



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROW STRONG WITH US

Summer I & II 2012 Program Brochure PAV YMCA

Member Registration

Summer I: Wednesday, May 2nd

Summer II: Wednesday, June 13th

Program Member Registration

Summer I: Wednesday, May 9th

Summer II: Wednesday, June 20th

Swim Lesson Registration

Registration for ALL sessions of parent & child, preschool and youth swim lessons will start on 5/2 for members and 5/9 for program members.

Session Dates

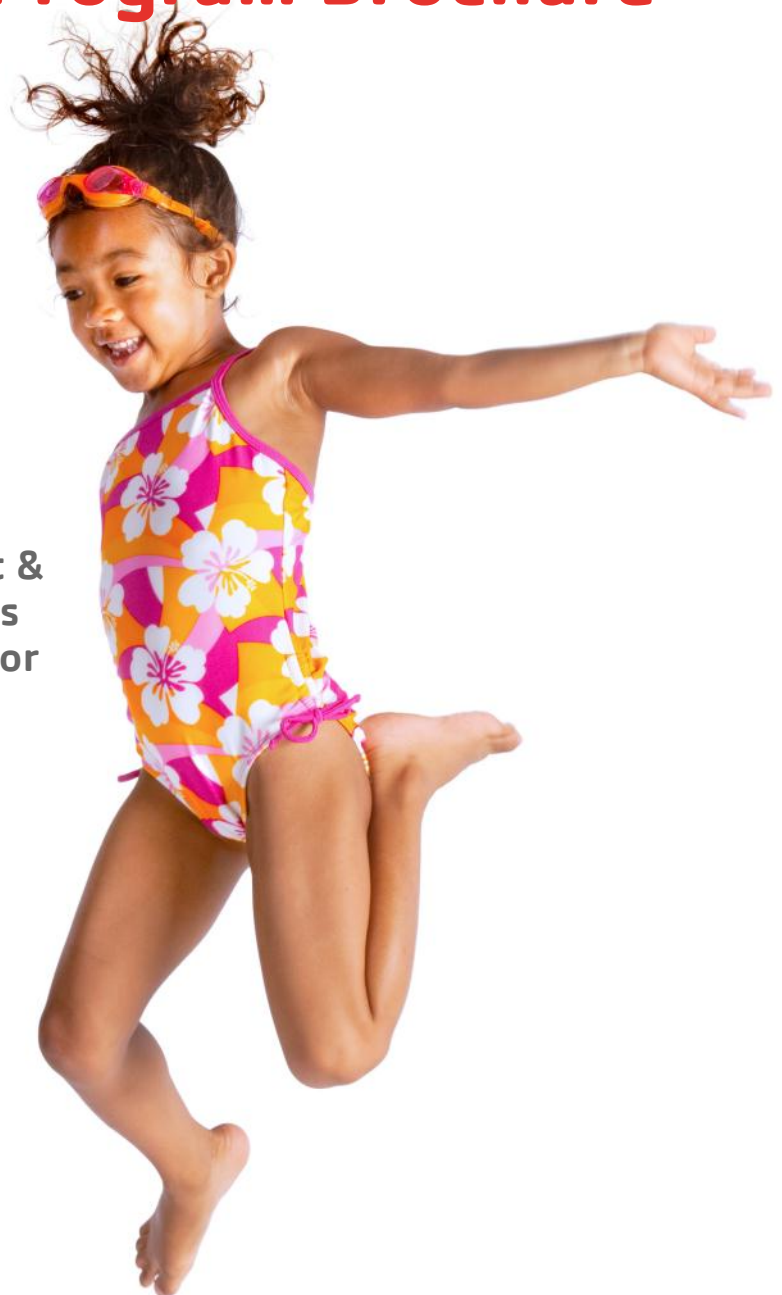
Summer I: May 20th - June 30th

Summer II: July 1st - August 11th

New this session

2, 4, & 6 Week Swim Lessons	pg. 9
Modeling & Charm	pg. 12
Smart Weight Training with Kathryn Londoff	pg. 14
Free WIFI	pg. 17

Hablamos Español



Pav YMCA: Serving the communities of Berwyn, Cicero, Stickney, Lyons, Forest View, Riverside and North Riverside since 1970.



WWW.PAVYMCA.ORG

JOIN HERE IT'S GOOD FOR THE HEART

Choose the membership that supports your community's well-being.

At the Y, we exist to strengthen community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. So join our cause. And create meaningful change not just for you, but also for your community.

Stop in today to find out how to become a member of the Pav YMCA Family!



Member Benefits:

- > Full facility access*
- > Early class registration
- > Reduced class fees
- > Free babysitting
- > Kidz Korner
- > Reduced preschool and summer camp fees
- > Activities for the whole family
- > Fellowship and socialization
- > A.W.A.Y. Program (Always Welcome At the Y)

For more information on Pav YMCA membership, call 708.749.0606.

* When necessary, the Pav YMCA reserves the right to reduce access to partial areas of the facility in order to make required repairs and improvements. This particularly applies during our annual full facility improvement which occurs during late August through early September.

WELCOME TO OUR Y
GENERAL INFORMATION
YOUTH DEVELOPMENT

EDUCATION

- Early Childhood Programs
- Private Tutoring

CHILD CARE

- Before & After School Care

LEADERSHIP

DAY CAMP

SWIM, SPORTS & PLAY

- Swim Lessons
- Water Adventures
- Swim Team
- Tumbling & Gymnastics
- Youth Climbing Classes
- Youth Sports Programs
- Sports Parties
- Youth Dance Classes
- Recreation

HEALTHY LIVING

FAMILY TIME

HEALTH, WELL-BEING & FITNESS

- Healthy Lifestyles
- Water Activities
- Personal Fitness
- Group Fitness
- Active Older Adults

SPORTS & RECREATION

GROUP INTERESTS

SOCIAL RESPONSIBILITY

MILITARY OUTREACH

PAPER RECYCLING PROGRAM

VOLUNTEER OPPORTUNITIES

COMMUNITY NUTRITION NETWORK

FINANCIAL ASSISTANCE

GIVING TO THE Y

ADDITIONAL SERVICES & PROGRAMS

YOUTH KARATE & SELF DEFENSE

CHIROPRACTIC & MIND-BODY THERAPY

FREE WIFI

LOOKING AHEAD & PROGRAMS AT A GLANCE

FACILITY RENTALS

SUMMER MEMBERSHIPS

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Building Hours

- Mon.-Thurs. 5:45am-10pm
- Friday 5:45am-9:30pm
- Saturday 7am-6pm
- Sunday 8am-6pm

Summer Hours

- 5:45am-9:30pm
- 5:45am-9pm
- 7am-4pm
- 8am-4pm

Membership/Front Desk Hours

- | | | |
|-----------------|---------|---------|
| Monday-Thursday | 9am-9pm | 9am-8pm |
| Friday | 9am-8pm | 9am-8pm |
| Saturday/Sunday | 9am-5pm | 9am-3pm |

Summer hours are in effect May 29th - September 2nd

Session Dates

- Summer I: May 20th - June 30th
- Summer II: July 1st - August 11th

Registration Dates

	Members	Program Members
Summer I:	Wed., May 2nd	Wed., May 9th
Summer II:	Wed. June 13th	Wed. June 20th

Holiday Special Hours & Closings

Memorial Day	Mon., May 28th	Closed
Independence Day	Wed., July 4th	Closed
Labor Day	Mon., Sept 3rd	Closed

Members: Those who accept the Y purpose, fulfill local requirements and are recognized as members by their local association (for example, by being provided with membership cards).

Program Members: Those who are registered by name and participate in Y programs or activities.

Executive Staff

Jamie Kucera	Executive Director/CEO (ext. 311)
J.R. Anderson	Membership/Rental Director (ext.318)
Don Benischek	Building/Grounds Director (ext. 317)
Kevin Klein	Senior Program Director (ext. 312)
Marilyn Lamatina	Finance Director (ext. 313)

Operations & Program Staff

Suzanne Blecha	Preschool/Kiddie Camp Director (ext. 328)
Mary Diaz	Assistant Finance Director (ext. 322)
Cheryl Green	Fitness/Wellness Director (ext. 320)
Pavla Jouzova	Safety and Assistant Building & Grounds Director (ext. 317)
Andrea Maurey	Aquatic Director (ext. 323)
Jorge Piedrasanta	Youth & Family/Sports Director (ext. 319)
Mary Swade	School Age Childcare/Day Camp Director (ext. 334)
Trina Valencia	Assistant Membership Director (ext. 351)

WELCOME TO OUR Y

The YMCA of Berwyn-Cicero, Inc., more commonly called the Pav YMCA, was chartered 40 years ago, in 1970, to serve the central Cook County, Illinois suburban communities of: **Berwyn, Cicero, Stickney, Lyons, Forest View, Riverside and North Riverside.**

The Pav YMCA is a charitable, not-for-profit, 501(c)3 organization with this mission: **To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

In fulfilling this mission, we never turn anyone away due to the inability to pay. From this, it is no surprise that the Pav YMCA annually awards nearly **\$100,000 in fee assistance** to individuals and families through our **Annual Support Campaign.**

The Pav YMCA has a diverse membership of approximately 12,000 individuals. Nearly one-third of our members are seniors. We are host to one of the **largest Silver Sneakers® Programs** in the state of Illinois. Being a YMCA, we are also a **leading provider of child care** services for the communities we serve. Our before and after school programs are offered on site as well as in South Berwyn and Riverside schools.

