SPRING INTO FITNESS
PAV YMCA 2021 SPRING PROGRAM GUIDE

SPRING SESSION
APRIL 19 - JUNE 13
MEMBER REGISTRATION: 4/5
GUEST REGISTRATION: 4/12
EXECUTIVE STAFF

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Ext. 320

AREAS OF IMPACT

YOUTH DEVELOPMENT
The Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming. From cradle to career, the Y provides all youth with the tools and resources they need to succeed in life.

HEALTHY LIVING
The Y aims to improve the nation’s health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. These programs and everything else the Y does are in service of making us—our Ys and our communities—better. The result is a country that values health and communities that support healthy choices.

SOCIAL RESPONSIBILITY
We know that when we work together, we move individuals, families and communities forward. The Y responds to society’s most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change.

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BUILDING HOURS

Monday–Friday 6:00am–8:00pm
Saturday 7:00am–3:00pm
Sunday 8:00am–3:00pm

2021 HOLIDAY CLOSINGS

Easter Apr. 4 Closed
Memorial Day May 31 Closed
4th of July Jul. 4 Closed
Labor Day Sept. 6 Closed
Thanksgiving Nov. 25 Closed
Christmas Eve Dec. 24 Closed
Christmas Day Dec. 25 Closed
New Years Eve Dec. 31 Closed
New Years Day Jan. 1 Closed

*Please call or check our website for emergency closings and information.

HELPFUL INFORMATION

CONTACT US
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MEMBERSHIP TYPES AND RATES

ADULT INDIVIDUAL
(19+ years old)
MONTHLY: $57
ANNUALLY: $648

FAMILY
(1 adult & children 20yrs & under)
MONTHLY: $672
ANNUALLY: $55

FAMILY (2 adults 19+ years old)
MONTHLY: $25
ANNUALLY: $504

YOUTH
1 adult & children 20yrs & under
MONTHLY: $43
ANNUALLY: $432

GUEST PASS
MONTHLY: $25
ANNUALLY: $250

MEMBERSHIP SERVICES

Membership Services pg. 3
Policies & Guidelines pg. 14
Senior Service pg. 11

BUILDING HOURS

Monday–Friday 6:00am–8:00pm
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MEMBERSHIP SERVICES

MEMBERSHIP TYPES AND RATES

**FAMILY**
- 2 adults & children 20yrs & under
  - MONTHLY: $69
  - ANNUALLY: $816

**SINGLE PARENT FAMILY**
- 1 adult & children 20yrs & under
  - MONTHLY: $55
  - ANNUALLY: $648

**COUPLE**
- (2 adults 19+ years old)
  - MONTHLY: $57
  - ANNUALLY: $672

**ADULT INDIVIDUAL**
- (19+ years old)
  - MONTHLY: $43
  - ANNUALLY: $504

**YOUTH**
- (18 years old or younger)
  - MONTHLY: $25
  - ANNUALLY: $288

**GUEST PASS**

Guest passes are now available for $10 per adult, $6 per youth age 18 to 13 and include access to our track and wellness center. All guests must present a photo ID and register at the front desk. Upon entry you will be required to sign a waiver while in our facility you must adhere to all policies and guidelines. Youth 17 and under must have a parent or guardian complete a waiver form. See page 5 concerning orientation requirements for age 15 and under.

Please visit our website for detailed information on our COVID-19 safety procedures and guidelines/policies.

**MEMBERSHIP FOR ALL**

We offer financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Apply in person at the front desk or, a PDF version to print can be found on our website under our membership page.

**NATIONWIDE MEMBERSHIP**

Pav YMCA members may visit any participating YMCA in the United States; however, not all memberships will qualify for nationwide membership. The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, to end program participation, and to remove visitation access. Please note: participating in the YMCA Nationwide Membership Program, you agree to release the National Council of Young Men’s Christian Associations of the United States of America, and its independent and autonomous member associations in the United States and Puerto Rico, from claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law. We currently welcome all Illinois YMCA members to our facility.

