45pm	Kyla
	Wed	6:30–7:15pm	Ashley H
	Sat	9:00–9:45am	Kim K
LEVEL 2	Tue	6:30–7:15pm	Ashley H
	Wed	7:15–8:00pm	Ashley H
LEVEL 3	*Mon	4:30–5:15pm	Emily H
	Tue	7:15–8:00pm	Ashley H
LEVEL 3/4	Thur	4:30–5:15pm	Jenni
LEVEL 4	*Mon	5:45–6:30pm	Emily H
	Tue	6:15–7:00pm	Kyla
LEVEL 4/5	Thur	5:30–6:15pm	Jenni
LEVEL 5/6	Thur	6:15–7:00pm	Jenni

TEEN SWIM LESSONS

NEW!

Location: Lap Pool

Group swim lessons provide a comfortable environment for teens to learn to swim by encouraging them to set personal goals and achieve them. A certified instructor will work with each participant's current skill level and help them improve. All skill levels are welcome. Participants: Min. 4, Max 6

Thursdays 6:00–6:45pm Bekah

Fee: Member \$64 General Public \$104

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

Wednesdays 5:00–6:00pm Ziggy C

Fee: Member \$88 General Public \$136

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.

TUESDAYS 5:30–6:30pm Member \$31.50 General Public \$52.50

Class begins September 6th.

No class Sept 20th and October 4th due to swim meets. Prices have been adjusted.

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 5:45-6:15pm & 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: August 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.

FALL SEASON: AUGUST 1st - MARCH 31st

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

FALL SEASON: AUGUST 1st - MARCH 31st

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

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 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:

- Tuesday, September 20th from 6pm-8pm
- Wednesday, September 28th from 9am-11am
- Friday, October 7th from 8am-10am
- Tuesday, October 11th 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 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>

BABYSITTER TRAINING

The ARC Babysitter's Training will be offered for youth ages 11-15. The class will give participants the knowledge and skills to safely and responsibly give care for infants and children. Participants will need to bring a doll that can be diapered, and a bag lunch.



Saturday, September 17th 8:00am-2:00pm
Saturday, October 29th 8:00am-2:00pm

Fee: Member \$75 General Public \$120

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

Improving our communities health & well-being.



PREPARED FOR ANYTHING

WOMEN'S SELF DEFENSE CLINIC AT THE YMCA

Thursday, Oct 20th
6:00 – 8:00pm
in Studio A

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

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

REGISTRATION: In-person at the Kenosha Y or
online at www.kenoshaymca.org. Max 10

Be Safe! Be Smart! Be Aware!

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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.**



BASKETBALL - ADULT OPEN RUN



Open run Basketball is designed for adult full court Basketball 5 on 5 games. This is a pickup game format.

All participants are required to bring their own ball.

Location: Gym, Courts 3 & 4

TUESDAYS:

- 6:00-8:00pm

THURSDAYS:

- 12:00-2:00pm



QUESTIONS?
READY TO BE A MENTOR?

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

Make a
Difference



VOLUNTEER
COACHES NEEDED!

Contact Blake Today!

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

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/
- Visit the Kenosha YMCA YouTube page

ACHIEVE YOUR GOALS!



PERSONAL TRAINING

Helping you reach your goals.



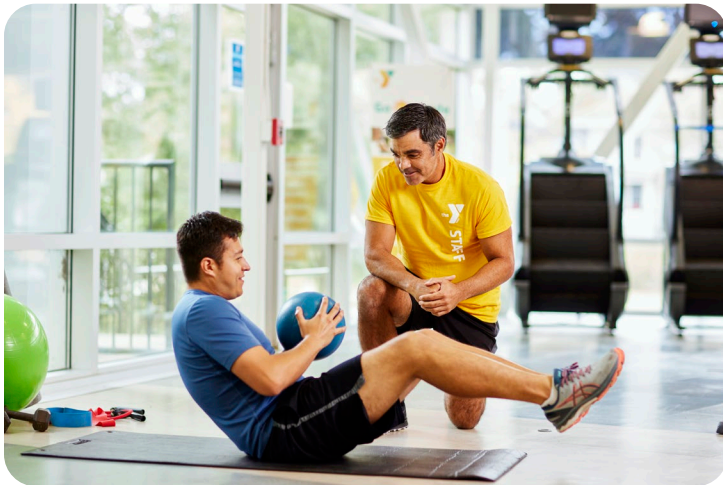
Our knowledgeable and experienced personal trainers will create a customized workout program accompanied with clean eating guidelines so you have a plan to succeed!

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 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.



**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
- 9:30-10:20am
- 5:30-6:20pm

THURSDAYS:

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

**BLAST YOUR
METABOLISM**

FEE: \$64 / \$106 ➔ 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 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
MONDAY <small>*No class Monday, Sept 5th. Prices adjusted.</small>	WaterInMotion	7:00-8:00 AM	\$28 / \$54	Corrine F.	Lap Pool	10 / 20
	Gentle Waves	8:15-9:15 AM	\$28 / \$54	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	\$28 / \$54	Jeanne	Warm Water Pool	8 / 16
TUESDAY	WaterInMotion	7:00-8:00 AM	\$32 / \$62	Corrine F.	Lap Pool	10 / 20
	Aqua Pi-Yo-Chi	8:15-9:15 AM	\$32 / \$62	Corrine F.	Warm Water Pool	8 / 15
WEDNESDAY	Aqua Zumba	7:00-8:00 AM	\$32 / \$62	Corrine F.	Lap Pool	10 / 20
	Gentle Waves	8:15-9:15 AM	\$32 / \$62	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	\$32 / \$62	Jeanne	Warm Water Pool	8 / 16
THURSDAY	Aqua Pi-Yo-Chi	7:30-8:30 AM	\$32 / \$62	Corrine F.	Warm Water Pool	8 / 15
FRIDAY	WaterInMotion	7:00-8:00 AM	\$32 / \$62	Bryan M.	Lap Pool	10 / 20
	Gentle Waves	8:15-9:15 AM	\$32 / \$62	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	\$32 / \$62	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.

