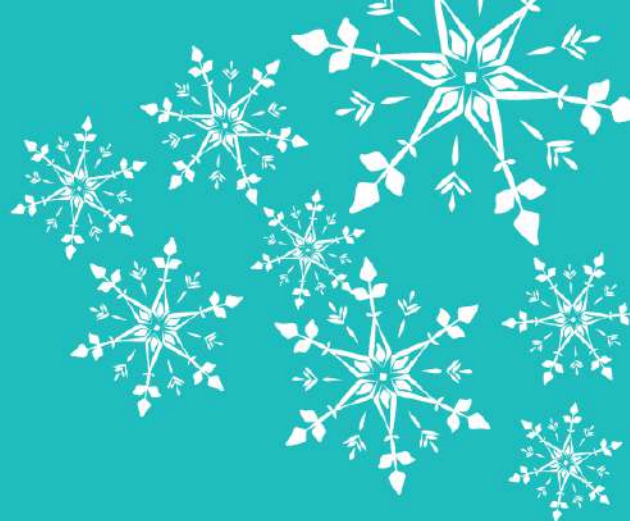




# SNOW PLACE LIKE THE Y

**The OTTAWA YMCA**

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**Winter/Spring  
2025/2026**

**Winter Session 1: January 5th – February 14th  
Registration Opens December 15th**

**Winter Session 2: February 23rd – April 4th  
Registration Opens February 2nd**

**Spring Session: April 13th – May 23rd  
Registration Opens March 23rd**



## SESSIONS

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## HOW TO REGISTER FOR PROGRAMS

- Online by visiting [www.ottawaymca.org](http://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. Memberships may be paid in full yearly, a three month option or through a continuous 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/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 18 and older must show a valid 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 may be purchased. After limit is reached membership is required. Any minor guest must have a parent or legal guardian come in and fill out a guest form in person.

### 2026 GUEST FEES

YOUTH (Ages 3-17) \$ 10.00

ADULT (Ages 18+) \$ 18.00

## Closing/Holiday Dates

|                                            |                    |
|--------------------------------------------|--------------------|
| Christmas Eve, Wed., Dec. 24 <sup>th</sup> | 7:00 AM – 12:00 PM |
| Christmas Day, Thu., Dec. 25 <sup>th</sup> | Closed             |
| New Years Eve–December 31st                | 7:00 AM – 12:00 PM |
| New Years Day–January 1st                  | Closed             |
| Easter–Sunday March 29th                   | Closed             |

## Pool Hours

|                    |                                             |
|--------------------|---------------------------------------------|
| Monday & Wednesday | 5:30 AM – 7:00 PM                           |
| Tuesday & Thursday | 7:00 AM – 12:00 PM<br>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

|                 |                    |
|-----------------|--------------------|
| 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 – 7:30 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

Winter Session 1 & 2 and Spring Session

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

## DISCOVERY PRESCHOOL

**PRESCHOOL Ages 3,4, & 5**

MEMBERS ONLY

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.

**2025-2026 SCHOOL  
RATES PRICING PER MONTH**

**\$45 REGISTRATION FEE**

| Days       | Fee   |
|------------|-------|
| Tue., Thu. | \$115 |

Mon., Wed., & Fri. \$165

## BEFORE & AFTER SCHOOL PROGRAM

**K- Age 12 follows school year**

The Y Before and Afterschool Program provides a safe, engaging, and supportive environment where children can learn, play, and grow!

**\$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**

## KIDS SENSORY ZONE

Winter Session 1 & 2 and Spring Session

**Ages 4-6**

Join us at the YMCA for Sensory Saturday Kids Zone in our Child Watch area! This engaging class is for kids and parents to explore their senses through hands-on activities, movement, and creative play. We focus on sensory-friendly experiences - tactile fun, calming visuals, gentle sounds and safe movement - designed to support all children, including those with sensory sensitivities. It's a great way for kids to build confidence, coordination, and social skills in a supported, structured environment.

