



THE OTTAWA Y JUST GOT COOLER



SESSION

Winter I - Jan. 8-Feb. 17 - 6 weeks

Registration begins Dec. 11

Winter II - Feb. 26 - April 6 - 6 weeks

Registration begins Feb. 12

Spring - April 15 - May 25 - 6 weeks

Registration begins April 1

DATES

GET ENGAGED

NOW REGISTER FOR
PROGRAMS ONLINE AT
www.ottawaymca.org

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. Valid for Facility use only, no pool or classes included. Program-only participants not eligible for nationwide membership. 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 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 by the YMCA. Memberships are non-refundable and not based on usage.

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. Check our pool schedule for open swim times without a reservation.

Age policies

- Children 11 years old and younger must always have an adult in the building.
- 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, no 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

Dec. 24 - Christmas Eve

Dec. 25 - Christmas

Dec. 31 - New Years Eve

Jan. 1 - New Years Day

March 31 - Easter

Building Hours

M-F 5:00 am - 8:30 pm

Sat. 7:00 am - 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

Saturday 8:30-10:30 am

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

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



LEARN & LAUGH

Before/After School 2023-2024 Rates

****NO REFUNDS OR CREDITS WILL BE GIVEN FOR MISSED DAYS.****

One Time Registration Fee: \$40 per child per school year

BEFORE SCHOOL

Daily \$5.00 Member \$11.00 Program Participant

Weekly \$20.00 Member \$50.00 Program Participant

AFTER SCHOOL

Daily \$10.00 Member \$16.00 Program Participant

Weekly \$40.00 Member \$75.00 Program Participant

***Half Days included in weekly rates**

HALF DAY RATES

Daily \$17.50 Member \$25.00 Program Participant

FULL DAYS & HOLIDAY CAMP RATES

Daily \$35.00 Member \$45.00 Program Participant

Weekly \$130.00 Member \$170.00 Program Participant

*Inquire at YMCA for Membership

*Parents **MUST** register by Friday for the following week.

Late Fees will apply



Program Hours:

Ottawa Before School

Monday thru Friday

6:30 am-8:15 am

Bussed to OES Schools

Wallace Before School

Monday thru Friday

6:30 am-8:15 am At Wallace School

Ottawa After School

Monday - Friday

Afterschool -5:30 pm

Bussed to YMCA

Wallace, Grand Ridge and Marseilles After School

Monday - Friday

Afterschool -5:30 pm

At Each School

Ottawa and Wallace Half Day

11:30 am-5:30 pm

Bussed to YMCA

Full Day at the YMCA

6:30 am-5:30 pm

Times in the Satellite

Site Programs may

be adjusted based

on enrollment

Two Much Fun

2 Year olds Six week session dates on brochure cover

All 2 year olds learn by doing! Our class is no different by promoting social skills and encouraging to increase verbal skills. These skills are taught in a fun and encouraging atmosphere. This class is a great way for your child to learn about preschool. Socialization and sharing are important things to learn in preschool and the Y strives to provide this. The class will introduce them to art, science, circle time, weather, letters, shapes, numbers, and colors.

Tuesday and Thursday 9:30am-11:00am

Members \$75 a session

Program Participants \$125 a session

Discovery Preschool

Ages 3 - 5

\$40 Activity fee YMCA Membership required

The YMCA method of teaching encourages children to learn through "doing"; it requires active thinking and experimenting to make discoveries about the world around us. Instruction is based on utilizing all of a child's senses to learn. Another major focus of this curriculum is to help children become enthusiastic learners and to foster a lifetime love for learning.

Swimming lessons are included in our curriculum to set us apart from other preschools in the area.

Monday/Wednesday/Friday 8:45 am - 12:00 pm

Members \$160 a month

Tuesday/Thursday 8:45 am - 12:00 pm

Members \$110 a month

May register for one or both programs

Spring Break Camp

Enjoy time out of school at the Y! School's Out Specials are based on Ottawa Elementary School calendar. Wallace, Grand Ridge and Marseilles students are welcome at the Ottawa YMCA for full day programs.

Spring Break Camp runs Monday, March 25-Friday, March 29 and Monday, April 1

Regular Full Date rates Apply

SPORTS, FUN AND FRIENDS

ALL YOUTH SPORTS RUN ON SIX WEEK SESSION DATES

Winter I – Jan. 8–Feb. 17 – 6 weeks
Registration begins Dec. 11

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Registration begins Feb. 12

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Y Tumble Gym All Sessions

Ages 3–8 year olds

3–5 year olds Mondays 5:30–6:15 pm (Intro Class)

5–8 year olds Mondays 6:30–7:15 pm (Advanced basic skills, somersaults, beginning cartwheels)

Come to the Y and learn the fundamentals of tumbling! This class is for 3–5 year olds with no tumbling experience. We will teach basic strengthening techniques, animal walks, somersaults, and a whole lot of FUN!