For more details on membership rates and types please contact our Membership Director or visit our website.

**REFER A FRIEND**

Working out with a friend helps you both stay on track to a healthier lifestyle and it’s more fun! Refer a friend to join the Y and you’ll receive one month free when they continue membership for three consecutive months. Must complete a refer a friend form at the time of joining.
• Face coverings must be worn at all times in our facility, except while engaged in exercise or programming

GROUP FITNESS CLASS POLICIES & GUIDELINES
• CDC and IDPH safety guidelines, policies and procedures must be followed at all times while visiting our facility. Please be sure to check our website for the latest updates on Covid-19 policies.
• Classes are first come first serve. Participants must obtain class pass from front desk in order to participate. There’s a $5 per class drop in fee for guests who would like to participate in GX classes. Drop in classes will only be open for classes that are not full capacity for that day.

FITNESS IS LIFE #FIL:
New to working out? Are you looking for additional workout ideas to help jump start or restart your fitness goals. Fitness is life #FIL is designed for the health seeker, active older adult, or sedentary lifestyle that is looking to getting into a consistent workout regime. You will meet with one of our #FIL coaches to assess your health goals, give you a machine orientation, and help you design a workout based on your fitness goals.

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!

CARDIO BLAST
This class is a form of High Intensity Interval Training (HIIT), which incorporates short intervals of workouts proceeded by levels: cardio and core emphasis with some strength training, burning up to 800 calories per class and boosting metabolism.

CARDIO STEP
Together is 60-minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy.

INTERVAL TRAINING
Open to all experience levels, this class is a rigorous interval training sequence with high-intensity exercises. The routines feature aerobic/fitness interval training with a combination of fast and slow dance moves that tone and sculpt the body.

ZUMBA
This dynamic, exciting and effective fitness system incorporates international music and dance movements burning up to 700 calories per class! It’s so motivating and fun, you won’t even realize you are working out!

SPINOGA
This cardio–holistic fitness program blends Yoga and Freestyle Indoor Cycling ALL IN ONE class to offer participants a total mind–body workout! Class begins with cycling on a stationary bike followed by traditional yoga. The yoga component to cycle offers a greater opportunity to build length and flexibility.

INDOOR CYCLING
This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Boot Camp</td>
<td>16+ yrs</td>
<td>Mo/We</td>
<td>10:00am-11:00am</td>
</tr>
<tr>
<td>Body Boot Camp</td>
<td>16+ yrs</td>
<td>Mo/We</td>
<td>6:00pm-7:00pm</td>
</tr>
<tr>
<td>Body Boot Camp</td>
<td>16+ yrs</td>
<td>Tu</td>
<td>6:00pm-7:00pm</td>
</tr>
<tr>
<td>Body Boot Camp</td>
<td>16+ yrs</td>
<td>Sa</td>
<td>8:00am-9:00am</td>
</tr>
<tr>
<td>Cardio Blast</td>
<td>16+ yrs</td>
<td>Fr</td>
<td>9:00am-10:00am</td>
</tr>
<tr>
<td>Cardio Step</td>
<td>16+ yrs</td>
<td>We</td>
<td>9:00am-10:00am</td>
</tr>
<tr>
<td>Indoor Cycling</td>
<td>16+ yrs</td>
<td>Su</td>
<td>9:00am-10:00am</td>
</tr>
<tr>
<td>Indoor Cycling</td>
<td>16+ yrs</td>
<td>Tu/Th</td>
<td>6:00am-7:00am</td>
</tr>
<tr>
<td>Interval Training</td>
<td>16+ yrs</td>
<td>Tu</td>
<td>10:00am-11:00am</td>
</tr>
<tr>
<td>Spinoga</td>
<td>16+ yrs</td>
<td>Th</td>
<td>6:30pm-7:30pm</td>
</tr>
<tr>
<td>Zumba</td>
<td>16+ yrs</td>
<td>Mo</td>
<td>7:00pm-8:00pm</td>
</tr>
<tr>
<td>Zumba</td>
<td>16+ yrs</td>
<td>Sa</td>
<td>10:00am-11:00am</td>
</tr>
</tbody>
</table>
PERSONAL TRAINING PACKAGES