SATURDAYS 1:00-2:00 PM

M \$35 per session

PP \$70 per session

## Y TYKES AND ME 1 & 2 Year olds

Winter Session 1 & 2 and Spring Session

Join us Saturdays from 10:45 - 11:30 am in Group Room B for our playgroup with parents! This interactive class is designed for 1 & 2 year olds with their caregivers to explore, play and learn together. Enjoy age- appropriate activities that support early learning development through movement, music, and sensory play - all in a fun, social environment.

SATURDAYS 10:45-11:30AM

M \$35 a session

PP \$70 a session

## KIDS'NIGHT OUT

**Ages 5-12**

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!

M \$15 FRIDAYS 5:30-7:00 PM

PP \$30 JANUARY 9TH  
FEBRUARY 6TH  
MARCH 20TH  
APRIL 3RD  
MAY 8TH

**BOY'S NIGHT OUT** FRIDAY MARCH 6TH 5:30-7:00 PM

**3rd-6<sup>th</sup> Grades M\$15 PP \$30**

Come have fun with just the boys! Come play basketball with Coach Jordan, build awesome lego structures! Video game themed crafts, etc.

**GIRL'S NIGHT OUT** FRIDAY MARCH 13TH 5:30-7:00 PM

**3rd-6<sup>th</sup> Grades M\$15 PP \$30**

Wear your Favorite pajamas and slippers and have a girls night with hair tinsel, nail painting station, skin care tutorial. Karaoke and have a dance party to your favorite song! Snacks provided.

# CULINARY & STEAM

## MINI CHEFS IN THE MAKING WINTER SESSION 2

Wednesdays

Ages 3-5 5:00 – 6:00 PM

Make meal time more meaningful by cooking with your kids ! Parents/guardians can assist their children (or learn for themselves) as they prepare a healthier alternative to traditional snacks from our YMCA culinary staff. Parent Participation required.

M \$32/PP \$64 Plus a \$20 food fee

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## ART ADVENTURES SPRING SESSION

Wednesdays

K-1st. 5:30 – 6:15 PM

2nd- 3rd 6:30 – 7:15 PM

Young artists will explore their creativity through fun, hands-on projects using a variety of materials and techniques. Each class encourages imagination, self-expression, and confidence while introducing basic art concepts in a supportive environment.

M \$32/PP \$64

# FAMILY

## MOM AND SON PROM

Friday, January 16th

5:30-7:00 PM

Get ready for a night to remember at the Mom & Son Prom. Dress to impress, dance the night away, and make lasting memories together. Enjoy music, laughter, and a celebration of the special bond between mothers and sons.

M \$15/PP \$30

## DADDY DAUGHTER DANCE

Friday, February 27th

5:30-7:00 PM

Step onto the dance floor for a magical evening at the Daddy Daughter Dance. From the first twirl to the last song, enjoy a night filled with smiles, laughter, and memories that will last a lifetime. A perfect celebration of the one-of-a-kind bond between dads and their daughters.

