FALL INTO A HEALTHY MIND, BODY, AND SPIRIT

PAV YMCA
2021 FALL PROGRAM GUIDE

FALL SESSION I
SEPTEMBER 7 – OCTOBER 24
MEMBER REGISTRATION: 8/16
GUEST REGISTRATION: 8/23

FALL SESSION II
OCTOBER 25 – DECEMBER 19
MEMBER REGISTRATION: 10/4
GUEST REGISTRATION: 10/11
HELPFUL INFORMATION

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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 Ys 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.

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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–Noon & 5:00pm–8:00pm
Saturdays 8:00am–11:00am  Sundays –Closed

2021 HOLIDAY CLOSINGS
Memorial Day  May 31  Closed
Independence Day  Jul. 4  Closed
Labor Day  Sept. 6  Closed
Thanksgiving  Nov. 25  Closed
Christmas Eve  Dec. 24  Closed
Christmas Day  Dec. 25  Closed
New Years Eve  Dec. 31  Closed
New Years Day  Jan. 1  Closed
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 PDF version to print can be found on our website under our membership page.

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.

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

MEMBERSHIP SERVICES

MEMBERSHIP TYPES AND RATES

**FAMILY**

- 2 adults & children 20yrs & under
- MONTHLY: $69
- ANNUALLY: $816

**SINGLE PARENT FAMILY**

- 1 adult & children 20yrs & under
- MONTHLY: $55
- ANNUALLY: $648

**COUPLE**

- (2 adults 19+ years old)
- MONTHLY: $57
- ANNUALLY: $672

**ADULT INDIVIDUAL**

- (19+ years old)
- MONTHLY: $43
- ANNUALLY: $504

**YOUTH**

- (18 years old or younger)
- MONTHLY: $25
- ANNUALLY: $288

**GUEST PASS**

Guest passes are now available for $10 per adult, $6 per youth age 13 to 18 and includes access to our track, gym, pool, and wellness center. All guests must present a photo ID and register at the front desk. Upon entry you will be required to sign a waiver. While in our facility you must adhere to all policies and guidelines. Youth 17 and under must have a parent or guardian complete a waiver form. See page 6 concerning orientation requirements for age 15 and under.

Please visit our website for detailed information on our COVID-19 safety procedures and guidelines/policies.

NOT A MEMBER?

JOIN TODAY!

Guests are welcome to participate in our Group Exercise classes for a $5/class Drop-in fee. All classes are first come first serve. Guests may also purchase an INFINITY PASS, which allows access to unlimited classes for the session. $60 per session.

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 refer a friend form at the time of joining.

MEMBERSHIP SERVICES

JR ANDERSON
Membership Director
708.749.0606 ext. 318
ganderson@pavymca.org
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 or 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 that protect you and your family 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 and joiner fees 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.

DEPOSITS, CREDITS & REFUNDS

• Pav YMCA memberships, joiner fees, 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 1 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/Membership Director and endorsed by the Executive Director. 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.

COVID-19

Each department and programs have specific Covid19 guidelines recommended by IDPH and the CDC. Please review all of our Covid19 polices prior to visiting our facility so that you are fully aware of our expectations while in the facility.
HEALTH/WELLNESS

FITNESS IS LIFE #FIL
New to working out? Are you looking for additional workout ideas to help jump start or restart your fitness goals. Fitness is life #FIL is designed for the health seeker, active older adult, or sedentary lifestyle that is looking to getting into a consistent workout regime. You will meet with one of our #FIL coaches to assess your health goals, give you a machine orientation, and help you design a workout based on your fitness goals.

BOOT CAMP
Strength, resistance, cardio, and interval training are all used to keep your muscles guessing through this workout. All levels of fitness are welcomed!

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. All levels of fitness are welcomed!

CARDIO STEP
This class is 60–minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy. All levels of fitness are welcomed!

INTERVAL TRAINING
Open to all levels of fitness, 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 repped intervals for the duration of the hour. All levels of fitness are welcomed!

