



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BEING LOYAL  
HAS ITS PERKS!**

Learn about our **NEW**  
Loyalty Membership  
Program!

See pg 14

# WHERE MEMBERSHIP MEANS MORE

## WINTER 2023

**KENOSHA YMCA PROGRAM GUIDE**  
**January 2 – February 26 2023**

**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

### DECEMBER

5 WINTER 2023 Member Registration Begins  
12 WINTER 2023 General Public Registration Begins  
**19-1/1 Winter Break, No Regular Classes**  
20 Senior Day  
**23 & 27-30 Winter Camp\***  
**24 Christmas Eve, YMCA Open 6am-1pm**  
**25 MERRY CHRISTMAS, YMCA CLOSED**  
**31 New Year's Eve, YMCA Open 6am-1pm**

### JANUARY

**1 New Year's Day, YMCA Open 7am-1pm**  
**2 WINTER 2023 SESSION BEGINS**  
3 BASE Program Begins, school resumes  
**16 Kids' Day Out\*, Full Day at the Y**  
**20 Kids' Day Out\*, Full Day at the Y**

### FEBRUARY

**10 Kids' Day Out\*, Full Day at the Y**  
13 SPRING 1 Member Registration Begins  
20 SPRING 1 General Public Registration Begins  
21 Senior Day  
**24 Kids' Day Out\*, Full Day at the Y**  
**27 SPRING I SESSION BEGINS**

### MARCH

1 Summer Day Camp Registration Begins  
12 Daylight Savings, Spring Forward  
**17 Kids' Day Out\*, Full Day at the Y**  
21 Senior Day  
**24 Kids' Day Out\*, Full Day at the Y**

### APRIL

1 BASE ('23-24) Registration Begins  
**1 Breakfast with the Bunny, FREE Event\***  
**9 EASTER, YMCA CLOSED**  
**10-14 Kids' Spring Camp\***  
10-16 Spring Break, No Classes  
11-14 Learn to Swim Week  
17 Spring II Member Registration Begins  
18 Senior Day  
24 Spring II General Public Registration Begins

\*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

## WINTER 2023 REGISTRATION

Member: Monday, Dec 5<sup>th</sup>  
General Public: Monday, Dec 12<sup>th</sup>

CLASSES BEGIN:  
MONDAY, JAN 2<sup>ND</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  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.





## YOU BELONG HERE!

## NEW! LOYALTY PROGRAM

MEMBERSHIP TYPE	STANDARD RATE		LOYALTY RATE		<p>To become a <b>Loyalty Member</b> you must maintain an active membership for at least one year. After one year you become eligible for the <b>following benefits</b>:</p> <ul style="list-style-type: none"> <li>• Membership Rate will always be \$5/month less than the current Standard Rate</li> <li>• 10% discount on: <ul style="list-style-type: none"> <li>» Personal Training</li> <li>» Aquatic Fitness Classes</li> <li>» Massages</li> </ul> </li> <li>• \$10 off Kids' Club Annual Fee</li> <li>• 6 guest passes per year for Loyalty Members 15 and older.</li> <li>• Loyalty Member Window Cling</li> <li>• Exclusive Key Tags for everyone on the membership 13 and older.</li> </ul>
	MONTHLY DRAFT	ANNUAL	MONTHLY DRAFT	ANNUAL	
<b>Youth</b> 17 & under	\$25	\$300	\$20	\$240	
<b>Young Adult</b> 18 - 29	\$34	\$408	\$29	\$348	
<b>Single Adult^</b> 30 - 59	\$63	\$756	\$58	\$696	
<b>Family I*^</b> One Adult Household w/ Children 24 & under	\$73	\$876	\$68	\$816	
<b>Family II*^</b> Two Adult Household	\$78	\$936	\$73	\$876	
<b>Family III*^</b> Two Adult Household w/ Children 24 & under	\$86	\$1,032	\$81	\$972	
<b>Senior I</b> Single Adult, 60 & over	\$54	\$648	\$49	\$588	
<b>Senior II*</b> Two Adult Household, 60 & over	\$66	\$792	\$61	\$732	

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



For Loyalty Member discounts and more, look for this symbol throughout the Program Guide!



