



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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B.R. RYALL YMCA • Spring/Summer 2019



1919-2019: Celebrating a century of serving our community

GREETINGS FROM THE B.R. RYALL YMCA

HELLO NEIGHBORS,

It is a monumental year for us at the B.R. Ryall YMCA of Northwestern DuPage County. We are celebrating 100 years of serving our community—and that's definitely something to smile about!

As a leading nonprofit committed to strengthening community, the Y was created in response to social challenges and remains to this day a lifeline to countless local families. The Y understands the challenges that keep individuals from reaching their full potential, and we respond with services and support which help people to be self-reliant, productive and connected to the community.

Since 1919, the B.R. Ryall YMCA has been impacting individuals and families through our focus on youth development, healthy living and social responsibility. That's **100 years** of building confidence, character and leadership skills in youth; **100 years** of teaching people about the importance of being physically active and helping them live healthier; and **100 years** of supporting neighbors in need of financial assistance—ensuring everyone can afford to access the Y's important programs and services.

We invite you to join our Y community... and our cause. It's something worth celebrating. For a better you. For a better community. For a better us.



Jodi Henninger Herbold

Jodi Henninger Herbold
Board President



Rob Wilkinson

Rob Wilkinson
Chief Executive Officer

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Can't find what you are looking for?
Visit our website at www.brlyallymca.org.

1919–2019: Celebrating a century of serving our community

CELEBRATING 100 YEARS

1919-2019: Celebrating a century of serving our community

Mark your calendar for these signature events we're hosting throughout our 100th year.



THE Y RUN 5K AND SUPER KIDS FUN RUNS **May 18 • Downtown Glen Ellyn**

Whether you are an elite runner or you've never completed a race, the Y Run is for you! This event, through the streets of beautiful downtown Glen Ellyn, is about promoting a healthy lifestyle and being active with your family, friends and community.

For young runners who are not ready to complete a 5K, there is the Super Kids 1 Mile Run; and the littlest competitors can even participate in the Super Kids Fun Run—complete with superhero capes.

Held as part of:



For additional information and registration, visit www.brriallymca.org/yrun.



20TH ANNUAL GOLF CLASSIC AND PARTY ON THE PATIO

June 24 • Village Links of Glen Ellyn

Join us for an afternoon of golf and an evening of entertainment and fun at the B.R. Ryall YMCA 20th Annual Golf Classic and Party on the Patio!

Our scramble format golf tournament includes 18 holes, with opportunities throughout the course to win prizes. When you leave the greens, the festivities continue with live music, food and socializing at our Party on the Patio. Not a golfer? No problem! You can just join us for the evening at the Party on the Patio.

For additional information and sponsorship opportunities, visit www.brriallymca.org/golf.

MARK YOUR CALENDAR!

CELEBRATION DINNER

Coming this November!

Look for an announcement coming soon regarding our Centennial Celebration Dinner to be held in November.

FAMILY EVENTS AND OUTINGS

At the Y, we believe we have something special—a sense of community—and we want you to be a part of it. Strong relationships are one of the cornerstones of health and well-being; that's why the Y offers opportunities that foster togetherness and promote making connections with others.

FRIDAY NIGHT POOL PARTIES

Take advantage of this fun family night out with swimming, water games, dinner and an opportunity to connect with other members of our Y community.

April 26, May 17, June 21 6:30-9 p.m.

FEE: FREE member \$5 non-member

OPEN THE Y

Experience all that the Y has to offer! On Open the Y days, you're invited to enjoy our pool, KidZone, gym, Wellness Center and racquetball courts free of charge.

April 28, May 19 Noon to 3 p.m.

Y DINE OUT

You'll eat good, feel good and do good when you dine out to support the Y. Mention the Y when placing your order and the hosting restaurant will donate a portion of the evening's sales to the B.R. Ryall YMCA.

Additional details will be available at the Guest Services Desk, as well as on our Facebook page, prior to each event.

April 18	Reserve 22
May 16	WoodGrain Pizzeria, That Burger Joint and Oberweis
June 20	Jimmy John's

COMMUNITY PICNIC

In the spirit of summer fun and community friendship, join the B.R. Ryall YMCA and One Community for a free summer community picnic. Pack your lunch and drinks. We will provide the games—frisbee, volleyball, GaGa ball and more. It's a great opportunity to celebrate with friends, meet new ones and reconnect with neighbors.

June 15 11 a.m. to 1 p.m.

LET'S GO OUT TO A BALL GAME!

Attend a Kane County Cougars game at Northwestern Medicine Field with the Y family!

Senior Adult Day: June 11 at 11 a.m.

Middle School Day*: July 17 at 6:30 p.m.

Family Day (kids ages 3-10 eat free): July 21 at 1 p.m. or August 4 at 1 p.m.

*Middle School Day is limited to the first 25 teens to register. Y staff will supervise the group and provide transportation to and from the game on Y minibuses.

Sign up online at www.brallymca.org/registration (code: KCCG) at least one week prior to the game. Tickets can be picked up two days before the game at the Y.

FEE: \$10

THE GREAT OUTDOORS

Enjoy the great outdoors and explore the Morton Arboretum. Take a hike, enjoy a picnic, frolic through the Children's Garden and join the Y for group exercise classes in the Sycamore Room. Yoga will be held at 11 a.m., Tai Chi at noon and Pound Fit at 1 p.m.

June 23 Explore 7 a.m. to sunset

Show your Y membership card and get in free.

INDEPENDENCE DAY PARADE

Walk with the Y in the Glen Ellyn 4th of July Parade. We will march as part of the One Community group—demonstrating a united community that cherishes all neighbors. Participants must arrive at the staging area by 11:30 a.m.; the parade starts at noon.

Sign up at the Guest Services Desk. For more details, contact Monica Flores at mflores@brallymca.org.

SUNSET POOL PARTY

When the sun sets, join us for a private pool party under the stars at Sunset Pool in Glen Ellyn. With family swim and glow sticks to light up the night (and water), it will be worth making an exception to your child's bedtime!

July 13 8-10 p.m.

