



# BE A PART OF SOMETHING GREAT



## OTTAWA YMCA 2024 FALL BROCHURE

FALL SESSION 1: SEPTEMBER 9 - OCTOBER 19  
REGISTRATION BEGINS AUGUST 19  
FALL SESSION 2: OCTOBER 28 - DECEMBER 14  
REGISTRATION BEGINS OCTOBER 7  
NO PROGRAMS NOVEMBER 25-30



# GET ENGAGED

NOW REGISTER FOR PROGRAMS ONLINE AT [www.ottawaymca.org](http://www.ottawaymca.org)

## Members and Guests

The Ottawa YMCA is a Membership organization. We offer membership opportunities for everyone! We have Corporate, Military, Clergy, Veterans & Senior discounts. Our memberships begin at three months. Yearly memberships may be paid in full or through a monthly bank or credit card draft plan. Rates are available online at [www.ottawaymca.org](http://www.ottawaymca.org) or at our Service Desk

## Scholarships

Through the help of our Annual Support Campaign and Partners In Youth donations, the YMCA is able to provide memberships, programs and classes to those in financial need. Please contact the YMCA Service Desk for more information.

## Conduct Statement

We prohibit inappropriate behavior, including, but not limited to: profanity or abusive language or attire, smoking, use of alcohol or drugs, theft, or any criminal conduct. Members and guests must abide by this code or risk losing privileges and be asked to leave the premises.

## Membership/Class Policy

Refunds/Credits are not available unless the Y cancels a class. Memberships are non-refundable and not based on usage.

## Guest Policy & Fees

Guests 16 and older must show a valid Student ID and/or driver's license. An information and release form is required from all guests.

Guests under 14 must be with a parent or guardian at all times.

Limit of 6 Guest Passes in calendar year before taking out membership.

YOUTH (Ages 3-17) \$ 8.00  
ADULT (Ages 18+) \$ 15.00

## Closing/Holiday Dates

Labor Day Monday Sept. 2nd	Open 7:00 to 12:00 PM
Thanksgiving, Thursday Nov. 28	Closed
Christmas Eve, Tue., Dec. 24th	Open 7:00 am-12:00 PM
Christmas Day, Wed., Dec. 25th	Closed
New Years Eve, Tue., Dec. 31st	Open 7:00 am-12:00 PM
New Years Day, Wed., Jan. 1st	Closed

## Pool Hours

Monday/Wednesday	5:30 AM to 7:00 PM
Tuesday/Thursday	7:00 AM to 7:00 PM
Friday	5:30 AM to 6:00 PM
Saturday	7:30 AM to 3:00 PM
Sunday	12:00 PM to 3:00 PM

## Building Hours

M-F	5:00 am - 9:00 pm
Sat.	7:00 am - 5:00 pm
Sun.	11:00 am - 5:00 pm

## Child Watch Hours

Monday – Friday Mornings	8:00 am – 12:00 PM
Monday – Thursday Evenings	4:00 pm – 8:00 PM
Saturday	8:00 am – 12:00 PM

**Child Watch is included in an Ottawa YMCA Family/Single Parent Family Membership. There is a two hour limit per day. For ages 6 weeks to 11 years. Hours are subject to change.**

## Supporting the Health of Local Business

The YMCA is proud to provide membership incentives for local companies that communicate our goals of youth development, healthy living, and social responsibility. If your group, business or organization is interested in membership incentives at the Y, please call our Membership Director Kelly at 815-433-2395 Ex 24





# EARLY LEARNING & CHILDCARE

FALL SESSION 1: SEPTEMBER 9 - OCTOBER 19  
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NO PROGRAMS NOVEMBER 25-30

## WATCH US GROW AGES 1-2

### Fall Sessions 1 & 2

Play based learning with a parent! Have fun and explore with your kiddos in our new Child Watch Area. Parent participation required.

Monday & Wednesday 12:15-1:00 PM  
Members \$32 a session  
Program Participants \$64 a session

## ME & MY MINI AGES 1-2

### Fall Sessions 1 & 2

Come experience Play and Art. Each class will give your child the opportunity to do those messy activities. Parent participation required.