The Pav YMCA is an **independent, community based, full-facility YMCA** and welcomes nearly **one-half million visitors each year**, an average of about 45,000 each month. We offer over 200 programs which serve individuals ages **six weeks and older.** Pav YMCA's volunteer base is about 200 individuals, including our 23-member volunteer Board of Directors. The Pav YMCA annually employs a full- and part-time staff of 163.

After initially providing programs and services out of storefront facilities, churches and schools, our YMCA facility was completed and opened in 1986. Since then, our building at the corner of 29th Street and South Oak Park Avenue in Berwyn has undergone two expansions, both within the last ten years – one to expand its second-floor Wellness/Fitness Center, the other to accommodate a handicap accessible elevator and a multi-purpose Teen/Senior Center.

Today, the Pav YMCA offers: an indoor family/lap swimming pool, sauna & whirlpool, complete wellness/fitness center, 1/10-mile indoor track, full-court gymnasium, two racquetball courts, dance studio, climbing wall/challenge course, outdoor basketball court, childcare, massage therapy and babysitting services. Independent chiropractic services and the Community Nutrition Network are also housed in the building.

Our Mission

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

Our Cause

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

What We Do

The Y makes accessible the support and opportunities that empower people and communities to learn, grow and thrive. With a focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the nation's health and well-being, and provides opportunities to give back and support neighbors.

Our Areas of Focus

Youth Development

Nurturing the potential of every child and teen

Healthy Living

Improving the nation's health and well-being

Social Responsibility

Giving back and providing support to our neighbors



GENERAL INFORMATION

Disclaimer

The Pav YMCA reserves the right to suspend or cancel a membership if the member's behavior or language is judged to be in conflict with the welfare of other members, guests or staff, or in conflict with the YMCA's mission.

Photo Policy

YMCA classes and events are photographed for promotional purposes. If you wish to be excluded, please advise the photographer.

Insurance Disclaimer

The Pav YMCA does not carry medical, accident or loss of personal property insurance for any program participant, member or guest, due to the fact that this would drastically increase the cost of our program fees. Please review the insurance policies that protect you and your family to be certain that proper coverage is in place.

Fee Assistance

The Pav YMCA will not deny participation due to an inability to pay. Please see the front desk for assistance. An application and proof of need are required for financial assistance. **Assistance will be granted to the extent that scholarship funds are available.** Funds are made available through generous contributions to the Pav YMCA's **Annual Support Campaign.** (Also see page 18).

Refunds and Cancellations

If for any reason you are dissatisfied with a class and wish to withdraw from it prior to the class meeting the second week, the YMCA will credit you your fees. Withdrawal after this point must be for medical reasons only and will be prorated. A medical statement must be presented to receive your refund or credit. Your receipt must be presented to obtain a credit or refund. Refunds will be mailed within 3-4 weeks. All transfers and cancellations must be done in person at the courtesy counter with the approval from the program director overseeing the department. The YMCA reserves the right to cancel any class due to low registration. Cancellation decisions will be made 24 hours prior to a class starting. Attempts will be made by phone to reach those registered in advance. When possible, an alternative class will be suggested. **Pav YMCA membership and joining fees are non-refundable.**

Make-Up/Missed Class Policy

We will provide a make-up class when possible if the YMCA cancels a class. Attendance is the responsibility of the participant. We will not reschedule classes due to inclement weather or uncontrollable circumstances. There is no make-up for holidays or days that the YMCA is closed. Classes missed by the participant will not be made up. Classes missed due to bad weather or holidays will not be made up.

Credits

Credits are valid for six months from date of issue. You may apply a credit to any class or program. You must request a form at the desk.

Late/Prorated Fees

There will be **\$5 late fee per program** if you register for classes during or after the first week of the session. There will be **no prorating of class fees if registering after the session has already begun.**

Member Service Policies

Babysitting Services: YMCA babysitting services for children ages 6 weeks to 6 years are available to parents who are in the Pav YMCA building for an activity or class. You must sign in/out your child and **remain in the YMCA facility during use of the service.** Pav YMCA babysitting services are **free to card-holding Pav YMCA members for a limit of two (2) hours per day, per child.** Babysitting hours and non-member/guest fees are posted outside the babysitting room and at the front desk. Space is limited throughout the day.

Wellness Center: For safety purposes, children under the age of 13 are not allowed in the Wellness Center unless approved by the Fitness Department. All youth ages 13-15 interested in utilizing the Wellness Center must go through an orientation with the adult who will be responsible for him/her. After the orientation, they will receive a card that will allow them to use the cardio equipment only. Use of free weights and/or weight resistance machines will not be allowed.

Indoor Track: For you and your child's safety, children under the age of 13 can not utilize the track unless accompanied by a parent or guardian or responsible adult. Parents are encouraged to use the track with children under the age of 13 during designated **family track hours:** Monday-Friday, 11 a.m.-3:30 p.m.; Saturday & Sunday, 10 a.m.-12 p.m. **Stretching Area (near indoor track):** We ask that parents **do not allow small children to play in the stretching area.** This area is designated for adults to use before/after their workout.

Family Fitness Time: We understand the importance of Family Time and strongly encourage you and your family to exercise together; therefore, the Track and Spin Areas will be available from 5:00 p.m.-7:00 p.m. (Monday-Friday) and 10:30 a.m.-12:30 p.m. (Sat.-Sun.) for you and your child(ren) under the age of 12 to exercise with you! It is for the betterment of all of members and guests, and for the protection and safety of your child(ren) under the age of 12, that after 7:00 p.m. children must be in a Family, Youth or Program service area at all times. We also request that you do not allow small children to play in the stretching area, which is designated for adult participants. While using the Spin Area, usage of the spin-bikes, food and beverages are not allowed.



YOUTH DEVELOPMENT

PROGRAM	DAYS	TIME	FIRST DAY	LAST DAY	YEARLY FEE	OR	MONTHLY FEE
Early Learners	M/W/F	9-11:30am	9/10/12	5/24/13	\$1107/\$1359		\$123/\$151
Early Learners	T/Th	9-11:30am	9/11/12	5/23/13	\$810/\$1062		\$90/\$118
Pre-K	M/T/W/Th	12:30-3pm	9/10/12	5/23/13	\$1521/\$1926		\$169/\$214
Wee Threes	T/Th	9:30-11am	9/11/12	5/23/13	\$432/\$666		\$48/\$74



EDUCATION

Early Learners Program



At the Pav YMCA, we believe a child's earliest preparation for schooling should be a stress-free learning experience. At this young age (3-5 years old), play is a child's most important work. Play helps children build a positive self image and also develop necessary social skills—learning how to share, take turns, cooperate and solve problems. The Pav YMCA Early Learners Program is planned with age-appropriate activities that promote creativity, discovery and understanding.

Pre-Kindergarten Program



The Pav YMCA Pre-Kindergarten Program is designed for children entering kindergarten the following fall. Our program is structured to balance work and play in order to promote self-esteem and self-confidence.

Children are also introduced to kindergarten classroom skills, helping to ease the transition to school.

Wee Threes Program

This Program is designed for 2^{1/2} and younger 3-year-olds who missed the September preschool cut-off date. The child need not be toilet trained. The class promotes social skills for the children. They are encouraged to increase their verbal skills and also how to take directions from someone other than their caretakers. All of these skills are presented in a fun and encouraging atmosphere.

Questions? Contact Suzanne Blecha, Preschool Director, ext. 328.



2012-13 School Year Program Registration

Detailed brochures for early childhood programs will be available at the front desk and online beginning April 9th. Registration for the 2012-2013 school year will open on April 16th.

Private Tutoring

Do you have a child who needs that extra push? We have tutoring help available during the school year. Please contact Mary Swade, ext. 334, to set up an appointment. The best-suited college student/college graduate will be matched with your child.
Fee: \$12/\$15 per 1/2-hour session

CHILD CARE

Before & After School Child Care

The Pav YMCA and School Districts #100 and #96 have partnered again to provide quality before and after school child care for the 2012-13 school year. Children will be participating in arts and crafts, sports, small and large group games and much more. Homework help will also be available for children in need. Snack and juice will be served everyday. Before and after school programming will be offered every full day of school for both districts.

Before school care for District #100 is provided at the Pav YMCA and children will be bussed to their respective schools. Enrollment permitting, after school care is available for each of the following Berwyn schools: Emerson, Irving, Hiawatha, Pershing, Komensky and Piper.

For District #96, enrollment permitting, before and after school programming will be available for each of the following Riverside schools: Ames, Central, Blyth Park and Hollywood.

Payment Schedule: Before/after childcare program fees are payable every two weeks during the regular school year. A one-time enrollment fee is charged for each student at the time of registration for the current school year. **Full and part time child care schedules are available.**

For more information and prices, contact School-Age Child Care/Day Camp Director Mary Swade at 708.749.0606, ext. 334.

