



# YOUTH 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.

### 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](http://www.kishymca.org)

## YMCA PRESCHOOL

**Our preschool begins the week of August 31<sup>st</sup> and continues through May 27<sup>th</sup>, 2010.**

Payment needs to be made up front for all 9 months of participation or drafted on a monthly basis through EFT. Draft starts September 1, 2009.

### Y-Bit of Preschool (2 1/2—3 1/2)

T/TH 9:00-10:30 AM

Y Members: \$270/year

Non-Members: \$450/year

### Preschool Favorites (3 1/2—5)

MWF 9:00-10:30 AM

Y Members: \$315/year

Non-Members: \$630/year

**Preschool Favorites: Art, Swimming and Sports (3 1/2—5)** - (This class is an add on option for Preschool Favorites.)

MWF 10:30—12:00 PM

Y Members: \$315/year

Non-Members: \$630/year

**Look for more preschool class offerings inside!**

## GROUPS/CLUBS

### TEEN LEADERS CLUB

Leaders Club is a volunteer program for teens ages 12-17 which provides opportunities for teens to develop leadership skills. LEADERS CLUB IS FREE AND OPEN TO ALL TEENS!

(Y Membership NOT required.)

### ADVENTURE GUIDES: Parent-Child Program

**Spend more quality time with your child!**

Adventure Guides meets monthly for crafts, games and songs. Special events for 2009-2010 include a fall campout, participating in the Pumpkin Parade, community service, decorating a tree at Brookfield Zoo, sleeping overnight at a museum in Chicago and a spring campout.

**\$40 per parent/child team plus optional special event fees**

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

## **AFTERSCHOOL (K-5th grade)**

The DeKalb and Sycamore School Districts have partnered with the YMCA to provide afterschool programming.

The OSCAR program in Sycamore is available at all sycamore elementary schools. The DAP program in DeKalb is currently offered at Cortland, Littlejohn and Brooks elementary schools. Registration materials are at the YMCA front desk or the appropriate school district office.

## **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, T-shirt, 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 littlest party goers.

**Friday, October 23 4:30—8:00 p.m.**

## **AQUATICS**

### **Parent/Child(6 mos. – 3 yrs.)**

T 11:10 - 11:40 a.m.

F 5:30 - 6:00 p.m.

SAT 10:45 – 11:15 a.m.

**Fees: \$23/\$46**

### **SKIPPERS SWIM LESSONS (3 - 5 yrs)**

**Fall I:** 8 week session **Fees:** \$32/\$75

**Fall II:** 7 week session **Fees:** \$28/\$66

### **Pike**

M 10:40 - 11:10 a.m. 4:40 - 5:10 p.m.  
5:50 – 6:20 p.m.

T 10:00 - 10:30 a.m. 4:40 – 5:10 p.m.  
5:15 – 5:45 p.m.

W 10:40 - 11:10 a.m. 5:15 – 5:45 p.m.  
5:50 – 6:20 p.m.

TH 4:40 – 5:10 p.m. 5:15 – 5:45 p.m.

F 4:40 – 5:10 p.m.

SAT 9:00 - 9:30 a.m. 10:10- 10:45 a.m.

### **Eel**

M 10:40 - 11:10 a.m. 11:15 - 11:45 a.m.  
4:40 – 5:10 p.m. 5:50 - 6:20 p.m.

T 10:00- 10:30 a.m. 10:35 – 11:05 a.m.  
4:40 – 5:10 p.m. 5:15 – 5:45 p.m.

W 10:40 - 11:10 a.m. 5:15 – 5:45 p.m.  
5:50 – 6:20 p.m.

TH 4:40 – 5:10 p.m. 5:15 – 5:45 p.m.

F 4:40 – 5:10 p.m.

SAT 9:00 - 9:30 a.m. 9:35 - 10:05 a.m.

### **Ray**

M 11:15 – 11:45 a.m. 4:40 – 5:10 p.m.  
5:50 – 6:20 p.m.

T 10:35 – 11:05 a.m. 4:40 – 5:10 p.m.  
5:15 – 5:45 p.m.

W 11:15 - 11:45 a.m. 4:40 – 5:10 p.m.  
5:50 – 6:20 p.m.