M \$15/PP \$30



## HEALTHY KIDS DAY

Saturday, April 18th

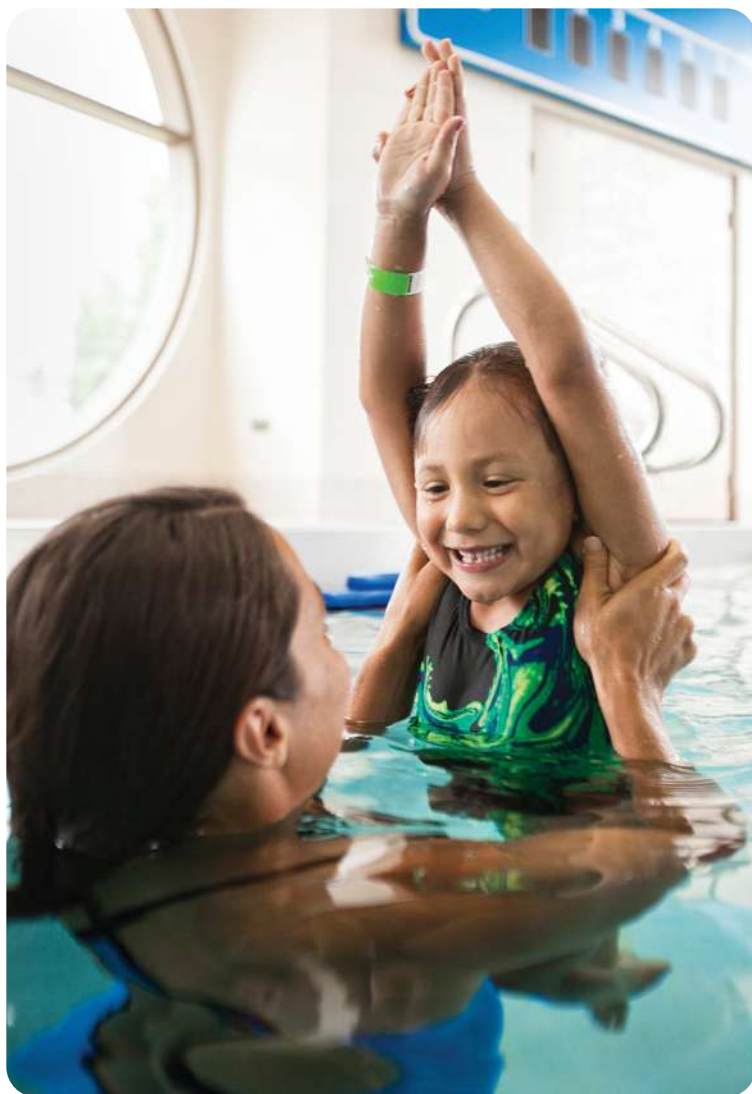
10:00am-12:00 pm

FREE FOR THE  
COMMUNITY!

Healthy Kids Day is the Y's national initiative to improve the health and well-being of kids and families. For over 30 years, YMCAs and their communities hosted free community events aimed to inspire kids and families to keep their minds and bodies active throughout the summer months and beyond.

# 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.



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## 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 10:00-10:30 AM

**PRESCHOOL AGES 3 – 5 (THERAPY POOL)**  
THURSDAY EVENINGS 6:00-6:30 PM  
SATURDAY MORNINGS 10:35-11:05 AM

**PROGRESSIVE AGES 6+ (BOTH POOLS)**  
THURSDAY EVENINGS 6:35 – 7:05 PM  
SATURDAY MORNINGS 11:10-11:40 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               |

## 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.

. For more information visit <https://www.gomotionapp.com/team/reczzoyst/page/home>

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# Y KIDS SPORTS & FAMILY ACTIVITIES

## YOUTH BASKETBALL LEAGUE

Ages 3–6th Grade

REGISTRATION  
NOV. 10–DEC. 17  
OR UNTIL DIVISIONS  
ARE FULL

YMCA basketball offers programs for ages three years – 6th grade with practices once per week and a single game each Saturday. Y sports encourage kids, families, and communities by prioritizing family involvement, healthy competition, the value of participation over winning, team building as well as individual development, positive self-image, and a sense of fair play and mutual respect for others. Team t-shirt included. One practice a week, games played on Saturday.

**M \$42/PP \$84**

## Y TUMBLE GYM (BEGINNER AND ADVANCED)

Winter 1 & 2 and Spring Sessions      Ages 3–8

Kids ages 3–8 can learn tumbling basics like animal walks, somersaults, and strength-building moves—no experience needed! Wear comfy clothes (leotards, shorts, tees) and go barefoot. Advanced class requires forward rolls, cartwheels, and bridges.

**Mondays**

**Beginner      5:00 – 5:45 PM**

**Advanced      6:00 – 6:45 PM**

**M \$32/PP \$64**

## LITTLE KICKERS INDOOR SOCCER LEAGUE      Winter 2 Session

3–5 Year Olds (Not in K)

K–1st Grade

Kids stay active with weekly practices and Saturday games for 6 weeks. Volunteer coaches needed—please sign up during registration. Questions? Contact Amanda Walker.

