



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIND WHAT MOVES YOU

SEE WHAT ALL THE FUN IS ABOUT



Program Guide | January-May 2017

**TWO RIVERS YMCA**

## YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### TWO RIVERS YMCA

2040 53rd Street  
Moline, IL 61265  
www.tworiversymca.org  
Main: 309-797-3945  
Preschool: 309-797-8925  
Court Reservations: 309-797-5950  
Golf Learning Center: 309-797-9567

### HOURS OF OPERATION

#### Memorial Day through Labor Day:

Monday - Friday 5:00 am - 10:00 pm  
Saturday 7:00 am - 5:00 pm  
Sunday 8:00 am - 2:00 pm

#### Labor Day through Memorial Day:

Monday - Friday 5:00 am - 10:00 pm  
Saturday 7:00 am - 5:00 pm  
Sunday 8:00 am - 5:00 pm

### SPIRIT, MIND AND BODY CENTER

1811 53rd Street  
Moline, IL 61265

### ROCK ISLAND PROGRAM OFFICE

MLK Center, 630 9th Street  
Rock Island, IL 61201  
309-277-1781

### SYLVAN BOATHOUSE

1701 1st Avenue  
Moline, IL 61265  
309-762-6030

### BOATHOUSE HOURS:

#### April - October

Monday - Friday 5:30-9:00 am  
Monday - Thursday 3:30-8:00 pm  
Saturday 6:00-10:00 am  
Sunday 6:00-10:00 am

#### November -March

Monday - Friday 5:30-9:00 am  
Monday - Thursday 3:30-7:00 pm  
Saturday 6:00-10:00 am



## PROGRAM SCHEDULE

Swim lessons are offered in 7-week sessions:

January 9 - February 25

February 27 - April 15

April 17 - June 3

Most other programs are offered monthly except for Youth Sports and other seasonal activities. Community registration is one week before program start date. Members may register at any time.

## REGISTRATION IS EASY!

### Register Online

[www.tworiversymca.org](http://www.tworiversymca.org)

### Mail In! - Checks ONLY

Make check payable to Two Rivers YMCA, 2040 - 53rd Street, Moline, IL 61265.

Receipts may be picked up at the YMCA.

### Phone In!

Have Charge Card & Program Guide handy!

Call 309 797 3945

### Walk In!

Walk-ins always welcome.



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**SCHEDULES** for Pools and Group Fitness Classes are available at the Service Centers or online at [www.tworiversymca.org](http://www.tworiversymca.org)

# MONTHLY MEMBERSHIP FEES

(as of September 1, 2011)

Membership Category	Monthly Fee	One-Time Activation Fee
Individual Individual adult 19 and older	\$37	\$37
Additional Adults Each additional adult living at the same private residence when added to an Individual membership.	\$12	\$12
Additional Children Includes all children living at the same private residence up to age 18, or full-time college student through age 23, when added to an Individual membership.	\$11	\$11
Youth/Student 50% Subsidy 18 and under or full-time college student through age 23. Individual memberships only, not those with additional adults or youth.	\$18.50	n/a
Senior Individual 15% Subsidy Individual adult 65 or older	\$31.50	\$31.50

## INCOME-BASED MEMBERSHIP

Income-based pricing is available and may result in a rate lower than listed above. It is our goal that no one be denied YMCA services due to an inability to pay. Please visit our website or stop by the membership desk for more information on income-based pricing. Financial assistance is available if further assistance is needed.

## PAYMENT OPTIONS

Monthly fees may be automatically charged to a credit or debit card or deducted from your checking account or participating savings account. This option requires payment of joining fee and first month's dues at sign-up, as well as current bank information and completion of a bank draft authorization form. A 30-day written notification is required to stop bank draft payments. The YMCA serves all ages, abilities, incomes and faiths. Financial assistance is available.

## MEMBERSHIP CARD

Carry your membership card - it is your ticket of admission to the Y. If you lose your card, a replacement card can be purchased at the membership desk for \$5. Membership cards will be issued when proof of residence is provided.