INDOOR CYCLING
This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels of fitness are welcomed.

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

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. All levels of fitness are welcomed!

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<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
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<tr>
<td>Boot Camp</td>
<td>16+ yrs</td>
<td>Mo/We</td>
<td>10:00am-11:00am</td>
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<tr>
<td>Boot Camp</td>
<td>16+ yrs</td>
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<tr>
<td>Boot Camp</td>
<td>16+ yrs</td>
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<td>6:00pm-7:00pm</td>
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<tr>
<td>Boot Camp</td>
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<td>8:00am-9:00am</td>
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<td>Cardio Blast</td>
<td>16+ yrs</td>
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<td>9:00am-10:00am</td>
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<tr>
<td>Cardio Step</td>
<td>16+ yrs</td>
<td>We</td>
<td>9:00am-10:00am</td>
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<tr>
<td>Indoor Cycling</td>
<td>16+ yrs</td>
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<td>9:00am-10:00am</td>
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<td>Indoor Cycling</td>
<td>16+ yrs</td>
<td>Tu/Th</td>
<td>6:00am-7:00am</td>
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<tr>
<td>Interval Training</td>
<td>16+ yrs</td>
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<tr>
<td>Yoga</td>
<td>16+ yrs</td>
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<td>Zumba</td>
<td>16+ yrs</td>
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<td>7:00pm-8:00pm</td>
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<tr>
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INFINITY PASS
Guests and nonmembers can purchase an unlimited class pass to participate in Group Exercise classes for the session. All classes are first come first serve. All class participants must obtain a class pass from the front desk that must be turned into the instructor prior to starting class.

SilverSneakers Infinity pass: $45/session
Group Exercise Class Pass: $60/session
PERSONAL TRAINING PACKAGES

Are you ready to change your lifestyle? Need assistance designing a workout regime or nutrition plan? Ready to get your fitness goals back on track? Well look no further! We have certified personal trainers that can help you along your fitness journey! We have PT packages ranging from 2x 60 minute sessions, up to 24x 60 minute training sessions. We also offer partner training for those who wish to work out together. Or try our Fall training promo, buy a 3x 60 minute session for $99. Ask about our PT payment options for larger training packages. Personal training is by appointments 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 a massage with reduced stress, eased pain and increased circulation. Your body and mind endure a lot during the day, take the time to relax and enjoy a massage. Massages are by appointments only. Cancellations must be made at least 24 hours in advance.

Promo 2x 60 minute massages for $99. Seniors receive 10% off all massages.

RATES:

45 minute massage $50
1 hour massage $60
75 minute massage $70

Stop by front desk or contact the Healthy Living/
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. Do this within a safe and positive environment in this class. A chair is used for seated and/or standing support. No registration needed. Obtain class pass from front desk.

SILVER SNEAKERS CHAIR YOGA
Improve your flexibility, movement, balance and relaxation. A chair is used for seated and/or standing support. No registration needed. Obtain class pass from front desk.

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. No registration needed. Obtain class pass from front desk.

ALL SILVER SNEAKERS CLASSES ARE FIRST COME FIRST SERVE. Guest infinity passes are now available. Get a SilverSneakers infinity pass for $45 per session.

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<tr>
<td>SilverSneakers Classic</td>
<td>Adult</td>
<td>Mo</td>
<td>8:00am-8:50am</td>
<td>-</td>
<td>$4/Day</td>
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<tr>
<td>SilverSneakers Classic</td>
<td>Adult</td>
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<td>9:00am-9:50am</td>
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<td>SilverSneakers Classic</td>
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<td>$4/Day</td>
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<td>SilverSneakers Boom</td>
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<td>Tu</td>
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<td>SilverSneakers Yoga</td>
<td>Adult</td>
<td>Th</td>
<td>9:00am-10:00am</td>
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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 on Monday – Friday evenings. Meets typically take place on weekends. Please contact 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. This class is food for those with arthritis.