FEE: FREE member \$5 non-member



SUMMER CAMP OVERVIEW

Give your child the best summer ever! Few experiences are as special as camp, where kids have fun while building confidence, developing new skills and creating their own community.

The B.R. Ryall YMCA summer camps provide youth with supervised activities that nurture their spirits, challenge their minds and strengthen their bodies—while teaching values, teamwork, conflict resolution and leadership skills. Campers enjoy sports, swimming, crafts and nature, as well as learn the importance of healthy choices and active lifestyles. With the Y’s core values of caring, honesty, respect and responsibility as our guide, we focus on encouraging children to have fun and explore their potential.

ABOUT OUR STAFF

Our trained camp counselors are key to our success—fostering a sense of belonging and delivering fun experiences that keep families coming back year after year. That’s why we take such pride in hiring camp staff who are responsible, mature, considerate, enthusiastic and passionate about working with children and teens.

Your child’s safety is the number one priority. Each counselor completes a series of trainings that include: bloodborne pathogens, bullying, abuse prevention, pool safety, emergency procedures, customer service, and implementation of age-appropriate games and activities. In addition, all staff hold First Aid and CPR certifications.

FORMS AND INFORMATION

For the camp handbook, registration forms and field trip list, please visit www.brryallymca.org/child-care/camp.

REGISTRATION

Registration opens on April 8 for members and on April 15 for non-members.

Due to high demand, we require a \$10 registration fee per week to secure your camper’s spot. This fee is non-refundable and non-transferable.

CAMP INFORMATION NIGHT

Please save the date for our Summer Camp Information Night on April 4. Attendees will be granted “early access” to register for camp that night.

CAMP ORIENTATION NIGHT

Campers and parents are invited to meet the summer camp staff, get questions answered, and mingle with other families so you feel prepared for the first day. We hope to see you there!

May 29 6:15–7 p.m.

CAMP FAMILY NIGHTS

July 13	Mid-Summer Celebration at Sunset Pool
August 8	End of Summer Send Off

FULL-DAY SUMMER CAMP

Our traditional full-day camps are age-specific to ensure there are appropriate activities and expectations for your camper. Weekly themes are incorporated into outdoor games, sports, crafts, songs and enrichment activities. Swimming, outings to local parks and a weekly field trip round out each week to provide for an unforgettable experience. Campers are invited to dress up every Friday to support the weekly themes.

CAMP HOURS

Monday - Friday 8 a.m. to 4 p.m.
6:30 a.m. to 6 p.m. (with extended care)

We encourage campers to arrive before 8:15 a.m. as opening ceremony occurs at 8:30 a.m. and most field trips depart by 8:45 a.m.

CAMP SCHEDULE

6:30-8:15 a.m.	Extended Care	board or group games, reading, storytelling, drawing
8:15-8:45 a.m.	Opening Rally	announcements, songs, challenges
8:45-10:15 a.m.	Group Games	*Camp Splash will attend lessons
10:15 a.m. to noon	Activity Time	field trips, volunteer activity, arts and crafts, hikes, clubs
Noon to 12:45	Lunch	
12:45-3 p.m.	Recreation	swimming (1 hour), reading, journals, STEM projects
3-3:30 p.m.	Break Time	afternoon snacks, breaks, cool down
3:30-4 p.m.	Closing Rally	songs, skits, riddles, challenges
4-6 p.m.	Extended Care	board or group games, reading, storytelling, drawing
4:15-5 p.m.	Add-On Enrichment Classes	

Water breaks and cooldown time will be taken as often as necessary throughout the day. Some variation in camp schedules will occur.

CAMP KINDER RIDGE Entering grades K-1

Camp Kinder Ridge is designed to recognize and meet the needs of our youngest campers—with the goals of helping them build self-esteem and confidence while making new friends and having fun.

Field trips are taken on Tuesdays. Examples include: Brookfield Zoo, DuPage Children's Museum and Donley's Wild West Town.

CAMP WILDERNESS Entering grades 2-3

This camp is split by grade into Wilderness 2 and Wilderness 3. Tailored for the curious minds of second and third graders, Wilderness offers fun activities for social, physical, educational and creative engagement.

Field trips are taken on Wednesdays. Examples include: Donley's Wild West Town, Blackberry Farm and Santa's Village.

CAMP TIMBER RIDGE Entering grades 4-5

Timber Ridge focuses on creativity, exploration, and team building. Youth participate in a monthly community outreach activity to learn the importance of giving back.

Field trips are taken on Thursdays. Examples include: Brookfield Zoo, Cypress Cove Water Park and Rockin' Jump.

CAMP PRYDE Entering grades 6-8

Camp Pryde is divided into two camps based on grade: Pryde 6 and Pryde 7/8. Camp Pryde offers a safe environment where your teen is challenged and can thrive under positive, energetic role models. This camp is all about teaching your tween independence within boundaries as we venture with our campers to some amazing field trips and service projects.

Each week consists of two field trips, one park or forest preserve visit, and one service-learning trip. Field trips are taken on Tuesdays and Thursdays. Examples include: Great America, Raging Waves, Seadog Extreme Boat Ride, Navy Pier and Indiana Dunes. Examples of past service trips include: DuPage Forest Preserve, Feed My Starving Children and Arden Courts Nursing Home.

FULL-DAY SUMMER CAMP AND ADD-ONS



KIDS DAYS OFF – SUMMER EDITION

We know that some schools get out earlier than the scheduled camp weeks. We've got you covered with pre-camp Kids Days Off - Summer Edition adventures at the Y!

With full day care from 6:30 a.m. to 6 p.m., kids will enjoy themed activities, performances, sports and swimming, games, crafts, movies and the great outdoors.

May 30-31

FEE (per day): \$40 member \$50 non-member

CAMP SPLASH: ADD-ON SWIM LESSONS

Your camper (grades K-8) can start the camp day by learning water safety, stroke development and proper techniques in groups based on skill level.

WEEKS 1-11: Monday - Friday 9:15-9:45 a.m.

FEE: \$40 member \$75 non-member

CAMP ADD-ON ENRICHMENTS

End your child's camp day with a fun add-on enrichment class. Classes are held Monday through Friday from 4-4:45 p.m. Offerings include STEM (chemical reactions, coding and physics), Spanish, cooking, floor hockey, basketball and more.

