



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

# STAY HEALTHY THROUGH THE HOLIDAYS AT THE KENOSHA Y

FALL II PROGRAM GUIDE  
October 28<sup>th</sup> –  
December 22<sup>nd</sup> 2024







# HEALTHY THROUGH THE HOLIDAYS!

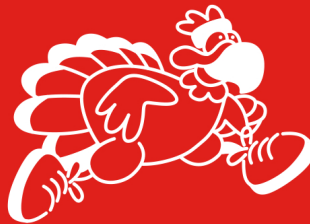
Oct 31, 2024 – Jan 1, 2025



**Commit to your fitness goals this holiday season and get a head start on the New Year with the YMCA's Holiday Fitness Challenge!**



Healthy Through The Holidays is a **9 WEEK** fitness challenge.



Commit to at least **3 WEEKLY WORKOUTS** at the Y, for a minimum of 30 minutes each.



Commit to practicing 5 minutes of **MINDFULNESS** each day.

## WHAT:

A 9-week fitness challenge committing to at least 3 weekly workouts at the Y and 5 minutes of mindfulness each day.

## WHEN:

October 31, 2024 – January 1, 2025

## WHO:

YMCA members ages 14 and over

## COST:

\$19 for members

\$129 for non-members *(includes membership for the duration)*

## INCLUDES:

- \* T-shirt
- \* Activity log to keep track of your progress
- \* Weekly fitness and nutrition tips via email
- \* Win fun prizes through bonus challenges and goal achievements

**MEMBERS\***  
Click [HERE](#) to Register

**GENERAL PUBLIC**  
Click [HERE](#) to Register

**DEADLINE TO REGISTER IS WEDNESDAY, NOVEMBER 6, 2024!**

\*We invite eligible Nationwide members to register in person at the Member Service Desk. Kenosha YMCA Members may register online or in person.

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**GENERAL INQUIRES:  
262.654.9622**



## DATES TO NOTE

### OCTOBER

**5 4th Annual Fall Fest at the Y**

**14 Fall II Member Registration Begins**

**15 Senior Day**

**18 Kids Day Out\*, Full Day at the Y**

**21 Fall II General Public Registration Begins**

**26 Trunk or Treat 10am-12pm**

**28 FALL II SESSION BEGINS**

### NOVEMBER

**1 Kids Day Out\*, Full Day at the Y**

**3 Daylight Savings, Fall Back**

**6 Annual Luncheon & Campaign Kickoff**

**8 Kids Day Out\*, Full Day at the Y**

**16 Healthy Living Expo,**

**19 Senior Day**

**27 Kids Day Out\*, Full Day at the Y**

**28 THANKSGIVING, YMCA Open 5am - 1pm**

### DECEMBER

**1 My Y Week**

**3 Giving Tuesday**

**6 Hot Cocoa Bar**

**7 Breakfast with Santa**

**13 Kids' Day Out\*, Full Day at the Y**

**16 WINTER 2024 Member Registration Begins**

**17 Senior Day**

**23 WINTER 2024 General Public Registration Begins**

**23, 26-27, 30 Winter Camp, Jan 2-3**

**23-1/5 Winter Break, No Classes**

**24 Christmas Eve, YMCA Open 5am-1pm**

**25 MERRY CHRISTMAS! YMCA CLOSED**

**31 New Year's Eve, YMCA Open 5am-1pm**

### JANUARY 2025

**1 HAPPY New Year! YMCA Open 7am - 1pm**

**6 WINTER SESSION BEGINS**

**2-3 Kids' Day Out\*, Full Day at the Y**

**14 Senior Day**

**20 Kids' Day Out\*, Full Day at the Y**

**24 Kids' Day Out\*, Full Day at the Y**

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# STAY CONNECTED

## DOWNLOAD OUR FREE APP TODAY!



Tap to download



Tap to download

Once the APP is downloaded follow the prompts to login, using the e-mail associated with your membership.

## FOLLOW US ON SOCIAL MEDIA



@KenoshaYMCA

# FALL II REGISTRATION

Member: Monday, October 14<sup>th</sup>

General Public: Monday, October 21<sup>st</sup>

## CLASSES BEGIN: MONDAY, OCTOBER 28<sup>TH</sup>

### NEW THIS SESSION

- Holiday Fitness Challenge, pg 2
- Super All Stars, pg 14
- Basketball Clinic, pg 15
- Bucks Fall Clinic, pg 16
- Advanced Adult Swim, pg 33

### UPCOMING EVENTS

- Trunk or Treat, pg 41
- Healthy Living Expo, pg 42
- Annual Luncheon, pg 43
- My Y Week, pg 43
- Breakfast with Santa, pg 43

## 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.

**Look for the clickable buttons to be redirected to our registration site.**



Click to Register



## 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](https://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](https://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.



# MEMBERSHIP

Youth Development ▶ Healthy Living ▶ Social Responsibility

## YOU BELONG HERE!

## LOYALTY PROGRAM

MEMBERSHIP TYPE	STANDARD RATE First 12 Consecutive Payments		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 at least \$10/month less than the current Standard Rate</li> <li>• 10% discount on: <ul style="list-style-type: none"> <li>» Personal Training</li> <li>» Ignite Group 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	\$30	\$360	\$20	\$240	
<b>Young Adult</b> 18 - 29	\$39	\$468	\$29	\$348	
<b>Single Adult^</b> 30 - 59	\$64	\$768	\$54	\$648	
<b>Family I**</b> One Adult Household w/ Children 24 & under	\$78	\$936	\$68	\$816	
<b>Family II**</b> Two Adult Household	\$83	\$996	\$73	\$876	
<b>Family III**</b> Two Adult Household w/ Children 24 & under	\$91	\$1,092	\$81	\$972	
<b>Senior I</b> Single Adult, 60 & over	\$59	\$708	\$49	\$588	
<b>Senior II*</b> Two Adult Household, 60 & over	\$71	\$852	\$61	\$732	

Rates effective as of May 1<sup>st</sup> 2024.

The Kenosha YMCA does not lock you into a contract, therefore prices are subject to change (30 day notice given).

\*Proof of household residency required.

^Ask about Corporate Discounts.

\*\*Youth Members 12 and under must be accompanied by an adult who remains in the building.



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 - 8:00pm</b>
<b>SATURDAY</b>	<b>6:00am - 4:30pm</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 - 4:30pm</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).

## MISSED CLASS / CLASS CANCELLATION POLICY

Missed classes cannot be refunded, credited or made up. We offer credits upon request for medical reasons only. Credits will only be issued for the current and previous session. 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. If a class is canceled by the instructor, you will receive a credit on your account.

## 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 Room:** 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.

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

## WHAT YOU CAN DO AT THE Y

At the Y, we want people of all ages to enjoy an active, healthy lifestyle. Use our program guide to find out what FUN activities you and your family can participate in at the Y!

Not all activities may be offered at all times.  
\*There is a fee associated with asterisked activities.

### Babies 2 and under may enjoy...

Being pushed in a stroller on the track  
Early Education Tykes & Tots Program (2yrs)\*  
Kids' Club (starting at 6 weeks)\*  
Parent / Child Swim (6 -36 months)\*

### 3 to 5 year olds may enjoy...

Basketball*	Early Education Preschool*	Preschool Swim Lessons*
Beginner Ballet (5-9yrs)*	Kids' Club*	Rock Climbing (5yrs)
Beginner Jazz (5-9yrs)*	Miracle League	Soccer*
Creative Movement (3yrs)*	Open Gym (with an adult)	Super All Stars*
Dance to Disney (4-8yrs)*	Open Swim (with an adult)	T-Ball*

### 6 to 10 year olds may enjoy...

Basketball*	Lego Club*	Springboard Dive (9-17)*
Boxing Drills (8-17yrs)*	Miracle League	Summer Camp*
Dance to Disney (4-8yrs)*	Open Gym (with an adult)	Super Stars Dance (7-17yrs)*
Intro to Sports*	Open Swim (with an adult)	Super All Stars Sports*
Jaguars Swim Team*	Rock Climbing	Tae Kwon Do*
Kids' Club*	School-Age Swim Lessons*	Teen Top 40 (9-13yrs)*
Lacrosse (7-14yrs)*	Soccer*	Volleyball (10yrs)*

### 11 to 14 year olds may enjoy...

Aikido (14+)*	Miracle League*	Super All Stars Sports*
Babysitter Training*	Open Gym	Tae Kwon Do*
Basketball*	Open Swim	Teen Swim Lessons*
Boxing Drills*	Rock Climbing	Teen Top 40 (9-13yrs)*
Jaguars Swim Team*	Soccer*	Vex Robotics*
Lacrosse*	Springboard Dive*	Volleyball*
Learn to Dance (14+)*	Super Stars Dance*	Youth Orientation (12-13yrs)*

Attend Fitness Classes (11-13yrs w/adult)  
Utilize Walking Track (11-13yrs w/adult or \* 12+ with Youth Orientation)  
Utilize Weight/Cardio Area (14+ or 12+ with Youth Orientation)

