



SPRING INTO ACTION

2024 PAV YMCA SPRING PROGRAM BROCHURE



Spring Session I
February 19 – April 14
Member Registration: 1/29
Guest Registration: 2/5



Spring Session II
April 15 – June 9
Member Registration: 3/25
Guest Registration: 4/1



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pav YMCA

Serving Our Community Since 1970



OUR MISSION:

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

OUR CAUSE:

At the Y, strengthening community is our cause; we work side-by-side with our neighbors every day. Our approach helps us make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR HISTORY:

The Pav YMCA is a chartered member of the YMCA of the USA. YMCAs welcome all faiths, races, ages, incomes, and abilities. We are one of the nation's 2,686 YMCAs which serve more than 21 million people, including 10 million children, through a broad range of programs focused on spirit, mind, and body.

The Pav YMCA was formed in 1970 to serve central Cook County in Illinois—specifically the near west suburban communities of Chicago which include Berwyn, Cicero, Stickney, Lyons, Forest View, Riverside, and North Riverside. We are a charitable, not-for-profit, 501(c)3 organization with the mission to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

After initially providing programs and services out of storefront facilities, churches, and schools, our YMCA facility was completed and opened in 1986. Since then, our building at the corner of 29th Street and South Oak Park Avenue in Berwyn has undergone two expansions—one to expand the second-floor Wellness/Fitness Center, and the other to accommodate a handicap accessible elevator and a multi-purpose Senior Center.

Our organization is an independent, community-based YMCA. Our volunteer base involves community-minded individuals, including our volunteer Board of Directors. The Pav YMCA annually employs full and part-time staff. We have a diverse membership of individuals, nearly one-third of whom are seniors, and we see nearly one-half million visitors each year.

Follow us on social media & sign up for our weekly e-blast to stay updated on the latest happenings!

HELPFUL INFORMATION



ADDRESS: 2947 S Oak Park Ave, Berwyn, IL 60402

PHONE: 708.749.0606

WEBSITE: www.pavymca.org

EXECUTIVE STAFF

| | |
|---|--|
| Jamie Kucera Executive Director/CEO | jkucera@pavymca.org Ext. 311 |
| JR Anderson Membership Director | ganderson@pavymca.org Ext. 318 |
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OPERATIONS & PROGRAM STAFF

| | |
|---|--|
| Aimee Cortes Program Director | acortes@pavymca.org Ext. 319 |
| Ila Dunn Aquatic Director | idunn@pavymca.org Ext. 323 |
| Kathy Kozlick Senior Services Director | kkozlick@pavymca.org Ext. 340 |
| Minerva Medeles Associate Membership Director | mmedeles@pavymca.org Ext. 341 |
| Jenny Murphy School Age Child Care & Camp Director | jmurphy@pavymca.org Ext. 321 |

BOARD OF DIRECTORS

The Pav YMCA is seeking professional individuals and community leaders to serve on its volunteer Board of Directors. This is a working board which meets monthly at the Pav YMCA. Responsibilities of the Board include establishing policies for the organization, securing contributions for the Annual Support Campaign, participating in annual fundraisers, active committee work and serving as community advocates for the Pav YMCA and its mission.

For more detailed information on applying for Board membership, contact Jamie Kucera, Executive Director/CEO at ext. 311 or jkucera@pavymca.org.

Information regarding programs and services listed in this brochure is subject to change without notice as a result of new information, changes in pricing and schedules, and the availability of resources.

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BUILDING HOURS

| | |
|---------------|---------------|
| Monday-Friday | 6:00am-9:00pm |
| Saturday | 7:00am-3:00pm |
| Sunday | 8:00am-3:00pm |

BABYSITTING HOURS

Monday - Friday 9:00am-11:55am
Monday - Thursday 5:00pm-7:55pm
Saturdays - 8:00am-10:55am
Sundays - Closed

2024 HOLIDAY CLOSINGS

| | | |
|------------------|-------------|--------|
| New Years Day | January 1 | Closed |
| Easter | March 31 | Closed |
| Memorial Day | May 27 | Closed |
| Independence Day | July 4 | Closed |
| Labor Day | September 2 | Closed |
| Thanksgiving | November 28 | Closed |
| Christmas Eve | December 24 | Closed |
| Christmas Day | December 25 | Closed |
| New Years Eve | December 31 | Closed |

MEMBERSHIP SERVICES



JR ANDERSON
Membership Director
708.749.0606 ext. 318
ganderson@pavymca.org

NOT A MEMBER? JOIN TODAY!

For more details on membership rates and types, please contact our Membership Director or visit our website.

FAMILY

(2 adults & children 20yrs old & under;
21-22yrs with valid school ID)

MONTHLY: \$76*

JOINER FEE: \$76*

SINGLE PARENT FAMILY

(1 adult & children 20yrs old & under;
21-22yrs with valid school ID)

MONTHLY: \$60*

JOINER FEE: \$60*

COUPLE

(2 adults 19+yrs old)

MONTHLY: \$62*

JOINER FEE: \$62*

ADULT INDIVIDUAL

(19+yrs old)

MONTHLY: \$48*

JOINER FEE: \$48*

YOUTH

(18yrs old or younger)

MONTHLY: \$28*

JOINER FEE: \$28*

*Joiner Fee in the amount of the selected monthly membership type is due at time of joining, along with a prorated portion of the monthly membership fee.

REFER A FRIEND

Working out with a friend helps you both stay on track to a healthier lifestyle and it's more fun! Refer a friend to join the Y and you'll receive one month free when they continue membership for three consecutive months. Must complete a friend referral form at the time of joining.

MEMBERSHIP FOR ALL

We offer financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Apply in person at the front desk, or a printable PDF version can be found on our website under our membership page.

FINANCIAL ASSISTANCE

Every year, the Pav YMCA's Annual Support Campaign raises charitable, tax-deductible contributions from individuals, local businesses, corporations and foundations in support of membership and program scholarships.

Fee assistance is limited to members of the Pav YMCA with demonstrated financial need who reside in the communities we are officially chartered to serve: Berwyn, Cicero, Stickney, Lyons, Forest View, Riverside and North Riverside. An application and proof of need are required for financial assistance. Assistance will be granted to the extent that scholarship funds are available.

Contact JR Anderson, Membership Director, at ext. 318 or ganderson@pavymca.org for more information.

NATIONWIDE MEMBERSHIP

Pav YMCA members may visit any participating YMCA in the United States; however, not all memberships will qualify for nationwide membership. The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, to end program participation, and to remove visitation access. Please note: participating in the YMCA Nationwide Membership Program, you agree to release the National Council of Young Men's Christian Associations of the United States of America, and its independent and autonomous member associations in the United States and Puerto Rico, from claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law. We welcome all YMCA members to our facility.

GUEST PASS

Guest passes are available. The cost for ages 19 and older is \$10, and for youth 18 and under is \$6. All guests must present a photo ID and register at the front desk. Upon entry guests will be required to sign a waiver form. Youth 17 and under must have a parent or guardian complete the waiver form. While in our facility guest must adhere to all policies and guidelines. Age and availability restrictions may apply. Passes are valid for the day. Please see page 17 concerning teen orientation requirements for ages 13-15.

POLICIES & GUIDELINES

BEHAVIOR GUIDELINES

Pav YMCA reserves the right to suspend or cancel a membership if the member's behavior or language is judged to be in conflict with the welfare of other members, guests, staff, or the YMCA's mission.

AGE GUIDELINES

No child under the age of 10 can be left unattended in the building. If utilizing a child watch program, their policies must be followed.

INSURANCE DISCLAIMER

Pav YMCA does not carry medical, accident or loss of personal property insurance for any program participant, member or guest, as this would drastically increase the cost of our program fees. Please review your insurance policies to be certain that proper coverage is in place to protect you and your family.

PHOTO DISCLAIMER

Pav YMCA classes and events are photographed for promotional purposes. If you wish to be excluded, please advise a staff person or the photographer.

MEMBERSHIP CANCELLATIONS

- Pav YMCA memberships are non-refundable.
- All membership cancellations, billing changes or holds need to be made 10 days prior to any credit card or bank-draft by written notice.
- Members who are credit card or bank-drafted have 90 days past their last draft day to notify the Y of any discrepancy for possible refund.
- If a payment is returned for any reason, (NSF, declined credit card, etc.) a \$25 return fee will be issued. Memberships may be canceled by the YMCA due to unpaid fees or failure to properly cancel.

