



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING INTO ACTION

Program Guide
Spring 2012
February 20–April 7



YMCA OF SOUTHWEST ILLINOIS
O'FALLON YMCA



Proud member of
United Way
of Greater St. Louis





O'Fallon Center

Children Center & Rec Room Hours

Monday-Thursday

8:00am-12:00pm & 4:00pm-8:30pm

Friday

8:00am-12:00pm & 4:00-7:00pm

Saturday

8:00am-1:00pm

Sunday

12:30pm-3:30pm

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AQUATICS

Private/ Semi Private Swim Lessons

Private Swim Lessons (all ages)

These classes are based on a one-on-one swim instruction with a certified instructor. Contact the Aquatics Director for more details. (7 classes for 30 minutes)

Semi-Private Swim Lessons (all ages)

These classes are based on a one-on-two swim instruction with a certified instructor. (Both children should be similar level) Contact the Aquatics Director for more details. (7 classes for 45 minutes)

Swim instructors can be requested

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Private Lessons	Contact Aquatic Director	TBD	Any Age	\$98.00	\$149.00
Semi-Private Lessons	Contact Aquatic Director	TBD	Any Age	\$147.00	\$205.00

Parent/Child Swim Lessons (6-36 months)

SKIPS (Shrimp & Kipper, Inia & Perch)

This level is for children ages 6-36 months, *with a parent*. It is an introduction to the properties of water, including safe exploration. Activities include songs, games and basic water skills. The teacher/student ratio is 1:12.

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
SKIPS (Shrimp & Kipper, Inia & Perch)	M 5:20-6:05pm	6-36 months	\$34.00	\$68.00
	T 10:15-11:00am			
	W 5:20-6:05pm			
	TH 10:15-11:00am			
	Sa 9:25-10:10am			
	Su 1:15-2:00pm			

Preschool Swim Lessons (ages 3-5 yrs.)

Pike

Children will adjust to the water and develop independent movement in the water. It teaches basic strokes, kicking skills, floating, pool safety and holding their faces in the water. The teacher/student ratio is 1:6.

Eel

For children who are comfortable in the water and able to swim 5 feet with their face in the water with no floatation device. Children are taught to float, kick, dive and perform progressive arm movements across the pool. The teacher/student ratio is 1:6.

Aquatics continued:

Ray

For children who can swim 15 feet with their face in the water and no floatation device. Reviews and improves stroke skills on front, back, and side, builds endurance, teaches treading water and progressive diving skills. The teacher/student ratio is 1:6.

Starfish

For children who can swim 20 feet without floatation device on front, back and side. This advanced level refines crawl and backstroke. The teacher/student ratio is 1:6.

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Pike, Eel, Ray/Starfish	M 5:20-6:05pm	3-5 yrs	\$39.00	\$73.00
	M 6:15-7:00pm			
	T 10:15-11:00am			
	W 5:20-6:05pm			
	W 6:15-7:00pm			
	TH 10:15-11:00am			
	TH 6:15-7:00pm			
	F 4:15-5:00pm			
	Sa 9:25-10:10am			
	Sa 10:15-11:00am			
	Su 1:15-2:00pm			
	Su 2:15-3:00pm			

Youth Swim Lessons (ages 6-13 years)

Polliwog

This is a beginner class for those who are uncomfortable or inexperienced in the water. It teaches basic water skills including gliding with their face in the water, floating and kicking. The teacher/student ratio is 1:7.

Polliwog Plus

For children who can swim 10-15 feet without floatation device on front, back and side. Children should be comfortable with their face in the water. The teacher/student ratio is 1:7.

Guppy

For children who are able to swim 15-20 feet with or without a floatation device. Instructors will teach rhythmic breathing and swimming on the front, back and side. The teacher/student ratio is 1:7.

Minnow

For children who are able to swim 25 yards on front and back with or without a floatation device. Front crawl with rotary breathing, backstroke and sidestroke; beginning breaststroke and diving are taught. The teacher/student ratio is 1:8

Fish

For children who are able to swim 25 yards of front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Students refine breaststroke, improve all other strokes and will learn butterfly and open turns. The teacher/student ratio is 1:8.

Aquatics continued:

Flying Fish

For children who are able to swim 50 yards of front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and 25 yards of butterfly. Students will improve breaststroke, butterfly, and learn water rescues and improve endurance. The teacher/student ratio is 1:8

Shark

For children who are able to swim 100 yards of front and back crawl, breaststroke, elementary backstroke, and 25 yards of butterfly. Instructors will teach starts, turns and improve endurance. The teacher/student ratio is 1:10.