### 15 year olds to Adults may enjoy...

Adult Swim Lessons*	Intro to Pickleball*	Open Swim
Aikido*	Jaguars Swim Team (6-17)*	Personal Training*
Aquatic Fitness Classes*	Learn to Dance*	Rock Climbing
Boxing Drills (8-17yrs)*	Lifeguard Training*	Springboard Dive (9-17)*
Cardio Boxing (18+)*	Miracle League (3-19)	Super Stars Dance (7-17yrs)*
Cardio Equipment	Open Basketball	Tae Kwon Do*
CPR/First Aid Training*	Open Gym	Volunteering
Drop-In Fitness Classes	Open Pickleball	Walking Tracks
Ignite Group Training*	Open Soccer	Weight Areas

### Active Older Adults may enjoy...

Chair Pilates	Senior Circuit
Ignite Senior TRX*	SilverSneakers Classic
Learn to Dance*	SilverSneakers Splash
Open Pickleball	SilverSneakers Yoga
Personal Training*	Tai Chi

# 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.

- **Ages 5 and under:** A parent or guardian must accompany their children into the water and be within arms reach of their children in the water at all times unless your child is a participant in a Y supervised program.
- **Ages 6-10:** A parent or guardian must have an adult in the pool area unless your child is a participant in a Y supervised program. The adult must be in the water if the child cannot pass the **deep end test** or stand in the pool. In the Instructional pool, if not in the water, the parent or guardian must stay on the pool deck or sit on the benches in the Instructional Pool viewing area. In the Lap pool, if not in the water, the parent or guardian must be on the bleachers or the pool deck.
- **Ages 11-18:** Are subject to the **deep end swim test** at the lifeguard's discretion. However, the parent or guardian does not have to remain in the pool area.
- The lifeguard or other aquatic staff may require a parent or guardian to be in the water or remain in the area regardless of age depending on the skills of the swimmer(s).
- The ratio of children under the age of 8 to one adult should not exceed three children.

**The deep-end swim test in the lap pool is...** Jump in and level off before beginning to swim, 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 starting at the ladder, swim to the ladder on the other side of the pool using a front paddling stroke, float on your back at that spot for 15 seconds, flip on their front swim back to the start without assistance or touching the wall or floor of the pool.

## 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 YMCA recommends only US Coast Guard approved flotation devices.

## 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 pool at the Kenosha YMCA Kueny Aquatic Center. Guardians must also be in proper swimsuit attire, so that 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. All swimwear must be appropriate for a public environment. Revealing and see through attire is prohibited as is clothing that was worn for exercise prior to using the pool. Other examples of inappropriate attire include (but are not limited to) basketball shorts, underwear and/or boxer shorts, sports bras, thong bottoms, 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.

Participants that are not toilet trained are required to wear training pants or pool diapers under their swimwear.

## EXAMPLES OF APPROVED SWIM ATTIRE

All swimwear should be designed for use in the water.



RASH GUARD SHIRT



BIKINI  
(no thongs permitted)



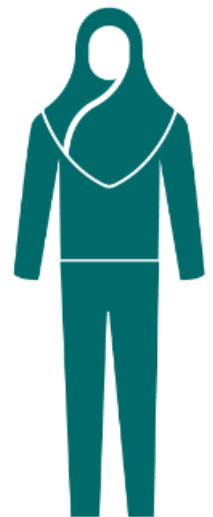
TWO PIECE



ONE PIECE



RACING SUIT



FULL COVERAGE



JAMMERS



SWIM DIAPER



BRIEF  
(no thongs permitted)



TRUNKS



# 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. To ensure maximum safety, the number of children allowed at one time is based on the availability of staff, and needs of the children in the program.** You may call us at 654-9622 ext. 229 to check 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

Please make all payments at the Membership Desk prior to drop off.

#### 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:

\$10 per visit.

\*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.

ASK ABOUT OUR PRIVATE SPLASH PARTY!

### OTHER PARTY TYPES

Depending on staffing availability, other party types may be available! To inquire about our **Rockwall**, **Play Time** and **Dance Parties**, Contact Cheryl Hervat, 262.654.9622 ext. 203 or [chervat@kenoshaymca.org](mailto:chervat@kenoshaymca.org)

### BOOK YOUR CELEBRATION TODAY!

Contact Cheryl Hervat, 262.654.9622 ext. 203 or [chervat@kenoshaymca.org](mailto:chervat@kenoshaymca.org)



### PARTY PACKAGES INCLUDE



- One hour of activity
- One hour in a private party room for food, cake & gifts, and a host to assist you and escort your group to 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.



Ensure a brighter future! We can meet your childcare needs for **ages 2 through 12 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.

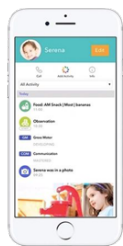
The Y's child care staff are equipped with the knowledge and proper experience required to provide children with an environment they will enjoy. Our staff works hard every day to maintain an inclusive, positive and nurturing environment for children to interact with each other.

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.

## 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 use the link to 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.



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

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

## CONTACTS

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

- ▶ **AMBER LONG**, Early Childhood Site Director  
E: [along@kenoshaymca.org](mailto:along@kenoshaymca.org)  
P: 262.654.9622 ext. 217
- ▶ **LISA ECKARDT**, Youth & Family Assistant Director  
E: [leckardt@kenoshaymca.org](mailto:leckardt@kenoshaymca.org)  
P: 262.654.9622 ext. 236
- ▶ **KEELIAH HAMPTON**, Youth & Family Director  
E: [khampton@kenoshaymca.org](mailto:khampton@kenoshaymca.org)  
P: 262.654.9622 ext. 207
- ▶ **BILLING/PAYMENT QUESTIONS & CONCERNS**  
E: [youthandfamily@kenoshaymca.org](mailto:youthandfamily@kenoshaymca.org)

★ **SCHOOL-AGE (BASE) SITE PHONE NUMBERS, pg 12**



# EARLY CHILDHOOD



**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
- Enrollment is accepted year-round, and students may begin attending within two business days of providing space available and all required forms are complete.
- A one-time Registration Fee of \$30.00 per child is due at the time of enrollment
  - Online Enrollment
  - Flexible Scheduling (2 day minimum)
  - Multiple child discount: 10% off fees for each additional child attending the program
  - Wisconsin Works is accepted, and a co-pay may apply.
  - Enrollment is accepted year round; call for openings
- Payments are due two-weeks in advance
- Entry into Preschool depends on the following criteria:
  - The child's developmental readiness
  - The child must be at least 3½ years old
  - The child needs to be fully potty trained

## 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*
<b>Tykes &amp; Tots</b> 2-3 years	Fewer than 5 hours	\$34 / \$39
	5+ hours	\$46 / \$51
<b>Preschool</b> 3½ – 5 years	Fewer than 5 hours	\$31 / \$36
	5+ hours	\$43 / \$48
	Summer Camp	\$50

\*Rates subject to change.

Member / Non-Member Rate

**Click to Register**

# B.A.S.E.

## BEFORE & AFTER SCHOOL ENRICHMENT



Ages  
5-12

Elementary School

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**
- Early Release Fridays: Field trips to the YMCA; check with your Site Director for details

**ENROLLMENT  
FOR 2024-'25  
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 #
Kenosha YMCA	262.654.9622 ext. 237
FOREST PARK	262.515.1805
PRAIRIE LANE	262.942.7304
Administrative Contact Information on Page 9	

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

### OUR RATES

PROGRAM	DAILY RATE*
Before School	\$8.00
After School	\$14.50
Early Release Friday	\$20.00
Full Day, No School (KDO/Camp)	\$30.00

Requires separate registration

\*Prices effective Fall 2024  
Subject to change.

FALL II OCTOBER 28<sup>TH</sup> - DECEMBER 22<sup>ND</sup>, 2024

### 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.

**Click to Register**



### TRANSPORTATION

For schools without an on site BASE program, we transport children from school to the Kenosha Y facility.

**EXAMPLES of schools for 2024/25:**

**Curtis Strange ♦ Somers ♦ Southport ♦ Nash ♦ Ruth Harmon**

A minimum of 3 students per school are required in order to provide transportation.

- Additional annual \$50 transportation fee for Kenosha Y facility.

**Don't see your school listed? Call us at 262.654.9622 ext. 237. List subject to change based on need.**

# 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, team building 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 \$48 General Public \$80



## VEX ROBOTICS, AGES 10-14

Location: Makers Lab – The Robo Crew is a competitive robotics program. Starting this summer, teams of 3-4 will compete in VEX IQ Robotics. During practice sessions, students will learn STEM skills as they analyze the game, create a strategy, design, build, and program a robot, and grow their critical thinking, problem solving, communication, and teamwork. Along with practices, students will be required to compete at various locations throughout the year, including a Monday-night league and various weekend tournaments.

