



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2019

WINTER PROGRAM GUIDE

DECATUR FAMILY YMCA

220 W. McKinley Ave. | Decatur, IL 62526
decatuymca.org | 217-872-9622



**BE BOLD
BE STRONG
BELONG**

- **SESSION:**
January 7-February 16
- **MEMBER REGISTRATION:**
December 17-January 4
- **NON-MEMBER REGISTRATION:**
December 24-January 4

**TWO WAYS
TO REGISTER**



ONLINE
decatuymca.org/register



IN PERSON
Registration forms and packet
available at the Welcome Center

DECATUR FAMILY YMCA



FACILITY HOURS OF OPERATION:

Monday-Friday: 4:30 a.m. – 10:00 p.m.

Saturday: 5:30 a.m. – 6:00 p.m.

Sunday: 7:30 a.m. – 5:00 p.m.

(Pools close one hour before the facility closes and at 4 p.m. on Saturday/Sunday)

NURSERY:

Monday-Friday: 8:00 a.m. – 1:00 p.m.

Monday-Thursday: 4:00 p.m. – 8:00 p.m.

Saturday: 8:00 a.m. – 12:00 p.m.

•Maximum of 20 children and 3 infants at one time.

Y-ZONE:

Monday-Thursday: 4:00 p.m. – 8:00 p.m.

Saturday: 8:00 a.m. – 12:00 p.m.

•Maximum of 20 children at one time.

YOUTH FIT CLUB:

Monday-Thursday: 4:00 p.m. – 8:00 p.m.

Saturday: 8:00 a.m. – 12:00 p.m.

At the Decatur Family YMCA, we want people of all ages to enjoy an active, healthy lifestyle. Use our program guide to find out what FUN activities and events you and your entire family can take advantage of at the Y!

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UPCOMING SPECIAL EVENTS AND IMPORTANT DATES



For additional information, visit the Member Service Desk or decatuymca.org.

- ▼ **December 21** – Member Family Night – Cookies with Santa, 6:30–8:00 p.m. – *FREE to Members
- ▼ **December 24** – Christmas Eve – Open 4:30 a.m.–12:00 p.m.
- ▼ **December 25** – Merry Christmas! – Facility is Closed
- ▼ **December 31** – New Year’s Eve – Open 4:30 a.m.–4:00 p.m.
- ▼ **December 31** – Decatur Family YMCA & Bob Brady Auto Group NYE 5K Run/Walk – starting @ 1 p.m.
Registration will close @ 12:15 p.m. day of the race.
- ▼ **January 1** – New Year’s Day – Open 8:00 a.m.–3:00 p.m.
- ▼ **January 4–6** – Seth Dunscomb Memorial Swim Meet; pools & gyms – Closed
- ▼ **January 6** – Early Bird Registration begins for Spring Soccer
- ▼ **January 7** – Winter Program Session begins
- ▼ **January 7** – Group Fight launches
- ▼ **January 8** – LiveSTRONG Session begins
- ▼ **January 9** – Diabetes Prevention Program launches
- ▼ **January 11** – Parents Night Out
- ▼ **January 12** – Lifeguard Certification Class begins
- ▼ **January 14** – Ladies Powerlifting Session begins
- ▼ **January 15** – Girlfriends Club, 6:30–8:00 p.m.
- ▼ **January 16** – Group Power JAN19 launches
- ▼ **January 18** – Member Family Night – *FREE to Members
- ▼ **January 25** – MU Home Swim Meet – Lap Pool closes @ 5:00 p.m.
- ▼ **February 2** – MU Home Swim Meet – Lap Pool closes @ 12:00 p.m.
- ▼ **February 4** – Spring 1 Member Registration opens
- ▼ **February 9** – Valentine Classic: Y-DSC Home Swim Meet; pools & gyms – Closed
- ▼ **February 11** – Spring 1 Non-Member Registration opens
- ▼ **February 18** – Spring 1 Session begins

STAY CONNECTED

- Like the Decatur Family YMCA on Facebook!
- Sign up to receive our monthly e-newsletter. To request to be put on the list, email abby.helm@decatuymca.org
- Visit our website at decatuymca.org and download the FREE mobile app to your iPhone or Android device.



Like us on Facebook



Email abby.helm@decatuymca.org



Visit decatuymca.org

Session	Registration Opens (Member/Non-Member)	Session Dates
Winter	December 17/December 24	January 7–February 16
Spring 1	February 4/February 11	February 18–March 30
Spring 2	March 18/March 25	April 1–May 11
Summer 1	April 29/May 6	May 13–June 22
Summer 2	June 10/June 17	June 24–August 3
Fall 1	July 22/July 29	August 5–September 21
Fall 2	September 9/September 16	September 23–November 2
Holiday	October 21/October 28	November 4–December 21

MEMBER BENEFITS

- 1 During designated hours, up to 2 hours of FREE CHILD CARE while you work out
- 2 EARLY BIRD REGISTRATION on programs for members
- 3 MEMBERS SAVE \$\$\$ on youth sports, swim lessons, and other programs
- 4 FREE wellness assessment
- 5 More than 70 FREE group exercise classes each week
- 6 MEMBERS-ONLY classes and programs
- 7 HEALTHY LIVING enhancement classes, such as nutrition, finances, prenatal wellness, diabetes prevention, and senior wellness
- 8 NATIONWIDE Membership
- 9 NO CONTRACTS or cancellation fees

MEMBERSHIP RATES

Membership Types	Joiner Fee	Monthly Fee
Adult	\$20	\$46.25
Youth (18 & under)	\$10	\$15.50
College (full-time)	\$10	\$32.00
Senior	\$20	\$39.00
Family	\$40	\$66.25
Senior Family	\$40	\$52.75
Adult Goodheart	\$20	\$75.40
Senior Goodheart	\$20	\$67.00
Family Goodheart	\$40	\$105.75
Senior Goodheart Family	\$40	\$93.25

YOUTH BUILDING GUIDELINES

Please read this youth guideline policy. For the purpose of this document only, an adult/guardian is anyone 18 years and older. Thank you for your cooperation.

1. Children 8 and under must be directly supervised by an adult/guardian unless the child is participating in a Y program.
2. Children between the ages of 9-12 must have an adult/guardian in the building unless the child is participating in a program. Children from the age of 13-15 are allowed in the facility without an adult/guardian present, however, they will not be allowed in the Wellness Center without a wristband, and must have parent/guardian supervision. To obtain a wristband, the child must go through orientation supervised by the wellness staff. The wellness staff will help enforce this guideline.
3. Goodheart Locker Rooms are adult locker rooms reserved for those electing Goodheart memberships. Children under the age of 16 must be accompanied by an adult/guardian and be under the direct supervision of an adult/guardian with a Goodheart membership. Without this supervision, children must use the General Locker Rooms.
4. Parent/guardian with opposite sex (mother with son, father with daughter) over the age of 2 are asked to use the Private Locker Rooms.
5. Children 8 and under must have a parent/guardian in the pool with them. Children 5 and under must have a parent/guardian in the pool within arm's length.
6. Guest Policy: Children under the age of 18 must be accompanied by an adult/guardian member the duration of their visit.