## ACTIVATION FEE

This non-refundable fee is charged to new members and renewing members who have let their membership lapse for a period greater than 30 days.

## PROOF OF RESIDENCE

Proof of residence must be provided for all individuals 16 years and older. Sources include driver's license or government issued photo identification including residency. All other members and prospective members may be asked at any time for proof of residence.

## MEMBER PROGRAM REGISTRATION

To receive the member price for programs, membership must be valid the entire session.

### EARN FREE MEMBERSHIP!

Current Two Rivers YMCA members can earn free membership by referring a friend to join the Y! When a new member mentions your name at the time of registration, the activation fee is waived for them and you receive a free month's membership. Restrictions apply.

### GUEST PASSES

Members may bring a guest at any time.

Simply pay the guest pass:

Youth ages 0-18     \$6

Adult                     \$12

Family\*                 \$18

\*Family is limited to two adults and their children. Guest pass sales are subject to the availability of facilities and may be limited at the discretion of YMCA staff. Photo ID required for those 16 and older.

### QUAD CITIES YMCA MEMBERSHIP

Two Rivers YMCA and Scott County Family Y members enjoy membership privileges at all Quad Cities YMCA facilities. Membership card required. Photo ID may be required for those 16 and older.

### AWAY PROGRAM

Your Two Rivers YMCA membership card is accepted at YMCAs across the country that participate in the AWAY program. Actual facilities, hours, programs and membership amenities may differ among YMCA branches.

### THE Y @ WORK

Healthy employees are critical to an employer's bottom line. Better health improves the quality of life for an employee and cuts down on injury, illness and absenteeism. Through the Y@Work program, we partner with employers to provide a customized employee wellness plan. For more information, call the Y at 797-3945.

### TOWEL SERVICE\*

Towel service may be added to your membership at a cost of \$11 per month. Towels are available at the North and South Service Centers for daily rental at \$.50 each (limit 2).

### LOCKERS\*

Rent a kit locker for \$5 per month or a tall locker for \$10 (as available). All locker rentals include a combination lock. Assignments must be set up at the Membership Desk. You may use the lockers on a day-to-day basis free of charge. However, any items left overnight will be confiscated and unauthorized locks will be cut off.

\*Payment options limited to annual, semi-annual or automatic monthly deductions.

### HOLD POLICY

Membership may be put on hold up to four months per year with a \$5 per month processing fee. Hold must be initiated in advance and may only be initiated once annually. Payment for locker rental is still required.

### LOST AND FOUND

All items turned in to "Lost and Found" will be held for 30 days. After that, they will be disposed of or given to charity.



## YOUTH DEVELOPMENT

From preschool to adulthood, our youth development programs nurture the potential of every child and teen, providing them with skills they need for success in school and in life. Our well-trained and caring staff will encourage your child to meet their full potential while modeling the core values of caring, honesty, respect and responsibility.



### LICENSED PRESCHOOL

Give your little one the best start during this critical learning period. Our qualified staff integrates preschool activities in our all-day child care program. We understand the importance of preparing children for success socially, emotionally, physically and mentally.

The Y Preschool offers a unique program that stresses learning utilizing the entire YMCA facility. Accessibility to three gyms, two playgrounds, a swimming pool and a diverse community are all part of the curriculum we offer.

Age: 2 - 5 years  
Schedule: M-F 6:30 am-5:30 pm  
Contact: Sue DeTaeye  
309 797 8925

### KIDS' ADVENTURE CENTER

The Kids Adventure Center provides child care service for YMCA members while they work out. We provide a fun, exciting, and positive experience for children in a safe, secure environment. Qualified staff are warm and caring and here to meet your child's needs.

Parent or guardian must remain in the building. Limited to 8 hours per week. Socks are required. Large play structure is for ages 6-12 years.