DEPOSITS, CREDITS & REFUNDS

- Pav YMCA memberships, program deposits and gift certificates are not refundable.
- Credit vouchers can be applied to any YMCA program and can be used by any family member. They are NOT redeemable for cash and are NOT transferable between memberships.
- Vouchers expire 6 months from date of issue.

MAKE-UP/MISSED CLASSES

Classes missed for any reason will not be made up, credited or refunded, unless it is due to an emergency. Attendance is the responsibility of the participant.

LATE/PRORATED CLASS FEES

All classes are prorated. If you enroll in classes after the session started, you will only be charged for the remaining classes you registered for.

CLASS CREDITS/REFUNDS

- A full credit or refund will be issued if the class is canceled by the Y.
- A credit or refund will be issued to participants choosing to withdraw from a program one week before the session begins.
- Refunds will not be issued to participants who withdraw from a program beyond a week prior to session start unless accompanied by a doctor's note. All credits and refunds requested by the participant are subject to a \$5 processing fee.
- No credit or refund will be issued for individual classes canceled due to weather.
- Please allow at least three weeks for refunds via check. Credit/Refund requests that are submitted must be approved by the Program or Membership Director and endorsed by the Executive Director/CEO. All requests are subject to denial.

CLASS CANCELLATIONS

- We reserve the right to cancel, reschedule or combine classes that do not have sufficient enrollment.
- In the event a class is canceled for the session, a full refund or credit will be issued. Participants will be notified at least 24 hours prior to the first class meeting.

PERSONAL PROPERTY DISCLAIMER

The Pav YMCA is not responsible for lost, stolen, or damaged personal items and/or property. Please utilize the lockers in the facility to secure your belongings. Locks are available for purchase at the Front Desk.

FACILITY RENTALS



JR ANDERSON
Membership Director
708.749.0606 ext. 318
ganderson@pavymca.org



POOL PARTY RENTALS (3 HRS)

Get your group together for a **SPLASH** of a party! Great for birthdays, family reunions, youth groups and more! A 3-hour package comes with a private party room and includes 1 hour of pool time. Rooms are set up according to party size. Guest estimation required for pool rentals to ensure proper lifeguard ratios.

3 hr. party room (includes 1 hr. non-exclusive pool time):

Member: \$275
Guest: \$325

*Non-Exclusive pool rentals are scheduled on Saturdays and Sundays during business hours. Pool is shared with the public.

3 hr. party room (includes 1 hr. exclusive pool time):

Member: \$315
Guest: \$380

*Exclusive pool rentals must be scheduled after regular YMCA hours on Saturdays or Sundays. We provide lifeguards for all pool parties. There is 5:1 pool ratio (for every 5 children, we ask that there is 1 adult over 18 years accompanying them in the pool).

GYM PARTY RENTALS (3 HRS)

Celebrating a graduation, birthday or just want to get a group of friends together? A gym rental at the Pav YMCA is the perfect way to do so! A 3-hour package comes with a private party room and includes 1 hour of exclusive gym time.

Member: \$295
Guest: \$360

*Exclusive gym rentals must be scheduled on Saturdays after normal YMCA hours.



PLEASE NOTE:

All rentals must be paid in full one week prior to event.
Party rentals are for 3 hours.
No alcohol is allowed on the Pav YMCA premises.
Guest estimation required for all rentals.



EXCLUSIVE RENTALS



JR ANDERSON
Membership Director
708.749.0606 ext. 318
ganderson@pavymca.org



FIELD TRIPS TO THE Y

What better place to take a field trip than to the YMCA? Celebrate a successful testing season, the end of a fun school year or just to have a day of activities outside of the building!

A field trip at the Y includes access to a multi-purpose room, the pool and gym time. Rentals are coordinated and customized to accommodate your group. All offered activities are run by quality staff who are American Red Cross First Aid/CPR/AED Certified.

Activities Offered:

- Bingo
- Volleyball
- Dodgeball
- Open Swim
- Arts & Crafts
- Fitness Circuits
- Ice Cream Social (additional \$3 per child)

The cost per child is \$5 for the day.
Space is provided for eating lunch.

For more information on bringing your class to our facility, please contact our Membership Director, JR Anderson at ext. 318 or ganderson@pavymca.org.



MEETING SPACE & OTHER ACCOMMODATIONS

Need a room for your next business training or team building activity? Want to get some extra gym time for your sport team? We've got the perfect rental solutions!

ROOM RENTAL

Member: \$110/hr
Guest: \$135/hr

GYM ONLY (EXCLUSIVE)*

*After normal business hours

Member: \$130/hr
Guest: \$155/hr

POOL ONLY (EXCLUSIVE)*

*After normal business hours

Member: \$150/hr
Guest: \$175/hr

RENTAL ACCOMMODATIONS

- Wi-Fi
- Seating for up to 75 guests
- 30 minutes prior to each party allotted for setup



VENDOR RENTALS

We offer vendor rentals that are contractual for a duration of the year. Spaces available to rent include pool, gym and room rentals. Contracts must be completed by the Senior Program Director based on agreements and signed by all parties.

For more information on vendor rentals, please contact our Senior Program Director, Raj Waller at ext. 320 or rwaller@pavymca.org.

YOUTH DEVELOPMENT



JENNY MURPHY
School Age Child Care/
Camp Director
708.749.0606 ext. 321
jmurphy@pavymca.org



ENRICHING KIDS INSIDE & OUT

Our staff provides a wide variety of daily activities during Before & After School Care and School's Out Days! We focus on education through STEM and reading, empower creativity with art, encourage physical activity with sports and swimming, all while instilling the YMCA core values of caring, honesty, respect and responsibility. Staff are also trained in American Red Cross CPR/ First Aid/AED and Child Abuse/Bullying Prevention.

BEFORE & AFTER SCHOOL CARE (K+)

The Pav YMCA partners with Berwyn South School District 100 to provide high-quality before and after school child care. Children participate in arts & crafts, sports, group games and receive homework help. A healthy snack is served each day. Care is offered every full day of school for Berwyn South School District 100.

Before Care: \$10/day*
After Care: \$15/day*

*Payments will be made on a weekly basis.
Payments are expected to be made the Friday prior to the week registered.

Registration: Ongoing throughout the school year. A \$40 non-refundable registration fee is required. **New enrollment will begin weekly on Mondays only.**

BERWYN SOUTH SCHOOL DISTRICT 100

Schools served: Emerson/Heritage, Hiawatha, Irving, Komensky, Pershing, & Piper.

AM: 6:30am -Start of School Day

*Irving and Emerson/Heritage morning care is held on site. Hiawatha, Komensky, Pershing & Piper morning care is held at the Pav YMCA.

PM: End of Full School Day - 6:00pm

*Piper and Hiawatha schools, after care is held at Komensky. Irving, Emerson/Heritage, and Pershing after care is held on site.

SCHOOL'S OUT DAYS AND BREAK CAMPS (K-8)

We coordinate days off from school that are fun and engaging for Berwyn South School District 100 students. Activities include swimming, arts and crafts, sports and much more.

Before & After Care for School's Out Days is available at no additional cost. Full days run from 9:00am to 4:00pm. Before & After Care starts at 6:30am and ends at 6:00pm.

FULL DAY

Member: \$45 Guest: \$50

HALF DAY

Member: \$25 Guest: \$30



SCHOOL'S OUT DAYS

February 19-20
March 4
March 19

SPRING BREAK CAMP (3/29-4/5)

3/29 Costume Day
4/1 Olympics Day
4/2 Movie/Video Game/Board Game Mania Day
4/3 Disney Day
4/4 Pajama Day
4/5 Superhero Day

SUMMER CAMP



JENNY MURPHY
School Age Child Care/
Camp Director
708.749.0606 ext. 321
jmurphy@pavymca.org



DAY CAMP, K-9TH GRADE

In this 10 week summer camp, participants will develop self-confidence and learn leadership skills in a safe, accepting and stimulating environment. They will engage in indoor and outdoor activities, create outstanding life lessons, make new friends, laugh and learn all summer long!

CAMP DETAILS

Dates: Monday, June 10 – Friday, August 16

Hours: 7:00am – 6:00pm*

Camp activities include:

- Arts & Crafts
- Sports
- STEM
- Reading
- Character Counts
- Daily Open/Free Swim

*Camp activities take place from 9:00am to 4:00pm.

