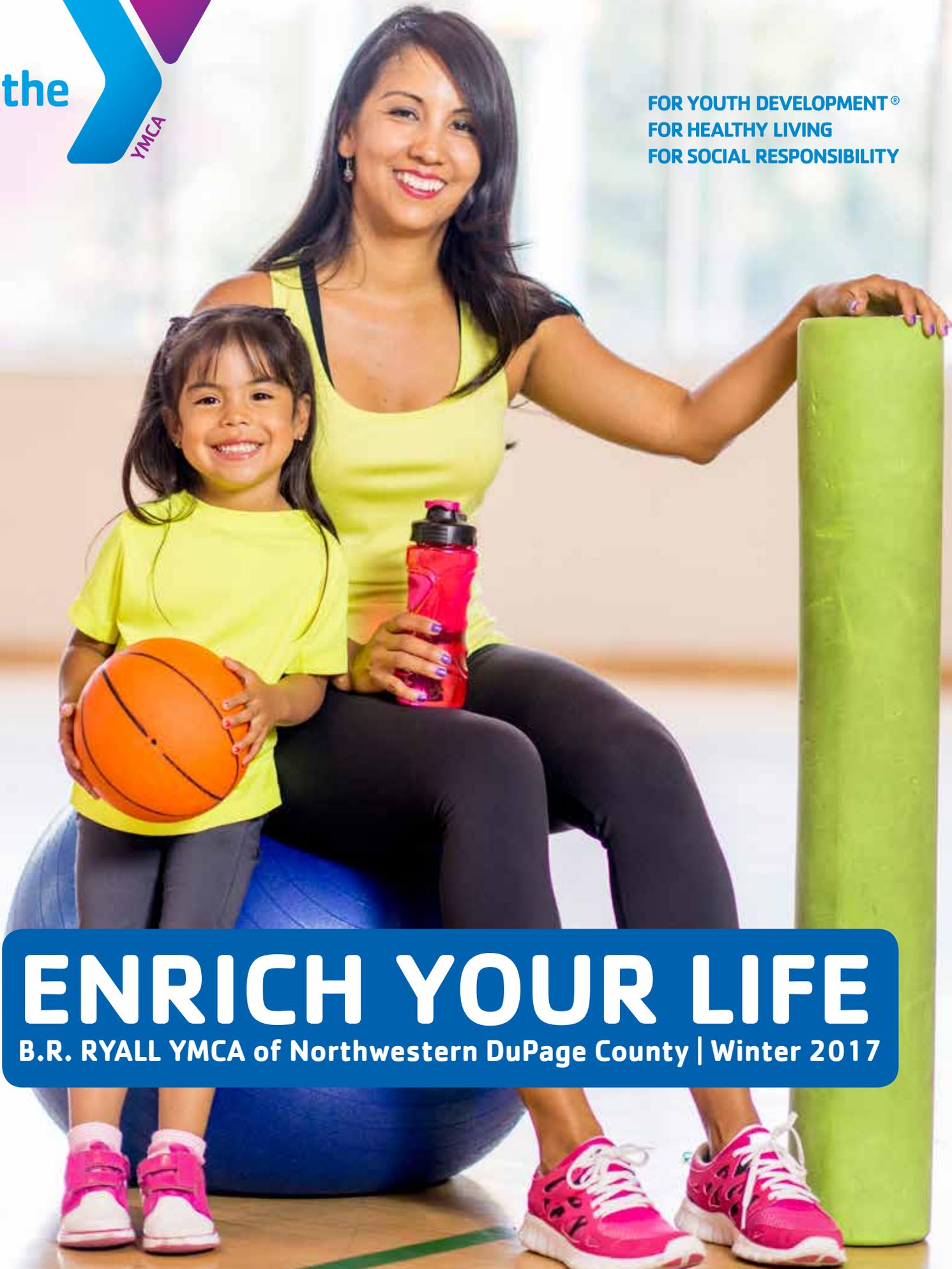




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ENRICH YOUR LIFE

B.R. RYALL YMCA of Northwestern DuPage County | Winter 2017

MEMBER AND GUEST INFO



HOURS

Monday - Friday	5 a.m. to 10 p.m.
Saturday	7 a.m. to 9 p.m.
Sunday	7 a.m. to 7 p.m.

HOLIDAYS

Our Y will observe abbreviated hours of 8 a.m. to noon on Christmas Eve, New Year's Eve and New Year's Day, and will be closed on Christmas and Easter.

CLASS REGISTRATION

Register online (www.brryallymca.org) or in-person at the Guest Services Desk. Winter registration opens for members on December 12 and for non-members on December 19.

MEMBERSHIP OPTIONS

MONTHLY BASIC*

HOUSEHOLD: Two adults, dependents through age 26, elderly parents and live-in nannies in same household; limit four adults, \$10 each additional	\$95
FAMILY: Two parents/guardians and any children through age 26 residing in the same household; child of any age with disabilities may be included	\$82
COUPLE: Two adults in a committed relationship who reside in the same household	\$72
ADULT AGE 27+	\$56
ADULT AGE 19-26	\$39
YOUTH UNDER AGE 19**	\$25
SENIOR: Individual age 62 or older	\$42
SENIOR COUPLE: Two adults—one of whom is age 62 or older—in a committed relationship and residing in the same household	\$52

***PREMIER MEMBERSHIP:** For an additional \$10 per month, enjoy unlimited land-based group exercise classes.

***MEMBERSHIP INVESTMENT FEE:** New members are assessed a one-time \$50 fee used to maintain our facilities and to provide funding for new, innovative programming.

**Children younger than age 9 must be accompanied by an adult.

GUESTS: Members ages 9-15 may bring one guest. Members age 16 and older may bring up to three guests.

Comprehensive policies and the code of conduct are available online at www.brryallymca.org/membership.

KIDS CAMPUS (6 weeks to age 8)

We keep your kids entertained—in fun areas like KidZone, outdoor playground and gym—so you can work out. Free for members (up to two hours a day; must remain in the building), it is \$3 per hour, per child, for non-members.

Monday – Thursday	8 a.m. to 1 p.m. and 4-8 p.m.
Friday	8 a.m. to 1 p.m.
Saturday – Sunday	8 a.m. to noon

BE-TWEEN ROOM (age 9+)

Open to members, the Be-Tween Room provides a space for pre-teens to enjoy computers, air hockey, Xbox and more.