MESSAGE FROM MATT WHITEHEAD, CEO

As a YMCA member, YOU are part of a worldwide movement, which is in over 120 countries, dedicated to making this world a better place—one person at a time. YMCAs are at the heart of community life in over 2,800 neighborhoods and towns across our great nation. Collectively, YMCAs are the largest not-for-profit community service organization in America.

Recently the Y launched its Nationwide Membership program. Nationwide Membership enables you to visit any participating Y in the United States through membership at your “home” YMCA.

We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

The YMCA’s strength is in the people we bring together. Y’s are for people of all faiths, races, abilities, ages, and incomes. Financial assistance is available for those who need it. No one is turned away for inability to pay.

Thank you for being a part of the Y and our worldwide movement.

Sincerely,

Matt R. Whitehead



Our Mission

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

About OUR Y

Since 1877, the Decatur Family YMCA has nurtured the potential of children, promoted healthy living, and given back to our community. Each day we work side-by-side with our neighbors to build healthy, confident, connected, and secure children, adults, families, and communities through our before-and-after school, preschool, sports, camp and youth programs, and family and senior outreach programming.

**At the Y,
strengthening communities
is our cause.**

GIVE TODAY:
decatuymca.org/give

WHAT YOU CAN DO AT THE DECATUR FAMILY YMCA



If I Am A **Baby**, I Can...

- Enroll in parent/infant intro to swim classes
- Swim in the pool with Dad, Mom, or an adult guardian
- Have my birthday party at the Y
- Enjoy playtime in the nursery while my parents work out
- Participate with my parent or guardian in the Early Learning Readiness Program

If I am **2-5 Years Old**, I Can...

- Take Tiny Tykes Soccer or Basketball class
 - Come to weekly Thursday Toddler Time
 - Swim in the pool with Dad, Mom, or an adult guardian
 - Play sports at the Y
 - Have a Y birthday celebration
 - Attend Parents Night Out events
 - Attend Family Fun Nights
 - Enroll in preschool
 - Take gymnastics classes
 - Learn to swim in our group, private, or semi-private swim lessons
 - Enjoy playtime in the nursery while my parents work out
- AND MORE...



If I am **6-12 Years Old**, I Can...

- Swim in the pool with a parent or guardian
 - Attend Camp Sokkia
 - Enroll in before-and-after school care
 - Attend Parents Night Out events
 - Attend Family Fun Nights
 - Enjoy playtime in the Y-Zone
 - Hang out at the Y and play games with family and friends
 - Play on a youth sports team
 - Join the Y-DSC Gators Swim Team
 - Enroll in swim lessons, gymnastics, cheerleading, or martial arts
 - Have my birthday party at the Y
- AND MORE...



If I Am A **Teen**, I Can...

- Enjoy the Y without a parent or guardian with either a Teen or Family Membership
 - Work out in the fitness center without a parent
 - Participate in any group exercise class
 - Play sports at the Y, such as basketball or volleyball
 - Become a member of Youth in Government
 - Join the Y-DSC Gators Swim Team
 - Enjoy swimming with friends
 - Learn how to become a lifeguard
 - Become a Y volunteer to earn service hours
- AND MORE...

If I Am An Adult, I Can...

- Go swimming and enjoy the pool area
- Participate in any group exercise class
- Participate in Water Fitness classes
- Work out in the Wellness Center
- Participate in personal training
- Participate in personal training in The Training Studio
- Attend one of many activities and special events
- Play pick-up basketball
- Enroll in group, private, or semi-private swim lessons
- Join a committee, the Y Board, or help with fundraising
- Play a game of racquetball, ping-pong or Pickleball

AND MORE...



If We Are A Family, We Can...

- Shoot hoops/bounce the ball on the basketball court
- Play ping-pong
- Kick a soccer ball around the field area
- Celebrate a family birthday
- Walk or jog together
- Work on homework and use the free Wi-Fi
- Enjoy swimming
- Attend family-friendly activities and special events
- Volunteer at the Y

AND MORE...



If I Am An Active Older Adult, I Can...

- Go swimming and enjoy the pool area
- Participate in SilverSneakers® classes
- Participate in senior socials
- Get a personal trainer (yes, you can!)
- Learn to swim
- Work out in the Wellness Center
- Join a committee, the Y Board, or help with fundraising
- Have a cup of coffee in the social area and make new friends

AND MORE...



THE TRAINING STUDIO

Train With Us

- State-of-the-art fitness equipment
- Motivating workouts
- Flexible hours
- Friendly and certified trainers
- Innovative use of equipment
- An investment in your personal fitness

The Training Studio Small Group Training:

Choose Your Time, First	Choose Your Days	Cost Per Month
6:00 - 6:30 a.m.	Monday	2 days/week - \$40
9:00 - 9:30 a.m.	Tuesday	3 days/week - \$60
12:00 - 12:30 p.m.	Wednesday	5 days/week - \$80
6:30 - 7:00 p.m.	Thursday	
	Friday	



Small group training is for YMCA Members.

Members may change days, but cannot change time slot. Days cannot be carried over to the following week.

(For example: If you purchase 2 days per week at 9:00-9:30 a.m., you can choose to come any 2 days Monday-Friday, but you cannot change your time slot).

*Small group training programs must have a minimum of 4 members per class with a maximum of 12 per class.

**InBody Analysis included in training studio classes.

For more information, contact Molly Kondritz at molly.kondritz@decaturymca.org.

Ladies Powerlifting Program

Ladies, if you are looking to up your fitness routine, then this one is for you! Try our group Ladies Powerlifting program. This 12-week course is designed to help you learn proper form, exercises, training techniques, and safety when it comes to powerlifting. Personal Trainer, Austin Klaus, will design these group sessions to help you build strength and confidence, regardless of your fitness level. Group sessions meet in the Wellness Center January 7 - March 27.

Time: Mondays and/or Wednesdays from 6:00-7:00 p.m.

Location: Wellness Center Weight Room

Cost for the 12-week trainer-instructed program:

- \$150 for 1x per week
- \$200 for 2x per week

Register at the Front Desk or call 872-9622 x 0.

For more information, contact Molly Kondritz at molly.kondritz@decaturymca.org.