## FACILITY HOURS

<b>MONDAY - FRIDAY</b>	<b>5:00am - 9:00pm</b>
<b>SATURDAY</b>	<b>6:00am - 5:00pm</b>
<b>SUNDAY</b>	<b>8:00am - 4:00pm</b>

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



## POOL HOURS

### LAP POOL

<b>MONDAY - FRIDAY</b>	<b>5:00am - 8:30pm</b>
<b>SATURDAY</b>	<b>6:00am - 2:00pm</b>
<b>SUNDAY</b>	<b>8:00am - 3:30pm</b>

### WARM WATER INSTRUCTIONAL POOL

<b>MONDAY - FRIDAY</b>	<b>7:00am - 12:00pm; 4:00pm - 7:00pm</b>
<b>SATURDAY</b>	<b>9:00am - 2:00pm</b>
<b>SUNDAY</b>	<b>8:00am - 3:30pm</b>

\*Hours subject to change.

### OPEN SWIM

During regular pool hours, there will be at least one section/lane available for open swim. Pool schedules can be found at the membership desk, posted in the aquatic center, and online at [kenoshaymca.org/pool-schedule](http://kenoshaymca.org/pool-schedule).

## DAY PASSES & MEMBER GUESTS

For the safety of our members, guests and children in the facility, all guests (15 & 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

Standard members 15 and older receive three complimentary\* guest passes per calendar year. Member guest passes are tracked electronically.

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



Loyalty Members 15 and older receive six guest passes per calendar year.

### DAY PASSES

The general public is welcome to visit the Y anytime by purchasing a day pass. Individuals are required to be at least 15 years of age, or accompanied by a parent or legal guardian to visit the Y on a day pass. Adults accompanying children are required to purchase a day pass and remain in the building, regardless of intended use/non-use of facility amenities.

**Fees:** 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 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 & short term memberships (group homes, other agencies, insurance plans, 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.**



**Loyalty Members who cancel and do not rejoin within 30 days, lose any applicable Loyalty Program benefits, and will be a Standard Member upon rejoining.**

## MEMBERSHIPS "ON-HOLD"

Memberships may be put on "hold" one time per calendar year for a minimum of 3 months. This provides an extended leave from your membership. There is a \$10 monthly convenience fee for this service. If you are unable to participate due to a medical condition, you may request a medical leave without monthly dues with documentation from your doctor.

## RETURNED CHECKS & DECLINED CHARGES

The Y reserves the right to charge a \$30 service fee on all EFT's, returned checks, and declined reoccurring credit card charges.



refer a

# MEMBER get a MONTH!

**Refer a new member to the Kenosha Y, and receive one month of free membership for yourself! The more friends you refer, the more you'll save.**

### Referring Member's Information

Customer ID: \_\_\_\_\_

Name: \_\_\_\_\_

City: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Staff: \_\_\_\_\_

\*Referring member must be in good standing. New member must mention referral at the time of sign-up, sorry no exceptions. Some exclusions apply.

### Friend's Information

Customer ID: \_\_\_\_\_

Name: \_\_\_\_\_

City: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Official Use:  
Join Date: \_\_\_\_\_ Referring Member Adjustment made on \_\_\_\_\_ for month of \_\_\_\_\_

## 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 parents or legal guardians.

### 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; see next page 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 members 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 below. 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 aged 11 and under are not permitted in weight/cardiovascular areas. Appropriate attire is required including athletic shoes.

**Pools:** See Kueny Aquatic Center Policies.

**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.

## Our Core Values

At the Y, we demonstrate...

### Caring

We show a sincere concern for others.

### Honesty

We are truthful in what we say and do.

### Respect

We treat each other as we'd all like to be treated.

### Responsibility

We are accountable for our promises and actions.

## 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 6–10:** 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 \$30 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.



Loyalty Member receive \$10 off the annual registration fee.



# LET'S HAVE A PARTY

Celebrate your special day at the Y!



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

- At this time splash parties are limited to a maximum of 18 people: 12 children and up to 6 adults.
  - 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.