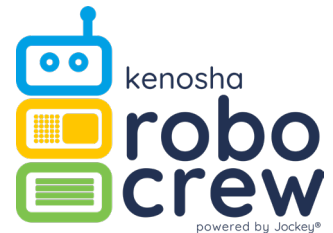
**NOTE: Signing up for this session implies that you will stay committed to the team throughout this year-long program.** (Transportation to events is not provided.) Participants: 4/8

MIDDLE SCHOOL LEAGUE,  
Grades 6-8

Tuesdays 4:30-6:30pm  
Thursdays 4:30-6:30pm

Member \$45 | General Public \$55  
Fee is for 1 day per week, for this year-long program.

[Click to View Complete Schedule](#)



## 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
- Development (overall skill and knowledge)
- Having Fun
- 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.

## BOXING DRILLS – YOUTH

This class is designed for all athletes to improve their hand eye coordination and foot speed using boxing drills to keep your athleticism sharp. **CLASS MEETS ONCE PER WEEK.** Participants: 5/15

Ages: 8 - 17 Studio B  
TUESDAYS 5:15-6:00pm  
Fee: Members \$48 General Public \$80



## VOLLEYBALL, CO-ED



This Co-ed Program will focus on improving basic fundamentals such as bumping, setting, and serving. If time allows, all participants will play scrimmage to showcase their new and improved skills. Participants: 5/15

Ages: 10 - 14 Court 3  
THURSDAYS\* 5:00-5:45pm  
Fee: Members \$42 General Public \$70







## 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 \$40 General Public \$66



### 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 \$56 General Public \$92

### 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 \$56 General Public \$92



## 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

Court 2 THURSDAYS\* 6:00-6:30pm  
Fee: Member \$35 General Public \$58

\*No Class Thursday Nov 28<sup>th</sup>



### 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

Court 2 THURSDAYS\* 6:30-7:15pm  
Fee: Member \$49 General Public \$81

\*No Class Thursday Nov 28<sup>th</sup>

### 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

Court 2 THURSDAYS\* 7:15-8:00pm  
Fee: Member \$49 General Public \$81

\*No Class Thursday Nov 28<sup>th</sup>

## HOME SCHOOL PHYSICAL EDUCATION

Location: Gymnasium, Courts 1 & 2

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. Participants: Min. 5, Max 15

THURSDAYS\* 9:30-10:15am  
Member \$42 General Public \$63

\*No Class Thursday Nov 28<sup>th</sup>



## SUPER ALL STARS



Location: Gymnasium Court 2 -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

AGES 6-14yrs Court 2  
Wednesdays 5:30-6:30pm Member \$32 General Public: \$56



## 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: 5/10

Ages: 5 - 9 Court 2  
THURSDAYS\* 5:00-5:45pm  
Fee: Members \$42 General Public \$70

\*No Class Thursday Nov 28<sup>th</sup>



Youth Sports Sponsors  
*Thank you!*  
You make these moments possible.



Finishing & Plating Service, Inc.



# YOUTH LEAGUES

Enthusiasm, Ambition & Motivation



Kenosha YMCA Youth Sports Leagues are a great way for beginners to develop basic fundamental skills, teamwork, and sportsmanship. Volunteer Coaches are encouraged as they are essential part of our leagues. For more information how to get involved, contact [Bcollins@kenoshaymc.org](mailto:Bcollins@kenoshaymc.org). All Parents/Guardians of league participants should download the "Remind Me" app to stay connected for updates and information about our league during the season. See individual leagues for class codes.

## BASKETBALL, WINTER LEAGUE

6-14 Years Old, co-ed

Location: Gymnasium. Schedule and T-Shirts will be provided the first week of practice.

Season: November 12<sup>th</sup> - February 15<sup>th</sup>

Evaluations: November 5<sup>th</sup>

6-8yrs at 6pm | 9-10yrs at 6:30pm | 11-14 yrs at 7:15pm

Practice: Tuesdays 5:30-8pm

Games: Saturdays 8am-2pm

Fees: Member \$100 General Public \$115

\*Multiple child discount available

Registration Deadline: November 1<sup>st</sup>

Remind Me App Class Code: kenoball



- Try it First!

- **BASKETBALL CLINIC**

- Location: Gymnasium Court 2

- This clinic will cover the basic fundamentals of basketball and is great for those new to the game and considering spring basketball league.

- Participants: 6/15

- Tuesday, October 29<sup>th</sup>

- 5:30-6:15pm

- AGES 6-8yrs

- Fee: \$5



# GET YOUR GAME ON!

## Winter Basketball

Ages 6-14, Co-Ed League

Nov 12th - Feb 15th

Member \$100 | General Public \$115

Last Day to Register: Friday, November 1st



For questions regarding these leagues, or any other sports, please contact our Sports and Recreation Director Blake at [bcollins@kenoshaymca.org](mailto:bcollins@kenoshaymca.org). Refunds on league registrations must be requested no later than 2 weeks prior to the start of the season, and will incur a \$10 processing fee.





# 2024 BUCKS ONE-DAY FALL CLINIC

Milwaukee Bucks Fall Clinics introduce kids ages 5-12 to the most exciting elements of the game and bring the fundamentals of basketball to life. Bucks clinic coaches are selected for their basketball knowledge and ability to engage with youth of all ages.

**SATURDAY, NOV. 9 | 10AM-12PM**



**KENOSHA YMCA**  
7101 53RD ST., KENOSHA

**\$50**



**Click to  
Register**

**LEARN MORE AT [BUCKS.COM/CAMPS](https://bucks.com/camps)**



# 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. Climbers will set personal goals to achieve and enjoy fun rock wall games in a small group setting. Participants: 5/9  
Min. Age: 5

MONDAYS 5:30-6:30pm  
6:30-7:30pm

Fee: Member \$48 General Public \$80

 Click to Register

## OPEN CLIMB

Thursdays 6-8:30pm  
Ages 5 & up

### Fees:

Members: FREE  
General Public: Day Pass  
purchase includes open climb



## For a better us.®

With your help, the Y can continue to provide and improve our life-changing programs to meet your communities' growing needs thanks to funds raised during Annual Campaign, a volunteer driven fundraising event supporting Kenosha YMCA programs and services.

### Won't you join us in supporting our community?

It's easy! You can either...

- Text 'GIVE' to 888.339.2757
- Scan the QR Code
- OR
- Click Here



 Donate Today!

**\$50**

gives 2 children the opportunity to build confidence through dance, sports, or STEM classes.

**\$75**

gives a child the opportunity to learn the life-saving skills of swimming or gain confidence during a season of youth sports.

**\$100**

helps a child enjoy a week of summer day camp filled with enriching, healthy activities and positive role models.

**\$250**

provides 4 children with disabilities the opportunity to be a valued member of the Miracle League baseball team.

**\$450**

gives a senior one year of access to the YMCA where they can connect with friends and improve their health.

**\$500**

sends 20 children from the Achiever's Program, on a field trip to broaden their horizons.

**\$1,000**

provides 2 families in need the opportunity to belong in the community of the YMCA as members.

**\$2,500**

provides value-driven Before and After School Care, allowing parent(s) to work knowing their child is in a safe, nurturing environment.

## FIND JOY IN GIVING. FIND YOUR Y.

# NOW HIRING!

## Achievers

- Teachers
- Tutors

## Aquatics

- Aquatic Fitness Instructors
- Lifeguards
- Water Safety Instructors

## Health & Wellness

- Massage Therapist

## Membership

- Female Custodian
- Membership Desk Attendant

## Sports & Rec

- Sports Instructor

## Youth & Family, Child Care

- Before & After School Enrichment
  - » Teacher / Assistant Teacher
  - » Bus Driver

## APPLY TODAY!



Click to Apply

## 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!

All uniforms and additional equipment are purchased in class through your instructor.

## 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 \$77 General Public: \$128

Intermediate / Advanced 7:15–8:00pm

Fee: Member \$77 General Public: \$128

\*No Class Thursday Nov 28<sup>th</sup>. Prices adjusted.

Participants: Min: 8, Max: 20, each class



Click to Register



## AIKIDO, 14 & older

Extension of Lake County Aikikai

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

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

• **THURSDAYS\*** 7:00–8:30pm

• **SATURDAYS** 10:00–11:30am

Fee: Member \$82 | General Public: \$137 | Drop-In Option: \$20 (Saturday Only)

\*No Class Thursday Nov 28<sup>th</sup>. Member: \$77 | General Public: \$120



Click to Register

## Did you know the YMCA offers Financial Assistance?

Would you or do you know someone that would benefit from a Kenosha YMCA membership? Financial Assistance is available... **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



## WE'VE RESTRUCTURED OUR DANCE PROGRAM!

★ **Updated Classes!**

★ **16 Weeks!**

Spans two Sessions (Fall I and Fall II) to allow for progressive instruction and growth.

★ **Parent Showcase!**

Kids will perform a routine at the end of the session. (TBA)



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.

