



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 2018–Summer 2019

Mercer County YMCA

309-582-5101
401 SW 2nd Ave Aledo, IL

ABOUT US

About Mercer County Family YMCA

When you join the Y, you are coming together with men, women and children from your community who are committed to youth development, healthy living and social responsibility.

Y Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Areas of Focus

The Y offers programs, services and initiatives focused on **Youth Development, Healthy Living** and **Social Responsibility** according to our community's needs. Our Program Guide is divided into these three areas.

Rentals

The YMCA is available for rentals by organizations/individuals whose missions are in harmony with the Y Mission Statement.

Contact Us

Main Y 309 582 5101

401 SW 2nd Ave

Children's School 309 582 2503

400 N College Ave

W www.mercercountyyymca.org

Board of Directors

Victor Johnson

Nancy Robinson

Pam Truman

Miranda Boss

Scott Petrie

Diana Eggen

Linda McAuley

Facility Hours

Fall

Starting September 4

Monday-Friday 5:15 am-9 pm

Saturday 8 am-5 pm

Sunday starting in October 1-5 pm

Winter

Starting October 1st

Monday-Friday 5:15 am-9 pm

Saturday 8 am-5 pm

Sunday 1-5 pm

Closed Sundays starting in April

Summer

Starting June 1st

Monday-Friday 5:15am-8:30pm

Saturday 8am-1:30pm

Sunday Closed

Y Closings

November 22 Thanksgiving

Dec 24-Close at 1 Christmas Eve

Dec 25 Christmas

Dec 31-Close at 1 New Year's Eve

January 1 New Year's Day

April 19-Close at 1 Good Friday

April 21 Easter

May 27 Memorial Day

July 4 Independence Day

Aug 24-Sept 2 Shut Down

Shut down is scheduled annually for maintenance and repairs of the facility.

Y Leadership Team

Sarah Brown CEO

sarah.brown@mercercountyyymca.org

Lisa Clawson Children's School Director

lisa.clawson@mercercountyyymca.org

Erica Hajny Associate Executive Director

erica.hajny@mercercountyyymca.org

Tara Collison Member Service Coordinator

tara.collison@mercercountyyymca.org

Janet Harms Membership/Finance Coordinator

janet.harms@mercercountyyymca.org

Heather Hay Aquatic Coordinator

heather.hay@mercercountyyymca.org

Mercer County Family YMCA Policies

Code of Conduct

Members, guests and staff are expected to exhibit behavior in keeping with the character values of Caring, Honesty, Respect and Responsibility. Everyone should conduct themselves in an appropriate manner based on Christian values. "Treat others as you would like them to treat you."

Registration Policy

Fitness Class registration fees are based on monthly sign ups. You may register for classes anytime during a month and the fee will be prorated based on the date. Credits will be issued only for documented illness or injury. Credits will not be given for missed classes due to vacation or family schedule conflicts.

Swim Lesson registration fees are based on 7 week sessions. You may only sign up for swim lessons during the week prior to a session start date. Credits will be issued only for documented illness or injury. Credits will not be given for missed classes due to vacation or family schedule conflicts.

Financial Assistance Policy

The Mercer County Family YMCA offers quality, affordable programs and services designed to benefit people of all backgrounds. The Y's Annual Campaign generates many generous and essential contributions from Y members, individuals, businesses and organizations, which allow our Y to honor the commitment that "No one is denied membership or participation to the Y because of inability to pay." Scholarship applications, as well as contribution forms are available at the front desk for those needing assistance or desiring to give to the Annual Campaign.

Facility Use Policy

All scheduled activities for the pool, basketball courts and weight room are subject to change. Call for availability.

The Health & Wellness Center and Weight Room facilities are available for those 14 and older. Mercer County Family YMCA was constructed to high health and safety standards.

The Y is not responsible for accidents and does not provide medical insurance for members or participants. Each person agrees to hold the Y harmless for any injury that occurs.

Membership

Fee	Annual	Monthly	Joiner
Youth (6-High School)	\$153	\$12.75	\$20
Young Adult (18-25)	\$297	\$24.75	\$40
Seniors (65 and older)	\$363	\$30.25	\$50
Single Adult	\$417	\$34.75	\$60
Married Couple	\$525	\$43.75	\$80
Single Parent Family	\$519	\$43.25	\$80
Family	\$597	\$49.75	\$90

Financial Assistance available, please see previous page.

Membership Benefits

Discounted program rates; Use of the entire facility with some age restrictions; Free orientation of Health and Wellness Center and weight room; Free guest passes for your friends and family; most land and aqua fitness classes are included in your membership.