Tuesday & Thursday 12:15-1:00 PM  
Members \$32 a session  
Program Participants \$64 a session

## TWO MUCH FUN 2 Year olds

### Fall Sessions 1 & 2

This class is a great way for your child to learn about preschool. Socialization and sharing are a part of what they will learn.

We will introduce them to art, science, circle time, weather, letters, shapes, numbers, and colors.

Tuesday and Thursday 9:30 AM-11:00 AM  
Members \$75 a session  
Program Participants \$150 a session

## DISCOVERY PRESCHOOL Ages 3-5

The YMCA method of teaching encourages children to learn through "doing"; it requires active thinking and experimenting to make discoveries about the world around us. Our goal is to help children become enthusiastic learners and to foster a lifetime love for learning..YMCA Membership required

### \$40 Activity fee

Monday/Wednesday/Friday 8:45 AM-12:00 PM  
Members \$160 a month  
Tuesday/Thursday 8:45 AM-12:00 PM  
Members \$110 a month

May register for one or both programs

## KIDS NIGHT OUT AGES 4-12

With the parents away, the kids will play! Bring your kids for their very own night out including PIZZA, drinks, craft stations, gym time, and more!

Friday's 5:30-7:00 PM  
Members \$15/Program Participants \$30  
Sept. 20th, Oct 18th, Nov 22nd, and Dec 20th

## BEFORE/AFTER SCHOOL 2024-2025 RATES

**\*\*NO REFUNDS OR CREDITS WILL BE GIVEN FOR MISSED DAYS.\*\***

One-time Non-refundable Registration Fee: \$45 per child per school year

### BEFORE SCHOOL

Daily \$6.00 Member \$12.00 Program Participant  
Weekly \$22.00 Member \$52.00 Program Participant

### AFTER SCHOOL

Daily \$11.00 Member \$17.00 Program Participant  
Weekly \$42.00 Member \$75.00 Program Participant

### HALF DAY RATES

Daily \$18.00 Member \$26.00 Program Participant

### FULL DAYS & HOLIDAY CAMP RATES

Daily \$40.00 Member \$50.00 Program Participant  
Weekly \$140.00 Member \$180.00 Program Participant

Inquire at the YMCA for Membership

\*Parents MUST register by Friday for the following week.  
Late fees will apply of \$5 per day per child

## Program Hours:

### Ottawa Before School

Monday thru Friday  
6:30 am-8:15 AM  
Bussed to OES Schools

### Ottawa After School

Monday - Friday  
Afterschool -5:30 PM  
Bussed to YMCA

### Ottawa and Wallace Half Day

11:30 am-5:30 PM  
Bussed to YMCA

### Full Day at the YMCA

6:30 AM - 5:30 PM

No Half Day care at Marseilles or Grand Ridge Schools

## HOLIDAY CAMP

Enjoy time out of school at the Y! School's Out Specials are based on the OES Calendar

Wallace, Grand Ridge and Marseilles students are welcome at the Ottawa YMCA for full day programs.

Thanksgiving Break: Nov. 27 & 29

Christmas Break: Dec. 23, 26, & 27  
Dec. 30 Jan. 2 & 3

**SAME AS AS FULL DAY RATES ABOVE**

### Wallace and Grand Ridge

#### Before School

Monday thru Friday  
6:30 AM-8:15 AM

### Wallace, Grand Ridge

#### and Marseilles After School

Monday - Friday  
Afterschool -5:30 PM  
At Each School

Times in the Satellite Site Programs may be adjusted based on enrollment at Wallace, Grand Ridge and Marseilles Schools

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# S.T.E.A.M. and Clubs

## **Lego Legends** K- 2nd Grades Fall Session 1

For our littler learners, we will use lego building blocks to engage their creative minds! Fun games and challenges will get them thinking outside the box while having fun with friends.

Thursdays

5:30 pm-6:15 PM

**Member \$32/Program Participant \$64**

## **Artsy Activities** K- 2nd Grades Fall Session 2

Our little learners will work on various art projects, learning about color, shape, texture, and many different mediums!

Thursdays

5:30 pm-6:15 PM

**Member \$32/Program Participant \$64**

## **Makerspace Meetups** 3rd - 8th Grades Fall Sessions 1 & 2

Participants can challenge their brains and engage their creative minds as they explore Science, Technology, Engineering, Arts and Math. They will have fun building and creating solutions to weekly projects as they learn.