(All classes are once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Polliwog, Polliwog Plus, Guppy	M 5:20-6:05pm	6-13 yrs	\$39.00	\$73.00
	M 6:15-7:00pm			
	W 5:20-6:05pm			
	W 6:15-7:00pm			
	TH 6:15-7:00pm			
	F 4:15-5:00pm			
	Sa 9:25-10:10am			
	Sa 10:15-11:00am			
	Su 1:15-2:00pm			
	Su 2:15-3:00pm			

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Minnow/ Fish, Flying Fish/ Shark	M 6:15-7:00pm	6-13 yrs	\$39.00	\$73.00
	W 6:15-7:00pm			
	F 4:15-5:00pm			
	Sa 10:15-11:00am			
	Su 2:15-3:00pm			

Teen/Adult Swim Lessons

Teen/Adult Swim Instruction (ages 14+)

This class is for ages 14 years and up, non-swimmers and those who might be afraid of the water. (Classes are once a week per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Teen/Adult Swim Lessons	M 7:10-7:55pm	14+	\$39.00	\$73.00

Aquatics continued:

Barracuda Club (Ages 6-18 years)

This program is a kid's swim club for competitive or non-competitive swimmers that want to improve their stroke technique, endurance, starts and turns. (Classes are once a week per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Barracuda Club	M 4:30-5:15pm	6-18 yrs	\$39.00	\$73.00
	F 5:15-5:55pm			

YOSI Swim Team (Ages 6-18 years old)

This team is for competitive swimmers that want to compete at a swim team level. It will help to improve conditioning, stroke development, turns, starts and endurance for competitions.

All team members must be a YMCA Member to be on the team

Class Name	Day/Time	Start Date	End Date	Ages	Member Rate
YOSI Swim Team	Ask Welcome center for details.	TBD	TBD	6-18 yrs	Ask welcome center for details.

Masters Swim (Ages 18 years and up)

This program is for individuals wanting to improve their swimming stroke and prepare for competitions. An experienced swim coach is on deck during class to provide swimmers with stroke technique and a workout. The coach will work with individuals to assist with personal goals and to prepare for upcoming competitions. (Once a week per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Masters Swim	Sa 7:00-8:30am	18 +	\$39.00	\$73.00

YMCA Lifeguard Course

YMCA Lifeguard Course

This class is for anyone that is interested in being lifeguard certified. By getting this certification, you will also be getting certified in CPR-PR, AED, First Aid and Oxygen.

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
YMCA Lifeguard	Su 3:00pm-9:00pm	16+	\$190.00	\$235.00

Aquatics continued:

Aquatic Therapy

Aquatic Therapy at the YMCA in partnership with Memorial Hospital

Outpatient Physical Therapy Services at Memorial Hospital offers Aquatic Therapy to address a wide variety of orthopedic, spinal and neurological issues. The water facilitates low impact treatment of arthritis, work related injuries, sports injuries, osteoporosis, fractures, and other conditions where rehabilitation is warranted. Swimming experience is not necessary. If interested, call Memorial Hospital to learn more about this program.

Aqua Lungs

This class is designed to improve balance, strength and endurance. The exercises are gentle and slow. For more information, please contact Memorial Hospital's Pulmonary Rehabilitation Department at 618-257-5560. Register at YMCA Welcome Center.

Class Name	When	Member Rate	Non Member Rate
Aqua Lungs	12:15-1:00pm	Free	\$70 for 3 months

Aquatics Lap Swim, Open Swim, & Adult Swim

Lap Swim

For YMCA members, ages 13 and older, who can swim the length of the pool continuously. This is not recreational swimming time. Circle swimming might be a requirement if there are more than 3 people in a lap lane. This schedule is subject to change. Please ask the welcome desk for a list of times in which Lap Swim is NOT available.

Class Name	Date/Time
Lap Swim	M - F 5:30am-8:25am
	M - F 11:00am-12:50pm
	Sa 7:00am-8:00am & 12:00pm-12:50pm
	Su 12:00pm-1:00pm

Open Swim

Recreational swimming for YMCA members and guests. Check specific branch schedules for availability.

***During open swim, children under the age of 8 must be accompanied in the water by a responsible adult age 18 years or older. Children ages 8-13 may participate in Open Swim as long as they pass a swim test and parent remains in the facility.**

*Swim Test:

- Jump into water over individual's head and return to surface
- Tread water for at least one minute.
- After completing the above, swim unassisted to a ladder and climb out of the pool
- Upon passing, swimmer is marked with a wristband

Class Name	Date/Time
Open Swim	M 3:00-4:25pm, 8:00pm-9:45pm
	T 1:00pm-4:00pm, 7:10pm-9:45pm
	W 1:00pm-4:25pm, 7:00pm-9:45pm
	TH 1:00pm-4:00pm, 7:00pm-8:00pm
	F 1:00pm-4:10pm, 5:00pm-8:45pm
	Sa 11:00am-12:00pm, 1:00pm-5:45pm
	Sun 3:00pm-5:45pm

Aquatics continued:

Adult Swim

For recreational swimmers 18 years and older. Guests must be accompanied by a current YMCA member.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Adult Swim	M, W, F 10:15am-11:00am	Schedule subject to change	18+	FREE	\$5.00

Aquatic Fitness:

Aqua Aerobics

A total body workout using quick-paced toning exercises. This class is for anyone at any fitness level. It includes warm-up, stretching and cool down exercises. This is a great cardiovascular workout.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Aqua-Aerobics	M & W 4:30pm-5:15pm	Ongoing	13+	FREE	See Above
	M, T & TH 7:10pm-7:55pm				
	Sa 8:30am-9:15am				

Aquacise

A total body aerobic workout in chest-deep water using gentle stretches, wall exercises, kick boards and floatation noodles.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Aquacise	T, W & TH 8:30am-9:15am	Ongoing	13+	FREE	See Above

Aqua Tone

A fitness class held in shallow water using water and exercise equipment to provide resistance to movement. The class emphasizes muscle strengthening, endurance and flexibility.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Aqua Tone	M & F 8:30am-9:15am	Ongoing	13+	FREE	See Above

Deep Water Aerobics

An aerobic exercise using the deep end of the pool. This class is excellent for general fitness. Includes warm up, stretching, aerobics and a cool down.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Deep Water Aerobics	M-F 9:20am-10:05am	Ongoing	13+	FREE	See Above

Water Walking

This class is for people of all ages. Exercises are slow moving and gentle to improve joint movement, balance, endurance and strength. All water walking exercises are performed in shallow water.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Water Walking	T, W & TH 9:20am-10:05am	Ongoing	13+	FREE	See Above

YOUTH DEVELOPMENT

Boy/Girl Scout Badges

Boy/Girl Scout Water Badges

Contact the Aquatic Director for details.

Class Name	Day/Time	Start Date	End Date	Ages	Member Rate	Non Member Rate
Boy/Girl Scout Water Badges	Contact Aquatic Director to schedule.	TBD	TBD	N/A	\$2.50/scout	\$5.00/scout

Youth Health & Fitness Programs

Youth Fitness Center Orientation

Youth may enroll at age 12 or older. Without this class, members must be 16 years of age to use the Fitness Center. Orientation covers Fitness Center rules, proper and safe machine usage, seat adjustments and develops a basic exercise program.

Class Name	Day/Time	When	Location	Ages	Member Rate	Non Member Rate
Youth Fitness Center Orientation	Vary upon availability	Register at the welcome center 24 hours in advance.	Fitness Center	12+	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	When	Location	Ages	Member Rate	Non Member Rate
Youth Track Orientation	Appointments at Front Desk	Register at the welcome center	Track	10-12 yrs	FREE	N/A

Youth Strength and Conditioning (Ages 11 & up)

A challenging conditioning program for young athletes in all sports who are looking to improve their power, speed, quickness and explosive capabilities on the field and court.

Class Name	Day/Time	When	Location	Ages	Member Rate	Non Member Rate
Youth Strength & Conditioning	M & Wed 4:00-5:00pm	Ask welcome center for details.	Gym	12+	\$70.00	\$100.00

YXF Kids (Ages 7 & up)

Our goal is for participants to have fun while learning:

Coordination **Agility** **Strength** **Flexibility**
Balance **Speed** **Power**

Activities will include: activities such as (basic gymnastics, weight training, running, jumping, various sports, throwing, basic nutrition, cross training, rowing, catching, plyometrics, climbing).

Class Name	Day/Time	When	Location	Ages	Member Rate	Non Member Rate
YXF Kids	T & TH 4:00-5:00pm	Ask welcome center for details.	Gym	7+	\$55.00	\$85.00

Youth Sports

Spring Sports:

- Developmental Volleyball (registration begins January 1st)
- Soccer (registration begins February 1st)
- NFL Flag Football (registration begins February 1st)
- T-Ball/Coaches' Pitch (registration begins February 1st)

Class Name	Day/Time	Start Date	End Date	Ages	Location	Member Rate	Non Member Rate
Developmental Volleyball	Weekday practices determined by coach. Saturday games	Practices begin week of March 5th; Games begin March 17th	Last game May 5th	Grades 3-8	Location TBD	\$40	\$70
Soccer	Weekday practices determined by coach. Saturday games	Practices begin week of March 27 th ; Games begin April 9 th	Last game May 14 th	Grades K-2	Game location TBD	\$38	\$72
NFL Flag Football	Weekday practices determined by coach. Saturday games	Practices begin week of April 17th; Games begin April 30th	Last game June 18th	Grades 3-8	Games at Belleville Outdoor Center	\$53	\$79
T-Ball/Coach Pitch	Weekday practices determined by coach. Saturday games	Practices begin week of May 15 th ; Games begin May 28 th	Last game July 9 th	Grades K-4	Location TBD	\$38	\$72

Gymnastics

Beginning Tumbling

This class is for ages 6 and up. This class is designed for athletes who have never tumbled before. The basics of tumbling, such as a handstand, round-off and bridge kick-over will be taught and are very important for Intermediate Tumbling.

