

## Strong Kids Campaign

You can make the difference!

The **South Chicago YMCA**, a branch of the YMCA of Metropolitan Chicago is a 501(c)(3) charitable organization. We rely on charitable giving to meet the evolving needs of individuals and families and to extend and deepen our reach into neighborhoods and communities throughout the metropolitan area.

Individual, corporate, and foundation donations allow us: to offer financial assistance to individuals and families who cannot otherwise afford to join the local YMCA; to give scholarships to youth at our day, resident, specialty, and medical camps; and to provide a broad array of social services and leadership development programs to children, youth, adults, seniors, and families.

Select from the following choices:

- Give money
- Volunteer your time
- Donate materials and/or supplies

**We build strong kids, strong families, strong communities**

7/14/2009

## South Chicago YMCA

2009

*Summer Program Guide*



3039 E. 91st Street  
Chicago, IL 60617  
773-721-9100

[www.southchicagoymca.org](http://www.southchicagoymca.org)



**Session Highlights**

**Summer Day Camp  
Starts  
June 22nd**

## Mission

The YMCA of Metropolitan Chicago is an inclusive, charitable organization, founded on Christian principles and dedicated to building strong kids, strong families and strong communities through programs that develop spirit, mind and body. A YMCA membership is one of the best investments that you can make for individual or family well-being and fun. Enjoy unlimited use of the Y: affordable membership rates, a variety of FREE programs, reduced rates for fee-based programs, instruction from trained staff and a welcoming atmosphere.

### Customer Service Guarantee

Customer service is our highest priority. We are committed to providing services and activities that meet your expectations. If you are not fully satisfied with your membership or class we will be happy to credit the unused portion of the service to be used for future programs. Refunds will be issued with medical documentation and must be requested during the session. Missed classes cannot be made up at a later date.



### YMCA Scholarship Assistance

It is the goal of the YMCA to provide educational, social and physical services to residents in our community regardless of their ability to pay. To apply for scholarship assistance, please ask for an application at the membership desk.

### Reciprocity

A membership at any branch of the YMCA of Metropolitan Chicago entitles the member to the use and privileges at any other branch of the YMCA of Metropolitan Chicago.

### Volunteer

No matter what your special talents, interests or schedule, you can help change someone's life at the South Chicago YMCA. If you share in our continuous pursuit of building strong kids, strong families and strong communities, please consider becoming a YMCA volunteer.

## Fitness Classes

### Silver Sneakers MSROM

Designed for participants age 65 and over, this class moves through a variety of exercises designed to increase muscular strength, range of movement and skills required during activities for daily living (ADL). Hand held weights, elastic tubing and a ball are offered for resistance and a chair is used for seated and standing support.

**Wednesday/ Friday 9:30-10:15am**

**Fee: Members FREE**

### Total Body Challenge

Ultimate Cardio & Aerobic Strength Training together form the total body challenge! Classes include a strong emphasis on core strength, muscular endurance and balance exercises in combination with overall strength training.

**Tuesday/Thursday 6:00-7:00pm**

**Fee: Members FREE/ \$40 Program Member**

### Zumba ®

A class that fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Tone and sculpt your body to the beat of a different drum. Ditch the work-out and join the party!

**Wednesday 6:00-7:00pm**

**Saturday 8:00-9:00am and 10:00-11:00am**

**Fee: \$25 Members \$50 Program Member**

**\$5 Drop-in daily rate for members**

### CPR, First Aid & AED Certification

This class covers adult, child and infant CPR. You will learn the basic techniques for CPR and use of an Automatic External Defibrillator. You will also learn First Aid.

**Call for dates/times**

▶ We build strong kids, strong families, strong

▶ We build strong kids, strong families, strong communities

## Butts & Guts / Boot Camp

This program is designed for 18 & up. The first half of the program will be designed to target the Core and lower body that so many want to help work on . The second half will be a boot camp style class that will make sure to get every muscle involved. There will be cardio, strength, and toning exercises used.

**Monday & Wednesday 6:00-7:00 am**

**Saturday 7:00-8:00am**

**Fee: Members \$10/\$50 Program Member**

## Lunch Break Burn

This program is for anyone wanting to get a full body workout in during the lunch time rush. For those busy people who can find time to squeeze in a workout. All muscles will be targeted in a short amount of time.

**Monday/Wednesday/ Friday 11:00am-12:00 pm**

**Fee: Members \$10/ \$50 Program Member**

## Y- Watchers

This program is for anyone wanting to talk to others who are working out in order to find out any new ideas on how to lose weight, tone, talk about nutrition, get healthy, and stay healthy. It's a great way to meet others who have similar goals in mind and talk about them and support each other in a friendly and confidential environment.