Monday – Thursday	4-8 p.m.
Saturday	8 a.m. to noon

WE'RE OPENING THE Y... TO EVERYONE

Sunday is meant for family time, and we invite you to spend it with us! The third Sunday of every month this winter, we will open our doors to the community—providing an opportunity to enjoy fun activities, exercise and quality time together. Come explore the Y and enjoy our KidZone, gym, pools and Wellness Center. Registration is not required and there is no fee to attend. All guests will be required to sign a waiver.

January 15, February 19, March 19 Noon to 5 p.m.

HELLO FRIENDS,

As another year comes to a close, there is no time like the present to reflect on our lives. And with the New Year come anticipated resolutions to make some sort of change... to save more, to spend less, to lose weight, to gain perspective. Oftentimes it is easy for such promises to be forgotten, so make a commitment you can't afford to pass on.

COMMIT TO ENRICH YOUR LIFE.

There are opportunities and value for everyone, regardless of age, to be involved in enriching activities that lead to positive change for a healthy spirit, mind and body. Try a new group exercise class while your kids are training like ninjas in The Y Kids Fitness class. Pick up a new hobby through our Knitting Club where you won't just make blankets, you'll also make friends. Trade your business suit for your swimsuit and jump in for open swim, where your children can show you the stroke they learned. Pick up a pickleball or table tennis paddle to learn a new sport and release stress.

It isn't important what you choose to do. What's important is that you try something new. After all, there is no greater gift you can give yourself or your family than to be the healthiest and happiest you—and the Y is here to support you in your efforts.

For a better you. For a better community. For a better us.

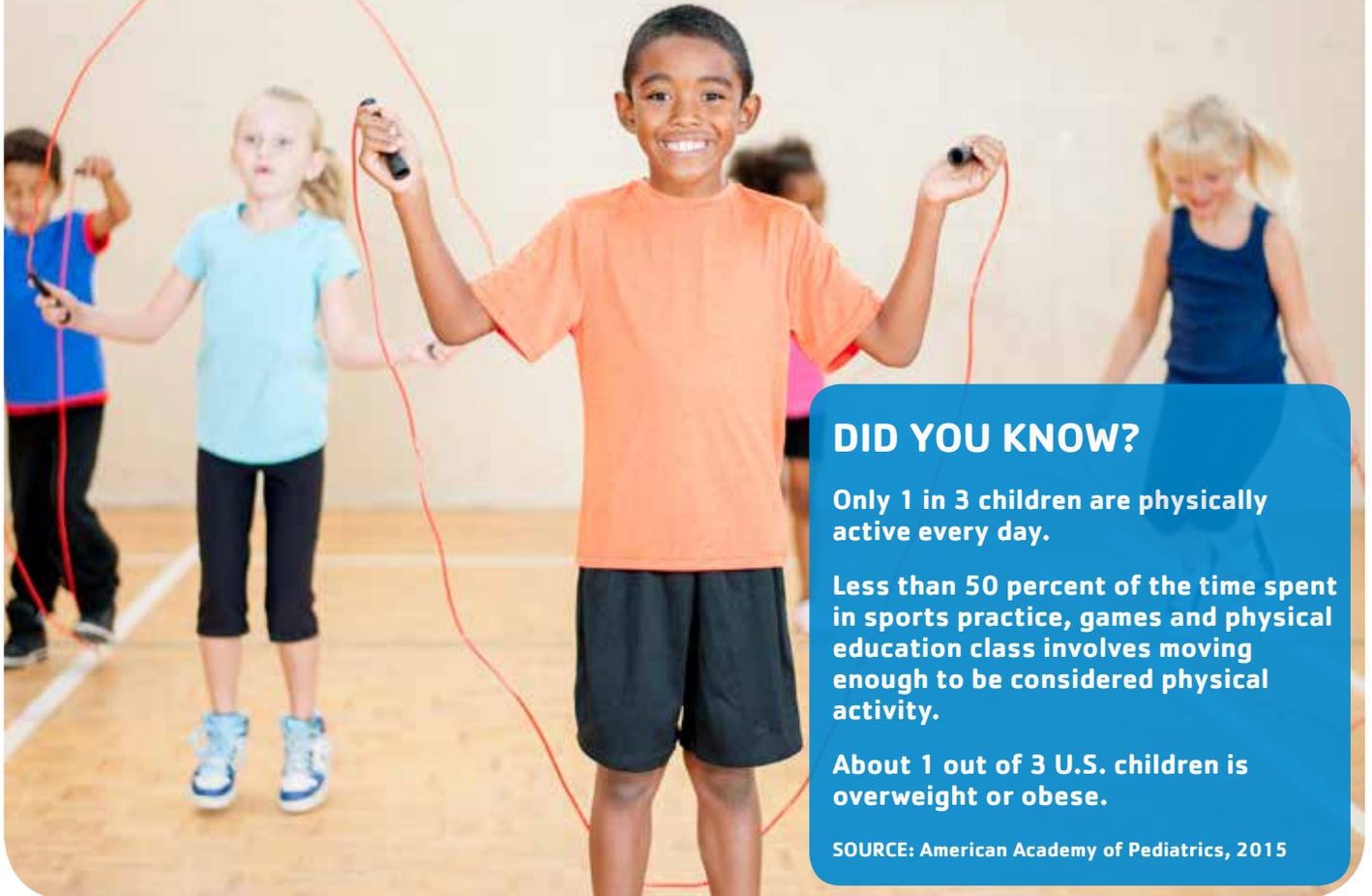


Chris Scheck
Board President



Tammy Lemke
Chief Executive Officer

THE Y KIDS - FITNESS



DID YOU KNOW?

Only 1 in 3 children are physically active every day.

Less than 50 percent of the time spent in sports practice, games and physical education class involves moving enough to be considered physical activity.

About 1 out of 3 U.S. children is overweight or obese.

SOURCE: American Academy of Pediatrics, 2015

Helping our kids stay active can be an ongoing challenge, but you have a partner with the Y. Our new The Y Kids Fitness Program is designed to instill healthier habits and a fun approach to physical activity that will set kids—particularly those at risk for weight gain or obesity—on a better path.

The Y Kids Fitness Program is recommended for children in grades K-6. The program puts kids in charge of their own physical fitness and well-being, while educating and empowering them to make healthy choices that last throughout a lifetime.

Staying active helps children:

- Have fun.
- Get in the habit of exercise at an early age.
- Maintain a healthy weight.
- Develop strong muscles and bones, and a healthy heart and lungs.
- Sharpen motor skills, balance and coordination.
- Improve self-esteem.

