



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A NEW YEAR A NEW YOU

## WINTER 2021 PROGRAM GUIDE

SESSION DATES: 2/22/2021-4/18/2021

REGISTRATION OPENS: 2/1/2021

**NEW!**  
*Fitness classes now  
included with  
membership!*

PAVYMCA.ORG



# HELPFUL INFORMATION

## FACILITY INFORMATION

### BUILDING HOURS

Monday-Friday	6:00am-8:00pm
Saturday	7:00am-3:00pm
Sunday	8:00am-3:00pm

### 2021 HOLIDAY CLOSINGS

Easter	Apr. 4	Closed
Memorial Day	May 31	Closed
4th of July	Jul. 4	Closed
Labor Day	Sept. 6	Closed
Thanksgiving	Nov. 25	Closed
Christmas Eve	Dec. 24	Close at noon
Christmas Day	Dec. 25	Closed
New Years Eve	Dec. 31	Close at noon
New Years Day	Jan. 1	Closed

\*Please call or check our website for emergency closings and information.

## SENIOR SERVICES

### SENIOR DRIVE-UP CHOICE MARKET

We have partnered with the Greater Chicago Food Depository to provide Choice Markets for seniors. Choice Markets are similar to farmer's markets; however, at Choice markets, seniors age 60+ get free nutritious whole foods and fresh produce. \*\*A driver's license or state ID must be provided at time of pick up.

- > January 21st
- > February 4th & 18th
- > March 4th & 18th
- > April 8th & 22nd
- > May 6th & 20th
- > June 10th & 24th
- > July 8th & 22nd
- > August 5th & 19th

### SENIOR PICK-UP MEAL SERVICE

We are currently providing catered meals for pick up Monday and Wednesday. Participants receive 5 meals per week. There is a suggested \$3 donation per meal or \$15 per week. Individuals must be 60+ years of age to participate.

For more information on our services, or if you know a senior in need, contact Kathy Kozlick at 708-749-0606 Ext. 340 or [kkozlick@pavymca.org](mailto:kkozlick@pavymca.org).

## FACILITY SAFETY GUIDELINES

- **Face coverings must be worn at all times in our facility, including while engaged in individual exercise IF 6-foot social distance cannot be maintained.**
- 1 reservation per amenity per day.
- Wellness check upon entering the facility or participating in a class.
- Social distancing is to be maintained whenever possible.
- Touch-less check in.
- Clean equipment before & after use.
- Bring towel, we currently are not offering service.
- Bring water bottle, fountains will be closed except for fill station.
- Wellness Center is open with capacity limits and IDPH guidelines.
- Equipment is moved for social distancing.
- Group fitness classes must be reserved.
- Pool time must be reserved.
- Babysitting & Kids Corner remain closed.
- Whirlpool, steam room, sauna remain closed.

**Members who are unwilling to comply with the Y's COVID-19 transmission prevention measure will be asked to leave the facility immediately.**

**The Y will maintain our close relationship with applicable government departments and follow CDC Guidelines to ensure all practices prioritize the health and safety of our staff, members and community. For questions or concerns regarding the YMCA's phased reopening plan, contact Jamie Kucera, CEO at [jkucera@pavymca.org](mailto:jkucera@pavymca.org).**

# YOUTH SPORTS



**ROJ WALLER**  
Healthy Living Director  
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## GUIDELINES

We are currently offering sports labeled medium risk by the IDPH safety guidance. Medium risk sports allow athletes to play versions of level 1 (No contact practices and training only) and level 2, (scrimmages allowed with parental consent). Temperature checks are done upon entering the facility. There are no spectators allowed (accommodations will be made as needed for necessary participants). All participants will be given their own equipment to use during the duration of class. Participants must enter the building with masks fully on, and keep masks on until class begins. Participants must immediately place masks on after class or when leaving the gym and wear throughout the building.

Registration for classes can be done over the phone or in person at the Pav YMCA.

## LITTLE BALLERS BASKETBALL (3-5 Years)

Participants will focus on individual skills and techniques required when working as a team. Fundamentals of passing, pivoting, ball handling, shooting, dribbling and defense strategies will be covered.

## YOUTH BASKETBALL (6-12 Years)

Participants will focus on individual skills and techniques required when working as a team. The fundamentals of passing, pivoting, ball handling, shooting and defense strategies will be covered.

## LITTLE KICKERS SOCCER (3-5 years)

Soccer rules and fundamentals will be introduced. Kids will practice and improve foot work, passing, shooting and teamwork skills through drills and games.

## YOUTH SOCCER (6-12 years)

Soccer rules and fundamentals will be introduced. Kids will practice and improve foot work, passing, shooting and teamwork skills through drills and games.