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Beginning Tumbling	W 4:30pm-5:15pm	6-36 months	\$39	\$73

Intermediate Tumbling

This class is for ages 6 and up. This class includes standing back handspring and round-off back handsprings.

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Intermediate Tumbling	F 5:30pm-6:30m	6-36 months	\$45	\$80

Tumbling Tots

This class is designed for parent/child interaction. It focuses on gross-motor development and socialization. Parents participate with their child in organized games that focus on balance and coordination. The teacher/student ratio is 1:6.

Youth Development continued:

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Tumbling Tots	T 4:00pm-4:30pm	6-36 months	\$34	\$68
	TH 4:00pm-4:30pm			
	Sa 9:00am-9:30am			

Rollers I

This class is for children wanting to learn basic gymnastics skills such as body positions, forward rolls and walking on the balance beam. These skills will develop strength and body balance control. The teacher/student ratio is 1:6.

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Rollers I	M 4:30pm-5:15pm	3-5 yrs	\$39	\$73
	T 4:45pm-5:30pm			
	TH 5:45pm-6:30pm			
	Sa 9:45am-10:30am			

Rollers II

This class is a continuation of Rollers I. It is designed for children wanting to learn basic gymnastics skills such as body positions, forward and backwards rolls, walking and jumping on the balance beam, cartwheels, bridges and more. These skills will develop strength and body balance control. The teacher/student ratio is 1:6.

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Rollers II	T 5:45pm-6:30pm	6-13 yrs	\$39	\$73
	W 5:45pm-6:30pm			
	TH 4:45pm-5:30pm 6:45pm-7:30pm			
	F 4:30pm-5:15pm			
	Sa 10:45am-11:30am			
	Su 1:00pm-1:45pm			

Swingers I

This class is a continuation of Rollers II. It is designed for children who have passed out of Rollers II. They will begin learning basic gymnastics skills such as back and handstand rolls, cartwheels, bridges, round-offs, dismounts, pullovers and more. These skills will develop strength and body balance control. The teacher/student ratio is 1:6.

Swingers II

This class is a continuation of Swingers I. It is designed for children who have passed out of Swingers I. They will learn basic gymnastics skills such as bridges from a standing position, round-offs, $\frac{3}{4}$ hand stands on the beam, dismounts, turns, pullovers and sole circles. These skills will develop strength and body balance control. The teacher/student ratio is 1:6.

Youth Development continued:

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Swingers I/II	T 6:45pm-7:30pm	6-13 yrs	\$39	\$73
	TH 6:45pm-7:30pm			
	Sa 11:45am-12:30pm			

Kippers (Advanced Level- Level 3 USAG)

This class is a continuation of Swingers II. It is designed for children who have passed out of Swingers II. They will be learning dive rolls, bridge kick-over, backward pike roll, jumps, leaps, back hip circles and more. These skills will develop strength and body balance control.

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Kippers	T 6:45pm-7:30pm	6-13 yrs	\$45	\$80

Open Gym

Open gyms are designed for kids ages 6 and up. They must be currently enrolled in a Gymnastics or Cheerleading class at our O'Fallon YMCA center. Please enroll at the front desk to reserve a spot to practice your skills.

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Open Gym	Su 2:00pm-4:00pm	6 years & up	\$5/day	\$10/day

Cheerleading

Tiny Cheer

This class is for children who are 3-5 years old. They will learn all aspects of cheerleading, such as different jumps, cheers, stunts and motions.

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Tiny Cheer	W 6:00-6:45pm	3-5 yrs	\$39	\$73

Mini Cheer

This class is for kids who are 6-8 years old. They will learn all aspects of cheerleading, such as different jumps, cheers, stunts, motions and a small routine that they will perform at the end of the session.

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Mini Cheer	T 5:30-6:30pm	3-5 yrs	\$45	\$80

Youth Development continued:

Youth Cheer

This class is for kids who are 9-13 years old. They will learn all aspects of cheerleading, such as different jumps, cheers, stunts, motions and a small routine that they will perform at the end of the session.

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Tiny Cheer	W 6:00-6:45pm	3-5 yrs	\$45	\$80

Tiny Cheer

The YMCA Cheerleading Program will help participants learn all aspects of cheerleading; emphasizing different jumps, cheers, routines, stunts and motions.

(All classes are offered once a week for 7 weeks per session)

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Tiny Cheer	W 6:00-6:45pm	3-5 yrs	\$39.00	\$73.00

Open Gym

Open gyms are designed for kids ages 6 and up. They must be currently enrolled in a Gymnastics or Cheerleading class at our O’Fallon YMCA center. Please enroll at the front desk to reserve a spot to practice your skills.