CLASS OFFERINGS

There are a variety of classes—including Train Like A Ninja, Pound to Sound, Dribble Drills, Bootcamp, Hockey Hot Shots, Aqua Splash, Cardio Kick, Balance Buddies and more—to appeal to all kids. Offerings change monthly to ensure activities and exercises remain fun and exciting.

CLASS FEE

There is no need to register... just show up! Classes are free for members with Premium Memberships. Those with Basic Memberships can upgrade to Premium and attend unlimited classes for just \$10 per month.

NOT A MEMBER? NOT A PROBLEM! Pay \$5 per class or purchase a 10-visit punchcard for \$50.

SUPER KIDS RACE CLUB AND REWARDS

Beginning March 13, our Monday 5:30 p.m. classes will transition to a nine-week training program to prepare kids to run The Y Run 5K or Super Kids 1K on May 20. Kids will earn incentives as they reach running milestones throughout their training.

Classes will not be held the week of Spring Break.

THE Y KIDS - SPORTS & REC

At the Y, our youth sports and recreation programs strengthen not just muscles, but also character; focus on skills and—equally important—sportsmanship; build athleticism as well as friendships; and increase not just speed, but also confidence.

Our programs are a powerful vehicle for supporting children and teens to develop physically, socially, emotionally and cognitively. They provide a place to be strong... and a place to belong FOR EVERYONE.

Our youth sports programs utilize the Y's seven principles: everyone plays, safety first, fair play, positive competition, family involvement, sports for all and sports for fun.

YBL - YOUTH BASKETBALL LEAGUE (grades K-3)
YBL maximizes the positive effects of athletics by emphasizing healthy competition, while promoting teamwork and good sportsmanship. Your child will learn the fundamentals through a weekly evening practice and Saturday morning game. Each league will play at least eight games.

GRADES K-1 520

This league introduces kids to the rules and game. With loose refereeing and no score kept, your child will gain an understanding of the sport and begin to fall in love with it. Basket height is lowered to 8 feet.

GRADES 2-3 521

This league is perfect for strengthening fundamentals while allowing kids to have fun. With the basket height at 8.5 feet, participants hone their skills without getting discouraged.

January 16 through March 11

REGISTRATION DEADLINE: January 6

\$80 member \$110 non-member

The coaches meeting will be held on January 10, after which coaches will contact parents with practice times. Sign up as a volunteer head coach and receive \$20 off your child's fee.

1-ON-1 BASKETBALL SKILLS & DRILLS (grades 1-4)

These private sessions will help your child learn or improve dribbling, passing, rebounding and shooting skills. Your child will walk away with more confidence, new knowledge of the game and improved skills.

(Package of 5) 45-minute sessions:
\$100 member \$125 non-member

The instructor will contact you for scheduling.



Y-BALL BOYS HIGH SCHOOL LEAGUE

Y-Ball is a competitive basketball league for male high school students. Your student will put their skills and knowledge to the test, while engaging in play that encourages sportsmanship and teamwork. Join as a team or individual. Games will be played on Friday nights and/or Saturdays.

January 20 through March 18

REGISTRATION DEADLINE: January 5

TEAM PLACEMENT: Week of January 9

\$75 member \$100 non-member

VICTORY SPORTS 3v3 MARTIN LUTHER KING DAY BASKETBALL TOURNAMENT (grades 2-7)

Gather three to five friends and a coach for this Victory Sports Basketball Tournament held at the Y. For details and registration, visit www.playvictorysports.com.

January 16 8 a.m. to 4 p.m.

HOMESCHOOL PHYSICAL EDUCATION

Give your child the chance to learn about sports and fitness in an engaging environment. Classes will introduce kids to team sports, aquatics, fitness and traditional games. To maximize the experience, we strive for a minimum of 8 participants.

SESSION 1: January 9 - February 11

SESSION 2: February 13 - March 18

SESSION 3: April 10 - May 13

(512) Monday 1:30-2:30 p.m. Team sports and games

(701) Wednesday 1-2 p.m. Swim lessons/open swim

\$60 member \$100 non-member

THE Y KIDS – SWIM LESSONS

Teaching children how to swim and be safe around water is one of the most important life skills kids can learn. It not only saves lives, it builds confidence. Swimming can also be a lifelong source of fun and exercise.

Our swim lessons are structured to promote incremental and consistent improvement. Each level has been developed for the specific needs of that age group. Class sizes are small to allow the maximum amount of student to swim instructor time—ensuring everyone learns skills appropriate for their abilities in a safe environment.

SESSION 1: January 9 – February 11

SESSION 2: February 13 – March 18

SESSION 3: April 10 – May 13

\$60 member \$100 non-member

PARENT/CHILD SWIM (ages 6–24 months) 100, 110
Parent/child classes help your child acclimate to water. Play-based instruction varies based on comfort level and age.

NOTES: Children must be six months old by the first class. Children must wear swimsuits with swim diapers and tight-fitting plastic pants. One adult may accompany the child.

100 Tuesdays 9:30–10 a.m.

110 Saturdays 8:35–9:05 a.m.

PARENT/CHILD SWIM (ages 25–35 months) 210, 220

This transitional class is for young children who still need to be accompanied by a parent in the water. Building upon the skills from the previous class, this program will prepare your swimmer for traditional group swim lessons.

210 Tuesdays 10:35–11:05 a.m.

220 Saturdays 11:30 a.m. to noon



Our swim lesson program for ages 3–12 has been designed specifically for the needs of each skill level, to create a more focused and effective class experience. Swimmers transition from one level to the next after mastering the outlined skills.

CLASS FORMAT AND PLACEMENT

Classes are held once a week. To register, select the time that works for the age of your child. Swimmers will be evaluated on the first day of class and then placed into the appropriate level based on demonstrated ability and skills.

AGES 3–6

Children ages 3–6 with limited or no swimming experience will be assigned to Level 1 or Level 2 classes to get acclimated to the water and to learn beginning skills. Classes are 30 minutes and are taught in the small pool.

LEVEL 1 SKILLS: gaining comfort in water, going underwater, controlling breathing, practicing safety, floating and kicking

LEVEL 2 SKILLS: mastering unassisted floating, front and back paddling

	MON.	TUES.	WED.	THURS.	SAT.
8 a.m.	-	-	-	-	8SAT
8:35 a.m.	-	-	-	-	83SAT
9:10 a.m.	-	-	-	-	91SAT
9:45 a.m.	-	-	-	-	94SAT
10:20 a.m.	-	-	-	-	10SAT
10:35 a.m.	-	10TUE	-	10TH	-
11:15 a.m.	-	11TUE	-	11TH	-
4:35 p.m.	43MON	-	43WED	-	-
5:10 p.m.	51MON	-	51WED	-	-
5:45 p.m.	54MON	-	54WED	-	-
6:30 p.m.	62MON	-	62WED	-	-
7 p.m.	72MON	-	72WED	-	-

SWIM LESSONS / SWIM TEAM

AGES 6+

Levels 3-6 are for swimmers who have mastered floating and paddling, and are prepared to begin or build on stroke development. These classes will help prepare your child to transition to the B.R. Ryall YMCA Swim Team, if desired. Classes are 30 minutes and are taught in the large pool.