Guests

Y members are encouraged to bring their friends and family. Guests must show ID and pay the day pass fee.

Free	0-3
\$2	4-5
\$5	6-17
\$8	18 and up
\$15	Family

Child Watch/Babysitting

Drop in child care (3 months to 6 years) while mom and dad make use of the Y. Playful, engaging options are plentiful for young children while you exercise or connect with others. Hours change based on the season.

Free	Single Parent Family & Family Memberships
\$2	1 st Child
\$1	Additional Children

Military Memberships

The Mercer County Family YMCA offers a free membership to all active military. Please see front desk for details. The YMCA Military Outreach Initiative provides reimbursement in government funding for eligible military families to receive free memberships at our YMCA. This program is for families of deployed military. Confirm eligibility by contacting Military One Source at www.militaryonesource.com or by calling 800 342 9647.

Silver Sneakers

We are now a part of the Silver Sneakers Fitness Program. Silver Sneakers offers active older adults a Y membership with absolutely no out-of-pocket expense! To find out if your health insurance participates in Silver Sneakers, call the Y today at 309-582-5101.



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPOWERING FAMILIES TO LIVE HEALTHIER

Healthy Weight and Your Child
Coming to Mercer County Family YMCA in 2019!

PROGRAM OVERVIEW

Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. Families will work with trained Leaders for the duration of the 25-session program.

WHY FAMILY-BASED?

Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

TO QUALIFY, A CHILD MUST:

- Be 7-13 years old
- Carry excess weight (Body mass index of the 95th percentile or higher)
- Receive clearance from a provider to participate in physical activity
- Have an adult attend ALL sessions with them

LEARN MORE

For more information about the program, contact the Y Front Desk

**COMING SOON TO MERCER
COUNTY FAMILY YMCA IN 2019!**

Swimming Lessons

At the Y, we believe the ability to swim is a critical life skill for everyone. In swim lessons, we use a variety of fun methods to help to overcome fears, build confidence in the water and develop skills that last a lifetime. Qualified instructors meet kids at their own level, help them to set goals and celebrate all successes.

Private Lessons

A private lesson with your own instructor offered for all ages. Seven 45 minute lessons structured to students' needs.

Semi-Private Lessons

3 students per 1 instructor maximum. Lessons can vary in age and levels due to smaller class ratio. Seven 45 minute lessons structured according to students' needs.



Swimming lesson fees are based on one class per week (7 weeks)

Preschool & Youth

Member \$20 Participant \$40

Semi-private

Member \$40 Participant \$80

Private

Member \$90 Participant \$180

Session Start Dates:

October 29

January 7

February 25

April 15

June 17

Youth Lessons

Youth swimming lessons for ages 6-14. 6 students to 1 instructor maximum.

Preschool Lessons

Preschool swimming lessons for ages 3-5. 4 students to 1 instructor maximum.

Parent/Child Lessons

It's never too soon to start getting acclimated to the water! For ages 6-36months. Parents must get in the water with their child. Session Date TBD.

Youth Programs

Preschool/Homeschool P.E.

Preschool age and Homeschoolers will be divided into two separate groups at the YMCA on Fridays from 9-10am. In the gym, kids will learn how to properly stretch, perform core exercises, and play fun games that incorporate important motor skills.

Summer Day Camp

Camp Wanawanga provides a fun filled summer for school age children in an atmosphere where they are able to create, explore and discover. Camp counselors plan activities to promote growth in areas of spirit, mind and body. Weekly activities include swimming, field trips, nature study, camp songs, character development, sports, group games, crafts and more! Camp is for kids who have completed Kindergarten through 5th grade. Registration begins May 1st. Our Summer Day Camp is held at Fenton Park in Aledo. Request a day camp packet for a full description of rates, times and details.

Safety Around Water

71% of the world is water, children are 100% curious. Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA's Safety Around Water program can help you make sure they learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity.



Junior Certification Program

Get an early start on exercise! Young members learn the fundamentals of the weight room and/or Health & Wellness Center along with a weight training program defined for them. Open to members ages 11-13 and taught by a fitness instructor. Upon completion, certified members may utilize the weight room when supervised by a parent or guardian.