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Open Gym	Su 2:00pm-4:00pm	6 years & up	\$5/day	\$10/day

Strong Kids Productions

Drama/Theater

Students grades K-5th will perform a children’s adaptation of “Sleeping Beauty” and grades 6th-12th will perform a youth adaptation of “A Midsummer Night’s Dream”.

Class Name	Day/Time	Start Date	End Date	Ages	Location	Member Rate	Non Member Rate
A Midsummer Night’s Dream & Sleeping Beauty	Rehearsals mainly on Tues/Thurs	Auditions February 16 th ; Rehearsals begin February 21 st	Tentative weekend of April 14 th -16 th	Grades K-12	1 st United Methodist Church	\$90	\$120

Karate

Little Dragons I

(White—Blue Stripe Belts) Focuses on the core essentials to learning martial arts. Here, your child will learn the proper stances and techniques of punching and kicking. While learning the discipline of karate, children will work together as a team, focus, control their behavior, respect others and keep themselves fit with effective exercise. They will start learning and remembering the children’s home rules and the Student Creed

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Little Dragons I	M 5:30-6:15pm W 5:30-6:15pm	4-5 years	\$40	\$60

Little Dragons II

(Purple—Black Stripe Belts) Children can advance from Little Dragons I to this class and new students can join anytime. Here, your child will build off of the basic punch, kick, knee and elbow strikes by learning high and low self-defense Judo techniques, movements, applications and sparring.

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Little Dragons II	M 6:15-7:00pm W 6:15-7:00pm	6-7 years	\$40	\$60

Shotokan Beginners

(White—Orange Belts) This class is geared towards people who have just begun to explore their martial arts interests. Students will learn self-defense and learn the basics of karate. Students will learn proper stance and striking techniques. Sparring is incorporated in training to help students develop their skill. They also learn the discipline of karate while having fun and increasing their flexibility. Students will also learn a variety of fighting styles.

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Shotokan Beginners	M & W 7:00-7:45pm	8 & up	\$60	\$80

Shotokan Advanced

(Green Belts & Up) This class goes in-depth with the history of martial arts and the practical uses for defense. Students will learn more advanced grappling techniques, sparring moves and begin working with imitation weapons that demand precision and self-control

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Shotokan Advanced	M & W 7:45-8:30pm	Green Belts & up	\$60	\$80

YMCA Teen Leaders Club

Teen Leaders (Ages 13-18 years)

Leaders Club is a volunteer program for teens developed to provide members with opportunities for leadership training, personal growth, service to others and social development. All members play an active role in the Leaders Club and are responsible for achieving personal growth through clearly defined goals.

Class Name	Day/Time	Meeting Dates	2011 End Date	Ages	Member Rate	Non Member Rate
Leaders Club	M 6:00-7:00pm	Feb 6, Mar 5, April 2, May 7	May 7 th	13-18 yrs	Free	Free

Youth Development continued:

Safe Sitter

Safe Sitter (Ages 11-13 years)

The goal of Safe Sitter is to reduce the number of avoidable and unintentional deaths among children being cared for by adolescent babysitters. Through the program, graduates learn how to handle life threatening emergencies, how to keep themselves safe, when and how to call for help and how to understand and deal with children of different ages. They even learn about the business aspects of babysitting.

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Safe Sitter	1 st Saturday of each month	11-13 yrs	\$50	\$60

After School Tutoring

Tutoring (Kindergarten—8th Grade)

As the importance of education is growing in our society’s spotlight, the Y has developed a tutoring program to help. Whatever subjects your child may struggle with, we want to help. Please check with the Member Services desk for information on pricing and dates. **Interested in tutoring? Contact Becky Hughes for more information. 618.628.7701**

Adult Health & Fitness Programs

(All health & fitness programs require registration)

Personal Training

One-on-one instruction that incorporates goal setting and health education into challenging training sessions specifically 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	When	Ages	Member Rate	Non Member Rate
Personal Training	Appointments w/ Personal Trainer	Appointment Only Ask the welcome center for a personal training registration packet.	13+	1x for \$35	N/A
				3x for \$105	
				6x for \$170	
				10x for \$260	
				15x for \$365	
				30x for \$700	

YMCA Personal Fitness (YPF) (ages 18+)

Get started on your health and wellness journey! With this 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 provide feedback on a weekly basis. Individual exercise sessions are completed at your convenience with fitness coaches available to answer questions.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Personal Fitness Program	Appointments w/ Fitness Ctr. Staff	12 Week program	18+	FREE	N/A

Adult Healthy Living continued:

Fitness Center Orientations

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. Appointments may be made at the front desk.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Fitness Center Orientations	Appointments at Front Desk	Appointment Only	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 cardiovascular endurance, flexibility, muscular strength, and muscular endurance. Contact the Fitness Director with any addition questions.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Fitness Assessments / Body Composition	Appointments w/ Fitness Center Staff	Appointment	13+	Free within first 30 days of membership; \$10 thereafter	N/A

Boot Camp

Are you ready for results? Do you need motivation? Then it's time to get serious and take your exercise routine to the next level by enrolling in Fitness Boot Camp!