What to Bring:

- Gym shoes
- Lunch (non-perishable)
- Sunscreen
- Reusable water bottle
- Extra clothing
- Swim suit and towel



IMPORTANT SUMMER CAMP DATES

In order to be guaranteed consideration for financial assistance for Day Camp, applications are due no later than May 24, 2024. These funds are distributed as scholarship funds become available.

March 4 – Camp Registration Opens

June 7 – Parent Night from 6:00–7:00 PM*

June 10 – Camp Begins

*We will be holding a Candy Bar Bingo event during Parent Night! Please register your child(ren) at the Front Desk. See p.12 for more upcoming family events!

CAMP RATES

| RATES* | MEMBER | GUEST |
|--|----------|----------|
| Monday–Friday | \$200/wk | \$250/wk |
| Daily | \$40 | \$50 |
| *Minimum of 3 days per week required. Payments due one week prior. No exceptions. | | |



SUMMER CAMP 2024 THEMES

| | | |
|----------------|-----------|-----------------------|
| Week 1 | 6/10–6/14 | Social Responsibility |
| Week 2 | 6/17–6/21 | Going Green |
| Week 3 | 6/24–6/28 | Fitness is Life #FIL |
| Week 4 | 7/1–7/5 | Water Olympics |
| Week 5 | 7/8–7/12 | Hawaiian Luau |
| Week 6 | 7/15–7/19 | Superhero Week |
| Week 7 | 7/22–7/26 | Christmas in July |
| Week 8 | 7/29–8/2 | Pirate's Treasure |
| Week 9 | 8/5–8/9 | Talent Show |
| Week 10 | 8/12–8/16 | Disney Week |

ARTS & HUMANITIES



AIMEE CORTES
Program Director
708.749.0606 ext. 319
acortes@pavymca.org

In order to provide the best experience for participants and decrease distractions, we ask parents and guardians to remain outside of the room while class is in session (excluding Aquatic programs). Parents and guardians of children under 10 years old must remain in the facility during class. Front Desk staff can provide a facility tour and information on waiting area accommodations.



BEGINNER BALLET (4-5YRS)

Beginner ballet steps and stretching techniques are taught in a fun, friendly and positive format. Students will also learn a complete ballet dance routine.

BALLET/TAP BASICS (4-6YRS)

This beginner level class will cover basic ballet and tap techniques.

BALLET/TAP INTERMEDIATE (7+YRS)

This intermediate level class will begin with barre work and center floor steps for ballet and tap.

HIP HOP DANCE (5-14YRS)

Hip Hop Dance is an action-packed class focusing on rhythm, musicality, creativity, coordination, and listening skills.

LATIN DANCE (5-14YRS)

Students will learn different styles of Latin dance with a focus on rhythm, musicality, coordination, and listening skills.

PRIVATE ADULT & YOUTH DANCE LESSONS

Learn a variety of dance routines from Central America, South America, and the Caribbean. Please contact our Program Director to schedule private lessons and for more information.

INDIVIDUAL (1:1) 60-MINUTE LESSONS:

1 lesson: \$45 3 lessons: \$150 5 lessons: \$225

PARTNER (1:2) 60-MINUTE LESSONS:

1 lesson: \$90 3 lessons: \$300 5 lessons: \$450



| Program | Age | Day | Time | SESSION I | | SESSION II | |
|-------------------------|-----------|-----|---------------|-----------|-------|------------|-------|
| | | | | Member | Guest | Member | Guest |
| Beginner Ballet | 4yrs-5yrs | Fr | 4:15pm-4:50pm | \$64 | \$80 | \$64 | \$80 |
| Ballet/Tap Basics | 4yrs-6yrs | Fr | 5:00pm-5:50pm | \$72 | \$88 | \$72 | \$88 |
| Ballet/Tap Intermediate | 7+yrs | Fr | 6:00pm-6:50pm | \$72 | \$88 | \$72 | \$88 |
| Hip Hop Dance | 5-9yrs | Tu | 6:00pm-6:45pm | \$80 | \$96 | \$80 | \$96 |
| Hip Hop Dance | 10-14yrs | Tu | 7:00pm-7:45pm | \$80 | \$96 | \$80 | \$96 |
| Latin Dance | 5-9yrs | W | 6:00pm-6:45pm | \$80 | \$96 | \$80 | \$96 |
| Latin Dance | 10-14yrs | W | 7:00pm-7:45pm | \$80 | \$96 | \$80 | \$96 |

ARTS & HUMANITIES



AIMEE CORTES
Program Director
708.749.0606 ext. 319
acortes@pavymca.org

ART CLUB

Welcome to Art Club! This class is designed to help kids unleash their imagination, think critically, and appreciate art through exploring a variety of medias like drawing, photography, painting, theater, and more. From developing creative thinking and problem-solving skills to learning how to express emotions, kids can benefit through art in so many ways. Join us and ponder the question: what is art?

LITTLE GARDENERS

During Little Gardeners, participants will get their hands dirty and have some fun with plants! Not only is gardening fun, it has many benefits like encouraging healthy eating, teaching responsibility and patience, developing and improving STEM skills, and much more. Participants will learn the basics of plants and gardening, create garden decor and plant-related art, and more!

SCIENCE CLUB

Taking part in a science club is a great way for kids to engage with science from an early age. During Science Club, kids will develop and sharpen their STEAM skills, conduct fun experiments, and explore different scientific concepts in a hands-on way.



SCULPT CLUB: CREATE-A-CREATURE (SESSION I)

During Sculpt Club, kids will use their imagination and STEM skills to create their very own creature sculpture! Kids will learn how to plan and sketch their ideas and use a variety of materials to create different textures and shapes.

CLAY 2 PLAY (SESSION II)

Clay 2 Play is designed to let your child's imagination run wild! Kids will get familiar with working with clay and learn how to create different shapes and textures using a variety of tools and materials. With minimal guidance, kids will be encouraged to use their STEM skills to sculpt and create whatever they imagine!



| Program | Age | Day | Time | SESSION I | | SESSION II | |
|--------------------------------|---------|-----|---------------|-----------|-------|------------|-------|
| | | | | Member | Guest | Member | Guest |
| Art Club* | 5-8yrs | Mo* | 5:00pm-5:45pm | \$70* | \$84* | \$80 | \$96 |
| Art Club* | 9-13yrs | Mo* | 6:00pm-6:45pm | \$70* | \$84* | \$80 | \$96 |
| Little Gardeners | 5-8yrs | Tu | 5:30pm-6:30pm | \$80 | \$96 | \$80 | \$96 |
| Science Club | 5-8yrs | Fr | 5:00pm-5:45pm | \$80 | \$96 | \$80 | \$96 |
| Science Club | 9-13yrs | Fr | 6:00pm-6:45pm | \$80 | \$96 | \$80 | \$96 |
| Sculpt Club: Create-a-Creature | 8-13yrs | Th | 5:00pm-6:00pm | \$80 | \$96 | - | - |
| Clay 2 Play | 8-13yrs | Th | 5:00pm-6:00pm | - | - | \$80 | \$96 |

YOUTH SPORTS



AIMEE CORTES
Program Director
708.749.0606 ext. 319
acortes@pavymca.org



ST. PATRICK'S DAY BOYS BASKETBALL TOURNAMENT (HIGH SCHOOL - 14-18YRS)

High School students are invited to form a team and compete for the gold at our St. Patrick's Day Basketball Tournament!

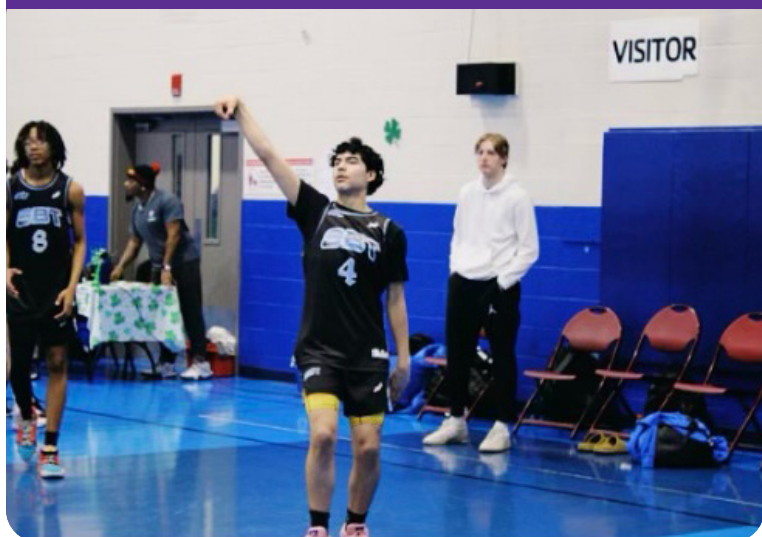
All teams welcome to compete! Tickets and concessions will be sold; stay tuned for details!