WATER ARTHRITIS–FREE TO MEMBERS
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.

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.

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.

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 Lessons OR 1:2 Semi–Private Swim Lessons: Pricing and packages for, 1, 3, 5, & 10 Swim Lessons are available.

Guest infinity pass are now available. Get an Aquatics infinity pass for $45 per Session.

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<th>Age</th>
<th>Day</th>
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<th>Member</th>
<th>Guest</th>
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<tr>
<td>Water Arthritis</td>
<td>Adult</td>
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<tr>
<td>Water Works</td>
<td>Adult</td>
<td>Tu/Th</td>
<td>9:00am–9:45am</td>
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<td>$4/Day</td>
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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 skills. 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 pool with all “Swim Starters” participants.

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<tr>
<td>Teen/Adult Lessons</td>
<td>13 &amp; up</td>
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<td>Swim Starters (a)</td>
<td>6mo-3yrs</td>
<td>Sa</td>
<td>10:45am-11:15am</td>
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<td>Swim Starters (b)</td>
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<td>Swim Basics (a)</td>
<td>3yrs-12yrs</td>
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<td>4:00pm-4:30pm</td>
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<td>$96</td>
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<tr>
<td>Swim Basics</td>
<td>3yrs-12yrs</td>
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<td>2:30pm-3:00pm</td>
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<td>$112</td>
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<tr>
<td>Jr. Poseidons</td>
<td>5yrs-15yrs</td>
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<td>1:00pm-1:30pm</td>
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<td>Jr. Poseidons</td>
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<td>Jr. Poseidons</td>
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<td>Jr. Poseidons</td>
<td>5yrs-15yrs</td>
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<td>Jr. Poseidons</td>
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</tr>
</tbody>
</table>
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 footwork, 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 footwork, passing, shooting and teamwork skills through drills and games.

VOLLEYBALL (6–14 years)
Instructs basic player skills, game rules and exposes young players to the experience of athletic challenge.

TAE KWON DO (5–12 and 13+ years)
One of the most popular in the world, this Korean form of martial art focuses on technique, fitness and self-defense. Great for beginners and those with previous experience.

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.

HOME–SCHOOL GYM & SWIM (5–17 years)
This program provides a great opportunity for home-schooled students to participate in fun and exciting P.E. type activities. The program includes one hour of traditional gym class, followed by 35–40 minute water exercises.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Guest</th>
<th>Member</th>
<th>Guest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little Ballers</td>
<td>3–5 yrs</td>
<td>Sa</td>
<td>11:30am–12:00pm</td>
<td>$46</td>
<td>$60</td>
<td>$46</td>
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<td>Youth Basketball Boys</td>
<td>6–12 yrs</td>
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<td>$49</td>
<td>$63</td>
<td>$49</td>
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<tr>
<td>Youth Basketball Girls</td>
<td>6–12 yrs</td>
<td>Sa</td>
<td>1:00pm–1:45pm</td>
<td>$49</td>
<td>$63</td>
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<tr>
<td>Little Kickers</td>
<td>3–5 yrs</td>
<td>We</td>
<td>4:30pm–5:00pm</td>
<td>$46</td>
<td>$60</td>
<td>$52</td>
<td>$68</td>
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<tr>
<td>Youth Soccer</td>
<td>6–12 yrs</td>
<td>We</td>
<td>5:00pm–5:45pm</td>
<td>$49</td>
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<td>$72</td>
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<tr>
<td>Tae Kwon Do</td>
<td>5–12 yrs</td>
<td>M/W</td>
<td>6:00pm–7:00pm</td>
<td>$130</td>
<td>$156</td>
<td>$140</td>
<td>$168</td>
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<tr>
<td>Tae Kwon Do</td>
<td>13+ yrs</td>
<td>M/W</td>
<td>7:00pm–8:00pm</td>
<td>$130</td>
<td>$156</td>
<td>$140</td>
<td>$168</td>
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<tr>
<td>Volleyball</td>
<td>6–14 yrs</td>
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<tr>
<td>Gym/Swim</td>
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</tbody>
</table>

FALL I         FALL II

RAJ WALLER
Healthy Living/Programs Director
708.749.0606 ext. 320
rwaller@pavymca.org
BABY BALLET (3–4 yrs)
Music, movement, balance, and the basic dance steps are introduced in this 30 minute, fun, friendly, and positive mannered format. Students will also learn a complete dance routine.