TH 4:40 – 5:10 p.m. 5:50 – 6:20 p.m.

F 4:40 – 5:10 p.m.  
SAT 9:35 – 10:05 a.m. 10:00 a.m. - 10:40 a.m.

**Starfish**

M 5:15 – 5:45 p.m. 11:10 - 11:40 a.m.  
T 11:10 – 11:40 am. 5:50 – 6:20 p.m.  
W 11:15 – 11:45 a.m. 4:40 – 5:10 p.m.  
TH 5:15 – 5:45 p.m.  
SAT 10:45 – 11:15 a.m.

**Angelfish**

M 5:15 – 5:45 p.m.  
T 11:10 - 11:40 a.m. 5:50 – 6:20 p.m.  
W 4:40 – 5:10 p.m.  
TH 5:50 – 6:20 p.m.  
SAT 10:45 a.m.- 11:15 a.m.

**PROGRESSIVE SWIM LESSONS (6 - 12 yrs)**

Fall I: 8 week session Fees: \$33/\$78

Fall II: 7 week session Fees: \$29/\$68

**Polliwog**

M 4:40 - 5:25 p.m. 5:30 - 6:15 p.m.  
T 4:40 - 5:25 p.m. 5:30 – 6:15 p.m.  
W 4:40 – 5:25 p.m. 6:20 – 7:05 p.m.  
TH 6:20 – 7:05 p.m.  
F 4:40 – 5:25 p.m.  
SAT 9:00 - 9:45 a.m.

**Guppy**

M 4:40 - 5:25 p.m. 5:30 - 6:15 p.m.  
T 4:40 – 5:25 p.m. 6:20 – 7:05 p.m.  
W 4:40 – 5:25 p.m. 6:20 – 7:05 p.m.  
TH 6:20 – 7:05 p.m.  
F 4:40 – 5:25 p.m.  
SAT 9:00 - 9:45 a.m.

**Minnow**

M 6:20 – 7:05 p.m.  
T 5:30 – 6:15 p.m. 7:10 – 7:55 p.m.  
W 5:25 – 6:15 p.m.  
TH 4:40 – 5:25 p.m.  
SAT 9:50 - 10:35 p.m.

**Fish**

M 6:20 - 7:05 p.m.  
T 6:20 – 7:05 p.m.  
W 5:25 – 6:15 p.m.  
TH 4:40 – 5:25 p.m.  
SAT 9:50 – 10:35 p.m.

**Flying Fish**

T 7:10 – 7:55 p.m.  
TH 5:30 – 6:15 p.m.  
SAT 10:40 - 11:25 a.m.

**Shark**

T 7:10 – 7:55 p.m.  
TH 5:30 – 6:15 p.m.  
SAT 10:40 - 11:25 a.m.

**ADDITIONAL AQUATICS OFFERINGS**

**One-on-One's (6 yrs. and up - Members Only)**

Personal training session. - 1 hr. \$24.00  
F 5:00 p.m.  
SAT 10:00 a.m. Or 11:00 a.m.  
SUN 4:00 p.m.

**Porpoise Club for Teens(13 yrs. – 19 yrs.)**

Th 5:30 - 6:15 p.m. \$21/\$42

**Scout Badge Night**

Su 5:00 p.m. – 7:00 p.m.  
Minimum of 10 scouts @ \$4.00 per scout  
September 13<sup>th</sup>  
September 20<sup>th</sup>  
November 15<sup>th</sup>

## YMCA/DCST SWIM TEAM

### Fall/Winter Season

#### Stroke Clinic (9/8—9/24)

Get a feel for competitive swimming and the DCST program or reinforces fundamentals and prepare for the upcoming season.

#### **Sept. 8—Sept. 24**

**6:00—7:00 p.m.** - returning DCST swimmers ages 8 & younger and new swimmers 12 and younger.

**7:00—8:00 p.m.** - returning DCST swimmers ages 9 & older and New swimmers 13 and older.

#### Informational Meeting

For parents of all new and prospective swimmers

**Tuesday, 9/22 6:15 p.m. at the YMCA**

#### Season Begins

The 2009-2010 Fall/Winter DCST season begins with **Rookie Week** on Monday, September 28. The first practice for the Bull Dog and National practice groups will be Monday, September 14.