Saturday, March 9 and Sunday, March 10

****Registration deadline is Friday, February 16.****

\$100/team (guaranteed two games; bracket played)

In order to register, participants must contact our Program Director, Aimee Cortes at ext 319 or acortes@pavymca.org.



LITTLE BALLERS BASKETBALL (3-5YRS)

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 (6-13YRS)

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.

PRIVATE BASKETBALL & SOCCER LESSONS

In addition to private basketball lessons, we now offer private soccer lessons! Whether you need help with your shot or your defense, our coaches will help you sharpen your skills and develop an individual program that gives you an advantage in the game.

LITTLE KICKERS SOCCER (3-5YRS)

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

YOUTH SOCCER (6-13YRS)

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

YOUTH VOLLEYBALL (6-13YRS)

Instructs basic player skills, game rules and exposes young players to the experience of athletic challenge.

In order to provide the best experience for participants and decrease distractions, we ask parents and guardians to remain outside of the room while class is in session (excluding Aquatic programs). Parents and guardians of children under 10 years old must remain in the facility during class. Front Desk staff can provide a facility tour and information on waiting area accommodations.

YOUTH SPORTS



AIMEE CORTES
Program Director
708.749.0606 ext. 319
acortes@pavymca.org

| Program | Age | Day | Time | SESSION I | | SESSION II | |
|-----------------------|----------|-----|-----------------|-----------|-------|------------|-------|
| | | | | Member | Guest | Member | Guest |
| Little Ballers | 3-5yrs | Fr | 4:00pm-4:30pm | \$72 | \$88 | \$72 | \$88 |
| Little Ballers | 3-5yrs | Sa | 11:30am-12:00pm | \$72 | \$88 | \$72 | \$88 |
| Youth Basketball | 6-9yrs | Fr | 4:45pm-5:30pm | \$80 | \$104 | \$80 | \$104 |
| Youth Basketball | 6-9yrs | Sa | 12:15pm-1:00pm | \$80 | \$104 | \$80 | \$104 |
| Youth Basketball | 10-13yrs | Fr | 5:45pm-6:30pm | \$80 | \$104 | \$80 | \$104 |
| Youth Basketball | 10-13yrs | Sa | 1:15pm-2:00pm | \$80 | \$104 | \$80 | \$104 |
| Little Kickers | 3-5yrs | W | 4:00pm-4:30pm | \$72 | \$88 | \$72 | \$88 |
| Youth Soccer | 6-9yrs | W | 4:30pm-5:15pm | \$80 | \$104 | \$80 | \$104 |
| Youth Soccer | 10-13yrs | W | 5:15pm-6:00pm | \$80 | \$104 | \$80 | \$104 |
| Advanced Youth Soccer | 6-9yrs | Tu | 4:30pm-5:15pm | \$80 | \$104 | \$80 | \$104 |
| Advanced Youth Soccer | 10-13yrs | Tu | 5:15pm-6:00pm | \$80 | \$104 | \$80 | \$104 |
| Youth Volleyball | 6-9yrs | Th | 4:45pm-5:30pm | \$80 | \$104 | \$80 | \$104 |
| Youth Volleyball | 10-13yrs | Th | 5:45pm-6:30pm | \$80 | \$104 | \$80 | \$104 |

MARTIAL ARTS

KARATE UNLIMITED

Karate classes are offered by Karate Unlimited at the Pav YMCA. Registration is done separately through their organization. If you would like to sign up for karate classes, Karate Unlimited is at the Pav YMCA every Saturday accepting registrations. Call 708.953.5500 for more information.

TAE KWON DO (5-12YRS & 13+YRS)

This Korean form of martial arts focuses on technique, fitness and self-defense. Great for beginners and those with previous experience. In addition to our regularly scheduled Monday/Wednesday classes, we also offer separate Monday and Wednesday classes.

| Program | Age | Day | Time | SESSION I | | SESSION II | |
|-------------|---------|-------|---------------|-----------|-------|------------|--------|
| | | | | Member | Guest | Member | Guest |
| Tae Kwon Do | 5-12yrs | Mo/W* | 6:00pm-7:00pm | \$192 | \$224 | \$178* | \$208* |
| Tae Kwon Do | 13+yrs | Mo/W* | 7:00pm-8:00pm | \$192 | \$224 | \$178* | \$208* |
| Tae Kwon Do | 5-12yrs | Mo* | 6:00pm-7:00pm | \$96 | \$112 | \$84* | \$98* |
| Tae Kwon Do | 13+yrs | Mo* | 7:00pm-8:00pm | \$96 | \$112 | \$84* | \$98* |
| Tae Kwon Do | 5-12yrs | W | 6:00pm-7:00pm | \$96 | \$112 | \$96 | \$112 |
| Tae Kwon Do | 13+yrs | W | 7:00pm-8:00pm | \$96 | \$112 | \$96 | \$112 |

*Spring Session II is 8 weeks long with only 7 Monday classes due to the Memorial Day Holiday.

HEALTH & WELLNESS



RAJ WALLER
Senior Program Director
708.749.0606 ext. 320
rwaller@pavymca.org



Guest Infinity Passes are available!

Guests can purchase an unlimited class pass to participate in Group Exercise classes for the session. All classes are first come first serve. Participants must obtain a class pass from the Front Desk that must be turned in to the instructor prior to starting class.

Group Exercise Class Pass: \$65/session

BOOT CAMP

Strength, resistance, cardio, and interval training are all used to keep your muscles guessing through this workout.

CARDIO BLAST

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

GROUP EXERCISE CLASSES ARE INCLUDED WITH MEMBERSHIP AND ARE OPEN TO ALL LEVELS OF FITNESS!

Must obtain Class Pass from the Front Desk. Classes are first come, first served.

INDOOR CYCLING

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

INTERVAL TRAINING

This class is a rigorous interval training sequence with high to low-intensity exercises. The routines feature Cardio/Strength and Core training set by timed sets and rep intervals for the duration of the hour.

YOGA

This class covers the basic background of the ancient practices of traditional Yoga, including standing, forward bends, simple backward bending, twists, and resting poses. Breathing and mind-centering techniques will also be worked on. Appropriate for all skill levels from the beginner yogis to those continuing to refine their practice.

ZUMBA

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

| Program | Age | Day | Time | Guest |
|-------------------|---------|-----|----------------|-----------|
| Boot Camp | 16+ yrs | Mo | 9:30am-10:30am | \$6/Class |
| Boot Camp | 16+ yrs | Mo | 6:00pm-7:00pm | \$6/Class |
| Boot Camp | 16+ yrs | W | 9:30am-10:30am | \$6/Class |
| Boot Camp | 16+ yrs | W | 6:00pm-7:00pm | \$6/Class |
| Boot Camp | 16+ yrs | Sa | 8:00am-9:00am | \$6/Class |
| Cardio Blast | 16+ yrs | Tu | 9:30am-10:30am | \$6/Class |
| Cardio Blast | 16+ yrs | Fr | 9:30am-10:30am | \$6/Class |
| Indoor Cycling | 16+ yrs | Su | 8:00am-9:00am | \$6/Class |
| Interval Training | 16+ yrs | Th | 9:30am-10:30am | \$6/Class |
| Yoga | 16+ yrs | Th | 7:00pm-8:00pm | \$6/Class |
| Zumba | 16+ yrs | Mo | 7:00pm-8:00pm | \$6/Class |
| Zumba | 16+ yrs | Tu | 7:00pm-8:00pm | \$6/Class |
| Zumba | 16+ yrs | Sa | 9:30am-10:30am | \$6/Class |

HEALTH & WELLNESS



RAJ WALLER
Senior Program Director
708.749.0606 ext. 320
rwaller@pavymca.org

PERSONAL TRAINING

Are you ready to change your lifestyle? Need assistance designing a workout regimen or nutrition plan? Ready to get your fitness goals back on track? Look no further! We have certified personal trainers that can help you along your fitness journey.

Personal training packages range from 2x 60 minute sessions, up to 24x 60 minute sessions. Partner training is available for those who wish to work out together.

Introductory Promo:
3x 60 minute session package for \$115

Spring Special (3/19-4/20 only!)
Members: 3x 60 minute session package for \$99
Guests: 3x 60 minute session package for \$115

Ask about our payment options for larger training packages. Personal training is by appointment only. Cancellations must be made at least 24 hours in advance.