- Get a Challenging Workout
- Increase Strength & Endurance
- Pre & Post Assessment available

Adult Healthy Living continued:

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
Boot Camp	M, W & F 5:30-6:30am	13+	\$75.00	\$105.00
	M, W & F 9:15-10:15am			
	M, W 7:30-8:30pm			
	T & TH 5:20-6:20pm			

YXF Level 1 (YMCA Extreme Fitness)

YXF delivers a fitness that is, by design, broad, general and inclusive. This class is designed for universal scalability making it the perfect application for any committed individual regardless of experience. We use the same routines for elderly individuals to active duty military personnel and produce great results.

- Take part in detailed workouts 2-3 days a week
- Utilize functional movements to build core strength
- Lose body fat, build and tone muscle, look and feel great

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
YXF Level 1	T & TH 5:30-6:30am	13+	55.00	85.00

TRX Suspension Training (Iron Circuit)(ages 13+)

With its unique blend of Suspension Training exercises and kettlebell conditioning intervals, TRX Kettlebell: Iron Circuit Conditioning will improve your strength, mobility and balance. You can sculpt muscles and blast fat, all with one workout! This intense program features 10 rounds and 3 levels of exercise difficulty, so you can continually challenge yourself.

***ask the welcome center about TRX drop-in options \$5/class/member when available**

Adult Healthy Living continued:

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
TRX Iron Circuit	M, W & F 10:10-11:10am	13+	\$60	\$90

YXF Level 2 (YMCA Extreme Fitness)

YXF delivers a fitness that is, by design, broad, general and inclusive. This class is designed for universal scalability making it the perfect application for any committed individual regardless of experience. We use the same routines for elderly individuals to active duty military personnel and produce great results.

- Take part in detailed workouts 4 days a week
- Utilize functional movements to build core strength
- Lose body fat, build and tone muscle, look and feel great

Class Name	Day/Time	Ages	Member Rate	Non Member Rate
YXF	M, T, TH & F 6:30-7:30am	13+	\$100	\$130

Crosstraining

This class is packed with variety, providing benefits both physically and mentally. It may include kickboxing, step, classic aerobics, circuit training, or any combination of these. (50-60 minutes)

Class Name	Day/Time	Location	Ages	Member Rate	Non Member Rate
Cross Training	M 5:30-6:20pm	Group Exercise Room	13+	FREE	n/a

Group Exercise

Bodyworks

Class uses weights and resistance tubes and targets and tones upper and lower body muscles, as well as the abdominals.

Class Name	Day/Time	Location	Ages	Member Rate	Non Member Rate
Bodyworks	M, W & F 7:00a-7:50am	Group Exercise Room	13+	FREE	n/a

Kettlebell

Learn how to use one of the most functional fitness tools around and get ready to start shedding the pounds and sculpting your body. (50-60 minutes)

Class Name	Day/Time	Location	Ages	Member Rate	Non Member Rate
Crosstraining	M/W 6:30-7:30pm	Group Exercise Room	13+	FREE	n/a
	F 9:00-9:50am				

Circuit Cardio

Enjoy the best of both worlds: strength and cardio in a circuit training format where burning calories effectively and toning the body is the goal.

Class Name	Day/Time	Location	Ages	Member Rate	Non Member Rate
Circuit Cardio	T 5:30-6:30am	Group Exercise Room	13+	FREE	n/a
	T & TH 8:30-9:30am				

Core Motion

Get on the ball in our dynamic new class using a large stability ball. The ball will engage your core muscles throughout each exercise as you improve cardiovascular fitness, strength and balance.

Adult Healthy Living continued:

Class Name	Day/Time	Location	Ages	Member Rate	Non Member Rate
Core Motion	Sa 9:00-10:00am	Group Exercise Room	13+	FREE	n/a

Fitness Yoga

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

Class Name	Day/Time	Location	Ages	Member Rate	Non Member Rate
Fitness Yoga	M, W & F 6:00-6:50am	Group Exercise Room	13+	FREE	n/a
	Tu 9:35-10:05am				
	10:10-10:40am				
	W 5:30-6:20am				
	Su 2:35-3:25pm				

Kickfit/30 minute Abs

This class combines upper body boxing punches with lower body kicks and finishes with a 30 minute ab routine that will teach you proper exercises and form.