Thursdays

3rd - 5th Grades 6:30 - 7:15 PM

6th - 8th Grades 7:30 - 8:15 PM

**Member \$32/Program Participant \$64**

## **Leader's Club** 6th - 12th Grades Fall Sessions 1 & 2

Leader's Club is a preteen and teen-led group that meets regularly to develop new generations of leaders who will help build our community's future! With support and guidance from an adult supervisor, teens will choose their projects based on the passions of the group with focuses in community service, volunteer hours, team-building and leadership development. Each week will also include fun and challenging games and activities! Free for members, but registration is required for planning purposes.

Mondays

6:00 PM-7:30 PM

**Member FREE/Program Participant \$8**





# KID'S SPORTS

**Capacity limits apply to all sports programs**

## **Instructional Basketball** Ages 3-3rd grade

### **FALL SESSION 1**

Once a week lessons for kids to learn from local basketball coaches! Skills and drills will teach hand eye-coordination, technique, court movement and more.

#### **Tuesdays**

**Ages 3-5 (not in K) 5:30 - 6:15 PM**

**K- 1st grade 6:30 - 7:15 PM**

**2nd and 3rd grade 7:30 - 8:15 PM**

**\$32 Member/\$64 Program Participant**

## **Sports of All Sorts** Ages K-3rd grade

### **FALL SESSION 1 & 2**

This is the perfect chance for kids to test out a new sport as they learn teamwork and coordination! Each week coaches will demonstrate skills, drills, and games from a new sport, including, basketball, soccer, football, volleyball, t-ball, and more!

#### **Thursdays**

**K- 1st grade 5:30 - 6:15 PM**

**2nd and 3rd grade 6:30 - 7:15 PM**

**\$32 Member/\$64 Program Participant**

## **Y Tumble Gym (Beginner and Advanced)** Ages 3-8

### **FALL SESSION 1 & 2**

Come to the Y and learn the fundamentals of tumbling! This class is for 3-5 year olds with no tumbling experience. We will teach basic strengthening techniques, animal walks, somersaults, and a whole lot of FUN! Children must dress in loose comfortable clothing such as leotards, shorts t-shirts, sweatpants etc. All children will be in bare feet during class. For the advanced class, children must be able to forward roll, cartwheel, and bridge.

#### **Mondays**

**Beginner 5:00 - 5:45 PM**

**Advanced 6:00 - 6:45 PM**

**\$32 Member/\$64 Program Participant**

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**REGISTRATION BEGINS OCTOBER 7**

**NO PROGRAMS NOVEMBER 25-30**

## **Homeschool Sports** Ages 5-17

### **FALL SESSION 1 & 2**

A tour of many different types of sports designed especially with the Home School student in mind.

**Fridays 11:00 am - 11:45 am**

**\$32 Member/\$64 Program Participant**

## **Instructional Flag Football** Ages K-3rd grade

### **FALL SESSION 2**

Weekly lessons for kids to learn the basics of flag football! Skills and drills will teach hand-eye coordination, technique, teamwork, and more

#### **Tuesdays**

**K- 1st grade 5:30 - 6:15 PM**

**2nd and 3rd grade 6:30 - 7:15 PM**

**\$32 Member/ \$64 Program Participant**



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# CULINARY CLASSES

## Family Cooking Classes

All Ages, Parent Required

Learn new recipes, skills, and healthier eating habits as a family.

Members \$20 per Family/Program Participant \$40 per Family  
plus \$20 food fee

5:30-7:00 PM

**Pizza with Pizzazz**  
Friday, September 13th

**Thanksgiving Treats**  
Friday, November 15th

**Halloween Hits**  
Friday, October 11th

**Winter Warm Up**  
Friday, December 13th

**Limited Space Available**



### Fall Finger Food Series Fall 1 Session

**Ages 18+**

Learn healthier alternatives to your favorite game-day snacks just in time for football season.

Tuesdays

5:30 pm-6:30 PM

Member \$32 + \$20 food fee

Program Participant \$64 + \$20 food fee

### Healthier Cooking for 1 or 2 Fall 1 Session

Standard family-sized recipes just don't work for every household. Come learn tips, tricks and recipes to help you portion your meals and even save money in our class!