### CREATIVE MOVEMENT, 3 year olds

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

**Classes run the weeks of September 3<sup>rd</sup> through December 22<sup>nd</sup>.**

Tuesdays 4:30-5pm Studio A Member: \$68 Gen Public: \$112

Saturdays 8:15-8:45am Studio B Member: \$68 Gen Public: \$112

### SUPER STARS, Ages 7-17

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

**Class runs September 5<sup>th</sup> through December 19<sup>th</sup>. \*No class Nov 28<sup>th</sup>**

Thursdays\* 4:30-5:15pm

Member: \$47 General Public \$81

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

### DANCE TO DISNEY, Ages 4-8

Location: STUDIO A

In this fun, high energy, technique-focused dance class, students will learn the basic concepts of modern dance including hip hop. They will also learn a dance routine to a popular Disney song.

Participants: Min 3, Max 12

**Class runs September 3<sup>rd</sup> through December 17<sup>th</sup>.**

Tuesdays 5:30-6:15pm Member \$90 General Public: \$146

### DANCE CLASS DRESS CODE:

**Creative Movement, Ballet and Jazz:** Ballet Shoes;  
Girls: Leotards and Tights; Boys: Comfortable clothes

**Dance to Disney, Teen Top 40 & 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)



### BEGINNER BALLET, Ages 5-9

Location: STUDIO B

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

**Class runs September 7<sup>th</sup> through December 21<sup>st</sup>.**

Saturdays 9:00-9:45am Member \$90 General Public: \$146

### BEGINNER JAZZ, Ages 5-9

Location: STUDIO B

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. Participants: Min 3, Max 10

**Class runs September 7<sup>th</sup> through December 21<sup>st</sup>.**

Saturdays 10:00-10:45am Member \$90 General Public: \$146

### TEEN TOP 40, Ages 9-13

Location: STUDIO B

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 age appropriate) song.

Participants: Min 3, Max 12

**Class runs September 5<sup>th</sup> through December 19<sup>th</sup>. \*No class Nov 28<sup>th</sup>**

Thursdays\* 5:30-6:15pm Member \$84 General Public: \$137



**Click to Register**

**About the Instructor:** Ms. Jordan has been dancing for about 18 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 loves sharing her passion for dance.

#### Questions?

Contact Tenille at [tthornton@kenoshaymca.org](mailto:tthornton@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 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 5, Maximum 8 participants per class.**

Fee: Member \$72 General Public \$115

**\*No Class Thursday Nov 28<sup>th</sup>: Member \$63 | General Public \$101**

## PARENT & CHILD SCHEDULE

Class meets ONCE per week.

CLASS		DAY	TIME	INSTRUCTOR
PARENT & CHILD		Mon	5:00–5:30pm	Emily
		Wed	11:15–11:45am	Danielle
		Sat	10:00–10:30am	Heidi

For the safety and benefit of all swimmers and instructors, please ensure you are enrolling your child in the swim lessons that match their current ability. Click to determine which level your child is at!

### Swim Lesson Selector

If the instructor determines that your child is not enrolled in the correct level, you may be asked to switch classes. If classes are full, you may be required to wait until the next session to enroll.

## 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

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

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

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

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 \$72 General Public \$115

**\*No Class Thursday Nov 28<sup>th</sup>: Member \$63 | General Public \$101**

## PRESCHOOL SCHEDULE

Class meets ONCE per week.

CLASS		DAY	TIME	INSTRUCTOR
PRESCHOOL 1		Mon	4:30–5:00pm	Sarah
		Mon	6:00–6:30pm	Sarah
		Tues	4:30–5:00pm	Jenni
		Wed	9:45–10:15am	Danielle
		Thur	9:15–9:45am	Danielle
		Thur	5:00–5:30pm	Sarah
		Thur	6:30–7:00pm	Sarah
PRESCHOOL 2		Mon	5:00–5:30pm	Sarah
		Mon	6:30–7:00pm	Sarah
		Tues	5:30–6:00pm	Jason
		Tues	6:30–7:00pm	Jason
		Wed	9:15–9:45am	Danielle
		Thur	9:45–10:15am	Danielle
		Thur	4:30–5:00pm	Sarah
		Thur	5:30–6:00pm	Sarah
		Thur	6:00–6:30pm	Jason
		Sat	10:30–11:00am	Heidi
PRESCHOOL 3		Mon	5:30–6:00pm	Sarah
		Tues	6:00–6:30pm	Jason
		Thur	5:30–6:00pm	Jason
		Thur	6:00–6:30pm	Sarah
		Thur	6:30–7:00pm	Jason
		Sat	11:00–11:30am	Jenni
PRESCHOOL 4		Tues	5:30–6:00pm	Jenni

## 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 – INTRODUCTION TO WATER SKILLS

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 starts in the Warm Water Instructional Pool and transitions to the Lap Pool.

#### LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS

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 – STROKE DEVELOPMENT

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 – STROKE IMPROVEMENT

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 – STROKE REFINEMENT

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 – SWIMMING AND SKILL PROFICIENCY

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 \$72 General Public \$115

**\*No Class Thursday Nov 28<sup>th</sup>: Member \$63 | General Public \$101**

## HOME SCHOOL SWIM INSTRUCTION

Location: Lap Pool – This Swim Instruction Program is designed for home-schooled youth ages 6–12 interested in enhancing their current swimming ability. Children that are not home-schooled are also welcome.

#### BEGINNER AND INTERMEDIATE

Your child will learn the fundamentals of swimming and water safety with increased stroke development and endurance. Children must be comfortable swimming in the lap pool. Participants: Min. 4, Max 12

THURSDAYS\* 10:30–11:15am

Member \$42 General Public \$63

**\*No Class Thursday Nov 28<sup>th</sup>**

#### QUESTIONS about Swim Lessons?

Contact us at [swimlessons@kenoshaymca.org](mailto:swimlessons@kenoshaymca.org) or call 262.654.9622 x-245

#### AQUATIC CENTER POLICIES... PAGE 8

Missed classes cannot be refunded, credited or made up. We offer credits upon request for medical reasons only. See full policy on pg 6.

## SCHOOL-AGE SCHEDULE

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
LEVEL 1	Mon	4:15–5:00pm	Emily
	Tues	5:30–6:15pm	Thomas
	Sat	11:30am–12:15pm	Jenni
LEVEL 2	Mon	5:30–6:15pm	Emily
	Tues	6:15–7:00pm	Thomas
	Sat	10:15–11:00am	Jenni
LEVEL 3	Mon	6:15–7:00pm	Emily
	Tues	4:30–5:15pm	Stephanie
	Tues	7:00–7:45pm	Thomas
LEVEL 4	Thur	5:30–6:15pm	Thomas
	Mon	7:00–7:45pm	Emily
LEVEL 4	Tues	6:15–7:00pm	Stephanie
LEVEL 5	See Advanced Skills		

## ADVANCED SKILLS, Ages 6–12

Location: Lap Pool

Advanced Skills helps swimmers improve their performance through refinement of stroke technique and endurance as well as flip turn and water entry instruction. This class is a perfect preparation for swim team, or to boost swimming confidence. **Participants must be able to swim front and back crawl an entire length to participate.** Participants: Min. 4, Max 10

Class meets once per week for 60 minutes.

SATURDAY 9:15–10:15am Jenni

Fee: Member \$90 General Public \$144

## TEEN SWIM & MORE, Ages 10–17

#### TEEN BEGINNER (ages 13–18)

Location: Lap Pool. Designed for teens with little or no swimming experience or who fear the water. Skills include water acclimation and comfort, proper floating, breathing techniques, and basic swim strokes including front crawl, back crawl and elementary back stroke.

Not offered this session. If interested, please email [swimlessons@kenoshaymca.org](mailto:swimlessons@kenoshaymca.org).

#### TEEN/PRE TEEN SWIM CONDITIONING (ages 10–18)

Location: Lap Pool. (Formally known as Teen Swim) This competitive class builds upon Red Cross Swim lessons, focusing on endurance and stroke technique for all major competitive strokes as well as encouraging swimming as a part of a healthy lifestyle. Participants must be able to swim front and back crawl 1 length of the pool. Participants: Min. 4, Max 15

Not offered this session. If interested, please Jaguars Prep Class on page 25.

## 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

THURSDAYS\* 5:30–6:30pm

Fee: Member \$42 General Public \$68

**\*No Class on 10/31 and 11/28. Prices have been prorated.**





**NEW!**



# SWIM STROKE CLINIC



Perfect for new swim team members, those trying out, and experienced swimmers looking to refine their skills. Join us to sharpen your swimming techniques and master additional skills that help you win the race!



## CLINIC FOCUSES ON:

- ✓ Stroke Techniques
- ✓ Block Starts
- ✓ Flip Turns
- ✓ Underwater Techniques and More!