ADULT WELLNESS & SPORTS

Wellness Orientations

To ensure a safe and effective exercise program, all members are encouraged to meet with a Y Wellness Coach for a complimentary Wellness Center Orientation. This is available for adults and teens. Schedule an appointment today.

Personal Training

We offer personal training for members and prospective members. All personal trainers are certified and/or have a degree in their field of training. One-time sessions or multiple-session packages are available to fit your budget. Package must be used within 6 months.

***InBody analysis included in personal training packages.**

(6) 30-minute sessions	Members - \$132
(12) 30-minute sessions	Members - \$240
(24) 30-minute sessions	Members - \$450

TRX One-On-One Training

The TRX Suspension Trainer leverages gravity and your bodyweight to perform hundreds of exercises. TRX is great for triathletes or multi-sport athletes. Packages must be used within 6 months.

(6) 30-minute sessions	Members - \$72
(12) 30-minute sessions	Members - \$144

*Non-Member pricing available upon request.

For more information, contact Molly Kondritz at molly.kondritz@decatuymca.org. The use of independent personal trainers not employed by the Decatur Family YMCA is strictly prohibited.

ADULT SPORTS

Adult Open Play Pickleball – Come and join the fun! A great game for all ages and skill levels.

- Mondays: 1:00 – 3:00 p.m.
- Tuesdays: 11:00 a.m. – 3:00 p.m.
- Wednesdays: 1:00 – 3:00 p.m.
- Thursdays: 5:30 – 7:00 a.m.; 11:00 a.m. – 3:00 p.m.; 7:00 – 9:00 p.m.
- Fridays: 1:00 – 3:00 p.m.
- Sundays: 9:00 a.m. – 12:00 p.m.

Cost: Members are FREE; Non-Members: \$3 drop-in rate or \$45.00 per season.

Adult Open Play Volleyball – Open to players of all skill levels Wednesday and Friday nights from 8–10 p.m.

Cost: FREE for Members; \$5 for Non-Members

Member Basketball Open Play – The Decatur Family YMCA has two full-sized basketball courts in our large gymnasium. Open play basketball games are available when the courts are not reserved for programming or classes.

Cost: FREE for Members; Non-Members must purchase a guest pass and be accompanied by a Y Member.

Adult Member Racquetball – Reservations are suggested. To reserve, please see the Front Desk. Players may reserve a half-hour time block with an hour maximum.

Want to try racquetball but don't have any equipment? No problem! Stop by the Front Desk to borrow what is needed.



DECATUR FAMILY YMCA GROUP EXERCISE SCHEDULE

MONDAY					TUESDAY				
TIME	CLASS	AGE	INST.	ROOM	TIME	CLASS	AGE	INST.	ROOM
5:30-6:30a	Group Power	12+	Carole	S&F	5:45-6:30a	YSpin	16+	Amy	SCHW
8:00-9:00a	Toning/On the Go	9+	Penny	S&F	8:45-9:45a	Cardio Dance	9+	Mar	S&F
8:45-9:45a	YSpin	16+	Liz	SCHW	9:00-10:00a	Strength & Conditioning	16+	Angela C.	Gym B
9:00-9:45a	SilverSneakers		Mar	YG-AB	9:45-10:45a	Group Power	12+	Anaola F.	S&F
9:30-10:30a	Strength & Conditioning	12+	Paula	S&F	11:00-11:45a	SilverSneakers Circuit		Margie	S&F
10:00-10:45a	SilverSneakers Yoga		Margie	YG-AB	12:00-12:45p	Pilates	9+	Angela	S&F
11:00a-12:00p	Cardio Dance	9+	Mar	S&F	4:30-5:30p	Yoga	9+	Jake	S&F
12:00-1:00p	Strong by Zumba	12+	Jenny	S&F	5:30-6:15p	YSpin	16+	Liz	SCHW
5:00-6:00p	Group Power	12+	Jenny	S&F	5:30-6:30p	Zumba Step	9+	Jenny	S&F
5:30-6:15p	YSpin	16+	Kathie	SCHW					
5:30-6:30p	Yoga	9+	Jake	YG-B					
6:00-7:00p	Group Fight	12+	Jenny	S&F					
7:00-7:30p	Tabata GX	12+	Amy	S&F					
WEDNESDAY					THURSDAY				
TIME	CLASS	AGE	INST.	ROOM	TIME	CLASS	AGE	INST.	ROOM
5:30-6:30a	Strength & Conditioning	12+	Amy	Gym B	5:30-6:30a	Group Power	16+	Amy	S&F
8:00-9:00a	Toning/On the Go	9+	Penny	S&F	8:45-9:45a	Cardio Dance	9+	Mar	S&F
8:45-9:45a	YSpin	16+	Angela F.	SCHW	9:00-10:00a	Strength & Conditioning	16+	Angela C.	Gym B
9:00-9:45a	SilverSneakers			YG-AB	9:45-10:45a	Group Power	12+	Angela F.	S&F
9:00-9:45a	Cardio Dance	9+	Sherry	S&F	11:00-11:45a	SilverSneakers Circuit		Mar	S&F
10:00-11:00a	Group Power	12+	Michelle H.	S&F	12:00-12:45p	Pilates	9+	Angela F.	S&F
10:00-10:45a	SilverSneakers Yoga		Joy	YG-AB	4:30-5:30p	Yoga	9+	Jake	S&F
5:00-6:00p	Group Power	12+	Jenny	S&F	5:30-6:15p	YSpin	16+	Theresa	SCHW
5:15-6:00p	Tai Chi	9+	Denise	YG-AB	5:30-6:30p	Strong by Zumba	9+	Jenny	S&F
6:00-7:00p	Group Fight	12+	Jenny	S&F					
6:00-7:00p	Yoga/Qi Gong	9+	Jake	YG-AB					
7:00-7:30p	Tabata GX	12+	Amy S.	S&F					
FRIDAY					SATURDAY				
TIME	CLASS	AGE	INST.	ROOM	TIME	CLASS	AGE	INST.	ROOM
5:30-6:30a	Group Power	12+	Carole	S&F	8:15-9:15a	Group Power	12+	Amy/Carole	S&F
5:45-6:30a	Spin	16+	Theresa	SCHW	8:15-9:15a	YSpin	16+	Rotation	SCHW
8:00-9:00a	Toning/On the Go	9+	Penny	S&F	9:30-10:30a	Group Fight	9+	Roi	S&F
9:00-9:45a	SilverSneakers		Michelle D.	YG-AB	10:30-11:30a	Zumba	9+	Jackie	S&F
9:30-10:30a	Strength & Conditioning	12+	Paula	S&F					
10:00-10:45a	SilverSneakers Yoga		Joy	YG-AB					
11:00a-12:00p	Cardio Dance	9+	Mar	S&F					
12:00-1:00p	Group Power	12+	Maria	S&F					
5:30-6:30p	Zumba	9+	Jackie	S&F					
					Locations: S&F: Shade and Foltz Rooms YG-AB: Youth Gym Side A or B SCHW: Schwandt Room Gym: A-North Side; B-South Side All Classes are FREE with your membership. Schedule subject to change without notification.				