MASSAGE THERAPY

Add another healthy living component to your routine with massage therapy. You'll experience the many benefits of massage with reduced stress, eased pain and increased circulation. Your body and mind endure a lot during the day, so take the time to relax and enjoy a massage. Massages are by appointment only. Cancellations must be made at least 24 hours in advance.

Specials:
2x 60 minute massages for \$120
2x 75 minute massages for \$135

RATES:
45 minute massage \$55
60 minute massage \$65
75 minute massage \$75

Seniors age 55+ receive 10% off all massages. Cannot be combined with any other offer, discount or promotion.

Stop by the Front Desk or contact our Senior Program Director for massage therapy inquiries.

TEEN ORIENTATIONS

All teens ages 13-15 years old must complete an orientation in order to use the wellness center on their own. This 30-45 minute orientation is designed to get teens accustomed to our cardio and machine weights. Once they have successfully completed the teen orientation, they may use the indoor track, cardio equipment and all machine weights at their own convenience without the supervision of a parent or guardian. Teen orientations do not allow them access to any free weights in our facility. If they are already using free weights for sports at school, a letter from their coach must be given to the Senior Program Director granting them access to the free weights.

Any child under the age of 13 must have a written doctor's statement granting them access to use the cardio equipment and machine weights. Youth under the age of 13 must be accompanied by their parent or guardian at all times. The doctor statement must be signed by their primary care physician and given to the Senior Program Director.

Teen orientations are by appointment only. Contact our Program Director, Aimee Cortes, at ext. 319 or acortes@pavymca.org to make an appointment today!

AQUATIC PROGRAMS



ILA DUNN
Aquatic Director
708.749.0606 ext. 323
idunn@pavymca.org



WATER WORKS & WATER ARTHRITIS CLASSES ARE INCLUDED WITH MEMBERSHIP!

GUEST PRICE IS ONLY \$5/CLASS.

WATER ARTHRITIS

Water is an optimal exercise environment for individuals with arthritis. The decreased gravitational forces on joints and the spine help relieve symptoms while you gently exercise in the water. The arthritis pool class is designed to decrease pain and inflammation while increasing range of motion, flexibility and general conditioning.

WATER WORKS

A high intensity workout to strengthen and tone your body using a variety of resistance equipment. This class is good for those with arthritis.

Guest Infinity Passes are available!

Get an Unlimited Silver Sneakers Pass for \$50 per session.

PRIVATE & SEMI-PRIVATE SWIM LESSONS

For participants 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/participant upon purchase.

We offer 1:1 Private Swim Lessons OR 1:2 Semi-Private Swim Lessons. See pricing and packages for 1, 3, 5, & 10x Swim Lessons below.

PRIVATE SWIM LESSONS (1:1)

1x 30 min. \$32 Members / \$64 Guests
3x 30 min. \$96 Members / \$192 Guests
5x 30 min. \$150 Members / \$300 Guests
10x 30 min. \$275 Members / \$550 Guests

SEMI-PRIVATE SWIM LESSONS (1:2)

1x 30 min. \$64 Members / \$128 Guests
3x 30 min. \$140 Members / \$280 Guests
5x 30 min. \$185 Members / \$370 Guests
10x 30 min. \$290 Members / \$580 Guests

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, call DJ's Scuba at 708.442.4388 or visit their location at 9301 W. Ogden Avenue in Brookfield.

AQUATIC PROGRAMS



ILA DUNN
Aquatic Director
708.749.0606 ext. 323
idunn@pavymca.org



TEEN & ADULT LESSONS

It's never too late to learn how to swim! Our teen and adult swim lessons provide a place for adults and teens 13 years 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 develop lap swimming skills. Advanced swimmers will focus on increasing endurance.

SWIM STARTERS (6MO-3YRS)

Accompanied by a parent or guardian (18+), 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.



SWIM BASICS (3-12YRS)

This class will provide instruction in basic water skills including comfortable entry, submersion, floating, and an introduction to basic swimming strokes. This class is intended to help participants gain confidence and self-reliance in the water. There are typically 3 levels in the swim class. Once you have mastered all levels you will be ready for Junior Poseidon (pre-swim team level). Class size is typically 6 swimmers.

**RENT A U.S. COAST GUARD
APPROVED LIFE JACKET
FROM THE PAV YMCA!**



Going on vacation and concerned about water safety?
U.S. Coast Guard approved life jackets are FREE to
rent for up to 30 days to members and guests at the
Pav YMCA through The Sea Tow Foundation!

JR. POSEIDON (5-15YRS)

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, as well as develop skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

JUNIOR GUARDS (10-15YRS)

Junior Guards gives students the opportunity to learn lifesaving skills, responsibility, and teamwork all while getting a great workout! Must be a proficient swimmer, with a swim level of Jr. Poseidon or more advanced. Students will learn basic water rescue techniques, first aid, and rule enforcement. They will also have the opportunity to shadow real lifeguards and observe the safety procedures that they employ. After this program, students will be well prepared for lifeguard certification.

AQUATIC PROGRAMS



ILA DUNN
Aquatic Director
708.749.0606 ext. 323
idunn@pavymca.org

SWIM LESSONS

Swim lessons are 30 minutes in length. There is a 15 minute grace period between lessons to give instructors time to clean and prepare for the next lesson. Each participant will be given a swim test at the start of the session to determine their skill level, and to ensure that they are enrolled in the class that meets their swim abilities. If they are enrolled in the wrong class, accommodations will be made to place them in the class that meets their skill level. Swimmers will remain in the class of their skill level until the instructor has successfully passed them on to the next level. All swim instructors are nationally certified through an accreditation approved by Y-USA standards. A parent or guardian over the age of 18 must be in the pool with all "Swim Starters" participants.

| Program | Age | Day | Time | SESSION I | | SESSION II | |
|--------------------|-------------|-----|-----------------|-----------|--------|------------|--------|
| | | | | Member | Guest | Member | Guest |
| Teen/Adult Lessons | 13 & up | Sa | 10:00am-10:30am | \$88 | \$176 | \$88 | \$176 |
| Swim Starters (a) | 6mo-3yrs | Sa | 10:45am-11:15am | \$88 | \$176 | \$88 | \$176 |
| Swim Starters (b) | 6mo-3yrs | Sa | 10:45am-11:15am | \$88 | \$176 | \$88 | \$176 |
| Swim Starters* | 6mo-3yrs | Su* | 12:45pm-1:15pm | \$77* | \$154* | \$88 | \$176 |
| Swim Basics (a)* | 3yrs-12yrs | Mo* | 4:00pm-4:30pm | \$88 | \$176 | \$77* | \$154* |
| Swim Basics (b)* | 3yrs-12yrs | Mo* | 4:00pm-4:30pm | \$88 | \$176 | \$77* | \$154* |
| Swim Basics (a)* | 3yrs-12yrs | Mo* | 4:45pm-5:15pm | \$88 | \$176 | \$77* | \$154* |
| Swim Basics (b)* | 3yrs-12yrs | Mo* | 4:45pm-5:15pm | \$88 | \$176 | \$77* | \$154* |
| Swim Basics (a) | 3yrs-12yrs | Tu | 6:30pm-7:00pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (b) | 3yrs-12yrs | Tu | 6:30pm-7:00pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (a) | 3yrs-12yrs | W | 4:00pm-4:30pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (b) | 3yrs-12yrs | W | 4:00pm-4:30pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (a) | 3yrs-12yrs | W | 4:45pm-5:15pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (b) | 3yrs-12yrs | W | 4:45pm-5:15pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (a) | 3yrs-12yrs | Th | 6:15pm-6:45pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (b) | 3yrs-12yrs | Th | 6:15pm-6:45pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (a) | 3yrs-12yrs | Th | 7:00pm-7:30pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (b) | 3yrs-12yrs | Th | 7:00pm-7:30pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (a) | 3yrs-12yrs | Sa | 11:30am-12:00pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (b) | 3yrs-12yrs | Sa | 11:30am-12:00pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (a) | 3yrs-12yrs | Sa | 12:15pm-12:45pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (b) | 3yrs-12yrs | Sa | 12:15pm-12:45pm | \$88 | \$176 | \$88 | \$176 |
| Swim Basics (a)* | 3yrs-12yrs | Su* | 1:30pm-2:00pm | \$77* | \$154* | \$88 | \$176 |
| Swim Basics (b)* | 3yrs-12yrs | Su* | 1:30pm-2:00pm | \$77* | \$154* | \$88 | \$176 |
| Swim Basics (a)* | 3yrs-12yrs | Su* | 2:15pm-2:45pm | \$77* | \$154* | \$88 | \$176 |
| Swim Basics (b)* | 3yrs-12yrs | Su* | 2:15pm-2:45pm | \$77* | \$154* | \$88 | \$176 |
| Jr. Poseidon | 5yrs-15yrs | Sa | 1:00pm-1:30pm | \$96 | \$192 | \$96 | \$192 |
| Jr. Poseidon* | 5yrs-15yrs | Su* | 12:45pm-1:15pm | \$84* | \$168* | \$96 | \$192 |
| Jr. Poseidon | 5yrs-15yrs | Tu | 7:15pm-7:45pm | \$96 | \$192 | \$96 | \$192 |
| Jr. Poseidon | 5yrs-15yrs | Th | 7:45pm-8:15pm | \$96 | \$192 | \$96 | \$192 |
| Junior Guards | 10yrs-15yrs | Fr | 4:00pm-4:45pm | \$96 | \$192 | \$96 | \$192 |

