

Preschool Activities

There are no make-up lessons

Parent/Child Swim 6mos-3yrs

Fee:	Member \$68 Program Member \$136
Mon	9:45-10:15am
Wed	6:30-7:00pm
Sat	8:45-9:15am

Seahorse Swim 3-5 yrs

Is your child ready to learn to swim but not ready to learn without you? This class is designed for beginner swimmers accompanied by a parent in the water.

Fee:	Member \$72 Program Member \$144
Thurs	6:00-6:30pm

Preschool Lessons 3-5 yrs

Fee:	Member \$72 Program Member \$144
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Pike (rookie)
Eel (beginner)
Ray (advanced)
Starfish (expert)

Sun	4:15-4:45pm
Mon	10:20-10:50am 5:45-6:15pm
Tues	3:45-4:15pm
Wed	5:10-5:40pm 6:30-7:00pm
Thurs	4:30-5:00pm
Sat	9:20-9:50am 10:40-11:10am

Basketball Clinic 3-5 yrs

Children will be introduced to beginner level skills of basketball.

Fee:	Member \$28 Program Member \$56
Fri	10:30-11:00am

Kinder Fit-n-Fun 5-6 yrs

Bring your kindergartener to the YMCA for a fun time of gym, fitness, swim lessons and art to enrich their Kindergarten experience.

Fee:	Member \$80 Program Member \$160
Tues	9:30-11:30am
Thurs	9:30-11:30am 12:30-2:30pm

Let's Make a Mess 3-5yrs

Children everywhere love to make a mess! We will make fun messy projects using everything that allows room for imagination.

Fee:	Member \$30 Program Member \$60
Wed	9:30-10:00am

Precious People Preschool Program

New this year 3 year old class 4-5 year old class

Teachers lead your child in a fun, exciting experience. Children have fun learning through creative play, crafts, music and educational tools. We expose your child to a physical curriculum as well that includes swimming, tumbling and ice skating (weather permitting). All classes are planned with age appropriate themes. Child must be fully potty trained.

Fee (Aug 31-Dec 18)	Member \$660 Program Member \$760
M/W/F	9:00-11:00am

First Aid for Little People

10/12/09	Member \$15 Program Member \$30
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5/6 yrs	1:00-1:30pm
7/8 yrs	1:30-2:00pm

Youth Activities

There are no makeup lessons

Aquatics 6-12 yrs

Fee:	Member \$76 Program Member \$152
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Polliwog (rookie)
Guppy (beginner)
Minnow (adv beginner)
Fish (intermediate)
Flying Fish (advanced)
Shark (expert)

Sun	4:50-5:30pm
Mon	5:00-5:40pm 6:20-7:00pm
Tues	4:20-5:00pm
Wed	5:45-6:25pm
Thurs	3:45-4:25pm
Sat	9:55-10:35am 11:15-11:55am

Stroke Clinic-Available for Fish and up

This program is designed to help develop stroke technique for people that are serious about swimming.

Fee:	Member \$104 Program Member \$208
Tues/Thur	5:00-6:00pm

Private Swim Lessons

Stop by the front desk for a form. 30 min. lessons

Single Lesson -Max. 2 lessons	
Fee:	Member \$30 Program Member \$50

Six Lesson Package	
Fee:	Member \$125 Program Member \$185

Semi-Private Swim Lessons

Single Lesson-Max. 2 lessons

Fee:	Member \$20 Program Member \$30
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Six Lesson Package

Fee:	Member \$85 Program Member \$125
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Flag Football 5-12 yrs

Are you ready for some football? Come out and play flag football this fall! Practices and games follow on the same day.

Day/Time TBA	
Fee:	Member \$68 Program Member \$112

Basketball Clinic 5-10 yrs

Children will learn age appropriate skills and rules.

Fee:	Member \$35 Program Member \$70
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Tues	3:45-4:30pm (5-7 yrs) 4:35-5:20pm (8-10 yrs)
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Volleyball Clinic 3rd-8th grade

Learn how to bump, set, spike and serve with fun games and drills. This clinic will teach you the basics and have you ready for games.

