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HARVEST YOUR POTENTIAL

OTTAWA YMCA FALL BROCHURE 2025

FALL SESSION 1:
SEPTEMBER 8TH - OCTOBER 18TH
REGISTRATION OPENS AUGUST 18TH

Six Week Session

FALL SESSION 2:
OCTOBER 27TH - DECEMBER 13TH (NO
PROGRAMS THANKSGIVING WEEK)
REGISTRATION OPENS: OCTOBER 6TH

Six Week Session

For a better us.®

FALL 1 & 2

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HOW TO REGISTER FOR PROGRAMS

- Online by visiting www.ottawaymca.org
- In person by visiting the Y
- By calling (815) 433-2395 (Members Only)

M – Ottawa YMCA Member Rates

PP – Program Participant Rates

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 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/Program Policy

Refunds/Credits are not available unless the Y cancels a program. 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, Mon., Sept. 1 st	Open 7:00 AM -12:00 PM
Thanksgiving, Thu., Nov. 27 th	Closed
Christmas Eve, Wed., Dec. 24 th	Open 7:00 AM-12:00 PM
Christmas Day, Thu., Dec. 25 th	Closed
New Years Eve, Wed., Dec. 31 st	Open 7:00 AM-12:00 PM
New Years Day, Thu., Jan. 1 st	Closed

Pool Hours Beginning Sept. 2 ***NEW**

Monday & Wednesday	5:30 AM – 7:00 PM
Tuesday & Thursday	7:00 AM – 12:00 PM and 4:00 PM – 7:00 PM
Friday	5:30 AM – 6:00 PM
Saturday	7:30 AM – 12:00 PM
Sunday	12:00 PM – 3:00 PM

Building Hours Beginning Sept. 2 ***NEW**

Monday-Thursday	5:00 AM – 9:00 PM
Friday	5:00 AM – 8:00 PM
Saturday	7:00 AM – 5:00 PM
Sunday	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

TWO MUCH FUN 2 Year olds

Fall Session 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
M \$75 a session
PP \$150 a session

Fall Session 1:
September 8th - October 18th
Registration Opens August 18th

Fall Session 2:
October 27th - December 13th
(no programs Thanksgiving week)
Registration Opens: October 6th

BEFORE & AFTERSCHOOL PROGRAM Follows school year

K- Age 12

\$45 Registration Fee

Before School 6:30 - 8:15 AM Ottawa Y & Wallace

Daily M \$6/ PP \$12 or Weekly M \$24/PP \$48

After School Dismissal -5:30 PM

Ottawa Y, Wallace & Marseilles

Daily M \$11/PP \$22 or Weekly M \$44/PP \$88

DISCOVERY PRESCHOOL

PRESCHOOL Ages 3, 4, & 5

Let the fun (and learning) begin! This playful preschool program is made just for curious little ones aged 3 to 5. Through hands-on activities, kids will explore colors, shapes, letters, and numbers while building important social skills. Each day brings something new—crafts, music, gym time, and plenty of smiles. Children must be fully potty-trained to participate.

2025-2026 SCHOOL RATES
PRICING PER MONTH

\$45 Registration Fee

MEMBERS ONLY

Days	Fee
Tue., Thu.	\$115
Days	Fee
Mon., Wed., & Fri.	\$165

Starts Sept. 8
Open House
Aug. 21
5:30 pm



KIDS' NIGHT OUT

Ages 5-12

M \$15

PP \$30

Kids, need a break from your parents?

No problem! Bring your friends and have a blast at the Y with our cool counselors on Friday night! Join us for a variety of activities such as games, sports, building time, and arts & crafts. Pizza and Drink will be provided.

Kids Night Out is open to both Facility Members and Community Members, so bring a friend!

Friday, September 19th
Friday, October 17th
Friday, November 14th
Friday, December 12th
5:30-7:30 PM



CULINARY & STEAM

KIDSPARK BASICS FALL SESSION 1

Mondays

K-1st Grade 5:30 – 6:15PM

2nd – 3rd Grade 6:30 – 7:15 PM

Using our new Kidspark Labs, participants will learn about the engineering process, building, movement mechanisms, design and more as they tackle challenges and work with teammates.