*Spring Session I is 8 weeks long with only 7 Sunday classes due to the Easter Sunday holiday. Spring Session II is 8 weeks long with only 7 Monday classes due to the Memorial Day Holiday.

SWIM TEAM



MARK SOBIESZCZYK
Head Swim Coach
708.749.0606 ext. 323
swimteam@pavymca.org



PAV POSEIDON SWIM TEAM

Our swim team provides swimmers ages 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 on evenings Monday through Friday. Meets typically take place on weekends. Participants must be a member of the Pav YMCA to join. Swim tryouts are held for any new potential members and take place on an ongoing basis. Please contact our Head Swim Coach, Mark Sobieszczyk for more information.

Current Fall/Winter Season ends Wednesday, March 22.
Summer Season: Monday, May 6–Friday, July 26

BLUE TEAM – ENTRY LEVEL

Summer Season Program Fees:
\$420 total or \$140/mo for 3 months*

The Blue Team is the entry level team. First time swimmers will be placed on this team. Practice is held 3 days a week on Tuesday and Thursday from 4:45pm to 6:15pm and on Friday from 5:30pm to 7:30pm.

Swimmers work to develop proper stroke skills and endurance. To qualify for the blue team, a swimmer must have the ability to swim 1 length of the pool in Freestyle, Backstroke, Breaststroke, and have knowledge of Butterfly stroke.

*Prices do not include cost of state meet fees. If a swimmer qualifies for the state championship, there will be an additional fee for participation.

SPRING STROKE CLINICS

The purpose of the stroke clinic is to keep the swimmers active, enhance their skill levels, and keep them “meet” ready for the start of the Summer season. Stroke clinics are open to current, former, and prospective new participants at the Jr. Poseidon level and up.

Clinics will run every Wednesday and Friday from 5:30pm to 7:30pm.
First day of clinics will be Wednesday, March 27 and will run through Friday, May 3.

The cost is \$10 per clinic, for each participant. Fees are due the day of the clinic. Parents or guardians have the option to pay for the duration of the clinic. There are a total of 13 clinics for a grand total of \$130 per qualified swimmer. Please contact Head Coach Mark for more details.

WHITE TEAM – COMPETITIVE LEVEL

Summer Season Program Fees:
\$520 total or \$173/mo for 3 months*

The White Team is for returning swimmers or swimmers coming from other competitive teams. This is a competitive swim team with selected meets held on certain weekends throughout the season. Practice is held 5 days a week on Monday, Wednesday and Friday from 5:30pm to 7:30pm and on Tuesday and Thursday from 4:45 to 6:15pm.

This team focuses on endurance and stroke technique with an emphasis on perfecting all of the strokes. To qualify for the white team, a swimmer must show proficiency in all the strokes and be able to swim a minimum distance of 4 lengths of the pool without stopping.

ADULT SPORTS LEAGUES



CO-ED 18+ VOLLEYBALL LEAGUE

This is a 12 week (2 weeks playoffs) recreational or competitive co-ed adult league. Team registration form and \$50 deposit due before start date. The deposit goes towards the overall team and referee fees. Teams may pay in full or pay weekly dues. Team fee must be paid in full prior to the start of the playoffs. Minimum of 6 players and maximum fifteen players per team with at least two women per team.

\$50 deposit \$450/team
\$40 weekly dues

Spring Volleyball League starts Thursday, April 18 and runs until Thursday, July 11.

****Registration deadline is Monday, March 25.****

Congratulations to the 2023 Fall Season Champions, Team Furia!

In order to register, participants must contact our Program Director, Aimee Cortes at ext 319 or acortes@pavymca.org.

OPEN VOLLEYBALL

Open Volleyball will run during the off season of Volleyball League on Thursday, April 4 and Thursday, April 11 from 7-9pm. FREE to Members and current season champions! Only \$5 per Guest; pay when you play!

OPEN PICKLEBALL

Pickleball is a fun sport perfect for all ages and skill levels. The sport combines many elements of tennis, badminton and ping-pong, and can be played as singles or doubles. Come see why this sport is so popular! Stop by the Front Desk to reserve your spot.* We encourage you to bring your own paddles and balls as we have limited equipment available. Visit usapickleball.org for rules, tutorials and more information.

Wednesdays & Fridays from 11:00am – 2:00pm FREE to Pav YMCA Members, only \$10 per Guest.

*Reservations are required to play. 30 minute time slots are available; max 1 hour per day, per person (2 rounds). Max 4 participants per court. Guest payment is due upon check-in. Reservations can be made at least one week in advance.

MEN'S 18+ INDOOR SOCCER NIGHT

Men's Indoor Soccer Night at the Pav YMCA is every Tuesday night from 7-9pm! Ages 18 and up. Free to Members! Only \$5 per Guest; pay when you play!



MEN'S 18+ BASKETBALL LEAGUE

This is an 11 week 5-on-5 structured basketball league with 8 weeks regular season, 2 weeks playoffs, and final week championship game. Teams can have up to 10 players with a minimum of 6 players. First place winners will receive a championship t-shirt, photo opportunity with banner and trophy, recognition on social media, and bragging rights! Team registration form and \$325 deposit are due before the start date. The deposit goes towards the overall team and referee fees. Teams may pay in full or pay weekly dues. Team fee must be paid in full prior to the start of the playoffs.

\$650/team; Half due at registration (\$325). Minimum of 8 teams is needed for the league to run.

Games will take place on Sundays from 3:30pm-6:30pm (two games each). Spring Basketball League starts Sunday, March 3 and runs until Sunday, May 26. There will be no league on Easter Sunday, 3/31.

****Registration deadline is Friday, February 23.****

Congratulations to the 2023 Spring Season Champions, Team Judah!

In order to register, participants must contact our Senior Program Director, Raj Waller at ext 320 or rwaller@pavymca.org.

FAMILY EVENTS



KATHY KOZLICK
Senior Services Director
708.749.0606 ext. 340
kkozlick@pavymca.org



Unless otherwise noted, all family programs are free to Members, or \$10 per Guest family. Family events are subject to change. Visit our website for the most current information on all of our family events! Please register at the Front Desk. Questions? Contact our Senior Services Director, Kathy Kozlick at ext. 340 or kkozlick@pavymca.org.

FEBRUARY

Family Valentine's Dance

Saturday, February 10 – 3:00 PM–5:00 PM
FREE to Members; \$10 per Guest Family

Family Game Night!

Friday, February 23 – 6:00 PM–7:30 PM
FREE to Members; \$10 per Guest Family

MARCH

St. Patrick's Day Scavenger Hunt

Saturday, March 16 – 3:00 PM–4:00 PM
FREE to Members; \$10 per Guest Family

Easter Egg Hunt

Saturday, March 30 – 3:00 PM–4:30 PM
FREE to Members; \$10 per Guest Family

APRIL

Family Movie Night:

Louis & Luca – Mission to the Moon

Friday, April 5 – 6:00 PM–7:30 PM
FREE to Members; \$10 per Guest Family

Healthy Kids Day – FREE TO ALL!

Saturday, April 20 – 10:00am–1:00pm

Join us for a day of healthy and fun activities that celebrate kids being kids! Healthy Kids Day is the Y's national initiative to improve the health and well-being of kids and families. YMCAs across the country host free community events aimed to inspire kids to keep their minds and bodies active throughout the summer months.