**NEW HEIGHTS PARTY** Let us take your birthday to new heights...28 feet to be exact. Our staff will guide your one-hour rock climbing adventure on any of our five different routes ranging from beginner to intermediate and challenging routes. This party is suitable for children ages 5 & older.

- Climbing parties with more than 12 children are encouraged to add on an additional hour of climb to ensure maximum climbing experience. \$60



### 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 your chosen activity
- 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:

- \$180, for 12 children & 2 adults
- A non-refundable \$50 deposit due when booking
- Booking dependent upon lifeguard availability



#### IMPORTANT PARTY INFORMATION

- All children are required to wear a wristband. Base fee (\$180) 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)





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

▶ **ASHLEY HEARAN**  
Early Childhood Site Director  
E: ahearan@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...
  - Weekly swim lessons, including water safety
  - 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, Spanish and sign language
- Participate in community service projects
- Explore with field trips to local sites and area businesses monthly.



## 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 / Spanish

WEDNESDAY: Swimming

THURSDAYS: Cooking



\*Days subject to change

## 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

**CURRENTLY  
ENROLLING  
FOR 2022-23**

### 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	262.220.8099
YMCA CFB Location	262.654.9622 ext. 237
Administrative Contact Information on Page 7	

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

### 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 of \$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\*!**



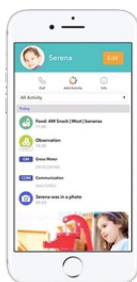
\*Please stop at the Kenosha YMCA Membership Desk to complete the membership.

### 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

\*Prices subject to change.



The Y uses  
**brightwheel**  
to stay connected  
with families.



# 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



## 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



Finishing & Plating Service, Inc.





## 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 \$32 General Public \$56

### 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 \$48 General Public \$80

### 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 \$48 General Public \$80



## 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 2  
THURSDAYS 4:30-5:15pm

Fee: Members \$40 General Public \$66

## FLOOR HOCKEY CLINIC



This FREE beginners floor hockey clinic is a great way to prepare for our Youth Floor Hockey League. Drills will focus on basic fundamentals such as passing, receiving, and shooting.

Registration required.

### JOIN US!

Friday, January 27th  
Ages 7-9: 5-5:45pm  
Ages 10-12: 5:45-6:30pm  
Courts 1 & 2  
Min 5 / Max 15

FREE to members and non-members



## RUN FOR FUN



This program provides a structured environment to build healthy habits, set and achieve goals, and develop a love for running. This program involves 20 mins of conditioning + 20 minutes of running. Class meets twice per week. Participants: 4/10

Grades: K-8 Court 1 / Track Lane 4

MON & WED 5:30-6:15pm

Fee: Members \$64 General Public \$93

**NEW!**



## INDOOR SOCCER



### MINI KICKERS: 3-4 Years Old

Location: Gymnasium - This is a parent/child participation program designed to teach children the basic skills of soccer. Fundamentals will consist of dribbling, passing, & shots at the goal. Participants: 5/15

Courts 1 & 2 THURSDAYS 6:00-6:30pm

Fee: Member \$32 General Public \$56

### LITTLE KICKERS: 5-8 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. Participants: 5/15

Courts 1 & 2 THURSDAYS 6:30-7:15pm

Fee: Member \$48 General Public \$80

### KICKERS: 9-14 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. Participants: 5/15

Courts 1 & 2 THURSDAYS 7:15-8:00pm

Fee: Member \$48 General Public \$80



## SUPER ALL STARS



Location: Gymnasium - Participants will enjoy multiple sports each week such as basketball, Soccer, Volleyball, and more during this adaptive class for kids with diverse abilities. Participants will meet new friends while growing their athletic skills and confidence. Participants: 5/15

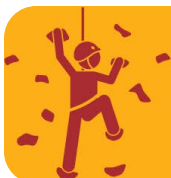
For this class to run smoothly, we will need volunteer adults to help assist kids as needed. To volunteer or for more information please email Blake at [bcollins@kenoshaymca.org](mailto:bcollins@kenoshaymca.org)

Courts 1 & 2 WEDNESDAYS 5:30-6:30pm

Fee: Members \$32 General Public \$56







# ROCKWALL

Explore New Heights



Ages  
5 & up

Rock Climbing is a unique and challenging sport that requires strength of mind and body. Climbing routes are changed approximately every 6 weeks with the routes ranging from beginner to expert. During open climb, the Auto Belay System is used. If you're looking to try something, mix-up your routine, or challenge yourself, then the rock wall is for YOU!