Wed	3-5th grade 5:00-5:45pm
Fee:	Member \$28 Program Member \$56
6-8th grade	6:00-7:00pm

Fee:	Member \$40 Program Member \$80
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Beginner Kids King Fu 6-12 yrs

This class will focus on basics including stretching, stances, kicks and basic forms. No uniforms are needed and participants should wear loose pants.

Fee:	Member \$30 Program Member \$60
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Thurs	6:00-7:00pm
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Karate For Kids 6-12 yrs

Fee:	Member \$53 Program Member \$106
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Tues	6:30-7:30pm
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Youth Fitness 6-12 yrs

Come experience boot camp, sports conditioning, kick boxing, muscle conditioning and more. Come dressed to move: sneakers, non-restrictive clothing and a water bottle are a must. Please sign up at the front desk.

Fee:	Member free Program Member \$8 per class
Mon	4:00-4:45pm

Kids Yoga 6-12 yrs

An uplifting, noncompetitive, mind expanding and fun way for kids to build strength, spirit and self-esteem. Please sign up at the front desk to reserve your spot.

Fee:	Member free Program Member \$8 per class
Sat	9:00-9:55am

School's Out Fun Club 5-12 yrs

Fee:	Member \$28 Full day \$56 Program Member ½ day \$40 Full day \$80
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Sept. 19	½ day(kin. as usual)
Oct. 12	full day
Oct. 30	½ day(AM kin no school)
Nov. 25	full day

Winter Break Camp

Dec. 21,22,23,28,29,30

Fee:	Member \$40 per day Program Member \$80 per day
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PM Kindergarten Enrichment

Fee:	Member 4/5 days \$95 3 or less days \$80 Program Member 4/5 days \$115 3 or less days \$100
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Mon-Fri	11:15am-3:00pm
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F.I.T. (Fighting Internal Temptation) 6yrs-10yrs

Oct. 6,13,20,27

The Robert Crown Center for Health Education launches a new program focused on Obesity Prevention. F.I.T helps children make healthy dietary choices and provides suggestions for physical activity.

Fee:	Member \$30 Program Member \$60
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Tues	4:00-5:00pm
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Basketball Practice 11-18 yrs

Winter YBL is just a few months away. Come in and practice with fun, challenging drills and scrimmage time to get ready for YBL and measure up the competition.

Fee:	Member \$40 Program Member \$80
Thurs	11-13 yrs 4:00-5:00pm 14-18 yrs 5:00-6:00pm

Youth Basketball League

3rd-12th grade

One practice per week. Games are played on Saturdays or Sundays. The season is 10 weeks long. Games begin early January with preseason practices over 2 week winter holiday.

Registration begins:
Member Oct. 8
Program Member Oct. 15

Fee:	Member \$123 Program Member \$184
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Teen Activities

Teen Strength and Conditioning NEW! 11-15yrs.

Are you looking to get ready for an upcoming sport season or just looking to get in better shape? If you answered YES then we have the program for you. It will help you focus on sport specific training with emphasis on cardio, weight training, speed and agility. Games will also be played to add a little extra FUN. Instructed by personal trainer and former collegiate athlete, Bob Hohn.

Fee:	Member \$30 Program Member \$60
Tues	6:00-6:45pm

Teens in the Fitness Center

Youth under the age of 12 are prohibited from being in or working out in the fitness center. All teens (12-15yrs) MUST complete the "Commit To Be Fit" teen model and wear identification badges to use the equipment. Parent/guardian must sign a consent form and go through a health history on their teen.

Teen Commit To Be Fit Orientation

Teens (12-15) must complete "Teen Commit To Be Fit" and wear identification to use the fitness center. This program ensures that your teen has the knowledge and skills to safely use the equipment. Your teen will meet with one of our Fit Coaches four times and upon completion will be able to use the fitness center on their own. Parents/guardian must be present at the first and fourth appointment to go through policies. To sign up for the program, simply stop by the front desk to schedule their appointment.

Adult Activities

Fitness Center Policies

The Elmhurst YMCA is committed to providing a clean, safe and healthy experience for all members and guests. In doing so, we ask that participating members act in accordance of the principles set forth in this policy.

For privacy purposes, no cell phones are allowed in the fitness center. All cell phone usage is limited to lobby areas. Food and beverages, other than clear liquids, are not allowed. Personal items, such as bags, coats, keys, wallets, etc. are to be stored in the locker rooms.