Are you ready to change your lifestyle? Need assistance designing a workout regime or nutrition plan? Ready to get your fitness goals back on track? Well look no further! We have certified personal trainers that can help you along your fitness journey! We have PT packages ranging from 2x 60 minute sessions, up to 24x 60 minute training sessions. We also offer partner training for those who wish to work out together. Or try our spring training promo, buy a 3x 60 minute session for $99. Ask about our PT payment options for larger training packages. Personal training is by appointments only. Cancellations must be made at least 24 hours in advance.

MASSAGE THERAPY

Add another healthy living component to your routine with massage therapy. You’ll experience the many benefits of massage with reduced stress, eased pain and increased circulation. Your body and mind endure a lot during the day, take the time to relax and enjoy a massage. Massages are by appointments only. Cancellations must be made at least 24 hours in advance.

Promo 2x 60 minute massages for $99 Seniors receive 10% off all massages.

RATES:

<table>
<thead>
<tr>
<th>Massage Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 minute</td>
<td>$50</td>
</tr>
<tr>
<td>1 hour</td>
<td>$60</td>
</tr>
<tr>
<td>75 minute</td>
<td>$70</td>
</tr>
</tbody>
</table>

Stop by front desk or contact the Healthy Living/Programs Director for massage inquiries.

TEEN ORIENTATIONS

All teens 13-15 years old must complete an teen orientation in order to use the wellness center on their own. This 30 minute orientation is designed to get teens accustomed to our cardio and machine weights. Once they have successfully completed the teen orientation, they may use the indoor track, cardio equipment and all machine weights at their own convenience without the supervision of a parent or guardian. Teen orientations do not allow them access to any free weights in our facility. A letter from their coach must be given to the Healthy Living Director granting them access to the free weights. Any child under the age of 13 must have a written doctor’s statement granting them access to use the cardio and machines, if accompanied by their parent/guardian. This letter must be signed by their primary physician and given to the Healthy Living Director. Teen orientations are by appointment only.

Contact Raj Waller at ext. 320 to make an appointment today!
Face coverings must be worn at all times in our facility, except while engaged in exercise or programming

**SILVER SNEAKERS CLASSIC**
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.

**SILVER SNEAKERS CHAIR YOGA**
Improve your flexibility, movement, balance and relaxation. A chair is used for seated and/or standing support.

**BOOM—MOVE AND MUSCLE**
Do you like fast-paced challenging workouts? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance workouts. These classes will challenge you, but don’t worry: One-handed push-ups aren’t required.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Guest</th>
</tr>
</thead>
<tbody>
<tr>
<td>SilverSneakers Classic</td>
<td>Adult</td>
<td>Mo</td>
<td>8:00am–8:50am</td>
<td>-</td>
<td>$28</td>
</tr>
<tr>
<td>SilverSneakers Classic</td>
<td>Adult</td>
<td>Mo</td>
<td>9:00am–9:50am</td>
<td>-</td>
<td>$28</td>
</tr>
<tr>
<td>SilverSneakers Classic</td>
<td>Adult</td>
<td>Tu</td>
<td>8:00am–8:50am</td>
<td>-</td>
<td>$32</td>
</tr>
<tr>
<td>SilverSneakers Classic</td>
<td>Adult</td>
<td>We</td>
<td>8:00am–8:50am</td>
<td>-</td>
<td>$32</td>
</tr>
<tr>
<td>SilverSneakers Classic</td>
<td>Adult</td>
<td>Th</td>
<td>8:00am–8:50am</td>
<td>-</td>
<td>$32</td>
</tr>
<tr>
<td>SilverSneakers Classic</td>
<td>Adult</td>
<td>Fr</td>
<td>9:00am–9:50am</td>
<td>-</td>
<td>$32</td>
</tr>
<tr>
<td>SilverSneakers Boom</td>
<td>Adult</td>
<td>Tu</td>
<td>8:00am–8:55am</td>
<td>-</td>
<td>$32</td>
</tr>
<tr>
<td>SilverSneakers Boom</td>
<td>Adult</td>
<td>Th</td>
<td>8:00am–8:55am</td>
<td>-</td>
<td>$32</td>
</tr>
<tr>
<td>SilverSneakers Yoga</td>
<td>Adult</td>
<td>Tu</td>
<td>9:00am–10:00am</td>
<td>-</td>
<td>$32</td>
</tr>
<tr>
<td>SilverSneakers Yoga</td>
<td>Adult</td>
<td>Th</td>
<td>9:00am–10:00am</td>
<td>-</td>
<td>$32</td>
</tr>
</tbody>
</table>
DANCE / BALLET / TAP