Jujutsu

Jujutsu is a grappling art using joint locks, submissions, ground fighting, throws, and strike skills. This martial art develops falling and tumbling skills, improves strength and flexibility, and emphasizes discipline, respect, honor, and integrity.

- **Ages:** 13-Adult
- **Day:** Mondays
- **Time:** 6:30-8:00 p.m.
- **Cost:** Members-\$25/month; Non-Members-\$50/month

Karate

Karate is a form of unarmed combat for self-defense. This is an excellent form of exercise, as it improves the cardiovascular system, and develops strength, bone density, flexibility, stamina, and overall body control.

- **Ages:** 5-Adult
- **Day:** Tuesdays & Thursdays
- **Time:** 6:30-8:00 p.m.
- **Cost** per month:

1x/week - \$25 for Members; \$50 for Non-Members

2x/week - \$40 for Members; \$80 for Non-Members

Financial Assistance is available through our Y Cares Scholarship Program. Please see our Membership Desk for more information.

InBody Special Scheduling

In January, every Tuesday from 8-9 a.m. AND every Wednesday from 5-6 p.m., we'll be doing InBody Assessments. Walk-ins are welcome, but to reserve a time, **contact Molly Kondritz at molly.kondritz@decaturymca.org.**

Look Beyond the Mirror. Move Past the Scale.

InBody 270 Body Composition Analyzer

Schedule your appointment today and discover what's inside!

We are pleased to offer a state-of-the-art body composition analyzer. Developed using the latest body science technology, the InBody 270 evaluates your body's health by looking at the balance of water, proteins, minerals and body fat.

Fees per analysis: \$10 for members and \$20 for non-members. InBody scans are included with personal training and Training Studio packages. Each analysis also includes a 15-minute consultation with a certified personal trainer.

To schedule your analysis appointment, contact Molly Kondritz at molly.kondritz@decaturymca.org.



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2019 SPRING SOCCER

SEASON KICKS OFF SATURDAY, APRIL 6TH!

REGISTRATION PRICING:

- **Early Bird:** January 6-January 26;
Members: \$56/Non-Members: \$71
- **Regular:** January 27-February 16;
Members: \$69/Non-Members: \$84
- **Late:** February 17-March 10;
Members: \$79/Non-Members: \$94

DIVISIONS:

- **Rookie League:** Preschool-Kindergarten
- **All-Star League:** 1st-2nd Grade
- **Champ League:** 3rd-5th Grade
- **MVP League:** 6th-8th Grade

The YMCA Soccer League is looking for volunteer coaches and referees for the 2019 spring season. If you are interested, contact Abby Lowe, Sports Director at 217-872-9622 x 132 or at abby.lowe@decatuymca.org.



YOUTH SPORTS & EVENTS

Youth Tumbling

When: Thursdays (January 10th – February 14th)

Cost: \$50 for Members; \$70 for Non-Members

Location: Decatur Family YMCA

Stages:

- Beginning Ages 3–5 (and beginner levels): 5:30–6:15 p.m.
- Intermediate (must be placed by coaches): 6:15–7:15 p.m.
- Advanced (must be placed by coaches): 7:15–8:15 p.m.

For more information, contact Abby Lowe, Sports Director at 872-9622 x 132 or at abby.lowe@decaturymca.org.

Y– Toddler Time

Join us for a parent-child adventure. Every Thursday, the YMCA will offer an open gym full of equipment that will get your child moving. While you are here, the Y will provide a structured activity for you and your child to do together. Activities could include arts and crafts, cooking projects, games, and so much more.

Ages: Designed for those who are 2–5 yrs.

Time: 10:00 a.m. – 12:00 p.m.

Cost: FREE for Members; \$2 per child for Non-Members

Member Family Nights

When: January 18th, February 15th, March 15th

Time: 6:30–8:00 p.m.

Cost: FREE for Member families

*Children must be accompanied by an adult.

Parents Night Out

When: January 11th, February 8th, March 8th

Time: 6:30–8:00 p.m.

Cost: \$10 per Member child; \$15 per Non-Member child

*For children ages 5–12 yrs.; Dinner is included.

Register by calling 872-9622 or online at decaturymca.org/register. Registration must be completed by 5 p.m. the day before PNO.

For more information, contact Jacqui Hupp at 872-3835 x 120 or at jacqui.hupp@decaturymca.org.

Spring Soccer Registration

The Spring Soccer Season kicks off on **Saturday, April 6th!**

• **Early Bird:** January 6–January 26

\$56 for Members; \$71 for Non-Members

• **Regular:** January 27–February 16

\$69 for Members; \$84 for Non-Members

• **Late:** February 17–March 10

\$79 for Members; \$94 for Non-Members

Divisions:

- Rookie League: Preschool–Kindergarten
- All-Star League: 1st–2nd Grade
- Champ League: 3rd–5th Grade
- MVP League: 6th–8th Grade

The YMCA Soccer League is looking for volunteer coaches and referees for the 2019 spring season. If you are interested, contact Abby Lowe, Sports Director at 872-9622 x 132 or at abby.lowe@decaturymca.org.

Girlfriends Club

Who rules the world? Girls! Our goal at the Y is to empower young girls in our community with the opportunity to develop a deeper connection to themselves, build confidence, and find their “inner girl power.”

When: Every 3rd Tuesday of the month

Time: 6:30–7:30 p.m.

Cost: \$10



YOUTH DEVELOPMENT

Child Care and Preschool Center

We offer a safe, affordable, and fun day of early childhood education for ages 2-5. The preschool program provides a range of Kindergarten readiness activities to entice our students' interest in an atmosphere that reinforces the values of caring, honesty, respect, and responsibility.

Ages: 2-5 years old

- Progressive swim lessons
- Preschool P.E.
- SMARTboard system/iPads
- DCFS Licensed
- Enrichment programs
- Healthy/nutritious snacks and activities

For more information, contact Shanese Brady at 872-3835 x 144 or at shanese.brady@decaturymca.org.

Financial Assistance is available. Call 872-9922 for details.

School-Age Care: Before-and-After School

A school-age program for youth in grades K-6.

Serving: Maroa-Forsyth and Decatur Public Schools

Located at St. John's Lutheran Church, just behind the YMCA! Maroa-Forsyth located at the Maroa-Forsyth Grade School.

- Educational STEM-enriched activities, healthy snacks, scheduled homework time, and tutoring
- Transportation provided
- Sliding fee scale
- Care provided on school days out. No additional fee!