## ROCKCLIMBING: Beginner

This class will educate climbers on basic equipment, skills, harness set-up and safety. Participants will use the auto belay system and be belayed by instructor throughout class. Climbers will enjoy fun rock wall games and set personal goals to achieve during this course. Participants: 5/15

Min. Age: 5

THURSDAYS

5:30-6:30pm

Fee: Member \$48

General Public \$80



## OPEN CLIMB

Wednesdays 6-8:30pm

Ages 5 & up

### Fees:

Members: FREE

General Public: Day Pass

purchase includes open climb



# YOU CAN MAKE A DIFFERENCE

in the lives of our young athletes



## VOLUNTEER COACHES NEEDED!

Contact Blake Today!  
[bcollins@kenoshaymca.org](mailto:bcollins@kenoshaymca.org)





# YOUTH FLOOR HOCKEY LEAGUE 5V5 Play



Floor Hockey is a fast-growing sport, this league will give your child an opportunity to develop skills during real time play. Teams will be randomly selected and meet for games once a week. There will be no practices, just good old fashion floor hockey fun. Sticks will be provided; any additional equipment is optional.



**REGISTRATION DEADLINE:** February 13th

**LEAGUE RUNS:** March 4th - April 29th

**AGES:** 7-9; 10-12

**FEE:** Member \$65 General Public: \$90

**REGISTER TODAY!**



All youth Floor Hockey League Participants should download the "Remind Me" app to stay connected for updates and information about our league during the season. **Class Code: kenofloor**

For more information or to volunteer contact Blake at [bcollins@kenoshaymca.org](mailto:bcollins@kenoshaymca.org)

# NOW HIRING!

## Aquatics

- Aquatics Director
- Head Swim Team Coach
- Water Safety Instructors
- Lifeguards

## Sports

- Youth Sports Coach/Instructor

## Health & Wellness

- Massage Therapist
- Indoor Cycling Instructor

## Youth & Family, Child Care

- Before After School Enrichment
  - Site Director
  - Teachers
  - Assistant Teachers
- Early Childhood
  - Teachers
  - Assistant Teachers
- Achievers
  - Administrative Assistant
  - Teachers
  - Tutors



**APPLY TODAY!** [www.kenoshaymca.org](http://www.kenoshaymca.org)

## EMPLOYEE BENEFITS

- Free Family Membership
- Flexible Work Schedule
- Fun 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 \$82 General Public: \$137

Intermediate / Advanced 7:15–8:00pm

Fee: Member \$82 General Public: \$137

Participants: Min: 8 & Max: 20, 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 \$82 General Public: \$137

**\*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 \$45 General Public: \$73  
Saturdays 8:00-8:45am Member \$45 General Public: \$73

## 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: \$25 General Public \$43

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 \$45 General Public: \$73

### LEVEL II

Saturdays 10:00-10:45am Member \$45 General Public: \$73

## 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 \$45 General Public: \$73

### MODERN DANCE TEENS, Ages 10-17

Thursdays 5:30-6:15pm Studio B  
Member \$45 General Public: \$73

**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)



*Now Offering*  
**Private  
Dance  
Training**

Contact Tenille  
or Jordan today!