LEADERSHIP

Explorer Club

Pav YMCA's Explorer Club is a new opportunity for young people, ages 10-12, to get together with their peers in a fun-filled, safe atmosphere. Explorer Club Membership is valid Mon.-Fri., 3-7p.m. **Regular club meetings are held the second and fourth Tuesdays of the month at 7pm.**

Annual Explorer Membership Fee: \$75
(Current Y Members do not pay membership fee)
Annual Explorer Program Fee: \$25

Teen Leaders Club (TLC)

Pav YMCA's Teen Leadership Club is an opportunity for young people, ages 12-16, to get together with their peers in a fun-filled, learning atmosphere. TLC members are required to provide 15 hours of service to the Pav YMCA and community every three months through special projects and events. TLC Membership is valid Mon.-Fri., 4-9 pm, plus weekend hours that will vary depending on scheduled events and activities. Regular club meetings are held every Wednesday from 7-8pm.

Annual TLC Membership Fee: \$75

(Current Y Members do not pay membership fee)

Annual TLC Program Fee: \$25

The "Green Team"

Help the Pav YMCA Teen Leaders Club "Green Team" to identify service projects that help individuals, families, communities and the environment. To propose a Pav YMCA TLC Green Team project, please contact the Family/Teen Department, ext. 319.

Explorer/Teen Outings

Check out the "Y Buzz" online for updates. Please contact the Family/Teen Department, ext. 319 for additional information.

DAY CAMP

At the Y, we believe all kids deserve the opportunity to learn, grow and thrive. We are committed to developing our community's youth through quality programs that build a healthy spirit, mind and body. Our camp program is unlike any other in the area, offering many options to meet children and parent needs. So join us this summer and discover your potential. **When choosing a camp for your child, use the grade your child will be entering in Fall 2012.** Registration is open for all camps.

Deposits: A \$25.00 nonrefundable deposit per week will reserve your child's spot. Your deposit will be applied toward your session fees. Deposits may be transferred up until April 16, 2012 for parents who have potential scheduling conflicts. **NO EXCEPTIONS WILL BE MADE TO THIS DATE!** After this date, deposits are nonrefundable and nontransferable even if your child does not attend the week of camp.

Late Fees: Children registered after May 1, 2012 for Fillmore Camp (grades 1st-5th) will be subject to a \$25 late registration fee per child due to staffing and programming details. Early registration is necessary to avoid conflicts that may arise in this process. Families using Action for Children as a form of payment will be required to pay the \$25 late fee. Kiddie and Teen Camps do not have a late fee.

Before & After Camp Care: Before and after camp care is offered for Fillmore Camp (1st-5th grade) from 7am-9am and 4pm-6pm. Care is offered for Kiddie Camp from 7am-10am and 3-6pm. Pre-registration is required. Call for more information if you need before or after camp care for Kiddie or Teen Camps.

10 ONE-WEEK CAMP SESSIONS: JUNE 4 - AUGUST 10
Visit pavymca.org/home/daycamp

Financial Aid: At the Y, no child, family or adult is turned away. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure. Scholarship applications are available at the front desk. All applications are due no later than April 16, 2012 to be guaranteed consideration. We also accept the Action for Children (state funded child care) as a form of payment as long as paperwork is completed and approved by the child's start date.

Fillmore Kiddie Camp (ages 3 - 6 years old)

Kiddie Camp is designed to give your younger child a chance to experience summer camp while enjoying the safety and comfort of the Pav YMCA. Camp runs from 10am-3pm. Camp Director: Suzanne Blecha, ext. 328.

CAMP RATES	Tu/Th	M/W/F	M-F
Members	\$46	\$69	\$115
Program Members	\$56	\$84	\$14

Fillmore Day Camp (grades 1st-5th)

In small groups with children of the same age, campers will take part in activity rotations daily. Each day will bring fun and excitement as we participate in swimming, rock climbing, arts and crafts, sports, large and small group games and go on field trips every Thursday! Camp runs from 9am-4pm.

Specialty Camps: Learn something new each week! Campers will participate in the week's themed activity for 2½ hours each morning on Monday - Wednesday.

In the afternoon, campers will rejoin with the traditional day camp groups. Space is limited for these themed camps. The fee for specialty camps is in addition to the weekly rate. Camp Director: Mary Swade, ext. 334.

WEEKLY CAMP RATES	
Members	\$125
Program Members	\$150
IN ADDITION TO WEEKLY RATE	
Specialty Camp Member	\$20
Specialty Camp Program Member	\$25
Before OR After Care	\$15
Before AND After Care	\$25

Fillmore Extreme Teen Camp (grades 6th-9th)

This camp is for the camper interested in old traditions with a new twist! Along with having thematic weeks, the Extreme Teens will be doing rotations, going on field trips, swimming, and much more! Some of our themes may include: Health & Fitness, Adventure, Safety First, and Around the World. The Extreme Teens will also have two travel weeks (#3 & #8) in which they will go on a field trip every day of the week! Camp runs 9am-4pm. Camp Director: Jorge Piedrasanta, ext. 319.

WEEKLY CAMP RATES	
Members	\$125
Program Members	\$150
Travel Camp (add.'l)	\$25

YOUTH DEVELOPMENT

Attention Swim Lesson Participants

- > Swim lessons missed for any reason will not be made up.
- > Credits and refunds are not given for classes missed due to vacations, family events or other conflicts. Refunds or credits will only be given for medical reasons with a doctor's note.
- > If the pool is closed, an on-deck safety lesson will be given. If this is not possible, a credit or refund will be issued.
- > Please do not eat right before class, as that could increase the chance for stomach aches or cramps.
- > Classes and skill levels may be combined if there is low enrollment.
- > We can not guarantee a specific instructor for a class. We recommend private lessons if you would like a specific instructor for your child.
- > Participants will be tested on the first day of class to ensure they are registered for the correct level. Instructors and Lesson Coordinators have the authority to move a child up or down a level.

SWIM, SPORTS & PLAY

Parent & Child Water Enrichment Classes

Ages: 6 months to 3 years

Class Length: 30 minutes

Instructor to Parent/Child Ratio: 1:10

Description: Our parent & child swim lessons introduce children, ages six months to 3 years, to the water. Kids learn water adjustment skills, basic paddling, and breath control, sing songs, and play games with their mom, or dad, or both! Please have your child wear tight fitting plastic pants or swim diaper, such as Little Swimmers. Disposable diapers are not allowed in the pool.

Financial Aid for Parent/Child Water Enrichment

Classes Y-USA and HUGGIES® Little Swimmers® Brand have awarded the Pav YMCA a grant to provide financial aid to qualifying families. Visit pavymca.org or call 708.749.0606 ext. 323 for more information.

Preschool Swim Lessons

Ages: 3 to 5 years **Class Length:** 30 minutes

Instructor to Student Ratio: 1:6

Pike with Parent (ages 3-6)

This class is for children between the ages of 3-6 who are not quite ready for group lessons. Children will learn the same skills as the Pike class, and their parents get to join in on the fun! This is a great class for children who have never had swim lessons before and are hesitant about going into the water without a parent. Take this class now and have a smooth transition into the next session.

Pike: Beginner

Description: Focuses on water adjustment and is for the child who is taking swimming lessons for the first time or has little experience in the water.

Prerequisites: None **Skills Learned:** General pool safety by being able to enter/exit pool unassisted. Paddle 10 yards on the front, back and side with a float belt and 5 feet without a float belt. Float on front and back for 20 seconds with some assistance. Gain experience swimming with a PFD.

Pike Premium

This class covers the same Pike level skills but is limited to 3 participants.

Eel: Advanced Beginner

Description: This class builds upon the skills learned in Pike. Children have had lessons before and/or are

comfortable in the water. **Prerequisites:** Able to paddle independently on the front/back/side for at least 5 feet. **Skills Learned:** General pool safety. Float independently on front and back for 20 seconds. Swim 25 yards on front, back and side using a combination of paddling and kicking with a float belt. Begin rhythmic breathing with a kickboard.

Ray: Intermediate

Description: Children begin to learn stroke development and are introduced to the core swimming strokes. **Prerequisites:** Able to paddle independently on the front, back and side for at least 15 feet. **Skills Learned:** General pool safety. Beginner front crawl, backstroke, sidestroke, breaststroke and elementary backstroke unassisted for 20 feet. Orientation to deep water entries, exits, and swimming.

Starfish: Advanced

Description: Swimmers refine and further develop the core swimming strokes. **Prerequisites:** Able to swim the core strokes (front crawl, back crawl, breaststroke and sidestroke) unassisted for 15 feet. **Skills Learned:** Pool and personal water safety, refinement and endurance of basic strokes.

Youth Swim Lessons

Ages: 6-12 years old

Class Length: 45 minutes

Instructor to Student Ratio (Polliwog & Guppy): 1:6

Instructor to Student Ratio (Minnow & Above): 1:8

Polliwog: Beginner

Description: This class is for the student who has little to no formal swim instruction. **Prerequisites:** None. **Skills Learned:** General pool safety; water adjustment through bubble blowing and face/head submersion; flutter kicking skills on front/back with a kickboard; floating on front/back; and the ability to swim at least 15 feet without assistance.