Visit our website for weekly schedules and detailed class descriptions. Registration for these classes begins on the first day of camp registration.

KIDS KNITTING CLUB **Entering grades K-8**

Children will learn the basics of knitting cast on, finger knitting/knitting needles intro, and cast off. Bring your own knitting needles or crocheting hook, or we will provide for use in class, if needed. Yarn will be provided.

June 14, 21, 28
July 12, 19, 26
August 2, 12
9-9:45 a.m.

FEE (per class): \$5 member
\$10 non-member



CAMP WEEKS AND THEMES

1: June 3-7*	Experience the MAGIC
2: June 10-14*	Safari Adventure
3: June 17-21	Arts and Smarts
4: June 24-28	Exploring Illinois
5: July 1-5*	Splish Splash
6: July 8-12	Getting Dirty
7: July 15-19	Wizards Week
8: July 22-26	Under the Sea
9: July 29 - August 2	Around the World in 5 Days
10: August 5-9	We Are Family
11: August 12-16*	Under the Big Top

*Weeks 1, 2 and 11 will be prorated for children whose school districts starts or ends in the middle of the week. Week 5 will be prorated for the 4th of July holiday.

CAMP RATES

IMPORTANT NOTE: As a benefit of holding a family or household Y membership, your camper is eligible for the member rate. Anyone with a youth membership does NOT qualify for the camp member rate.

KINDER RIDGE, WILDERNESS, TIMBER RIDGE

FEE: \$160 member \$200 non-member
(Extended Care): \$190 member \$240 non-member

PRYDE

FEE: \$190 member \$230 non-member
(Extended Care): \$220 member \$270 non-member

MINI CAMPS

WEEK 1:	WEEK 2:	WEEK 3:	WEEK 4:	WEEK 5:	WEEK 6:	WEEK 7:	WEEK 8:	WEEK 9:	WEEK 10:	WEEK 11:
6/3 - 6/7	6/10 - 6/14	6/17 - 6/21	6/24 - 6/28	7/1 - 7/5	7/8 - 7/12	7/15 - 7/19	7/22 - 7/26	7/29 - 8/2	8/5 - 8/9	8/12 - 8/16

CAMP FANTASTIK **Ages 3-6**

Spanish, arts and crafts, character development and fun are all rolled up into one! Designed to be the perfect introduction to camp, your child will have a blast learning and exploring during their time at the Y.

WEEKS 2, 3, 4, 6, 7, 8, 9, 10:

Monday – Friday 9 a.m. to noon

FEE: \$75 member \$120 non-member

BOYS ONLY CAMP **Entering grades 2-4**

This camp is all boy! Your child will have the opportunity to battle in the Beyblades stadium, have fun in a Nerf frenzy war, master slime making and so much more. Each week will offer a new set of adventures.

WEEKS 3, 6, 9: Monday, Wednesday 9 a.m. to noon

FEE: \$60 member \$90 non-member

CUSTOMER SERVICE LEADERSHIP TRAINING

Entering grades 9-12

Customer Service Leadership Training, hosted in partnership by the B.R. Ryall YMCA and the Glen Ellyn Public Library, will offer a workshop for youth who want to become leaders in customer service.

Participants will learn skills and ideas that apply in any setting. Training focuses on values such as respect, caring, professionalism and flexibility, with an opportunity for teens to put their training into action at the Y!

June 21 10:30 a.m. to noon

To learn more or sign up, visit www.gepl.org/high-school.

Questions? Contact Josh O'Shea at joshea@gepl.org.

PLANNING AHEAD FOR FALL?

The B.R. Ryall YMCA offers full-day Bright Beginnings Preschool for ages 2-5, half-day Kindergarten Round Up to complete the day for children in half-day kindergarten programs, and the Safe 'n Sound before- and after-school program for children in grades K-5. To learn more about these programs, visit www.brallymca.org/child-care.

BRIGHT BEGINNINGS PRESCHOOL

Enrollment is ongoing for this year-round program. For information, contact Raquel Despe, Child Care Director, at rdespe@ryallymca.org or 630.547.2011.

KINDERGARTEN ROUND-UP

Space is limited. To be added to the interest list, please contact Raquel Despe at rdespe@ryallymca.org or 630.547.2011.

SAFE 'N SOUND

Registration for the 2019-2020 school year will open on May 1 for new participants.



SPORTS CAMPS AND CLINICS

NEW! YOUTH SUMMER SPORTS CAMPS

Entering grades 3-6

These four camps are designed to introduce young athletes to different sports throughout the summer. Your child will have fun, while learning the basics of sports, through skill-based training and games. Campers swim daily, and off-site field trips will also be included.

8 a.m. to 4 p.m.*

*If before/after care is needed, please contact Mark Macek at 630.547.2014 or mmacek@ryallymca.org.

FEE: \$160 member \$200 non member

CAMP BALLERZ

Who rules the courts? There is no holding back in this camp. Your child will show off skills as they take on campers in games that include basketball, football, GaGa ball, soccer, four square and more.

WEEK 4: June 24-28

CAMP XTREME

This camp combines physical activities with fun trips around our community. Campers will test their agility and coordination with Nerf battles, water balloon fights and dodgeball games. They'll also enjoy exploring skate parks, biking, hiking, checking out ninja courses and more. Campers must bring a helmet on specified days.

WEEK 6: July 8-12

BACKYARD CAMP

Creativity and adventure are the key as campers help create the lesson plans for the week. We will fill the time with minute-to-win-it games, ghosts in the graveyard, capture the flag, kick the can and more.

WEEK 8: July 22-26

TEAM SPORTS CAMP

Team sports are a great way for your child to build confidence and connections with teammates—while learning leadership and communication skills, respect for others, new sports and ways to stay active.

WEEK 10: August 5-9



BILLY O'DONNELL BASKETBALL CAMP

Entering grades 3-6

This camp will offer youth an opportunity to learn the sport, gain leadership skills and develop important character traits that align with the Y's core values of caring, honesty, respect and responsibility. Founded to honor its namesake—a former Y youth basketball coach, this camp is funded in large part by the generosity of the O'Donnell family and friends.