BABY BALLET (3–4yrs)
Music, movement, balance, and the basic dance steps are introduced in this 30 minute, fun, friendly, and positive mannered format. Students will also learn a complete dance routine.

BALLET/TAP BEGINNER (4–6yrs)
This beginner level class will cover ballet and tap techniques.

BALLET/TAP INTERMEDIATE (7+ yrs)
This intermediate level class will begin with barre work, and center floor steps for ballet and tap.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Guest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby Ballet</td>
<td>3-4 yrs</td>
<td>Fr</td>
<td>4:15pm-4:45pm</td>
<td>$64</td>
<td>$80</td>
</tr>
<tr>
<td>Ballet/Tap Beginner</td>
<td>4-6 yrs</td>
<td>Fr</td>
<td>5:00pm-5:50pm</td>
<td>$72</td>
<td>$88</td>
</tr>
<tr>
<td>Ballet/Tap Intermediate</td>
<td>7+ yrs</td>
<td>Fr</td>
<td>6:00pm-7:00pm</td>
<td>$80</td>
<td>$96</td>
</tr>
</tbody>
</table>
GUIDELINES
We are currently offering sports labeled medium risk by the IDPH safety guidance. Medium risk sports allow athletes to play versions of level 1 (No contact practices and training only) and level 2, (scrimmages allowed with parental consent). Temperature checks are done upon entering the facility. There are no spectators allowed (accommodations will be made as needed for necessary participants). All participants will be given their own equipment to use during the duration of class. Participants must enter the building with masks fully on, and keep masks on until class begins. Participants must immediately place masks on after class or when leaving the gym and wear throughout the building.

LITTLE BALLERS BASKETBALL (3–5 years)
Participants will focus on individual skills and techniques required when working as a team. Fundamentals of passing, pivoting, ball handling, shooting, dribbling and defense strategies will be covered.

YOUTH SOCCER (6–12 years)
Soccer rules and fundamentals will be introduced. Kids will practice and improve foot work, passing, shooting and teamwork skills through drills and games.

TAE KWON DO (5–12 and 13+ years)
One of the most popular in the world, this Korean form of martial art focuses on technique, fitness and self-defense. Great for beginners and those with previous experience.

PRIVATE SOCCER LESSONS
Our coaches will guide players through techniques and skills to make them stand out on the field. We are here to provide an individualized work out to focus on everything from agility to footwork. Lessons are 45 minutes.

PRIVATE BASKETBALL LESSONS
Whether you need help with your shot or your defense, our coaches will teach skills and develop an individual program that gives players an advantage on the court. Lessons are 45 minutes.

YOUTH BASKETBALL (6–12 years)
Participants will focus on individual skills and techniques required when working as a team. The fundamentals of passing, pivoting, ball handling, shooting and defense strategies will be covered.

LITTLE KICKERS SOCCER (3–5 years)
Soccer rules and fundamentals will be introduced. Kids will practice and improve foot work, passing, shooting and teamwork skills through drills and games.