**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.

## PARENT & CHILD ORIENTATION

Ages 6 – 36 Months

Location: Instructional Pool – This water enrichment program provides a positive environment for 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. **Minimum FIVE & Maximum TEN participants per class.**

Fee: Member \$64 General Public \$104

### PARENT & CHILD SCHEDULE

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
PARENT & CHILD	Mon	5:15–5:45pm	Emily H
	Tue	6:00–6:30pm	Jessica B
	Sat	10:15–10:45am	Heidi S

## 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

### 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	6:15–6:45pm	Corinne
	Tue	5:30–6:00pm	Jessica
	Tue	6:30–7:00pm	Jason T
	Wed	6:30–7:00pm	Jessica
	Thur	5:30–6:00pm	Jason T
PRESCHOOL 2	Mon	4:15–4:45pm	Corinne
	Mon	5:15–5:45pm	Corinne
	Mon	6:45–7:15pm	Jenni
	Tue	6:00–6:30pm	Jason
	Wed	6:00–6:30pm	Jessica
	Thur	6:00–6:30pm	Jason T
PRESCHOOL 3	Mon	5:45–6:15pm	Corinne
	Tue	5:30–6:00pm	Jason
	Tue	6:30–7:00pm	Jessica
	Wed	5:30–6:00pm	Jessica
	Thur	6:30–7:00pm	Jason
PRESCHOOL 4	Mon	6:30–7:00pm	Emily H
	Tue	6:00–6:30pm	Ashley



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



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

#### 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. This class takes place in the Warm Water Instructional Pool.

#### 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



## SCHOOL-AGE SCHEDULE

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
LEVEL 1	Mon	6:00–6:45pm	Jenni
	Thur	4:45–5:30pm	Kim
LEVEL 2	Mon	5:15–6:00pm	Jenni
	Tue	7:15–8:00pm	Ashley
	Thur	5:30–6:15pm	Kim
LEVEL 3	Mon	4:30–5:15pm	Emily
	Tue	6:30–7:15pm	Ashley
LEVEL 4	Mon	5:45–6:30pm	Emily
	Thur	4:45–5:30pm	Jenni
LEVEL 5	Thur	5:30–6:15pm	Jenni
LEVEL 5/6	Thur	6:15–7:00pm	Jenni

## TEEN SWIM LESSONS

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 Stephanie

Fee: Member \$64 General Public \$104

## 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 \$48 General Public \$76

## HOME SCHOOL PHYSICAL EDUCATION

Location: Instructional & Lap Pools

A comprehensive Home School Physical Education Program, designed for home-schooled youth ages 6–12 interested in enhancing their current level of fitness. Your child will have the opportunity to explore the fun of fitness with other kids their own age, while participating in activities and games that help develop coordination, socialization, and group play. Activities include time in our gymnasium, and outdoor fields (weather permitting). In addition to 45-minutes of gym-time fun, children join their appropriate level of youth swim program. Participants: Min. 3, Max 12

Children that are not home-schooled are also welcome.

THURSDAYS

Gym Time: 9:30–10:15am & Swim Time: 10:30–11:15am

Fee: Member \$72 General Public \$115



# 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 6:00-6:15pm & Saturdays 11am-12pm, by appointment only**

## Join Anytime!

### PRACTICE TIMES

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

### 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 1 <sup>st</sup> - MARCH 31 <sup>st</sup>	
Bronze	M, W & F 6:15-7:30pm
Silver	M-F 6:15-8:00pm
Gold	M-F 6:15-8:30pm
Silver & Gold	Open Practice, Saturdays 9-11am

FALL SEASON: AUGUST 1 <sup>st</sup> - MARCH 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: Aquatics Director Stephanie at 262.654.9622 ext. 224 / [szuehls@kenoshaymca.org](mailto:szuehls@kenoshaymca.org)



# JOIN THE CLUB!

**Do you like to swim? Do you make it to the Y to swim in rain, snow, sleet, or sun? Is chlorine your fragrance of choice? Do you have an abundance of swimsuits and towels? If you can answer YES to any of these questions, the 100 Mile Swim Club might be for you!**



## **What is the 100 Mile Swim Club, you ask?**

The 100 Mile Swim Club is for Y members who want to push themselves to their limits in the water. The club allows members to set a goal of how many miles they need to swim each month to make it to the 100-mile mark by the last day of the year. So if you're a member of the Y, love to swim and wouldn't mind pushing yourself to reach that goalpost, this challenge is tailor-made for your lifestyle! This exclusive club is open to all Y members who have what it takes to swim the distance in our pool. Recognition and a prize will be awarded for 50 mile and 100 mile achievements.