WEEK 3: June 17-21 9 a.m. to 2 p.m.
6:30 a.m. to 6 p.m. (with extended care)

FEE: \$150 member \$200 non-member
(Extended Care): \$200 member \$250 non-member

Financial assistance is available. Please contact Mark Macek at mmacek@ryallymca.org or 630.547.2014.

NEW! YMCA & SPARTANS BASKETBALL CLINIC

Entering grades 3-8

Players work on skills and drills with Coach Danny Sheridan, eighth grade boys basketball coach and physical education teacher at Glen Crest Middle School. Participants will learn from an experienced coach, and come away with new fundamentals and skills.

Grades 3-5
July 15-18
9 a.m. to noon

Grades 6-8
July 29 – August 1
9 a.m. to noon

FEE: \$75 member
\$90 non member



YOUTH SPORTS

PRIVATE SPORTS COACHING FOR SOCCER, BASKETBALL OR BASEBALL

Grades 1-8

These private coaching sessions—for individuals or groups—are designed to teach the basics of the sport and to help your child improve skills. Sessions will focus on different elements of the game for improved technique, confidence and understanding of rules.

(package of 5) 45-minute sessions

Number of participants	1	2	3	4	5-10
Total cost for package	\$100	\$180	\$240	\$280	\$300

The instructor will contact you for scheduling.

BASEBALL SPRING TRAINING Ages 5-9

Our training sessions will help prepare your young athlete for the baseball season! For all skill levels, classes will include throwing, catching, base running, hitting and fielding. We provide the equipment; just bring a mitt. Games are played at the end of the training.

April 2-16: Tuesdays 5:30-6:30 p.m.

FEE: \$45 member \$60 non member

Y SLUGGERS T-BALL LEAGUE Ages 3-6

Give your child the opportunity to learn a longtime favorite childhood sport! Each player will receive a t-shirt; just bring a baseball mitt. Practices and games will be held in the Y's back field.

SPRING: April 23 - May 21

SUMMER: July 9 - August 13

Tuesdays 5:30-6:30 p.m.

*6:30-7:30 p.m. possible for Rookie Division

PEE-WEE DIVISION Recommended for ages 3-5

This division introduces kids to the rules and game of T-Ball. Teaching moments during the practices and games will give your little leaguer the opportunity to begin playing and learning at the Y.

ROOKIE DIVISION Recommended for ages 5-6

Your child will learn how to throw, catch, field and hit correctly, and the positions of the game.

FEE: \$60 member \$85 non-member

VICTORY SOCCER

Ages 3-10

The Y has partnered with Victory Sports to introduce a new and exciting program. Using the sport of soccer, this program is designed to promote physical fitness, improve confidence and have fun. There will be weekly games to teach kids how to shoot, dribble, trap, pass and play.

April 10 - May 8

Wednesdays 5:30-6:15 p.m. Ages 3-5

Wednesdays 6:30-7:15 p.m. Ages 6-10

FEE: \$50 member \$60 non-member

BASKETBALL SPRING LEAGUE Grades K-5

This program is perfect for kids of all levels to focus on developing the most important fundamentals and skills. Under the guidance of experienced YMCA staff, players learn offensive moves and develop ball skills at practices—to then put to the test at weekly scrimmage games.

PEE-WEE DIVISION Recommended for grades K-1

Practices: Thursdays 6-6:45 p.m.

Games: Saturdays 9-10 a.m.

ROOKIE DIVISION Recommended for grades 1-3

Practices: Tuesdays 6-6:45 p.m.

Games: Saturdays 10-11 a.m.

JUNIOR DIVISION Recommended for grades 3-5

Practices: Tuesdays 6:45-7:45 p.m.

Games: Saturdays 11 a.m. to noon

April 9 - May 18

*Games on April 27 will be held later in the day.

FEE: \$55 member \$75 non member

TRAVEL HIGH SCHOOL Y-BALL LEAGUE

Y-Ball is a competitive basketball league for male high school students. Teens test their basketball skills and knowledge, while engaging in sportsmanship and teamwork. Held in partnership with the Naperville YMCAs, games will be played on Sunday afternoons at the Fry Family YMCA or at our Y. Join as a team or individual.

April 7 - May 19

REGISTRATION DEADLINE: April 1

FEE: \$65 member \$85 non member

YOUTH FITNESS

Y KIDS FITNESS

Grades K-5

The Y Kids Fitness Program puts kids in charge of their own physical fitness and well-being, while educating and empowering them to make healthy choices that last a lifetime. Classes including Train Like A Ninja, Nerf Frenzy and Bootcamp instill healthier habits and a fun approach to physical activity.

Mondays, Wednesdays 5:30-6:30 p.m.
The last class of the school year will be held May 29.

FEE: FREE member \$5 non-member

KIDS ZUMBA

Ages 4-6

Zumba isn't a class; it's an energy-driven fiesta! Kids have fun moving to the music as they learn the Merengue, Salsa and more.

SUMMER 2: July 8 - August 9
Mondays 9:30-10:15 a.m.

FEE: \$75 member \$105 non-member
\$25 Bright Beginnings student

PRETEEN YOGA

Ages 9-12

Yoga is essential for fast-growing bodies. It helps youth to build self-esteem and confidence, inner and outer strength, concentration, and heightened awareness of oneself and others. Challenging poses will keep the movements exciting, as preteens learn how to enjoy and love their body.

June 21 9:30-10:30 a.m.

Registration is required.

FEE: FREE premier member
\$5 basic member or non-member

YOUTH PERFORMANCE TRAINING

Ages 11-15

This small group session, led by a certified personal trainer, instills the importance of safe and effective training to improve strength, endurance and agility.

June 25-27 4:30-5:15 p.m.
July 9-11 9:30-10:15 a.m.

FEE: \$40 member \$75 non-member



HEALTHY KIDS DAY

A child's development is never on vacation. Healthy Kids Day is a great opportunity to educate families and motivate kids to stay active in spirit, mind and body. The Y will celebrate Healthy Kids Day as part of a national initiative to improve the health and well-being of kids.