M \$32/PP \$64

KIDS IN THE KITCHEN FALL SESSION 2

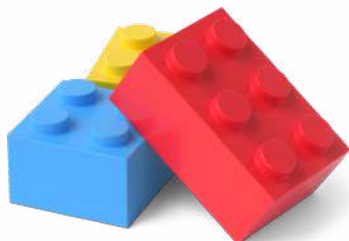
Wednesdays 5:30 – 6:30 PM

3rd – 5th Grade

Kids can hone their culinary skills in the kitchen, while learning about healthy alternatives to their favorite snacks and foods!

M \$32/PP\$64

plus \$20 food fee



FAMILY

FAMILY BINGO NIGHT

Friday, September 12th

5:30–7:00 PM

Bingo can be for everyone in the family!

Stop by for light snacks and as many games of bingo as we can fit into the evening.

Non-cash prizes will be available for winners of all ages. Register online at www.ottawaymca.org.

FREE FOR MEMBERS

THANKSGIVING FOOD DRIVE

Friday, November 21st

5:30–7:00 PM

Teach your children the value of giving back with this community food drive! Members who bring canned goods to donate can also spend some time completing crafts, writing thank you cards, and enjoying family swim in the pool!

FREE FOR MEMBERS WITH FOOD DRIVE DONATION

Fall Session 1:

September 8th – October 18th

Registration Opens August 18th

Fall Session 2:

October 27th – December 13th

(no programs Thanksgiving week)

Registration Opens: October 6th

ART EXPLORERS

Wednesdays

FALL SESSION 1

K-1st Grade 5:00 – 5:45 PM

2nd – 3rd Grade 6:00 – 6:45 PM

Come explore a different art medium and project each week! This is a great opportunity for participants to engage with fellow artists while flexing their creative minds!

M \$32/PP \$64

LEGO LEGENDS

Mondays

FALL SESSION 2

K-1st Grade 5:30 – 6:15PM

2nd – 3rd Grade 6:30 – 7:15 PM

A single LEGO brick has the power to spark a story on its own. When you provide kids with a collection of LEGO bricks, you can expect a multitude of narratives to emerge

M \$32/PP \$64

FAMILY LEGO NIGHT

Friday, October 10th

5:30–7:00 PM

Bring the whole family for an array of lego-themed activities, including building challenges and contests, coloring, games and more! Register online at www.ottawaymca.org.

FREE FOR MEMBERS

HOLIDAY BASH

Friday, December 19th

5:30–7:00 PM

Bring the kiddos to meet Santa at the YMCA! Photo opportunities will be available, as well as ornament decorating, coloring, snacks, holiday music, open swim, and more!

FREE FOR MEMBERS



AQUATICS

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

Fall Session 1:

September 8th - October 18th

Registration Opens August 18th

Fall Session 2:

October 27th - December 13th

(no programs Thanksgiving week)

Registration Opens: October 6th

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

DOLPHINS ROOKIE WEEK

SEPTEMBER 16, 17, & 18

Members \$32/Program Participants \$64

Our Rookie Week 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.

4:00 - 4:45 PM

SWIMMING FURTHER FASTER



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 29. Days, Times, and fees vary depending on practice group placement. For more information visit <https://www.gomotionapp.com/team/reczzoyst/page/home>

FITNESS



Fall Session 1:

September 8th – October 18th

Registration Opens August 18th

Fall Session 2:

October 27th – December 13th

(no programs Thanksgiving week)

Registration Opens: October 6th

YOUTH STRENGTH & MOBILITY TRAINING

SESSION 1 & 2 8 – 14 Years

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.

Tuesday/Thursday 4:30 – 5:15 PM

M \$42/PP \$84

HOMESCHOOL TEEN TRAINING

SESSION 1 & 2 AGES 12–17 Beginner & Intermediate

Teens will learn "gym etiquette" and how to perform safe and effective exercises guided by a Personal Fitness Trainer. At the end of the six-week program all teens will achieve the Blue Card training seal of approval. Must complete Beginner to take Intermediate level.

Friday

Beginner 11:00–11:45 AM

Intermediate 12:00–12:45 PM

M \$42/PP \$84

RIP AND ROW

SESSIONS 1 & 2 AGES 14–ADULT

Led by a Personal Fitness Trainer, this six-week program meets once per week and combines high-intensity cardio and total-body strength training using the Octane Rower.

TWO CHOICES– SIGN UP FOR ONE OR BOTH DAYS

Friday 9:15–10:00 AM

Saturday 7:15–8:00 AM

M \$60

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

STRENGTH REWIRED

SESSION 1 & 2 AGES 14–ADULT

This small group class is designed to help you move with purpose, power, and precision. Master proper lifting, improve posture and alignment, and unlock the mind-muscle connection to maximize strength gains safely and effectively.