\$19 Members Only

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

YMCA Children's School

Child Care

15mo-24mo

Full-Time (45 hours or more)	\$157
Full-Time (Less than 45 hours)	\$150
Part Time Daily Rate	\$32
Half Day Rate (less than 5 hrs)	\$22
Toddler Play Time (8:30-11)	\$14

2 Year Olds

Full-Time (45 hours or more)	\$142
Full-Time (Less than 45 hours)	\$135
Part Time Daily Rate	\$29
Half Day Rate (less than 5 hrs)	\$19
2 Yr Old Play Time (8:30-11)	\$12

Full Day Preschool

3-5 Year Olds

Full-Time (45 hours or more)	\$132
Full-Time (45 hours or more)	\$125
Part Time Daily Rate	\$27
Half Day Rate (less than 5 hrs)	\$17



10% discount for 2nd child enrolled in any Children's School Program. Financial assistance is available for those who qualify. We accept subsidy child care payment from Illinois Department of Human Services.

The YMCA Children's School has recently achieved Star Level 2 from the Illinois Quality Rating System which is equivalent to Silver Circle of Quality through Excel Illinois. Your child's program has gone the extra mile to make sure they are receiving an enhanced learning and care experience, which can help prepare your child for success in school and life. This is a voluntary process and recognizes a program's effort in going beyond the minimum state licensing requirements when caring for your child.

Part Day Preschool

3-5 Year Olds

This program is offered free in collaboration with the Regional Office of Education. Program runs from September-May

M-F 8:30-11 am or

M-F 12:30-3:00pm

\$50 Annual Registration Fee

With a focus on safety, health, social growth and academic enhancement, Y before and after school programs serve school age kids with a variety of programmatic and activity options to explore and develop their interests and talents. A nutritious breakfast is provided in the morning and a snack in the afternoon. Activities we use to promote youth development include stories, crafts, projects and programs, homework time and character development.

Aledo School Age Program

Before School Program

The before school program is available from 6:30–7:30 am and is held at the YMCA Children’s School. Bus service transports the children to Apollo each morning.

After School Program

The after school program is held at Apollo Elementary School until 6 pm.

Fee

\$5 per day before school

\$7 per day after school

School Out Days

Vacation days, some holidays and snow days will be held at the YMCA Children’s School from 6:15 am–6 pm. Children do not have to be enrolled in weekly program to register for school out days.

Fee

\$25 per school out day

Sherrard School Age Program

Before School Program

The before school program is available from 6:00–8:30 am and is held at the Winola and Sherrard Elementary Schools.

After School Program

The after school program is held at the Winola and Sherrard Elementary Schools until 6 pm.

Fee

\$6 per day before school

\$6 per day after school



Summer Day Camp

Camp Wanawanga registration begins May 1. See Youth Program page for more...

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

Youth Sports

When kids play sports, they develop skills on and beyond the field. Through healthy competition kids can discover their personal best, have fun and be a part of the team. Modeling fairness, cooperation and hard work, our volunteer coaches recognize achievements large and small and understand that winning isn't just about the score. By playing sports, kids and their families feel a sense of belonging that comes from a community coming together to cheer on their team.

Cheerleading

Kids grades K-6 will learn cheers and ways to help cheer on their peers. Some performances included Flag Football Games and the Homecoming Parade. Practices will be during the week, football games are on Saturday afternoons. Registration is in July.

Youth Volleyball

Kids grades 2-6 will learn the fundamentals of volleyball while being able to put their skills into practice in some scrimmages at the Y. Dates TBA

Flag Football

Kids grades K-6 will learn the fundamentals of the game of football while coaches put emphasis on the importance of teamwork and good sportsmanship. Practices will be during the week with games on Saturday afternoons. Registration is in July.



Rookie Basketball

Kids 3 through Kindergarten will learn the basic fundamentals of dribbling, shooting and passing. An emphasis will be put on teamwork and fundamentals. Registration is in October.

Track & Field

Kids grades 1-6 will learn fundamentals in the areas of shot put, sprinting, distance and long jump. We will hold a meet at the end of the program. Registration begins in February.

Youth Basketball

Kids K-6 will learn the fundamentals of dribbling, shooting and passing, while coaches put an emphasis on the importance of teamwork and sportsmanship. Practices will be held during the week and games will be on Saturdays. Registration is in December.

Girls Softball

Girls will learn the game of softball while working on teamwork and sportsmanship. The Y participates in the Little Six Girls Softball League. Practices and games will begin in May. Registration begins in March.



HEALTHY LIVING

Improving the nation's health and well-being

Aqua & Land Fitness

These classes are free to members. Participants pay \$40 monthly.

Twinges In the Hinges

This class incorporates a range of motion exercises in the shallow end of the pool. This is designed by the Arthritis Foundation for relief of arthritis pain or fibromyalgia.

T/TH 1-1:45 pm

Instructor – Nancy Sloan

Aqua Fitness

This class includes warm-up, aerobic toning and cool-down segments.