Age: 6 weeks to 12 years  
Schedule: M-SA 8:00 am - Noon  
M-TH 4:00 - 8:00 pm  
Fee: FREE with Individual + Child Membership  
Contact: Lesley Webster, 797 3945 ext. 256

### FAMILY TIME IN THE ADVENTURE CENTER

Bring the children and have an Adventure! All children **MUST** be accompanied by a parent, no drop-off child care. Unstructured play time is available in each play zone:  
**Rainforest** (large play structure)  
Ages 6 and up with parent in Adventure Center: under age 6 with parent within arm's reach inside structure  
**Bee Hive** (small play structure)  
Up to age 5 with parent in Adventure Center  
**Duck Pond** (baby area)  
Infants and non-running toddlers w/parent  
**Meadow** (quiet play area)  
All family members  
Schedule: Beginning January 6  
F 4:30-6:30 pm  
SU 9:00 am-12:00 pm  
Fees: Free to members. Adult + child membership required

## Y WINNERS

In the Y Winners program, we mentor students in grades 5th-8th and teach them critical life skills. We provide opportunities for students to think about their future and to make plans for improving in school and at home by using a curriculum based on the 40 Developmental Assets.

Students are selected for Y Winners with the assistance of school staff. Students are picked up at their school one day per week for a variety of activities designed to help them learn, grow and thrive.

### Y Winners Partner Schools

Moline: Hamilton, Lincoln Irving, Wilson Middle School

Rock Island/Milan: Longfellow

East Moline: Ridgewood/Glenview

## LEADERSHIP ACADEMY

We are ready to develop your youth into the leaders of the future. They will participate in field trips that are fun, educational and involve service-learning projects. Our staff will mentor the group and set high expectations to ensure participants rare learning and living our core values of Caring, Honesty, Respect and Responsibility. We have limited enrollment and require payment in full no later than the Friday before the program begins. Payable at the Y Membership Desk.

Age: 11-14 years old

Session: March 27-31

Schedule: M-F 9:00 AM-3:00 PM

Fee: \$25 per day per youth

Location: Quad Cities Community  
(Y bus will transport youth each day)

## Y SOLUTIONS

Y Solutions is a character development program for at-risk youth as identified by school staff. Y Solutions develops basic life principles that can be practiced and used daily to improve our entire community. It is an extended weekly effort to enable students to achieve at a desired level of performance in classes and prepare for life beyond high school.

Students leave the program with a positive vision of his or her future, a positive set of values by which to live and a noticeable change in attitude, behavior, and academic performance at school and home.

### Y Solutions Partner Schools

Rock Island: Rock Island High School, Edison Jr. High, Thurgood Marshall, and Washington Jr. High

Moline: Camelot School and John Deere Middle School

East Moline: Glenview Middle School

## SUMMER CAMPS

### Registration will open February 1, 2017

The Two Rivers YMCA Camp Program is the top summer program in the Quad Cities and an experience kids will truly enjoy! Our Summer Camp programs offer worthwhile summertime activities for kids and peace of mind for parents. Y Summer Camps provide personal enrichment and fun new experiences. Camp counselors receive extensive training and genuinely care about the well-being of children. Our camps help children develop their creative abilities, make new friends, learn about nature, be active, and above all - have fun!

For more information of Y Winners, Y Solutions or Leadership Academy, contact Aaron Schultz at 797-3945 or [aschultz@ymcatr.org](mailto:aschultz@ymcatr.org)

## BEFORE AND AFTER SCHOOL YOUTH ACHIEVEMENT

Our program focuses on youth development because we believe your child deserves the opportunity to discover who they are and what they can achieve. We provide a safe nurturing environment for children to learn, grow and develop social skills. The Y is guided by four core values: caring, honesty, respect, and responsibility. We will work with you everyday to help your children have fun while realizing their potential.

Our curriculum is based on the 40 Developmental Assets. We perform background checks, require current CPR certification, provide annual training on child abuse prevention and blood borne pathogens with all of our Y staff. They also attend regular trainings throughout the year. Core activity areas: Arts and Humanities, Literacy, Service Learning, Health and Wellness, Homework Support, and Science, Technology, Engineering, Math (STEM).