Thursdays

12:00 PM-1:00 PM

Member \$32 + \$20 food fee

Program Participant \$64 + \$20 food fee

### Kids in The Kitchen Fall 2 Session

Thursdays

3rd - 5th grade 5:30 - 6:30 PM

6th - 8th grade 7:00 - 8:00 PM

Member \$32 + \$20 food fee

Program Participant \$64 + \$20 food fee

### Diabetes Tips and Tricks Fall 2 Session

Diabetics and Pre-Diabetics will learn safe, healthy recipes to help control and improve their health.

Thursdays

12:00 pm-1:00 PM

Member \$32 + \$20 food fee

Program Participant \$64 + \$20 food fee



# AQUATICS

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At the Y, our swim lessons are focused on learning vital water safety skills and stroke development through a swim skill progression. We are excited to offer a variety of lessons for people of all ages and abilities, both in group and private settings.

## Group Swim Lessons

Our group lessons have a maximum enrollment of 12-16 students to ensure proper student to instructor ratios for safety and instructional purposes.

**Members \$42/Program Participants \$84**

**Tadpoles Ages 0-3 years, with parent (Therapy Pool)**

Thursday Evenings 5:25-5:55 PM

Saturday Mornings 9:00-9:30 AM

**Preschool Ages 3 – 5 (Therapy Pool)**

Thursday Evenings 6:00-6:30 PM

Saturday Mornings 9:35-10:05 AM

**Progressive Ages 6+ (Both Pools)**

Thursday Evenings 6:35 – 7:05 PM

Saturday Mornings 10:10-10:40 AM

## Home School Swim Ages 5+

**Members \$42/Program Participants \$84**

Swim program designed for home school children. Combines swim lessons, water safety, and fun built into this program. Children will be placed in groups by ability on the first day of each session.  
Friday 12:00-12:45 PM



## Y Private Swim Lessons

Private or semi-private lessons are the perfect answer for the participant who cannot make our scheduled group lessons or that need specialized instruction. Lessons are 30 minutes and are scheduled by the Aquatics Director.

### Private Lessons

	Member	Program Participant
1 Lesson	\$35	\$70
3 Lessons	\$85	\$170
5 Lessons	\$130	\$260

### Semi-Private Lessons

	Member	Program Participant
1 Lesson	\$52	\$104
3 Lessons	\$127	\$254
5 Lessons	\$195	\$390

## Masters Swim Team Y Members age 18 and over

**\$25 monthly on auto-draft**

Do you like to swim? Are you competitive? Are you over the age of 18? If you answered yes to any of the above questions, the Masters Swim team may be for you. Workouts are developed with technique and conditioning components.

Monday/Wednesday/Friday 6:30-7:30 AM

For additional information contact Coach John at [odmsty@gmail.com](mailto:odmsty@gmail.com)

## Dolphins Swim Clinic

**Members \$42/Program Participants \$84**

Our swim clinic is for children interested in joining the Dolphins Swim Team. The "rookie swimmers" will meet the coaches and learn about the swim team before committing to join the team. All participants must be comfortable in deep water and be able to swim the length of the pool without assistance.

September 9, 11, 16, and 18  
4:00 – 4:45 PM

## Dolphins Swim Team

The Ottawa YMCA Dolphins Swim Team welcomes all swimmers at all ability levels! Our competitive swim team offers quality coaching and technique instruction for all ages. The goal of our team is to provide every member with an opportunity to improve their swimming skills and achieve success at their level of ability. From novice to national competitor, every swimmer is important to our team! All team members must be Ottawa Y members.

Practice begins September 23. Days, Times, and fees vary depending on practice group placement. For more information visit <https://www.gomotionapp.com/team/reczcoyst/page/home>





# FITNESS

FALL SESSION 1: SEPTEMBER 9 - OCTOBER 19

REGISTRATION BEGINS AUGUST 19

FALL SESSION 2: OCTOBER 28 - DECEMBER 14

REGISTRATION BEGINS OCTOBER 7

(EXCLUDING THANKSGIVING WEEK)

## Youth Mobility Training 8 - 14 Years

### Sessions 1 & 2

Kids are a lot different now from how they were 10 years ago! They sit more. They play more games. They have more homework. Want to improve your child's strength, balance, flexibility, body awareness, and improve athletic performance? Mobility training helps increase the range of motion within the joints and surrounding muscles. They will explore the basic positions and movement patterns involving squats, lunges, supine, prone, reaching, and rotation movement challenges while learning skills to carry through school, college and adulthood.