M/W/F 8-8:45 am

Instructor – Teri Ziegenhorn

M/W/F 9:15-10 am

Instructor – Teri Ziegenhorn

T/TH 11-11:45 am

Instructor – Doris Nipper

Everything But The Kitchen Sink

You will utilize just about everything in the Y except the kitchen sink! Routines will vary each week with strength training, cardio, step...you name it!

Saturdays 6-7 am

Instructor – Dennise Hagloch

Early Mornin' Boot Camp

Get up and at 'em for a full body challenge. Bring it!

T/TH 5:20-6:20 am

Instructor – Dennise Hagloch

Activate

Reach new fitness goals through this interactive but self-motivated class. Instructors will be on hand to get you going and show you the day's stations, but each station will be done on your own. This HITT style class will focus on short bursts of hard work, done at your own pace, resulting in big changes in you!

Instructors-Melissa Korn, Jill Hofmann, Crystal Clark and Emily Baldwin

Deep Water Exercise

Water workout performed with flotation devices in deep end of pool. Techniques used are effective and good for any fitness level.

T/TH 10-11 am

Instructor – Dorothy Unsworth
Marti Hansen

T/TH 6-6:45 pm

Instructor – Kris Chausse
Marge Olson

Cardio Circuit

Intense, energizing blend of circuit training combined with group aerobics or step. Steps, hand weights, bands and anything that will keep you moving will be used.

T/TH 7-8 pm

Instructor – Dennise Hagloch

See Front Desk for Class Fees

Piyo

A high-intensity, low-impact workout for a new kind of STRONG. Piyo takes the very best Pilates and Yoga-inspired moves and cranks up the speed with high energy music to give you a full throttle cardio, strength and flexibility training-all at once. You'll use your body weight to perform a series of continuous, targeted moves, to burn fat as you define your muscles and gain flexibility.

M/W 6:30-7:30pm

T/TH 9:15-10:15am

Instructors- Crystal Clark, Jill Hofmann, Emily Baldwin

Cardiopulmonary Phase III

This program is designed for those who have experienced a cardiac event and completed Phases I & II of a cardiac rehabilitation program. The program is led by the Y's Certified Personal Trainer.

Power Up Weight Training

This effective strength training workout features muscle conditioning and endurance in the weight room. First 15 minutes are independent warm up. Class is limited to 8 Y members.

T/TH 6:30-7:15 pm

Instructor – Beth Friichtenicht

Enhance Fitness

Enhance Fitness is a great evidence-based program with a mix of it all! The class will be held M, W mornings at 9:15am and Fridays at 10:15am. Contact Britteny at the Y for more information or to get signed up! Registration is on-going so call today!

Instructor- Britteny Kelly



HEALTHY LIVING

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Adult & Family Programs

Pickle-Ball

Pickle-ball was created with one thing in mind: fun. It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. Pickle-ball will be held as a drop-in program on Monday nights at 7-8pm and also most mornings at 9am in the YMCA Gym.

Members Free
Participants \$3

Adult Volleyball

Exercise doesn't have to be hard work, Volleyball is great sport to play for exercise! Adult Volleyball is held on Wednesday nights from 7-8:45 as a drop-in program.

Members Free
Participants \$5

Country Line Dancing

Learn the latest country western line dances and have a great time with Arlene Bewley!

Beginners Line Dance – All ages
Sundays 5-6pm
Beginner, Intermediate and Couples
Line Dance
Sundays 6:15-7:30

\$2 Members
\$3 Participant

Hapkido/Tae Kwon Do Program

Children, along with adults, master self-defense, self-discipline, physical fitness and coordination through ancient martial arts. Learn proper techniques of blocks, punches and kicks. Boys and girls age 6 and up are welcome.

Sign up for this class at the Main Y.
Beginners & Intermediates
T/TH 6-7 pm
Advanced
T/TH 7-8pm

Members	Participants
\$19 Individual	\$27 Individual
\$40 Family	\$52 Family

Personal Training

Starting a wellness routine is not easy. Personal Training simplifies the process. We'll help you remove barriers to success, stay accountable and motivated to achieve your results and change your life. You must be a member of the Y to participate in these programs. Trainers Britteny Kelly, Jill Hofmann and Mattie Flammond

Assessment-This option is an assessment of your physical fitness including: blood pressure, body measurements, muscular endurance, and cardiovascular endurance.

Fee \$25

6 sessions- This is a great way to get a feel for what having a personal trainer is really like. During these sessions expect to meet a few short term goals and gain some knowledge on the fitness world.

Fee \$150

6 sessions Tandem- Don't like working out just one on one? Invite a friend to sweat it out with you! These sessions are a fun way to get a workout along with having a friend to keep you going.