Thursday

8:00–8:45 AM

M \$60

LAND BASED PERSONAL TRAINING

Let one of our certified Personal Trainers help you attain faster and better results. Achieve proper fat loss and muscle gain while reducing your chance of injury.

Schedule your appointment with Karen, John, Kay, Mark, Mary, Michele, Pat, Ryan, Abbey, Linda, Jordan or Anthony!
Intro to Personal Training

Six 30-minutes sessions (for new clients 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

SMALL GROUP PERSONAL TRAINING

SESSION 1 & 2 AGES 14–ADULT

Small Group Training Series: Sculpt and strengthen in this total body circuit class! Rotate through stations combining strength, core, and cardio bursts to boost endurance and see real results.

Wednesday

10:15–11:00 AM

M \$60

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

Group Fitness Classes–Free for Members

Aqua Boxing

Aqua Zumba

BodyPump

Boot Camp

Chair Yoga

CRS Triad

Cycle 45

Cycle 30

EnhanceFitness

Les Mills CORE

Morning Lift

Kick with Karole

Power Hour

ForeverWell

Stretch and Mobility

Rock Steady Boxing

Core and More

STRONG

Water Exercise

Yoga

Zumba

ADULT SPORTS

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 MIXED

DOUBLES LEAGUE

FALL SESSION 1

Ages 18+

Come challenge yourself against other players in our fall league! Players should be intermediate or competitive. League will consist of 6 weeks of round robin play followed by a seeded single elimination bracket tournament on the 7th week. 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 to be put on our waitlist and paired up with a partner. Maximum of 12 teams.

Wednesdays 5:30 – 7:30 PM based on number of teams

\$40 Members Only

DINKING DECEMBER PICKLEBALL TOURNAMENT

Ages 18+

Saturday, December 6

Sign up as an individual for our holiday tournament in any of our 3 divisions! Players will rotate partners each game. Games will be played first to 15, win by one, with rally scoring. The player with the most points at the end of all games wins! Non-cash prizes awarded to 1st and 2nd place winners in each division.

**Individual fees are \$20 Member/ \$40 Program Participant
SPACE LIMITED**

Registration opens Oct. 6

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September 8th – October 18th
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(no programs Thanksgiving week)
Registration Opens: October 6th

OPEN SPORTS

ONGOING THROUGHOUT THE YEAR

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

Open Basketball

See our app or website for gym schedule

Open Volleyball

See our app or website for gym schedule

Open Pickleball

Beginner, Intermediate & Advanced

Times vary depending on the level of play.

See our app or website for gym schedule

CO-ED VOLLEYBALL LEAGUE

FALL SESSION 2

Sundays–Times dependant on number of teams

Hit the hardwood with your teammates in this co-ed indoor volleyball league. Teams of 6 – 10 will compete over 6 weeks, with a single elimination tournament to wrap up the season on week 7.

Players will register themselves online, but must identify their captain at the time of registration.

Team fees and full roster are due from the captain by October 15th. Team fee is \$300 per team.

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

EVIDENCE BASED CLASSES

Contact karenszewczuk@ottawaymca.org with any questions

Blood Pressure Self Monitoring Ages 18+

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.

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 in September.

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 815-433-2395 for more information.

Tuesdays and Thursdays 1:00-2:30 PM

**ALL PROGRAMS FREE
FOR
OTTAWA YMCA
MEMBERS ONLY**

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**





OSF[®]

HEALTHCARE

PARTNERSHIP PROGRAMMING



KING CARE-A-VAN

OSF On Call Cardio Check aboard the King Care-A-Van in the Y parking lot

No Appointment Needed.

- Every second Thursday in September, November & January – 9:30–11:30am
- 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

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 with any questions.

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



Community Blood Drive. Dates/Times TBD

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, or download the IMPACT mobile app at www.bloodcenter.org/app.

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.



ACTIVE Y ADULTS

COFFEE AND CONVERSATIONS

ONGOING beginning September 10

Wednesday 8:30–11:30 AM

Join friends for this free coffee social hour in our InterGen Room!

Free for Ottawa YMCA Members



GAMING GROUP

ONGOING

3rd Monday of the Month 1:00–2:30 PM

Board games, card games and dice games... Oh My! Join friends or make new ones in this monthly social for those who like to play classic games.