This club is open to all Y members and is a great way to stay motivated and encourage each other! Miles are recorded on the banner in the lap pool and are on the honor system. Remember, honesty is a core value of the Y. For each mile you swim, you will color in a square next to your name. Miles swam in other pools can be counted towards your 100 mile total.

## **How far is a 100 miles you ask?**

The competitive standard for 1 mile is 1,650 yards. In our 25 yard pool that equals 33 laps (50 yards) or 66 lengths (25 yards). This means that 100 miles is only 3300 laps or 6600 lengths. These numbers may seem daunting but broken down by 10 laps a day (20 lengths) starting January 2nd you'd be done by December!

**READY TO JOIN THE CLUB? It's FREE!**

**SIMPLY VISIT OUR WEBSITE TO REGISTER OR SCAN THE QR CODE.**





# 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 Adult & Pediatric CPR/AED First Aid 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 **Adult & Pediatric CPR/AED First Aid**; click **LAUNCH** to begin class.

#### CLASS OPTIONS:

- Saturday, January 14<sup>th</sup> from 8am–10am
- Wednesday, January 25<sup>th</sup> from 6pm–8pm
- Friday, February 3<sup>rd</sup> from 8am–10am
- Monday, February 13<sup>th</sup> 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>

### 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. This class includes training on Pediatric CPR, Conscious Choking and First Aid skills.



- Saturday, December 17<sup>th</sup> 8:00am–2:30pm
- Saturday, February 18<sup>th</sup> 8:00am–2:30pm

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



# 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
- Monday: 10:00am-12:00pm
- Tuesday: 10:00am-12:00pm
- Wednesday: 10:00am-12:00pm
- Thursday: 10:00am-12:00pm
- Friday: 10:00am-12:00pm

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

Location: Gym, Court 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



## 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

MONDAYS:

- 7:00-8:30pm

## MODERN DANCE *Teens!*

Ages 10-17

Thursdays @ 5:30pm

Members \$45

General Public \$73



High Energy • Technique-Focused • FUN!!

# 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: \$17 General Public: \$34

## 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

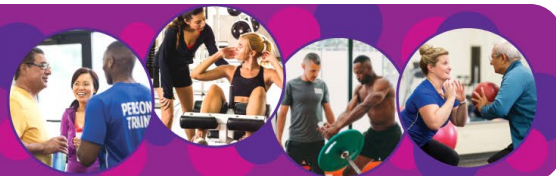
# ACHIEVE YOUR GOALS!





# 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.**

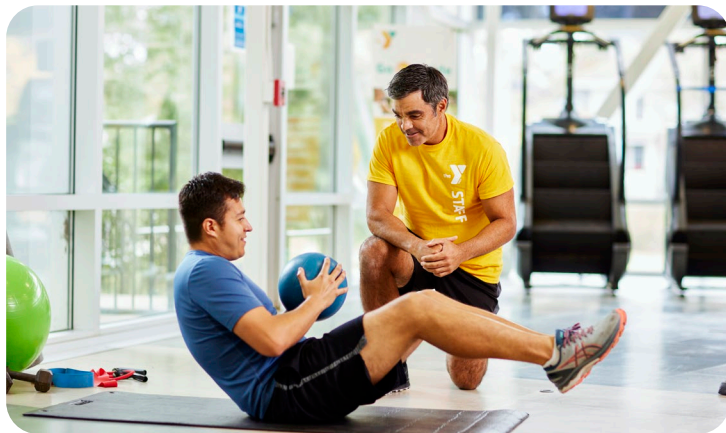
For your convenience we offer **One-On-One** (as low as \$43 a session) & **Partner Training** (as low as \$32 per person, per session); please contact Tenille Fick, at [tfick@kenoshaymca.org](mailto:tfick@kenoshaymca.org) or call 654.9622 ext. 235 for more information or to **schedule a FREE consultation 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.



Loyalty Members receive 10% off Personal Training.