Our before and after care sites are available to students in the Illinois Quad Cities area through school districts and delivered and administered by the Two Rivers YMCA.

**For enrollment information, contact your school's site supervisor during school registration or regular program hours or call the YMCA at 797-3945 ext. 242 or 258.**

**Ages:** K-6th Grades

**Hours:** 6:30 AM until morning bell  
school dismissal until 5:30 pm  
(times vary by school district)



ACTIVATION FEES	MEMBER	COMM
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<b>SEMESTER 1</b> register between:		
May 1-July 1	\$7	\$31
July 2-December 31	\$13	\$37

<b>SEMESTER 2</b> register between:		
December 1-January 1	\$7	\$31
January 2-May 31	\$13	\$37

FEE PER DAY	PER CHILD
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AM Rate	5.75
PM Rate	8.75
Half Day - dismissals before noon (does not include morning if child attends both)	14.50
Full Day	26.00

Programs are located at your school:

### COLONA

### HAMPTON

### EAST MOLINE / SILVIS

- Bowlesburg • George O Barr • Wells
- Hillcrest • Ridgewood/Glenview

### MOLINE (K-5th only)

- Bicentennial • Butterworth
- Franklin • Hamilton • Jane Addams
- Lincoln Irving • Logan • Roosevelt
- Washington • Willard

### ROCK ISLAND / MILAN

- Center For Math and Science
- Denkmann • Earl Hanson
- Eugene Field
- Jefferson • Ridgewood



## YMCA SCHOOL'S OUT CLUB

### We're in when school is out!

We welcome children from all school districts to enjoy a day at the Y! There are holidays, seasonal breaks, intersessions, institute days, and inclement weather during the year when school is not in session.

The Y provides care at our facility for these special days in an environment that is safe and children can learn practical and social skills under the leadership of our staff. We will keep your children busy with sports, arts, crafts, games, swimming, service learning, and field trips.

You provide a sack lunch, swim suit, and a towel with a bag for each child that attends. We provide care, understanding, support, and guidance for the families that participate in SOC. We will offer the program on emergency days when school is cancelled for the day due to inclement weather for Moline, East Moline, and Rock Island School Districts.

If the Y facility is closed for any reason we will not provide a program. For participants enrolled in SOC, half day programs are offered at our SAC school sites when school is dismissed early. Check our website for program dates. We must have five children registered to hold the program

Age: Grades K - 8th  
Schedule: 6:30 am - 5:30 pm  
Fees: \$26 per child per day



## SWIM LESSONS

At the Y, our swim lessons build skills, confidence, and character. Our new curriculum focuses on developing sequence based skill sets that organically build on one another. Students will learn faster, be safer sooner, and progress more quickly through the various levels.

**All lessons meet once a week.**



### SWIM STARTERS

Parent & Child Lessons

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Age: 6 months - 3 years

Fee: \$32 Members /\$64 Community

Location: Warm Pool

### A / WATER DISCOVERY

Introduces infants and toddlers to the aquatic environment.

### B / WATER EXPLORATION

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

### SWIM BASICS

Recommended skills for all to have around water. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills.

Age: 3 years and older

Fee: \$34 Members /\$68 Community

Location: Warm Pool - Preschool  
Cool Pool - School Age

#### 1 / WATER ACCLIMATION

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

#### 2 / WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently.

#### 3 / WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

**Build confidence. Build our community. Consider matching your child's program enrollment with a donation to the 2017 Annual Campaign and give another child the chance to build confidence and learn to swim!**

## SWIM STROKES

Skills to support a healthy lifestyle. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Age: 5 years and older

Fee: \$34 Members / \$68 Community

Location: Cool Pool

### 4 / STROKE INTRODUCTION

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

### 5 / STROKE DEVELOPMENT

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

### 6 / STROKE MECHANICS

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

## PATHWAYS

Students build confidence, cultivate their passion for swimming, and stay active through specialized tracks.