**REGISTER TODAY!**

## Upcoming Clinic Dates

- ~~August 17th 1-3pm~~
- ~~September 23rd 6-8pm~~
- October 21st 6-8pm

Fee: Member \$30 | General Public \$50



# PRIVATE & SEMI-PRIVATE SWIM LESSONS

Available to all ages, private lessons will help swimmers gain confidence in the water and improve their swimming skills with swim instruction tailored to meet individual goals. Private lessons are available to any ability. Let our certified American Red Cross water safety instructors work with you individually or in a small group of your choosing. All lessons are 30-minutes in length and can be scheduled at your convenience year round. We do our best to coordinate your preferred days and times while working with our pool and instructor availability.

## PRIVATE

# of 30-min. lessons

Member Rate  
per lesson

Gen. Public Rate  
per lesson

1 - 5	\$27	\$35
6 - 10	\$25	\$33
11+	\$23	\$31

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

1 - 5	\$21	\$29
6 - 10	\$19	\$27
11+	\$17	\$25

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

1 - 5	\$19	\$27
6 - 10	\$17	\$25
11+	\$15	\$23

NOTE: All listed rates are per participant. Rates are subject to change without prior notice. All private swimming lessons expire 6-months after the date of purchase. All sessions are non-transferable and non-refundable. If you need to cancel or reschedule a lesson, at least 24 hours notice is required. Failure to provide adequate notice may result in being charged for that lesson.

For more information please contact  
swimlessons@kenoshaymca.org



# 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 interested in being on a team, from ages 6-18. Our beginner swimmer groups will focus on technique and efficiency before advancing. Interested swimmers should be able to swim 1 length of the pool (25 yards) freestyle and backstroke.



**JOIN ANYTIME!** Tryouts by appointment – contact us at [jaguars@kenoshaymca.org](mailto:jaguars@kenoshaymca.org)

## PRACTICE FEES

- All Jaguar Swim Team members must have a Kenosha YMCA membership\* (youth or family).
- **Monthly Practice Fees Due on the 1<sup>st</sup> of each month.** Fees are what keep the team up and running so it is very important that we all do our share. Practice Fee must be paid in full or direct debit set up at time of registration. Registration form to be filled out with aquatics department.
- Please note you will need to register for short course season and long course season separately. Payment methods from one season will not follow to the next season.
- YMCA Jaguar practice fees are subject to change. In the event of this happening, you will receive notice.
- Ask about our Multiple Swimmer Discount.

## APPAREL FEES

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

## 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.

## CANCELED PRACTICES

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

## REFUND / CREDIT POLICY

Following the Kenosha YMCA Missed Class Policy, credits will be given for medical reasons only; documentation required. Should you choose to leave the team during the season, mid-month cancellations will not be prorated.

## SHORT COURSE SEASON: AUGUST – MARCH

## LONG COURSE SEASON: APRIL – JULY

<u>Practice Times</u>	<u>Fees</u>
M, W & F 6:15-7:30pm	\$80/month



\*Swim team is a 7-8 month commitment.  
Monthly membership payments will be automated.

**Questions? Please email the Kenosha Jaguars coaching team at [jaguars@kenoshaymca.org](mailto:jaguars@kenoshaymca.org)**

## GET READY FOR SWIM TEAM

### Jaguar Prep (ages 6-12)

Location: Lap Pool. Practice with the swim team and improve performance through refinement of stroke technique and endurance, as well as flip turn and water entry instruction. This class is a perfect preparation for swim team, or to boost swimming confidence. Participants must be able to swim front and back crawl an entire length to participate.

FRIDAYS 6:15-7:30pm Ashley  
Fee: Member \$90 General Public \$144



# 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. The link for the eLearning portion will be emailed to you shortly after registration. 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 grade of 80% or better
- Pass the final skill scenario

 **Click to Register**

### >> GET TRAINED & CERTIFIED <<

The link for the eLearning portion will be emailed to you shortly after registration.

#### CLASS OPTIONS:

- Monday, October 14<sup>th</sup> from 8am-10am
- Wednesday, October 23<sup>rd</sup> from 6pm-8pm
- Saturday, November 2<sup>nd</sup> from 8am-10am
- Monday, November 11<sup>th</sup> from 8am-10am
- Wednesday, November 20<sup>th</sup> from 6pm-8pm
- Wednesday, December 11<sup>th</sup> from 6pm-8pm
- Monday, December 16<sup>th</sup> from 8am-10am
- Saturday, December 21<sup>st</sup> from 8am-10am

Fee: Member: \$80 General Public: \$100

This fee is paid at the time of scheduling the in-person skill session. Please contact Stephanie, at [szuehls@kenoshaymca.org](mailto:szuehls@kenoshaymca.org) with any questions.

\*There is no charge for the eLearning portion of this class. The link for the eLearning portion will be emailed to you shortly after registration.

### BABYSITTER TRAINING

Training provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants develop leadership skills; learn how to develop a babysitting business keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. The recommended age for this course is 11-15 years old. Participants will need to bring a lunch and a doll that can be diapered.



- Saturday, October 26<sup>th</sup> 8:00am-2:30pm
- Saturday, November 30<sup>th</sup> 8:00am-2:30pm
- Saturday, January 4<sup>th</sup> 8:00am-2:30pm



Fee: Member \$80 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.

#### UPCOMING SESSIONS

**Saturdays Nov 2<sup>nd</sup> - Nov 30<sup>th</sup>**

**You are required to attend all days**  
12:30-5:00pm  
11/2, 11/9, 11/16, 11/23, and 11/30

**Dec 27<sup>th</sup> - Dec 29<sup>th</sup>**

**You are required to attend all days**  
» Fri 12/27: 8:00am-4:30pm  
» Sat 12/28: 9:00am-4:30pm  
» Sun 12/29: 9:00am-3:30pm

Fee: Member \$225 | General Public \$250



The American Red Cross also offers a **FREE** online refresher center to keep your knowledge and skills sharp so you are ready to respond. Click to 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 limited – we strongly recommend bringing your own.**

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



- Sunday: 8:00am-12:00pm
- Monday: 10:00am-12:30pm; 3:00-4:00pm
- Tuesday: 10:00am-12:30pm; 3:00-4:00pm
- Wednesday: 10:00am-12:30pm
- Thursday: 10:00am-12:30pm; 6:00-7:30pm
- Friday: 10:00am-12:30pm; 3:00-4:00pm

## MAKE A DIFFERENCE for our young athletes



**VOLUNTEER  
COACHES  
NEEDED!**

Contact Blake Today!  
bcollins@kenoshaymca.org

## 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



## VOLLEYBALL – OPEN GYM, 12\* & UP



Location: Gym, Court 3

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

THURSDAYS: 4:00-5:00pm

## OPEN BASKETBALL

**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



**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.**

# SHARE YOUR STORY

**We want to hear from YOU!**

Tell us how the Y has  
impacted your life.

**Click to Share!**



# 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: [tthornton@kenoshaymca.org](mailto:tthornton@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**

**TUESDAYS @ 5:30pm**

**NEW DAY!**

### 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 Thornton, CPT.

### 2 WAYS TO VIEW:

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

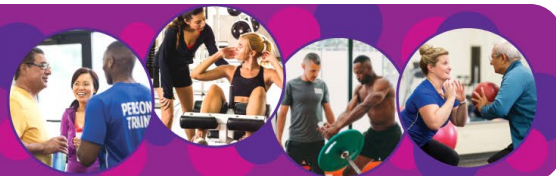
# ACHIEVE YOUR GOALS!





# 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.**

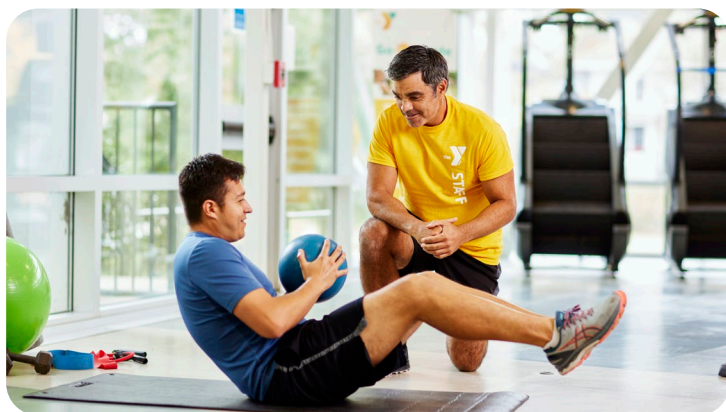
For your convenience we offer **One-On-One** (as low as \$43 a session) & **Partner Training** (as low as \$32 per person, per session); please contact Tenille Thornton, at [tthornton@kenoshaymca.org](mailto:tthornton@kenoshaymca.org) or call 654.9622 ext. 235 for more information or to **schedule a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



## TELL US HOW WE'RE DOING!

Do you have any comments or suggestions for the Kenosha YMCA Team? Click below to fill out a report card and let us know!

**Submit a Report Card**







**FIRE UP YOUR  
METABOLISM  
and  
BURN CALORIES**

# **IGNITE** GROUP TRAINING CLASSES

## **IGNITE Circuit Training**

This challenging, trainer led class will focus on full body resistance training while incorporating blasts of cardio intervals to help you burn fat, improve muscle definition, increase cardio capacity, feel better and have fun getting in shape! Held in 'My Fitness Studio.'