YOUTH SPORTS

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<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Guest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little Ballers</td>
<td>3–5 yrs</td>
<td>Sa</td>
<td>11:30am–12:00pm</td>
<td>$52</td>
<td>$68</td>
</tr>
<tr>
<td>Youth Basketball Boys</td>
<td>6–12 yrs</td>
<td>Sa</td>
<td>12:00pm–12:45pm</td>
<td>$56</td>
<td>$72</td>
</tr>
<tr>
<td>Youth Basketball Girls</td>
<td>6–12 yrs</td>
<td>Sa</td>
<td>1:00pm–1:45pm</td>
<td>$56</td>
<td>$72</td>
</tr>
<tr>
<td>Little Kickers</td>
<td>3–5 yrs</td>
<td>We</td>
<td>4:30pm–5:00pm</td>
<td>$52</td>
<td>$68</td>
</tr>
<tr>
<td>Youth Soccer</td>
<td>6–12 yrs</td>
<td>We</td>
<td>5:00pm–5:45pm</td>
<td>$56</td>
<td>$72</td>
</tr>
<tr>
<td>Tae Kwon Do</td>
<td>5–12 yrs</td>
<td>M/W</td>
<td>6:00pm–7:00pm</td>
<td>$150</td>
<td>$180</td>
</tr>
<tr>
<td>Tae Kwon Do</td>
<td>13+ years</td>
<td>M/W</td>
<td>7:00pm–8:00pm</td>
<td>$150</td>
<td>$180</td>
</tr>
</tbody>
</table>
SAFETY GUIDELINES FOR ALL AQUATIC PROGRAMS

• Come in your swimsuit. **Locker rooms are currently available for participants after class or reservation.** Locker rooms are also available to those who communicate a reasonable need, before class. **All locker room reservations are limited to 20 minutes.**
• 1 adult allowed per child swimmer.
• All swimmers will be assigned spots upon arrival. Social distancing will be enforced.
• All swim lessons are 30 minutes in length to allow for proper cleaning before each class.

PAV POSEIDON SWIM TEAM
Our swim team provides swimmers age 6-21 with an opportunity to improve their technical swimming skills, remain physically active, and build lifelong friendships. We practice 3-9 hours weekly depending on age group and aim to attend at least one meet per month. Practice times and days vary based on age group on Monday–Friday evenings. Meets typically take place on weekends. Please contact swimteam@pavymca.org for more information.

WATER WORKS—FREE TO MEMBERS
A high intensity workout to strengthen and tone your body using a variety of resistance equipment.

SCUBA CERTIFICATION
We partner with DJ’s Scuba Locker to offer scuba certification classes in our pool. Participants will be prepared to make an open water dive and are taught by PADI certified instructors. Classes meet once a week in the evening for 5 weeks. Books and equipment are needed in addition to the course fee. For class dates, times, and registration, contact DJ’s Scuba at 9301 W. Ogden Avenue in Brookfield or call 708.442.4388.

TEEN & ADULT LESSONS
It’s never too late to learn how to swim! Our teen & adult swim lessons provide a place for adults and teens 13 and older to learn how to swim in a friendly group setting. Our swim lessons are designed to meet the individual needs of each participant. Beginners will learn to enjoy the water, work on fundamental strokes and lap swimming skills. Advanced swimmers will focus on increasing endurance.

PRIVATE & SEMI–PRIVATE SWIM LESSONS
For students of any age who want individual attention or have specific goals they wish to accomplish. Private lessons are 30 minutes in length. Designated private lesson times are established during an agreed upon time between placed instructor and parent upon purchase.

