



GREAT SUMMERS START AT THE Y



**OTTAWA YMCA
2024 SUMMER
PROGRAM BROCHURE**

GET ENGAGED

NOW REGISTER FOR PROGRAMS ONLINE AT www.ottawaymca.org

Members and 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 in full or 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.

Membership/Class Policy

Refunds/Credits are not available unless a class is cancelled or there is a medical reason the person may not attend. A Doctor's note is required. Memberships are non-refundable and not based on usage.

Age policies

- Children 11 years old and younger must always have adult supervision in the facility.
- Youth members 12 and 13 years old who do not have Blue Card Training will only have access to the basketball gyms without an adult. They will not have access to other areas of the facility.
- Children 13 years old and younger must leave the building at 7pm on weeknights unless supervised by a parent or legal guardian.
- Youth members 14 and older can access the entire facility without an adult.

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. Guests under 14 must be with a parent or guardian at all times. Limit of 6 Guest Passes in calendar year before taking out membership.

YOUTH (Ages 3-17) \$ 8.00

ADULT (Ages 18+) \$ 15.00

Closing Dates

July 4th-Closed all day

Pool Hours in New Facility

Monday/Wednesday	5:30 AM to 7:30 PM
Tuesday/Thursday	7:00 AM to 6:00 PM
Friday	5:30 AM to 3:00 PM
Saturday	7:30 AM to 3:00 PM
Sunday	12:00 PM to 3:00 PM

Building Hours in New Facility

M-F	5:00 am - 9:00 pm
Sat.	7:00 am - 5:00 pm
Sun.	11:00 am - 5:00 pm

Child Watch Hours In New Facility

Monday - Friday Mornings	8:00 am - 12:00 pm
Monday - Thursday Evenings	4:00 pm - 8:00 pm
Saturday	8:00 am - 12:00 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 815-433-2395 Ex 24

Health Incentive Programs

SilverSneakers Prime
Renew Active



Renew Active
by UnitedHealthcare

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



AQUATICS

**Registration Begins
May 20th
PROGRAM SESSIONS**
1. June 10 – June 28
2. July 8 – July 26
3. July 29 – August 16

GROUP SWIM LESSONS

Our group lessons have a maximum enrollment of 12-15 students to ensure proper student to instructor ratios for safety and instructional purposes.

Member \$36 / Program Participant \$72

Tadpoles, Parent/Child Program Ages 0-3

M/W Evenings 5:15-5:45 PM
T/Th Mornings 8:45-9:15 AM

Preschool Swim Program Ages 3-6

M/W Evenings 6:00-6:30 PM
T/Th Mornings 9:30-10:00 AM

Progressive Swim Program Ages 6+

M/W Evenings 6:45 – 7:15 PM
T/Th Mornings 10:15 – 10:45 AM



Dolphins Swim Team

June 3-July 24

Riordan Pool (weather permitting)

Swimmers 13+ M-F 7:00-9:00 AM

Swimmers 5-12 M/W/F 9:00-10:00 AM

Contact Christy Ovanic at

christyovanic@ottawaymca.org if interested

PRIVATE SWIM LESSONS **Ages 5-Adult**

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.

30 minute lessons will be scheduled by the Aquatics Director.

Private Swim Lessons

One 30 minute lesson

Three 30 minute lessons

Five 30 minute Lessons

Member \$30/Program Participant \$60

Member \$70/Program Participant \$150

Member \$105/Program Participant \$210

Semi-Private Swim Lessons (2-3 People)

One 30 minute lesson

Three 30 minute lessons

Member \$35/Program Participant \$70

Member \$90/Program Participants \$180



Master's Swim Team

Registration begins May 20, Program begins June 3

This program promotes health, wellness, fitness and competition for adults through swimming. Available to Y Members age 18 and over.

You must be able to swim two lengths of pool to participate.

Monday, Wednesday and Friday 6:30 AM to 7:30 AM

Fee: \$25 per month on automatic payment draft

Contact John Collet at run4funandprs@gmail.com for additional info



CHILD CARE, CAMPS AND HOMESCHOOL PROGRAMS

YMCA Summer Day Camp

Camp hours are 6:30am-5:30pm
 Parents Meeting is Thursday May 30th at 5:30 pm
 Program runs June 3-Aug 16th (11 Weeks)

Registration Fee per Child \$40-One Time non-refundable Fee
 Weekly Rate \$140 Member/\$180 Program Participant
 Rate for each additional child
 Weekly Rate \$120 Member/\$160 Program Participant
 Daily Rate \$40 Member/\$50 Program Participant

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

Home School Summer Sports

Ages Kindergarten-High School

\$15/Member or \$30/Program Participant
 Fridays 11:00 am-11:45 am.