## **IGNITE Senior TRX**

TRX Suspension Training leverages gravity and your own body weight along with the TRX Suspension Trainer™ to challenge your whole body while working in every plane of motion. This class is appropriate for those who are intimidated, unfamiliar with TRX, more sedentary or older adults who are active and want to increase strength. Studio B.

## **IGNITE Kettlebell/TRX**

TRX Suspension Training leverages gravity and your own body weight along with the TRX Suspension Trainer™ to challenge your whole body while working in every plane of motion. Lifting and swinging the kettlebells, using proper form, requires you to concentrate on your posture and core, while also improving your cardio and strength training. Studio B.

## **IGNITE Run & Stretch**

Improve your form and efficiency, and increase your power and speed in the first 40 minutes of this coach-led training class. The remainder of the hour will be spent doing stretching poses that specifically help runners improve their flexibility.



**See next page for class days & times.**

For more information on this and other Kenosha YMCA Fitness Programs please contact Tenille at [tthornton@kenoshaymca.org](mailto:tthornton@kenoshaymca.org)



# IGNITE GROUP TRAINING CLASSES

## Personal Training at Group Fitness Prices

Do you want the accountability of Personal Training but do not have the cost in your budget? Do you like working out with friends? Then **IGNITE Group Training Classes** are for you! Prices are for 1 day a week per 8-week session.

**IGNITE Circuit Training** Location: My Fitness Studio  
In this 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 5:15–6:05am w/Kay
- Tuesdays 5:30–6:20pm w/Elizabeth
- Thursdays\* 5:30–6:20pm w/Elizabeth

Fee: Members \$48 | General Public \$81

\*No Class Thursday Nov 28<sup>th</sup>. Members \$42 | General Public \$71

**IGNITE Senior TRX** Location: Studio B  
TRX Suspension Training leverages gravity and your own body weight along with the TRX Suspension Trainer™ to challenge your whole body while working in every plane of motion. This class is appropriate for those who are intimidated, unfamiliar with TRX, more sedentary or older adults who are active and want to increase strength.

- **Mondays 8:00–8:50am w/Cathie**
- Mondays 9:00–9:50am w/Cathie
- Wednesdays 9:00–9:50am w/Cathie

Fee: Members \$48 | General Public \$81

**NEW  
TIME!**



**IGNITE Kettlebell/TRX** Location: Studio B  
TRX Suspension Training leverages gravity and your own body weight along with the TRX Suspension Trainer™ to challenge your whole body while working in every plane of motion. Lifting and swinging the kettlebells, using proper form, requires you to concentrate on your posture and core, while also improving your cardio and strength training. Beginners welcome.

- Tuesdays: 7:30–8:20am w/Kay

Fee: Members \$48 | General Public \$81



**Loyalty Members receive 10% off\*  
IGNITE Group Training Classes!**

\*when you register in person at the membership desk.

**R Click to Register**

## IT'S BACK!

# LEARN TO DANCE

**with Mark & Ann**

Get active while you learn to dance! Learn formats such as Swing, Foxtrot, and Latin Dance in this 8-week dance course. These formats will prepare you for dancing at a wedding or any special event. No experience required. All ages and fitness levels are welcome!

Mark & Ann are hands on instructors and treat each student with kindness & patience and make learning to dance FUN!

Note: This is a couples class. If you are in need of a partner, please contact Ann at [info@markandann.com](mailto:info@markandann.com) and she will do her best to find you one.

**Tuesdays 6:30–7:30pm Studio B**

**Fees: Member \$106/per person**

**General Public \$178/per person**



# AQUATIC FITNESS

## A Low Impact, Effective Workout!



All Fitness Levels.  
Ages 14 & up.

**LOOKING FOR A NEW WORKOUT?** Try aquatic exercise – it's 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.

## LAP POOL CLASSES

### SILVERSNEAKERS® SPLASH

Location: Lap Pool

Activate your aqua exercise urge for variety! This class offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardio endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance, and coordination.

**\*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.

### ABST™ AQUA COMBAT

Location: Lap Pool

Discover the power of ABST™ Aqua Combat, where aquatic resistance meets the intensity of kickboxing and mixed martial arts. This explosive aqua cardio program will have you punching, kicking, and rebounding like seasoned MMA professionals. With 12 rounds of core-rotational combos and metabolic conditioning spikes, aqua combat enhances muscular strength, endurance, and coordination, propelling your fitness journey to new heights!

### AQUA FLOW

Location: Lap Pool

AQUA FLOW is a low-impact cardio aquatic course with easy-to-follow movements choreographed to your favorite songs! This class will leave you feeling physically healthy and mentally happy, with modifications available for every skill level. We will focus on resistance and cardio fitness for the perfect well-rounded workout.

### DEEP WATER AEROBICS

Location: Lap Pool

Deep Water Aerobics allows you to mimic land movements such as jogging, cross-country skiing and jumping rope – without the impact of land fitness. Working in suspension takes the load off your joints providing a high cardio, low impact exercise. The ability to swim is NOT required – Flotation belts will be provided.

### 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"!

## WARM POOL CLASSES

### AQUA PI-YO-CHI

Location: Warm Water Instructional Pool

Experience the pleasure of a mind-body program in the water. The fusion of Pilates, Yoga, and Tai Chi will help you to build a strong core, improve your balance and breathing, decrease stress, and increase your body's energy flow. It's fluid bliss...

### 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.

 Click to Register

### QUESTIONS about our Aquatic Programs?

Contact us at [szuehls@kenoshaymca.org](mailto:szuehls@kenoshaymca.org)  
or call 262.654.9622 x-224

### AQUATIC CENTER POLICIES...PAGE 8

Missed classes cannot be refunded, credited or made up. We offer credits upon request for medical reasons only. For full policy see pg 6.



Loyalty Members receive 10% off\*  
Aquatic Fitness Classes! (Excludes Swim Lessons)

\*When you register in person at the membership desk.



Day	Class	Time	Fee	Instructor	POOL	Min./Max
MONDAY	WaterinMotion	6:30-7:30 AM	\$38 / \$72	Bryan	Lap Pool	6 / 20
	Gentle Waves	8:15-9:15 AM	\$38 / \$72	Jeanne	Warm Water Pool	6 / 18
	SilverSneakers Splash	9:00-10:00 AM	*PASSES	Rita R.	Lap Pool	6 / 15
	Gentle Waves	9:15-10:15 AM	\$38 / \$72	Jeanne	Warm Water Pool	6 / 18
	SilverSneakers Splash	10:15-11:15 AM	*PASSES	Rita R.	Lap Pool	6 / 15
TUESDAY	Aqua Flow	7:00-8:00 AM	\$38 / \$72	Molly	Lap Pool	6 / 18
	Aqua Pi-Yo-Chi	7:30-8:30 AM	\$38 / \$72	Rita R.	Warm Water Pool	6 / 15
	Gentle Waves	9:00-10:00 AM	\$38 / \$72	Cindy	Warm Water Pool	6 / 18
	Aqua Pi-Yo-Chi	Noon-1:00 PM	\$38 / \$72	Rita R.	Warm Water Pool	6 / 15
	Deep Water Aerobics	6:30-7:30PM	\$38 / \$72	Mary	Lap Pool	6/18
WEDNESDAY	Aqua Combat	7:00-8:00 AM	\$38 / \$72	Cindy	Lap Pool	6/10
	Gentle Waves	8:15-9:15 AM	\$38 / \$72	Jeanne	Warm Water Pool	6 / 18
	SilverSneakers Splash	9:00-10:00 AM	*PASSES	Rita R.	Lap Pool	6 / 15
	Gentle Waves	9:15-10:15 AM	\$38 / \$72	Jeanne	Warm Water Pool	6 / 18
	SilverSneakers Splash	10:15-11:15 AM	*PASSES	Rita R.	Lap Pool	6 / 15
	WaterinMotion	6:00-7:00 PM	\$38 / \$72	Bryan	Lap Pool	6 / 20
	Aqua Pi-Yo-Chi	7:00-8:00 PM	\$38 / \$72	Rita R.	Warm Water Pool	6 / 15
THURSDAY** <small>**No Classes Thursday, 11/28. Prices have been adjusted.</small>	Aqua Pi-Yo-Chi	7:30-8:30 AM	**\$33 / \$63	Rita R.	Warm Water Pool	6 / 15
	Deep Water Aerobics	7:30-8:30 AM	**\$33 / \$63	Mary	Lap Pool	6/18
	Gentle Waves	9:00-10:00 AM	**\$33 / \$63	Cindy	Warm Water Pool	6 / 18
	Aqua Pi-Yo-Chi	Noon-1:00 PM	**\$33 / \$63	Rita R.	Warm Water Pool	6 / 15
FRIDAY** <small>**Aqua Combat: No classes on 11/8 and 11/29. Price has been adjusted</small>	Aqua Combat **	7:00-8:00 AM	**\$29 / \$54	Cindy	Lap Pool	6/10
	Gentle Waves	8:15-9:15 AM	\$38 / \$72	Jeanne	Warm Water Pool	6 / 18
	SilverSneakers Splash	9:00-10:00 AM	*PASSES	Rita R.	Lap Pool	6 / 15
	Gentle Waves	9:15-10:15 AM	\$38 / \$72	Jeanne	Warm Water Pool	6/18
	SilverSneakers Splash	10:15-11:15 AM	*PASSES	Rita R.	Lap Pool	6 / 15

**NOW SWIMMING...**  
Through February 15

## Indian Trail Swim Team

- Mon, Tue, Thurs, Fri: 1-3pm
- Wednesdays: 3:30-5:30pm

**Lanes**  
**3-8**

The lap pool will be closed  
due to a swim meet on  
**Tuesday January 7th**  
from 3-8pm.