### NEVER TOO LATE – ADULT SWIM LESSONS

Have you always wanted to learn how to swim? This is the class for you! You will learn to overcome barriers and develop basic swimming skills in a small group setting.

Ages: 15 and older

Schedule: M 4:45–5:30 pm

TH 5:15–6:00 pm

SA 9:30–10:15 am

SA 10:45–11:30 am

Fee: \$34 Members / \$68 Community

Location: Cool Pool

### TRI SWIM

Whether you are preparing for a triathlon or simply want to boost your endurance with a structured workout, this instructor led class will give you the confidence and drive you need to succeed. Skills taught include endurance, rhythmic breathing for triathlons, and sighting for open water courses. Classes run monthly January through May.

Age: 12 years and older

Schedule: Monthly

TH 6:00–7:15 pm Beginners

W 7:15–8:00 pm Advanced

Fee: \$15 Members / \$30 Community



## PATHWAYS

### PRIVATE SWIM LESSONS

One-on-one instruction and a schedule that works around yours! Private lessons are the perfect way to get completely individualized instruction centered around your goals and your schedule. Lessons are available in a package of five lessons, 30 minutes each. Lessons do not need to fall within swim session dates but may be started at any time. Adaptive Aquatics Instructor available.

Age: 2 years & older

Fee: \$125 Members/\$250 Community

### GROUP PRIVATE LESSONS

Two or more students may register for private group lessons - perfect for families, friends, or those with special requirements. Schedule is developed around your group and does not have to run during regular session dates. Group lessons are most effective with students of similar skill levels. Package includes five 45-minute lessons.

Age: 2 years & older

Group Fee: \$180 Members/\$360 Community

All participants in group lessons must be members to receive member pricing.



### ADAPTIVE SWIM LESSONS

Swim lessons for children ages 3-11 with unique needs which might make it difficult to succeed in a group lesson, such as might be indicated by an IEP or equivalent.

Class takes place in our warm pool in a controlled environment with few distractions and smaller class sizes. To enroll, parent or guardian must contact Aquatics Director Lesley Webster at [lwebster@ymcatr.org](mailto:lwebster@ymcatr.org) or 309-797-3945, extension 256.

### LIFEGUARD TRAINING

Develop skills for life, become a certified lifeguard! Participants must attend each class in its entirety to become certified.

Pre-requisites:

- 300-yard swim, freestyle & breaststroke
- 2 minutes treading water using legs only
- 20-yard brick retrieval

Age: Must be 15 by end date of class

Schedule: 9:00 am-3:00 pm each day  
Feb 4-5 & 11-12

or Mar 25-26 & Apr 1-2

or April 29-30 & May 6-7

or May 13-14 & 20-21

Fee: \$175 Members / \$225 Community

### LIFEGUARD RECERTIFICATION

Must hold CURRENT Red Cross guard certification which will not expire before last day of class. Candidates may opt out of day 1 of class if they can prove at least 7 hours of continued training the past 6 months (such as documented in-service participation). Day 2 must be attended in entirety and includes classroom review, written exams, in-water exams, and pre-requisite swims.