School Days Out

What do you do when you have to work, but your child is out of school?

The Y's School-Age Care Program provides all-day care for your school-age child most holidays, scheduled DPS and Maroa-Forsyth school days off, and snow days. This is included in the price of the Before-and-After School Program, or parents can choose to register for only the School Days Out.

Program includes a safe and healthy environment, fun and educational trips, professional staff, one daily snack, lunch, and swimming.

For more information, contact Ruby Henderson at 872-3835 x 116 or at ruby.henderson@decaturymca.org. For Financial Assistance details, call 872-9922.

Early Learning Readiness Program (ELR)

The YMCA provides two Early Learning Readiness programs known as "Learning Together." These programs allow caregivers such as parents, grandparents, friends, and neighbors to interact with children in a positive and educationally enriched environment. Every week, the caregiver and child work with a trained facilitator who will introduce them to age-appropriate learning to enhance the child's knowledge.

When: Mondays & Wednesdays: 9-11 a.m.
Tuesdays & Thursdays: 3-5 p.m.

Where: St. John's Lutheran Church
2727 N. Union St. (located behind the YMCA)

Facilitator: Amanda Ray

This program is FREE and is available for children ages 0-5.

For more information, contact Jacqui Hupp at 872-3835 x 120 or at jacqui.hupp@decaturymca.org.

Tutoring

All kids have great potential. Tutoring at the Y helps kids gain confidence and achieve their personal and educational goals.

Cost:

- Option 1: 1 hour session, 1x/week - \$40
- Option 2: 1 hour session, 2x/week - \$80

*Initial visit will be considered a free assessment. During this time, the family will complete paperwork, determine session preference, complete a draft form, and receive a tutoring schedule. Sessions are non-refundable.

For more information, contact Shanese Brady at 872-3835 x 144 or at shanese.brady@decaturymca.org.



WHO RULES THE WORLD?

Girls!

STRONG, SMART AND CONFIDENT
**GIRLFRIENDS
CLUB**



Our goal is to empower young girls in our community with the opportunity to develop a deeper connection to themselves, build confidence and find their
“inner girl power.”

6:30 p.m. – 7:30 p.m. at the Decatur Family YMCA
Ages 8-15 | \$10 monthly fee, multi-month discount

Monthly motivational series:
Third Tuesday of each month
Educational speakers & Themed giveaways

Register at YMCA front desk or online at decatuymca.org



NEWLY FORMED

US MASTERS SWIMMING CLUB

IS NOW OFFERED AT THE DECATUR FAMILY YMCA.

Master Swim

Open to swimmers of all ability levels, aged 18+.

Coaches provide workouts, feedback and technique instructions.

Designated Master Swim Time

Tuesday/Thursday/Friday 6:30 – 7:45 a.m.

Additional morning and noon hours announced as available.

Free for Y members. Prospective Y members may purchase **10-practice punch pass for \$25 or pay \$3 per practice.** US Masters Swim membership is strongly encouraged which is **\$51 per year.** Info can be found at **usms.org**

For more information, contact Head Swim Coach Ed Pacey at ed.pacey@decaturymca.org or call 872-3835, ext. 152.



SWIM STARTERS

for Parent & Child 6 months–3 years

- One lesson per week: \$22 for Members; \$37 for Non-Members

Outcomes from Swim Starters Stages A & B = Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experience. Parents learn about water safety, drowning prevention, and the importance of supervision.

Stage A: Water Discovery/Stage B: Water Exploration

Monday	Thursday	Saturday
5:40–6:10 p.m.	5:30–6:00 p.m.	9:00–9:30 a.m.

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS & SWIM STROKES

for Preschool 3–5 years

(Recommended skills for all to have around water)

- One lesson per week: \$40 for Members; \$68 for Non-Members
- Two lessons per week: \$75 for Members; \$130 for Non-Members

Outcomes for Swim Basics Stages 1–3: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

Swim, float, swim-sequencing front glide, roll, back float, front glide, and exit. Jump, push, turn, grab.

Stage 1: Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:45–5:25 p.m. 5:30–6:10 p.m.	4:00–4:40 p.m. 6:15–6:55 p.m.	4:45–5:25 p.m. 5:30–6:10 p.m.	4:00–4:40 p.m. 5:30–6:10 p.m.	9:00–9:40 a.m.

Stage 2: Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:45–5:25 p.m. 5:30–6:10 p.m.	4:00–4:40 p.m. 6:15–6:55 p.m.	4:45–5:25 p.m. 5:30–6:10 p.m.	9:00–9:40 a.m. 4:00–4:40 p.m. 5:30–6:10 p.m.	9:00–9:40 a.m.

Stage 3: Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00–4:40 p.m. 6:15–6:55 p.m.	4:45–5:25 p.m. 5:30–6:10 p.m.	4:00–4:40 p.m. 6:15–6:55 p.m.	4:45–5:25 p.m. 6:15–6:55 p.m.	9:45–10:25 a.m.

Stage 4: Stroke Introduction

Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00–4:40 p.m. 6:15–6:55 p.m.	4:45–5:25 p.m. 5:30–6:10 p.m.	4:00–4:40 p.m. 6:15–6:55 p.m.	4:45–5:25 p.m. 6:15–6:55 p.m.	9:45–10:25 a.m.

SWIM BASICS & SWIM STROKES

for School-Age 6–12 years

(Recommended skills for all to have around water and skills to support a healthy lifestyle)

- One lesson per week: \$40 for Members; \$68 for Non-Members
- Two lessons per week: \$75 for Members; \$130 for Non-Members

Outcomes for Swim Strokes Stages 4–6: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, helping develop skills that prevent chronic disease, increase social, emotional, and cognitive well-being, and foster a lifetime of physical activity.

Stage 1: Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00–4:40 p.m. 5:30–6:10 p.m.	4:00–4:40 p.m. 6:15–6:55 p.m.	4:45–5:25 p.m. 5:30–6:10 p.m.	4:00–4:40 p.m. 5:30–6:10 p.m.	9:00–9:40 a.m.

Stage 2: Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00–4:40 p.m. 5:30–6:10 p.m.	4:00–4:40 p.m. 6:15–6:55 p.m.	4:45–5:25 p.m. 5:30–6:10 p.m.	4:00–4:40 p.m. 5:30–6:10 p.m.	9:00–9:40 a.m.

Stage 3: Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 5:30-6:10 p.m.	4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 6:15-6:55 p.m.	9:45-10:25 a.m.

Stage 4: Stroke Introduction

Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 5:30-6:10 p.m.	4:00-4:45 p.m. 5:30-6:10 p.m.	4:45-5:25 p.m. 6:15-6:55 p.m.	9:45-10:25 a.m.