We believe that these actions will benefit the members, guests and staff of the Elmhurst YMCA by improving the quality of the environment. These policies reaffirm our commitment to providing a space that is completely dedicated to the balance of spirit, mind and body.

ActivTrax: A Revolutionary Virtual Trainer

ActivTrax is a web based virtual trainer program that takes the guess work out of your workout-and it's free to Elmhurst YMCA members! It creates a new workout for you with every visit-keeping things fresh and interesting. It tells you which equipment to use, how to set the weights and how long to rest between. It is for every member at every level. Stop by the front desk to schedule your first appointment!

Body Composition

What is body composition? It is the amount of fat vs. lean muscle tissue in the human body. These are commonly expressed as a percentage of a person's total weight. Bodyweight alone is not a clear indicator of good health, because it does not distinguish how many pounds are from fat and how many are from lean body mass. Call Laura Morgan, Fitness Director at 630-929-2482 to set up and appointment.

Fee:	Member \$15 Program Member \$30
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Fitness Assessments

Each assessment includes a health screening that consists of blood pressure and resting heart rate measurements. This screening is followed by testing for body composition, circumference, cardio-respiratory endurance, flexibility, muscular strength and endurance. A computer report assessing your level is provided. Call Laura to set up your appointment.

Fee:	Member \$25 Program Member \$50
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Cardio Coach

This service is designed to take the guess work out of your cardio session. During this one-hour session, you will be placed on both a treadmill and stationary bike for 20 minutes each. Information will be collected about your heart rate and perceived rate of exertion while you are walking/jogging/biking. At the end, you will be given a customized cardio program.

Fee:	Member \$100 Program Member \$200
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Diet Analysis

This service includes a one-hour face to face meeting where we will discuss your goals, current diet (you submit a three-day food journal), food likes and dislikes, lifestyle and obstacles. This analysis will also include a grocery shopping list, eating out tips and sample meal plans.

Fee:	Member \$50 Program Member \$100
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Personal Training

One-on-one training sessions are designed to help you achieve your fitness goals. Your certified personal trainer will work with you and your schedule to develop a personalized fitness program. Complete a form at the front desk and the Fitness Director will contact you.

Fee:	Member 3 sessions \$136 6 sessions \$240 12 sessions \$480 Program Member 3 sessions \$240 6 sessions \$440 12 sessions \$864
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Partner Personal Training

Fee:	Member-per person 3 sessions \$93 6 sessions \$180 12 sessions \$336 Program Member-per person 3 sessions \$186 6 sessions \$360 12 sessions \$672
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N.E.W. You

A nutrition education and weight management program designed to give basic education to individuals that are interested in maintain their ideal body weight and for those individuals that would like information to assist them in losing less than twenty pounds. As a member of the class, you have the option of picking what meeting you would like to attend from week to week. We will assist and support you by looking at your diet using weekly food diaries and making suggestions for healthier alternatives, optional pre/post fitness assessment, optional weekly weigh-ins, healthy recipes for you and your family and weekly walk/running programs to ensure you are getting the most out of your exercise routines.

A total lifestyle management plan that comes with a permanent partner in your quest for health-the Elmhurst YMCA!

Meetings held weekly:

Mon	7:30am and 10:30am
Wed	10:30am and 5:30pm

Pay As You Go:	
Fee:	Member \$10 per class Program Member \$20 per class

*you must pay for your first class at time of registration. All other fees will be collected at meetings.

Pay in Full:	
Member \$70	
Program Member \$140	
Pre/Post Fitness Assessment:	
Fee:	Member \$25 Program Member \$50

Group Exercise Classes 16+

Join fellow YMCA members for a fun and unique way to burn calories and improve your overall health. For a group exercise schedule, stop by the front desk or check out our web page www.elmhurstymcs.org. Watch for new classes coming in the fall.

Fee:	Member free Program Member \$8 per class
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YMCA Boot Camp

This 8 week program won't just help you strengthen, tone and increase your cardio fitness-it'll make you feel fabulous in your skin. Designed for all ages and abilities, our innovative program combines calisthenics, short distance running/walking, resistance training, jump roping and much more! You will be dropped from YMCA Boot Camp if you exceed four absences. Register at the front desk. Space is limited.

