



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



THIS IS YOUR SUMMER

Session Dates

Ottawa YMCA 2017 Summer Program Guide

Summer 1

Member-May 15
Open-May 22
Classes start-June 12

Summer 2

Member-July 3
Open-July 10
Classes start-July 17

Fall 1

Member-August 7
Open-August 14
Classes start-Sept, 5

YMCA INFORMATION PAGE

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NOW REGISTER FOR
YOUTH PROGRAMS ONLINE AT
www.ottawaymca.org

Members & Guests

The Ottawa YMCA is a Membership organization. We offer membership opportunities for everyone! We have Corporate, Military, Clergy, Veterans & Senior discounts. Our memberships begin at three months. Yearly memberships may be paid through a monthly bank or credit card draft plan. Rates are available online at www.ottawaymca.org or at our Service Desk.

Scholarships

Through the help of United Way and our Partners In Youth donations, the YMCA is able to provide memberships, programs and classes to those in financial need. Please contact the YMCA Service Desk for more information.

Conduct Statement

We prohibit inappropriate behavior, including, but not limited to; profanity or abusive language or attire, smoking, use of alcohol or drugs, theft, or any criminal conduct. Members and guests must abide by this code or risk losing privileges and be asked to leave the premises.

Class Policy

Refunds/Credits are not available unless a class is cancelled or there is a medical reason a person cannot attend. A physician's note is required.

Cardio & Weight Room Policy

Jr High students and High School students are welcome to use cardio and weight rooms. Jr High students must be accompanied by a parent. Mandatory weight room orientation required for High School students under 16. More information on Health and Wellness page. Children over 8 years old may use the cardio room with a parent.

The Ottawa YMCA is a proud participant of the A.W.A.Y. program and the Illinois Y Reciprocity Program. Please present photo ID and current membership card at our Service Desk.

Guest Policy & Fees

*High School age & older will be required to show a valid student ID and/or a current driver's license.

*An information & release form is required to be completed & signed by all guests.

Youth or College (with valid ID) & Senior (over 62)	\$ 5,00
Adult	\$10,00
Family	
Parent and one child	\$15,00
Parent and three children	\$20,00
Each additional family member	\$ 2,00

Closing Dates

May 29 - Memorial Day
July 4 - Independence Day
September 4 - Labor Day
Clean Up Week starts August 21

Summer Building Hours

Monday - Friday	5:30 am - 9:00 pm *
Saturday	7:30 am - 1:00 pm
Sunday	CLOSED (May - Oct.)

* Children not in High School must leave the building at 8:00 pm on weeknights unless supervised by a legal guardian. The YMCA may close at 8:30 pm depending on attendance.

Summer Service Desk Hours

Monday - Friday	7:00 am - 8:00 pm
Saturday	8:00 am - 12:30 pm (May - Oct.)

Child Watch Hours

Monday - Friday	8:30 am - 12:00 pm
Monday - Thursday	4:00 pm - 8:00 pm
Friday Evenings	4:30 pm - 6:15 pm
Saturday	8:30 am - 11:00 am

Child Watch is included in an Ottawa YMCA Family/Single Parent Family Membership
Child Watch Cards available for \$30 for 10 Hours

CAMP & LEARN

SUMMER PROGRAMS

NEW

These classes run on 2 week sessions!

SCAMPER KAMPERS 2 & 3 year olds

Starts June 5th \$30/\$50 per session

MONDAY-THURSDAY 9:00 am - 10:00 am

Your child will make friends, have fun and learn new skills in this outside class. Each week includes arts & crafts, music & dance, group games, circle times, stories, sports, science & nature and dramatic play.

CAMP I-WANNA-GO Ages 4-6

\$50/\$100 per session

MONDAY-THURSDAY 10:15 am - 12:00 pm

EVERY Monday is Field Trip Day!

Fun swim is on Thursday 11:30 am - 12:00 pm

Your child's experience at Summer Daycamp will be "Creating Memories to Last a Lifetime!" They will have fun making new friends and living the Camp life! Many great opportunities for your child to explore and grow! Please refer to Handbook for more info.

Summer Session 1 June 5 - 16
Explore and More

Summer Session 2 June 19 - 30
Land and Sea

Summer Session 3 July 3 - 14
Backyard Bash

Summer Session 4 July 17 - 28
Little Hands, Big Messes

SUMMER DAY CAMP

An All-Inclusive Program Including: Breakfast, Lunch & Snacks, Swimming, Art, Sports, Field Trips, Themed Activities, Transportation Fees and Camp T-Shirts. Quality care is provided by our trained counselors. See our Day Camp Booklet or website for more information. Parents meeting is Wednesday, May 24 at 6:30 pm.