All other practice groups will begin on Monday, October 5th.

### DCST Fees

#### New Swimmers

Initial Payment: \$100

5 monthly payments of \$38

#### Terriers, Golden Retrievers

Initial Payment: \$120

5 monthly payments of \$42

#### Huskies, St. Bernard, Labs & Great Danes

Initial Payment: \$135

5 monthly payments of \$65

#### Bull Dogs/National Team

Initial Payment: \$176

5 monthly payments of \$104

#### Great Dane Swimmers (who are also on HS team)

Initial Payment: \$135

5 monthly payments of \$65

#### Bull Dog/Nat'l Team (who are also on HS team)

Initial Payment: \$176

5 monthly payments of \$104

## SPORTS

#### Youth Flag Football

Practice Begins week of 8/3

Games Begin week of 8/17

Fee: \$37/\$50

K-1st - Games on Tuesdays

2nd & 3rd —Games on Thursdays

4th & 5th —Games on Wednesdays

#### Flag Football Camp (Grades K-5)

**Camp Date:** August 10-August 13

**Camp Time:** 10:00-12:00 p.m.

**Camp Fee:** \$20/\$40

#### National Punt, Pass & Kick Competition

(Please note date, time and location may change.)

Date: Saturday, September 19<sup>th</sup>, 2009

Time: 10:00 AM – 12:00 PM

Fee: FREE

Location: Old Kish Hospital Grounds (Next to YMCA)

#### Biddy Basketball (Age 4 & K)

20 Min. practice precedes a Sat. game/

Season: October 24 - December 12th

Registration Deadline: October 11th

Coaches Meeting: October 21st @ 6:30 p.m.

Fee: \$32/\$64

#### Youth Basketball (1st – 6th grade)

Practice Begins: Week of Oct. 12

Games Begin: October 24th – December 12th

Registration Deadline: October 2nd

Coaches Meeting: October 6th @ 7:30 p.m.

Fee: \$37/\$64

#### 3 on 3 Veterans Day B-ball Tournament

Date: Wednesday, Nov. 11th

Time: Games begin at 10:00 a.m.

Fee: \$40 per team

Age Divisions: 3rd and, 4th grade, 5th and 6th grade, 7th and 8th grade.

Registration Deadline: November 4th

### **Roller Hockey League (grades 1 – 8)**

Games will be on Saturday afternoons.

Practice Begins: Thursday, October 15th

Games Begin: October 24th

Player Evaluation: Saturday, October 10th

- 1st – 4th grade: 12:30 – 1:30 p.m.
- 5th – 8th grade: 1:30 – 2:30 p.m.

Coaches Meeting: October 13th @ 6:30 p.m.

Registration Deadline: October 2nd

Fee: \$40/\$80

Required Equipment: Helmet with shield/cage, gloves, elbow pads, hockey shin guards, hockey or sweat pants, skates and a stick.

### **Biddy Indoor Soccer League (Age 4 & K)**

20 Minute practice precedes game on Sunday.

Games/Practices Begin: November 1st

Registration Deadline: October 20th

Coaches Meeting: October 27th @ 6:30 p.m.

Fee: \$32 /\$64

### **Youth Indoor Soccer League (Grade 1 – 8)**

Games on Sundays.

Practice Begins: Week of October 19th

Games Begin: November 1st

Registration Deadline: October 2nd.

Coaches Meeting: October 13th

Fee: \$37 \$64

### **NEW Youth Sports Shirt Policy**

Beginning in the fall of 2009 we will begin a new shirt policy for youth sport leagues. All youth sport league participants must now purchase a reversible league jersey. The jersey will be used until spring of 2011 for the following leagues:

- **Basketball (fall and winter)**
- **Flag Football (fall and spring)**
- **Indoor Soccer (fall, winter, spring)**

**Jerseys will be available for purchase at the front desk for \$7.00.**

### **Youth Drop In Soccer**

Wednesday Nights

K-2nd Grade: 5:30pm-6:15pm

3rd - 5th Grade: 6:20pm - 7:05pm

6th - 8th Grade: 7:10 - 8:00pm

FREE/\$6

### **Micro Volleyball League (Grades 1 & 2)**

Teams will practice for 25 minutes then play a game on Wednesday nights.