**M \$42/PP \$84**

## INSTRUCTIONAL VOLLEYBALL WITH OTHS COACH DANIELLE HAUCH

**Wednesdays      Spring Session**

**2nd – 4th      5:30 – 6:15 PM**

**5th – 8th      6:15 – 7:00 PM**

Come work on the basics or perfect your techniques with OTHS Coach Danielle Hauch! Participants will focus on passing, setting, serving, spiking, blocking and games.

**M \$32/PP \$64**

## INSTRUCTIONAL T-BALL      Spring Session

**Tuesdays**

**3–5 Year Olds (Not in K)      5:00 – 5:45 PM**

**K–1st Grade      6:00 – 6:45 PM**

Little sluggers, big fun! Our Instructional T-Ball program is the perfect way for young athletes to explore a new sport. Each week, players will practice throwing, hitting, fielding, and enjoy some light game play. Volunteer coaches are essential to the program's success, and all participants must bring a glove or mitt.

**M \$42/PP \$84**

## HOMESCHOOL SPORTS

Winter 1 & 2 and Spring Sessions

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**



# ADULT SPORTS

## **PICKLEBALL BASICS** Ages 18+

### **WINTER SESSION 1 & 2 AND SPRING SESSION**

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 CONTINUED CLASS** Ages 18+

### **WINTER SESSION 1**

Taught by local competitive player Joe Terrones, our pickleball masterclass will help you advance your skills with improved games strategy, techniques and drills.

**Wednesdays 11:30 AM – 12:30 PM**

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

## **MIXED DOUBLES PICKLEBALL TOURNAMENT**

Ages 18+

**Sunday, March 8th, 12:00 PM**

**More information to come.**

## **OPEN SPORTS**

**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**

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

# FITNESS

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**Registration Opens February 2nd**

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**Registration Opens March 23rd**

## YOUTH STRENGTH & MOBILITY TRAINING

**ALL SESSIONS 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

**ALL SESSIONS 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

**ALL SESSIONS 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

**ALL SESSIONS 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**

## 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**

## 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**

## PREGNANCY MOVEMENT CLASS

**ALL SESSIONS**

Exercising during your pregnancy and after with a doctor's release is safe and healthy! Join yoga instructor Emily Manternach for this class.

Thursday

11:00–11:45 AM

**M40/PP \$80**

**NEW!**

# EVIDENCE BASED CLASSES

Contact [karenszewczuk@ottawaymca.org](mailto: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<sup>®</sup> 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](mailto: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](http://www.bloodcenter.org), or download the IMPACT mobile app at [www.bloodcenter.org/app](http://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

**Winter Session 1: January 5th – February 14th**  
**Registration Opens December 15th**

**Winter Session 2: February 23rd – April 4th**  
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**Spring Session: April 13th – May 23rd**  
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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**

## **COFFEE AND CONVERSATIONS**

**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 1:00–3:00 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**

## **BUSTING NUTRITION MYTHS**

**Wednesday January 22nd**

**12:00–1:00PM**

Join us for Busting Nutrition Myths, an informative session that separates fact from fiction about the foods we eat. Learn the truth behind common nutrition misconceptions, gain practical tips for healthy living, and discover how to make smarter choices for your well-being

**Free for Ottawa YMCA Members**

# SPIRITUAL FITNESS

**Q Place**

**Tuesdays, 1:30–2:45 PM**

**Wednesdays, 10:00–11:30 AM**

Have Questions? Want to talk about God and the Bible?  
Starting on February 3<sup>rd</sup> the Tuesday group will continue discussing Galatians.  
The Wednesday group will continue with Genesis on January 14th.