Members \$30/Program Participants \$60

Home School Sports All Sessions

Kindergarten–High School

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.

Members \$30/Program Participants \$60

Youth Mobility Training All Sessions

Ages 8 – 16 years old

Mondays & Wednesdays 4:45 pm –5:30 pm

Want to improve general movement patterns, strength, balance, flexibility, body awareness and improve athletic performance? Mobility training optimizes movement and performance by increasing the range of motion within the joints and surrounding muscles.

Members \$40/Program Participants \$80

Parent/Child Motion Mornings Winter 1 & 2 Sessions

Ages: 2–3 years old

Thursdays 11:15 am – 12:00 pm

Little ones will work on balance and coordination while having fun learning sports and fitness with their parents! Basic skills of different sports will be taught with less focus on the game, and more emphasis on fundamentals. Parent participation is required and equipment is provided.

Members \$30/Program Participants \$60

Youth Basketball League Winter 1 Session

Ages 3 year old through 6th grade

Divisions : 3 – 5 year-old, K – 1st, 2nd – 3rd and 4th–6th

One weekday practice TBA; Games will be held on Saturdays

Make a difference in a child's life VOLUNTEER COACH!

Members \$40/Program Participants \$80

Instructional Indoor Soccer Winter 2 Session

Ages 3–5, K–1st

Tuesdays

3–5 year olds 5:45 – 6:30 pm

Grades K–1st 6:45 – 7:30 pm

Keep your kids in the game through the colder months with this instructional program. Basic skills, drills, and games will help develop and sharpen player abilities while teaching teamwork and creating new friendships.

Members \$30/Program Participants \$60

Instructional Floor Hockey Winter 2 Session

Grades 2–3rd & 4–6th

Thursdays 5:45 – 6:30 pm

Youth Floor Hockey is a great place to introduce your child to the sport or for your child to continue playing in a safe and educational environment.

Members \$30/Program Participants \$60

Instructional Volleyball Spring Session

Ages 8 to 14

Tuesdays & Thursdays

8–10 year olds 5:45 – 6:30 pm

11–14 year olds 6:45 – 7:30 pm

Pass, set, hit! With an emphasis on team spirit and sportsmanship, players have the opportunity to learn the basic volleyball fundamentals such as underhand serving, setting, hitting, blocking and digging in a fun and positive environment.

Members \$40/Program Participants \$80

Instructional T- Ball Spring Session

Ages 3–5, K–1st

Practice Mondays 5:45 – 6:30 pm

Games Wednesdays 5:45 – 6:30 pm

Tee Ball introduces youth to a variety of foundational skill sets to build confidence at the next level.

\$40 for members/ \$80 for non-members



WHY WE'RE HERE

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

FOR HEALTHY LIVING

Improving our community's health and well-being

The YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports fun and shared interests. As a result, over 4000 youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for the spirit, mind and body.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

The YMCA has been listening and responding to Ottawa and it's surrounding areas most critical social needs for 66 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve.

The Ottawa YMCA is committed to building the foundations of—and strengthening—our communities, through nurturing the potential of every child and teen, improving community health and well-being and providing opportunities to give back and support neighbors.

We're here for you and your family. We're here for the community. We're here for good.

FUN WITH FAMILY & FRIENDS

SPECIAL EVENTS & MORE



Kids Night Out

Ages 4 - 12

Friday's 5:30-7:00 pm Jan 19, Feb 23, March 15, & April 19

With the parents away, the kids will play!
Bring your kids for their very own night out including
PIZZA, drinks, craft stations, gym time,
and a movie!

Members \$10/Program Participants \$25

Son & Mom Prom

Friday, January 26 6:00-7:30 pm

ALL Ages

Members \$10/Program Participants \$20 Per Child

Dress to impress and bring your gentleman to dance
the night away and enjoy a treat and refreshments.

Pre - registration is required and must be accompanied by an adult.

Daddy Daughter Dance

Friday, February 16th 6:00 pm - 7:30 pm

All Ages

Members \$10 / Program Participants \$20

Wear your dancing shoes and be ready to twirl the night
away with your princess. Treat and refreshment will be
provided. Pre - registration is required and must be
accompanied by an adult.

Spiritual Fitness at the YMCA

Q-Place Groups are Non-denominational bible study groups
that meet in the Y conference room.