Polliwog Premium

This class covers the same Polliwog skills but is limited to 3 participants.

Guppy: Intermediate Beginner

Description: For students who have had some formal swimming lessons. **Prerequisites:** Able to do a paddle stroke for 15 feet unassisted. **Skills Learned:** General pool safety; introduction to breaststroke, sidestroke, elementary backstroke and treading water; deep water swimming; and entries/exits.

YOUTH DEVELOPMENT

Minnow: Advanced Beginner

Description: Skills and strokes learned in previous levels are refined. **Prerequisites:** Able to swim one length independently using front crawl and backstroke. **Skills Learned:** Breaststroke, elementary backstroke and sidestroke.

Fish: Intermediate

Description: Endurance and technique are strengthened. **Prerequisites:** Able to swim two lengths of front/back crawl, elementary backstroke, breaststroke, and sidestroke. **Skills Learned:** Open turns, introduction to butterfly and treading water with multiple kicks.

Flying Fish: Advanced

Description: Prepares swimmers so they can compete with a swim team. **Prerequisites:** Swim four lengths of front/back crawl, elementary backstroke, breaststroke, and side stroke. Able to swim butterfly for 15 yards. **Skills Learned:** Flip turns, butterfly, breaststroke pull-out and endurance.

Shark: Expert

Description: For swimmers ready to swim competitively or interested in being a lifeguard. **Prerequisites:** Swim four lengths of front/back crawl, elementary backstroke, breaststroke, and side stroke. Able to swim butterfly for 25 yards. **Skills Learned:** Competitive turns, starts, transitions and individual medley. Open water safety.

2 WEEK SESSION

Classes meet Monday, Tuesday, Wednesday & Thursday. Class fee: \$50/\$85

A122A: May 21-31 A122D: July 2-12
A122B: June 4-14 A122E: July 16-26
A122C: June 18-28 A122F: July 30-August 9

Pike	4:30-5:00pm	#02230-01
Eel	5:05-5:30pm	#02230-02
Ray/Starfish	5:40-6:10pm	#02230-03
Polliwog	4:30-5:15pm	#02230-04
Guppy	4:30-5:15pm	#02230-05
Minnow/Fish	5:20-6:05pm	#02230-06
Flying Fish/Shark	5:20-6:05pm	#02230-07

4 WEEK SESSION

Classes meet Tuesday & Thursday. Class fee: \$50/\$85

A124A: May 22-June 14
A124B: June 19-July 12
A124C: July 17-August 9

Parent & Child	6:15-6:45pm	#02231-01
Pike	6:15-6:45pm	#02231-02
Pike	6:50-7:20pm	#02231-03
Eel	6:50-7:20pm	#02231-04
Ray	7:25-7:55pm	#02231-05
Starfish	7:25-7:55pm	#02231-06
Polliwog	6:20-7:05pm	#02231-07
Guppy	6:20-7:05pm	#02231-08
Minnow/Fish	7:10-7:55pm	#02231-09
Flying Fish/Shark	7:10-7:55pm	#02231-10

6 WEEK SESSION

Classes meet Monday, Tuesday, Wednesday, Thursday or Saturday for 6 weeks. Class fee: \$37/\$65

A126A: May 20-June 30
A126B: July 1-August 11

Parent & Child	W	5:45-6:15pm	#02232-01
Parent & Child	S	9:35-10:05am	#02232-02
Parent & Child	S	10:10-10:40am	#02232-03
Pike with Parent	M	5:10-5:40pm	#02232-04
Pike with Parent	S	10:45-11:15am	#02232-06
Pike	M	4:00-4:30pm	#02232-07
Pike	M	4:35-5:05pm	#02232-08
Pike	W	5:10-5:40pm	#02232-10
Pike	S	9:00-9:30am	#02232-12
Pike	S	10:25-10:55am	#02232-13
Pike	S	11:20-11:50am	#02232-14
Eel	M	5:45-6:16pm	#02232-22
Eel	W	4:35-5:05pm	#02232-16
Eel	S	9:00-9:30am	#02232-17
Eel	S	11:20-11:50am	#02232-18
Ray	M	4:50-5:20pm	#02232-19
Ray	S	9:50-10:20am	#02232-21
Starfish	M	4:50-5:20pm	#02232-15
Starfish	S	11:00-11:30am	#02232-25
Polliwog	M	5:25-6:10pm	#02232-26
Polliwog	Tu	4:35-5:20pm	#02232-27
Polliwog	W	4:35-5:20pm	#02232-28
Polliwog	S	9:00-9:45am	#02232-29
Polliwog	S	9:55-10:40am	#02232-30
Guppy	M	5:25-6:10pm	#02232-31
Guppy	W	4:35-5:20pm	#02232-32
Guppy	S	9:00-9:45am	#02232-33
Guppy	S	9:55-10:40am	#02232-34
Minnow	M	4:00-4:45pm	#02232-35
Minnow	S	9:00-9:45am	#02232-37
Minnow	S	9:55-10:40am	#02232-38
Fish	M	4:00-4:45pm	#02232-39
Fish	S	10:50-11:35am	#02232-40
Flying Fish	W	5:25-6:10pm	#02232-41
Flying Fish	S	10:50-11:35am	#02232-42
Shark	W	5:25-6:10pm	#02232-43
Shark	S	10:50-11:35am	#02232-44

Registration for ALL sessions of parent & child, preschool and youth swim lessons will start on 5/2 for members and 5/9 for program members.

Free Swim Assessments: If you are unsure which swim level to enroll your child in, attend one of our assessment nights.

Wed., May 2 (6-8pm) or Tue., May 8 (7-9pm)
Wed., June 13 (6-8pm) or Tue., June 19 (7-9pm)

YOUTH DEVELOPMENT

Private & Semiprivate Swim Lessons

Age: All

Class Length: 30 minutes

Instructor to Student Ratio: 1:1 or 1:2

For students who want individual attention or have specific goals they wish to accomplish. Available in private (1:1 Instructor/student ratio) or semi-private (1:2 instructor/student ratio). Classes are arranged around your and the instructor's schedule. Call ext. 321 for more information or to schedule classes.

Private Lesson (per lesson)

1 Session \$25/\$30 Tran. Type 59

4 Sessions \$90/\$112 Tran. Type 75

7 Sessions \$140/\$180 Tran. Type 76

Semi-Private Lessons (per student)

1 Session \$15/\$20 Tran. Type 74

4 Sessions \$50/\$70 Tran. Type 77

7 Sessions \$80/\$110 Tran. Type 78



Adaptive Swim Lessons

Adaptive Swim Lessons are a great opportunity for youth and adults (ages 3 and up) with developmental, physical, medical or other special needs to learn to swim in a safe and supportive environment. This class will encourage participants to use their physical attributes to the best of their abilities while enhancing their spirit and mind with positive reinforcement. Lessons are modified to each student's abilities and goals to provide overall success. Instructor to student ratio is one-to-one.

Competitive Swim Lessons

This class is tailored for the young swimmer, age 6-12, who has passed the Fish level and is interested in joining a swim team or who is currently on a team. Participants will learn competitive swimming rules and regulations, including stroke technique and starts/turns, while building strength and endurance.

Water Adventures

Go on an adventure in the water! This class offers a variety of activities for youth who love the water but do not want to be on the swim team or have completed lessons. Each week will be a different activity; there is so much to do and learn in the water! We will be snorkeling, learning boat safety, practicing junior lifeguard skills, playing water polo and more! Participants need to have passed the Fish level or be able to swim 100 yards (4 lengths) without stopping. Ages 8-14.

Adaptive Lessons W 4-4:30pm #02241-01 \$70/\$100

Competitive Lessons Sa 9-9:45am #02237-01 \$37/\$65

Water Adventures Th 5-6pm #02237-02 \$30/\$50



Pav Poseidons Swim Team

The Pav Poseidons swim team provides swimmers of all levels with fun, fitness, and competition. The summer session will run from May through August and includes several meets. The team is for anyone ages 6—21 years old who is able to swim one length of freestyle, breaststroke, and backstroke. Swimmers are placed into practice groups based on their age and ability. Attend a try-out to be placed into a practice group. All swim team members must be a member of the Pav YMCA.



Important Dates

Try-outs: Monday, May 14th from 6-8pm

New Parent Meeting: Sunday, May 20th at 3pm

Returning Parent Meeting: Sunday, May 20th at 5pm

Practice Begins: Monday, May 21st

Blue Group (ages 8 & under): This group is for the swimmer who is new to competitive swimming. Stroke technique, starts and turns are learned and developed through drills.

White Group: This group works on building endurance and refining stroke technique and form.

Yellow Group: This group is for experienced competitive swimmers. Workouts are more intense and focus on endurance.

Meet Fees

> Fees do not cover meet entries. Away meets may have additional costs.