**Tuesday/Thursday 4:30 - 5:15 PM**

**\$42 Member/\$84 Program Participant**

## FUNDamentals Ages 14+

### Sessions 1 & 2

Going at it alone during your fitness journey can be confusing and difficult. Small Group Training (SGT) program offers the benefit of a certified Personal Trainer at a reduced cost. while also enjoying the camaraderie of a group of 6 to 10 members. The trainer's energy keeps the sessions fun and effective while educating the group on basic FUNDamental lifts. This class is held on the Wellness Floor Turf and is a foundational class for future advanced program.

**Wednesdays 5:45 - 6:30 PM**

**\$99 Member/\$198 Program Participant**

## Teen Weight Room Orientation (Blue Card)

Make an appointment through our Smart Start Program. Upon completion of the class, participants will receive a Blue Wristband. Wear this wristband when using the Wellness Center. After completion of the Blue Band Training, 12-13 year old MEMBERS may use the Wellness Floor without a parent or guardian.

**FREE FOR MEMBERS**

## Smart Start

Smart Start is provided to our members as a gateway to the world of health and wellness. You will receive four one-on-one meetings with our wellness staff. They will help you become more comfortable with using our cardio and strength machines and goal setting techniques.

**FREE FOR MEMBERS**

## Land Based Personal Training

Let one of our certified Personal Trainers help you attain faster and better results. You will achieve proper fat loss and muscle gain while reducing your chance of injury. Establish a lifetime exercise regimen with an encouraging professional guiding you! Schedule your appointment with Karen, John, Kay, Mark, Mary, Michele, Pat, Ryan, and Linda!

### intro to Personal Training

**Six 30-minutes sessions (for new members only) - \$99**

**Five 1- hour sessions - \$195**

**Ten 1- hour sessions - \$375**

## Aquatic Personal Training

Training in the water alleviates stress on various joints of your body and still allows for resistance, flexibility, and strengthening. Try a personalized aquatic fitness training session! Schedule your appointment with Christy, Kay or John today at the Welcome Desk.

**Same as Land Based Prices above**

## Group Personal Training

Redefine your relationship and spend quality time in a healthy, fun environment. Friends, siblings, or couples can celebrate each other's strengths while improving each other's weakness.

**One 1 - hour session for up to three people - \$60**

**Five 1- hour sessions for up to three people - \$275**

**Ten 1- hour sessions for up to three people - \$425**

## Bridal Party Group Personal Training

Customized small-group training session for you and your closest friends/family members. (Minimum of 4 participants including the bride/groom).

**One 1 - hour session per week for 7 weeks - \$75 for the bride or groom**

**Additional \$125 per party member**

## Group Fitness Classes-Free for Members

AquaBoxing	Power Hour
AquaZumba®	SilverSneakers®
BodyPump®	Stretch and Mobility
BodyCombat®	Rock Steady Boxing®
Boot Camp	Core and More
Cardio Crush	STRONG®
Chair Yoga	Water Exercise
CRS Triad	Workout of the Day
Cycle 45	Yoga
Cycle 30	Yoga +
EnhanceFitness®	Zumba®
Kick with Karole	



# KEEPING YOUTH AND TEENS SAFE AT THE OTTAWA YMCA

## Program Area Age Requirements for YMCA Members

### Fitness Center & Weight Room

- Ages 14+ may have access to the Wellness Floor without adult supervision.
- Ages 12-13 must have the Blue Card Training to use the Wellness Floor without an adult.
- Ages 11 and under are not permitted to use any equipment.



### Group Exercise Classes

- Ages 14+ may participate in all group exercise classes.
- Ages 12-13 may participate in group exercise classes with an adult, except for BodyPump, Boot Camp, Cycling, and CRS Triad.
- Ages 11 and under are not permitted to attend classes.