This event is open to the public, with opportunities for children and their families to enjoy a morning of sports, fun fitness and education.

April 27 9-11 a.m.

FEE: FREE Guests must sign a waiver.

YOUTH SWIM LESSONS



As America's Swim Instructor, the Y is the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming. Just like teaching your children to look both ways before crossing the street, participating in formal swim lessons teaches essential safety skills. Learning how to swim and be safe around water can save lives.

There are also multiple benefits beyond the ability to enjoy water safely. It helps children strive for physical achievement, promotes healthy living and builds confidence.

From blowing bubbles and kicking to water safety and progression through stroke development, our swim lessons accommodate children of varying abilities to help foster a sense of achievement as swimmers progress through levels.

Our lessons are structured to promote incremental and consistent improvement. 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. Even when children have mastered proper stroke techniques, their development doesn't have to end. Swimmers can transition to advanced swimming through our Swim Academy and Swim Team.

YOUTH SWIM LESSONS

SPRING: April 7 - May 11
SUMMER 1: June 2 - July 6
SUMMER 2: July 7 - August 10

FEE: \$65 member \$105 non-member

PARENT/CHILD SWIM (ages 6-35 months)

This class, held in our 92 degree small pool, helps your child acclimate to water. Play-based instruction varies based on comfort and skills. One adult may accompany the child in the water. Children must wear swimsuits with swim diapers.

Thursdays 9:30-10 a.m.
 Saturdays 8:35-9:05 a.m.
 Saturdays 11:30 a.m. to noon

AGES 3-6

Children ages 3-6 will be assigned to Level 1 or 2 to get acclimated to water and learn beginning skills. Classes are 30 minutes and are held in the 92 degree small pool.

LEVEL 100 SKILLS: gaining comfort in water, going underwater, controlling breathing, practicing safety, floating and kicking

LEVEL 200 SKILLS: mastering unassisted floating, front and back paddling

Classes are held once a week. Select the time that works for the age of your child. Swimmers will be evaluated on the first day of class and placed into the appropriate level.

SMALL POOL	MON.	TUES.	WED.	TH.	SAT.
8:35 a.m.	-	-	-	-	83SAT
9:10 a.m.	-	-	-	-	91SAT
9:30 a.m.	-	93TUE	-	-	-
9:45 a.m.	-	-	-	-	94SAT
10:20 a.m.	-	-	-	-	10SAT
10:35 a.m.	-	10TUE	-	10TH	-
10:55 a.m.	-	-	-	-	55SAT
11:15 a.m.	-	11TUE	-	11TH	-
11:30 a.m.	-	-	-	-	30SAT
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	-	-

AGES 6+

Levels 3-6 are for swimmers who've mastered floating and paddling, and are prepared to begin or build on stroke development. These 30-minute classes in the large pool help prepare your child to transition to our Swim Academy or Swim Team, if desired.

LEVEL 300 SKILLS: breast stroke arms, streamline kicks, backstroke, butterfly kicks, introduction to freestyle

LEVEL 400 SKILLS: perfecting strokes with a focus on breast stroke, butterfly and side breathing

LEVEL 500 SKILLS: flip turns, perfecting strokes

LEVEL 600 SKILLS: mastering flip turns, starts and finishes; perfecting strokes at swim team distances

LARGE POOL	MONDAY	WEDNESDAY	SATURDAY
8:35 a.m.	-	-	35SAT
9:10 a.m.	-	-	291SA
9:45 a.m.	-	-	294SA
10:20 a.m.	-	-	210SA
10:55 a.m.	-	-	15SAT
6:30 p.m.	63MON	63WED	-
7 p.m.	7MON	7WED	-

PRIVATE LESSONS

If you're looking for one-on-one attention for your child or yourself, our 30-minute private lessons allow instructors to focus on individual needs.

FEE (INDIVIDUAL):

\$25 member
 \$50 non-member

FEE (GROUP):

\$15 member
 \$30 non-member

To schedule a private lesson, please call our Aquatic Center at 630.547.2007.

UNSINKABLE FOR FOSTER FAMILIES

The UNSINKABLE program, founded and funded by local foster parents Bridget Coleman and Eric Robben, subsidizes swim lessons at the B.R. Ryall YMCA for local foster children. Participants pay just \$25 for the five-week swim session, for up to four sessions (ie., 20 lessons).

To register, select your desired lesson time, then stop by or call the Guest Services Desk and mention UNSINKABLE. You will need to provide a copy of the 906 Placement Form.

SWIM ACADEMY AND SWIM TEAM

Our Swim Academy builds a strong foundation for youth who are preparing to join our Swim Team or who have progressed beyond the swim lesson program and want to continue in the water.

Swimmers (ages 5+) work on technique, strokes, flip turns and starts, while building endurance, under the direction of a swim coach. Swimmers may attend up to four sessions each week.

NOTES: Must swim length of the pool without stopping. An ability assessment is required prior to registration. To schedule an assessment or for more information, please call our Aquatic Center at 630.547.2007.

INTERIM: May 12 - June 1

FEE: \$90 member \$180 non-member

SUMMER 1: June 2 - July 6

SUMMER 2: July 7 - August 10

FEE: \$150 member \$300 non-member

Competitive swimming not only allows swimmers of all levels to progress in their technique and conditioning under the instruction of top professional coaches, but also to learn lessons that extend far beyond the perimeter of the pool.

The B.R. Ryall YMCA Swim Team is a USA Swimming Level III Club and one of the top teams in the state. With a rich history dating back more than 50 years, our team holds eight Illinois Swimming State Records and seven all-time team YMCA National Championships. One team member was recently named to the 2019 U.S. Paralympics National Team; and recent former team members include a 2016 Olympic Trials qualifier, more than 40 YMCA National Champions and more than 20 athletes currently competing in college.

To learn how your child can be a part of the team, visit www.brlyall.com. For questions or to schedule a tryout, contact Head Coach Jon Addison at jaddison@ryallymca.org or 630.547.2012.



ADULT AQUATICS



SPRING: April 22 - June 7

SHALLOW WATER FITNESS

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

Mondays, Wednesdays, Fridays 8:30-9:15 a.m.
Mondays, Wednesdays, Fridays 9:15-10 a.m.