Fee \$100 per person

10 sessions- This really aims to get you into the habit of being physically fit by coming to train 2-3 times a week. This package aims to tailor a program to meet your goal as well as answering all of your fitness questions.

Fee \$250

10 sessions Tandem- Start a fitness trend in your family or group of friends by going with one of them to our 10 personal training sessions. This package will set up goals that work for both of you and push you to meet them through the span of the sessions.

Fee \$150 per person



SOCIAL RESPONSIBILITY

Giving back and providing support for our neighbors

Special Events

Y Winners Night

Mark your calendars for April 6th. Drawing and a fun filled night with friends and family all supporting our local Y! \$8,000 Drawing! Tickets will be available starting in February. More details to come!

National Volunteer Week

April 7th-13th, 2019
National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. Its purpose is about working together to meet our challenges and accomplishing our goals. Let's celebrate our volunteers and enable them to share ideas, practices and stories.

Healthy Kids Day

Together we can strive to improve our health in spirit, mind and body. A day of active family fun! More information will be available closer to the event, but be sure to mark your calendars for April 27th, 2019!

Rhubarb Run

Run for fun or compete for your best time! June 8th, 2019, 8am. Register for the 5K Run/Walk, 1 Mile Fun Run or the Lil' Sprouts at the front desk or at www.itsyourrace.com. This year we will have chip timing done by J3 Timing Company! Race results will be from a gun start to a mat finish and results will be posted online. Our start/finish line sponsor for this year is Genesis Health System.



Y Christian Concert

In August, the Y is hosting our Christian Concert, in conjunction with the Farmers Market in Central Park. Date and time TDA. Food, Fellowship and entertainment 5:30-7pm.

Y Golf Outing

Support your Mercer County Family YMCA and come to our 4 person Superball Event. The event will be held at Hawthorne Ridge in June. Meal and snacks provided with games on the course. Date TBD



Make a Difference Day

Join the millions who will join us (Nationally) for the 25th annual day of service. Food will be collected for the Mercer County Food Pantry. Details and times TBA



Park District Pool

Enjoy the Park District Pool which is open 7 days a week and is managed by our trained YMCA Staff. The pool is open Memorial Day through Labor Day. Hours of operation are everyday 1-5pm and Tuesday and Thursday 1-7pm. Pool parties can be booked starting in May for the summer. For details, call the Y from May 1st-May 31st and June-August call the pool at 309-582-2427.

Free Community Swim

Find out what membership is all about! No membership needed. Come and play in the pool during open swim at the Y from 6-8pm the third Friday of each month.

Party Rentals

Want to have a birthday or other celebration at the Y? No problem, stop at the Y to check out our rental options!

Education & Leadership

Active Older Adults

The Y Active Older Adult program is for those who want to get out into the community. Day trips are scheduled along with craft days for local nursing homes.

CPR Certification

Certifications will be done through the American Health and Safety Institute. ASHI CPR and AED is a combined CPR and AED program. The program is an excellent choice for both the community and workplace setting. Contact the Y if you or your business needs CPR certification.



Lifeguard Certification

This class is offered to anyone who will be 16 years or older by the time the class is completed. Taking this course gives you all the certifications needed to begin working as a lifeguard this coming summer. Dates and times TBA. Class begins in the Spring.

Babysitting Certification

For kids ages 11-17. Be trained, be prepared. Babysitting is a first job for many teens. Learn the safety skills and how to care for children. Contact the Y for upcoming class dates.





GIVE FOR A BETTER US

Annual Campaign

The Y scholarship program benefits over 685 individuals annually. Nearly \$65,000 in total financial support is given annually. 25% of all members receive financial assistance. The Y partners with 12 local organizations to ensure community needs are met. The Y serves 2,400 members and participants each month from 21 Mercer County communities. Support from donors and friends of the Y ensures that we can keep our promise that no one be denied membership or participation due to inability to pay. Your gift to the Mercer County YMCA Annual Campaign makes a meaningful impact right here in our community.

Legacy Club

The Mercer County Family YMCA Legacy Club is a special recognition program formed to honor individuals who develop an estate plan or other deferred gift arrangement that will ultimately benefit our Y. The Legacy Club recognizes those who answer that call. By using innovative gift plans to ensure future gifts Legacy Club honorees are assuring the Y's ability to fulfill its mission in the future. If you would like to learn more about the Mercer County Family YMCA's Legacy Club, please contact Sarah Brown, CEO.

TOGETHER WE CAN
DO SO MUCH
MORE



Mercer County Family YMCA of Aledo

**401 SW 2nd Ave
Aledo, IL 61231**