## PRIVATE BASKETBALL LESSONS

Whether you need help with your shot or your defense, our coaches will teach skills and develop an individual program that gives players an advantage on the court. Lessons are 45 minutes.

## PRIVATE SOCCER LESSONS

Our coaches will guide players through techniques and skills to make them stand out on the field. We are here to provide an individualized work out to focus on everything from agility to footwork. Lessons are 45 minutes.

## PRIVATE DANCE LESSONS

We offer individual private lessons for dancers of all ages and levels. Participants under 18 must have parent/guardian permission in order to participate. Private lessons are centered around each individual's needs. The lessons can range in technique depending on the participants skill level and focus.

Program	Age	Day	Time	Member	Guest
Little Ballers	3-5 yrs	Sa	11:30am -Noon	\$52	\$68
Youth Basketball	6-12 yrs	Sa	12:00-12:45pm	\$56	\$72
Little Kickers	3-5 yrs	We	4:30-5:00pm	\$52	\$68
Youth Soccer	6-12 yrs	We	5:00-5:45pm	\$56	\$72
Private Basketball Lessons	6-17 yrs	Appointment Only		\$35	\$45
Private Basketball Lessons 2x weekly	6-17 yrs	Appointment Only		\$60	\$70
Private Soccer Lessons	6-17 yrs	Appointment Only		\$35	\$45
Private Soccer Lessons 2x weekly	6-17 yrs	Appointment Only		\$60	\$70
Private Dance Lessons	All Ages	Appointment Only		\$35	\$40



# HEALTH & WELLNESS



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## GROUP FITNESS CLASS POLICIES & GUIDELINES

- CDC and IDPH safety guidelines, policies and procedures must be followed at all times while visiting our facility. Please be sure to check our website for the latest updates on Covid-19 policies.
- Classes are first come first serve, Participants must obtain class pass from front desk in order to participate. There's a \$5 per class drop in fee for guests who would like to participate in GX classes. Drop in classes will only be open for classes that are not full capacity for that day.

## CLASS SCHEDULE

Program	Age	Day	Time
Body Boot Camp	16+ yrs	Mo	10:00-11:00am
Body Boot Camp	16+ yrs	Mo	6:00-7:00pm
Body Boot Camp	16+ yrs	Tu	6:00-7:00pm
Body Boot Camp	16+ yrs	We	10:00-11:00am
Body Boot Camp	16+ yrs	We	6:00-7:00pm
Body Boot Camp	16+ yrs	Sa	8:00-9:00am
Cardio Blast	16+ yrs	Fri	9:00-10:00am
Interval Training	16+ yrs	Tu	9:30-10:30am
Zumba	16+ yrs	Mo	7:00-8:00pm
Zumba	16+ yrs	Sa	10:00-11:00am
Spinoga	16+ yrs	Th	6:30-7:30pm
Indoor Cycling	16+ yrs	Su	9:00-10:00am
Indoor Cycling	16+ yrs	Tu	6:00-7:00am



## NOT A MEMBER? JOIN TODAY!

Guests are welcome to join our classes by paying \$5/class per day. Drop-in registration is based on availability.

### BODY BOOT CAMP

Strength, resistance, and interval training are all used to keep your muscles guessing through this workout. Bring on the sweat as you shape it up!

### CARDIO BLAST

This class is a form of High Intensity Interval Training (HIIT), which incorporates short intervals of workouts preceded by levels: cardio and core emphasis with some strength training, burning up to 800 calories per class and boosting metabolism.

### INTERVAL TRAINING

Open to all experience levels, this class is a rigorous interval training sequence with high-intensity exercises. The routines feature aerobic/fitness interval training with a combination of fast and slow dance moves that tone and sculpt the body.

### ZUMBA

This dynamic, exciting and effective fitness system incorporates international music and dance movements burning up to 700 calories per class! It's so motivating and fun, you won't even realize you are working out!

### SPINOGA

This cardio-holistic fitness program blends Yoga and Freestyle Indoor Cycling ALL IN ONE class to offer participants a total mind-body workout! Class begins with cycling on a stationary bike followed by traditional yoga. The yoga component to cycle offers a greater opportunity to build length and flexibility.

### INDOOR CYCLING

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

# HEALTH & WELLNESS



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## PERSONAL TRAINING

Work one-on-one with a certified personal trainer to get an individualized workout and become the version of yourself.

**3x 1-Hour Personal Training Session: \$99**

## MASSAGE

Relax, unwind and take some time out for personal care by making an appointment with one of our massage therapists today.