Fee:	Member free Program Member \$210
M/W/F	5:00-5:55am or
M/W	9:00-9:55am

SilverSneakers

SilverSneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated and all those who enjoy a positive, upbeat social environment.

Fee:	Member free Program Member \$8 per class
T/TH/F	mornings

Modern Arnis/Self Defense 12yrs+

Beautiful, ingenious and fun martial art class-blending Filipino stick, karate and jujitsu. Perfect for all ages.

Fee:	Member \$35 Program Member \$70
Mon	7:00-8:15pm

Elmhurst Triathlon Club

Why go it alone when there is a new club in town? The club is working to connect multi-sport athletes in the community to one another. The ETC is open to any local athletes regardless of experience or fitness level. For more information go to the club's website, www.elmhursttriclub.org.

Adult Swim Workout

Structured workout run by USA triathlete coach Dave Polkow.

Fee:	Member free Program Member \$10 per class
Thurs	7:30-8:30pm

Adult Beginner Swim Lessons

Fee:	Member \$80 Program Member \$160
Thurs	7:00-7:30pm

Scuba 10 yrs+

5 weeks. Call Valerie for info. 630-929-2462

Fee:	Member \$175 Program Member \$215 Plus \$82 for materials
Mon	6:30-9:30pm

Adult Advanced Swim Clinic 16yrs+

This class is designed for the serious swimmer. Taught by Dave Polkow. Features 60% drill/technique work and 40% main set. Must be able to swim 25 yards of front and back crawl.

Fee:	Member \$112 Program Member \$224
Tues	7:45-8:45pm

Water Fitness

Fee:	Member free Program Member \$10 per class
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Punch cards valid until: 12/31/09

Aquafit	
M-F	8:45-9:30am
Tues	6:15-7:00pm
Thurs	6:30-7:15pm
Sat	8:00-8:45am

H20 Sculpt	
T & TH	9:30-10:15am
Wed	7:00-7:45pm
Deep H20 Training	
M/W/F	9:30-10:15am
Mon	7:00-7:45pm
Sat	8:30-9:15am

Aqua Kickboxing	
Mon	7:00-7:45pm
Twinges in the Hinges-Arthritis Foundation Certified	
T & TH	10:15-11:00am
Tues	7:00-7:45pm

Smooth Moves	
Perfect for active older adults	
T & TH	1:15-2:00pm

MS Aquacize-MS Society Certified	
Fri	10:15-11:00am

Adaptive Aquatics-designed for people of any age whose primary disability is physical	
Sun	9:00-11:00am

CPR certifications

Call Valerie for details at 630-929-2462.

America On The Move

Sept. 20th-27th
Join the Elmhurst YMCA for fun, exciting and informative events throughout the week! Look for details posted throughout our facility as event approaches.

STEP-tember Contest

Join us for our Second Annual Step competition between Elmhurst and Greater LaGrange YMCA. The event will begin with a group 2 mile walk or 5K run in Elmhurst on Saturday, Sept. 19th at 9:00am and end with a group walk or run in LaGrange Park on Sat., Oct. 17th at 9:00am. Strap on your shoes and see how many steps you can take! Transportation will be provided to LaGrange YMCA.

Open Adult Volleyball

Free to Members
M/W/F 11:00am-11:55am
T/TH 8:00-10:00pm

Ice Rink-Opens in November

Watch for rink brochure
*lessons for all ages
*no check youth ice hockey leagues
*adult hockey leagues
*open skate
*rental times available-book now

Birthdays/Parties/Rentals

There is no better place to have a party. For more information and to book your party, contact Joe at 630-929-2460.

Child-watch Hours

Mon-Sat 8:00am-12:00pm
Mon-Thurs 4:00-8:00pm

Hours of Operation

M-F 4:45am-10:00pm
Sat 6:00am-6:00pm
Sun 8:00am-6:00pm

Children under 9 years of age must be accompanied by a parent/guardian/responsible family member 16 years or older unless in a supervised program.



