



ADULT (16 & UP)

FALL 2009

FALL SESSIONS AND REGISTRATION DATES

Fall I	Session: 9/8—10/25	Member Reg: 8/12	Open Reg: 8/20
Fall II	Session: 10/26—12/13	Member Reg: 10/9	Open Reg: 10/16
Fall I Swim Lessons	Session: 9/8—10/31 (8wks)	Member Reg: 8/12	Open Reg: 8/20
Fall II Swim Lessons	Session: 11/2—12/19 (7wks)	Member Reg: 10/27	Open Reg: 10/30
PRESCHOOL	Session: 8/31/09—5/27/10	Member Reg: 8/1	Open Reg: 8/15

YMCA Holiday Hours

Lap Pool closed for maintenance: 8/24—8/30/09
 Labor Day Weekend: CLOSED 9/5—9/7 for cleaning and maintenance
 Thanksgiving Day: CLOSED 11/26
 Recreation Pool Closed for Maintenance: 12/19/09—1/10/10
 Christmas Eve: 12/24 –Wellness Center open 6:00 a.m.—12:00 Noon (the rest of the facility will be closed.)
 Christmas Day: 12/25—CLOSED
 New Years Eve: 12/31—Open 5:00 a.m.—4:00 p.m.
 New Years Day: 1/1—Open 12:00 noon—6:00 p.m.

Regular Facility Hours (9/1-5/31)

Mon.-Fri: 5:00 a.m.—10:00 p.m.
 Saturdays: 6:00 a.m.—6:00 p.m.
 Sundays: 10:00 a.m.—6:00 p.m.

Facility Schedules:

Schedules for the pools, gym, sports center and fitness classes are located in the brochure racks at the front desk AND on our web site at :

www.kishymca.org

FAMILY & SPECIAL EVENTS

End of Summer Splash—Join your fellow YMCA members for an evening of family fun! FREE for YMCA members and their families.

Saturday, August 22 6:00—9:00 p.m.

Tickets are FREE, but limited. Available at the YMCA Front desk.

Try the Y Free Week (8/31—9/4)

Bring a friend during Try the Y Free Week! A variety of classes will be offered in addition to gym and swim times. A photo ID is required for all guests, and those 12 and under must be accompanied by an adult. Free Week class and pool schedules will be available at the Front Desk.

America On The Move— Open to the entire community! All participants receive a Pedometer, 4-week walking pass to the Kishwaukee YMCA, information on taking small steps to improve your health, and the opportunity to take part of the America On The Move Community Walk.

September 20—October 17 \$5 per participant

Halloween Party—Activities include a Haunted House, Not So Scary Haunted House, lots of games, prizes, candy and more. Children must be accompanied by an adult. 4:30 – 5:30 recommended time for our littliest party goers.

Friday, October 23 4:30—8:00 p.m.

SERVICES

Commit To Be Fit

Get over those motivational obstacles! Includes three 45-60 minute face-to-face visits with your own Fit Coach over an 8-week period. Plus, instruction on equipment, an individualized exercise program, motivation from your coach and "where have you gone" calls if you need the reminder! :)

Free to Y members—Sign up at the Front Desk

Revised 10/26/09

Kishwaukee Family YMCA—2500 W. Bethany Rd., DeKalb, IL
Phone: 815-756-9577 Fax: 815-758-4549 WWW.KISHYMCA.ORG

Wellness Center/Equipment Orientation

Learn the correct way to use all of our equipment in a one-on-one training with a Fitness staff member. All 12-15 year olds must go through a training to use the equipment.

FREE to Y Members—Sign up at the Front Desk

30-Minute Express Workout Orientation

Sign up for a one-on-one training on how to correctly use our Life Fitness Express Workout stations.

FREE to Y Members—Sign up at the Front Desk

Therapeutic Massage

Massage provides a relief from the chronic ailments, pain, stress, and tension. It enhances flexibility and circulation and relaxes the body, mind, and spirit. Appointments must be made 24 hours in advance. Payment is due when the appointment is made. Must cancel 24 hours in advance or be charged the full amount. Members and Non-Members welcome.