Payment Options & Family Discounts

> Registration and payments will not be taken before the parent meeting.
> Payment options and family discounts will be covered at the meeting.

Swim Team

Blue Group	Su	1-2pm	
	Tu	7-8pm	\$80
	F	5-6pm	
White Group	Su	1-3pm	
	W	6-8pm	\$150
	Th	6-8pm	
Yellow Group	F	5-7pm	
	Su	2-4pm	
	M	6-8pm	\$150
	W	7-9pm	
	F	6-8pm	

Girl & Boy Scouts Aquatic Badge Program

Is your scout group looking for a place to complete aquatic related badge work? Our aquatics department can help you customize activities to meet your goals. Available equipment includes a 13½ foot canoe, snorkeling/skin diving gear, water safety and more! Call 708.749.0606 ext. 323 for more information.

Tumbling & Gymnastics

Tumbling Tots (Parent/tot 18-36 months)

This class is designed for the tot to become familiar with gymnastics apparatus and develop better coordination skills along with Mom or Dad.

Tiny Tumblers (ages 3-5)

Designed for first-time, preschool-age gymnasts to develop coordination and learn basics of stretching and gymnastics.

Tiny Twisters (ages 5 & 6 only)

Beginning gymnastics for the younger gymnast.

Beginner Gymnastics (ages 7+)

Designed for first time gymnast to develop coordination, flexibility, and offers a safe introduction to all gymnastics apparatus.

Advanced Beginner Gymnastics (ages 7+)

Designed for gymnasts who have already taken three or more sessions of Beginner Gymnastics. Sunday class is optional and available for an additional fee.

Pre-Team Level 1 Gymnastics

Designed for the aspiring competitive gymnast, emphasis is on technique as well as learning Level 1 compulsory routines. Sunday class is optional and available for an additional fee.

Junior Gymstarz Competition Team Levels 2 & 3

Level 2 & 3 skills are emphasized while working toward Level 4. Gymnasts are required to come to two practices each week with the option of attending Sunday practices. Gymnasts will work on compulsory skills and routines to prepare for upcoming competitions. Sunday class is optional and available for an additional fee.

Senior Gymstarz Competition Team Levels 4 & Up

In order to compete, gymnast **must be a member of the Pav YMCA**. Each gymnast is **required to attend all practices** to work on compulsory and optional skills for upcoming competitions. Gymnasts will compete in USAG sanctioned competitions, Illinois Park District Gymnastics Conference and the YMCA division.

Attention Gymnastics Participants

- > No tights, jewelry (ESPECIALLY EARRINGS) watches, big/loose clothes, jeans, or pants. No zippers, belts, necklaces, shorts/pants with rivets or drawstrings.
- > Hair must be tied back or braided.
- > Pre-team level & up must wear leotards to class.
- > T-shirts & sweats may be worn for warm-ups only.
- > Please do not move your child up to a different class without a coach's approval.

Private Gymnastics Lessons

This is a one-on-one class. Private lessons are designed with you in mind and can be done for instruction, tumbling, cheerleading and team gymnasts. The cost is dependent on the skills that will be taught and the length of sessions. **For more information:** Gymnastics Coordinator Monica Urbietta, ext. 315.

Youth Climbing Classes

Junior Climbers (Level I)

The Junior Climbers Program builds a foundation for strong, fit, motivated, goal oriented kids and the climbing is just plain fun!

Advanced Junior Climbers (Level II)

The Advanced Junior Climbers will have an opportunity to learn advanced skills and technique and become stronger and more knowledgeable climbers.

Team Climbers (Level III)

The Team Climbers Skills and strength are developed in safe structured environment where teammates offer support and motivation and have fun climbing together.

Rock Climbing for Tots (ages 4 & 5 years only)

Perfect for Pre-K and Kindergarten-age children! This class teaches the very basics of climbing. Students learn focus and concentration, how to follow rules and will become physically stronger and have FUN!!

Climbing Classes

Level I	Tu	5:00-6:00pm	#03308-01	\$30/\$40
Level II	W	5:00-6:00pm	#03308-02	\$30/\$40
Level III	Th	5:00-6:00pm	#03308-04	\$30/\$40
Tots	Tu	6:00-7:00pm	#03306-01	\$30/\$40



Gymnastics Programs

Tumbling Tots	Su	4:45-5:15pm	#09272-05	\$38/\$53
Tiny Tumblers	Su	4:00-4:45pm	#09270-05	\$38/\$58
Tiny Twisters	Su	3:00-4:00pm	#09270-03	\$44/\$64
Beginner Gymnastics	Su	3:45-5:00pm	#09210-01	\$50/\$70
Beginner Gymnastics	W	5:00-6:15pm	#09210-02	\$50/\$70
Adv. Beg. Gymnastics	Tu	6:00-7:30pm	#09240-01	\$55/\$75
Adv. Beg. Gymnastics	Su Tu	5:00-6:30pm 6:00-7:30pm	#09240-04	\$75/\$95
Pre-Team Level 1	Tu	4:00-6:00pm	#09240-02	\$60/\$80
Pre-Team Level 1	Su/Tu	4:00-6:00pm	#09240-03	\$80/\$100
Levels 2 & 3	Tu/W	4:30-8:00pm	#09207-01	\$135-\$165
Levels 2 & 3	Tu/W Su	4:30-8:00pm 4:00-7:30pm	#09207-02	\$155/\$185
Levels 4 & up	Tu/W Su	4:00-8:00pm 3:00-7:30pm	#09207-04	\$195

YOUTH DEVELOPMENT

Youth Sports Programs

Youth Basketball Class, Co-ed

Participants will focus on improving individual skills and techniques required when working as a team. The fundamentals of passing, pivoting, ball handling, shooting and defense strategies will be covered.

Youth Volleyball, ages 6-12, coed

This class instructs basic player skills and game rules and exposes young players to the experience of athletic challenge.

Youth Soccer Class, ages 6-14, coed

Learn to use your head (And your chest. And your feet. And...). YMCA Youth Soccer lets children ages 6-14 learn the beautiful game in a fun, noncompetitive environment.

Youth Sports Classes

Basketball (ages 6-9)	M	5:00-5:45pm	#03106-01	\$24/\$39
Basketball (ages 10-14)	M	5:45-6:30pm	#03106-02	\$24/\$39
Volleyball (ages 6-12)	Tu	5:00-6:00pm	#03123-01	\$27/\$42
Soccer (ages 6-14)	Th	6:00-7:00pm	#03110-01	\$27/\$42

Sports Parties at the Y!

Make any party a sports party! Add an energetic and fun Sports Party Rental Coordinator to your special event facility rental. Your personal Sports Coordinator will plan and lead loads of fun activities for your group — playing different sports and games for a full hour! Fee: \$25/\$45 per hour in addition to standard rental rate



Youth Dance Classes

All Ballet & Tap students can dance in a recital!

Baby Ballet (ages 3-4)

Warm ups with creative movement, beginner ballet steps, stretching and ballet steps will be learned.

Ballet/Tap: Beginner (ages 4-6)

The first half of the class will focus on ballet and the second half will cover tap. Both dances will be learned at a beginner level.

Ballet/Tap: Intermediate (ages 7-10)

Class will begin with barre work and center floor steps. Tap will be at an intermediate level.

Ballet/Tap: Advanced (ages 11+)

Half ballet and half tap at an advanced level.

On Pointe (ages 12+)

Toe shoe dancing for girls with several years of ballet classes.

NEW!

Modeling & Charm (ages 7+)

This course teaches both runway and print modeling as well as personal grooming and charm. A one time \$10 photo fee is payable to the instructor for photo shoots. A gift is included!

Dance Classes

Modeling & Charm	F	3:15-4:00pm	#05205-01	\$20/\$40
Baby Ballet	F	4:15-4:45pm	#05204-02	\$30/\$50
Ballet/Tap Beginner	F	5:00-5:50pm	#05206-01	\$40-\$55
Ballet/Tap Intermediate	F	6:00-7:00pm	#05206-02	\$40/\$55
Ballet/Tap Advanced	F	7:15-8:15pm	#05206-03	\$40/\$55
On Pointe	F	8:15-8:45pm	#05206-04	\$20/\$40

Recreation

Kidz Korner

The Pav YMCA is proud to present Kidz Korner, a service provided for our YMCA members and their families, specifically 7 to 12 year olds. Activities may include floor hockey, racing karts, parachute, cycling, indoor football, dodge ball, arts & crafts, Wii Sports & DDR, movies and more!

Monday-Friday 6:00-8:30pm

Saturday 9:00am-12pm

Days and times are subject to change. Questions? Contact the Family/Teen Department at ext. 319.

Teen Nights

Fun, supervised evenings at the Y with coordinated activities. See the Teens board or calendar of events. For more info call Jorge at ext. 319.

FAMILY TIME

Family Nights

The Pav YMCA offers many family oriented events at the YMCA and special outings, including round-trip transportation, to a wide variety of Chicagoland sporting and performance events. All events are coordinated to make family time fun, affordable and easy. Look for our event announcements throughout the year and let the Pav YMCA help you spend healthy, quality time with the most important people in your life — your family! For more information, call Jorge Piedrasanta at ext. 319.