FEE: \$75 member \$125 non-member

DEEP WATER FITNESS

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

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

FEE: \$65 member \$110 non-member

WATER VOLLEYBALL

Join this age 55 and older group for volleyball (with a beach ball) in the large pool. You'll enjoy fun, fellowship and exercise set to your favorite oldies music.

Tuesdays, Thursdays 1-3 p.m.

FEE: \$5 per visit \$50 per session

SUMMER 1: June 10 - July 12

SUMMER 2: July 15 - August 16

SHALLOW/DEEP WATER FITNESS COMBO

In this hybrid class, your movements are accompanied by music. With access to the entire pool—spanning from 4 feet to over 9 feet deep, you choose the depth and resistance right for you. Flotation belts are provided and no swimming skills are necessary.

Mondays, Wednesdays 8:05-8:50 a.m.
Tuesdays, Thursdays 8:05-8:50 a.m.

FEE: \$45 member \$80 non-member

ADULT GROUP SWIM LESSONS - AGES 18+

Swimming is an essential life skill that can improve your health and well-being, and it's never too late to learn! Whether it's your first time in the water or you're looking to fine-tune strokes, our experienced swim instructors will put you at ease and help you to achieve your goals.

Saturdays 8-8:30 a.m.

FEE: \$65 member \$105 non-member

OPEN SWIM AND LAP SWIM

Open swim times are set aside for families to enjoy each other, play games or practice swimming skills.

During designated times, we have lanes reserved for lap swimmers, as well as one lane for water walkers. **For schedules, visit www.brryallymca.org.**

ADULT SPORTS

RACQUETBALL FLEX LEAGUE

Whether you are a seasoned player or just getting started, we have a place for you! Join one of our leagues (AA, AB, BC or Women's) based on your skill level. Games are scheduled weekly between you and your opponent based on availability. Game play is three games to 15. The league ends with playoffs for top finishers in each division.

Spring session begins April 21.

Summer session begins July 8.

FEE: \$25 member \$50 non-member

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

ADULT OPEN VOLLEYBALL

Bring your "A" game and close your weekend with 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.

Ends May 19.

FEE: 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.

FEE: 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.

Mondays 11:30 a.m. to 1:30 p.m.

FEE: 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.

SPRING: through June 14

Mondays 12:30-2 p.m.

Wednesdays 10:30 a.m. to noon

Fridays 12:30-2 p.m.

SUMMER: June 24 - August 9

Mondays 7:30-9 a.m.

Wednesdays 7-8:30 a.m.

Fridays 7:30-9 a.m.

FEE: FREE member \$5 non-member

PICKLEBALL: DID YOU KNOW?

- Approximately 2.5 million people in the U.S. play pickleball actively.
- Pickleball is almost equally as popular among men and women (53 percent male players to 47 percent female players).
- The sport continues to grow in popularity with 68 percent of adult players being over age 60.

HEALTH AND WELLNESS



The Y is 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 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; they must complete the Teen Start orientation to use the Wellness Center without parental supervision.

Please visit the Guest Services Desk to schedule your orientation.

FITNESS CONSULTATION

Members can meet with a personal trainer for a complimentary 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

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

FEE: \$55 member (1-hour) \$65 non-member

Youth age 9 through completion of eighth grade receive a 20 percent discount for personal training.

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 by a certified personal trainer in a small group. Gather your friends (2 minimum, 3 maximum); it's like getting personal training for only \$22 an hour!

FEE: \$88 member (4 - 1-hour sessions)

SUMMER SLIMDOWN PERSONAL TRAINING SPECIAL

Take your first step toward a more fit and confident summer self. You'll slim your waistline and get swimsuit-ready with this special personal training package.

Packages must be paid in full, and purchased between May 6 and June 23. Sessions not used by August 11 will be forfeited. This package is valid for first-time clients only (limit one package per person; no refunds).

To get started, call 630.547.2009.

FEE: \$320 member (8 - 1-hour sessions)

MASSAGE THERAPY

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. Call 630.858.0100 for an appointment.

FEE: \$55 member (1-hour) \$75 non-member
\$45 member (45-minutes)

GROUP EXERCISE



Need the motivation of others to keep moving? Try a group exercise class for a great workout, camaraderie and accountability.

We offer more than 60 classes per week including Body Pump®, Boot Camp, Cycle, Insanity, Muscle Madness, TRX, Yoga, Zumba and more. Unlimited classes are included in Premier Membership; otherwise, attendees may pay \$5 per class. For class schedules, visit www.brriallymca.org.

PRIVATE GROUP EXERCISE CLASSES

Great for events and team trainings, one-hour classes with a certified instructor can be held at the Y or we can bring it to you. To schedule a class, call 630.547.2009.

FEE: \$100 at the Y \$150 off-site

NEW! SMALL GROUP CROSS TRAINING

This challenging strength and conditioning program consists of functional movements to maximize fitness results. TRX, Kettlebell, HIIT drills and more will be used for the workout of the day. Come alone or bring a friend!

SUMMER 2: July 8 - August 9
Fridays 5:15-6 a.m.

FEE: \$40 member \$75 non-member

NEW! TONE AND STRETCH

In this class, you'll use body resistance to strengthen the core by focusing on functional fitness—completing the workout with stretching exercises.

SUMMER 2: July 8 - August 9
Tuesdays 9:30-10:15 a.m.

FEE: \$40 member \$75 non-member

NEW! TRX/PILATES

Combining TRX—the ultimate in core and total body training—with Pilates, which develops strength, balance, endurance and flexibility, you'll push yourself toward a more toned physique.

SUMMER 1: June 3 - July 5
Wednesdays 6:30-7:30 p.m.

FEE: \$40 member \$75 non-member

BRIDAL BOOTCAMP

Gather your favorite ladies to get fit and fab for your big day! Schedule this six-week challenge for your bridal party with a certified personal trainer. It will give you the boost you need for added confidence on your wedding day.

(12) 1-hour group sessions
FEE: \$500 member \$750 non-member

NEW! FAMILY DRUM TO THE BEAT **Ages 5+**

This calorie-burning workout—set to hit music—is fun for the whole family to drum out stress and excess energy!