Day/Time	Location	Ages	Member Rate	Non Member Rate
M & W 6:30-7:30pm	Group Exercise Room	13+	FREE	n/a

Power Pump

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

Class Name	Day/Time	Location	Ages	Member Rate	Non Member Rate
Power Pump	M, W & F 8:00-8:45am	Group Exercise Room	13+	FREE	n/a

Pilates Conditioning

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	Location	Ages	Member Rate	Non Member Rate
Pilates Conditioning	M, W & F 9:00-9:50am	Group Exercise Room	13+	FREE	n/a

Step (Intermediate/Advanced)

Individuals with step experience who are ready for a more powerful workout. Learn challenging combinations designed for intermediate to advanced stepper.

Class Name	Day/Time	Location	Ages	Member Rate	Non Member Rate
Step (Intermediate)	M & W 9:00-10:00am	Group Exercise Room	13+	FREE	n/a

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.

Day/Time		Location	Ages	Member Rate	Non Member Rate
M, T, W, TH & F	5:30-6:15am	Cycle Room Level 1	13+	FREE	N/A
T & TH	7:00-7:45am				
T & TH	9:00-10:00am				
M, W & F	10:10-10:55am				
Sa	8:15-9:15am				
M	6:00-7:00pm				
T & TH	5:30-6:20pm				

Zumba

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

Class Name	Day/Time	Location	Ages	Member Rate	Non Member Rate
Zumba	M 4:20-5:20pm T & TH 7:30-8:30pm W 11:30-12:30pm F 4:30-5:30pm	Group Exercise Room	13+	FREE	n/a

Adult Sports

Adult Basketball Pick-up League

Join in for a great game of full-court basketball. Teams determined at each game. If you like to play basketball but don't have enough players, then this league is for you. Guests MUST be accompanied by a current YMCA member.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Adult Basketball Pick-Up Games	Thursdays 8:00pm-9:45pm	Schedule Subject to change	21+	FREE	\$5

Adult Racquetball Open Play

Want to play racquetball but don't have anyone to play? Come meet and play others that are of all skill levels.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Adult Racquetball Open Play	Th 6:00-8:00pm Sa 7:00-9:00am	Schedule Subject to change	18+	FREE	\$5

Adult Volleyball Open Play

Join in for a great game of volleyball. Teams determined at each game. If you like to play volleyball but don't have enough players, then this league is for you.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Adult Volleyball Pick-Up Games	Wednesdays 8:00pm-9:45pm Sundays 4:00pm-5:45pm	Schedule Subject to change.	18+	FREE	\$5

Active Older Adults Activities

AOA Potlucks

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

Class Name	Day/Time	When	Location	Ages	Member Rate	Non Member Rate
AOA Potluck	2 nd Wednesday of each month	Schedule subject to change	Cafe	30+	FREE	N/A

S.O.S (Senior Option Strength)

This is a great class for older adults (50+) who are seeking a great workout that will incorporate strength training.

- Build Strength & Muscle Mass
- Proper Weight Maintenance
- Preserve Bone Density
- Reduce the risk of Osteoporosis

Class Name	Day/Time	Location	Ages	Member Rate	Non Member Rate
A.O.A Low Impact Aerobics	T & TH 9:45-10:45am	Aerobics room	50+	Free	n/a

Parties & Rentals:

Keep your eyes peeled for New & Exciting Themed Parties!!

Party at the Rock Wall (ages 7+)

Enjoy a private party with your friends and family celebrating your birthday or just because you're doing well in school! Your group will enjoy climbing and hanging out. It's something unique that everyone will enjoy whether you have never climbed before or you're an advanced climber

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Climbing Wall Parties	Sat 1:30pm-3:00pm	Ask the welcome center for dates of availability and details.	8+	\$100.00	\$125.00
	Sat 3:30pm-5:00pm				

Climbing parties are designed for 12 participants. An extra fee will be added if a larger party is needed

Children's Center Parties / Bounce House

Our Children Center parties are designed for children 6 years and under. Our dedicated staff will be on hand to ensure the safety of your children and their friends.

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Children's Center Parties/bounce house	1st and 3 rd Sat of the month 1:30-3:00 pm	Ask the welcome center for dates of availability and details.	1-6 yrs	\$100	\$125
	2 nd and 4 th Sat of the month 1:30-3:00pm and 4:00-5:30pm				

Splash Parties (Ages 6 years and up)

The Splash Parties consist of swimming and fun in the pool for one hour guarded by certified lifeguards. A lifeguard will explain the pool rules and swim test requirements prior to the swimmers entering the pool. Weak swimmers are restricted to the shallow end of the pool and are fitted with a float belt. The pool viewing area is available for 45 minutes after the scheduled swimming time for the party celebrations.