LEVEL 3 SKILLS: breast stroke arms, streamline kicks, backstroke, butterfly kicks, introduction to freestyle

LEVEL 4 SKILLS: perfecting strokes with a focus on breast stroke, butterfly and side breathing

LEVEL 5 SKILLS: flip turns, perfecting strokes

LEVEL 6 SKILLS: mastering flip turns, starts and finishes, perfecting strokes at swim team distances

	MONDAY	WEDNESDAY	SATURDAY
9:10 a.m.	-	-	291SA
9:45 a.m.	-	-	294SA
10:20 a.m.	-	-	210SA
10:55 a.m.	-	-	15SAT
11:30 a.m.	-	-	11SAT
6:30 p.m.	63MON	63WED	-
7 p.m.	7MON	7WED	-

PRIVATE LESSONS

Whether your child fears the water or would simply benefit more from one-on-one attention, our 30-minute private lessons allow instructors to work on individual needs.

Individual session:

\$25 member \$45 non-member

Private group session:

\$15 member \$25 non-member

To schedule a private lesson, please contact the Aquatic Center at 630.547.2007.

STROKE CLINICS ^{12SAT}

Does your child need to perfect their swimming strokes? Our drop-in Saturday clinics may be the perfect way to hone form and work on specific skills.

Saturdays Noon to 12:45 p.m.

\$20 member \$30 non-member



B.R. RYALL YMCA SWIM TEAM

Training champions since 1966

The B.R. Ryall YMCA Swim Team—a USA Swimming Level II Club and one of the top teams in the state—offers an exciting opportunity for swimmers (ages 6-18) of all levels to experience year-round competitive swimming under the instruction of top professional coaches.

Our team holds six Illinois Swimming State Records and seven all-time team YMCA National Championships. Former team members include a 2016 Olympic Trials qualifier, 40 YMCA National Champions, and more than 20 athletes currently competing in college swimming.

To learn how your child can be a part of the team, visit www.brlyall.com or email head coach Chris Flamion at cflamion@ryallymca.org.

THE Y KIDS – ENRICHMENT

All kids have great potential. At the Y, we work every day to help them set and achieve personal and educational goals. As a result, children gain confidence as they recognize the Y as a place where they belong and can feel comfortable exploring new interests.

SESSION 1: January 9 – February 11

SESSION 2: February 13 – March 18

SESSION 3: April 10 – May 13

SCIENCE WIZARDS (grades K-2) WIZ

Each week youth will be engaged in different experiments that expose them to the fascinating world of STEM—science, technology, engineering and math.

Thursdays 5:30-6:15 p.m.

\$75 member \$105 non-member

ROBOTICS WORKSHOP (ages 8-11) ROBOT

Participants can learn about robotics technology and programming with a real world theme—traveling to and living on Mars! Using LEGO MINDSTORMS kits, kids will design and build robots to solve space challenges. Your child will work through projects that integrate STEM concepts, while promoting problem solving, communication and teamwork.

January 22 1-4 p.m.

\$50 member \$100 non-member

*ROBOTICS SPRING BREAK MINI CAMP

We're also offering this Robotics Workshop as a two-day Spring Break mini camp.

March 28 and March 30 9-11 a.m.

\$75 member \$105 non-member



TWISTING FOR TYKES (ages 3-5) 631TW

Get your child started on a path of healthy living at an early age with this introductory yoga class for preschool and kindergarten age children.

Wednesdays 1:30-2:15 p.m.

\$40 member \$80 non-member

LANGUAGE STARS (ages 1-10)

Language Stars offers quality, fun foreign language immersion programs in Spanish or Mandarin. Classes provide an easy way for children to learn a new language through an engaging mix of games, songs, arts and crafts, movement, drama, stories, puppets, cooking projects and more.

NOTE: YMCA members receive a 15 percent discount. For more information, visit www.languagestars.com or call 773.935.7827.

SPRING BREAK MINI CAMPS

CAMP FANTASTIK (ages 3-6)

Arts and crafts, introduction to Spanish, character development and fun are rolled into one for your young child's first introduction to camp. Kids will have a blast learning and discovering new things every day.

March 27-30 9 a.m. to noon

\$60 member \$85 non-member

AWESOME SCIENCE CAMP (grades K-2)

Science is awesome and educational. Our hands-on experiments will engage youth in the fascinating world of STEM—providing structure to build upon kids' inclination to explore, construct and question.

March 27-30 10 a.m. to noon

\$60 member \$85 non-member

THE Y KIDS - CAMPS / DAYS OFF

When school is out, fun is on at the Y! We make days off and school breaks an adventure with opportunities for children to make new friends, stimulate their imagination and have fun. With full-day care from 6:30 a.m. to 6 p.m., kids enjoy themed activities, a morning field trip, sports and swimming, games, arts and crafts, movies and more.

WINTER BREAK CAMP

December 19 - January 3 (weekdays only)

SPRING BREAK CAMP

March 27-31

KIDS DAYS OFF

January 16, January 17, February 20, March 3, April 14

You may sign up your child for any number of days.
\$40 members* \$50 non-members*

*Safe n Sound participants receive a \$5 discount per day for Winter and Spring Break Camps, and pay \$10 per day for Kids Days Off.

SIGN UP FOR HOLIDAY SPLASH!

Just keep swimming! Include swim lessons in your holiday break plans to help your child (ages 3-11) continue to hone swimming skills and strokes.

(HOLS1) December 19-23	8:15-8:45 a.m.
(HOLS2) December 19-23	9-9:30 a.m.
(HOLS3) December 26-30	8:15-8:45 a.m.
(HOLS4) December 26-30	9-9:30 a.m.

\$60 member \$100 non-member
\$35 if enrolled in Winter Break Camp



BILLY O'DONNELL BASKETBALL CAMP SPRING BREAK EDITION

The 2017 Billy O'Donnell Basketball Camp will offer youth (grades 3-9) an opportunity to learn the sport of basketball, gain leadership skills and develop important character traits that align with the Y's core values: caring, honesty, respect and responsibility.