A tour of many different types of sports and fitness topics
 designed especially with the Home School student in mind

PROGRAM SESSIONS

1. June 10 – June 28
2. July 8 – July 26
3. July 29 – August 16

Registration
 Begins May 20th

Mini Preschool Summer Camps

SCAMPER CAMPERS

Ages 2 & 3 M-Th, 8:45 am-9:45 am

\$40 Members per session
 \$80 Program Participants per session

CAMP I WANNA GO

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

\$60 Members per session
 \$120 Program Participants per session

Session 1
 JURASSIC WORLD
 June 3rd-13th

Session 2
 ANIIMAL PLANET
 June 17-27th

Session 3
 UNDER THE SEA
 July 8th-18th

Session 4
 IT'S BUGS LIFE
 July 22nd-Aug. 1st

Registration
 Begins May 20th

Session 5
 SPACE VOYAGES
 Aug. 5th-Aug. 15th



Specialty Camps

Registration Begins May 20th
 Mondays- Thursdays



STEAM SAMPLER CAMP

\$20 Member/Program Participant \$40

Come challenge your brain with our STEAM Sampler Camps!
 Each week will focus on a different project
 (bridges, boats or buildings) and participants will work
 through the engineering process as they learn!

3rd - 5th grade 9:00 - 9:45 am
 6th -8th grade 10:00-10:45 am

- Session 1 Bridges June 10th - 13th
- Session 2 Boats July 8th - 11th
- Session 3 Buildings July 29th - Aug. 1st

KIDS IN THE KITCHEN CAMP

\$15 Registration Fee
 \$20 Member/Program Participant \$40

Kids in the Kitchen will spend the week learning about
 basic culinary skills and topics while they create their
 own snacks in our new teaching kitchen!

3rd - 5th grade 8:30 - 9:30 am
 6th -8th grade 10:00-11:00 am

- Session 1 June 17th - 20th
- Session 2 July 15th - 18th
- Session 3 Aug. 12th - 15th

FITNESS



Land Based 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 of health with professional guidance! Must be an Ottawa YMCA Member. Schedule an appointment with Karen, John, Kay, Mark, Mary, Michele, Pat, Ryan or Abbey

Aquatic Personal Training

Training in the water alleviates stress to various joints of your body and still allows for resistance, flexibility and strengthening. Try a personalized aquatic fitness training session! Must be an Ottawa YMCA Member. Schedule your appointment with Christy, Kay or John today at the Service Desk.

Land and Aquatic Personal Training Package Pricing

10 one hour sessions/ \$375
5 one hour sessions/ \$195

Intro to Personal Training for new clients only
6 thirty minute sessions/\$99

Group Personal Training

Must be Ottawa YMCA Members
2 - 3 people 1 hour sessions
10 one hour sessions/ \$425
5 one hour sessions/ \$275
1 one hour session/ \$60

Teen Weight Room Orientation

Make an appointment through our Smart Start Program. Upon completion of the class, you will receive a blue band. Present this card when using the weight room. After completion of the training 12 - 13 years old Members may use the weight rooms with a parent or guardian.

Group Fitness Classes

Free for Members

- Aqua Boxing
- Aqua Zumba®
- Boot Camp
- Cardio Max
- Chair Yoga
- Core and More
- EnhanceFitness®
- Family Yoga
- Kick with Karole
- Les Mills BodyCombat®
- Les Mills Body Pump®
- Movement Matters
- Power Hour
- Rock Steady Boxing
- SilverSneakers®
- Strengthen, Lengthen, and Restore
- Stretch and Mobility
- STRONG®
- Water Exercise
- Yoga
- Zumba®

Smart Start FREE for Members

Made by appointment at our Welcome 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.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OTTAWA YMCA

	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

Pay No Joiners Fee on Paid In Full Memberships May 13-June 9th!

ACTIVE Y ADULTS SUMMER CAMP

Tuesday 11:30 am-2:00 pm

PROGRAM SESSIONS

Register beginning May 20

Session 1	Session 2	Session 3
June 11	July 9	July 30
June 18	July 16	August 6
June 25	July 23	August 13

Revisit the fun of summer camp here at the Y this summer! Once a week for three weeks we invite our senior community members back for snacks, crafts and classic games as they socialize with friends or make new ones at our AYA Summer Camp.

\$15 Member
\$30 Program Participant