Family Nights

Spooktacular Night

Fee: Free
October 23, 2009
6:00-8:00pm

Adventure Guides

The primary goal of Adventure Guides is to strengthen the bond between a parent and a child. Activities include camp outs, lock-ins, day trips, crafts and more. This is a program for children K-4th grade with a parent. Call the front desk for more information.

Stone Open Golf Outing

Best Ball Scramble
Saturday, September 19, 2009
Maple Meadows Golf Course
Wood Dale, IL
11:30am registration
1:00pm Shotgun start
For more information call Suzanne at 630-929-2461

Membership Registration Information

Membership cards/program member cards
Every member and program member will receive a YMCA ID card. It is the responsibility of the member/program member to present his/her card each time they enter the YMCA. If a member/program member forgets their card they will be asked to present a photo ID and the YMCA will verify the membership/class. If a card is lost, a \$5.00 fee is charged to replace the card.

Guests Information

Each YMCA membership has six free guest passes to use annually. 3 month membership types do not receive free passes. Passes are good only at the Elmhurst YMCA and must be brought in with the guest. Members must accompany their guests during their visit. YMCA guests can only use the YMCA three times before a membership is required. Guests must present a photo ID upon entrance. Guests under the age of 18 must have a waiver signed by their parent/guardian.

Refund/Credit Policy

If the participant cancels before the start of a class, they may receive a full refund minus a \$5.00 service fee. Cancel before week 2 of the session begins, receive a refund for remainder from the date the request minus a \$5.00 service fee. After the second week of class refunds will not be given. Refund checks take four to six weeks.

League Refund Policy

After the first day of evaluations, there will be no refunds given. Registration forms will give more detailed information on this policy.

Scholarship/Fee Waiver

At the Elmhurst YMCA, we give children a safe place to play and learn. We give teens positive role models and constructive activities. We give families opportunities to spend quality time together and build strong relationships. We give our seniors a reason to get out and enjoy life and to share their vast experience with others.

It is the goal of the YMCA to provide educational, social and physical development services in our community, regardless of a person's ability to pay. A waiver or reduction of fees is available subject to facility and program capacity, and demonstrated need, without regard to race, color, nationality, religion, gender, age or disability.

If you are in need of financial assistance, please stop by the front desk and ask for a scholarship application.

If you are interested in donating to our scholarship program, please contact Suzanne at 630-929-2461.

YMCA Mission

The YMCA of Metropolitan Chicago is an inclusive, charitable association, founded on Christian principles and dedicated to building strong families and strong communities through programs that develop spirit, mind and body.

Membership Rates

Membership Type	Joining Fee	Monthly Draft
*Household	\$150	\$74
Family	\$150	\$64
Adult(19-61)	\$100	\$40
Youth	\$50	\$19
Senior	\$90	\$35
Senior/Couple	\$140	\$56

We allow families to define themselves. The YMCA recognizes domestic partnerships.

*Two adults in a committed relationship with dependent children less than 19 years of age, unless child is less than 23 years of age and enrolled as a full-time student, and /or dependent adults all residing in the same household. This is to include elderly parents living with their children, live-in nannies or au pairs and adults with disabilities living with their parents.

Benefits of Monthly Draft System

Our month draft system is a flexible and convenient way to pay for membership. Upon joining, the joining fee and the first's month's prorated draft are due. With your permission, an automatic withdrawal from your checking account or Visa, MasterCard, Discover card will begin the following month. If your draft doesn't go through there is a \$25 service fee. The joining fee is non-refundable. There is no contract. Give us 10 days notice in writing and you can cancel.

Nonprofit
Organization
U.S. Postage
PAID
Elmhurst, Illinois
Permit no. 63



Fall 2009

register!

Registration Info

Fall I: Aug. 30-Oct. 24
Member: Aug. 3
Program Member: Aug. 10
***closed and no classes 9/7**

Fall II: Oct. 25-Dec. 19
Member: Oct. 5
Program Member: Oct. 12
***closed and no classes 11/26**

***12/24...4:45am-12pm**
***12/25...closed**
***12/31..4:45am-3pm**

Elmhurst YMCA
211 W. First St.
Elmhurst, IL 60126
630-834-9200
www.elmhurstymca.org



Online
Registration
Now
Available!

Nosotros Hablamos Español, Llamenos



Elmhurst YMCA

fall