Our event will feature activities designed to inspire kids to get active while simultaneously teaching families how to develop routines that support mental and physical health at home.

MAY

Family Zumba

Friday, May 10 – 6:00 PM–7:30 PM
FREE to Members; \$10 per Guest Family

Mother's Day Plant Sale

Begins May 10 at 9:00 AM;
Ends May 12 at 3:00 PM

We will have cards, plants, and other gifts available to purchase for the mothers and mother figures in your life. All proceeds go to the Pav YMCA Annual Support Campaign.

JUNE

Candy Bar Bingo*

Friday, June 7 – 6:00 PM–7:00 PM
FREE to Members; \$10 per Guest Family

*This event will take place during Summer Camp Parent Night. Please register your child(ren) at the Front Desk and indicate if you will be attending Parent Night for Summer Camp.



Photo by:
Joel Gonzalez
WeOurStory

DIABETES PREVENTION PROGRAM



RAJ WALLER
Senior Program Director
708.749.0606 ext. 320
rwaller@pavymca.org



WHAT IS DIABETES?

Diabetes is a chronic disease that causes blood sugar levels to rise higher than normal. Diabetes affects more than 29 million people. A condition called prediabetes occurs when blood sugar levels are higher than normal but not high enough for a Type 2 diabetes diagnosis. More than 84 million Americans have prediabetes and are at risk of developing diabetes. Diabetes has no cure, but prediabetes can be reversed.

ABOUT THE PROGRAM

The YMCA'S Diabetes Prevention Program is a support group that helps those at risk of developing Type 2 diabetes adopt and maintain a healthy lifestyle. This is achieved by helping participants eat better, increase physical activity, and lose a modest amount of weight in order to reduce their chance of developing the disease. Based on research by the National Institutes of Health and the Centers for Disease Control and Prevention, this program can reduce the risk of developing Type 2 diabetes by nearly 60%. This program is driven by the Centers for Disease Control and Prevention, the National Diabetes Prevention Program, and the Diabetes Prevention and Control Alliance.

PROGRAM COST

The cost of the program is \$475 for the year. Some participants may qualify to participate in this program at either a discounted rate or cost free. For more information on how to qualify for a stipend, please contact our Senior Program Director.

PROGRAM OVERVIEW

You will be given access to a trained Lifestyle Coach and 12 months of group support. Please note, this program is not an exercise class. Participants receive guidance on eating healthier, managing stress, preparing healthy meals on a budget, and staying motivated after the program's completion. Useful tools like a program manual, food journals, fat gram counting resources, and a complimentary family membership (up to 6 people per household) to the YMCA is provided for the entire year of participation. A minimum of 6 participants is needed in order to start each cohort.



PARTICIPATION CONDITIONS

- 18 years or older with BMI of 25 or higher
- A1C between 5.7%–6.4%
- Fasting Plasma Glucose 100–125 MG/DL
- 2 Hour Glucose 140–199 MG/DL
- Qualified blood results in the prediabetes range are needed to confirm eligibility. Individuals who have already been diagnosed with either Type 1 or 2 diabetes do not qualify for this program.

If you or someone you know may be at risk for developing diabetes, the YMCA's Diabetes Prevention Program can help. For more information or to schedule an appointment, please contact our Senior Program Director, Raj Waller at ext. 320 or rwaller@pavymca.org.

NEXT COHORT TBD. PLEASE CONTACT RAJ WALLER FOR MORE INFORMATION.



****NEXT LIVESTRONG® COHORT BEGINS MONDAY, MAY 6.****
PLEASE CONTACT RAJ WALLER FOR MORE INFORMATION & TO REGISTER.

LIVESTRONG®

FOUNDATION



THE PURPOSE

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG® have joined together to create LIVESTRONG® at the YMCA, a research-based physical activity and well being program designed to help adult cancer survivors reclaim their total health. Cancer survivors are defined as anyone from diagnosis through remission.

LIVESTRONG® at the YMCA fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to lead their lives to the fullest.

ABOUT THE PROGRAM

LIVESTRONG® at the YMCA is a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Over the 12 week session, participants work with Pav YMCA staff trained in supportive cancer care in a comfortable workout environment. By focusing on the whole person, LIVESTRONG® at the YMCA is helping people move beyond cancer care in spirit, mind and body.

A final goal of the program is to assist participants in developing their own physical fitness program, so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life.

THE BENEFITS

In addition to the physical benefits, the program provides participants a supportive environment and a feeling of community with their fellow survivors, Pav YMCA staff and members.

- Build muscle mass and strength
- Increase flexibility, balance and endurance
- Improve ability to do everyday activities
- Reduce the severity of therapy side effects
- Prevent unwanted weight changes
- Boost energy levels and self esteem
- Connect with other cancer survivors

PARTICIPATION CONDITIONS

This program is recommended for individuals who have recently finished cancer treatment or any survivor looking to regain their health and well-being. Enrollment will be handled on a case by case basis.

- Personally meet with the Senior Program Director
- Commits to attending 2 classes per week
- Inform your physician that you are joining
- Receives medical clearance if currently undergoing treatment

CLASS DAYS & TIMES

The next cohort begins Monday, May 6. All classes will be held at the Pav YMCA on Mondays, Thursdays, and Saturdays. Please contact our Senior Program Director, Raj Waller for more information and to register.

COST

The cost of the 12-week program is \$120. Some participants may qualify to participate in this program at either a discounted rate or cost free. For more information on how to qualify for a stipend, please contact our Senior Program Director. During the program, survivors and immediate family (or support) receive a three month complimentary Pav YMCA membership at no cost. At the conclusion of the 12 week program, the participants can continue their membership at a discounted monthly rate.

SENIOR SERVICES



KATHY KOZLICK
Senior Services Director
708.749.0606 ext. 340
kkozlick@pavymca.org

SENIOR LUNCH CAFÉ DINE IN & CARRY OUT AVAILABLE!

In partnership with Age Options, we help provide hot nutritious lunches each week for adults ages 60+. A donation of \$3 per meal is suggested. Reservations are required. Please contact our Senior Services Director to reserve your spot! Senior Bingo is every Monday, Wednesday and Friday after lunch.

Seniors will now have the option to choose one of the following options for lunch: Regular*, Diabetic, Vegetarian, Gluten Free, Lactose Intolerant, Renal, and Mechanical Soft Food.

**Unless otherwise requested, the regular lunch option will be served. Must request special lunch options with our Senior Services Director.*

SENIOR BINGO

Mondays, Wednesdays, & Fridays
12:00pm–1:00pm

Lunch is required to play Bingo. Cost is \$3 per Bingo session. Due to limited space, participants must sign up in advance with our Senior Services Director.

SENIOR CHOICE MARKETS–FREE Thursdays (twice a month) 12:30 PM to 2:00 PM

In partnership with the Greater Chicago Food Depository (GCFD), we are able to provide free Senior Choice Markets twice a month to older adults in the community. At Choice Markets, seniors age 60+ receive free, nutritious whole foods and fresh produce.

The schedule is available to download on our website.

Our Choice Markets are all contactless by curbside pickup. A valid driver's license or state ID must be provided at the time of pick up.

**UPCOMING
MARKET DAYS:
FEBRUARY 8 & 22
MARCH 14 & 28
APRIL 11 & 25
MAY 9 & 23
JUNE 13 & 27**

Funding (in whole/part) for this publication is provided through an award from Age Options through grants from the Illinois Department of Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act. The Pav YMCA and Age Options do not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; the Age Discrimination in Employment Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; and the U.S. and Illinois Constitution. If you feel you have been discriminated against, you have the right to file a complaint with the Illinois Department of Aging. For information, call 1-800-252-8966 (Voice and TDD) or contact the Age Options Civil Rights Coordinator at 708-383-0258.

SENIOR EVENTS & LECTURES

Each month, our Senior Services Program provides fun activities and educational lectures for our active older adult community to enjoy. All events are \$6 per person and reservations are required. Register with Kathy Kozlick, Senior Services Director at ext. 340. Must be 60+ yrs to participate in all senior programs, events and activities. Stay tuned for more themed events throughout the year!

MARCH FOR MEALS EVENT SCHEDULE

Split the Pot and raffles all month long!

Through the Years Presentation w/ Coffee & Cookies
Friday, March 1 – 9:00am–3:00pm

Ice Cream Social
Wednesday, March 6 – 10:00am–3:00pm

Senior Health Fair
Wednesday, March 13 – 10:00am–2:00pm

Bake Sale
Wednesday, March 20 – 9:00am–3:00pm

March for Meals Walk & Celebration!
Friday, March 29 – 11:00am–1:00pm
Free to 60+ Cafe Members; sign up for meal by Tuesday, March 19.