\$40/\$50 per hour \$30/\$35 per half hour

Fitness Assessments

Assessment includes your heart rate, cardiovascular evaluation blood pressure, body composition, muscular strength and flexibility. An exercise specialist will go over your results, help you set realistic goals and teach you exercise guidelines.

\$25/\$45

Nutrition Counseling

How healthy is your diet? Keep track of your eating for several days and then have our Certified Nutritionist Jamie Vilet, evaluate your diet. Learn how to eat better for weight loss, muscle building or whatever goals you may have. Available for adults and children.

Personal Counseling: \$15

Personal Training

By appointment. Payments are made at the member services desk. (Appointments must be cancelled 24 hours in advance or be charged for the hour)

1 hour appointments \$33/\$55

Save money by purchasing a package: 3 sessions for \$84/\$150

Partner Training

Share a trainer and work out with a friend.

1 hour appointments \$53/\$65 Save money by purchasing a package:

3 sessions for \$140/\$160

Private “Life and Wellness” Coaching

Coaching sessions are one-on-one. Certified Lifestyle and Wellness Coach, Becky Cohen (RN, Ed.D.HN/BC) By appointment. Check out: www.partneringforchange.com **\$50/hour**

The Stanford Health and Lifestyle Assessment

The SHALA: helps you identify potential health risks, assists you in making important health choices, SHALA was developed by Stanford University for the YMCA. It is FREE to YMCA members and provides immediate results through a simple on-line process, is completely confidential.

1. Go to: http://stanfordhealthimprovement.org/activate_america

2. click on “create a new account”

3. Enter yes on first questions “are you a YMCA member”

4. Enter no on next question “are you a part of a YMCA-sponsored....”

Follow prompts to our YMCA.

Transform Your Stress/Transform Your Life with HeartMath

Training includes 4 -5 one-on-one sessions with Rebecca Cohen, Ed.D. Certified Wellness Coach, HN/BC, CPHQ. Must be over 18 and have no implanted pacemakers or other electronic devices for control of body functions. Check out: www.partneringforchange.com

By Appointment \$50/hour

AQUATICS

Masters Swim Club(18 yrs and Up)

MWF TBD

SAT 6:30 - 7:45 a.m.

SUN 10:00 - 11:30

Sep/Oct \$25/\$50

Nov/Dec \$25/\$50

Adult Swim Lessons

Tu 7:15 – 8:00 p.m.
Sa 11:15–12:00 p.m.
\$50/\$80

Arthritis Aquatics

MWF 9:30 - 10:25 a.m. \$14/\$79

Deep Water Arthritis Aquatics

MWF 9:30 - 10:25 a.m. \$14/\$79

Dynamic Duo

T 8:45 - 9:30 a.m. \$7/\$33
TH 8:45 - 9:30 a.m. \$7/\$33

Water Exercise/Jog

MW 7:00 - 7:45 a.m. \$10/\$69
TTH 8:45 - 9:30 a.m. \$10/\$69
TTH 6:30 - 7:15 p.m. \$10/\$69

Water Exercise

All exercises done in the shallow end.

MWF 8:30 - 9:20 a.m. \$13/\$79

Senior Water Exercise

MUST BE 65 OR OLDER.
MWF 1:00 - 1:55 p.m. FREE/\$79

Re-Coup/MS

Participants must have a signed note from Janie to register.

*Scholarships are available through the MS Foundation.

MWF 10:30 - 11:15 a.m. \$17/\$79
MWF 11:15 - 12:10 p.m. \$17/\$79
TTH 6:15 - 7:00 p.m. \$14/\$69

WELLNESS/FITNESS

30 MINUTE EXPRESS CLASSES

M 5:30 - 6:00 p.m. Aerobics/Step
M 6:00 - 6:30 p.m. Toning
M 6:30 - 7:25 p.m. Pilates/Stretch
T 5:45 - 6:15 p.m. Kickboxing
T 6:15 - 6:45 p.m. Toning with ball
W 5:30 - 6:00 p.m. Aerobics/Step
W 6:00 - 6:30 p.m. Toning
TH 5:45 - 6:15 p.m. Aerobics/kickboxing
TH 6:15 - 6:45 p.m. Toning
FREE/\$75