League Date: October 28th – December 9th

Registration Deadline: October 16th

Fee: \$30 /\$60

### **Holiday Basketball Camp (Grades 1-5)**

Camp Dates: Dec. 28th – Dec. 30th

Camp Time: 1:00 – 3:00

Camp Location: Kishwaukee Family YMCA

Fee: \$16 for YMCA members/\$32 for non-members

Qualified adult coaches will lead this camp. For

more information contact Scott Taylor @

[staylor@kishymca.org](mailto:staylor@kishymca.org)

### **Volleytots (Grades 1st – 3rd)**

F 4:30-5:30 p.m.

Start Date: Fall Session II: October 30th –

December 18th (No class 11/27)

Fee: \$30 /\$60

### **Volleyball Skills Grades 4th - 6th**

F 5:30 -6:30

Start Date: Fall Session II October 30th - December 18th (No class November 27'h)

Fee: \$30 /\$60.00

### **Preschool Sports**

TH 10:30 -11:00

Start Date: September 10th - October 22nd

Fee: \$20.00 \$40.00

### **Preschool Quickstart Tennis**

TH 10:15– 10:45

Start Date: Fall Session II October 29th - Dec. 17th

Fee: \$25.00 /\$50.00

## MARTIAL ARTS

### Lil Dragons (4 - 7 yrs)

Beginners, white, and gold belts

W 6:35 - 7:30 p.m. \$29/\$39

Orange, green, and blue belts

W 7:35 - 8:30 p.m. \$29/\$39

### Youth Martial Arts (8 - 12 yrs)

Beginner, white, gold and orange

TH 7:00-8:10 p.m. \$36/\$53

Green, blue, brown, and black belts

T 7:00-8:10 p.m. \$36/\$53

### Adult /Teen Martial Arts (13-adult)

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

## FITNESS

### PreGym for Toddlers & Twos (ages 12 Months & walking to 35 Mos.)

F 10:45 - 11:15 a.m. \$15/\$35

**Class begins 11/6 and runs through 12/18.**

### PreGym for 3-5 year olds

Must Be toilet-trained.

F 11:20 –11:50 a.m. \$15/\$35

**Class begins 11/6 and runs through 12/18.**

### Fit Kids (7 - 10 yrs)

TTH 4:30 - 5:15 p.m. \$5/\$10

### Kids Strength Training (9-12 yrs)

TTH 5:20 - 6:00 p.m. \$5/\$10

### Teen Strength Training (13 -16 yrs)

TTH 6:05 - 6:50 p.m. \$5/\$10

## Dance/Tumbling/Gymnastics

### **Beth Fowler School**

### Of Dance—Creative Dance (3 - 5 yrs)

F 10:15 - 11:15 a.m. \$29/\$45

### Intro to Dance (6-10 yrs)

M 6:30—7:15 p.m. \$19/\$35

### Kidnics/Tumbling (4 - 6 yrs)

SAT 9:15-10:00 a.m. \$19/\$35

### Tumbling/Artistic Athletics (7-10 yrs)

SAT 10:00-10:45 a.m. \$19/\$35

## BIRTHDAY PARTIES

Our Activity Center is a fun, unique place to throw a party for any school age child! The Activity Center Birthday Party package will include:

- One hour exclusive use of the Activity Center
- A party host to help out with the games, presents, serving and clean up
- A YMCA Birthday party T-shirt for the birthday child
- 45 minutes in the party room
- Activities include traverse climbing wall, Nintendo Wii® competitions, Dance Dance Revolution (DDR) and party games in the Activity Center!
- You may also choose a sports themed party in the gym. Choose from: basketball, soccer, flag football, parachute games or dodge ball.

**Parties are available on Saturday and Sunday afternoons. \$125 for up to 12 participants (Subscribe to Enews at [www.kishymca.org](http://www.kishymca.org) and get a \$25 birthday party coupon with the next Enewsletter!)**

# DESCRIPTIONS

## GROUPS/CLUBS

### TEEN LEADERS CLUB

Leaders Club is a volunteer program for teens ages 12-17. It is an exciting and productive organization that focuses on community service, social development, leadership training and physical development. The goal of the Leaders Club is to promote and enhance the personal growth and social skills of young people in order to develop leaders who will be a positive force in their communities.