Haircuts & Manicures by Capelli Academy of Cosmetology
Monday, March 11 from 10:00am–1:00pm – FREE!

St. Pat's Party – Friday, March 15 from 11:00am–1:00pm
\$6/person. Sign up by March 5.

Haircuts & Manicures by Capelli Academy of Cosmetology
Monday, April 8 from 10:00am–1:00pm – FREE!

Bingo Bash – Friday, April 12 from 10:00am–1:00pm
\$6/person. Sign up by April 2.

Earth Day Party – Monday, April 22 from 11:00am–1:00pm
\$6/person. Sign up by April 16.

Haircuts & Manicures by Capelli Academy of Cosmetology
Monday, May 6 from 10:00am–1:00pm – FREE!

Cinco de Mama Party – Friday, May 10 from 11:00am–1:00pm
\$6/person. Sign up by April 30.

Memorial Day BBQ – Friday, May 24 from 11:00am–1:00pm
\$6/person. Sign up by May 14.

Bingo Bash – Friday, June 7 from 10:00am–1:00pm
\$6/person. Sign up by May 28.

SILVER SNEAKERS



RAJ WALLER
Senior Program Director
708.749.0606 ext. 320
rwaller@pavymca.org

**Guest Infinity
Passes are
available!**

**Get an Unlimited
Silver Sneakers
Pass for \$50 per
session.**

SILVER SNEAKERS 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. You can do this within a safe and positive environment. A chair is used for seated and/or standing support.

SILVER SNEAKERS CHAIR YOGA

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

ACTIVE OLDER ADULTS #AOA

This class is designed for the active older adult that still loves to challenge their physical abilities. Chair exercises are incorporated in this workout along with traditional strength, endurance and core conditioning.

WATER ARTHRITIS

Water is an optimal exercise environment for individuals with arthritis. The decreased gravitational forces on joints and the spine help relieve symptoms while you gently exercise in the water. The arthritis pool class is designed to decrease pain and inflammation while increasing range of motion, flexibility and general conditioning.

WATER WORKS

A high intensity workout to strengthen and tone your body using a variety of resistance equipment. This class is good for those with arthritis.

SILVER SNEAKERS CLASSES ARE INCLUDED WITH MEMBERSHIP!

Must obtain class pass from the Front Desk. Classes are first come, first served.



| Program | Age | Day | Time | Guest |
|--------------------------|-----|-----|----------------|-----------|
| Silver Sneakers Classic | 55+ | Mo | 8:00am-8:50am | \$5/Class |
| Silver Sneakers Classic | 55+ | Mo | 9:00am-9:50am | \$5/Class |
| Silver Sneakers Classic | 55+ | Tu | 8:00am-8:50am | \$5/Class |
| Silver Sneakers Classic | 55+ | W | 8:00am-8:50am | \$5/Class |
| Silver Sneakers Classic | 55+ | W | 9:00am-9:50am | \$5/Class |
| Silver Sneakers Classic | 55+ | Th | 8:00am-8:50am | \$5/Class |
| Silver Sneakers Classic | 55+ | Fr | 9:00am-9:50am | \$5/Class |
| Silver Sneakers Classic | 55+ | Sa | 8:00am-8:50am | \$5/Class |
| Active Older Adults #AOA | 55+ | Tu | 8:30am-9:25am | \$5/Class |
| Silver Sneakers Yoga | 55+ | Tu | 9:00am-10:00am | \$5/Class |
| Silver Sneakers Yoga | 55+ | Th | 9:00am-10:00am | \$5/Class |
| Water Arthritis | 55+ | Sa | 7:15am-8:00am | \$5/Class |
| Water Works | 55+ | Tu | 9:00am-9:45am | \$5/Class |
| Water Works | 55+ | W | 9:00am-9:45am | \$5/Class |
| Water Works | 55+ | Th | 9:00am-9:45am | \$5/Class |

SPECIALTY PROGRAMS & SERVICES



AMERICAN RED CROSS CPR/AED/FIRST AID

Learn how you can save lives! Become Red Cross certified to provide CPR/AED/First Aid or renew your current certification in our shorter review courses! Customized or small group classes are also available off-site and can be scheduled at your convenience upon request.

PRICING & DATES:

FULL COURSE

Member: \$85 Guest: \$100

REVIEW COURSE

Member: \$45 Guest: \$89

Saturday, March 9 from 12:30–3:30pm

Saturday, April 13 from 12:30–3:30pm

Saturday, May 11 from 12:30–3:30pm

Saturday, June 8 from 12:30–3:30pm

AMERICAN RED CROSS LIFEGUARD TRAINING AND CERTIFICATION

Receive or renew your lifeguarding certification! Prerequisites and online pre-work must be completed successfully prior to class start date. Passing scores result in certification valid for the following: Lifeguarding, First Aid, CPR, and AED for the Professional Rescuer. Dates and times listed are subject to change. Review participants will be dismissed early. A valid email is required as class information will be sent prior to start. Must be age 15 as of the start date of registered course. **LIMITED SPACE AVAILABLE, register early.**

PRICING & DATES:

FULL COURSE

Member: \$200 Guest: \$250

REVIEW COURSE

Member: \$100 Guest: \$125

****Each day of class runs from 9am to 5pm.****

Saturday, March 16 & Sunday, March 17

Saturday, April 20 & Sunday, April 21

Saturday, May 18 & Sunday, May 19

Saturday, June 22 & Sunday, June 23

For more information regarding American Red Cross CPR/AED/First Aid and ARC Lifeguard Training and Certification, please contact our Aquatic Director, Ila Dunn at ext. 323 or idunn@pavymca.org.



BABYSITTING

We offer babysitting to all Members and Guests for their children ages 6 months to 7 years old. Members can utilize this benefit at no additional cost for up to 90 minutes per day.

****Please note, room capacity will be determined by staff on duty, and based on the age and number of children in the room. Reservations are required for children 6 months to 1 year old.****

PRICING:

Member: FREE (up to 90 minutes/day)

Guest: \$5 per child; \$8 for two children*

*Maximum of 2 hours.

SOCIAL RESPONSIBILITY



AREAS OF IMPACT

YOUTH DEVELOPMENT

The Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming. From cradle to career, the Y provides all youth with the tools and resources they need to succeed in life.

HEALTHY LIVING

The Y aims to improve the nation's health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. These programs and everything else the Y does are in service of making us—our Y's and our communities—better. The result is a country that values health and communities that support healthy choices.

SOCIAL RESPONSIBILITY

We know that when we work together, we move individuals, families and communities forward. The Y responds to society's most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change.

MILITARY OUTREACH

The Pav YMCA is visited by active duty military personnel every month. Use of the Pav YMCA is made available, free of charge, to anyone on active duty in the U.S. Armed Services. Facility admission is as simple as completing a membership form and providing proof of current service with valid identification. This is our way of supporting the health and well-being of our troops here at home. Thank you for your service!

VOLUNTEER, DONATE, ADVOCATE

As a nonprofit, the Y is able to strengthen communities because of the dedicated youth, families and individuals who share our passion and make the Y part of their lives.

They give their time, resources and talents—every day and in hundreds of ways—because they know they can improve the lives of others while enhancing their own through the Y.

With your help, the Y can continue to expand programming and outreach where it is needed most. Please consider volunteering your time, making a contribution, or sharing your story of the Y's impact. Stop in or visit our website for the volunteer form or to make a donation.



INTERESTED IN VOLUNTEERING WITH US?

Imagine volunteering where you know what you do each day positively influences the lives of people and communities.

As the nation's leading nonprofit organization committed to strengthening communities, the Y offers more than just a volunteer opportunity. At the Y, you can discover your passion while helping to solve some of the nation's most pressing social issues.

For more information or ways to volunteer, please contact Jamie Kucera at ext. 311 or jkucera@pavymca.org.



FIND YOUR FUN. FIND YOUR Y.

2024 SUMMER CAMP

June 10–August 16

At Y day camp, your kids will make new friends and have tons of fun as they explore new adventures each day.

For a better us.®

» **FIND YOUR Y AT
THE PAV YMCA
CAMP REGISTRATION
BEGINS MARCH 4!**

SCHOOL AGE CHILDCARE & CAMP DIRECTOR
JENNY MURPHY
708.749.0606 EXT 321
jmurphy@pavymca.org
pavymca.org