



**STRONG PAST
BRIGHT FUTURE
OTTAWA YMCA
2023 SUMMER
PROGRAM BROCHURE**



GET ENGAGED



Nationwide Membership enables Y members to visit any participating YMCA in the United States. Valid for active, full facility YMCA members. Nationwide member visitors must use their home Y at least 50% of the time. Program-only participants are not eligible for nationwide membership. Nationwide members can use facility only. Pool, Classes and Child Watch are benefits for Ottawa YMCA Members only. To find a Y in another location, go to ymca.net.

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 our Annual Support Campaign and 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 by the YMCA.

Pool Lane Reservation Policy

Pool lanes will be available to Ottawa YMCA members only by reservation. You may make a reservation online at www.ottawaymca.org or by calling 815-433-2395

Age policies

*Children 11 years old and younger must be with a parent/guardian unless enrolled in a program.

Youth Members 14 and older can access the entire facility without an adult.

Youth Members 12 and 13 years old may be in the facility without a parent/guardian in the building but must have Blue Card Training to access Cardio and Weight rooms.

Guests under the age of 14 must be with a parent or guardian at all times.

Guest Policy & Fees

Guests 16 and older must show a valid Student ID and/or driver's license.* An information and release form is required from all guests. [Limit of 6 passes in a calendar year before taking out a Membership](#)
YOUTH (Ages 3-17) \$8.00

ADULT (Ages 18+) \$15.00

Closing Dates

May 29-Memorial Day Open 8:00am-12:00 pm (facility only)
July 4- Independence Day

Building Hours

M-F	5:00 am - 8:30 pm
Sat.	7:00am - 4:00 pm
Sun.	12:00 pm - 4:00 pm

Child Watch Hours

Monday - Friday	9:00 am - 11:30 am
Monday - Thursday	4:15 pm - 6:45 pm

Child Watch is included in an Ottawa YMCA Family/Single Parent Family Membership. There is a two hour limit per day. Hours are subject to change.

Supporting the Health of Local Business

The YMCA is proud to provide membership incentives for local companies that communicate our goals of youth development, healthy living, and social responsibility. By making YMCA memberships accessible, these companies enhance and enrich the lives of their employees and families by opening the doors to the many programs offered at the YMCA. If your group, business or organization is interested in membership incentives at the Y, please call our Membership Director Kelly at 815-433-23954 Ex 24

Health Incentive Programs

Silver Sneakers

Prime

Renew Active

Check with your Insurance company to see if you qualify for a free or reduced membership.



STRONG SWIMMERS CONFIDENT KIDS

Swim Lessons

Registration begins Monday, May 22nd

Summer 1 - June 12- June 30

Summer 2 - July 10 - July 28

Summer 3 - July 31 -Aug 18

Tadpole Parent/Child Program

Ages 6 months - 3 years

Mon/Wed - 5:15-5:45 PM

Member \$31

Program Participant \$62

Preschool Program

Ages 3-5 years

Mon/Wed - 6:00-6:30 PM

Tues/Thur - 8:50-9:20 AM

Progressives Program

Ages 6-14 years

Mon/Wed - 6:35-7:05 PM

Tues/Thur - 9:25-9:55 AM

Private Swim Lessons

PRIVATE SWIM LESSONS

30 minute lesson

Scheduled by the Aquatics Director

Ages 3 - adult

Private lesson

Members \$30

Program Participants \$60

Private 3 Lessons

Member \$70

Program Participant \$150

Private 5 Lessons

Member \$105

Program Participant \$210



SEMI-PRIVATE LESSONS

Semi-Private - two swimmers/same swim level

30 minute lessons

Scheduled by the Aquatics Director

Semi-Private lesson

Members \$35

Program Participants \$70

Semi-Private 3 lessons

Member \$90

Program Participant \$180

Semi-Private 5 lessons

Member \$135

Program Participant \$270

Competitive Swim Club

The swim club is open to children that have previous competitive swimming experience. It will be 60% to 70% technique work, 30% to 40% conditioning, and a little fun thrown in too! We will practice outside at Riordan Pool on Tuesday Wednesday, and Thursday mornings from June 12th to August 4th, 8 weeks.