August 7 6:30-7:30 p.m.

FEE: FREE premier member \$5 non-member
\$10 non-member family

HEALTHY AGING CLASSES

FEE: FREE premier member
\$5 non-member (per class)

Y's WAY TO FITNESS

This no-nonsense class focuses on strengthening every major muscle group in a relaxed, social atmosphere.

Mondays, Wednesdays, Fridays 7-8 a.m.

FIT FOR LIFE

Work your body and mind. If you're new to group exercise, this class is perfect. It incorporates all areas of fitness from light aerobics to strength training.

Mondays, Wednesdays, Fridays 8:25-9:20 a.m.

PREVENTION/DISEASE MANAGEMENT

PARKINSON'S PROGRAMS

EXERCISING WITH PARKINSON'S

This group exercise class, which works the body and mind, is intended for individuals with Parkinson's disease or for those who want to work on balance and coordination. Individuals of all abilities are welcome; movements may be done standing or seated. Registration is not required.

Fridays 10:30-11:30 a.m.

FEE: FREE member \$5 non-member

PEDALING FOR PARKINSON'S

Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic cited a 35 percent reduction in symptoms just by pedaling a bicycle at a rapid pace. Registration is not required.

For current offerings, contact Danielle Nachtigall at 630.547.2009.

FEE: FREE member \$5 non-member

MOVING FOR BETTER BALANCE

Moving for Better Balance is a 12-week evidence-based program developed by the Oregon Research Institute. Based on principles of Tai Chi, the program teaches movements—modified for fall prevention—to improve balance, muscular strength, flexibility and mobility for enhanced health and better functioning in daily activities.

Moving for Better Balance includes two classes and two-plus hours of at-home practice per week.

The next session begins August 27.

Tuesdays, Thursdays 12:30-1:30 p.m.

FEE: \$150 member \$250 non-member

LIVESTRONG AT THE YMCA

This 12-week program helps adult cancer survivors to reclaim their health and well-being after a cancer diagnosis. Survivors can improve strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve quality of life. A YMCA membership is given to non-member participants and their caregiver throughout the program.

FEE: No cost to the participant*

*Funders are needed to help subsidize program costs, so there is no financial burden for the participant. If you are interested in donating, contact Kelly Coffey at 630.547.2020 or kcoffey@ryallymca.org.

FOR ADDITIONAL INFORMATION OR TO REGISTER FOR ANY OF THE ABOVE PROGRAMS, PLEASE CONTACT:

Danielle Nachtigall
Director, Healthy Living and Sports Programs
630.547.2009 • dnachtigall@ryallymca.org

CHECK. CHANGE. CONTROL.™

Do you know if you have high blood pressure? It typically has no symptoms, but can lead to deadly health consequences.

Check. Change. Control. is a 16-week evidence-based hypertension management program that promotes regular blood pressure self-monitoring at home using proper techniques, individualized support and nutrition education by a Healthy Heart Ambassador.

The goal is to lower blood pressure and reduce your risk for developing a stroke, heart attack or heart failure.

DO YOU QUALIFY? YMCA membership is not required. You must be 18 years or older, diagnosed with high blood pressure, not have experienced a recent cardiac event, not have atrial fibrillation or other arrhythmias, and not be at risk for lymphedema.

For more information, contact Katie Sivak at 630.547.2022 or ksivak@ryallymca.org.

DIABETES PREVENTION

In the U.S., 86 million people are prediabetic and 90 percent of them don't know it.

(SOURCE: Centers for Disease Control)

WHAT IS PREDIABETES?

Prediabetes occurs when blood sugar levels are higher than normal, but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

THE Y CAN HELP.

The YMCA's Diabetes Prevention Program helps adults reduce their risk of developing the disease by taking steps that will improve overall health and well-being.

Featuring a CDC-approved curriculum, this year-long program includes

16 weekly sessions and additional monthly sessions that combine nutritional education and physical activity components. The goal for each participant is to reduce weight by seven percent and increase physical activity to 150 minutes per week.

National Institutes of Health research has shown that programs like the YMCA's Diabetes Prevention Program reduces the number of new cases of type 2 diabetes by 58 percent overall and by 71 percent in people over 60.

DO YOU QUALIFY?

YMCA membership is not required. You must be:

- 18 years or older.
- Overweight (BMI ≥ 25), and
- Diagnosed with prediabetes via blood test or a previous diagnosis of gestational diabetes.
- Without a blood test, you must have a qualifying score.

TAKE ACTION TO PROTECT YOURSELF

To learn more about this program or to register for the next session, contact:

Katie Sivak

Director, Organizational Engagement and Community Health
630.547.2022 • ksivak@ryallymca.org



ARE YOU AT RISK OF DEVELOPING TYPE 2 DIABETES?

Answer the below questions to find out.

For each "yes," add the points listed:	YES	NO
Have you given birth to a baby weighing more than 9 lbs.?	1	0
Do you have a parent with diabetes?	1	0
Do you have a sibling with diabetes?	1	0
Find your height on the chart below. Do you weigh as much or more than the weight listed?	5	0
Are you younger than age 65 and get little or no physical activity in a typical day?	5	0
Are you between the ages of 45 and 65?	5	0
Are you age 65 or older?	9	0

IF YOU SCORED A 9 OR HIGHER, you may be at risk for prediabetes or diabetes, and may qualify for the program.

AT RISK WEIGHT CHART

HEIGHT	WEIGHT	HEIGHT	WEIGHT
4'10"	129	5'8"	177
4'11"	133	5'9"	182
5'0"	138	5'10"	188
5'1"	143	5'11"	193
5'2"	147	6'0"	199
5'3"	152	6'1"	204
5'4"	157	6'2"	210
5'5"	162	6'3"	216
5'6"	167	6'4"	221
5'7"	172		

PARTIES AND ROOM/FACILITY RENTALS

Our parties give kids the chance to be active, try new things, have fun with their friends... and just be kids. Plus your house stays untouched and there's no post-party clean up. Now that's something to celebrate!

POOL PARTY

All ages

Have a splashing good time in our 82° large pool or 92° small pool with kickboards, basketball hoops and swim toys. 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. Two certified lifeguards will be provided.