#### WHAT DO YOU DO IN THE TEEN LEADERS CLUB?

Leaders Club provides opportunities for teens to develop leadership skills, participate in a variety of community service projects, serve as a role model for other kids and teens, and form great friendships. ALL members play an active roll in the Leaders' Club. Teen leaders run their own meetings, plan and sponsor social events, coordinate fundraisers, participate in out of town rallies and trips and much, much more!

#### LEADERS CLUB IS FREE AND OPEN TO ALL TEENS!

(Y Membership NOT required.)

## ADVENTURE GUIDES

Do you just never seem to have enough good quality time to spend with your kids?

Children grow up fast and before you know it they will be grown and off to where ever their life leads them. Are you going to be sitting there wondering what happened or are you going to be a part of what happened? Take the time now to be an important part in your child's life. Just a couple of days a month can make a lifetime of difference to your child.

Join Kishwaukee Family YMCA's Adventure Guides and you and your child will participate in adventures with other parents and children. Monthly circle meetings plus special events!

## AFTERSCHOOL (K-5th grade)

The DeKalb and Sycamore School Districts have partnered with the YMCA again this year to provide afterschool programming.

The OSCAR program in Sycamore is available at all sycamore elementary schools. The DAP program in DeKalb is currently offered at Cortland, Littlejohn and Brooks elementary schools. Registration materials are at the YMCA front desk or the appropriate school district office.

## YMCA PRESCHOOL

Our Preschool Programs are designed to provide well supervised, safe, positive, quality care for children. All preschool programs offer children the opportunity to grow and develop in a semi-structured, enriching, multi-choice, low-pressure environment. Children learn social skills, to follow directions, to listen, and to share.

### Y-Bit of Preschool (age 2<sup>1/2</sup> – 3<sup>1/2</sup>)

Y-Bit of Preschool is an introduction to preschool for young children to have their first experience away from mom & dad. Children will have the opportunity to interact with children their own age, sing songs, paint, color, and play active sports & games in our gym and playroom.

### Preschool Favorites (age 3<sup>1/2</sup> – 5)

The Preschool Favorites program provides structure through child-initiated and teacher-planned activities. The Preschool Favorites program builds on the child's interests with experiences in art, music, math, literacy and dramatic play. Children will explore and investigate the world through play, with opportunities to count and compare, to create pictures and sing and to make-believe. (Optional add-on: Art, Swimming & Sports—see below.)

### **NEW! Preschool Favorites: Art, Swimming and Sports (age 3<sup>1/2</sup> – 5) \*Child must be enrolled in preschool favorites (see above) to add this program.**

Extend your preschoolers day by adding art, swimming and sports! You will help your preschooler develop skills they'll use for a lifetime! On Mondays, preschoolers will create their own masterpieces using a wide range of high quality art materials. Children develop important school readiness skills such as fine motor skills, ability to listen and follow directions, cognitive skills, language and more in an enchanting environment that develops individual creativity. On Wednesdays, in the gym, development of fine and large motor skills, as well as activities that will stimulate hand-eye / foot-eye coordination, balance, concentration, and teamwork will be taught. On Friday, in the pool, children develop safe pool practices, adjust to the water and learn basic swimming movements. Swim lessons will help your child build confidence and motor skills.

## **AQUATICS**

### **YOUTH SWIMMING / DEEP-END WRISTBAND**

**Any child who has passed the deep-end swim test will need to pick up their wrist band at the front desk prior to entering the water. If the pool is not busy the lifeguard will be able to test those swimmers who have not taken the test. However, the lifeguard may not be able to test depending on the numbers of patrons in the pool.**

### **Parent/Child Swim (6 mos. - 3 yrs)**

The Parent-Child Aquatic Program consists of water-enrichment and aquatics-readiness activities for children. In this program, children must be accompanied by a parent or trusted adult at all times for the safety and comfort of each child. In these classes, parents learn to respect the value of games and play for the young child. Also, by following the instructor's example, parents discover that the best way to guide a child toward learning is through positive reinforcement and appropriate praise.