Stage 5: Stroke Development

Introduces breaststroke and butterfly and reinforces water safety through treading and sidestroke.

	Tuesday		Thursday	Saturday
	5:00-5:40 p.m.		5:00-5:40 p.m.	9:45-10:25 a.m.

Stage 6: Stroke Mechanics

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

	Tuesday		Thursday	Saturday
	5:00-5:40 p.m.		5:00-5:40 p.m.	9:45-10:25 a.m.

SWIM BASICS & SWIM STROKES

for Teen & Adult 12+ years

(Recommended skills for all to have around water and skills to support a healthy lifestyle)

- One lesson per week: \$40 for Members; \$68 for Non-Members
- Two lessons per week: \$75 for Members; \$130 for Non-Members

Outcomes for Swim Strokes Stages 4–6: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, helping develop skills that prevent chronic disease, increase social, emotional, and cognitive well-being, and foster a lifetime of physical activity.

Stage 1–6: Available for Teens & Adults based on skill testing.

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

		Wednesday		Saturday
		6:15-6:55 p.m.		10:30-11:15 a.m.

INDIVIDUAL & SMALL GROUP PRIVATE SWIM LESSONS

Private lessons are taught outside of regular lesson times with only Y/USA certified coaches and instructors.

Participants wanting a small group class with 2 or 3 swimmers must register at the same time as the other participants. Lesson time and instructor must be arranged prior to registering for classes.

***Prices are per participant – \$10 fee added to Non-Members.**

4 x 30 minute lessons

Cost:

1 Swimmer – \$100
2 Swimmers – \$74
3 Swimmers – \$56

8 x 30 minute lessons

Cost:

1 Swimmer – \$160
2 Swimmers – \$119
3 Swimmers – \$90



Pre-Swim Team

Prepare for competitive swimming by joining the pre-swim program! Improve your speed, endurance, and your strokes, along with learning the skills needed to swim competitively.

Program meets: Tuesdays & Thursdays, 5:00–5:40 p.m.

Cost: \$50 for Members; \$100 for Non-Members

Swim Team

The Y-DSC Gators Swim Team is open to youth ages 5–21, and is focused on improving the skills of competitive swimming in a positive and fun environment. We swim in both YMCA and USA competitions.

Swimmers should be able to complete 25 yards of freestyle with rotary (side) breathing, backstroke, and breaststroke. Participants will have been introduced to the butterfly kick in previous lessons or pre-team programs.

Swimmers must be members of the Decatur Family YMCA.

Program fees are billed monthly. Meet attendance is encouraged, but not mandatory. Entry fees for travel meets are applied to your account with the YMCA.

A season fee of \$20 per swimmer is charged to cover the cost of a team swim cap and t-shirt.

Swimmers are evaluated and placed in one of the following groups:

Swim Group	Practice Times	1st Child	2nd Child	3rd Child
Beginner	M/W/F: 5:00–6:00 p.m.	\$45	\$39.50	\$36
Age Group 1	Mon–Fri: 5:00–6:15 p.m.	\$60	\$54	\$48
Age Group 2 *USA Registration Required*	Mon–Thurs: 6:00–7:30 p.m. M/W Dryland: 5:45–6:15 p.m. Saturday: 9:00–11:00 a.m. (Dryland/Swim)	\$70	\$63	\$56
Age Group 3 *USA Registration Required*	Mon–Fri: 6:15–7:45 p.m. M/W Dryland: 5:45–6:15 p.m. Saturday: 9:00–11:00 a.m. (Dryland/Swim)	\$75	\$67.50	\$60
Senior Prep *USA Registration Required*	Mon–Fri: 6:15–8:00 p.m. M/W Dryland: 5:45–6:15 p.m. Thurs: 5:15–6:45 a.m. Saturday: 9:00–11:00 a.m. (Dryland/Swim)	\$80	\$72	\$64
Seniors *USA Registration Required*	Mon–Fri: 6:15–8:00 p.m. Mon–Thurs Dryland: 5:45–6:15 p.m. T/Th: 5:15–6:45 a.m. Saturday: 9:00–11:00 a.m. (Dryland/Swim)	\$85	\$76.50	\$68

For more information, contact Edward Pacey, Head Coach at ed.pacey@decaturymca.org or call 872-3835 x 152.

*Swimmers in Age Group 2 and above are required to register with USA Swimming. This is a yearly fee of \$77 which is passed on to USA and Illinois Swimming for insurance purposes.



Lifeguarding

2-year Certification in American Red Cross lifeguarding, professional level AED/CPR, and Emergency Oxygen Administration.

Cost: \$200. Maximum of 10 people per class.

Being a lifeguard carries a significant professional responsibility, but lifeguarding also offers opportunities for personal growth. Experience as a lifeguard can help develop professional and leadership skills that will last a lifetime – through college, career, and beyond.

- Upon successful completion of the Lifeguard Training Course, the participant will attain four separate American Red Cross Certifications:
 - Lifeguarding
 - First Aid
 - AED/CPR (Professional Rescuer)
 - Oxygen Administration

Included in the YMCA Fees are the four separate certification costs, the Lifeguard Manual cost, and Pocket Masks – all of which are required materials for successful completion of the Lifeguard Course.

Upcoming lifeguarding classes (must attend all 3 sessions):

Saturday, January 12, 9:30 a.m.–4:00 p.m.

Saturday, January 19, 9:30 a.m.–4:00 p.m.

Sunday, January 20, 10:00 a.m.–3:00 p.m.

Register now at the Front Desk or by calling 872-9622!

Water Fitness Class Descriptions

ALL WATER FITNESS CLASSES LISTED BELOW ARE FREE TO MEMBERS.

*Classes are 45-60 min. long and are led by qualified instructors.

Total Water Workout: Warm-up, strength training, and more in the shallow water. Then, move to the deep end where you will get a larger range of motion, extensive core work, and high-intensity aerobics that incorporate your entire body. Move back to the shallow water to further work on arms and legs for toning, strength, and flexibility.

YMCA Arthritis Foundation Aquatic Program: This class is designed for members with arthritis. Each class focuses on improving range of motion, flexibility, coordination, and endurance. Have fun and move through a variety of exercises designed to increase muscular strength and provide low-impact movements to ease joint pain and improve daily living skills. Participants should consult their physician first. Class is held in the Family Pool.

A+: Class focuses on improving range of motion and flexibility, plus added aerobic workout and strength training. Great for people suffering with arthritis or joint pain. Participants should consult their physician first. Class is held in the Family Pool.

Power Waves: This class will tone and strengthen your entire body. It is a higher intensity water exercise course that includes a cardio, endurance, and muscle toning workout. Great cross-training for land-based exercise programs. Class is held in the Lap Pool.