Aerobic Kick Boxing

T 5:45 - 6:15 p.m. FREE/\$28

Ballroom Dance Workshops

Third Tuesday of the month. 9/15, 10/20, 11/17, and 12/15

7:00-8:30 p.m. \$10 per person per workshop

Beginning Yoga/Pilates

T 12:10 - 12:50 p.m. FREE/\$33

Beginning Ball and Pilates

TH 12:10 - 12:50 p.m. FREE/\$33

Belly Dancing 101

Instructor: Sandy Schramel

F 10:10- 11:00 a.m. \$15/\$25

Body Sculpting with balls, bands and bars.

W 8:00 - 8:45 a.m. FREE/\$33

Boot Camp

TTH 9:00—10:00 a.m. FREE/\$69

Cardio Cycling

M 5:15 - 6:00 a.m.

M 5:30 - 6:15 p.m.

T 5:15—6:00 p.m.

W 5:15 - 6:00 a.m.

W 5:30 - 6:15 p.m.

TH 6:55 - 7:40 p.m.

F 5:15 - 6:00 a.m.

SAT 8:15-9:00 a.m.

FREE/\$33 Class size limited

Circuit Training with Weights

Orientation is required. MWF 9:30 a.m. is for advanced, returning students only. Must register, class size limited.

MWF 9:30 - 10:30 a.m.

MWF 10:45 - 11:45 a.m.

MW 5:30 - 6:30 p.m. –This class taught in English and Spanish

T 5:15 - 6:00 a.m.

TTH 9:30 - 10:15 a.m.

FREE/\$79

Core Fusion

No cardio component.

T 6:00 - 6:45 a.m. FREE/\$24

TH 6:00-6:45 a.m. \$9/\$25

Get On The Ball

Class size very limited.

M 8:00 - 8:45 a.m. FREE/\$33

T 6:15 - 6:45 p.m. FREE/\$33

F 8:00 - 8:45 a.m. FREE/\$33

Glutes, Guts & More

MW 9:00 - 9:45 a.m.

FREE/\$33

Hatha Yoga

Taught by Jeff Leach, a certified yoga instructor since 1978. He is a student

of Behram Guard and has a relaxed and accessible teaching style.

M 7:30 - 8:45 p.m. Beginners \$56/\$71

W 7:30 - 9:00 p.m. Inter and Adv \$56/\$71

Noon Fitness

MWF 12:15 - 1:00 p.m. FREE/\$79

Pilates & Pointe - NEW!!

Fridays 11:10- 12:00p.m. Oct 30 – Dec 18

Y members: \$9.00 Non-members \$24

Instructor: Sharon Smith

Pilates/Yoga Movements

M 6:30 - 7:25 p.m.

(This Monday class is free. 6:30-7:00 is for beginners; 6:30-7:25 –intermediate. Intermediates stay for the whole hour.)

T 9:00 - 10:00 a.m. (pilates only)

TH 9:00 - 10:00 a.m. (pilates only)

SA 8:00 - 9:00 a.m.

Fees: \$12/\$34

Power Hour

M 4:20 - 5:20 p.m. \$14/\$34

W 4:20 - 5:20 p.m. \$14/\$34

Instructor: Diana Keys

Class size limited

Power Yoga

W 9:00 - 10:00 a.m. \$12/\$34

F 9:00 - 10:00 am. \$12/\$34

Silver Sneakers –Senior Strength Training

Pick up medical clearance and health form at YMCA.

MWF 9:15—10:00 a.m. \$14/\$79

Step and Strengthen

MWF 9:00 - 10:00 a.m. FREE/\$79

TTH 4:30 - 5:40 p.m. FREE/\$69

Zumba!

High energy Latin flavored dance fitness class.