### Playing in the Gymnasium

- Ages 12 and up may use all the space without adult supervision.
- Ages 11 and under may use the space provided an adult is in the gym with them.



### Fun in the Pools

- Ages 14+ may use the Aquatic Center without adult supervision.
- Ages 12-13 must be a green band swimmer to use the Aquatic Center without adult supervision. Ages 8-11 must have an adult in the Aquatic Center at all times.
- Ages 6-7 must have an adult swimming with them at all times.
- Ages 5 and under must have an adult swimming within arms reach at all times.



### Youth Guests at the YMCA

YMCA Guests under age 14 must be with a parent or guardian at all times and may use the pool or gymnasium only.



# ADULT SPORTS

FALL SESSION 1: SEPTEMBER 9 - OCTOBER 19  
REGISTRATION BEGINS AUGUST 19  
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NO PROGRAMS NOVEMBER 25-30

## Pickleball Basics Ages 18+

### FALL SESSION 1 & 2

An introduction to one of the fastest growing sports in the world! True beginners can learn the basic skills, scoring, and court movements of this fun and welcoming sport!

**Wednesdays 10:30 - 11:30 AM**

**\$32 Member/\$64 Program Participant**

## Pickleball Doubles League Ages 18+

### FALL SESSION 1

Challenge yourself against other players in the community in our new fall league!

The league will begin September 11th and will consist of 6 weeks of round-robin play followed by a bracket tournament. Register as an individual and identify your partner on your registration. If you would like to register but do not have a partner, contact Amanda Walker at [amandawalker@ottawaymca.org](mailto:amandawalker@ottawaymca.org) to be put on our waitlist and paired up with a partner. Participants should be intermediate and above.

**There is a limited capacity.**

**Wednesdays 5:30 - 8:00 PM based on number of teams**

**\$32 Member/\$64 Program Participant**

## Dinking December Pickleball Tournament

**Ages 18+**

**Saturday and Sunday**

**December 7th and 8th**

**Competitive Women's Doubles - Saturday beginning at 8:00 AM**

**Competitive Men's Doubles - Saturday beginning at 12:30 PM**

**Intermediate Mixed Doubles - Sunday beginning at 12:30 PM**

**Registration opens Monday, November 11th**

**Individual Fees are \$20 Member/ \$40 Program Participant**

**SPACE LIMITED TO FIRST 7 TEAMS TO REGISTER FOR EACH DIVISION.**

## Open Sports-ongoing throughout the year

**All open sports are for our Ottawa YMCA members. All open sport schedules are subject to change at any time based on the needs of our scheduled programming.**

### Open Basketball

**Tuesdays and Thursdays from 12:00-2:00 PM**

### Open Women's Basketball

**Mondays from 7:00-8:45 PM**

### Open Volleyball

**Tuesdays and Thursdays from 6:00-8:00 PM**

### Open Pickleball

**Monday - Friday**

**Times vary depending on the level of play.**

**See our app or website for gym schedule**



**Check out  
our gymnasium schedule  
online or on our app!**



# EVIDENCE BASED CLASSES

ALL PROGRAMS FREE FOR OTTAWA YMCA MEMBERS ONLY

Contact [karenszewczuk@ottawaymca.org](mailto:karenszewczuk@ottawaymca.org) with any questions

## Blood Pressure Self Monitoring Ages 18+

Program runs September 9th–December 31st

This program supports adults with hypertension in lowering and managing their blood pressure. This free four-month program focuses on practicing home self-monitoring blood pressure readings and individualized nutrition education for better blood pressure management. With the support of a trained Healthy Heart Ambassador, participants will aim to: Measure and record their blood pressure at least two times per month, learn how to properly measure their blood pressure, engage with a Healthy Heart Ambassador two times a month, and participate in monthly Nutrition Education Seminars (September 17th, October 15th, November 19th, and December 17th).

## YMCA Diabetes Prevention Program Ages 18+

16 Weekly sessions followed by 3 bi-weekly and 7 monthly sessions that is held in a supportive, small group environment led by a trained Lifestyle Coach. Participants will learn healthy eating, increase physical activity, decrease body weight by 7%. This yearly program begins September 5th.