Legs and Core: Have fun and get fit with this course. Incorporates cardio, endurance, and muscle toning. This is a low-impact class that focuses on core strength and conditioning. Held in the Family Pool.

Deep Water Workout: Get all the benefits of water exercise with absolutely no impact. This course improves core strength, overall conditioning, and range of motion.



DECATUR FAMILY YMCA WATER EXERCISE SCHEDULE

MONDAY				
TIME	CLASS	AGE	INST.	POOL
6:00-6:45 AM	POWER WAVES	12+	LIZ	LAP
8:30-9 AM	DEEP WATER	18+	MARCIA	LAP
9-10 AM	POWER WAVES	12+	DENISE	LAP
9:30-10:15 AM	ARTHRITIS	16+	NANCY	FAMILY
10-11 AM	POWER WAVES	12+	DENISE	LAP
10:15-11 AM	ARTHRITIS	16+	NANCY	FAMILY
1-1:45 PM	ARTHRITIS	16+	BETTY	FAMILY
5-5:45 PM	LEG & CORE	12+	LORI	FAMILY
7-7:45 PM	LEG & CORE	12+	BETTY	FAMILY
TUESDAY				
6-6:45 AM	POWER WAVES	12+	DENISE	LAP
8:45-9:30 AM	A+	16+	NANCY	FAMILY
9-10 AM	POWER WAVES	12+	DENISE	LAP
9:30-10:15 AM	A+	16+	NANCY	FAMILY
10-11 AM	TOTAL WATER	12+	DENISE	LAP
10:15-11 AM	ARTHRITIS	16+	NANCY	FAMILY
5-5:45 PM	POWER WAVES	12+	MARCIA	LAP
WEDNESDAY				
6-6:45 PM	POWER WAVES	12+	LIZ	LAP
8:30-9 AM	DEEP WATER	18+	DENISE	LAP
9-10 AM	POWER WAVES	12+	LISA	LAP
9:30-10:15 AM	ARTHRITIS	16+	NANCY	FAMILY
10-11 AM	POWER WAVES	12+	DENISE	LAP
10:15-11 AM	ARTHRITIS	16+	NANCY	FAMILY
1-1:45 PM	ARTHRITIS	16+	BETTY	FAMILY
5-5:45 PM	LEG & CORE	12+	KATTINA	FAMILY
7-7:45 PM	LEG & CORE	12+	BETTY	FAMILY
THURSDAY				
8:45-9:30 AM	A+	16+	NANCY	FAMILY
9-10 AM	POWER WAVES	12+	DENISE	LAP
9:30-10	A+	16+	NANCY	FAMILY
10-11 AM	POWER WAVES	12+	DENISE	LAP
10:15-11 AM	ARTHRITIS	16+	NANCY	FAMILY
5-5:45 PM	POWER WAVES	12+	MARCIA	LAP
FRIDAY				
6-6:45 AM	POWER WAVES	12+	DENISE	LAP
8:30-9 AM	DEEP WATER	18+	DENISE	LAP
9-10 AM	POWER WAVES	12+	LISA	LAP
9:30-10:15 AM	ARTHRITIS	16+	NANCY	FAMILY
10-11 AM	POWER WAVES	12+	DENISE	LAP
10:15-11 AM	ARTHRITIS	16+	NANCY	FAMILY
1-2 PM	ARTHRITIS	16+	BETTY	FAMILY
SATURDAY				
9-10 AM	POWER WAVES	12+	SHAWN	LAP

*Shallow side of the Family Pool is available during water exercise classes. Schedule is subject to change pending swim meets and other special events.

A photograph of a swimmer in a pool, wearing goggles and a swim cap, captured mid-stroke with water splashing around their head. The image is positioned on the right side of the page, partially overlapping the 'POOL HOURS' header.

POOL HOURS

LAP POOL

Lap Swim:

M–Th: 4:30 a.m.–5:00 p.m.; 7:00–9:00 p.m.

Fri: 4:30 a.m.–9:00 p.m.

Sat: 6:00 a.m.–4:00 p.m.

Sun: 11:00 a.m.–4:00 p.m.

- Millikin University swim team practice times: M–F, 7:00–8:00 a.m. & 2:00–4:00 p.m. & Sat., 7:00–9:00 a.m.
- Safety Around Water program from 11:00 a.m.–2:00 p.m. when scheduled.
- Limited lap lanes can occur at times. Please be prepared to share.

FAMILY POOL (For anyone 9+ or for children 8 & under, accompanied by a parent)

Open Swim:

M/T/W: 6:00 a.m.–3:30 p.m.; 7:00–9:00 p.m.

Th: 6:00 a.m.–8:45 a.m.;

11:00 a.m.–3:30 p.m.; 7:00–9:00 p.m.

Fri: 6:00 a.m.–9:30 a.m.; 11:00 a.m.–9:00 p.m.

Sat & Sun: 12:00–4:00 p.m.

Adult Swim:

Sat: 11:15 a.m.–12:00 p.m.

Sun: 11:00 a.m.–12:00 p.m.

Walking Circle:

Available M–F: 6:00 a.m.–3:30 p.m.; 4:00–9:00 p.m.

*Shallow side of the Family Pool is available during water exercise classes.

Pool schedules are subject to change pending swim meets and other special events.



There's no age limit on good health, and we're here to help you cultivate a healthy lifestyle at any age!

We've made the health and fitness of our seniors a priority by providing programs for the spirit, mind, and body. Through group fitness and aquatics classes (that concentrate on mobility and flexibility), cardio classes, social events, and volunteer activities, the Decatur Family YMCA is bringing active older adults together for fellowship and fun!

SilverSneakers®

SilverSneakers® is an exercise program that enhances the quality of life for mature adults across the country. One of the largest senior-focused exercise programs in the United States, this partnership between HCD and HMOs allows Medicare-eligible members of these health plans to participate in Y programs at no additional cost.

To learn more, contact the Front Desk at 872-9622 x 0.

Being an active senior at the Decatur Family YMCA includes:

- Potlucks and socials
- Free coffee and Wi-Fi in the lobby
- Great social group
- Connecting with others
- Lunch and learn programs
- Volunteer opportunities
- Personal trainers specializing in senior programming
- Designated senior water and fitness classes
- Free instruction on all equipment

**ALWAYS WELCOME
IN EVERY
COMMUNITY**



WHAT YOU NEED TO KNOW

- Nationwide Membership **enables Y members to visit any participating YMCA** in the United States
- Valid for active, full facility YMCA members
- Nationwide member visitors must use their home Y **at least 50% of the time**
- Program-only participants are not eligible for nationwide membership
- Special memberships (group homes, other agencies, etc.) are not eligible

To find a Y in another location, go to **ymca.net**.