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](mailto:nklaassen@qplace.com)



**ALL CLASSES INCLUDED IN YOUR Y MEMBERSHIP!**  
**GO TO [WWW.OTTAWAYMCA.ORG](http://WWW.OTTAWAYMCA.ORG) FOR FULL SCHEDULE**  
**AND DOWNLOAD OUR DAXKO APP TO RESERVE CYCLE AND CRS TRIAD CLASSES**

## **GROUP FITNESS CLASS DESCRIPTIONS**

**\* Beginning/Low Impact \*\* All Levels \*\*\* High Intensity**

- \*AQUA ZUMBA®:** Splash your way into shape with an invigorating low-impact aquatic exercise. The Zumba “pool party” combines cardio conditioning, body toning, and fun all in one.
- \*AQUA BOXING:** This one two-punch combo will increase your cardio endurance while decreasing the impact to your joints.
- \*AQUA YOGA:** Let the warm water therapy pool relax your mind and body while lengthening your muscles to gain flexibility. Yoga helps to restore, reduce stress, and manage chronic pain.
- \*\*\*BOOT CAMP:** We want to keep you guessing and challenge you differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance! Have fun – work hard!
- \*\*CARDIO CRUSH:** Challenge your Heart Rate in this cardio-based class. Strengthening your heart and burning fat has never been this rewarding!
- \*CHAIR YOGA:** Everyone can benefit from yoga on a chair. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga’s amazing fitness and health potential.
- \*\*CORE AND MORE:** – Having a strong core offers numerous benefits for everyone; injury prevention, reduced back pain, improved lifting mechanics, balance, stability, and posture.
- \*\*CRS TRIAD®:** Cycle, Rower, and Stacktrax will bring you a unique cardio workout every time.
- \*\*CYCLE:** Enjoy either a 30 or 45 minute class to improve your cardiovascular system and burn major calories.
- \*\*ENHANCEFITNESS®:** Enhance Fitness is a proven community based senior fitness and arthritis management program. It helps older adults become more active, energized and empowered for independent living.
- \*FOREVERWELL®:** Gain all the important aspects of being fit with Classic, Stability, Strength, Move, and Circuit. ForeverWell is a chair-based exercise program for older adults designed to increase muscular strength, range of motion, and activities for daily living.
- \*\*\*KICK WITH KAROLE:** Kick, punch, bob and weave your way to a higher fitness level. Increase your cardio endurance and walk away with a surge of new energy.
- \*\*LES MILLS BODY PUMP®:** is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit– fast. Available in 30, 45, and 60 minute classes.
- \*\*LES MILLS BODY COMBAT®:** This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You’ll release stress, have a blast and feel like a champ.
- \*\*LES MILLS CORE®:** Is a scientific core workout that uses athletic training principles to build strength, stability, and endurance in the muscle that support your core.
- \*\*\*MORNING LIFT:** We want to give you that rise and shine lift for the day. Workouts are designed to improve your overall fitness – strength in a fun but challenging environment.
- \*POWER HOUR:** Group weight training with motivational music and instructors who care about you and your health. Strength training can help you preserve and enhance your lean muscle mass — at any age.
- \*\*ROCK STEADY BOXING®:** For people battling Parkinson’s, exercise is a vital component to maintaining balance, mobility and daily activities. Give a 1, 2 punch combo to counteract the symptoms of Parkinson’s.
- \*\*STRETCH AND MOBILITY:** Improve your joints by increasing your range-of-motion, controlling muscles surrounding each joint, and improving your mobility when you are active.
- \*\*STRONG®:** a HIIT class that combines body weight, muscle conditioning, cardio and plyometric training moves.
- \*WATER EXERCISE:** Using the buoyant qualities of water, you will enhance your physical and emotional well-being through exercises.
- \*YOGA:** Start your mind and body journey here by learning yoga basics. Yoga helps to restore, reduce stress, and manage chronic pain.
- \*YOGA+:** Strengthen your body, lengthen your muscles, and restore yourself as a whole. This class will improve muscular imbalances, increase flexibility, and give you a place to decompress.
- \*\*ZUMBA®:** Each Zumba class is designed to be a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**IT’S BETTER**

**WHEN YOU’RE A MEMBER!**