**Thursday 5:00-6:00pm**

**Fee: \$10 Members / Non Members \$5/ session**

## Mommy Shape with Baby

Designed for new parent with children 18 months and younger. Bring your baby to this fitness class to work out and share information with other moms and dads. Baby also will be entertained with activities designed to promote growth and development.

**Tuesday 10:00-11:30am OR 6:00-7:30pm**

**Fee: TBD**

# Membership

## Membership Fees

Type	Monthly Fee	Joiner Fee
Youth	\$15	\$25
Adult	\$35	\$75
Family	\$55	\$100
Senior	\$33	\$71
Senior Family	\$52	\$95
Household	\$63.25	\$100



## Daily Rates:

\$5 Youth/ \$10 Adult / \$20 Family

## Facility Hours

M-Thursday 5:30am-9:00pm

Friday 5:30am-8pm

Saturday 7:00am-5:00pm

Sunday Closed

## Pool Hours

M/W 7:00am-8:00pm

Tu/Thur 7:00am-8:30pm

Friday 7:00am-7:00pm

Saturday 7:00am-3:45pm

## YMCA Liability

The YMCA of Metropolitan Chicago does not carry medical, accident or loss of personal property insurance for any program participant, due to the fact that it would drastically increase the cost of our program fees. Please review the insurance policies that protect you and your family to be certain that proper coverage is in place.

## Youth Programs

### Parents Night Out (Ages 5-12)

Special activities designed to keep kids engaged and safe so the parents can have a night out. Pre-registration is required. Dates and Times TBA

**Fee: \$15/child (Members only)**

### Family Night at the South Chicago YMCA

Mark your calendars and hold the date for fun with the whole family!

Group activities, open swim, interactive arts and crafts and maybe some crazy calisthenics. Don't miss out! **Dates and Times TBA**

### 'Mazing Kids (Ages 2-12)

Adults must be present in the facility while children are in baby-sitting.

Monday-Friday 6:00-8:00pm

**Fee: \$2 Members/\$4 Program Members**

Limited to one and a half hours per day

### The "Club" Teen Drop in Center (Ages 13+)

Monday - Friday 6:00pm-8:00pm

### Child Care & School-Age Child Care

#### Ages 2-12

With your child's enrollment in our subsidized child care program, you will receive a scholarship for a YMCA Family Membership! Our program offers Creative Curriculum® and Healthy Kids Curriculum. Other services include: care for children with disabilities, a safe and welcoming environment, transportation from local schools (for school aged children), fun and exciting field trips and healthy snacks and meals. Parents pay a monthly co-payment and much meet income and employment requirements.

**Monday-Friday**

**7:00am-6:00pm**

## POOL RULES

All persons must shower prior to entering the pool  
Individuals with ear length or longer hair must wear a swim cap.

Shower caps are not acceptable

Bathing suits only

NO cut-offs or colored t-shirts, white t-shirts only

NO shoes or strollers on deck

NO running

NO flips, spins, back dives/jumps (forward jumps only)

NO diving in the shallow end, from either side of the pool.

NO playing or sitting on the ropes, lane lines, ladders, or stairs.

NO food or drink allowed on the pool deck

All flotation devices must remain in the shallow end.

Inflatable toys and equipment are prohibited

Children under 9 years of age must have an adult 16 years or older in the water with them at all times

Children under 9 years old, who have successfully passed the deep water test, must have an adult 16 years or older on the deck at all times.

Babies must wear a swim diaper (gather legs and waist very important)

Any person showing evidence of a skin disease, open cuts or wounds, cold, nasal discharges, inflamed eyes, or any communicable disease will not be allowed to swim

Any conduct affecting the safety and comfort of others will not be accepted

All individuals 18 years and younger must pass a swim test to utilize the deep end.

**Failure to follow the rules  
may result in expulsion  
The lifeguards have the final  
discretion in rule enforcement**

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

The goal of this program is to develop the person physically, mentally, and spiritually. Children will grow in each of these areas as he/she progresses through the swimming program. The main focus for swimming lessons at the YMCA is learning, rather than passing or failing. Each level includes five components: personal safety, stroke development, personal growth, rescue, and games. Children are able to succeed often because they start with skills that they are ready to learn. This helps build self-confidence as they become more independent and learn new and exciting skills. The program also helps participants develop leadership skills and encourages volunteerism. Instruction is delivered in a student-centered, caring atmosphere by well-trained instructors who give students personalized attention. Lessons are developmentally appropriate and designed to quickly and effectively teach aquatic skills. **Safety is our highest priority.**

## Parental Involvement

We encourage parents to take time after class to talk positively about your child's aquatic experience. Practice during family or open swim helps to reinforce skills learned during lessons. Please be prompt about bringing children to lessons. It is important to be on time. This will aid the instructors in starting the class promptly, and ensure your child a full class of learning.