DECATUR FAMILY YMCA

220 W. McKinley Ave. | Decatur, IL 62526

decaturymca.org | 217-872-9622



Supported By:



DIABETES PREVENTION PROGRAM

REDEFINE YOUR HEALTH. TRANSFORM YOUR LIFE.

If you're at risk for Type 2 Diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. **Change is tough, but we can help.**

Decatur Family YMCA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

PROGRAM FEATURES

- 25 sessions delivered over the course of 1 year
- Led by a trained Lifestyle Coach
- A group that offers motivation and support

CONTACT:

Penny Butts

penny.butts@decaturymca.org

217-872-9622 x 121

*The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

YMCA's Diabetes Prevention Program (YMCA's DPP) uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. YMCA of the USA offers access to YMCA's DPP through a network of local YMCAs, and YMCA's DPP may or may not be a covered benefit under your health insurance policy, worksite wellness program, Medicare Plan, or other applicable federally funded healthcare program. To find out whether YMCA's DPP is covered under your policy and to determine any cost-sharing responsibilities, contact your insurance company, health plan administrator, wellness program sponsor, Medicare or Medicaid. Any dispute regarding coverage of YMCA's DPP should be brought to your insurance provider or benefit program administrator. Neither YMCA of the USA nor any local YMCA warrants or guarantees any specific outcome for YMCA's DPP participants with respect to diabetes prevention.



The Decatur Family YMCA offers low- or no-cost programs that help adults manage chronic conditions and improve their health. Programs include interactive activities that promote a healthy, active lifestyle and focus on problems common to individuals with a chronic disease. These programs can improve your quality of life while reducing your healthcare costs.

We currently offer LiveSTRONG at the YMCA and the Pedaling for Parkinson's Program.

LiveSTRONG at the YMCA

LiveSTRONG fosters an environment that supports the cancer survivor's health and well-being journey. Participants work with our certified YMCA staff trained in supportive cancer care to achieve their goals, such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

This program supports cancer survivors and is a free, 12-week program that meets twice a week for 90 minutes. Any adult who is currently going through cancer treatment or has gone through some form of cancer treatment (surgery, chemotherapy, radiation, etc.) and wants to regain their health and well-being, are invited to participate.

Upcoming 2019 LiveSTRONG classes:

January 8 - March 28

Classes meet Tuesdays & Thursdays from 9:00-10:30 a.m. Registration is required for this program.

For more information, contact Penny Butts, Program Manager at 872-9622 x 121 or at penny.butts@decaturymca.org.

Pedaling For Parkinson's

Pedaling for Parkinson's is a cycling program offered by the Decatur Family YMCA. Pedaling a bicycle at a rapid pace (optimally 80-90 revolutions per minute) helps reduce symptoms of Parkinson's disease. Research conducted at the Cleveland Clinic showed that simply pedaling a bicycle for an hour at least twice a week could reduce symptoms by as much as 35%.

Pedaling for Parkinson's is a free, 8-week program that meets 3 times per week.

This cycling class will be held on Mondays, Wednesdays, and Fridays in the Spin Studio from 10:30-11:30 a.m. Classes are led by trained Lifestyle Coaches.

Program requirements:

- Be over the age of 30
- Be diagnosed with idiopathic Parkinson's disease
- Complete and submit consent and medical clearance form
- Agree to periodically monitor progress
- CANNOT have cardiac or pulmonary disease, uncontrolled diabetes mellitus, uncontrolled hypertension or stroke, dementia, or other medical conditions for which exercise poses a risk.

Upcoming 2019 Pedaling for Parkinson's classes:

February 4

For more information, contact Penny Butts, Program Manager at 872-9622 x 121 or at penny.butts@decaturymca.org.

ACTIVATE MORE THAN YOUR CORE.

**KEEPING OUR
COMMUNITY STRONG:
DECATUR FAMILY YMCA**



decaturymca.org

The Decatur Family YMCA is a cause-driven organization focusing on youth development, healthy living and social responsibility. We know that a strong community can only be achieved when we invest in our kids, our health and our neighbors. The Annual Campaign is a time when community members, businesses, foundations, YMCA volunteers and staff come together and give generously to help guarantee that everyone can benefit from life-changing Y experiences.

Whether due to employment uncertainty, poor health, financial difficulty or other special circumstances, people often struggle to provide for their families. Contributions given to our annual campaign allow us to provide much-needed scholarships to individuals and families in need of vital Y programs and services. Only by working together can we give more kids and families the opportunity to grow strong in spirit, mind and body.

Your gift truly makes a difference in the lives of the countless families we serve. Help us make a difference...Give Today For A Better Us!

All the best,

Darbe Brinkoetter

Decatur Family YMCA Board Chair

When you donate to the Decatur Family YMCA, you make the Decatur area better through programs focused on:

Youth Development

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development — all grounded in the Y's core values of caring, honesty, respect and responsibility.

Healthy Living

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

Social Responsibility

With our doors open to all, we bring together people from all backgrounds, and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

Decatur Family YMCA
220 W. McKinley Ave.
Decatur, IL 62526

Donor Card

☐ Business ☐ Individual

Name _____

Company Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Cell _____

Email _____

My employer has a matching gifts program ☐ Yes ☐ No

TOTAL PLEDGE of \$ _____ will be paid:

☐ Monthly Installments of \$ _____

☐ One payment ☐ Quarterly

PAYMENT METHOD

☐ Please bill me ☐ Check enclosed

☐ Draft monthly from my account on file at the YMCA

☐ Draft monthly from my checking account (attach voided check)

☐ Charge my: ☐ Visa ☐ MasterCard ☐ Discover

☐ Monthly ☐ Quarterly ☐ One time

Card # _____

Exp Date _____

DONOR'S SIGNATURE _____

DATE _____

PUBLISHED RECOGNITION OF DONATION (Choose one):

☐ Your Name ☐ Company Name ☐ Anonymous

☐ Other (Please Print) _____



DECATUR FAMILY YMCA

NONPROFIT

501(c)(3)

To learn more about giving to the Decatur Family YMCA, contact Abby Helm at 872-3835 x 147.



PARTIES AT THE DECATUR FAMILY YMCA

1-hour party package options:

- Splash pool party
- Bounce house party
- Gym party with basketball, volleyball, tumbling and more!
- Youth Wellness Center with interactive equipment

Cost: \$125 members • \$150 prospective members

We can create a specific event that fits your interests and needs. Birthday parties, graduation parties, baby and bridal showers and pool parties...you name it and we'll host it!

You bring your own food and decorations. We provide tables and chairs.

Now taking reservations for the ultimate party: Contact **Lori** at **217-872-3835, ext. 124** or **lori.manning@decaturymca.org**

LET'S GET THE PARTY STARTED