The camp—founded to honor its namesake, a former Y youth basketball coach who passed away in 2015—is funded in large part by the generosity of the O'Donnell family and friends.

March 27-31, 9 a.m. to 2 p.m.*

*Extended care is available from 7:30 a.m. to 6 p.m.

\$100 member \$150 non-member
Scholarships are available; please call Linda Sewart at 630.858.0100, ext. 276.

The camp is limited to 40 participants. Registration will open February 1.



SAVE THE DATE! SUMMER CAMP 2017 INFO NIGHTS

April 18 6:30-7:30 p.m.
May 4 5:45-6:45 p.m.

Not sure what camp to register for or how Camp Splash works? Come meet our camp directors, see highlights from Summer Camp 2016, get answers to your camp questions or receive help with registration. Campers who register on Info Night will receive a FREE GIFT!

BRIGHT BEGINNINGS PRESCHOOL

With so many demands on today's families and the increased focus on early brain development, families need all the support they can get to nurture the potential of youth. That's why early learning programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills; develop healthy, trusting relationships; and build self-reliance through the Y values of caring, honesty, respect and responsibility.

Bright Beginnings Preschool offers a full-day (6:30 a.m. to 6 p.m.) curriculum for children ages 2-5. Based on a philosophy of learning through play, children enjoy educational hands-on activities in art, math, science, music, cooking and phonics. As the Y is the starting point for many kids to learn the importance of being physically active, there is dedicated time outside and in the KidZone, gym and pool.

FOR PRICING AND AVAILABILITY

Raquel Despe, Preschool Director
630.547.2011 • rdespe@ryallymca.org

KINDERGARTEN ROUND-UP

This before- and after-school enrichment program is for half-day kindergarten students in Districts 41, 89 and 200, as well as in area private schools. The curriculum encompasses themes of art, math, literacy, technology and conflict resolution. Your child will also enjoy swimming once a week.

Children receive lunch and a snack. Transportation is provided to or from school via the Y minibus.

MORNING PROGRAM

Care begins at 6:30 a.m. and ends at 12:10 p.m. with transportation to school.

AFTERNOON PROGRAM

Your child is picked up from school at 11:30 a.m. and transported to the Y for afternoon programming, available until 6 p.m.

BEFORE / AFTER-SCHOOL CARE



It can be hard to figure out your place in the world. As a young person with your whole life ahead of you, having the right guidance and support can make a real difference in figuring out who you are and what you can achieve.

With a focus on safety, health, social growth and academic enhancement, our Safe `n Sound before- and after-school program is committed to nurturing children in grades K-5. Safe `n Sound is offered in Districts 41, 89 and 200. If your child's school does not have an on-site program, our Y serves as the site and provides transportation to and from school.

MORNING PROGRAM: 6:30 a.m. until start of school

AFTERNOON PROGRAM: School dismissal until 6 p.m.

SCHOOL-SITE PROGRAMS

Abe Lincoln, Arbor View, Ben Franklin, Briar Glen, Hawthorne, Johnson, Park View and Westfield

ON-SITE Y PROGRAM

Churchill, Emerson, Forest Glen, Lincoln-Wheaton and Lowell

FOR ADDITIONAL INFORMATION

Erin White, Director of Youth Development
630.547.2023 • ewhite@ryallymca.org

THE Y KIDS – PARTIES

The Y is a great place to party! Whether your child is celebrating a milestone first birthday or turning 10 years old, we have a space to accommodate your needs.

POOL PARTY (all ages)

Enjoy one hour in the pool, followed by one hour in a party room. Kickboards, basketball hoops and toys are available. There must be one adult for every eight kids age 5 and older, and one adult in the water with every child age 4 or younger.

Saturday or Sunday 3–5 p.m.

\$175 member \$225 non-member Small Pool

\$225 member \$275 non-member Large Pool

KIDZONE PARTY (ages 3–8)

This party provides simultaneous use of the KidZone—where kids can climb and explore tunnels and slides—and a party room. Renters are responsible for supervision.

Friday or Saturday 5–7 p.m.

Saturday or Sunday 1–3 p.m.

\$125 member \$200 non-member

SCIENCE BLAST OFF PARTY (ages 4–6)

Our science lab technician will lead your child and friends through exciting scientific experiments sure to keep them engaged and entertained! (This party is for 12 guests.)

Saturday or Sunday 2–4 p.m.

\$125 member \$200 non-member

“GREAT Y GAMES” PARTY (ages 3–14)

Choose from a menu of games—basketball, volleyball, dodgeball, hockey, wallyball or obstacle courses—for an action-packed party facilitated by our Sports Coordinator. You’ll have one hour in the gym and one hour in a party room.

Sunday Noon to 2 p.m.

\$150 member \$225 non-member

We also create custom parties! For questions or reservations, please contact Karen Pierce at 630.547.2021 or kpierce@ryallymca.org.

PARTY POLICIES

- Parties are for 20 guests unless otherwise noted. Each additional guest is \$5.
- Minors must have waiver signed by parent/guardian.
- Full payment is due at the time of booking.

FACILITY RENTALS

Look to the Y for your class or meeting room rental needs! We can accommodate groups small or large, and also host private parties and corporate team building events.



HEALTH & WELLNESS

The Y provides comprehensive health programs because wellness in spirit, mind and body strengthens our very being and enhances our interactions with others. We're here to help you achieve your personal goals—whether you want to maintain wellness, reduce the risk of chronic disease or reclaim good health. We support individuals seeking a healthier lifestyle and greater well-being by making the healthy choice the easy, accessible and affordable choice.

FIT START AND TEEN START ORIENTATIONS

Members can receive a free machine orientation to learn the proper use of the fixed strength and cardio equipment.

Teens ages 11-15 can receive instruction on Freemotion Strength and cardio equipment. Teens must complete the Teen Start orientation to use the Wellness Center without parental supervision.

Please visit the Guest Services Desk for scheduling.

FITNESS CONSULTATION

Members can meet with a personal trainer for a free consultation that includes body composition testing, and a discussion about your fitness goals and how to achieve them. Call 630.547.2009 to schedule a consultation.

PERSONAL TRAINING 607

Our certified personal trainers launch and help you sustain an exercise program that guarantees accountability, so you can achieve your personal fitness goals.

1-hour session \$55 member \$65 non-member

TRAINING PACKAGES (a benefit of membership)

# of Sessions	36	24	16	12	8	4	1
\$ per Session	\$37	\$40	\$43	\$46	\$50	\$53	\$55

Half-hour sessions are available for members for \$30.