Tuesday afternoon Q Place

starting January 16th at 1:30pm until 2:45pm

Wednesday morning Q Place

starting January 17th at 10:00am - 11:15am

Both groups discuss the New Testament book of Acts.
All are welcome! Contact nklaassen@qplace.com for
more information.





AQUATICS

GROUP, PRIVATE AND HOME SCHOOL LESSONS

GROUP AND HOMESCHOOL SWIM SESSION DATES

Winter I - Jan. 8-Feb. 17 - 6 weeks
 Registration begins Dec. 11
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 Registration begins Feb. 12
Spring - April 15 - May 25 - 6 weeks
 Registration begins April 1

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
 Thursday 5:25-5:55 pm

Saturday 10:00 - 10:30 am

Preschool Swim Program Ages 3-6

Thursday 6:00 - 6:30 pm

Saturday 10:35 - 11:05 am

Progressive Swim Program Ages 6+

Thursday 6:35 - 7:05 pm

Saturday 11:10 - 11:40 am

HOMESCHOOL SWIM

Ages 5-16
 Member \$36 / Program Participant \$72

Swim lessons designed for home school children. Children will be evaluated on swim skills the first day and placed in groups by ability.

Friday 12:00 - 12:45 pm

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

* M/Member

*PP/Program Participant

Private 1 Lesson	M\$30/PP \$60
Private 3 Lessons	M\$70/PP \$150
Private 5 Lessons	M\$105/PP \$210

Semi-Private 1 lesson M\$35/PP \$70

Semi-Private 3 lessons M\$90/PP \$180



FITNESS & FUN



LES MILLS
BODY PUMP

NEW

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 exercise regimen with an encouraging professional guiding you! Schedule an appointment with Karen, John, Kay, Mark, Mary, Michele, Pat, Ryan or Jordan

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! 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

Redefine your relationship and spend quality time in a healthy fun environment. Friends, siblings, or couples can celebrate each other's strengths while improving each other's weakness.

Fit to be in love: couples' workout plan

Make Fitness a Family Affair!

Friends That Sweat Together Stay Together.

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 card. Present this card when using the weight room. After completion of the Blue Card Training 12 - 13 years old **Members** may use the weight rooms with a parent or guardian.

Group Fitness Classes Free for Members

AquaBoxing
AquaZumba®
Boot Camp
Cardio Max
Chair Yoga
Core and More
EnhanceFitness®
Kick/Core
Les Mills Body Pump®

Power Hour
SilverSneakers®
Stretch and Mobility
Strengthen, Lengthen, and Restore
Rock Steady Boxing
STRONG®
Water Exercise
Yoga
Zumba®

Bridal Party Group Personal Training

Bridal 7 Week Boot Camp

Customized small-group training session for you and your closest friends/family members.

1 one hour session per week

Bride or Groom \$75.00

Each additional member of her/his party \$125

(minimum of 4 participants, including Bride or Groom)

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

Adult Co-Ed Volleyball League

Sundays, January 14-March 10th-6 week Season

Must be 18 or over. There will be a 2-3 week elimination bracket championship (dependent on number of teams)

The captain must submit rosters of 6-12 people by January 5th.

Individuals must pay league fees by January 14th.

Member \$20 Program Participant \$40

Pickleball Basics

Wednesdays 10:30 AM - 11:30 AM

Runs with 6-week session dates on cover.

