

All schedules below are subject to change

East Belleville Center Program Guide

Parent / Child Swim Lessons

SKIPs

For children 6-36 months with parent. An introduction to water, including safe exploration and basic water skills.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Shrimp, Kipper Inia, Perch	Tu 5:30pm	10/25/11	12/06/11	Pool	6mon - 3yrs	\$34.00	\$68.00
	Th 5:30pm	10/27/11	12/08/11				
	Sa 9:15 am	10/29/11	12/10/11				
	Sa 10:00 am	10/29/11	12/10/11				

Preschool Swim Lessons (Ages 3-5 yrs.)

Pre-Pike

An easy approach to first lessons without Mom or Dad.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Pre-Pike	Th 5:00pm	10/27/11	12/08/11	Pool	3 - 5 yrs	\$34.00	\$68.00
	F 4:00pm	10/28/11	12/09/11				
	Sa 9:45am	10/29/11	12/10/11				
	Sa 11:30am	10/29/11	12/10/11				
	Su 1:15pm	10/30/11	12/11/11				

Pike

Children adjust to the water and develop independent movement. Teaches basic stroke and kicking skills, floating, pool safety.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Pike	Tu 5:00pm	10/25/11	12/06/11	Pool	3 - 5 yrs	\$39.00	\$73.00
	Tu 5:45pm	10/25/11	12/06/11				
	Tu 6:30pm	10/25/11	12/06/11				
	Th 5:00pm	10/27/11	12/08/11				
	Th 5:45pm	10/27/11	12/08/11				
	Th 6:30pm	10/27/11	12/08/11				
	F 4:00pm	10/28/11	12/09/11				
	Sa 9:00am	10/29/11	12/10/11				
	Sa 11:30am	10/29/11	12/10/11				
	Su 1:15pm	10/30/11	12/11/11				

Eel

For children comfortable in the water and able to swim five feet with faces in the water and no floatation. Children are taught to float, kick, and perform progressive arm movements across the pool.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Eel	Tu 5:00pm	10/25/11	12/06/11	Pool	3 - 5 yrs	\$39.00	\$73.00
	Tu 5:45pm	10/25/11	12/06/11				
	Th 5:45pm	10/27/11	12/08/11				
	Th 6:30pm	10/27/11	12/08/11				
	F 5:30pm	10/28/11	12/09/11				
	Sa 9:00am	10/29/11	12/10/11				
	Su 2:00pm	10/30/11	12/11/11				

Ray/Starfish

For children who can swim 15-20 feet with faces in the water and no floatation. Reviews and improves stroke skills on front, back and side, builds endurance, teaches treading water.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Ray/Starfish	Tu 5:00pm	10/25/11	12/06/11	Pool	3 - 5 yrs	\$39.00	\$73.00
	Tu 6:30pm	10/25/11	12/06/11				
	Th 5:45pm	10/27/11	12/08/11				
	F 5:30pm	10/28/11	12/09/11				
	Sa 10:30am	10/29/11	12/10/11				

Youth Swim Lessons (Ages 6-12 yrs.)

Polliwog

Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Polliwog	Tu 6:30pm	10/25/11	12/06/11	Pool	6 - 12 yrs	\$39.00	\$73.00
	Th 5:00pm	10/27/11	12/08/11				
	F 4:45pm	10/28/11	12/09/11				
	Sa 11:30 am	10/29/11	12/10/11				
	Su 1:15pm	10/30/11	12/11/11				

Polliwog Plus

For children who can swim 10-15 feet without floatation on front, back and side. Children should be comfortable with faces in the water.