HEALTH, WELL-BEING & FITNESS

Healthy Lifestyles

American Red Cross CPR & First Aid

Learn how you can save lives! Learn how to provide CPR/AED and First Aid to adults, children and infants. This program offers 2-year certifications, no written tests, and shorter classes. You'll also have access to online refresher courses and free class materials. Customized or small group classes are available. Contact the Aquatic Director at 708.749.0606, ext. 323, for more information.

Lifeguard Certification Class

Decision making skills, leadership and general pool safety are covered in this American Red Cross lifeguard course. After successful course completion, you will be certified in: Lifeguarding/First Aid and CPR/AED for Lifeguards. **Prerequisites:** Complete a distance swim, tread water, and swim with a 10 lb. weight. Swim test must be completed before signing up for the class; schedule an appt. with the Aquatics Director at ext. 323. Must be at least 15 years old before the last day of class.

American Red Cross Babysitter's Training

This class is for 11-15 year olds who want to be a babysitter or mother's helper. You will learn the skills necessary to provide safe and responsible care for children. This training will help participants develop skills in leadership, professionalism, basic care, safety, and first aid. All participants will receive a Babysitter's Training book, emergency reference guide, CD-ROM, client organizer, activity booklet, and more. Bring a sack lunch.



Massage Therapy

Relax your body and mind with massage therapy! Call ext. 320 to make an appointment. Cancellations must be made at least 24 hours in advance. **Trans. Type 52**

Massage Therapy

	Member	Guest
30 minutes	\$35	\$45
60 minutes	\$55	\$65

Water Activities

Teen & Adult Swim Lessons

Age: 13 & up, **Class Length:** 45 minutes
Instructor to Student Ratio: 1:8

Level I

For adults and teens who are starting swim lessons for the first time or have limited swimming experience.

Level II

For adults and teens who know how to swim but want to gain better technique and endurance.

Level III: Swim Conditioning

Join us for a weekly swim workout. Participants should have completed level II and be interested in swimming laps for exercise. Form and technique will be worked on through drills, but the main goal of this class is to build endurance.

Teen Only Swim Lessons (ages 13-17)

This class covers basics: floating, kicking and stroke technique. All abilities will gain confidence through drills, and proper form.



Adult & Teen Swim Lessons

Level I	M	6:15-7:00pm	#02203-01	\$37/\$65
Level I	M	8:00-8:45pm	#02203-02	\$37/\$65
Level I	Sa	8:00-8:45am	#02203-04	\$37/\$65
Level II	M	7:05-7:50pm	#02203-03	\$37/\$65
Level III	Tu	8:00-8:45pm	#02203-06	\$37/\$65
Teen Only		5:35-6:20pm	#02203-05	\$37/\$65

Scuba Certification

The Pav YMCA partners with DJ's Scuba Locker to offer Scuba classes at the Y. The classes prepare students to make an open water dive and are taught by PADI certified instructors. Books and equipment are needed in addition to the course fee. Classes meet once a week (Mon. or Thur.) for five weeks.

Class Start Dates: May 7, May 24, June 25, 28, Sept. 10, 27, Oct. 15

Register with DJ's Scuba, 7840 W. Ogden Avenue in Lyons or call 708.442.4388.



Preparedness Training

CPR & First Aid	Sa	6/16	9:00am-3:30pm	CPR12 #02106-04	\$50/ \$60
Lifeguarding	T/Th	7/10-8/9	6:30-9:00pm	12JUL #02106-01	\$180/ \$195
Babysitters Training	Sa	6/30	10:00am-4:30pm	12JUN #02106-02	\$45/ \$55

HEALTHY LIVING

Adult Aquatics Flex Pass

Want to try all the classes? Can't attend an entire session? The flex pass is for you! You can attend 10 classes during the session in which you purchase it. Class size and availability may be limited.

Fee: \$32/\$65 #02100-01

Water Works

A high intensity workout to strengthen and tone your body using a variety of resistance equipment.

Deep Water Movin'

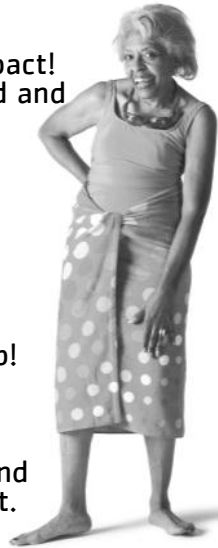
Get a great workout with no joint impact! This class takes place in the deep end and uses floatation devices to build cardiovascular strength and tone muscles. Participants should be comfortable in deep water.

Aquacize

Get the best of both worlds, workout in both shallow & deep water! Great for those who like to switch things up!

Aqua-Flex

This class is great for beginners! It combines low intensity calisthenics and flexibility training for a great workout.



Adult Water Fitness

Water Works	Th	5:15-6:00pm	#02301-03	\$20/\$30
Deep Water Movin'	Tu/Th	9:00-9:45am	#02301-02	\$37/\$65
Aquacize	M/W/F	7:45-8:30am	#02204-01	\$45/\$82
Aquacize	Tu/Th	7:15-8:00pm	#02107-02	\$37/\$65
Aqua Flex	Tu/Th	8:00-8:45am	#02301-01	\$37/\$65

Smooth Moves (Arthritis Foundation course)

Our Smooth Moves program is for people with arthritis, though anyone is welcomed to join. The curriculum is designed by the Arthritis Foundation and classes are taught by Arthritis Foundation certified instructors.

Smooth Moves Classes

Smooth Moves	M/W/F	9:30-10:15am	#02201-01	\$45/\$82
1 class per week				\$15/\$27
2 classes per week				\$30/\$55
Smooth Moves	M/W/F	10:30-11:15am	#02201-02	\$45/\$82
1 class per week				\$15/\$27
2 classes per week				\$30/\$55
Smooth Moves	Sa	8:00-9:00am	#02201-04	#16/\$29

Water Walking Club

The water will provide added resistance and reduced joint impact for a workout that will help tone muscle and increase your heart rate in an environment that is easy on your joints and back. Walk at your own pace. All 20 visits must be used within a 6 month period from time of purchase. Water walking is permitted: Mon./Wed./Fri., 6-8am; Tue./Thu., 11am-1pm; Sat., 7-9am; and Sun., 8-10am.

Fee: Free/\$60 for program members

Personal Fitness

Personal Training

It is important to us that you are meeting your personal fitness goals. A personal trainer can give you the motivation you need and assist you with your progress. Contact Cheryl Green at ext. 320 and make your appointment today! **Cancellations must be made at least 24 hours in advance of scheduled session.** #1-0104-1301-202

Fees:	1/2-hour session	\$25/\$40
	1-hour session	\$40/\$60
	Three, 1-hour sessions	\$110/\$140

Personal Train Together

Stay motivated! Train with a buddy and encourage each other to reach your fitness goals!

Fees:	1-hour session	\$70/\$90
	Three, 1-hour sessions	\$150/\$170

Group Train Together

Have a blast with personal training sessions for your own group of 3-5 family members, co-workers or friends. This is a great way to start out right and reach your fitness goals together!

Fees:	1-hour session	\$100/\$145
	Three, 1-hour sessions	\$200/\$250

NEW!

Smart Weight Training with Kathryn Londoff

Certified Pilates and Gyrotonic instructor, Kathryn Londoff, will teach you how to weight train safely and efficiently using Pilates principles. Proper body mechanics, anatomy, core activation, joint stabilization, strength through full range of motion, and functional movements will be emphasized. Participants will be expected to workout outside of class in addition to class instruction. Class size is limited to four participants, classes will be added upon demand. Mondays, 7:30pm, #01104-54

Fees: \$35/\$50

FREE Fitness Orientations (members only)

Unsure of what to do? Let one of our trained staff show you around the Wellness Center and acquaint you with how to set up and use our equipment.

Hours of Orientation: Mon.— Fri., 9-11 a.m. & 5:30-7:30 p.m. and Sat., 9-11 a.m. Minimum age 13, no exceptions! No appointment necessary.

FREE Fitness Assessment Testing (members only)

One of our trained staff will assess your fitness level, help to identify your personal fitness goals and show you how to reach them! Call ext. 320 to make an appointment.

Health Seeker Healthy Pack (members only)

Need a little extra guidance or motivation to meet your fitness goals? This is for you! Healthy Pack includes: initial fitness assessment; one group fitness class (based on individual fitness needs and goals); one 30-minute personal training session; and a personalized Wellness Center program design. Contact the Fitness/Wellness Dept. at ext. 320 and get started today!

Fee: \$50 (members only) #01104-14

Cut the Fat with The Colonel!

Let The Colonel be your personal trainer and make a plan that works for you! Receive online weekly exercise prescriptions and two fitness classes with The Colonel. NOTE: Fitness classes are not transferable. Participants must have access to the internet. Fee: \$75/\$105 #01104-44

Group Fitness Classes

A Note Regarding Fitness Classes

- > Instructor substitutions may occur without prior notification.
- > A minimum of four participants is required to run a class session.
- > Classroom location may change without prior notification.