Registration begins Monday, May 22nd

8:00 to 9:30 a.m. Swimmers 12 years and older \$120 Member/\$240 Program Participant

8:30 to 9:30 a.m. Swimmers 11 years and younger \$80 Member/\$160 Program Participant

Aquatic Fitness Personal Training

Excellent for improving general fitness, rehabilitation from an injury, competitive swim athletes, and triathlon athletes. Training in the water with a Personal Fitness trainer can assist you with increasing your strength, endurance, and flexibility in a low impact environment. Training in the water with a competitive swim trainer can assist you with improving swimming technique, strength, and endurance.

Competitive Swim Trainers: Christy Ovanic, Tom Pocivasek, and Karen Szewczuk

General Fitness/Rehab/Triathlon: Karen Szewczuk, Mark Hulbert, John Zavada and Kay Smith

INTRO TO AQUATIC PERSONAL TRAINING

for new clients only/30 Minute Sessions
6/\$99

ONE HOUR SESSIONS

10 sessions/\$350
5 sessions/\$185
1 session/\$50

GROUP AQUATIC PERSONAL TRAINING

2 - 3 people 1 hour sessions
5 sessions / \$225
1 session / \$50

CHILD CARE AND CAMPS



YMCA Summer Day Camp

Camp hours are 6:30am-5:30pm

Program runs June 12-Aug 18th (10 Weeks)

At the YMCA, we're adapting to the challenges of a changing world to make summer magic happen for your kids. Our Day Camp follows CDC guidelines, and have been retooled to keep our community's youth happy, engaged, and safe while having fun, making friends, and learning life-shaping skills. For children ages 4-14.

Payment Information:

Registration Fee per Child \$40-One Time non-refundable Fee
Weekly Rate \$130 Member/\$170 Program Participant
Rate for each additional child
Weekly Rate \$110 Member/\$150 Program Participant
Daily Rate \$35 Member/\$45 Program Participant

Breakfast , Lunch and Snack
provided By Ottawa Elementary
School Summer Food Program

Mini Preschool Summer Camps

Registration begins Monday May 22nd

Scamper Campers

Ages 2 & 3 M-Th, 9:00 am-10:00 am

\$35 Members per session

\$70 Program Participants per session

**Session 1
PREHISTORIC
EXPLORATION**

June 12-22nd

**Session 2
SUMMER SAFARI**

June 26-July 6th

**Session 3
OCEAN
WONDERS**

July 10-July 20th

**Session 4
GREAT OUTDOORS**

July 24th- Aug. 3rd

**Session 5
SPACE
ADVENTURES**

Aug. 7th-Aug. 17th

Camp I Wanna Go

Ages 4 to 6 M-Th, 10:15 am-12:00 pm

\$ 55 Members per session

\$110 Program Participants per session

Fall 2023

OTTAWA YMCA BEFORE/AFTER SCHOOL AND SCHOOLS OUT WEEKLY PROGRAM

A before and after school recreation program for children K-8th grade offering homework help daily, healthy snacks and swimming.

Available Monday through Friday from 6:30 am until school starts and from school dismissal until 5:30 pm. Held At Ottawa YMCA & Wallace (am & pm), Marseilles and Grand Ridge (After School Only) Elementary Schools

\$40 Registration Fee

DISCOVERY PRESCHOOL

Ages 3,4, & 5

Registration is open for Fall 23

We believe the values and skills learned early on are building blocks for quality of life. At the Y, kids have the opportunity to be creative, explore their environment and develop problem solving skills through self discovery and teacher assisted activities. Kids learn their ABC's, to share, sportsmanship, and most importantly, learn how to be themselves. Those qualities make for confident kids today, contributing and engaged adults tomorrow. In addition, all our children receive swim and gym time included!

YMCA Membership required
\$40 Activity Fee



YMCA

EVIDENCE-BASED PROGRAMS

HELPING YOU ACHIEVE YOUR HEALTH GOALS

*Scholarship memberships are available for those needing assistance.



YMCA DIABETES PREVENTION PROGRAM

16 weekly sessions, followed by 3 bi-weekly and 7 monthly sessions that is held in a supportive, small group environment led by a trained Lifestyle Coach.

- * Learn Healthy Eating
- * Increase Physical Activity
- * Decrease Bodyweight by 7%

This class has a value of \$430 for 27 weeks but will be offered at no charge with your Y membership.

Call 815-433-2395 for more info



ROCK STEADY BOXING

Rock Steady Boxing enables people with Parkinson's Disease to fight their disease by providing non-contact boxing style fitness classes that improve their quality of life, sense of efficacy, and self-worth. Recent studies also suggest this intense program may be "neuro-protective" working to delay the progression of the symptoms.