Polliwog Plus	Th 6:30pm	10/27/11	12/08/11	Pool	6 - 12 yrs	\$39.00	\$73.00
	F 4:45pm	10/28/11	12/09/11				
	Sa 9:45am	10/29/11	12/10/11				

Guppy

For children able to swim 15-20 feet with or without a floatation device. Teaches swimming on front and back and rhythmic breathing.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Guppy	Tu 6:30pm	10/25/11	12/06/11	Pool	6 - 12 yrs	\$39.00	\$73.00
	Th 5:45pm	10/27/11	12/08/11				
	F 4:45pm	10/28/11	12/09/11				
	Sa 10:30am	10/29/11	12/10/11				
	Su 2:00pm	10/30/11	12/11/11				

Minnow

For children able to swim 25 yards on front and back. Teaches front crawl with rotary breathing, backstroke, sidestroke and beginning breaststroke.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Minnow	Tu 5:45pm	10/25/11	12/06/11	Pool	6 - 12 yrs	\$39.00	\$73.00
	Th 5:45pm	10/27/11	12/08/11				
	Sa 9:00am	10/29/11	12/10/11				
	Su 2:00pm	10/30/11	12/11/11				

Fish

For children able to swim 25 yards front crawl with rotary breathing, back crawl, sidestroke, and rudimentary breast- stroke. Refines breaststroke, teaches butterfly, open turns, and improves other strokes.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Fish	Sa 9:00am	10/29/11	12/10/11	Pool	6 - 12 yrs	\$37.00	\$73.00
	Tu 5:45pm	10/25/11	12/06/11				

Flying Fish/Shark

For children able to swim 50 yards front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and 15 yards butterfly. Improves breaststroke and butterfly; teaches water rescues, snorkeling and endurance.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Flying Fish & Shark	Th 6:30pm	10/27/11	12/08/11	Pool	6 - 12 yrs	\$39.00	\$73.00
	Sa 9:45am	10/29/11	12/10/11				

Adult/Teen Swim Lessons

Adult/Teen Swim Instruction (ages 18+)

Expert, patient instruction is provided for non-swimming teens (13 and up) and adults (18+) with an emphasis on basic swim skills and personal safety skills.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Adult Beginner	Th 6:30pm	10/27/11	12/08/11	Pool	18+	\$39.00	\$73.00
	Sa 9:00am	10/29/11	12/10/11				
Teen Beginner	Sa 9:45am	10/29/11	12/10/11				

Private Swim Lessons

Private Swim (all ages)

Private one-on-one swim instruction with a certified instructor. Contact the Aquatics Director for more details.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Private Lessons	Contact Aquatic Dir	TBD	TBD	Pool	3-99 yrs	\$98.00	\$149.00
Semi-Private Lessons	Contact Aquatic Dir	TBD	TBD	Pool	3-99 yrs	\$147.00	\$205.00

Boy Scout / Girl Scout Water Badges

Boy Scout/Girl Scout Water Badges

This class covers everything scouts need to complete their Water Badges. Contact the Aquatic Director for details.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Boy/Girl Scout Water Badges	Contact Aquatic Dir	TBD	TBD	Pool	N/A	\$4/scout	\$4/scout

Aquatic Fitness: Non-Member Pricing: (1x/wk \$35, 2x/wk \$60, 3x/wk \$67)

Aqua Aerobics

A mild cardiovascular workout in the shallow end of the pool using water as resistance. Combines a light aerobic workout with muscle strengthening and flexibility. For all fitness levels.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Aqua-Aerobics	M, W 7pm	Ongoing	Pool	13+ yrs	FREE	See Above	
	M,W, F 8:30am						
	Tu, Th 7:40am						
	Tu, Th 7:15pm						
	Sa 8am						

Arthritis Aquatic Program

The Arthritis Foundation/YMCA Water Exercise program is open to anyone with arthritis or joint problems. Participants perform a series of specially designed exercises to increase joint range-of-motion, strengthen muscles and build endurance.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Aqua-Arthritis	M-F 10:10am	Ongoing	Pool	13+ yrs	FREE	See Above	

Deep Water Aerobics

Tone and firm while performing no-impact aerobic exercise in the deep water. Includes warm up, stretching, aerobics, and cool down.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Deep Water Aerobics	M - F 9:20am	Ongoing	Pool	13+ yrs	FREE	See Above	
	Tu & Th 6pm						
	W 7pm						

Aqua Natal / Deep Water Aerobics

Low impact aerobic workout focused on the expectant mother's need to stay fit as well as post-natal mother's need to tone up and ease back into an exercise routine. Uses kickboards, noodles, aqua jogger belts, floatation dumbbells & paddles for a total body workout.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Aqua Natal / Deep Water Aerobics	Tu 6:00pm	Ongoing	Pool	13+ yrs	FREE	See Above	