[Click to View  
Our Full Pool  
Schedules](#)

# ADULT SWIMMING

## Stay Active; Build Confidence



Our Adult Swimming programs are designed for all skill levels, whether you're looking to learn the basics, refine your strokes, or enjoy a low-impact exercise. Swimming is a lifelong skill that offers numerous health benefits, including improved cardiovascular fitness, muscle strength, flexibility, and stress relief. Our certified instructors provide personalized support, helping you build confidence and achieve your goals at your own pace. Experience the fun, community, and wellness that swimming can bring, no matter your age or ability.

## ADULT SWIM LESSONS

Location: Lap Pool

**It's never too late to learn how to swim!** No matter how old you are, developing the swimming skills you need to feel safe and comfortable around water is possible.

### BEGINNER

Designed for students with little to no experience. Swimmers will start with learning the basics such as breathing, body positioning and will work towards developing introductory freestyle, backstroke, and elementary back stroke skills.

TUESDAYS 5:15-6:00am Heidi  
THURSDAYS\*\* 6:15-7:00pm Thomas



Fee\*: Member \$72 General Public \$115

**\*\*No Class Thursday Nov 28th: Member \$63 | General Public \$101**

### INTERMEDIATE

Geared towards swimmers who are comfortable swimming independently and can do one length of the pool using freestyle or backstroke. This class will work on advancing swimming skills, refining technique, and building endurance.

Not offered this session.

\*Loyalty Membership Discount not applicable on Swim Lessons

## ADVANCED ADULT SWIMMING

Location: Lap Pool

### INTRO TO TRIATHLON AND MASTER SWIMMING

For swimmers training for triathlons or interested in building endurance or speed. Class will meet once per week with the instructor. Weekly workouts will focus on technique for strokes, efficient swim skills, and intervals. This class is best for swimmers who are able to swim at least 100 yards without stopping and up to 300 yards without many breaks.

**NEW!**

Ages: 16 - 98 years

MONDAYS 7:00-7:45pm Scott

Fee\*: Member \$72 General Public \$115



\*Loyalty Membership Discount not applicable on Adult Swim Classes



# JOIN THE CLUB!



KENOSHA YMCA

# 100 MILE CLUB

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

The 100 Mile Swim Club is for Y members who want to push themselves in the water and make a goal of swimming 100 miles by the last day of the year. Recognition and a prize will be awarded for 50 mile and 100 mile achievements.



# 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

### **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.

### **CHAIR PILATES (Formerly Senior Pilates)**

Move your whole body through a series of seated and standing exercises (no floor work); utilizing controlled breathing, allowing muscles to work effectively and efficiently. Strengthen your core, increase flexibility, mobility, balance, range of movement and strength. Practicing Pilates promotes an active lifestyle while improving balance and flexibility to prevent falls and injuries.

### **GENTLE YOGA**

This is a trauma informed gentle flow yoga class designed to support awareness of breathing and body sensations in different yoga poses. The class will begin and end with meditation intended to support participants in experiencing a deeper connection with their minds, bodies and loving selves. All body sizes, shapes, and ages are welcomed in this class.

### **PILATES**

Is a challenging yet safe method to sculpt your body and feel increased agility in your every day movements, as well as work on balancing all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Please bring your own yoga mat.

### **PILOXING®**

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

### **TAI CHI PLUS**

Build strength, flexibility, and improve balance while de-stressing and getting into the flow. After class; feel invigorated, energized, and balanced. This class balances your fast pace life with easy to follow, slow-moving meditation in motion. Based on Taijifit style of flowing Tai Chi and may include some standing yoga, hand-held sticks, Kung Fu, and/or QiGong. No experience, mat or shoes necessary. Can be done in a chair if needed. Fun for any age.

### **TURN UP DANCE FITNESS**

A high intensity interval dance workout that feels like you are going to the club with your friends! Let the beat move you, and dance your heart out! All levels welcome.

### **WERQ®**

WERQ (pronounced "work") is the fiercely fun, and fresh cardio dance fitness workout based on HIP HOP MUSIC with a little pop and rock mixed in. You can expect to sweat and burn about 500-900 calories each class! All dance and fitness abilities welcome!

### **Y COMBO**

These fun & challenging workouts are designed for all fitness levels. These classes combine three components of exercise: cardio, toning, and flexibility. You'll get a variety of workouts, a mixture of challenges, all while using an assortment of equipment or none at all. Build endurance, strength, and flexibility.

### **YOGA**

This class will create a pleasant feeling, rejuvenate your spirit, mind and body as well as improve flexibility, strength, vitality and energy. Some poses will be held momentarily to integrate breath work and self-awareness and some poses will flow one-to-another with the breath. Poses can be shown and modified for a variety of levels. You may bring your own yoga mat, if you have one.

### **Y STEP**

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

### **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.

# FALL II DROP-IN CLASSES

October 28<sup>th</sup> – December 22<sup>nd</sup> 2024

Each class runs for approximately 50 minutes. "Express" classes run 30 minutes in length.

Day	Class	Time	Instructor	Location	Maximums
MONDAY	BodyPump®	5:15 AM	David	Studio C	Max: 15
	Y Step	9:00 AM	Ann	Studio A	Max: 25
	SilverSneakers Yoga	8:15 AM	Dan	Studio C	Max: 28
	SilverSneakers Classic	9:15 AM	Nancy	Studio C	Max: 28
	Butts & Guts Express	10:00 AM	Ann	Studio A	Max: 30
	SilverSneakers Classic	10:15 AM	Chris	Studio C	Max: 28
	SilverSneakers Classic	11:15 AM	Chris	Studio C	Max: 28
	Pilates	5:00 PM	Amy	Studio A	Max: 25
	Turn Up with Tenille	5:30 PM	Tenille	Studio C	Max: 30
	Yoga	6:00 PM	Dan	Studio A	Max: 15
	Butts & Guts Express	6:30 PM	Tenille	Studio B	Max: 15
	BodyPump®	6:45 PM	Bryan	Studio C	Max: 15
TUESDAY	 Spinergy	6:15 AM	Kay	Cycle Studio	Max: 14
	Pilates	7:00 AM	Kathleen	Studio C	Max: 30
	Chair Pilates	8:00 AM	Kathleen	Studio C	Max: 28
	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	11:00 AM	Nancy	Studio A	Max: 15
	Piloxing	5:00 PM	Christine	Studio C	Max: 30
	Spinergy	5:30 PM	Katie	Cycle Studio	Max: 14
	Butts & Guts Express	6:30 PM	Katie	Studio A	Max: 15
	Y-Stretch Express	7:00 PM	Katie	Studio A	Max: 15
	BodyPump®	6:45 PM	Kay	Studio C	Max: 15
WEDNESDAY	BodyPump®	5:15 AM	Katie	Studio C	Max: 15
	SilverSneakers Yoga	8:15 AM	Dan	Studio C	Max: 28
	Zumba	9:00 AM	Melissa	Studio A	Max: 30
	SilverSneakers Classic	9:15 AM	Nancy	Studio C	Max: 28
	Spinergy	10:00 AM	Tenille	Cycle Studio	Max: 14
	SilverSneakers Classic	10:15 AM	Judy	Studio C	Max: 28
	Butts & Guts Express	11:00 AM	Tenille	Studio A	Max: 15
	SilverSneakers Classic	11:15 AM	Judy	Studio C	Max: 28
	Gentle Yoga	12:00 PM	Monica	Studio A	Max: 30
	Pilates	5:00 PM	Amy	Studio A	Max: 15
	BodyCombat®	5:30 PM	Kay	Studio B	Max: 15
	WERQ	5:30 PM	Stacey	Studio C	Max: 30
	Yoga	6:00 PM	Dan	Studio A	Max: 15
	Zumba	6:45 PM	Toia	Studio B	Max: 15
	BodyPump®	6:45 PM	Kay	Studio C	Max: 30