## Rock Steady Boxing® Ages 18+

Rock Steady Boxing enables people with Parkinson's Disease to fight their disease by providing non-contact boxing-style fitness classes that improve their quality of life, sense of efficacy, and self-worth. Recent studies also suggest this intense program may be "Neuro-protective" working to delay the progression of symptoms. Contact Mary Levy at 814-433-2395 for more information.

Tuesdays and Thursdays 1:00–2:30 PM

## EnhanceFitness® Ages 18+

EnhanceFitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized and empowered for independent living. The exercises focus on cardiovascular endurance, strength, flexibility, and balance which can help reduce the severity of arthritis symptoms. In addition, the class atmosphere encourages social interaction, which is a vital part of health and well-being for older adults. Participants will be assessed when they start and every 16 weeks thereafter.

Monday, Wednesday and Friday 10:30 –11:30 AM  
and 11:45 am –12:45 pm



## LIVESTRONG at the YMCA Ages 18+

A 12 week program for adult cancer survivors. Survivors participate in a health and fitness program with other survivors in a small group setting. Through the program, certified YMCA instructors help patients build muscle mass and strength, increase flexibility and endurance, and improve energy levels and self-esteem. Free 3 month membership included. Sign up with Karen Szewczuk

Tuesdays and Thursdays 11:00 –12:30 PM





# OSF<sup>®</sup> HEALTHCARE



## PARTNERSHIP PROGRAMMING

### King Care-A-Van

**OSF OnCall Cardio Check aboard the King Care-A-Van  
in the Y parking lot**

No Appointment Needed.

Every third Thursday 10:00 am - 2:00 pm

- Health screening – blood pressure, pulse ox, blood glucose and cholesterol\*
- Health care navigation
- Technology and digital program assistance – MyChart
- Connect to community resources
- Medicaid Innovation Collaboration program enrollment

**\*8-12 hour fast required for blood glucose and cholesterol screenings.**

### Stroke Wellness

Monday and Wednesday 1:00 - 2:00 PM

Wellness Floor

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(EXCLUDING THANKSGIVING WEEK)

The Stroke Wellness Program allows stroke survivors to stay active and improve their health after completing formal physical therapy. Set in a group setting on the Wellness Floor, Ottawa YMCA's Personal Fitness Trainers and OSF Physical Therapist team up to teach you and your caregiver how to develop your workout regime to continue your post care. Caregivers will need to be present and active at all sessions.

Contact [karenszewczuk@ottawaymca.org](mailto:karenszewczuk@ottawaymca.org) with any questions.

**Free for Ottawa YMCA Members only  
Please register at the Y Welcome Desk**

### OSF Stroke Support Group

**Free for the Community**

First Tuesday of the month 11:00 am - 12:00 pm

in the Ottawa Y meeting room

Contact OSF at (815) 431-5230 and ask for Jenna Porter.



**Saturday, August 31st**

**Saturday, November 9th**

Community Blood Drive.

Blood donations are often used to help treat patients with cancer, victims of trauma and patients undergoing major surgeries. All persons ages 17 and up (or 16, with a signed parental permission form) who weigh at least 110 lbs. and are in general good health meet the basic eligibility requirements for blood donation. For more information, call ImpactLife at (800) 747-5401, visit [www.bloodcenter.org](http://www.bloodcenter.org), or download the IMPACT mobile app at [www.bloodcenter.org/app](http://www.bloodcenter.org/app).

### Safe Sitter Class 6th-8th grades

**Saturday, October 19th**

**The Y Meeting Room**

**9:00 am - 2:30 pm**

Designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue. Students should bring a sack lunch and water. Financial assistance is available. To register, contact Shasta at (815) 431-5496 or [shasta.h.hladovcak@osfhealthcare.org](mailto:shasta.h.hladovcak@osfhealthcare.org).





# ACTIVE Y ADULTS

## Healthy Heart Habits Ages 55+

Listen and learn as OSF nutritionists explain some options for Healthy Heart Habits!

Tuesday, September 17th

11:00 AM-12:00 PM

Free for Members/\$15 Program Participants

Please register at the Y Welcome Desk or online by Tuesday, September 10th

## Paint and Sip Cider Ages 55+

Join us for an acrylic painting tutorial! Paintings will be fall or Halloween themed. Registration fee covers Apple Cider and all supplies.