Children ages 6 and 7 must be accompanied in the water by an adult (1 adult per 5 children for pool parties)*Children 6 years old and younger must have 1 adult per every child

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Splash Parties (Private)	Sa 6:00-7:00pm	Ask welcome center for dates of availability.	8+	\$150.00	\$180
	Su 6:00-7:00pm				

Private parties are for 50 people or less

Class Name	Day/Time	When	Ages	Member Rate	Non Member Rate
Splash Parties (Open Swim)	F 6:00pm-8:00pm	Ask welcome center for dates of availability.	8+	\$85.00	\$115.00
	Sa 1:00pm-4:30pm				
	Su 3:00pm-4:00pm				

Open swim parties are for 25 people or less and the party will have the pool during open swim hours

FOR SOCIAL RESPONSIBILITY

Volunteer and Make a Difference

With the Y, you're not just a member of a facility or a volunteer- you are part of a cause. You have the opportunity to learn, grow and thrive while sharing the commitment to nurturing the potential of kids, improving health and well-being, giving back and supporting our neighbors. Across the country, the Y helps people give back and assist their neighbors by offering opportunities to volunteer, advocate and support programs that strengthen community.

As a YMCA volunteer, you can lead a program, serve as a role model for youth, help out in the office or at a special event, raise funds for those in need, or be a part of a team that helps work on neighborhood issues. No matter how you help, you will make a big difference as you work with others to create a feeling of community. Do something good, volunteer at the YMCA.

Opportunities include:

- Homework Tutor
- Internships
- Literacy Services
- Youth Sports Coach/official
- Fitness and Aquatics Instructor
- Mentor for Youth and Teens
- Teen Chaperone
- YMCA Annual Community Drive
- Community Outreach
- Day Camp
- Child Watch
- Tour Guide
- Special Events and Projects
- Branch Board of Managers and Board Committees
- Fund Raising
- Task Force
- Clerical/office

The generosity of others is at the core of our existence. It is only through the support of our hundreds of thousands of volunteers and our public and private donors that we are able to give back to the communities we serve. Visit the front desk at any YMCA or call the branch location nearest you to discuss volunteer opportunities.

Please Note: The YMCA offers both full-time and part-time career opportunities in a variety of disciplines. Visit YMCA Employment Opportunities for more information.

Giving back and providing support to our neighbors:

Global Services

Mission Trips

World Service Campaign

Events, Forums & Festivals

Volunteerism & Giving

Annual Support Campaign

Youth Sponsorships

Managerial Volunteers

Policy Volunteers

Program Volunteers

Community Outreach Services

The Y is committed to ensuring every young person in the O'Fallon area has the opportunity to become a healthy and productive member of society. The youth programs at your O'Fallon YMCA currently have an enrollment of more than 5,000 annually and continue to grow.

Likewise, the financial assistance that serves these areas continues to grow, along with the need for quality values-based programs. The YMCA has the experience and the expertise to deliver. Y programs help youth grow as whole people—in spirit, mind and body.

When the YMCA annually offers \$130,000 in financial aid back to the community, we provide:

- Youth have a safe place to go, keeping them off the streets and taking part in other illegal activity.
- They are exposed to more opportunities for learning and education, leading to an improved high school graduation rate, and an increased chance of students pursuing post-secondary education.
- They understand their roles as future leaders in our communities and prepare to lead us.
- They lead healthier lives—physically, mentally and spiritually, and the entire community benefits.

Y Race Series 2012 Run/Event Schedule

Participate in one or all events.

O'Fallon: Rock the 80's Springtime Challenge 5K/10K/15K-March 31st 2012
Monroe: Marcia Pruett Run For Your Life 5K- May 12th, 2012
CMT: Half Marathon-May 20th, 2012
CMT: Summer Sizzler-July 14th, 2012
DT: Lakeside 5K/10K Saturday September 22nd 8am.
O'Fallon: Frightful Fall Finale 5K/10K/15K-October 20th, 2012
Monroe: Monroe County YMCA 10K Bluff Trail Run- Oct. 27, 2012
Monroe: Great Gobbler Gallop 5K-Nov. 22, 2012

2011 Fall Special Events

• • • **Zumbathon**

February 4th

6:30pm-9:30pm

Come participate in a great event keeping you active and benefits the underprivileged families in our community.
SPOILER ALERT: Surprise return from star Zumba trainer Misti!!

• • • **YMCA Family Nights**

3rd Friday of every month

7pm to 9pm

Feb 17th, Mar 16th & Apr 20th

Activities Include Bounce House, Open Gym, Rock Climbing, Open Swim, Games, Giveaways, Crafts, Karaoke, Food, Dancing, Open Play and More!!



• • • **Parents Night Out**

1st and 3rd Saturday of each month!

4pm to 9pm

February 4th & 18th

March 3rd & 10th

April 7th & 21st

Bring your kids to the O'Fallon Y for a night of crafts, team building activities, swimming and fun!
* *Children (must be potty trained) ages 3-12*

YMCA OF SOUTHWEST ILLINOIS

Downtown Belleville • 233-1243 / East Belleville • 236-9983 / O'Fallon • 628-7701
Red Bud • 282-9622 / Collinsville Maryville Troy • 346-5600 / Monroe County • 281-9622