1:1 Private Swim Lesson: $32/$64 each
1:2 Semi–Private Swim Lesson: $16/$32 each

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Guest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Works</td>
<td>Adult</td>
<td>Tu</td>
<td>9:00am–9:45am</td>
<td>-</td>
<td>$40</td>
</tr>
<tr>
<td>Water Works</td>
<td>Adult</td>
<td>Th</td>
<td>9:00am–9:45am</td>
<td>-</td>
<td>$40</td>
</tr>
</tbody>
</table>
### SWIM LESSONS

Due to Covid19, a parent or guardian must accompany their participants in the pool. On the first day of class, students will be tested and placed in appropriate classes based on their levels. The swim instructor will decide if the child can swim on their own without having to be accompanied by the parent/guardian moving forward. Returning students will have their levels tracked for quicker placement.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Guest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teen/ Adult Lessons</td>
<td>13 &amp; up</td>
<td>Sa</td>
<td>10:00am-10:30am</td>
<td>$64</td>
<td>$128</td>
</tr>
<tr>
<td>Swim Starters</td>
<td>6mo-3yrs</td>
<td>Sa</td>
<td>10:45am-11:15am</td>
<td>$64</td>
<td>$128</td>
</tr>
<tr>
<td>Swim Starters</td>
<td>6mo-3yrs</td>
<td>Su</td>
<td>1:00pm-1:30pm</td>
<td>$64</td>
<td>$128</td>
</tr>
<tr>
<td>Swim Basics</td>
<td>3yrs-12yrs</td>
<td>Mo</td>
<td>4:45pm-5:15pm</td>
<td>$56</td>
<td>$112</td>
</tr>
<tr>
<td>Swim Basics</td>
<td>3yrs-12yrs</td>
<td>Tu</td>
<td>6:30pm-7:00pm</td>
<td>$64</td>
<td>$128</td>
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<tr>
<td>Swim Basics</td>
<td>3yrs-12yrs</td>
<td>We</td>
<td>4:45pm-5:15pm</td>
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<td>Swim Basics</td>
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<td>Swim Basics</td>
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<tr>
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<tr>
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<tr>
<td>Jr. Poseidon</td>
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<td>4:00pm-4:30pm</td>
<td>$63</td>
<td>$126</td>
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<tr>
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<td>Jr. Poseidon</td>
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<td>Jr. Poseidon</td>
<td>5-15yrs</td>
<td>Sa</td>
<td>1:00pm-1:30pm</td>
<td>$72</td>
<td>$144</td>
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</tbody>
</table>

**RESERVATIONS FOR Locker Rooms:** YOU MUST USE THE LOCKER THAT YOU ARE ASSIGNED BY THE LIFEGUARD... IF YOU HAVE A LOCKER IN THE GOLD ROOM, PLEASE REMOVE ITEMS AT YOUR EARLIEST CONVIENCE.

Space is very limited in our locker rooms. In order to utilize our locker rooms, you must have a reservation. Locker room space that follows pool reservations will remain the same.

Upon arrival, all members will check-in at the front desk to confirm your reservation. You will enter through the pool area to access the locker rooms. Upon entering the pool area, check-in with the lifeguard on duty who will inform you of your assigned space. You must use the locker that is available. Please remove your lock from the locker once you are finished using the locker, or it will be cut. Please read all safety policies and procedures, as you are to adhere and follow them at all times while using our facility.

**Masks are required to be worn when entering the facilities, in ALL common areas (locker rooms hallways, bathrooms etc.)**
**SENIOR LUNCH: CURBSIDE PICK-UP OR DELIVERY**

In partnership with AgeOptions, we help provide hot and nutritious lunches each week for adults age 60+. A donation of $3.00 per meal is suggested.

Contact-less meal pick-up is held every Monday and Wednesday from 11:00am-1:00pm.

We also offer contactless delivery services.

**Reservations are required for pick-up or delivery.**

Funding (in whole/part) for this publication is provided through an award from AgeOptions through grants from the Illinois Department of Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act. The Pav YMCA and AgeOptions do not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act; The Age Discrimination Act; The Age Discrimination in Employment Act; and the U.S. and Illinois Constitution. If you feel you have been discriminated against, you have the right to file a complaint with the Illinois Department on Aging. For information, call 1-800-252-8966 (Voice and TDD) or contact the AgeOptions Civil Rights Coordinator at (708) 383-0258.