### **SKIPPERS SWIM LESSONS (3 - 5 yrs)**

Designed to teach your child around five main components. These are personal safety, personal growth, stroke development, water sports and games, and rescue procedures. Our program also includes character development through structured activities following natural progressions. Our program is organized to encourage individual self-confidence and independence rather than competition and comparison. We want your child to have FUN! Listed below are skill levels and requirements to enter each level.

### **Pike (beginner)**

These children have little or no experience in the water. Child will learn floating, kicking, and paddle arm skills. Children wear large floatation devices. Prerequisite: 3 years old.

### **Eel (advanced beginners)**

Child will learn front glide, back glide and the paddlestroke without assistance. Will also introduce sit dives and swimming with a square bubble. Prerequisite: Child must be able to float and blow bubbles and paddlestroke.

### **Ray (intermediate)**

Child will learn paddlestroke with breathing, kicking on front and back for endurance, dives, jumping and working on swimming with a flat bubble. Prerequisite: Child must be able to front and back glide, and paddlestroke across the width of the pool without assistance.

### **Starfish (advanced)**

Child will learn rudimentary backstroke, and work on endurance without a bubble. Prerequisite: Child must be able to swim without a bubble on front and back.

### **Angelfish (transition class, advanced)**

Child will learn front crawl with rotary breathing and work on endurance and patience. Advance to guppy.

## **PROGRESSIVE SWIM LESSONS (6 - 12 yrs)**

The youth swim program strives for goals which go beyond swimming skills designed to teach your child around five main components. These are personal safety, personal growth, stroke development, water sports and games, and rescue procedures. Our program also includes character development through structured activities following natural progressions. We work to develop a child's potential, build confidence, endurance and promote a better self-image. Listed below are skill levels and requirements to enter each level.

### **Polliwog (beginner—little or no experience)**

Child will learn front glide, flutter kick and paddlestroke. Also back glide and back flutterkick. Prerequisite: child must be 6 yrs. old.

### **Guppy (advanced beginner)**

Child will learn rotary breathing, front crawl for distance and elementary backstroke. Prerequisite: Child must be able to complete

25 yards of paddlestroke without assistance.

### **Minnow (intermediate)**

Child will work on endurance in the front and back crawl as well as diving skills. Prerequisite: Child must be able to complete 25 yards of front crawl with rotary breathing

### **Fish (beginning advanced)**

Child will learn elementary backstroke, dolphin kick and breaststroke kick. Prerequisite: child must be able to swim 75 yards of front crawl and 75 yards of back crawl.

### **Flying Fish (advanced)**

Child will learn the butterfly and breaststroke strokes. Endurance swim of 200 yards front crawl and 200 yards of Individual Medley. Prerequisite: 50 yards of elementary backstroke, dolphin kick, and breaststroke kick.

### **Shark (advanced)**

Child will work on endurance of 400 yards. Also flip turns for all four strokes. Prerequisite: 50 yards of butterfly and breaststroke and endurance swim of 200 yards.

One-on-One's (6 yrs. and up) Members Only

Sign-up for a training session with one of our fine swim instructors.

## **ADDITIONAL AQUATICS OFFERINGS**

### **One-on-One's (6 yrs. and up - Members Only)**

Sign up for a personal training session with one of our swim instructors.

### **Porpoise Club**

This club is an extension of the Youth Swim courses. Participants must have passed the Shark level of youth swim or have permission of the Aquatic Director. Participants will develop leadership skills, develop community service projects, and assist with the swim lesson program and a variety of other activities developed by the participants.

### **Scout Badge Nights**

Scout Groups can sign-up and work on their merit badges with certified lifeguards.

Minimum of 10 scouts

## **DCST—SWIM TEAM**

### **Stroke Clinic 9/8**

DCST offers a Stroke Clinic at the start of each swim season. This clinic is an excellent way for new and prospective swimmers to get a feel for competitive swimming and the DCST program. This clinic also reinforces fundamentals and prepares current swimmers for the upcoming season.