SMALL GROUP PERSONAL TRAINING

Be motivated and learn from a certified personal trainer in a small group. Gather your friends (2 minimum, 4 maximum); it's like getting personal training for only \$22 an hour!

4-week session \$88 member

MASSAGE THERAPY (women only)

Relieve stress and rejuvenate your body with massage therapy. It can help reduce pain and muscle tension, as well as be helpful for individuals with digestive disorders, headaches, sports injuries and anxiety. Studies show that massage can even boost your immune system, so let one of our professional therapists help you achieve better health.

1-hour \$55 45-minutes \$45

Call 630.858.0100 for an appointment.



HEALTH & WELLNESS



Need the motivation of others to keep you moving? Try a group exercise class for a great workout, as well as for camaraderie and accountability among fellow attendees.

Regular class offerings include Body Pump®, Boot Camp, Cycle, Half and Half, Insanity, Muscle Madness, PiYo Live, Step, Yoga, Zumba and more. Individuals must be at least age 16 to attend. For class descriptions or schedules, stop by the Guest Services Desk or visit www.brryallymca.org.

Unlimited classes are included in Premier Membership. Otherwise, attendees may pay \$5 per class.



FAMILY GROUP EXERCISE

Share the love of fitness with your child; be active together! Teens ages 11-15—accompanied by a parent—are welcome in select classes indicated on our group exercise schedule.

PRIVATE GROUP EXERCISE CLASSES

Host a one-hour class taught by a certified Y instructor. Great for corporate kickoff events and team training, classes can be held at the Y or we can bring it to you.

\$100 at the Y

\$150 off-site

To schedule a class, call 630.547.2010.

THE Y IS FOR HEALTHY LIVING

At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside. And being healthy means more than simply being physically active.

That's why we are working to implement important educational programs and initiatives that promote healthier decisions and lifestyles, in partnership with leading community providers and health organizations.

Some of our work to date includes educating on heart health with an ongoing series of free blood pressure screenings conducted by the College of DuPage nursing students; launching a Corporate Wellness Program to offer special programs and discounts tailored to meet organizational and employee needs; and hosting presentations on health topics with local physicians.

We are also addressing the importance of healthy living with our youngest members and preschoolers. This fall we launched The Y Kids Fitness Program (see page 2) with the support of Wheaton Pediatrics, and the CATCH (Coordinated Approach to Child Health) program—an evidence-based health program that promotes physical activity and healthy food choices in our preschool.

We are also very pleased to announce that in 2017, we will launch the YMCA's Diabetes Prevention Program that will be funded in part by the DuPage County Health Department. "Diabetes is an epidemic that must be better addressed," states Mila Tsagalos, Director of Community Initiatives for the DuPage County Health Department. "We strongly believe in the Y's program and ability to help impact the prevalence of this disease in our communities."

HEALTH & WELLNESS

FITNESS EVENTS

Our fitness events are free to attend, but please register at least two days in advance to reserve your spot.

MARDI GRAS ZUMBATHON 650

Dress in purple, green and gold because we're channeling the Big Easy for this festive Mardi Gras inspired Zumbathon.

Sunday, February 12 1-3 p.m.

SPRING BREAK ENDURANCE RIDE 651

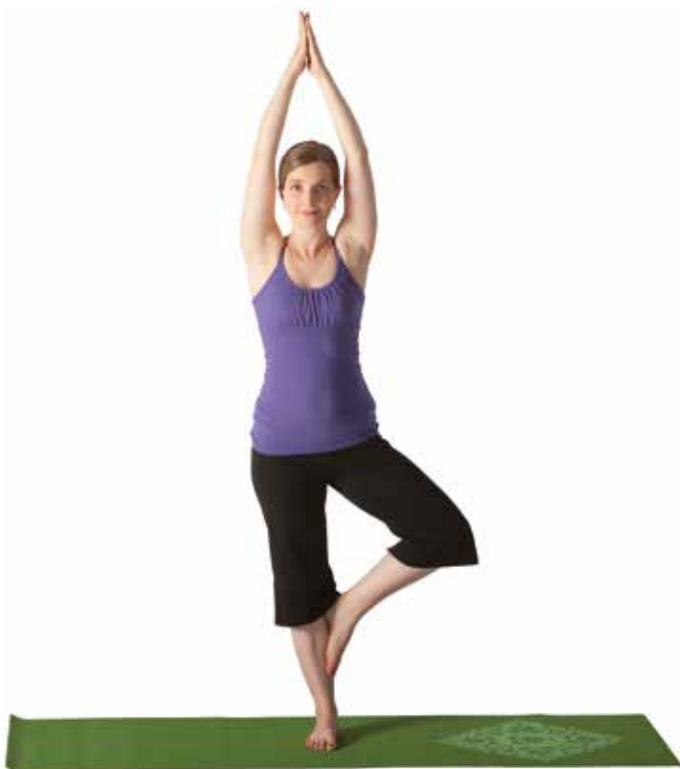
With nice weather around the corner, let's celebrate our last indoor ride Spring Break style. Think cool shades and sun!

Saturday, March 18 1-3 p.m.

ZEN DAY 641

On Earth Day, let's come together to take care of our own bodies and honor Mother Earth. In a series of mind-body classes, we will reflect on how nature inspires us.

Saturday, April 22 1-3 p.m.



SPECIALTY OFFERINGS

THE HEALTHIER YOU CHALLENGE 617

Don't wait. Now is the time to take steps to achieve a healthier you! Compete against other Y members to lose the highest percentage of body fat by the end of the challenge. The top female and male will be awarded.

Body composition testing must be completed with Wellness Center staff prior to the first and final days of the challenge. Weekly weigh-in percentages will be tracked to keep competitors motivated.

January 7 - February 18

Register by January 7 to guarantee your t-shirt size.

\$35 member

5K PREP - PERSONAL TRAINING

Train one-on-one with our USATF-certified coach and personal trainer to get a workout tailored to your specific needs. Whether you want to run your first 5K or to finish your next race faster, Laura will help you accomplish your running goals. Not to mention, it's the perfect way to prepare for The Y Run 5K in Downtown Glen Ellyn on Saturday, May 20!

(4) 30-minute sessions

\$80 member

\$100 non-member

EXERCISING WITH PARKINSON'S

Led by a personal trainer/group exercise instructor with training in Community Exercise for People with Parkinson's Disease, this half-hour class works the mind and the body together. All fitness levels and abilities are welcome.