**2x 1-Hour Massage: \$99**

## SILVERSNEAKERS CLASSIC

Have fun and move through a variety of exercises designed to increase muscular strength, range of motion, and improve abilities for daily living and relaxation, all within a safe and positive environment. A chair is used for seated and/or standing support.

## SILVERSNEAKERS YOGA

Improve your flexibility, movement, balance and relaxation. A chair is used for seated and/or standing support.

## SILVER SHAKE & TWIST

This fun inspired dance class, designed for the active older adult, keeps you moving for 50 minutes of low-impact dancing to your favorite songs.

## BOOM- MOVE AND MUSCLE

Do you like fast-paced challenging workouts? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance workouts. These classes will challenge you, but don't worry: One-handed push-ups aren't required.



## CLASS SCHEDULE

Program	Age	Day	Time	Member	Guest
SS Classic	Adult	Mo	8:00-8:50am	\$-	\$32
SS Classic	Adult	Mo	9:00-9:50am	\$-	\$32
SS Classic	Adult	Tu	8:00-8:50am	\$-	\$32
SS Classic	Adult	We	8:00-8:50am	\$-	\$32
SS Classic	Adult	We	9:00-9:50am	\$-	\$32
SS Classic	Adult	Th	8:00-8:50am	\$-	\$32
SS Classic	Adult	Fri	9:00-9:50am	\$-	\$32
SS Boom	Adult	Tu	8:00-8:55am	\$-	\$32
SS Boom	Adult	Th	8:00-8:55am	\$-	\$32
SS Yoga	Adult	Tu	9:00-10:00am	\$-	\$32
SS Yoga	Adult	Th	9:00-10:00am	\$-	\$32
Shake & Twist	Adult	M	9:00-10:00am	\$-	\$32
Shake & Twist	Adult	W	9:00-10:00am	\$-	\$32

# AQUATIC PROGRAMS



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## SAFETY GUIDELINES FOR ALL AQUATIC PROGRAMS

- Come in your swimsuit. **Locker rooms are currently available for participants after class or reservation.** Locker rooms are also available to those who communicate a reasonable need, before class. **All locker room reservations are limited to 20 minutes.**
- 1 adult allowed per child swimmer.
- All swimmers will be assigned spots upon arrival. Social distancing will be enforced.
- **All swim lessons are 30 minutes in length to allow for proper cleaning before each class.**

## PAV POSEIDON SWIM TEAM

Our swim team provides swimmers age 6-21 with an opportunity to improve their technical swimming skills, remain physically active, and build lifelong friendships. We practice 3-9 hours weekly depending on age group and aim to attend at least one meet per month. Practice times and days vary based on age group with Monday-Friday evenings. Meets typically take place on weekends.

Please contact [swimteam@pavymca.org](mailto:swimteam@pavymca.org) for more information.

## WATER WORKS- FREE TO MEMBERS

A high intensity workout to strengthen and tone your body using a variety of resistance equipment.

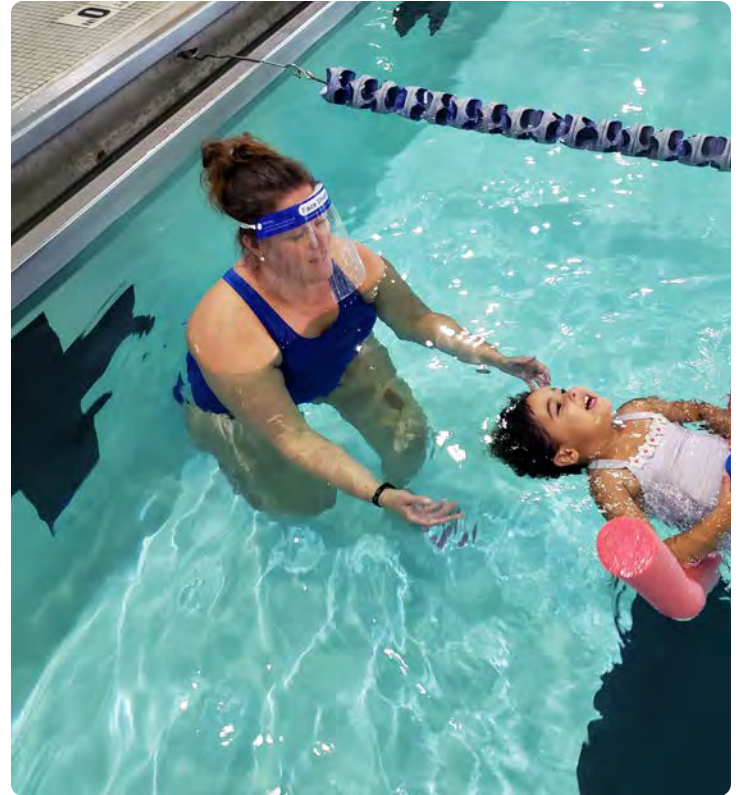
## CPR CERTIFICATION

Customized or small group classes are available at Pav YMCA & off-site and can be scheduled at your convenience upon request. Please contact Roj if interested.