TH 5:45 - 6:35 p.m. \$12/\$33

SAT 7:00—7:50 a.m. \$12/\$33

SPORTS

Adult /Teen Martial Arts (13-adult)

T TH 8:15-9:15 p.m. \$35/\$53

NEW! Adult Flag Football League

Coed & Men's Divisions. Play is 5 vs. 5. **7 Game season concludes with a tournament. Teams supply own same colored jerseys.**

Games Begin: September 12th

Game Day: Saturday

Game Times: Between 9:00 – 1:00

Team Fee: \$275.00

Player Fee: \$10.00 /\$20.00

Registration Deadline: September 1

Co-Ed Recreational Volleyball (High School and Up)

Register as a team or sign up as an individual.

Team Fee: \$275.00

Individual Fee: \$25.00 Members \$45.00 Nonmember

Season: September 22nd - November 17 (League will conclude with a season ending tournament)

Registration Deadline: September 14th

Game Times: Tuesdays at 8:00 or 9:00

House Roller Hockey League (High School and Up)

Games played on Sunday nights. For more specifics on this program visit www.kishhockey.com

Registration Deadline: September 19

Season: September 20—December 13

*Season days subject to change

Player Draft: Thursday, September 17 7:30 PM

\$45/\$90

Private Racquetball Lessons

Lessons will be taught by YMCA member Manny Diaz. Manny has played competitive and recreational racquetball for 25 years. To schedule a racquetball lesson with Manny, please contact the YMCA @ 815-756-9577 or staylor@kishymca.org.

Time: By appointment

Fee: Member \$20.00 Hr. Nonmember \$25.00

Adult Quick Start Tennis League

Matches will be played on Friday mornings using Quick Start Tennis Equipment. For

more information contact Scott Taylor@ 815-756-9577 or staylor@kishymca.org

Start Date: October 30—December 18

Fee: \$25.00 Member \$50.00 Nonmember

Drop In Sports

Adult Drop In Hockey

Thursday Nights 8:00pm - 10:00pm

FREE/\$6

Adult Drop In Soccer

Monday Nights 8:00 - 1 0:00pm

Wednesday Nights 8:00pm - 10:00pm

FREE/\$6

Adult Drop in Volleyball

Tuesday Nights 8:00pm - 1 0:00pm (When Recreational Volleyball League is not running)

FREE/\$6

DESCRIPTIONS

SERVICES

Commit To Be Fit

Get over those motivational obstacles! Includes three 45-60 minute face-to-face visits with your own Fit Coach over an 8-week period. Plus, instruction on equipment, an individualized exercise program, motivation from your coach and "where have you gone" calls if you need the reminder! :)

Wellness Center/Equipment Orientation

Just became a member? Never used our strength training equipment or just want a new program? Learn the correct way to use all of our equipment in a one-on-one training with a Fitness staff member. Sign up for instruction in strength training, cardiovascular, or weight equipment at our member services desk. All training is one-on-one and free to YMCA members. Schedule varies. All 12 - 15 yr. olds must go through a training to use the equipment.

30-Minute Express Workout Orientation -

Get a whole body workout in 30 minutes on our Life Fitness strength training equipment. Set up in a circuit from big muscles groups to small, you will work all the major muscles groups in just 30 minutes. Increase metabolism, lose weight, strengthen bones, and tone muscles. Sign up for a one-on-one training at the member services desk.

Massage

All appointments must be made at least 24 hours in advance and are made on a first come, first serve basis. Payment is due when the appointment is made. Must cancel 24 hours in advance or you will be charged the full amount. Members and Non-Members welcome.

Fitness Assessments

Assessment includes your heart rate, cardiovascular evaluation blood pressure, body composition, muscular strength and flexibility. An exercise specialist will go over your results, help you set realistic goals and teach you exercise guidelines.

Nutrition Counseling

Sign up for an appointment with our Certified Nutritionist Jamie Vilet. Available for adults and children.

Personal Training

Need some motivation to start or continue your fitness program? Let us help you set your goals, develop an individualized program, and motivate you. All workouts are one-on-one with a qualified trainer. By appointment. Payments are made at the member services desk.

Partner Training

Share a trainer and work out with a friend.