Beginning January 24

Tuesdays and Thursdays 11:30 a.m. to noon

FREE member

\$5 non-member

FREE BLOOD PRESSURE CHECKS

Thanks to our partnership with the College of DuPage Nursing Department, we will offer free blood pressure checks on an ongoing basis. Watch for announcements at the Guest Services Desk and on our Facebook page!

ADULT AQUATICS

What would the Y be without water? Water exercise, adult swim lessons (it's NEVER too late) and adapted exercise for those with disabilities or in rehabilitation are some of the water-based activities you'll find at the Y where we believe if you can do it on land, you can do some version of it in the water!

SESSION 1: January 2 - February 17

SESSION 2: February 20 - April 14*

SESSION 3: April 17 - June 2

*Classes will not be held during Spring Break, March 27-31.

SHALLOW WATER FITNESS 347, 348

Shallow water exercises help increase flexibility, strength and cardiovascular endurance. Movements are accompanied by music. No swimming skills are necessary.

347 Mondays, Wednesdays and Fridays 8:30-9:15 a.m.

348 Mondays, Wednesdays and Fridays 9:15-10 a.m.

\$75 member \$125 non-member

DEEP WATER FITNESS 381

Deep water exercises are easy on the joints and will help increase flexibility, strength and cardiovascular endurance. Swimming skills are not necessary, but must be comfortable in deep water with a flotation device.

Tuesdays and Thursdays 8:30-9:15 a.m.

\$65 member \$110 non-member

WATER VOLLEYBALL 365

Meet new people while enjoying a fun workout in the water—playing volleyball with a beach ball.

Tuesdays and Thursdays 1-3 p.m.

\$35 member \$60 non-member (or pay \$5 per class)

OPEN AND LAP SWIM

OPEN SWIM

Open swim times are set aside for families to enjoy each other, play games or practice swimming skills. Involve the whole family and spend quality time together in the water.

LAP SWIM

Our large pool is a 25 yard 5-lane competitive pool. During designated times, we have lanes reserved for lap swimmers, as well as one lane for water walkers.

For schedules, visit our website at www.brriallymca.org.

POOL RENTAL AND PRIVATE CLASSES

POOL RENTAL

The large and small pools are available for special groups to rent year-round. Please refer to page 9 for information on party rentals.

PRIVATE WATERMAT YOGA CLASS

Gather your friends and schedule a private WaterMat yoga class—not available anywhere else in the area! Easy on your joints, it gives your core a greater workout in a more tranquil environment.

\$160 Private 1.5 hour class (for up to 8)

Please direct inquiries to the Aquatic Center. Call 630.547.2007.



ACTIVE OLDER ADULT PROGRAMS



At the Y, we believe healthy living has as much to do with pursuing interests, passions and learning new things as it does with eating healthy and being active. Our minds and spirits need stimulus and enrichment, and we get so much more from life when we find things—and people—that inspire us.

Y'S WAY TO FITNESS

In this no-nonsense class, the focus is on strengthening every major muscle group in a relaxed, social atmosphere.

Mondays, Wednesdays, Fridays 7-7:55 a.m.

FREE member \$5 non-member (per visit)

FIT FOR LIFE

Work your body and your mind. If you are new to group exercise, this class is perfect. It incorporates all areas of fitness—light aerobics, strength training and yoga/flexibility.

Mondays, Wednesdays, Fridays 8:30-9:25 a.m.

FREE member \$5 non-member (per visit)

TAI CHI

This ancient Chinese martial art can improve flexibility, strength and balance. Gentle movements maximize your workout and promote calmness. Visit our website or the Guest Services Desk for class times.

FREE member \$5 non-member (per visit)

KNITTING CLUB

Join us in the lobby on the second and fourth Friday of each month to knit blankets for those in need through Project Linus—serving West Chicago, Winfield and Wheaton. Supplies are available or bring your own.

THE Y SERVICE CLUB

The Y Service Club is part of an international organization that works to help YMCAs and people reach their fullest potential. Club involvement includes featured presentations, benevolent programs and fellowship activities. Everyone is welcome, and membership is not a requirement.

For more information, contact Monica Flores at 630.547.2005 or mflores@ryallymca.org.

MINGLE AND LEARN SERIES

Hosted by the Y Service Club

These series events are free; however, please register at least two days in advance.

C.H.A.N.G.E.

Learn how Creating Healthy Assistance Necessary for Change and Growth makes a positive difference for individuals in the DuPage County Justice System.

January 10 Noon to 1:30 p.m. Lunch provided

THE Y PROM: VALENTINE'S POTLUCK

Take yourself back in time to prom and come celebrate Valentine's Day with us. We will supply the main dish and drinks; please bring a side to share.

February 22 Noon to 1:30 p.m. Lunch provided

SAFELY SURFING THE WEB

Find out how to recognize and protect yourself from internet scams—with a focus on social media, email and invasive computer scams.

March 14 7-8:30 p.m.

CELEBRATE VOLUNTEERISM

Do you have a passion you'd like to share? Come meet Y volunteers and learn how you can get involved by donating your time and talents.

April 11 Noon to 1:30 p.m. Lunch provided

TREASURES OF DUPAGE COUNTY

Are you aware of the many places to visit in our area? Join us for an introduction to the Forest Preserve, Danada Equestrian Center, Cantigny and more!

May 9 7-8:30 p.m.

SPORTS LEAGUES AND CLUBS

We believe sports, fun and exploring new interests aren't just for the young. Along with improving health, whenever teamwork is involved there's the added benefit of being connected to others. That's why you'll find a range of recreational activities at the Y. With something to offer everyone, there's no such thing as being too old to get in the game.

WINTER SESSION: Begins the week of January 8

RACQUETBALL FLEX LEAGUE

Whether you're a seasoned player or just getting started, there is a league (AA, AB, BC, Women's) for your skill level. Games are scheduled weekly between you and your opponent; game play is three games to 15. The league ends with playoffs for top finishers in each division.

\$25 member \$50 non-member

To reserve a court time, please call 630.858.0100. Only members or league participants may make reservations.

WALLYBALL LEAGUE (4V4)

Play one of the nation's fastest growing sports! Wallyball is played on a four-walled court with rules similar to volleyball. This fast-paced game allows the ball to be bounced against the ceiling or a wall before returned over the net. A and B levels are formed in January and play runs until late April, concluding with a bracket tournament.

Mondays 7 p.m. and 8:30 p.m.

\$150 per team
Get a \$5 discount for each Y member on your team.