Tuesday, October 22nd

11:00 AM -12:30 PM

\$10 for Members/\$15 Program Participants

Please register at the Y Welcome Desk or online by Tuesday, October 15th

## Holiday Hooplah Ages 55+

Join us for a potluck, an ugly sweater contest, holiday-themed crafts, and more!

Thursday, December 19th

11:00 AM -12:30 PM

Free for Members/\$15 Program Participants

Please register at the Y Welcome Desk or online by Thursday, December 12th

## ALZHEIMER'S ASSOCIATION Ages 55+

Join us every other month for an education series presented by the Alzheimer's Association! Topics will include Understanding Alzheimers and Dementia, 10 Warning Signs of Alzheimer's, and Dementia Conversations. Refreshments will be served

**Tuesdays 11:00 AM-12:00 PM in the Multipurpose Room**

October 15th

December 17th

February 18th

Free for Members

# SPIRITUAL FITNESS

## Q Place

Tuesdays, starting September 10th from 1:30-2:45 PM

Wednesdays, starting September 11th from 10:00-11:30 AM

The Wednesday group will be discussing Finding Peace in an Anxious World. Many people express the crushing weight of anxiety that they feel due to the pace of life, the expectations of others, and the seeming impossibility of finding rest through it all. This discussion guide focuses on what the Bible says about finding peace.

The Tuesday group will focus on discussions about the Apostle Paul and his missionary journeys as recorded in the book of Acts in the New Testament. We will meet in the YMCA chapel.

All are welcome. Contact Nancy Klaassen ([nklaassen@qplace.com](mailto:nklaassen@qplace.com)) with questions or to sign up.





# JOIN TODAY

## 2024 Membership Rates

	Joiners Fee	Bank Draft	3 Month Paid in Full	Annual	*Reduced Bank Draft	*Reduced 3 Month Paid in Full	*Reduced Annual
<b>YOUTH</b> Ages 2-13	\$25	\$20	\$78	\$240	N/A	N/A	N/A
<b>STUDENT</b> Ages 14-18	\$25	\$22	\$84	\$264	\$18	\$72	\$216
<b>YOUNG ADULT</b> Ages 19-25	\$25	\$28	\$102	\$336	\$24	\$90	\$288
<b>ADULT</b> Ages 26+	\$50	\$40	\$138	\$480	\$36	\$126	\$432
<b>SINGLE PARENT FAMILY</b>	\$50	\$45	\$153	\$540	\$41	\$141	\$492
<b>FAMILY</b>	\$50	\$50	\$168	\$600	\$46	\$156	\$552
<b>SENIOR ADULT</b> Ages 62+	\$25	\$32	\$114	\$384	N/A	N/A	N/A
<b>SENIOR FAMILY</b> Ages 62+	\$50	\$39	\$135	\$468	N/A	N/A	N/A

**\*To qualify for reduced rate you must be employed by a Corporate Partner, Show proof of being a Military Veteran, National Guard, or Full Time Clergy. We also offer Income Based Scholarship Memberships, please ask for information.**

# DONATE



Doing good makes me feel good.



The Y makes it easy for me to do more good.



The Y connects me to others who want to contribute to our community.



The Y helps us create the strong community we envision locally, nationally, and globally.

We take on some of society's biggest challenges, such as narrowing the academic achievement gap, addressing pressing public health issues, and reducing social isolation by giving people a place to connect.

The Y is a nonprofit, 501(c)(3) charity that works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. One of the ways we do that is by providing financial assistance to children, adults and families who may be unable to afford a membership or participation in our programs. The Y counts on the generous donations from the public to ensure everyone has the opportunity to participate in our services.

When you give to the Y, you're doing your part to strengthen our community—and a strong community is good for everyone. Whether you're helping a child in need attend summer camp, giving someone the assistance they need to make a healthy change in their life, or contributing to the construction of a new Y facility, your gift will let us continue to affect positive change in our region.

For more information contact [joecepece@ottawaymca.org](mailto:joecepece@ottawaymca.org) or call 815-433-2395