## SCUBA CERTIFICATION

We partner with DJ's Scuba Locker to offer scuba certification classes in our pool. Participants will be prepared to make an open water dive and are taught by PADI certified instructors. Classes meet once a week in the evening for 5 weeks. Books and equipment are needed in addition to the course fee.

For class dates, times, and registration, contact DJ's Scuba at 9301 W. Ogden Avenue in Brookfield or call 708.442.4388.



## TEEN & ADULT LESSONS

It's never too late to learn how to swim! Our teen & adult swim lessons provide a place for adults and teens 13 and older to learn how to swim in a friendly group setting. Our Swim Lessons are designed to meet the individual needs of each participant. Beginners will learn to enjoy the water, work on fundamental strokes and lap swimming skills. Advanced swimmers will focus on increasing endurance.

### PRIVATE & SEMI-PRIVATE SWIM LESSONS

For students of any age who want individual attention or have specific goals they wish to accomplish. Private lessons are 30 minutes in length. Designated private lesson times are established during an agreed upon time between placed instructor and parent upon purchase.

**1:1 Private Swim Lesson:** \$32/\$64 each

**1:2 Semi-Private Swim Lesson:** \$16/\$32 each

Program	Age	Day	Time	Member	Guest
Teen/ Adult Lessons	13+ yrs	Sa	10:00-10:30am	\$64	\$128
Water Works	Adult	Tu	9:00-9:45am	\$-	\$40
Water Works	Adult	Th	9:00-9:45am	\$-	\$40

# SWIM LESSONS



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## SWIM LESSON POLICIES & GUIDE LINES

- Register in person or over the phone at the Pav YMCA.
- All participants will be tested on their first day to assess their abilities. Classes are formed based on participants' skill and age. We reserve the right to combine skill and age as needed. We also may move your child to another level as they see fit.
- If the Pav YMCA cancels lessons due to pool contamination, weather, or other acts of God beyond staff control, we will do our best to offer an on deck safety lesson.
- We cannot guarantee a specific instructor for a class. We recommend private lessons if your child would learn best with a specific instructor.

## SWIM STARTERS (6mo-3 years)

Accompanied by a parent\*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Program	Age	Day	Time	Member	Guest
Swim Starters	6mo-3 yrs	Sa	10:00-10:30am	\$64	\$128
Swim Starters	6mo-3 yrs	Sa	12:15-12:45pm	\$64	\$128
Swim Starters	6mo-3 yrs	Su	1:00-1:30pm	\$56	\$112

## SWIM BASICS (3-12 years)

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit—and jump, push, turn, grab. **Due to COVID-19, an adult must accompany the swimmer in the water.**

Program	Age	Day	Time	Member	Guest
Swim Basics	3-12 yrs	Mo	4:45-5:15pm	\$64	\$128
Swim Basics	3-12 yrs	Tu	6:30-7:00pm	\$64	\$128
Swim Basics	3-12 yrs	We	4:45-5:15pm	\$64	\$128
Swim Basics	3-12 yrs	Th	6:30-7:00pm	\$64	\$128
Swim Basics	3-12 yrs	Sa	10:45-11:15am	\$64	\$128
Swim Basics	3-12 yrs	Sa	11:30-12:00pm	\$64	\$128
Swim Basics	3-12 yrs	Su	1:45-2:15pm	\$56	\$112
Swim Basics	3-12 yrs	Su	2:30-3:00pm	\$56	\$112

## JR. POSEIDON (5-15 years)

Having mastered the fundamentals, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits. Students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Program	Age	Day	Time	Member	Guest
Jr. Poseidon	5-15 yrs	Mo	4:00-4:30pm	\$72	\$144
Jr. Poseidon	5-15 yrs	Tu	7:15-7:45pm	\$72	\$144
Jr. Poseidon	5-15 yrs	We	4:00-4:30pm	\$72	\$144
Jr. Poseidon	5-15 yrs	Th	7:15-7:45pm	\$72	\$144
Jr. Poseidon	5-15 yrs	Sa	12:15-12:45pm	\$72	\$144
Jr. Poseidon	5-15 yrs	Su	1:00-1:30pm	\$63	\$126





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# CELEBRATING OUR PAST INVESTING IN OUR FUTURE



# \$50 FOR 50 YEARS DONATE TODAY!