Free for Ottawa YMCA Members

WITS WORKOUT

Six Week Session beginning Monday Sept. 15

Mondays 9:00–9:45 AM

Working with curriculum from Illinois Extension, participants will engage with brain games, activities, and challenges as they learn about brain/body wellness.

Free for Ottawa YMCA Members

Register for each session online or at Welcome Desk

EATING FOR BONE HEALTH

Thursday October 16

12:00–1:00PM

Learn the importance of a balanced diet, particularly focusing on calcium and vitamin D intake and easy ways to make small changes. Presentation from Illinois Extension's Susan Glassman

Free for Ottawa YMCA Members

BOOSTING HOLIDAY HEALTH

Tuesday November 18th

12:00–1:00PM

Learn some simple substitutes in classic holiday dishes to balance metabolism while enjoying devouring deliciousness with family and friends this winter. Reverend Holly Koster talks about sneaking in high energy, low carb options to enhance those traditional family recipes without them even noticing.

Free for Ottawa YMCA Members

HOLIDAY HOOPLAH

Thursday, December 18

12:00–1:30PM

Join us for our annual Holiday Hooplah! Light lunch will be provided with plenty of holiday spirit in the form of music, ugly sweater contests, ornament decorating, and more!

Free for Ottawa YMCA Members



SPIRITUAL FITNESS

Q Place

Tuesdays, starting September 23rd from 1:30–2:45 PM

TOPIC: Galatians: Fully Accepted by God

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

TOPIC: Genesis: Discover Your Roots



Have Questions? Want to talk about God and the Bible?

We have a group to fit your needs! You are invited to attend any of the Y's discussion groups. These groups are a great place to ask questions and share beliefs and thoughts. Contact Nancy for more information at

nklaassen@qplace.com

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Y KIDS SPORTS & FAMILY ACTIVITIES

SPORTS OF ALL SORTS Ages K–3rd grade

FALL SESSION 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
3–5 years 5:00 – 5:45 PM
K– 1st grade 6:00 – 6:45 PM
2nd and 3rd grade 7:00 – 7:45 PM

M \$32/PP \$64

Y TUMBLE GYM (BEGINNER AND ADVANCED)

FALL SESSION 1 & 2 Ages 3–8

Come to the Y and learn the fundamentals of tumbling! This class is for 3–8 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

M \$32/PP \$64

INSTRUCTIONAL FLAG FOOTBALL

FALL SESSION 2

Tuesdays K–1st 5:00 – 5:45 PM
2nd–3rd Grade 6:00 – 6:45 PM

Once-a-week lessons for kids led by coaches! Young athletes will learn essential skills and drills focused on hand-eye coordination, flag-pulling technique, footwork, field awareness, and teamwork. A fun and active way to build confidence and improve athletic ability—perfect for beginners and developing players alike!

M \$32/PP \$64

INSTRUCTIONAL BASKETBALL

TEAMWORK HAPPENS HERE

FALL SESSION 1

When kids play sports, they get more than just exercise. Weekly basketball lessons for kids led by local coaches! Each session focuses on developing hand-eye coordination, technique, court movement, and more through fun skills and drills.

Tuesdays

3– 5 Years 5:00 – 5:45 PM
K–1st 6:00 – 6:45 PM
2nd – 3rd 7:00 – 7:45 PM

M \$32/PP \$64



INSTRUCTIONAL FLOOR HOCKEY

FALL SESSION 1

Thursdays
2nd – 3rd Grade 5:30 – 6:15 PM
4th – 6th Grade 6:30 – 7:15 PM

An instructional program that presents the skills and fundamentals of floor hockey through drills and actual game play. All players participate equally in each game.

M \$32/PP \$64

HOMESCHOOL SPORTS

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

M \$32/PP \$64

HOME SCHOOL FAMILY YOGA

FALL SESSION 2

Homeschool families will stretch, move, and relax together while building strength, balance, and flexibility. No experience needed!

Thursdays 11:00 am – 11:45 am

M \$42 per Family/PP per Family \$84



**FIND YOUR REASON
TO GIVE. FIND YOUR Y.**

**Our Y is
helping,
Serving,
Improving.
What a way to live.
And what a gift it is to give.**

**» FIND YOUR Y AT
THE OTTAWA YMCA
DONATE TODAY**

815-433-2395

www.ottawaymca.org

For a better us.®