ADULT OPEN VOLLEYBALL

Bring your "A" game to play drop-in competitive adult volleyball. Teams are formed each week based on the number of people in attendance. All games are pick-up format.

Sundays 6-9 p.m.

FREE member \$5 non-member

TABLE TENNIS

Bring your friends and family, and join other players—casual or competitive—for table tennis fun! All games are pick-up format. Equipment is provided.

Fridays 6:30-9:45 p.m.

FREE member \$5 non-member

PICKLEBALL PLAY

Pickleball—a popular game that combines elements of tennis, badminton and table tennis—is sweeping the country. This low impact sport is easier on the knees and shoulders than tennis, and doesn't require as much movement or arm strength. Registration is not required and equipment will be provided.

Wednesdays 10:30 a.m. to noon

FREE member \$5 non-member

OPEN GYM

Is it hard to find time to be active after a long workday? Join us on your lunchbreak! We offer open gym for individuals who want to drop in and play ball in the middle of your day.

Monday through Friday 11:30 a.m. to 1:30 p.m.

FREE member \$5 non-member

B.R. RYALL YMCA MULTISPORT CLUB

Are you a triathlete, swimmer, biker or runner? Join the B.R. Ryall YMCA Multisport Club—an official USA Triathlon Club! Our Club, for like-minded athletes who enjoy the multisport lifestyle, offers a number of benefits including:

- Educational meetings on training topics held the second Thursday of every month at 7:30 p.m.
- Swim practice every Wednesday from 7:30-8:30 p.m., coached by a former pro triathlete and All-American swimmer.
- Group runs every Saturday at 7 a.m.; pick your distance and find a running partner.
- Bring your bike and trainer to ride in a fun environment for the indoor season every Sunday from 7-9 a.m.

ANNUAL FEE
(includes pool fees)
\$50 member
\$150 non-member

QUESTIONS?
Contact Nick Early at
nickearly@gmail.com.



FAMILY TIME

Strong relationships are one of the cornerstones of health and well-being, and there are no relationships more important than those between parents and their children. That's why the Y offers family time activities to help foster togetherness, create lasting memories and strengthen bonds.

FAMILY EVENTS FOR MEMORY-MAKING

For planning purposes, please register at least two days in advance. A waiver is required (if a minor, must be signed by a parent or legal guardian). All children (younger than age 18) must be accompanied by an adult.

FREE member \$2 non-member (per person)

"LET'S ROLL" SKATE NIGHT

When was the last time you laced up a pair of skates? We've rented out the rink for a Y-only family night of fun on wheels. It's the perfect chance to take your kids on for a few laps! Skate rental and concessions will be available.

January 8 4-6 p.m. Lombard Roller Rink

Y FAMILY FITNESS EXPO

Join us for our inaugural Y Family Fitness Expo, where you and your family can experience fun demonstrations, try some of our most popular classes, taste test healthy treats and get answers to your health and wellness questions.

February 19 2-5 p.m.

WATCH AND RUN

Head to the theatre for an inspiring family movie, as well as the registration kick-off for our second annual The Y Run 5K, Super Kids 1K and Super Kids Fun Run on May 20.

March 4 2-4 p.m. Glen Ellyn Art Theatre



Y GUIDES AND Y PRINCESSES

Building Strong Kids, Strong Families, Strong Communities

Among the oldest family programs in the Y, parent-child programs have lasted and grown over the years because they offer families a unique opportunity to spend time together, having fun and sharing experiences that lead to a better understanding of each other and a closer relationship.

Through involvement in the Y Guides and Y Princesses program, dads and their children develop healthy relationships, gain a sense of belonging and learn the importance of giving back to the community through one-on-one interactions, activities with other families and community service projects.

With a variety of activities that range from camping to a pinewood derby race to volunteering at the Y's Christmas tree lot, you decide what you'd like to attend based on your interest and availability.

\$30 first child, \$15 additional child member
\$65 first child, \$20 additional child non-member

To learn more, contact Federation Organizer Ben Yates at ben.yates@hotmail.com or 630.930.4401.



EXPANDED WEEKEND HOURS FOR FAMILY SWIM

Families: We heard you! You asked for more evening hours for family time in our Aquatic Center, and now you've got it! Enjoy fun in the water—swimming laps or playing pool games; we're open for you!

Saturdays and Sundays 4-7 p.m.

VOLUNTEERING / EVENTS

Without volunteers, little of what the Y does is possible. From helping with special events to coaching to mentoring, your skills and interest can make a difference here. Volunteering is more than just sharing your time and passion, it's about the satisfaction of knowing you are helping people become stronger and giving back to your community.

VOLUNTEER AT THE Y

Become a Y volunteer, and change a life or two—including your own. To learn more about volunteer opportunities or to get involved, contact Monica Flores at 630.547.2005 or mflores@brryallymca.org.

VOLUNTEER INFO SESSION

Do you have a passion you'd like to share? Hear about available opportunities and meet committed Y volunteers.

April 11 Noon to 1:30 p.m.

CELEBRATE VOLUNTEERISM

National Volunteer Week is April 23-29. Please mark your calendar for April 25 when we will honor those who serve us.

CHANGE FOR C.H.A.N.G.E.

Clean out your car and seat cushions to collect spare change that can make a positive difference in the lives of individuals involved in the DuPage County Health System!

The Y will hold a change drive for coins to donate to the Foundation for C.H.A.N.G.E. (Creating Healthy Assistance Necessary for Growth and Enrichment).

Every penny makes a difference. Join us and donate!
January 11 - February 11

SERVE AS A YOUTH MENTOR

In addition to volunteer opportunities, there are also paid positions to mentor youth and support their development in our preschool, before- and after-school program, The Y Kids Fitness program and Summer Camps. Visit our website for a complete list of employment opportunities at www.brryallymca.org.

NOTE: The application process for Summer Camp 2017 counselors opens March 1. Interviews will be scheduled throughout the month (and can be coordinated when college students are home for spring break).

MAKING SPIRITS BRIGHT CHRISTMAS TREE LOT AT THE B.R. RYALL YMCA

Proceeds from the sales of all trees and wreaths support our scholarship fund—providing financial assistance for local children, adults and families in need.

www.brryallymca.org/tree



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE Y RUN 5K SUPER KIDS 1K & FUN RUN

SAVE THE DATE!

Saturday, May 20, 2017
Downtown Glen Ellyn

Join us on March 4 at the Glen Ellyn Theatre
for our registration kickoff!



B.R. RYALL YMCA
of Northwestern DuPage County
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Glen Ellyn, IL 60137
www.brryallymca.org

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