*** NEW* Friday camp is at Heritage Harbor this summer!**



FALL PROGRAMS

DISCOVERY PRESCHOOL

Monday, Wednesday and Friday

For Three, Four, and Five Year Olds

8:45 am - 12:00 pm

Swim Lesson Included!

BEFORE/AFTER SCHOOL PROGRAM

OTTAWA ELEMENTARY

& WALLACE GRADE SCHOOL

K-6th Grade

Registration for the 2017-2018 school year starts July 31, 2017

A registration fee ensures your child a spot in this safe and fun environment. Scholarships available. Contact Guylene Strange; gstrange14@hotmail.com or 815-433-2395 for more information.



SWIM, SPORTS & PLAY

Aquatics

**STRONG
SWIMMERS
CONFIDENT KIDS**



GROUP SWIM CLASSES

SKIPPERS: 3,4,5 yrs, not in K, without parent

Minimum of 3 Students per Class

CLASS RATIO IS 1 INSTRUCTOR PER 4 CHILDREN

SATURDAY CLASSES M \$18/ NM \$54

2 DAY CLASSES M \$28/ NM \$84

PIKE (Beginners)

Mon & Wed 9:00 am - 9:30 am

Tues & Thur 9:00 am - 9:30 am

Sat 9:35 am - 10:05 am

EEL & RAY (Can swim with minimal assistance)

Mon & Wed 9:00 am - 9:30 am

Tues & Thur 9:00 am - 9:30 am

Sat 9:30 am - 10:05 am

TADPOLES: 6 mos. - 3 years

M \$18/ NM \$54 SATURDAYS 9:00 am - 9:30 am

Parent and child will explore the water world together. Sing and move together as you both learn basic skills; floating, kicking, reach and pull. Special emphasis on the water safety skills needed to prevent accidents around pools and other bodies of water.

PROGRESSIVE: K- 14 yrs, without parent

Minimum of 4 Students per Class

SATURDAY CLASSES M \$18/ NM \$54

2 DAY CLASSES M \$28/ NM \$84

POLLIWOG (Beginners)

CLASS RATIO IS 1 INSTRUCTOR PER 5 CHILDREN

Mon & Wed or Tues & Thurs 9:35 am - 10:05 am

Sat 10:10 am - 10:40 am

GUPPY (Deep End Swimmers)

CLASS RATIO IS 1 INSTRUCTOR PER 6 CHILDREN

Mon & Wed or Tues & Thurs 9:35 am - 10:05 am

Sat 10:10 am - 10:40 am

MINNOW, FISH, FLYING FISH, SHARK

(Working on all four strokes-full pool length)

LEVELS MAY BE COMBINED

CLASS RATIO IS 1 INSTRUCTOR PER 8 CHILDREN

Mon & Wed or Tues & Thurs 9:35 am - 10:05 am

Sat 10:10 am - 10:40 am

PRIVATE SWIM LESSONS

ONE PERSON M \$15/ NM \$45

TWO PEOPLE-Same level M \$20/ NM \$60

Private lessons or semi-private lessons are the perfect answer for the participant who cannot make our scheduled group lessons or need that extra attention. The benefits of a private swim lesson are that they are scheduled for your convenience, and you can focus your lesson on what you want to learn; to dive, to swim, to complete a triathlon!

30 minute lesson- Scheduled by the Aquatics Director

Ages 5- adult

ADULT FITNESS & HEALTH

FULL GROUP FITNESS SCHEDULE AVAILABLE AT SERVICE DESK OR OTTAWAYMCA.ORG

LAUREN WINTERS REGISTERED DIETITIAN

Lauren Winters is a Registered Dietitian and Licensed Dietitian Nutritionist who has provided nutrition and food education in a variety of settings. She believes that all foods can be a part of a healthy diet. Healthy habits can be worked into the busiest schedule with the tightest budget!

\$80 members \$130 for non-members
Fee includes: Initial Consultation (60 minutes) and two Follow-Ups (30 minutes)

Additional Follow Ups (30 minutes)
\$20 members \$32.50 non-members

NIFTY FIFTY/ADULT OPEN SWIM

M FREE/ NM \$32 a month
Mon., Tues., Wed, & Fri, 11:00 am - 12:00 pm
Thur, 11:00 am - 11:30 am

Monday - Friday: Afternoon times will vary
Please check pool schedule at Service Desk or online.