**New swimmers are welcome to join during the season.** YMCA/DCST does offer a two-week trial period for new swimmers for \$25. After the trial period, the \$25 fee will be applied toward the full season fee. All swim team members must be YMCA members. If you would like more information about DCST or have any questions, feel free to contact Senior Coach Brian Bickner, or Head Age Group Coach Beth Marchewka at (815) 756-9577 ext. 28 or by email at [dcst@kishymca.org](mailto:dcst@kishymca.org).

## **SPORTS**

### **Youth Flag Football League (Grades K-5)**

NFL Flag Football is a premier youth football league for both boys and girls grades k – 5. The program is designed to teach kids the fundamentals of football without the contact of tackle football. NFL Flag is a 5 v 5 league. Not only will the child play in the game but the child will be involved in the game. Players will practice once a week and play a weeknight game.

### **National Punt, Pass & Kick Competition**

Punt, Pass & Kick is a national skills competition for boys and girls between the ages of 8 – 15. There are 3 levels of competition. Local, Regional and National. Local top finishers to be announced before the NIU vs Idaho game on September 26<sup>th</sup>.

### **Biddy Basketball (Age 4 & K)**

Boys and girls will practice dribbling, passing and shooting. They will learn sportsmanship and teamwork while having tons of fun! Games will be played using a 6 foot basket and rookie size balls.

### **Youth Basketball (1st – 6th grade)**

Boys and girls have the opportunity to learn the importance of fair play and teamwork while playing basketball.

### **3 on 3 Veterans Day B-ball Tournament**

Spend your day off of school in a 3 on 3 hoops tournament. Three games are guaranteed. Awards will be given to winners of each division. Tournament is open to both boys and girls. Hot shots competition included.

### **Roller Hockey League (grades 1 – 8)**

This is a coed league for players to learn the fundamentals and skills of this fast paced sport. There will be one practice and one game per week.

### **Biddy Indoor Soccer League (Age 4 & K)**

This is a great program to introduce your child to the game of soccer. Youngsters will learn the game of soccer in fun and creative ways from a positive adult role model. Children will practice for 20 minutes and then play a game.

### **Youth Indoor Soccer League (Grade 1 – 8)**

Learn skills and values that a player can take on throughout the rest of their life. Games will be played on Sundays and there will be one practice during the week.

### **Micro Volleyball League (Grades 1 & 2)**

Micro volleyball is a 4 v 4 volleyball league. It uses simple modified rules to make the game fundamentally perfect for young players. Teams will practice for 25 minutes then play a game on Wednesday nights.

### **Volleytots (Grades 1st – 3rd)**

This program will emphasize motor learning and development through various volleyball skills. Lower net and lighter ball will be used. Hand-eye development with the ball will also be focused on.

### **Volleyball Skills Grades 4th - 6th**

This is a great program for 4th-6th graders to learn the fundamentals of volleyball. Fundamentals will be taught using a lower net and lighter ball.

### **Preschool Sports**

Children ages 3-5 will develop sports skills using small and large motor skills. The program will also incorporate caring, honesty, respect and responsibility. Skills in the following sports will be taught.

**Basketball:** Dribbling, passing and shooting. Appropriate sized balls will be used.

**Flag Football:** Age appropriate football skills will be taught with a soft ball.

**T-Ball:** The basics of hitting, throwing, catching and base running will be taught. A soft ball will be used to teach skills.

### **Preschool Quickstart Tennis**

Preschool children will learn the game of tennis using the Quickstart Tennis equipment and concept. Using a safe foam ball and age-appropriate sized racquets, preschoolers will be able to hit balls and have fun. An instructor will instruct child/parent pairs in skill building drills and fun play. All equipment will be provided by the YMCA.

## **DROP-IN SPORTS**

### **Youth Drop In Soccer**

Soccer enthusiasts are invited to play in a drop-in format with a supervisor present. This is a great opportunity for players to practice basic skills while playing the game they love. Games are played in pick-up format **when soccer league is not running**. May register the Thursday prior.

## **MARTIAL ARTS**

### **Lil Dragons (4 - 7 yrs)**

This class introduces young children to the martial arts with a focus on 'karate manners', courtesy and respect, flexibility, balance and directing energy in positive ways. Students can progress from white belt to black belt starting with this class. Class uniforms and safety equipment are available for purchase

from the instructor. The lead instructor is Tom Scott, a Black Belt in Isshin-Ryu Karate and a local police officer.