Day	Class	Time	Instructor	Location	Maximums
THURSDAY	WERQ	5:15 AM	Katie	Studio C	Max: 30
	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
	Turn Up with Tenille	4:00PM	Tenille	Studio C	Max: 30
	Piloxing	5:00 PM	Christine	Studio C	Max: 30
	Yoga	5:30 PM	Cheryl	Studio A	Max: 15
FRIDAY	BodyPump®	5:15 AM	David	Studio C	Max: 15
	SilverSneakers Yoga	8:15 AM	Dan	Studio C	Max: 28
	Y Step	9:00 AM	Ann	Studio A	Max: 25
	WERQ	9:00 AM	Crystal	Studio B	Max: 15
	SilverSneakers Classic	9:15 AM	Ashley	Studio C	Max: 28
	Butts & Guts Express	10:00 AM	Ann	Studio A	Max: 15
	SilverSneakers Classic	10:15 AM	Ashley	Studio C	Max: 28
	SilverSneakers Classic	11:15 AM	Ashley	Studio C	Max: 28
	BodyPump®	5:45 PM	Katie	Studio C	Max: 15
SATURDAY	Butts & Guts Express	7:00 AM	Katie	Studio C	Max: 30
	Y-Stretch Express	7:30AM	Katie	Studio C	Max: 30
	Zumba	8:00 AM	Melissa	Studio C	Max: 30
	WERQ	9:00 AM	Stacey	Studio C	Max: 30
	BodyCombat®	10:00 AM	David	Studio C	Max: 30
SUNDAY	Yoga	8:15 AM	Norah	Studio A	Max: 15
	BodyPump®	8:30 AM	Kay	Studio C	Max: 15
	Spinergy	9:45 AM	Kay	Cycle Studio	Max: 14



**We are open Thanksgiving, Nov 28<sup>th</sup>**  
**Facility Hours: 5am-1pm**

No regular classes will be held. Kids' Club will be open.



## INSURANCE PROGRAMS

The Kenosha YMCA is proud to work with several insurance programs that offer discounts, reimbursements or even free memberships to their subscribers to support you on your journey to become healthier. Each program that is offered is different, and who is covered may vary. It is highly recommended that you contact the number on your insurance card to see what specific benefits your insurance program offers.

Our participating programs include:

 [Click to Learn More](#)



# YMCA360

Anywhere. Anytime.



**FREE!**  
with your Y  
membership



## YMCA360

### Experience The Y Like Never Before

Stream your favorite programs, classes and instructors. Anywhere. Anytime.



### Stream Now on Mobile, Desktop, and TV Apps

Currently available on Apple, Android and Roku

## YMCA360 FREQUENTLY ASKED QUESTIONS

### WHAT IS YMCA360?

YMCA360 is an on-demand video platform for our Y community. Here you will find everything from group exercise classes, youth sports training, well-being classes and more to serve you wherever you are.

### What happened to Virtual Y?

The creators of Virtual Y have decided to sunset the program and focus primarily on a better YMCA360 experience.

### IS THERE A FEE FOR YMCA360?

No, if you are an Active Kenosha YMCA member, Y360 is an additional member benefit.

### IS YMCA360 ONLY FITNESS CLASSES?

No. YMCA360 offers a wide variety of fitness classes as well as Family Nutrition, Arts & Crafts, Culinary Arts, Sports Drills and more!

### CAN I USE YMCA360 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.

### HOW DO I ACCESS YMCA360?

- Visit [KENOSHAYMCA.ORG](http://KENOSHAYMCA.ORG).
- Click on YMCA 360; You will be brought to the SIGN-IN page.
- Click "YMCA Login or Signup"
- Enter your zip code and click Continue.
- Click on Kenosha YMCA - Callahan Family Branch.
- Enter the EMAIL associated with your Kenosha YMCA account and click Continue.
- A Verification Code may be required to verify your access. If prompted, check your email and enter the verification code.

### HAVING ISSUES LOGGING IN?

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



**Click to Access**

## TAKE THE Y WHEREVER YOU GO WITH YMCA360!



### DOWNLOAD THE YMCA360 MOBILE APP TODAY!







# 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: \$69/79

90 minutes: \$94/104

Mini Stress Buster (30-min) targeting the neck, shoulders & back: \$43/53

## 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: \$48/58

60 minutes: \$74/84

90 minutes: \$100/110

### 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: \$48/58

60 minutes: \$74/84

Prices effective February 26<sup>th</sup>, 2024



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 prepay for future appointments.

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

MASSAGE GIFT CARDS  
*Available!*

# FIND YOUR REASON TO GIVE BACK.

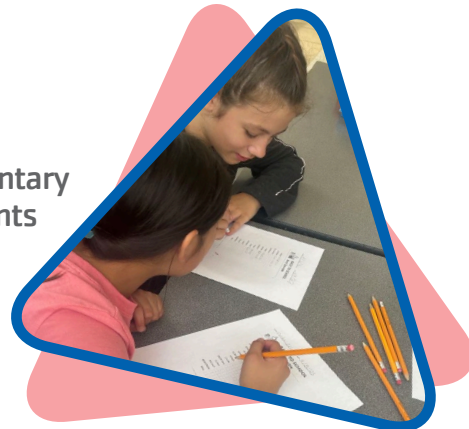


## VOLUNTEERS ARE AT THE HEART OF THE Y.

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. Take a look at some of the volunteer opportunities we have, and find your reason to give back. FIND YOUR Y.

### Achievers

This program is dedicated to helping students reach their full potential academically and socially in several of our local elementary & middle schools. Volunteer Tutors work one on one with students twice a week specifically in math and/or reading. Volunteer Mentors also work one on one with students, but have a varied schedule. Mentors may share a special skill or hobbies with students and join in on special events. Our Tutors and Mentors are vital to the success of our Achievers Students.



### Feeding Families

This program compassionately comes alongside families who are in need of temporary assistance with groceries. Each Thursday, volunteers and Y Achievers staff join together to unload trucks of donated food items, organize into boxes for each family and distribute the boxes as families arrive to pick them up.



### Special Events

The YMCA hosts several one-day special events throughout the year where volunteers are always needed. These events include fundraisers and community service awareness efforts to support the Y's initiatives. YOU can make a difference with only a couple hours a YEAR! Special events are also a great opportunity for large groups to volunteer together, but work on different tasks that are of interest to them.



### Miracle League

Miracle League is a baseball program for kids with physical and developmental disabilities. As a volunteer buddy, you will support and encourage players on the field, helping them navigate the game and ensuring they have a memorable experience.



Click to Learn More

# FIND YOUR Y.





# TRUNK OR TREAT

AT THE KENOSHA YMCA

SATURDAY OCTOBER 26TH

10:00am-12:00pm

Hosted by the Kenosha YMCA  
Youth & Family Department

Registration Required

Sign up at [kenoshaymca.org](http://kenoshaymca.org)

FREE FAMILY FUN EVENT

We're looking  
for Trunk  
Participants!



SCAN TO LEARN MORE  
AND REGISTER!



Click to Learn More





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# For a Stronger, Healthier Us

## KENOSHA YMCA

# HEALTHY LIVING EXPO



## Saturday, November 16<sup>th</sup> 10am–2pm

**FREE ADMISSION!** Kenosha YMCA Gymnasium

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. Stop by the Good Value Pharmacy booth for their Flu Shot and Vaccine Clinic. **Plus... Just for stopping by and visiting with vendors you'll receive a one-week pass to the Kenosha Y and be entered into the prize raffle!**

 [Click to Learn More](#)

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wellness centers

## OPEN TO THE PUBLIC!

Vendor spots still available!  
Contact Tenille Thornton at  
262.654.9622 ext. 235



**KENOSHA YMCA | 7101 53<sup>rd</sup> Street | [www.kenoshaymca.org](http://www.kenoshaymca.org)**



# SPECIAL EVENTS

Volunteers Needed! Save the Date!



**KENOSHA YMCA**

## ANNUAL MEETING & AWARDS LUNCHEON

**Join us in celebrating YMCA members, volunteers, and partners!**

Each year we bring together community leaders, donors and members to celebrate the strides you have helped us make to improve the health and well-being of children and families in Kenosha County.

**This event sells out each year!  
Register Today!**

**Click to Register**

**WEDNESDAY, NOVEMBER 6, 2024**

**11:30 AM – 1:15 PM**

**UW-PARKSIDE BALLROOM**

Questions? Please contact Chris Finkel at  
262.564.6813 or cfinkel@kenoshaymca.org

**FIND YOUR PURPOSE. FIND YOUR Y.**

# MY WEEK

**Celebrating Our Cause & Strengthening Our Community**

Be a part of the fun! December 1<sup>st</sup> – 7<sup>th</sup>



THE KENOSHA YMCA  
INVITES YOU TO

## BREAKFAST WITH SANTA

JOIN US FOR A HOLLY JOLLY GOOD TIME!  
**Saturday, December 7th**  
**9:00–11:30am**



**Reservations  
Opening Soon!**

# A SINCERE THANK YOU TO OUR SPONSORS

WITHOUT YOU, THE WORK WE DO WOULDN'T BE POSSIBLE



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