



South Chicago

*2009
Spring Program*



3039 E. 91st
Chicago, IL
773-721-9
www.southchicago.org



- S
- Maternal & Child Health
May 18
 - Summer Camp
June 15

We build strong kids, strong families, strong communities

4/24/2009

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.

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SilverSneakers MSROM

Designed for participants age 65 and older, this program is offered through a variety of exercises designed to improve strength, range of movement and skill for daily living (ADL). Hand held weights and ball are offered for resistance and a chair for standing support.

Wednesday/ Friday 10:00-10:45am

Free: FREE to Members

Total Body Challenge

Ultimate Cardio & Aerobic Strength Training. This is a total body challenge! Classes include cardiovascular, strength, muscular endurance and balance exercises in a combination with overall strength training.

Tuesday/Thursday 6:00-7:00pm

Fee: Members FREE/ \$45 Program Fee

Zumba®

A class that fuses hypnotic Latin rhythms and dance moves to create a dynamic fitness program for the body to the beat of a different drum. It's like the party!

Wednesday 6:00-7:00pm

Saturday 8:00-9:00am & 10:00-11:00am

Fee: Members \$25/ \$50 Program Fee

\$5 Drop-in daily rate

CPR, First Aid & AED Certification

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

Call for dates/times

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Subsidized Child Care, Head Start & 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

Jasmin Marshall, Childcare Director - 773-326-699

Kidz Club After School Program

Ages 6-16

Space is limited to 50 participants
Monday - Friday 2:00pm-6:00pm

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

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Membership

Membership Fees

Type	Monthly Fee	Join
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

Facility Hours	Pool
M-Friday 5:30am-9:00pm	Mo
Saturday 7:00am-5:00pm	Sat
Sunday 1000am-3:00pm	Sun

YMCA Liability

The YMCA of Metropolitan Chicago provides liability insurance for all program participants, due to the fact that we are a non-profit organization. This insurance will increase the cost of our program fees. We have in place liability insurance policies that protect you and your family. Please ensure that proper coverage is in place.

South Chicago

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



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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, waders, etc.
- NO shoes or strollers on deck.
- NO running.
- NO flips, spins, back dives/jumps.
- NO diving in the shallow end, from the edge of the pool.
- NO playing or sitting on the ropes or stairs.
- NO food or drink allowed on the pool deck.
- All flotation devices must remain inflated.
- Inflatable toys and equipment are not allowed.
- Children under 9 years of age must be accompanied by an adult 18 years of age or older in the water with them.
- Children under 9 years old, who have not passed the deep water test, must have a lifeguard or adult 18 years of age or older on the deck at all times.
- Babies must wear a swim diaper (lifeguard's discretion is important).
- Any person showing evidence of illness, such as a fever, cough, or wounds, cold, nasal discharge, or other communicable disease will not be allowed in the pool.
- Any conduct affecting the safety of the pool will not be accepted.
- All individuals 18 years and younger must be accompanied by an adult to utilize the deep end.

Failure to follow these rules may result in ejection from the pool. 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

Swimming Instruction Classes

Swimming lessons are offered for all ages and swimming levels. For specific information contact: **Natalie Galindo, Aquatic Coordinator at (773) 326-2714**
natalie_galindo@ymcachgo.org

Aqua Aerobics (16+)

No swimming skills needed to take part in this class. This class is great for those who have completed group fitness classes.

Tuesday/Thursday 7:00pm-8:00pm

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

Swimnastics (16+)

If a land class causes stress on your joints, join our water exercise class. Join the growing number of participants who have enjoyed the fun and value of water exercise.

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

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

Private Swimming Lessons

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

Fee (by appointment only): Five-30 min \$50

Members: \$80

Program Member \$100

BOOK YOUR NEXT PARTY OR SWIMMING PARTY

Contact Natalie Galindo for information on party packages, prices and more.

South Chicago

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: \$40
PROGRAM MEMBER: \$80

Make -up classes:
 Make-up classes are not available due to participant circumstances.
Credit/ Refund:
 No credits or refunds are available for missed session.
Class cancellation/combination:
 Classes will be cancelled or combined due to participant circumstances. Participants will be notified prior to the start of the session.

CLASS	MONDAY	WEDNESDAY
SKIP 6-36 MONTHS		
PIKE 3-5 YEARS	5:15-5:55PM	
POLLIWOG 6-15 YEARS		
GUPPY 6-15 YEARS		
STROKE MECHANICS (MUST HAVE PASSED THE GUPPY LEVEL) 6-15 YEARS	6:00-6:40PM	
ADULT/ TEEN BEGINNER		
FEES: MEMBER: \$40 - PROGRAM MEMBER: \$80		