Private "Life and Wellness" Coaching

Do you want one-on-one, individual support to learn how to gain better health, more energy and balance in your life? A certified lifestyle and wellness coach will help you get "unstuck" and create a Personal Plan for Long Lasting Results to achieve REAL success in meeting your fitness goals. Lose weight, reduce stress, fit exercise into your busy life, feel healthy and gain energy you never knew you had. Coaching sessions are one-on-one. Certified Lifestyle and Wellness Coach, Becky Cohen (RN, Ed.D.HN/BC)

The Stanford Health and Lifestyle Assessment

The SHALA: helps you identify potential health risks, assists you in making important health choices, SHALA was developed by Stanford University for the YMCA. It is FREE to YMCA members and provides immediate results through a simple on-line process. is completely confidential.

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4. Enter no on next question "are you a part of a YMCA-sponsored...."

Follow prompts to our YMCA.

Transform Your Stress/Transform Your Life with HeartMath

Career and life changes, illness and injury are common causes of stress. Learn how to manage your emotional reactions to, and perceptions of, your stress to gain better health, more calmness, reduce your risk for disease, and improve your performance and ability to focus. *HeartMath* teaches you how to bring your emotions, body, and mind into balance and the changes you create are long lasting. Once you learn the technique of HeartMath, you can use it anywhere,

anytime to cope with life's challenges in a healthy way. Training includes 4 -5 one-one sessions with Rebecca Cohen, Ed.D, Certified Wellness Coach, HN/BC, CPHQ. By appointment, must be over 18 and have no implanted pacemakers or other electronic devices for control of body functions. Check out: www.partneringforchange.com

AQUATICS

Masters Swim Team (18 yrs and Up)

This program is designed to meet the needs of every type of swimmer. Whether you are training for competition in a triathlon, swim meet or improving your technique and endurance, Masters is for you. Each practice will be run by a coach. Each swimmer will purchase a punch card and only get charged for the practices attended. Membership in the United States Master Swim is also available if interested in competing in meets.

Adult Swim Instruction (13 yrs and up)

The ability to swim is important to everyone, even adults. The "Y" offers a beginning class for adults. This class is designed to make people more comfortable in the water and to learn basic skills.

YMCA Lifeguarding (Must be 16 yrs of age)

YMCA of the USA's research-based lifeguard training program provides a comprehensive education centered on preventing accidents in aquatic environments. It focuses on the practical aspects of what lifeguards need to know and on lifeguard and patron safety. Lifeguard training enables students to learn and apply safety principles in their own lives, develop leadership skills, learn how to maintain a healthy lifestyle, and improve their decision-making skills.

Arthritis Aquatics

Improve joint mobility and decrease pain or stiffness in joints. Developed by the National Arthritis Foundation in conjunction with the National YMCA.

Beginning Yoga/Pilates

Ever want to try Yoga/Pilates but were apprehensive? This class is designed for you. You will learn basic postures, stretches, and relaxation in a fun atmosphere. Goals of the program are strengthening muscles, increasing flexibility, symmetry, and relaxation.

Beginning Ball and Pilates

Try exercising with the stability ball and increasing strength and flexibility with some basic Pilates movements.

Deep Water Arthritis Aquatics

During this class some students will be in the deep end of the pool.

Dynamic Duo

For the Bi/Tri athletes. Train in the lap pool. Swim, bike, run in deep water. Great water resistance workout. Bring goggles.

Water Exercise/Jog

A flotation device is worn to allow you to "run" in deep water and incorporate arm movements for a non-impact workout. You do not need to know how to swim, but need to be able to go into deep end of the pool. This class uses the deep and shallow ends of the pool. Class size is limited.

Water Exercise

Designed to promote flexibility, tone muscles and increase cardiovascular fitness through exercise in the water. All exercises done in the shallow end.

Senior Water Exercise

Designed for those 65 and older. Improve or maintain your fitness level in a pool environment. Improve your balance, strength, and coordination and keep your heart healthy. All exercises done in shallow end. MUST BE 65 OR OLDER.