**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!**

Fee: \$48/\$81

### TUESDAYS:

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

### WEDNESDAY

- 6:30-7:20pm

### THURSDAYS\*:

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

**BLAST YOUR  
METABOLISM**



# 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. 15 passes will be available for each class.

## 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'.



Loyalty Members receive 10% off Aquatic Fitness Classes.



## 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"!

## 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	WaterInMotion** (Starts 1/9)	7:00-8:00 AM	\$32 / \$60	Bryan M.	Lap Pool	10 / 20
	Gentle Waves	8:15-9:15 AM	\$36 / \$68	Jeanne	Warm Water Pool	8 / 16
	SilverSneakers Splash	9:00-10:00 AM	*PASSES	Rita R.	Lap Pool	10 / 15
	Gentle Waves	9:15-10:15 AM	\$36 / \$68	Jeanne	Warm Water Pool	8 / 16
	SilverSneakers Splash	10:15-11:15 AM	*PASSES	Rita R.	Lap Pool	10 / 15
TUESDAY	Aqua Pi-Yo-Chi	7:30-8:30 AM	\$36 / \$68	Rita R.	Warm Water Pool	8 / 15
	NEW! Gentle Waves	9:00-10:00 AM	\$36 / \$68	Cindy	Warm Water Pool	8 / 16
WEDNESDAY	Gentle Waves	8:15-9:15 AM	\$36 / \$68	Jeanne	Warm Water Pool	8 / 16
	SilverSneakers Splash	9:00-10:00 AM	*PASSES	Rita R.	Lap Pool	10 / 15
	Gentle Waves	9:15-10:15 AM	\$36 / \$68	Jeanne	Warm Water Pool	8 / 16
	SilverSneakers Splash	10:15-11:15 AM	*PASSES	Rita R.	Lap Pool	10 / 15
THURSDAY	Aqua Pi-Yo-Chi	7:30-8:30 AM	\$36 / \$68	Rita R.	Warm Water Pool	8 / 15
	NEW! Gentle Waves	9:00-10:00 AM	\$36 / \$68	Cindy	Warm Water Pool	8 / 16
FRIDAY	WaterInMotion	7:00-8:00 AM	\$36 / \$68	Bryan M.	Lap Pool	10 / 20
	Gentle Waves	8:15-9:15 AM	\$36 / \$68	Jeanne	Warm Water Pool	8 / 16
	SilverSneakers Splash	9:00-10:00 AM	*PASSES	Rita R.	Lap Pool	10 / 15
	Gentle Waves	9:15-10:15 AM	\$36 / \$68	Jeanne	Warm Water Pool	8 / 16
	SilverSneakers Splash	10:15-11:15 AM	*PASSES	Rita R.	Lap Pool	10 / 15

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

# 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

Destress and 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!

### Y STRETCH

A 20 minute deep stretch class that incorporates standing and seated positions to open and lengthen the muscles from all angles. An important compliment to your regular exercise routine to help you stay injury and pain free.

### 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	Ashley	Courts 1 & 2	Max: 28
	SilverSneakers Classic	11:15 AM	Ashley	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
	 NEW TIME Pilates	5:00 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
	Senior Circuit	10:15 AM	Cathie	Studio C	Max: 30
	Tai Chi	11:00AM	Nancy	Studio A	Max: 15
	STRONG Nation® Express	12:00 PM	Giulia	Studio C	Max: 30
	Piloxing	5:00 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
	 NEW! Y-Stretch	7:00 PM	Katie	Studio A	Max: 15
WEDNESDAY	BodyCombat	5:15 AM	David	Studio C	Max: 25
	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	Corrine	Courts 1 & 2	Max: 28
	SilverSneakers Yoga	11:00 AM	Monica	Virtual Only	No Max
	SilverSneakers Classic	11:15 AM	Corrine	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
	Yoga	9:00 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
	Tai Chi	11:00AM	Nancy	Studio A	Max: 15
	Hard Core	12:00 PM	Beth	Studio C	Max: 30
	Zumba	4:30 PM	Sandra	Studio A	Max: 15
	Piloxing	5:00 PM	Christine	Studio C	Max: 30