BALLET/TAP BEGINNER (4–6 yrs)
This beginner level class will cover the 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.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>FALL I</th>
<th>FALL II</th>
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<tr>
<td>Baby Ballet</td>
<td>3–4 yrs</td>
<td>Fr</td>
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<td>$36 $57</td>
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<tr>
<td>Ballet/Tap Beginner</td>
<td>4–6 yrs</td>
<td>Fr</td>
<td>5:00pm–5:50pm</td>
<td>$48 $66</td>
<td>$56 $77</td>
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<tr>
<td>Ballet/Tap I Intermediate</td>
<td>7+ yrs</td>
<td>Fr</td>
<td>6:00pm–7:00pm</td>
<td>$54 $75</td>
<td>$63 $88</td>
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</tbody>
</table>
SPORTS LEAGUES & TOURNAMENTS

7TH/8TH GRADE GIRLS THANKSGIVING BASKETBALL TOURNAMENT

The second weekend in November the Pav YMCA will host the 31st annual girls basketball tournament.

Registration Fee: $100/team (16 team max)

Interested in registering your team? Contact the Program Coordinator, Aimee Cortes at ext. 319 or the Healthy Living/Programs Director, Raj Waller at ext. 320.

MEN’S 18+ BASKETBALL LEAGUE

This is a 5 on 5 twelve week (2 weeks playoffs) structured basketball league. Teams can have up to twelve players with a minimum of six players. First place winners will receive $200 credit vouchers and bragging rights! Team registration form and $50 deposit are due before the start date. The deposit goes towards the overall team fee. Teams may pay in full or pay weekly dues. Team fee must be paid in full prior to the start of the playoffs.

$50 deposit       $400/team

CO-ED 18+ VOLLEYBALL LEAGUE

This is a twelve week (2 weeks playoffs) recreational and competitive Co-Ed Adult league. Team registration form and $50 deposit due before start date. The deposit goes towards the overall team fee. Teams may pay in full or pay weekly dues. Team fee must be paid in full prior to the start of the playoffs. Maximum fifteen players per team with at least two women per team.

$50 deposit       $350/team

Interested in registering your team? Contact the Program Coordinator, Aimee Cortes at ext. 319 or the Healthy Living/Programs Director, Raj Waller at ext. 320.
SENIOR CAFE IS BACK!
DINE-IN OR CARRYOUT

In partnership with AgeOptions, 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 Coordinator, Kathy Kozlick at Ext. 340 to reserve your spot! Senior Bingo is every Monday, Wednesday, and Friday after Lunch.

SENIOR FALL EVENTS

Our annual Senior Fall Events are back! Join us for safe, fun entertainment for the following events:

Senior Halloween Party- October 29, 11am -2pm
Senior Thanksgiving- November 24, 11am- 2pm
Senior Christmas party- December 17, 11am -2pm

All events are $5 per person and reservations are required. Register with Kathy Kozlick, Senior Services Coordinator at Ext. 340. Must be 60+ yrs to participate in all Senior programs, events and activities.

SENIOR CHOICE MARKETS- FREE

We have partnered with the Greater Chicago Food Depository (GCFD) to provide Choice Markets for Seniors. At Choice Markets, seniors age 60+ get free nutritious whole foods and fresh produce. Choice Markets are held on Thursdays from 12:30pm - 2:00pm. Due to Covid19, our Choice Markets are now contactless by curbside pickup. A driver’s license or state ID must be provided at the time of pick up.