**SENIOR CHOICE MARKETS—FREE**

We have partnered with the Greater Chicago Food Depository (GCFD) to provide Choice Markets for seniors. At Choice Markets, seniors age 60+ get free nutritious whole foods and fresh produce.

Choice Markets are held on Thursdays from 12:30pm-2:00pm. Due to COVID-19, our Choice Markets are now contact-less by curbside pick up. A driver’s license or state ID must be provided at time of pick up.

**SENIOR BINGO $5/SESSION**

Join us for a safe, socially distant game of BINGO! Bring your own snacks and beverages to enjoy while you play for small prizes. Don’t forget your pennies to use as markers! Space is limited, reservations are required for each session. Sessions are from 9:00am-10:00am and 11:00am-12:00pm on Tuesdays, $5 per session.

Register with Kathy Kozlick, Senior Services


**SENIOR SERVICES**

**SENIOR DRIVE-UP CHOICE MARKET**

We have partnered with the Greater Chicago Food Depository to provide Choice Markets for seniors. Choice Markets are similar to farmer’s markets; however, at Choice markets, seniors age 60+ who reside in Cook County get free nutritious whole foods and fresh produce. **A driver’s license or state ID must be provided at time of pick up.**

> April 8th & 22nd
> June 10th & 24th
> August 5th & 19th

> May 6th & 20th
> July 8th & 22nd

**SENIOR PICK-UP MEAL SERVICE**

We are currently providing catered meals for pick-up Monday and Wednesday. Participants receive 5 meals per week. There is a suggested $3 donation per meal or $15 per week. Individuals must be 60+ years of age to participate.

For more information on our services, or if you know a senior in need, contact Kathy Kozlick at 708.749.0606 Ext. 340 or kkozlick@pavymca.org.
THE CAMP YOU KNOW AND LOVE REIMAGINED TO MEET THE MOMENT

The new Pav YMCA in-person camp experience is where campers can reconnect with friends, explore nature and enjoy a variety of enriching activities. We will continue to follow all Illinois Department of Health and local day camp guidelines to ensure your child has a safe and healthy environment to learn, grow and thrive in.

CAMP DETAILS

Dates: June 7 - August 13
Hours: 7:00am-6:00pm
*Camp activities take place 9:00am-3:30pm
Ages: K-8th Grade (2021/2022 school year)

Pricing:
Member: $175/week or $40/day
Guest: $200/week or $45/day
*3 day per week minimum

Please contact our Camp Director for more information.

SABINA GARCIA
Day Camp Director

Phone: 708.749.0606 ext. 321
E-MAIL: sgarcia@pavymca.org

CAMP ACTIVITIES

- Arts & Crafts
- Outdoor fitness and play
- STEM
- Reading
- Character Development
- Swim lessons by certified instructor
- Daily lunch and snack provided

SPACE IS LIMITED!
CALL TO GET ON OUR EARLY REGISTRATION LIST TODAY!

WEEK #  DATES  THEME
1  6/7-6/11  Social Responsibility
2  6/14-6/18  The Great Outdoors
3  6/21-6/25  Healthy Cooking
4  6/28-7/2  Hawaiian Luau
5  7/5-7/9  Photography
6  7/12-7/16  Water Olympics
7  7/19-7/23  Fitness is Life
8  7/26-7/30  Pirates Treasure
9  8/2-8/6  Superhero Week
10  8/9-8/13  Making Memories
Forever A Place to Learn

During these challenging times when routines seem to change daily, one thing remains the same: the Y provides a safe, enriching place for children to grow into the changemakers of tomorrow—and today is no different.