Day	Class	Time	Instructor	LOCATION	Maximums
FRIDAY	BodyPump	5:15 AM	David	Studio C	Max: 15
	SilverSneakers Yoga	8:00 AM	Dan	Studio C	Max: 20
	Y Step	9:00 AM	Ann	Studio A	Max: 25
	WERQ	9:00 AM	Crystal	Studio C	Max: 30
	Butts & Guts	10:00 AM	Ann	Studio A	Max: 15
	SilverSneakers Classic	10:15 AM	Ashley	Courts 1 & 2	Max: 28
	SilverSneakers Classic	11:15 AM	Ashley	Courts 1 & 2	Max: 28
	HIIT Express	12:00 PM	Beth	Studio C	Max: 30
	Body Pump	5:45 PM	Katie	Studio C	Max: 15
SATURDAY	Butts & Guts	7:00 AM	Katie	Studio C	Max: 30
	NEW! Y-Stretch	7:30AM	Katie	Studio C	Max: 30
	NEW! Spinergy	7:45 AM	Tenille	Cycle Studio	Max: 14
	Zumba	8:00 AM	Melissa	Studio C	Max: 30
	WERQ	9:00 AM	Stacey	Studio C	Max: 30
	Body Combat	10:00 AM	David	Studio C	Max: 30
SUNDAY	Yoga	8:15 AM	Norah	Studio B	Max: 22

### VIRTUAL CLASS SIGN-IN PROCESS

Having trouble logging in? Give us a call at 262.654.9622

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'



# PREPARED FOR ANYTHING

## WOMEN'S SELF DEFENSE CLINIC AT THE YMCA

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

**Thursday, January 26th  
6:00 – 8:00pm  
in Studio A**

**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!**

# 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?

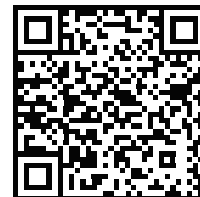
NOPE! Simply login to the Virtual Y site, click 'LIVE VIRTUAL FITNESS', then click the provided link for your desired class.

### 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: \$64/74

90 minutes: \$89/99

Mini Stress Buster (30-min) targeting the neck, shoulders & back: \$38/48

## SPECIALTY MESSAGES

### 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: \$43/53

60 minutes: \$69/79

90 minutes: \$95/105

### 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: \$43/53

60 minutes: \$69/79

Prices effective January 1, 2023



Loyalty Members receive  
10% off Massages.

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

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!*



# COMMUNITY IMPACT VOLUNTEER OPPORTUNITIES

Are you in need of Community Service Hours or simply looking to give back to your community? The Community Impact and Achievers administrators are seeking volunteers for numerous ongoing activities.

## Volunteer activities include:

### ACHIEVERS FAMILY NIGHT Fridays, 5:30–8pm

Cooking and/or serving dinner

Decorating

Assisting in leading activities

Contact: Alice Wamboldt, [awamboldt@kenoshaymca.org](mailto:awamboldt@kenoshaymca.org)

### BREAKFAST AND HOOPS Saturdays, 8:30–11:30am

Cooking and/or serving breakfast

Playing basketball with the kids

Leading or assisting in craft activities

Contact: Janice Osborne, [josborne@kenoshaymca.org](mailto:josborne@kenoshaymca.org)



### FEEDING FAMILIES Thursdays, 3–5:30pm

Unloading the supply truck

Dividing food and creating "baskets" for the families

Greeting families and loading cars with food boxes

Contact: Katrina Rosenfeldt, [krosenfeldt@kenoshaymca.org](mailto:krosenfeldt@kenoshaymca.org)



### READING and/or MATH TUTORS M–F, After school

Twice a week, 30 minutes each session

Work 1:1 with an assigned student(s)

Elementary & Middle School

Contact: Dr. M. R. Mall; [rmall@kenoshaymca.org](mailto:rmall@kenoshaymca.org)

For More Information or to sign up, please visit [Kenoshaymca.org/volunteer](https://kenoshaymca.org/volunteer)



## VOLUNTEERS ARE AT THE HEART OF THE Y.

We were founded by a volunteer and we continue to be governed by volunteers. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood.