Upcoming Choice Market days:
September 9 & 23
October 7 & 21
November 4 & 18
December 9 & 23

Funding (in whole/part) for this publications is provided through an award from AgeOptions 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 AgeOptions 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 AgeOptions Civil Rights Coordinator at: 708-383-0258.
October 2021
10/8 – 7:00pm -9:00pm
Family Movie Night!
Join us after our Pastapalooza Fundraiser for a
showing of Ratatouille!

10/20 – 7:00pm – 8:00pm
Family Zumba!
Bring the family for some fun dance workouts!

10/22 – 6:00pm–7:00pm
Family Creepy Craft Night!
Join us for a night of creepy crafting.

10/29 – 7:00pm-9:00pm
Halloween Happenings!
We’re up to our old tricks with new treats this
year! Come dressed up and enjoy Trick or Treating
throughout the building. Then join us for a spooky
movie in the gym!

November 2021
11/6 – 1:00pm-3:00pm
Family Movie
Join us for an Afternoon Matinee of “Coco!”
Popcorn and Lemonade will be served!

11/13 – 1:00pm-2:00pm
Family Crafts!
Join us for a fun filled holiday crafts event.

11/17 – 7:00pm-8:00pm
Family Zumba!
Bring the family for some fun dance workouts!

December 2021
12/3 – 6:00pm -8:00pm
Christmas Movie Night!
Come to the “Y” to eat Christmas cookies with milk and
watch “The Grinch!” The movie will start at 6:15pm.

12/10 – 6:00pm–7:30pm
Dinner with Santa!
$10/$12 per child. Enjoy a delicious dinner with the Jolly
Ol’ Saint Nick himself! Every child 10 and under receives
a special present! Register by 5:00pm on 12/9 to reserve
your spot. This event sells out!

12/19 – 1:00pm–2:00pm Christmas Cookie Decorating!
Join us for cookie decorating!

Unless otherwise noted, all family programs are
free to members, or $10 per guest family. Visit our
website for the most up to date information on all
of our family events!

Please register at the Front Desk. A minimum of
four families is required for each event to run.
Programs may be cancelled due to low
enrollement. Questions? Contact Briana
Southwind, at bsouthwind@pavymca.org.
FACILITY RENTALS

POOL PARTY RENTALS
Get your group together for a SPLASH of a party! Great for birthdays, family reunions, youth groups and more! Includes 3 hours in a private party room with 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 with 1 hr. non-exclusive pool:

Member: $225
Guest: $275

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

3 hr. party room with 1 hr. exclusive pool:

Member: $265
Guest: $315

*Exclusive pool rentals must be scheduled after regular YMCA hours on Saturdays or Sundays.

PLEASE NOTE:
All rentals must be paid in full one week prior to event.
No alcohol is allowed on the Pav YMCA premises
Guest estimation required for pool parties.

GYM PARTY RENTALS
Celebrating a graduation, birthday or just want to get a group of friends together? A gym rental at the Pav Y is the perfect way to do so! You will receive 3 hours in a private party room with 1 hour of exclusive gym time.

Member: $215
Guest: $265

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

Questions? Contact Aimee Cortes, at ext. 319 or email at acortes@pavymca.org.
EXCLUSIVE RENTALS

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:** $100/$125 per hour
- **Gym only (exclusive):** $100/$125 per hour. ***After normal business hours.
- **Pool only (exclusive):** $125/$150 per hour. ***After normal business hours.
- **Pool only (non-exclusive):** $75/$100 per hour.

RENTAL ACCOMMODATIONS

- Wi-Fi
- Seating for up to 75 guests
- 30 minutes allotted before each party for set up.

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
- Craft
- Fitness Circuits
- Ice-cream Social ($3 per child extra)

The cost per child to eat 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
SPECIALTY PROGRAMS & SERVICE

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:
- Full Course: $85/$100
- Review Course: $45/$89

CPR classes are offered for full or review certifications.