Re-Coup/MS

Developed to address the individual needs and goals of people with physical challenges in a pool environment. If you are recovering from an injury/surgery/etc. or have MS, this program would be beneficial. Please call Janie Torma at the YMCA for a phone interview if interested. Janie Torma is a certified instructor for the physically challenged. Participants must have a signed note from Janie Torma to register. *Scholarships are available through the MS Foundation and the YMCA.

WELLNESS/FITNESS

30-Minute Express Classes

In a hurry, but want to get a workout in? Try our 30-minute express classes. No need to register, just show up. Offered M-Th evenings. See fitness schedule online or at the Front Desk. Each section will start and end with a 5 minutes warm-up/cool down. Classes offered include: Aerobic & step; toning (work abs, hips, thighs with balls, bands, and glides—no cardio); and stretch/pilates.

Aerobic Kick Boxing

A dynamic workout that combines kick boxing techniques with aerobic conditioning and strength training. No previous martial arts skills are needed.

Ballroom Dance

Be ready for that next wedding or event. Learn the basic moves and dance the night away!

Belly Dancing 101

Learn to dance with a professional Belly Dancer - lots of fun and great exercise.

Instructor: Sandy Schramel

Body Sculpting with balls, bands and bars.

Work the whole body using our balls, bands, bars, etc. No Cardio. Strengthen and tone muscles to increase metabolism and sculpt muscles.

Boot Camp

Love to laugh and really sweat at the same time? This program will work on cardio, light weights, strength training, etc. We will be indoors and outdoors. Be prepared to have

fun and work hard.

Cardio Cycling

This group cycling program uses stationary bikes to create an outdoor biking experience. You will learn running, sprints, jumps and climbing in a fun and very challenging workout. Can be modified for beginners to advanced.

Circuit Training with Weights

Regular weight training improves muscular fitness, reduces risk of osteoporosis, boosts your metabolism and helps you lose weight. Learn a variety of safe weight training exercises for all major muscle groups. Must attend a free orientation before attending class. Must register, class size limited.

Core Fusion

Want a flatter belly? A combination of mat Pilates, and Ball for your body's core muscles. Strengthens, tones, improves posture, flexibility and balance. No cardio component.

Get On The Ball

Exercising with a stability ball will improve balance, muscular strength, and mobility while providing a challenging and fun workout. Have a ball!

Class size very limited.

Glutes, Guts & More

This class works your abs, glutes, arms etc. We will be doing every version of lunges and squats with weights. We will also incorporate some deep-abdominal exercises. A very intense 45 min. class (no cardio).

Hatha Yoga

Eliminate stress, tone muscles, organs, joints and nervous system. Coordinate and relax your mind, body and breath. Increase strength, stamina and flexibility. Class is both deeply relaxing and invigorating. Taught by Jeff Leach, a certified yoga instructor since 1978. He is a student of Behram Guard and has a relaxed and accessible teaching style.

Noon Fitness

Features a variety of step, high/low impact aerobics, floor aerobics, kick boxing with strengthening exercises using weights, tubes and bands. Great for all fitness levels.

Pre-natal Exercise

Feel better during your pregnancy and be on the right track to get your old self back faster with this class! Low-impact exercises including: stability ball, therabands, time in the water, pilates, and an opportunity to network with other expecting mothers.

Power Hour

Resistance conditioning only, using weights, squats, lunges, tubes, bands, balls, etc. An advanced program, very limited enrollment. Instructor: Diana Keys.

Pilates & Pointe - NEW!!

This class will focus on stretching properly to increase flexibility and prevent injury, as well as enhance your sport's ability while improving balance & strength. Pilates and ballet exercises will also be incorporated.

Pilates/Yoga Movements

Use Pilates and yoga based stretches, poses, and breathing to strengthen and tone muscles, improve posture, relaxation, flexibility and balance and create a more streamlined shape. Pilates has been defined as "movement flowing outward from a strong center" focusing on using slow, controlled movements to condition the body, reduce stress and boost energy. We also offer Pilates only classes.

Power Yoga

Yoga style movements to increase strength, flexibility and internal awareness.