Y KIDS FITNESS PARTY

Ages 4-11

Customize your party with one of our favorite offerings—Train Like A Ninja or Nerf Frenzy—or choose two different activities to divide the time: Bootcamp, Pound to Sound, Tag Games or Zumba.

SPORTS GAMES PARTY

Ages 4-11

Select three sports: soccer, basketball, floor hockey, kickball, dodgeball, whiffle ball, relays or flag football—for an action-packed party.

NEW! You can opt to host your sports party outside and take advantage of our grassy field, GaGa pit and picnic pavilion.

I-BEAM PARTY

Ages 4-11

Beam by EyeClick is an award-winning projection game system that, in the era of swipe and tap, is sure to keep kids active and entertained. This virtual interactive playground features dozens of engaging games that are projected on the floor.

FEE (Pool, Y Kids Fitness, Sports or I-BEAM Party):
\$225 member \$275 non-member

KIDZONE PARTY (ages 3-8)

It's the perfect place to jump, play, slide and celebrate! This fun-filled party provides use of the KidZone. Renters are responsible for supervision. Guests must wear socks.

KIDZONE PARTY FEE:

\$175 member \$225 non-member

RESERVATIONS AND INFORMATION

- Parties include one hour of activity and a half hour in the party room.
- Parties are usually scheduled on Saturdays or Sundays, pending availability of space and instructors.
- Parties are for 20 guests. Each additional guest is \$5.
- A party coordinator will assist with the party on-site.
- All minors must have a waiver signed by a parent or legal guardian for each party.
- Full payment is due at the time of booking. To make a reservation, please call Lauren Kerr at 630.858.0153.

ROOM/FACILITY RENTALS

Are you looking for a room to rent for a class, meeting or group gathering? Look no further!

ROOM RENTALS

With a variety of rooms to choose from, the Y has indoor space to accommodate groups of varying size. Our private rooms can hold up to 40 people, and our gym has capacity for up to 100 when divided in half or 200 for the full space (depending on activity and set-up required).

The Y is also available to rent after-hours, so you can have the facility to yourself. This arrangement is ideal for youth groups, Girls Scouts or Boy Scouts, or corporate rentals.

RENT THE BACKYARD

We have the perfect outdoor space for your family reunion, large birthday or end of season party. Our picnic pavilion is available for groups up to 40 and includes use of 10 picnic tables, the GaGa pit, and grassy field for sports and games.

NOTE: No grills, pets, smoking or alcoholic beverages are permitted.

For indoor and outdoor space options, availability and pricing, please contact Lauren Kerr at 630.858.0153 or lkerr@ryallymca.org.

A non-refundable 20 percent deposit is required upon booking. Space is available on a first-come, first-served basis. Must maintain required child to adult ratios.

MEMBERSHIP AND FACILITY INFO

Membership in the Y is about the connections, support and inspiration people give and receive through interactions with staff, other members, programs and volunteer opportunities. It's our members—their goals, accomplishments, kindness and support of one another—who make our Y a special place. It's a place where people feel comfortable, valued and at home. That's the essence of the Y, the essence that makes people say, "THIS IS MY Y."

When you become a member of the Y you not only make a personal investment, but you also make an investment that supports your neighbors by providing financial assistance to ensure access for those in need.

BENEFITS OF MEMBERSHIP

- ★ **PRIORITY REGISTRATION:** Enjoy early access to register for programs to ensure your spot.
- ★ **DISCOUNTED RATES:** Pay a reduced rate for significant savings on programs and events.
- ★ **SPECIAL FREE EVENTS:** You're invited to monthly Friday Night Pool Parties with dinner and movies, to Y member events at the Morton Arboretum, Sunset Pool and more—at no cost.
- ★ **UNLIMITED GROUP EXERCISE CLASSES:** Premier members can attend unlimited land-based group exercise classes.
- ★ **CHILD CARE WHILE YOU WORK OUT:** Families with a family or household membership can take advantage of free child care in Kids Campus. It's \$3 per hour, per child, for those with other membership types or for non-members.
- ★ **YMCA ACCESS EVERYWHERE:** Work out at any Y, anywhere in the country, for no additional fee.
- ★ **STRENGTHENING COMMUNITY:** There is no other organization like the Y in our community! As a nonprofit focused on developing the potential of youth, improving health, and supporting our neighbors, your membership will bring about meaningful change not just within yourself, but in your community too.



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 facilities and to provide funding for innovative new programs.

MEMBERSHIP AND FACILITY INFO



HOURS

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

HOLIDAYS

The Y will be closed on Easter, and will observe holiday hours (8 a.m. to noon) on Memorial Day and Independence Day.

REGISTRATION

Summer registration opens for members on April 8 and for non-members on April 15. Register at the Guest Services Desk or at www.brriallymca.org/registration.

SESSIONS

SPRING: April 7 - May 11
SUMMER 1: June 3 - July 5
SUMMER 2: July 8 - August 9

GUEST POLICY

Members ages 9-15 may bring one guest; members age 16 and older may bring up to three guests. All guests must check in at the Guest Services Desk and complete a waiver (if under age 18, signature of a parent/legal guardian is required). Each guest may enjoy three complimentary visits per calendar year and must adhere to the YMCA Code of Conduct.

FACILITY USAGE

Children younger than age 9 must be accompanied by an adult at all times when in the building.

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



KIDS CAMPUS **Ages 6 weeks to 8 years**

We keep kids busy, so you can work out. Free for those with a family or household membership (up to two hours a day; must remain in the building), it's \$3 per hour, per child, for those with other memberships or non-members.

Monday - Thursday 8 a.m. to noon, 4-7 p.m.
Friday - Sunday 8 a.m. to noon

TWEEN ROOM **Ages 9+**

Supervised by a youth mentor, this room is the perfect place for preteens to get homework help; decompress with games, puzzles and reading; and make friends.

Monday - Thursday 4-7 p.m.
Saturday 8 a.m. to noon



B.R. RYALL YMCA
of Northwestern DuPage County
49 Deicke Drive
Glen Ellyn, IL 60137

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