### **Youth Martial Arts (8 - 12 yrs)**

Techniques of Isshin-ryu Karate and Lung Chi Chuan Fa Kung-fu will be used to help students develop physically, mentally, and spiritually. Students will learn to be peaceful warriors and to solve their problems with logic and reason. Classes will be taught by Herman Kussro, Tom Eller, Barb Kaufmann, and black belt staff.

## **FITNESS**

### **PreGym for Toddlers & Twos**

(ages 12 months (walking) & to 35 mos.)

Toddler's and 2 yr olds, grab a favorite grown-up and join us for music, games, and activities that will help develop physical and social skills. Taught by Vickie Books, NIU KNPE Instructor.

### **PreGym for 3-5 year olds**

Gym Class for preschoolers! Children will develop key motor Skills through music, games, obstacle courses, and fun! Must Be toilet-trained. Taught by Vickie Books, NIU KNPE Instructor.

### **Fit Kids (7 - 10 yrs)**

For children ages 7-10 who want to start a healthier lifestyle. Includes active games such as basketball, soccer, kickball, and circuits. Nutritional information will also be included. Get moving and have fun!

### **Kid Strength Training (9-12 yrs)**

For kids 9-12 who need to lose weight or get in condition for a sport. New studies show weight training will help unconditioned kids get fit by increasing muscle which in turn will increase metabolism. Increased metabolism will help them lose weight and is initially easier to perform than aerobic activities. Nutritional information will also be included.

### **Teen Strength Training (13 - 16 yrs)**

For 13-16 yr olds who want help with a weight training program to get in condition for a sport, lose weight or just get more fit. They will learn the proper techniques and programs to make weight training safe and effective and have fun with other teens.

## **DANCE/TUMBLING/GYMNASTICS**

### **Kidnics/Tumbling (4 - 6 yrs)**

A pre-gymnastics program designed to enhance motor skills and introduce fundamental gymnastics and tumbling skills in a fun-based, safe environment.

### **Intro to Dance (6 - 10 yrs)**

A fun dance class that introduces basic positions, steps and short combinations of many different forms of dance. Imagination and creativity will encourage stage expression and use of fundamentals.

### **Tumbling/Artistic Athletics (7-10 yrs)**

This program combines intermediate tumbling and gymnastics skills, such as walkovers and vaulting with the fundamentals of dance movements in a safe environment.

### **Beth Fowler School Of Dance -Creative Dance (3 - 5 yrs) - Taught by Beth Fowler**

An imaginative class that leads children through fun, creative movements that encourage stage expression and use of pre-ballet fundamentals.

### **Art Attack Classes**

Contact the Art Attack for details  
[www.sycamoreartattack.com](http://www.sycamoreartattack.com) or 899-9440.

## **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!

## **FACILITY SCHEDULES**

Schedules for the YMCA pools, gym, & fitness classes are located in the brochure racks at the member services desk or on our website; [www.kishymca.org](http://www.kishymca.org).

## **ACTIVITY CENTER**

Our activity center is a great place for children and families to engage in fun, active games, build bonds, and make friends! Youth age 8 - 17 may come and play on their own. Children under 8 may play with a parent. Adults over 18 must be accompanied by a child!

### **The Activity Center includes:**

Traverse Climbing Wall

4 Nintendo Wii games

2 Dance, Dance Revolution Games

Lounge area and board games, too!

### **Activity Center Hours:**

Monday - Friday 4:00 - 8:00 p.m.

Saturday 8:00 - 2:00 p.m.

## **KIDS ZONE**

Your children can enjoy fun activities in Kids Zone under the supervision of trained YMCA staff members while you workout!

### **Kids Zone Hours**

Monday - Friday 7:45 - 1:30 p.m.

Monday - Friday: 4:00 - 8:00 p.m.

Saturday: 7:45 - Noon

### **Kids Zone Fees**

Kids Zone is a FREE service for any child with a YMCA membership. Children without a membership cost \$3.00 per hour.