Fitness Saver Pack (members only)

Each session, choose three fitness classes and one specialty fitness class (marked with a ▲) for one low price. You'll enjoy four great classes with fantastic savings! Fee: \$80

Body Boot Camp

Strength, Resistance, and Interval Training are all used to keep your muscles guessing through this workout. Bring on the sweat as you shape it up!

Ultimate Shape Up!

Strengthen and tone all major muscle groups using the best weight room exercises. Lose the fat and gain the muscle!

Group Fitness Classes

Body Boot Camp	M	6:15-7:00pm	#01152-14	\$20/\$40
Body Boot Camp	W	10:15-11:00am	#01152-54	\$20/\$40
Body Boot Camp	Th	6:15-7:00pm	#01152-24	\$20/\$40
Body Boot Camp	Sa	10:15-11:00am	#01152-44	\$20/\$40
Ultimate Shape Up	W	6:15-7:00pm	#01101-01	\$20/\$40
Ultimate Shape Up	Sa	8:30-9:15am	#01101-02	\$20/\$40

Cycle Stuff: Indoor Group Cycling

This lower body workout is excellent for all fitness levels! Bring a water bottle and towel and enjoy the ride! Class size is limited.



Cycle Fitness Classes

Cycle Stuff	T	7:00-7:45pm	#01000-03	\$20/\$40
Cycle Stuff	W	6:30-7:15pm	#01000-25	\$20/\$40
Cycle Stuff	Sa	9:30-10:15am	#01000-15	\$20/\$40
Pick any two of the above classes				\$35/\$65

Zumba® (ages 18+) ▲

Ditch the workout, join the party!!! This Latin dance inspired, dynamic, exciting and effective fitness system incorporates international music and dance movements which can burn up to 700 calories in each class! Join us to dance the fat away! Zumba™ is so motivating and fun, you won't even realize you are working out! No dance experience necessary. All fitness levels welcome. Join the party and dance your way to a fitter you!

Bellydancing ▲

An introduction to the world's oldest dance, this class offers the basic repertoire of American Tribal style steps, along with increased confidence, improved posture and greater flexibility. No previous dance experience required.

Shimmy Fitness

A great combination of Middle Eastern bellydance and Tribal style dance to bring out the goddess in you!

Dance Fitness Classes

Zumba	Tu	7:00-7:45pm	#01115-10	\$30/\$45
Zumba	W	6:30-7:15pm	#01115-97	\$30/\$45
Zumba	Th	7:00-7:45pm	#01115-30	\$30/\$45
Zumba	Sa	9:30-10:15am	#01115-99	\$30/\$45
Pick any two Zumba classes				\$50/\$80
Pick any three Zumba classes				\$65/\$95
Bellydancing	F	7:30-8:30pm	#01314-01	\$20/\$40
Shimmy Fitness	Tu	6:15-7:00pm	#01314-11	\$20/\$40

BAM!

Our new body and mind wellness program "is the bomb!" Participants will work with their personal coach to learn the five components of physical fitness, how to make good nutritional choices, and explore various exercise for optimal results! It's the fitness program you need to succeed. Call ext. 320 to make an appointment.

Yoga (Light) ▲

Using Hatha yoga techniques, this class focuses on breathing, meditation, relaxation, strengthening and improving flexibility. Beginning yoga positions and movements will be included.

Yoga (Intermediate) ▲

Want more vigorous yoga? Deeper stretches linked with stronger poses that will challenge your flexibility, strength and breathing. Poses can be modified to suit all fitness levels.

Pilates ▲

Learn the fundamental principles of Pilates technique - stabilization, control, concentration, balance and breathing. Develop core strength, flexibility, coordination, body awareness, integration and efficiency of movement.

HEALTHY LIVING

Gyrokinesis ▲

A system of exercises created to allow you to work on the entire body through seven elements of spinal movement. Based on yoga, dance, gymnastics, swimming and Tai Chi, the energizing movements flow from one pose to the other. Increase flexibility, relieve tension and begin to move with ease as your body awareness grows.

Mind, Body & Spirit Classes

BAM	By appointment	#01315-07	\$50/\$75
Yoga Light	M 11:00am-12:00pm	#01125-03	\$30/\$45
Yoga Light	Tu 11:00am-12:00pm	#01115-03	\$30/\$45
Yoga Light	W 7:15-8:15pm	#01115-02	\$30/\$45
Yoga Inter.	F 6:30-7:30pm	#01115-11	\$30/\$45
Pilates	M 6:30-7:30pm	#01115-17	\$30/\$45
Gyrokinesis	W 6:30-7:30pm	#01115-88	\$30/\$45
Pick any two mind, body & spirit classes			\$50/\$80
Pick any three mind, body & spirit classes			\$65/\$90



Active Older Adults



Have fun and move through a variety of exercises designed to increase muscular

strength, range of motion, and improve abilities for daily living and relaxation — all within a safe and positive environment. A chair is used for seated and/or standing support.

Weight Circuit Class (a SilverSneakers™ Program)

A newer offering from the SilverSneakers™ Fitness Program! This class provides personal training for using the Wellness Center equipment. Now is your time—because strong bones and muscles are “worth the weight!”

SilverSplash™ (a SilverSneakers™ Program)

A splash from the SilverSneakers™ Fitness Program! This class uses water to increase agility, range of motion and cardiovascular conditioning. Learn how to use equipment to develop strength, balance and coordination in an environment that is fun, safe and effective! Swimming ability not required.

SilverSneakers® Yoga Stretch

Improve your flexibility, movement, balance and relaxation. All positions and exercise moves are performed seated in a chair. Try it! You'll love it!

SilverSneakers Classes

Cardio Circuit	M/W	8:15-9:15am	#01141-03	\$18/\$30
Cardio Circuit	M/W	9:15-10:00am	#01141-04	\$18/\$30
Cardio Circuit	Tu/Th	5:15-6:00pm	#01141-05	\$18/\$30
MSROM	Tu/Th	8:15-9:15am	#01141-01	\$18/\$30
MSROM	Tu/Th	9:15-10:00am	#01141-02	\$18/\$30
Weight Circuit	W/F	10:45-11:30am	#01141-36	\$18/\$30
SilverSplash	Tu	10:15-11:00am	#01411-08	\$18/\$30
SilverSplash	F	8:30-9:15am	#01141-07	\$18/\$30
Yoga Stretch	W	10:00-10:45am	#01141-16	\$18/\$30
Yoga Stretch	F	9:30-10:15am	#01141-06	\$18/\$30

Pick Up The PACE

(People with Arthritis Can Exercise)

This combination of the Arthritis Foundation's low-impact, land-based class and more is designed to improve muscle strength and endurance, joint motion and posture and to learn correct body mechanics. A great beginner's class!

After Fifty-Five

An exercise program especially for active older adults focusing on flexibility, range of movement, and light exercises. Stay fit and have fun!

Active Older Adult Fitness Classes

Pick up the PACE	Tu/Th	10:00-10:45am	#01002-01	\$18/\$30
After Fifty-Five	Tu/Th	5:15-6:00pm	#01141-41	\$18/\$30



HEALTHY LIVING & SOCIAL RESPONSIBILITY

SOCIAL RESPONSIBILITY

SPORTS & RECREATION

Tae Kwon Do

One of the most popular in the world, this Korean martial art focuses on technique, fitness and self defense. Wear a t-shirt and sweats on the first day. Information about uniforms will be given. Great for beginners and those with previous experience.

Tae Kwon Do Classes

Youth Ages 5-9	W/F 6:00-7:30pm	#05555-03	\$80/\$95
Teen/Adult Ages 10 & up	W/F 7:30-9:00pm	#05555-03	\$80/\$95

Adult Sports Leagues

If you are interested in men's or women's basketball, volleyball, or any other sports please contact Jorge P. at ext. 319

Racquetball

The Pav YMCA has two racquetball courts which are available to members and guests. Please reserve your playing time with the front desk. Racquetball equipment is also available at no charge with a current photo I.D.

GROUP INTERESTS

Friday Senior Socials

Friday senior gatherings include: seminars, trinket BINGO, pot lucks, outings, games, movies, ice cream, special celebrations and more! YMCA membership is not required. Public welcome! Calendars are available in the lobby and online.

Fri. 10am-1pm



Christian Emphasis & Diversity Committee

Committee goals: (1) To help our members and guests to recognize the YMCA's Christian foundation and sincere commitment to healthy social & cultural diversity by placing supportive and affirming information throughout the YMCA facility; (2) To aid in the development of our "spirit" side with appropriate programming; and (3) To offer fellowship and prayer at our monthly meetings, while continuing to assess the needs of our YMCA membership and the greater, diversified communities served by the Pav YMCA. **Interested in joining?** Contact Cheryl Green (ext. 320) or Suzanne Blecha (ext. 328).

Military Outreach

The Pav YMCA receives about 500 or more visits from active military personnel every month. Use of the Pav YMCA is made available, free of charge, to those currently serving in the U.S. Armed Services. Facility admission is as simple as completing a sign-in sheet and providing proof of current service with valid identification. This is the Pav YMCA's way of supporting the health and well-being of our troops here at home. Thank you for your service!