PILATES FUSION

Incorporates exercises from different workout styles to give a modern twist to Mat Pilates. This style has a deep focus on the core and emphasizes moves that will tone, stretch, and elongate muscles while improving flexibility and fostering mind and body harmony.

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!

TAI CHI

Feel more invigorated, energized and balanced with this easy style of the Yang Short Form Tai Chi and random style of Chi Gong breathing exercises. Learn a fluid movement routine helping you to control slow movements and

balance while also building strength. No equipment, experience, or shoes necessary.

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.

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 A	Max: 25
	SilverSneakers Yoga	9:00 AM	Dan	Studio C	Max: 20
	Butts & Guts	10:00 AM	Ann	Studio A	Max: 30
	SilverSneakers Classic	10:15 AM	Judy	Courts 1 & 2	Max: 28
	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
	Y Combo	5:15 AM	Corrine	Studio C	Max: 25
TUESDAY	Yoga	9:00 AM	Norah	Studio B	Max: 15
	Y Combo	9:00 AM	Cathie	Studio C	Max: 30
	Senior Circuit	10:15 AM	Cathie	Studio C	Max: 30
	Tai Chi	11:00AM	Nancy	Studio A	Max: 15
	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
	BodyCombat	5:15 AM	David	Studio C	Max: 25
WEDNESDAY	STRONG Nation®	7:00 AM	Giulia	Studio C	Max: 30
	Spinergy	9:00 AM	Tenille	Cycle Studio	Max: 14
	Zumba	9:00 AM	Corrine	Studio C	Max: 30
	Pilates Fusion	10:00 AM	Nancy	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
	BodyCombat	6:00 PM	David	Studio B	Max: 15
	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
THURSDAY	Yoga	8:30 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
	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	Crystal	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
SATURDAY	SilverSneakers Yoga	8:00 AM	Dan	Studio C	Max: 20
	HIIT Express	12:00 PM	Beth	Studio C	Max: 30
	Body Pump	5:45 PM	David	Studio C	Max: 15
	Butts & Guts	7:00 AM	Katie	Studio C	Max: 30
SUNDAY	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
	Yoga	8:15 AM	Norah	Studio C	Max: 22
	WERQ	10:00 AM	Stacey	Virtual Only	No Max

IN-PERSON
& NEW TIME

VIRTUAL CLASS SIGN-IN PROCESS

Having trouble logging in? Give us a call at 262.654.9622

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'

BLAST BOOT CAMP

GROUP TRAINING

Burn Fat
Define Muscle
Build Endurance
Feel Better

This is a **challenging, trainer led class** held in 'My Fitness Studio'. Class will focus on **full body resistance training** while incorporating **blasts of cardio** intervals.

HAVE FUN WHILE GETTING IN SHAPE!

BLAST YOUR METABOLISM!

TUESDAYS
5:15-6:00am
9:30-10:20am
5:30-6:20pm

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

FEE:
\$64/106

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. 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?

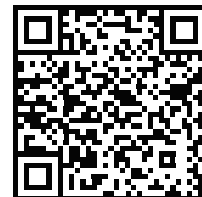
NOPE! Simply login to the Virtual Y site, click 'LIVE VIRTUAL FITNESS', then click the provided link for your desired class.

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!



**LIVESTRONG®
AT THE YMCA**

SATURDAY, OCTOBER 8TH • 5-7PM • KENOSHA YMCA

Join us for a fun, high energy,
90-minute WERQ class featuring
the areas best instructors, with all
proceeds benefitting the LIVESTRONG
at the YMCA program!

SILENT AUCTION

DANCING

RAFFLE



SNACKS

FUN!!

**BRING THAT "BCE"
(BEAT CANCER ENERGY)
AND HELP US FIGHT THE
BATTLE AGAINST CANCER!!**



TICKETS

Now through August 31st: \$10
September 1st - 30th: \$15
October 1st - 7th: \$20
Day of / At the door: \$25

RESERVED VIP SPOTS

FRONT ROW - \$25

SECOND ROW - \$15

APPAREL

EVENT SHIRTS - \$20
Day of event - \$25

**LIVESTRONG
BRACELETS - \$2**
Day of event - \$5



Scan for tickets!

Save
the
date



2ND ANNUAL

FALL FEST AT THE Y!

LIVE MUSIC ♦ FOOD ♦ BEER TENT ♦ BAGS TOURNAMENT ♦ BOUNCE HOUSES

SATURDAY, OCTOBER 1, 2022 ♦ 10AM – 10PM

LAP FOR LIVESTRONG ♦ MIRACLE LEAGUE GAME ♦ KID'S CRAFTS

BOYS & TOYS



STU THE PIANO GUY



IVY EORD



BAGS TOURNAMENT



FOOD TRUCKS



KENOSHA YMCA ♦ 262.654.9622 ♦ WWW.KENOSHAYMCA.ORG





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



A Stronger, Healthier Us

HEALTHY

LIVING FAIR



Saturday, November 19th @ the Y

FREE Healthy Living Fair: 10:00am - 2:00pm

We are excited to welcome several area health professionals and organizations. Many are offering FREE screenings and evaluations, so be sure to plan lots of time to enjoy and learn how to maintain and improve your health. PLUS... Just for stopping by and visiting with vendors you'll receive a ONE-WEEK Y PASS and be entered into the prize raffle.

FREE TO THE PUBLIC!

Interested in becoming a vendor?
Contact Tenille Fick at 262.654.9622 ext. 235.