SMART START

Made by appointment at our Service Desk
FREE for Members

Smart Start is provided to our members as a gateway to the world of fitness at the Y. In just four short one-on-one meetings our wellness coaches will get you started on the path to health. They will help you become more comfortable with using our cardio machines, new strength training circuit and connect you with different areas of the Y. Jr, High and High School students must make a Smart Start appointment to begin using our weight room.

PERSONAL TRAINING

Whether you are just beginning your fitness plan, need help refining your workouts or want to push your boundaries, personal training is for everyone. A well-balanced fitness plan is crucial to healthy and safe workouts. Our personal trainers, Karen and Mary can help you reach your goals in the most effective and beneficial way for your specific needs.
Pricing and scheduling at the Service Desk

GROUP PERSONAL TRAINING

The Y Personal Trainers both offer the option of group personal training. With group personal training, you get the added benefit of motivation from both your peers and the instructor. This can be a fun rewarding option for small groups of friends, or family.
Pricing and scheduling at the Service Desk



SILVER SNEAKERS

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and make activities of daily living skills easier. See fitness schedule for class times.

Y YOUTH FITNESS & SPORTS

F.A.S.T

Flexibility Agility Strength Training Ages 11-16

Mon., Wed, & Fri, 11:00 am M \$30/NM \$90 for a five week session

This beginning level, full body conditioning class is open to youth and teens ages 11-16 years. The class will focus on overall muscular development and proper form in strength training. We will strive to gain full body awareness with proper education to benefit athletes and those who are interested in gaining strength. All participants will be able to receive our "Blue Card" for weight room usage.

YMCA SUMMER HIGH SCHOOL BASKETBALL LEAGUE

\$25 Member/\$50 Non Member 6:00 pm - 8:00 pm

Mondays July 10 - August 7 5 Week League

Designed for teens in grades 9 -12, the YMCA's summer high school basketball league will help take your game to the next level. Teams will be assigned the first week and jerseys will be given out.

YMCA SUMMER VOLLEYBALL LEAGUE

\$25 Member/\$50 Non Member 6:00 pm - 8:00 pm

Tuesdays June 13 - July 11 5 week League

For players in High school - Adult to improve their skills, with their teammates in a competitive environment. Teams can prepare for the fall volleyball season. Teams will be assigned the first week and jerseys will be given out.

OTTAWA CITY RECREATION CLASSES

Register for these classes at the City Recreation Office 815-434-7292

YMCA/CITY REC. INSTRUCTIONAL SOCCER CLINIC

Cost \$10 30 maximum, 10 minimum for each group

June 12 - 15

The clinic will stress the fun in the fundamentals of soccer. This camp teaches basic fundamentals of soccer; dribbling, passing, ball control through drills and mini-games. Please bring water.

Instructor: Ottawa YMCA Staff Location: South adult softball diamond east of Riordan Pool

Pee Wee (ages 3-5) 9:00 am - 10:00 am

Pee Wee (session 2) 10:00 am - 11:00 am

Entering K - 1st Grade 9:00 am - 10:00 am

Entering 2nd - 4th Grade 10:00 am - 11:00 am

SPORTS OF ALL SORTS

Cost \$10 40 maximum 10 minimum

All boys and girls 3-5 years old are welcome to participate in our sports of all sorts program! Basic fundamentals, motor skills, and having fun are emphasized in each sport. Come learn activities and games that are developmentally appropriate, build self-confidence, and promote social interactions with children their age.

This class is held at the Y in the small gym 9am-10am

June 19 - Bitty Basketball

June 20 - Tiny Touchdowners

June 21 - T-Ball Tuffies

June 22 - Jungle Gymnasts

TINY TOT SWIM

Cost \$22 per session 15 maximum per session
Held at the YMCA pool for 3,4, and 5 year olds, not in Kindergarten, Beginning swimmers,

1:00 pm - 1:30 pm

Session 1 June 12 - 16

Session 2 June 19 - 23

Session 3 June 26 - 30

CAMP HUSTLE

Cost \$14 per session

July 10 -13

A fun camp for kids in first through fourth grades. Students begin developing basic basketball skills. Games and competitions daily.

T-shirt included

1st and 2nd Grade 12:30 pm - 2:00 pm

3rd and 4th Grade 2:00 pm - 3:30 pm