Tuesday and Thursday 1:00 pm – 2:30 pm

Free for members, ongoing



ENHANCEFITNESS

EnhanceFitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized and empowered for independent living. The exercises focus on cardiovascular endurance, strength, flexibility, and balance which can help reduce the severity of arthritis symptoms. In addition, the class atmosphere encourages social interaction, which is a vital part of health and well-being for older adults. Participants will be assessed when they start and the end of 16 weeks. No charge with your Y membership.

Monday and Wednesday 10:15 am – 11:15 am

Monday, Wednesday, and Friday 11:30 am – 12:30 pm . Free for members, ongoing



LIVESTRONG AT THE YMCA

A 12-week program for adult cancer survivors. Survivors participate in a health and fitness program with other survivors in a small group setting. Through the program, certified YMCA instructors help patients build muscle mass and strength, increase flexibility and endurance, and improve energy levels and self-esteem. Free 3 month membership included.

Tuesday and Thursday at 11:00 am – 12:30 pm

Schedule registration meeting with Karen Szewczuk at the Front Desk.



HEALTH AND WELLNESS

Smart Start

Made by appointment at our Service Desk.

Smart Start is provided to our members as a gateway to the world of health and wellness.

You will receive four one-on-one meetings with our wellness coaches. They will help you become more comfortable with using our cardio machines, strength training circuit, & goal setting.

FREE for Members

Land Based

Personal Training

(Check our Aquatics page
for Aquatic Personal Training)

Let one of our certified Personal Trainers help you attain faster and better results. You will achieve proper fat loss and muscle gain while reducing your chance of injury. Establish a lifetime exercise regimen with an encouraging professional guiding you! Schedule your appointment with Karen, Mark, John, Mary, Kay and Ryan at the Service Desk.

Personal training packages and pricing

1 hour sessions

10 sessions/ \$350

5 sessions/ \$185

1 session/\$50

Intro to Personal Training

for new clients only

6 thirty minute sessions/\$99

Group Personal Training

Challenge your friends to work out with you and a certified Personal Trainer.

2 - 3 people 1 hour sessions

10 sessions/ \$400

5 sessions/ \$225

1 session/ \$50

Group Fitness Classes

Free for Members

AquaZumba®

Boot Camp

Cardio Max

Chair Yoga

EnhanceFitness

Kick/Core

Power Hour

Rock Steady Boxing

Round 1

SilverSneakers®

Strengthen, Lengthen and Restore

Stretch and Mobility

STRONG®

Water Exercise

Workout of the Day

Yoga

Zumba®

We proudly offer Zoom classes in addition to our live class schedule. Zoom links are available on our website.



Teen Weight Room Orientation

Make an appointment through our Smart Start Program.

Upon completion of the class, you will receive a blue card. You must present this card when using the weight room.

After completion of the Blue Card Training 12 - 13 years **Members** may use the weight rooms.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OTTAWA YMCA

Membership Rates

	Joiners Fee	Monthly Bank Draft	3 Month Paid in Full	Annual Paid in Full
YOUTH Ages 2-13	\$25	\$20	\$78	\$240
STUDENT Ages 14-18	\$25	\$22	\$84	\$264
YOUNG ADULT Ages 19-25	\$25	\$28	\$102	\$336
ADULT Ages 26+	\$50	\$40	\$138	\$480
SINGLE PARENT FAMILY	\$50	\$45	\$153	\$540
FAMILY	\$50	\$50	\$168	\$600
SENIOR ADULT Ages 62+	\$25	\$32	\$114	\$384
SENIOR FAMILY Ages 62+	\$50	\$39	\$135	\$468

YMCA Partners In Youth Fund

Every donation to the Y makes a difference in our community by eliminating economic barriers that may prevent some people from taking part in Y memberships or programs.

Your contribution toward our campaign supports Youth, Family and Senior Scholarships to ensure the Y can continue to offer safe After School and Summer programs for at risk youth, life saving swim lessons, and vital wellness programs for adults and seniors.

The need for the services the Y provides is greater than ever. We hope you will consider a pledge to this years annual support campaign.

Please visit our website at www.ottawaymca.org and click on the DONATE button at the top of the page.

Thank you for helping us;

it is because of you that we are able to make the Y available to those who are in need.

SIZZLIN' SUMMER

MEMBERSHIP DEALS

May 15-June 15

Pay No Joiners Fee on Paid In Full Memberships!