Many students have a difficult time participating in class while their parents are on the deck. This is distracting to the child and instructor. Parents are encouraged to view the class from the designated area. This promotes the child's independence, and he/she will focus on the task at hand.

## Aquatics



### NEW CLASSES

#### Early Bird Burn: Tuesday & Thursday 7am-7:50am

Fee: \$40/member \$60/program member

Start your day with an early morning workout in the water that includes cardio, muscle toning and strengthening, and abdominal exercises utilizing a variety of equipment.

#### Swim Instruction Classes

Swimming lessons are offered for all ages and levels. For specific information contact:

**Natalie Galindo, Aquatic Coordinator**

773) 326-2714 [natalie\\_galindo@ymcachgo.org](mailto:natalie_galindo@ymcachgo.org)

#### Aqua Aerobics (16+) **YOU MUST BE REGISTERED**

No swimming skills needed to take part in this low impact aerobic workout. This class is great for those who have difficulty with land based group fitness classes.

**Tuesday/Thursday I: 6:00pm-6:50pm and II: 7:00pm-7:50pm**

**Fee: Members FREE/\$40 Program member**

#### Swimnastics (16+) **YOU MUST BE REGISTERED**

If a land class causes stress on your joints, try this shallow and deep water exercise class. Join the growing number of people who have discovered the fun and value of water exercise. All abilities are welcome.

**Monday/ Wednesday/Friday 8:00am-9:00am**

**Fee: Members FREE/\$40 Program Members**

#### Private Swimming Lessons

Private swimming lessons are for ages 4 years and older; both beginner and experienced alike.

**Fee (by appointment only): Five-30 minute lessons**

**Members: \$80**

**Program Member \$100**

### BOOK YOUR NEXT PARTY OR SPECIAL EVENT WITH US!

Contact Natalie Galindo for information on available packages, prices and dates.

South Chicago YMCA

# Aquatics

## Shrimp, Kipper, Inia, Perch (SKIP)

Age 6-36 months

A parent must be in the water with each child. The class focuses on water orientation and adjustment through songs and games.

### PRESCHOOL

#### **Pike:**

3-5 years old

Beginner with little or no swimming experience

### YOUTH

#### **Polliwog:**

6-15 years old

Beginner with little or no swimming experience

#### **Guppy:**

6-15 years old

Must be able to paddle on the front, back, and side 20ft. without assistance.

#### **Stroke Mechanics:**

6-15 years old

Must have passed the Guppy level and be able to swim front and back crawl one length of the pool comfortably. Focus will be on the improving stroke technique and endurance along with water safety skills and water sports.

### ADULT /TEEN LESSONS

It is never to late to learn. Do you want to be able to swim with your kids or grandkids? Do you just want to enjoy the water for the fitness benefits?

#### **SWIM LESSON FEE**

**MEMBER: \$35**

**PROGRAM MEMBER: \$55**

### Make -up classes:

Make-up classes are not available for classes missed due to participant circumstances.

### Credit/ Refund:

No credits or refunds are available after the start of the session.

### Class cancellation/combination:

Classes will be cancelled or combined due to low enrollment. Participants will be notified of a class cancellation prior to the start of the session.

<i>CLASS</i>	<i>SATURDAY</i>
<b>SKIP</b> 6-36 MONTHS	<b>9:00-9:45AM</b>
<b>PIKE</b> 3-5 YEARS	<b>9:45-10:25AM</b>
<b>POLLIWOG</b> 6-15 YEARS	<b>9:45-10:25AM</b> <b>10:30-11:25AM</b>
<b>GUPPY</b> 6-15 YEARS	<b>9:00-9:45AM</b> <b>10:30-11:25AM</b>
<b>STROKE MECHANICS</b> (MUST HAVE PASSED THE GUPPY LEVEL) 6-15 YEARS	<b>11:15-11:55AM</b>
<b>ADULT/ TEEN BEGINNER</b>	<b>11:15-11:55AM</b>
<b>FEES: MEMBER: \$40 - PROGRAM MEMBER: \$80</b>	