As Berwyn South School District 100 transitions into hybrid learning, the Pav YMCA is altering their remote learning program to complete the school day for those in need. Hybrid Learning will follow all Illinois Department of Public Health (IDPH) recommended COVID-19 safety protocols along with Berwyn South School District 100 safety procedures. Our staff, who have experience working with school-age youth, will provide a safe and engaging environment to meet the needs of all students. Staff undergo thorough background and reference checks and receive several hours of training in child development and safety, including Child Abuse Prevention.

Our program will take place Tuesday through Friday from 11:30am–4:00pm at Emerson Elementary School. All participating children will be bussed to Emerson Elementary School by a district bus. Lunch and snack will be provided daily and children will be socially distanced while eating. During this time, our staff will provide remote learning and homework assistance.

Parents can register at the Pav YMCA or on-line (fillable PDF to be emailed to director). Families do not need to be Pav YMCA members to utilize this program, however the student must be registered through Berwyn South School District 100 for the 2020/2021 school year in order to participate.

**Rates**

<table>
<thead>
<tr>
<th>Group</th>
<th>Rate</th>
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</thead>
<tbody>
<tr>
<td>Group A (Tu/Th)</td>
<td>$50/week</td>
</tr>
<tr>
<td>Group B (W/F)</td>
<td>$50/week</td>
</tr>
<tr>
<td>Group C (Tu-F)</td>
<td>$100/week</td>
</tr>
</tbody>
</table>

Space is limited. Each group must have 7 participants registered to run.

Questions or comments about the program? Contact us! —Se Habla Espanol!

SABINA GARCIA  
School Age Child Care Director  
Phone: 708.749.0606 ext. 321  
E-MAIL: sgarcia@pavymca.org

Pav YMCA • 2947 S. Oak Park Ave., Berwyn, IL 60402 • 708.749.0606 • www.pavymca.org

708.749.0606 | pavymca.org
BEHAVIOR GUIDELINES

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 the YMCA’s mission.

AGE GUIDELINES

No child under the age of 10 can be left unattended in the building. If utilizing a child watch program, their policies must be followed.

INSURANCE DISCLAIMER

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

PHOTO DISCLAIMER

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

MEMBERSHIP CANCELLATIONS

• Pav YMCA memberships and joiner fees are non-refundable.
• All membership cancellations, billing changes or holds need to be made 10 days prior to any credit card or bank-draft by written notice.
• Members who are credit card or bank-drafted have 90 days past their last draft day to notify the Y of any discrepancy for possible refund.

DEPOSITS, CREDITS & REFUNDS

• Pav YMCA memberships, joiner fees, program deposits and gift certificates are not refundable.
• Credit vouchers can be applied to any YMCA program and can be used by any family member. They are NOT redeemable for cash and are NOT transferable between memberships.
• Vouchers expire 6 months from date of issue.

MAKE-UP/MISSED CLASSES

Classes missed for any reason will not be made up, credited or refunded. Attendance is the responsibility of the participant.

LATE/PRORATED CLASS FEES

All classes are prorated, if you enroll in classes after the session started, you will only be charged for the remaining classes you registered for.

CLASS CREDITS/REFUNDS

• A full credit or refund will be issued if the class is canceled by the Y.
• A credit or refund will be issued to participants choosing to withdraw from a program 1 week before the session begins.
• Refunds will not be issued to participants who withdraw from a program beyond a week prior to session start unless accompanied by a doctor’s note. All credits and refunds requested by the participant are subject to a $5 processing fee.
• No credit or refund will be issued for individual classes canceled due to weather.
• Please allow at least three weeks for refunds via check. Credit/Refund requests that are submitted must be approved by the Program/Membership Director and endorsed by the Executive Director. All requests are subject to denial.

CLASS CANCELLATIONS

• We reserve the right to cancel, reschedule or combine classes that do not have sufficient enrollment.
• In the event a class is canceled for the session, a full refund or credit will be issued. Participants will be notified at least 24 hours prior to the first class meeting.

COVID-19

Each department and programs have specific Covid19 guidelines recommended by IDPH and the CDC. Please review all of our Covid19 polices prior to visiting our facility so that you are fully aware of our guidelines.