Aqua Pi-Yo-Chi (Pilates, Yoga, Ai Chi)

A soothing yet challenging mind/body workout that's gentle on the joints and muscles. Uses buoyancy, resistance, and gentle movement to strengthen muscles, enhance flexibility and posture, and sharpen coordination and balance.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
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Deep Water Aerobics	W & F 11:00am	Ongoing	Pool	13+ yrs	FREE	See Above
	Th 8:30am					

Youth Health & Fitness Programs

Let's Get Fit

Let's get fit is a great class for children 8-12 who are looking to get energized and get active!

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Let's Get Fit	W 6 - 7pm	10/24/11	12/11/11	Gym	8-12 yrs	\$35	\$60

Youth Fitness Center Orientation

Youth may enroll in this class at age 12 or older. Without this class, members must be 13 years of age to use the Fitness Center. Covers Fitness Center rules, proper and safe machine usage, seat adjustments, and developing a basic exercise program.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Youth Fitness Center Orient.	Appointments at Front Desk	Appointment		Fitness Ctr	12 yrs.	FREE	N/A

Youth Track Orientation (Ages 10-12)

This orientation focuses on safety, track etiquette, and rules and is a requirement for 10-12 year olds to run the indoor track without adult supervision.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Youth Track Orientation	Appointments at Front Desk	Appointment		Track	10-12 yrs.	FREE	N/A

Speed & Agility Training

A great, high intensity workout for athletes, no matter the sport. Join one of our personal trainers in this great class!

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Speed & Agility Training	Wednesdays	10/24/2011-12/11/2011		Gym	12-18 yrs	\$30*	\$45*

*Team options are also available. E-mail jmurphy@ymcaswil.org for more information.

Youth & Teen Programs

Children's Center

We'll watch your little ones while you work out...free with your household membership! Children enjoy active play, explore their creativity, or read a book in a friendly, colorful and well-supervised environment designed just for kids!

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Children's Center	M-SA 8:00a-12:00p	Weekly		Children Center	6wks-12yrs	FREE	N/A
	M,W 3:30p-8:30p						
	T/Th 4:00p-8:30p						
	F 3:30p - 7:30p						
	SUN 12:00 - 3:00p						

YMCA Teen Leaders Club (Ages 11-18)

Learn what it takes to develop relationships, enhance decision-making skills, foster goodwill, and become a valuable resource in your community through the YMCA Teen Leader's Club! Take part in recreational activities, YMCA and community volunteer

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Teen Leader's Club Meetings	Meetings 2nd and 4th Wednesday of the month from 7:00-8:00. Events TBA			EBC	Ages: 11-18	Free	Free

Youth Sports Programs

Youth Karate

Guardians Martial Arts Academy offers a balanced program of martial arts that will help each students of all ages develop

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Youth Karate	T/Th 6-7pm	10/24/11	12/11/11	Gym	5 -18 yrs	\$35	\$60

Little Dragons Karate

Guardians Martial Arts Academy offers a balanced program of martial arts that will help students 4-6 years old to develop

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Little Dragons Karate	Mon. 6:00-6:45	09/26/11	11/07/11	Gym	5 -18 yrs	\$25	\$25

Adult Health & Fitness Programs

Personal Training

One-on-one instruction that incorporates goal setting and health education into challenging training sessions specially designed for your individual needs. Your certified personal trainer will instruct you on proper technique and motivate you to achieve your fitness goals. By appointment only.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Personal Training	Appointments w/ Fitness Ctr. Staff	Appointment	Fitness Ctr	13+	1x for \$35	N/A	
					3x for \$105		
					6x for \$170		
					10x for \$260		
					15x for \$365		
					30x for \$700		
Group Personal Training	Appointments w/ Fitness Ctr. Staff	Appointment	Fitness Ctr	13+	1x for \$60	N/A	
					3x for \$200		
					6x for \$330		
					10x for \$500		
					15x for \$710		

YMCA Personal Fitness Program (YPF) (Ages 18+)