Recycle and Support Your Community

Recycle your unwanted paper waste (mail, newspapers, office papers, magazines, etc.—no cardboard or phone books) with the YMCA! Find our recycling container at the rear corner graveled section of our parking lot. Every ton of paper we collect adds dollars to our Annual Support Campaign while also reducing landfill and saving energy!

Board of Directors Volunteer Opportunity

The Pav YMCA is seeking professional individuals and community leaders to serve on its volunteer Board of Directors. This is a working board which meets monthly at the Pav YMCA. Responsibilities of the Board include our annual Teeter Award Celebration & Dinner Dance and active participation as community advocates for the Pav YMCA and its mission. Additional opportunities exist in active committees which advise and counsel on programming and administrative issues.

If interested, please request an application form or for more detailed information on Board membership, contact Marilyn Lamatina, Finance Director at 708.749.0606 ext. 313 or finance@pavymca.org.

Community Nutrition Network

The Pav YMCA is home to our area's Community Nutrition Network (Meals On Wheels), providing a Senior Lunch Program, Monday-Friday, for older adults age 60+. A hot, nutritious lunch is served weekdays: 10:45-11:30 a.m. A donation of \$2.00-\$2.25 per meal, is suggested. **Questions?** Call 708.749.0606, ext. 340.



SOCIAL RESPONSIBILITY & ADDITIONAL SERVICES & PROGRAMS

Financial Assistance

Every year, the Pav YMCA's **Annual Support Campaign** raises charitable, tax-deductible contributions from individuals, local businesses, corporations and foundations in support of membership and program scholarships. Fee assistance is **limited to members of the Pav YMCA** with demonstrated financial need who reside in the communities we are officially chartered to serve: **Berwyn, Cicero, Stickney, Lyons, Forest View, Riverside and North Riverside**. An application and proof of need are required for financial assistance. Assistance will be granted to the extent that scholarship funds are available. **To apply for financial assistance**, please contact the Pav YMCA at 708.749.0606, ext 318. **To give**, please find a contribution form in our lobby, web site, www.PavYMCA.org, or call ext. 313.



Financial Assistance is available for Parent/Child Water Enrichment Classes. See page 8 for more information.

Do you need help with your childcare fees? Illinois' Action For Children childcare fee assistance program might be able to assist you. Call 312.823.1100 or visit their official website: <http://www.actforchildren.org>

Giving to the Pav YMCA

The Pav YMCA (YMCA of Berwyn-Cicero, Inc.) is a charitable, nonprofit, 501(c)3 organization. Contributions to the Pav YMCA are tax-deductible to the fullest extent allowed by law. Donations may be used to support programming expenses not covered by enrollment or to support the fee assistance granted to individuals and families with financial need through our Annual Support Campaign.

The Pav YMCA Foundation is a completely separate entity which manages long-term, principal investments toward the financial security and programmatic advancement of the Pav YMCA. Contributions to our foundation are never touched, but invested and managed as principal — distributing only dividends and interest as deemed appropriate by the Pav YMCA Foundation's committee. **The Pav YMCA Foundation** is a perfect recipient for endowments and larger annual distributions of investment tools (stocks, bonds, IRAs, etc.).



The YMCA of Berwyn-Cicero is a United Way agency. Please consider us when designating your annual United Way pledge.

Youth Karate & Self Defense (Ages 5 and up)

This Karate & self defense class teaches children and adults, ages 5 and older. The program is designed to promote and increase the participants level of self-confidence, self-esteem, discipline, concentration and coordination. In many cases, this training has improved social interaction skills and academic performance. Students will be given a gold star for bringing in their report cards.



Saturdays, 9am-11am
Ages 5-7: 9-9:45am
Ages 8-17: 9:45-10:30am
Adults 18+: 10:30-11am
Fee: \$9 at the door each visit

Questions? Contact Karate Unlimited Outreach 708.369.7339. Para información en Español, llama 219.218.4105.

Chiropractic • Physical Therapy • Nutritional & Herbal Medicine • Mind-Body Medicine



Dr. Daniel V. Fortuna, Chiropractic Physician

Caring, personal treatment for pain, injury and illness.

Office is located on the second level of the Pav YMCA

708.788.7788

www.BerwynChiropractor.com

NEW!

Stay connected at the Y

We are proud to announce the recent addition of WIFI for our members and guests. This service is provided free of charge. Simply ask for the password at the front desk, then connect to "pavfrontdesk" on your laptop or mobile device. WIFI is available in the front portion of the building.



Looking ahead...

Annual Improvement

Each year we invest over \$100,000 back into our facility in upgrades, equipment and remodeling. From mid-August to early September, areas of the Y may have limited access while we upgrade and clean. Look for a more detailed project list with anticipated projects in early August. We thank you for your patience while we improve your Y!

School's Out Days

Your child can learn a lot from a day out at the Pav YMCA! Our awesome before and after school care staff coordinate days off from school that are both fun and beneficial. Your child will participate in activities such as swimming, wall climbing, arts & crafts, sports and much more! Look for our School's Out Day schedule in the fall!

Pastapalooza

Join us at our second annual Pastapalooza in September for food, fun and family. It's not just a dinner...it's an event!

PAV YMCA PROGRAMS AT A GLANCE

	Toddler	Preschool	Youth	Teen	Adults
Aquatics 	<ul style="list-style-type: none"> > Parent/Child Water Enrichment 	<ul style="list-style-type: none"> > Preschool Levels > Private/Semi Private Lessons > Adaptive Lessons 	<ul style="list-style-type: none"> > Youth Levels > Water Adventures > Swim Team > Competitive Lessons > Adaptive Lessons 	<ul style="list-style-type: none"> > Teen Only Lessons > Swim Team > SCUBA > Lifeguarding > Private/Semi Private Lessons > Adaptive Lessons 	<ul style="list-style-type: none"> > Adult Lessons > Private/Semi Private Lessons > Lifeguarding > SCUBA > Water Fitness > Adaptive Lessons
Child Care, Education & Leadership 	<ul style="list-style-type: none"> > Wee Threes 	<ul style="list-style-type: none"> > Pre-K > Early Learners 	<ul style="list-style-type: none"> > Kidz Korner > Explorers Club > Homework Club > School's Out Days > Before & After School Care > Day Camp 	<ul style="list-style-type: none"> > Teen Leaders Club > Babysitter's Training > CPR/AED/First Aid > Day Camp 	<ul style="list-style-type: none"> > CPR/AED/First Aid > Christian Emphasis & Diversity Committee > Board of
Sports & Recreation 	<ul style="list-style-type: none"> > Tumbling Tots > Rock Climbing for Tots > Baby Ballet 	<ul style="list-style-type: none"> > Tiny Tumblers & Tiny Twisters > Wall Climbing > Ballet/Tap 	<ul style="list-style-type: none"> > Gymnastics > Wall Climbing > Basketball > Volleyball > Soccer > Homeschool Sports > Ballet/Tap > Hip Hop 	<ul style="list-style-type: none"> > Gymnastics > Basketball > Volleyball > On Pointe > Hip Hop > Tae Kwon Do 	<ul style="list-style-type: none"> > Hip Hop > Friday Senior Social > Tae Kwon Do 
Health, Well-being & Fitness 					<ul style="list-style-type: none"> > Massage Therapy > Personal Training > Group Training > Group Fitness > Cycle Classes > Dance Fitness > Mind, Body, Spirit > SilverSneakers > Basketball League > Volleyball League

PAV YMCA

YMCA of Berwyn-Cicero, Inc.
2947 South Oak Park Avenue
Berwyn, Illinois 60402

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SUMMER MEMBERSHIPS FOR COLLEGE STUDENTS & SCHOOL WORKERS

Ask the front desk about special priced memberships for college students and school workers who have the summer off. These memberships are available May - August.

A SUMMER OF FUN, A LIFETIME OF MEMORIES

Look for summer camp information on pg. 7!



CELEBRATIONS ARE BETTER AT THE Y

The Pav YMCA has been renting out its facility for over 15 years. Parties and other events have ranged from ten people to as many as 200. Services are available to help with birthday parties, pool parties, graduations, showers and other events.

Pool & Room Rental

- > 2 hour private room & 1-hour non-exclusive pool use: \$105/\$135
- > 2 hour private room & 1-hour exclusive pool use: \$135/\$165

Climbing Wall Rental

- > 1 hour with up to ten climbers: \$50/\$60
- > 1 hour with 11-15 climbers: \$70/\$80
- > 1 hour with 16-20 climbers: \$90/\$100
- > All rentals include review of safety procedures.
- > **Please arrive 15 minutes before the start of your rental.**

Additional Rental Options

- > Meeting/Party Room only: \$45/\$60 per hour
- > Gym only (exclusive): \$75/\$90 per hour
- > Pool only (exclusive): \$100/\$115 per hour
- > Sports Party Coordinator: \$25/\$45 per hour in addition to rental rate. See page 12 for more information.

For more information, more options or to schedule a rental, contact JR Anderson, at 708.749.0606 ext. 318 or Trina Valencia at ext. 351. Rental rates are subject to change.