Saturday, October 9, 2021, 12:30-3:30pm.
Saturday, November 13, 2021, 12:30-3:30pm.
Saturday, December 11, 2021, 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:
- Full Course: $200/$250
- Review Course: $100/$125

Next LGI course will be Friday, September 10, through Sunday September 12, 2021.

For more information, please contact the Healthy Living/Programs Director, Raj Waller at: ext. 320. or, rwaller@pavymca.org.
SOCIAL RESPONSIBILITY

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.

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 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.

VOLUNTEER

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.

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.

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!
ENRICHING KIDS INSIDE & OUT
Our staff provides a wide variety of daily activities during before/after care and school’s out days! We focus on education through STEM and reading, empower creativity with art, encourage physical activity with spots 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 the local school district 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.

DISTRICT # 100
Schools served: Emerson, Hiawatha, Irving, Komensky, Pershing, & Piper.

AM: 6:30am – Start of Full School Day
*Irving, & 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 aftercare is held at Komensky.

Before care: $30/week or $7/day
After care: $55/Week or $12/day
***Minimum 3 days per week required***
***Payments are due a week prior.***

Registration: Is ongoing. A $35 non-refundable registration fee is required. Register 2 business days prior to your needs.

SCHOOLS OUT DAYS AND BREAK CAMPS (K+)
We coordinate days off from school that are fun and engaging for District 100 students. Activities include swimming, arts & crafts, sports, and much more. Children must bring a lunch, swim suit, towel, gym shoes and appropriate outdoor clothing.

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

FULL DAY: $40/$45      HALF DAY: $20/$25
RSVP your spot early with a $5 deposit!

SCHOOL’S OUT DAYS
SEPTEMBER 7
OCTOBER 11-12
NOVEMBER 1

THANKSGIVING CAMP (11/22–11/26)
11/24: Crazy Hair Day           11/25: NO CAMP
11/26: Mismatch Day

WINTER CAMP (12/21–12/30)
12/20: Tie Dye Day             12/21: Sports Day
12/24: NO CAMP                12/27: Pajama Day
12/28: 80’s Day               12/29: Crazy Sock Day
12/30: Inside Out Day         12/31: NO CAMP
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.

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.

THE PROGRAM
You will be given access to a trained Lifestyle Coach and 12 months of group support (this program is not an exercise class). Guidance on eating healthier, managing stress, preparing healthy meals on a budget, and staying motivated after the programs completion. Useful tools like program manual, food journals, fat gram counting resources, and a complimentary family membership to the YMCA is provided for the entire year of participation.

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 Healthy Living/Programs Director, Raj Waller at, 708.749.0606 ext. 320, or rwaller@pavymca.org.
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 attempt to return to a “new normal.”

THE PROGRAM
LIVESTRONG® at the YMCA is a 12 week program in which the 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 mind, body & spirit.

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.

CLASS DAYS & TIMES
All classes will be held at the Pav YMCA. Monday and Wednesday mornings from 10:30 am to 11:45m and Tuesday and Thursday evenings from 5:00 pm to 6:15 pm.

COST
LIVESTRONG® at the YMCA is free to all cancer survivors. 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.

THE BENEFITS
- 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 wellbeing. Enrollment will be handled on a case by case basis.
- Personally meet with the program coordinator
- Commits to attending 80% of classes
- Inform your physician that you are joining
- Receives medical clearance if currently undergoing treatment
EAT PASTA WITH A PURPOSE

Roy Olsen Pastapalooza
PAV YMCA

Friday, October 8, 2021
11:00am - 7:00pm

Adults (ages 12+): $7
Kids (ages 4-11): $5
Ages 3 & under FREE

Seniors (ages 60+): $5
To-go Meals (call ahead): $7

PAV YMCA
2947 S. Oak Park Ave. Berwyn, IL 60402
708.749.0606 Visit pavymca.org