Work with a personal fitness coach to map out a fitness program that works for YOU! A 12-week program designed to help those who are new to exercise, returning after a lengthy absence, unable to establish an exercise routine, or coming back from an injury or illness. You will meet with a personal fitness coach four times over a 12-week period. Your coach will monitor your progress and

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Personal Fitness Program	Appointments w/ Fitness Ctr. Staff	12 Week program		Fitness Ctr	18+	FREE	N/A

Fitness Center Orientation

Learn to safely operate all fitness/cardiovascular equipment using proper technique for optimum benefits. We'll get you started on a safe and effective workout program or revamp your current program.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Fitness Center Orientation	Appointments at Front Desk	Appointment		Fitness Ctr	13+	FREE	N/A

Fitness Assessment / Body Composition

FREE within the first 30 days of new membership. Assess your current fitness level and identify training needs. We will evaluate your

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Fitness Assessments / Body Composition	Appointments w/ Fitness Ctr. Staff	Appointment		Fitness Ctr	13+	Free 1st 30 days / \$10 after	N/A

Basic Group Exercise Classes:

Non-member Pricing: (1x/wk \$27, 2x/wk \$35, 3x/wk \$50)

Cardio Blitz

Get moving, sweating and burning fat with a mix of cardio activities. This class is a perfect addition to your fitness routine or a quick workout on a tight schedule (30 minutes).

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Cardio Blitz	T Th 8:45 - 9:15am	Weekly		Grp X Rm	13+	FREE	See Above

Core Motion

Get on the ball in this dynamic class using a large stability ball. You'll engage your core muscles throughout the entire class while improving cardiovascular fitness, strength, stability, and balance.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Core Motion	M 9:30am	Weekly		Grp X Rm	13+	FREE	See Above
	F 9:30am						

Kickfit Kickboxing

This class will get you moving with upper body punches and lower body kick combinations for an exciting cardiovascular workout.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Kickfit Kickboxing	M 6:10pm	Weekly		Grp X Rm	13+	FREE	See Above
	Sa 10:30am						

Power Pump

Strengthen, define, and tone every muscle group using the "body bar" for a complete strength training workout.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Power Pump	T Th 9:15am T 5pm Sa 9:10am	Weekly		Grp X Rm	13+	FREE	See Above

Step-n-Scupt

For individuals with step experience who are ready for a powerful workout using our adjustable steps. You will learn challenging combinations designed for the intermediate to advanced stepper. Upper body and abdominal work included.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Step-n-Scupt	M W 5pm	Weekly		Grp X Rm	13+	FREE	See Above

Cross Training

This class is packed with variety, providing cross training benefits both physically and mentally. It may include boxing, step, classic aerobics, circuit training, or any combination of these during the month. Always provides a cardiovascular segment for fat burning as well as abdominal muscles.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Cross Training	T 6pm	Weekly		Grp X Rm	13+	FREE	See Above

Pilates

A complete body conditioning method using the abs, lower back, hips, and buttocks. Strengthen and reshape your body without joint stress. Form and principles of Pilates based on the philosophy that mind and body work together to achieve overall fitness.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Pilates	W 9:20am	Weekly		Grp X Rm	13+	FREE	See Above

Women on Weights (WOW)

Class for women wishing to become more comfortable using free weights and exercise machines. Review basic exercises and techniques with additional focus on cardio, nutrition, and flexibility. Pre-registered and fee required.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
WOW	T Th 6:30pm	Weekly		Grp X Rm	13+	\$42.00	\$64

Kettlebells

This class uses cast iron weights resembling a cannonball with a handle. This workout can produce impressive strength in your legs, hips, and shoulders. The Kettlebell will also deliver cardiovascular benefits while you move your body as a unit instead of isolating individual muscle groups.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Kettlebells	M & W 6:00-6:50pm	10/24/11	12/11/11	Grp X Rm	13+	Free/ Members Only Registration Required	
Kettlebells	T & Th 8:00-8:50am	10/24/11	12/11/11	Grp X Rm	13+		

TRX Suspension Training

The original bodyweight-based training tool that builds strength, balance, flexibility and core stability for people of all fitness levels.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
TRX Bootcamp	T & TH - 6:30am	Fall II 10/24/2011-12/11/2011	Gym		13+	\$40 for 2x/Week	\$70 for 2x/Week
TRX Core Fusion	M F 9:20-9:50am				13+	\$15 1x week \$20 2x/week	\$25 1x week \$30 2x/week
TRX Drop-Ins	Any Class with Available Straps				Member & Non-Mem: \$5		