Silver Sneakers—Senior Strength Training

Studies show it is never too late to build muscle strength and endurance to help accomplish daily tasks, improve balance, lose weight and increase flexibility. Use of bands, tubes, weights, and chairs will be included depended on participants needs. Developed in conjunction with Northern Illinois

University. Pick up medical clearance and health form at YMCA.

Step and Strengthen

High intensity, low impact, longer workout; combining traditional step with strengthening moves.

Zumba!

FUN & EASY TO DO!!! A high energy, motivating Latin flavored class that fuses aerobic fitness interval training with fast and slow rhythms to tone and sculpt the body. Guaranteed to leave the mind and body feeling happy and rejuvenated!

SPORTS

Adult/Teen Martial Arts (13 - adult)

Techniques of Isshin-ryu Karate, Lung Chi Chuan Fa Kung-fu, and Okinawan Kobudo will be used to help students develop physically, mentally, and spiritually. Students are able to progress from a beginner to a master under the direction of Hanshi-go Herman Kussro and black belt staff.

Women's Self Defense Workshops

The workshops will include statistics on crime against women, identifying and avoiding potentially dangerous situations, and self-defense techniques of karate and kung-fu for stopping an attack and escaping to safety. Participants can participate in the workshop at their comfort level. All females are welcome. Females under high school age should be accompanied by their mother or another adult female.

NEW! Adult Flag Football League

Coed & Men's Divisions. Play is 5 vs. 5

The Kishwaukee Family YMCA will offer both a coed division and men's division 5 vs 5 flag football league beginning fall 2009. This league is non contact with no blocking. There is a 7 game regular season with a season ending tournament. All teams play in the season ending tournament. Teams must supply their own same colored jerseys and flag belts.

Co-Ed Recreational Volleyball League

Organize a team and play in this recreational league. Play will be 6 vs. 6 and matches will be played in the

old school format. Must serve and plays to 15 to win by 2. Teams generally consist of 8-10 players.

House Roller Hockey League

Coed roller hockey league for players to build on the fundamentals learned in the YMCA youth league. Season concludes with a tournament Rosters will consist of 9 skaters and 1 goalie. **Required Equipment:** Helmet with shield/cage, gloves, elbow pads, hockey shin guards, hockey or sweat pants, skates, and a hockey stick.

Private Racquetball Lessons

Lessons will be taught by YMCA member Manny Diaz. Manny has played competitive and recreational racquetball for 25 years. To schedule a racquetball lesson with Manny, please contact the YMCA @ 815-756-9577 or staylor@kishymca.org .

Time: By appointment

Adult Quick Start Tennis League

Matches will be played on Friday mornings using Quick Start Tennis Equipment. For

more information contact Scott Taylor@ 815-756-9577 or staylor@kishymca.org

DROP IN SPORTS

Adult Drop - In Hockey

Come and play pick-up hockey. New teams are picked weekly and games are played in pick-up format. **Required Equipment:** Helmet with shield/cage, gloves, elbow pads, hockey shin guards, hockey or sweat pants, skates, and a hockey stick.

Adult Drop - In Volleyball

For those who enjoy playing volleyball in a drop-in format. New teams will be picked weekly.

Adult Drop - In Soccer

For those who enjoy playing indoor soccer in a drop-in format. New teams will be picked weekly.

Building Assets at Kishwaukee Family YMCA

Grounded in scientific research, Developmental Assets are 40 essential building blocks of healthy development. Think of assets as the "good stuff" that young people need in their lives to help them grow up healthy, caring, and responsible. YMCA staff can play a vital role in building these assets as they relate to your child.

Research shows that the more Developmental Assets young people experience, the less likely they are to engage in a wide range of high-risk behaviors including underage drinking, violence, illicit drug use, sexual activity, gambling, eating disorders and school truancy. Just as important, the more assets they experience, the more likely they are to engage in positive or thriving behaviors, such as succeeding in school, helping others, maintaining good health and overcoming adversity.

Kishwaukee Family YMCA staff members are trained to understand the ways in which YMCA programs expose children to important external assets, and how YMCA staff can encourage and strengthen your child's internal assets. Kishwaukee Family YMCA staff members know that you are counting on them to be positive role models, and that you have placed your trust in them!