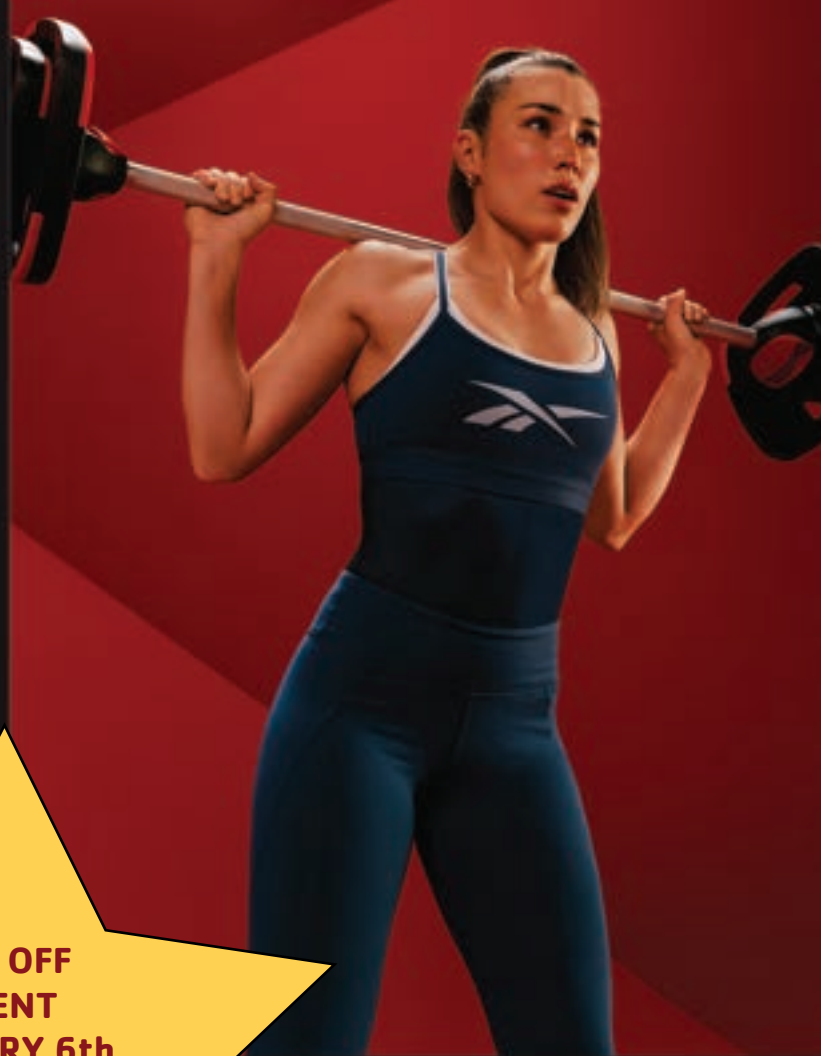
\$20 members/\$40 program participants

Pickleball Open Play

Check our monthly Gym Schedule for updated times.

Free with Y Membership/\$15 per day for program participant

BECOME STRONGER



**KICK OFF
EVENT
JANUARY 6th
9:00 am
Sign up at
the service desk!**



**LES MILLS
BODYPUMP**

1 workout. 1000 reps.
1000 x stronger.

Launching January 2024





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.



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. Class value \$400.

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. Class value \$450.

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. Class value \$225.

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

Schedule registration meeting with Karen Szewczuk at the Front Desk.



COMING SOON!!! Blood Pressure Self-Monitoring Program

The YMCA's Blood Pressure Self-Monitoring Program (BPSMP) supports adults with hypertension in lowering and managing their blood pressure. The four-month program focuses on practicing home self-monitoring of blood pressure readings and individualized nutrition education for better blood pressure management. With the support from a trained Healthy Heart Ambassador (HHA), participants:

Measure and record their blood pressure at least two times per month

Attend two personalized consultations per month with their HHA

Attend monthly Nutrition Education Seminars

Class value \$400.



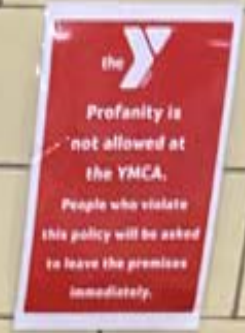
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

You may know the Y for our pools, classes, gyms, basketball courts or summer camps, but the Ottawa YMCA is so much more. We also offer transformative programs, afterschool learning, LiveStrong for those living with cancer, and a Summer Day Camp program for youth in our community.

All of it free or at low cost for those who need it most.

That's where you come in. Help us make the Ottawa Area stronger as we reach people of all ages and all backgrounds. When you volunteer or give, you're building a stronger community.

With your help we can do so much more.



The Y. So Much More™

Please give today.

ottawaymca.org





FIND YOUR PASSION FIND YOUR Y.

For a better us.®

MEMBERSHIP

	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

Scholarships are available. The Ottawa YMCA does not turn anyone away way for the inability to pay

A YMCA membership gives you so much more than just access to our facility. It helps you to lead a healthier life—by building relationships, providing a way for you to be a part of your community, helping you to help others –not to mention the great work out you get through our programs and equipment. A YMCA membership sets you on the path to good health in spirit, mind and body helping you to enjoy living a full and balanced life. Your membership gives you access to all YMCA programs, either included in your membership or at a reduced rate.

YOUR MEMBERSHIP INCLUDES

- *Free adult group exercise classes with convenient drop-in schedules.
- *Free Smart Start program with your own coach to help you get started.
- *Reduced rates on programs including swim lessons, youth sports, and more.
- *Free Wi-Fi.

- *Opportunities for friendship and community in a Christian environment.
- *Free on-site childcare, Child Watch, while you work out.
- *Free lap lane swim time and open gym time.
- *Nation Wide Membership to use at participating Y's across the U.S.