Y-Cycling

Cycle your way to fitness and improve muscle tone and endurance with this fun, challenging class that uses stationary bikes, upbeat music, and motivating instruction for an invigorating cardiovascular workout. Customizable using the bike's variable resistance settings.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Y-Cycling	M,W, F 8:30am	Weekly	Grp X Rm	13+	FREE	N/A	
	Sun 1:00pm						
	M W 5:15am						

Y.A.P. (Yoga, Abs, Pilates)

This class is a blend of our Pilates and Fitness Yoga classes with an emphasis on improving balance and core strength.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Y.A.P. (Yoga, Abs, Pilates)	M W 7:15pm	Weekly	Grp X Rm	13+	FREE	See Above	

Fitness Yoga

Restore yourself and find balance through Yoga. Increase strength, improve posture and reduce day to day stress.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Fitness Yoga	T Th 6am	Weekly	Grp X Rm	13+	FREE	See Above	

Zumba

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Zumba	T Th 4pm	Weekly	Grp X Rm	13+	FREE	See Above	
	Su 2pm						

Adult Sports

Adult Basketball Pick-Up League

Join in for a great game of basketball. Teams determined at each game.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Adult Basketball Pick-Up Games	M W F 6-8am T, Th 8:45 - 9:45pm	Ongoing	Gym	18+	FREE	\$5	

Adult Volleyball

Join in for a great game of volleyball.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Adult Volleyball	M 7:00pm	Ongoing	Gym	18+	FREE	\$5	

Adult Karate

Guardians Martial Arts Academy offers a balanced program of martial arts that will help each students of all ages develop confidence and self esteem, and empower their mind and body to reach their full potential, while gaining skills and knowledge that will last a lifetime!

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Adult Karate	T Thu 7-8pm	10/24/11	12/11/11	Gym	18+	\$35	\$60

Family Programs

Friday Family Nights

Fun for the whole family! Bring the kids to our popular FAMILY NIGHTS and enjoy activities that promote family

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Family Night	TBA	TBA		EBC	Families	FREE	\$5/family

Parents' Night Out

Drop off the kids at the Y and enjoy a night out ... they'll swim, make crafts, play games, make new friends, and watch

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Parents Night Out	TBA	TBA		EBC	3- 12 yrs	\$5	\$8

Active Older Adults (AOA) Programs:

AOA ... stands for Active Older Adults! YMCA Active Older Adult programs are designed to enrich the lives of people who are in their middle and older years by helping them stay active and healthy. At the YMCA, older adults have a place to go to improve their fitness levels, explore new interests and make new friends!

AOA Low Impact Aerobics

Increase your range of motion, flexibility and strength. Class may include light walking, upper body toning in chairs, light hand

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Silver Sneakers Fitness Class	T Th 9am	Weekly		Gym	50+	FREE	1x/wk \$27 2x/wk \$35

AOA Potlucks

Join us for a fun-filled hour of socializing...and enjoy great eats as well. Bring a dish to share.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
AOA Potluck	3rd Wed. of month			Lobby	50+	FREE	N/A

T.O.P.S.

Non-profit, weight loss support & wellness education as club members take off and keep off pounds sensibly.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	Fee
T.O.P.S.	W 12:45pm - 2pm	Ongoing		Aerobics Room	16+		Varies by Local Chapter

Parties & Rentals

Splash Parties

Bring your friends and we'll provide the pool and the fun! Call for details, fees and availability.

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Splash Parties	Fri 6:30p- 8:30p	Appointment		Pool	5 +	Contact Aquatic Director	
	Sat 1:00p-3:00p						
	3:30p - 5:30p						
	Sun 3:00p - 5:00p						

Children's Center Parties

Class Name	Day/Time	Start Date	End Date	Location	Ages	Member	NonMem
Children's Center Parties	Saturday and Sunday	Appointment		Children Center	1 - 6 yrs.	Contact Youth & Family Director	