Schedule: 9:00 am-3:00 pm each day  
Feb 11-12

or April 1-2

or May 6-7

or May 20-21

Fee: \$88 Members / \$113 Community



**SWIM LESSONS ARE OFFERED  
IN 7-WEEK SESSIONS:**

January 9 - February 25

February 27 - April 15

April 17 - June 3

		PARENT & CHILD		PRESCHOOL			SCHOOL AGE						ADULT
TIME		A	B	1	2	3	1	2	3	4	5	6	ADULT
MONDAY	4:45-5:15 pm			1	2	3							
	4:45-5:30 pm												AD
	5:30-6:15 pm						1	2		4			
	6:30-7:00 PM	A		1	2								
TUESDAY	10:00-10:30 am	A											
	10:30-11:00 am			1/2*	1/2*								
	5:00-5:30 pm	A		1	2								
	5:30-6:00 pm		B			3							
	5:30-6:15 pm							2			5		
	6:15-7:00 pm						1	2	3	4			
WEDNESDAY	5:00-5:30 pm	A		1	2								
	5:00-5:45 pm							2					
	5:45-6:30 pm						1	2	3	4			
	6:30-7:15 pm								3	4	5	6	
THURSDAY	4:30-5:00 pm			1	2								
	4:30-5:15 pm							2		4			
	5:15-6:00 pm						1	2	3				AD
	6:05-6:35 am	A			2	3							
SATURDAY	8:55-9:25 am	A			2	3							
	9:30-10:15 am							2	3	4	5	6	
	10:15-10:45 am		B		2								
	10:15-11:00 am						1		3	4			
	10:45-11:15 am			1	2								
	11:00-11:45 pm							2	3				AD
	11:15-11:45 pm			Adaptive Swim Lessons									
	11:45-12:30 pm						1	2	3	4	5		

\*classes run concurrently

## WATER EXERCISE

Our aquatic exercise programs encourage people of all ages to use the buoyant qualities of water to enhance their physical fitness through exercise. It's an ideal form of exercise for increasing physical strength and endurance without putting stress and strain on joints. Swimmers and non-swimmers alike can take part.

### AQUA COMBO

Improve your well-being, have fun and meet new friends. You choose between the low impact of the shallow end and the no impact of the deep. Both provide a great endurance challenge, strength training, core workout and flexibility.

Ages: 15 and older  
Schedule: TU/TH 8:00-9:00 am  
Fee: \$22 Members / \$44 Community  
Location: Cool Pool

### DEEP WATER EXERCISE

No-impact deep water workout! Get a great cardio workout while you strengthen, tone, and increase flexibility. Intensity is easily adjusted for all levels of fitness.

Ages: 14 and older  
Schedule: M/W/F 7:30-8:30 am  
or M/W/F 8:30-9:30 am  
Fee: \$33 Members / \$66 Community  
Schedule: TU/TH 4:00-5:00 pm  
Fee: \$22 Members/\$44 Community  
Location: Cool Pool

### SHALLOW WATER EXERCISE

Come and join the fun! You will experience a wide variety of exercises that include dance, kickboxing, jogging, and toning. Intensity and impact can be varied on an individual basis.

Ages: 14 and older  
Schedule: M/W/F 8:15-9:15 am  
M/W/F 10:30-11:30 am  
Fee: \$33 Members/\$66 Community  
Location: Cool Pool

### FREE WATER EXERCISE CLASSES

You choose either the shallow or deep water class, and spend an hour burning calories and having fun! The same exercises and benefits of our week-day water classes, but FREE for Members only.

Schedule: SA 8:30-9:30 am  
Location: Cool Pool

### TRI SWIM

Whether you are preparing for a triathlon or simply want to boost your endurance with a structured workout, this instructor led class will give you the confidence and drive you need to succeed. Skills taught include endurance, rhythmic breathing for triathlons, and sighting for open water courses. Classes run monthly January through May.

Age: 12 years and older  
Schedule: Monthly  
TH 6:00-7:15 pm Beginners  
W 7:15-8:00 pm Advanced  
Fee: \$15 Members / \$30 Community



# THERAPEUTIC AQUATICS

## AI CHI

The focus is on spirit, mind and body with flowing exercise and relaxation. Ai Chi uses a combination of deep breathing and slow broad movements of arms, legs and torso. The results are improved range of motion and overall mobility.

Ages: 14 and older  
Schedule: TU/TH 8:30-9:15 AM  
Fee: \$22 Members/\$44 Community  
Location: Warm Pool

## DAYS END WARM WATER WORKOUT

Wrap up your day with a warm water workout designed to strengthen, tone, stretch, and soothe. One instructor will lead the workout for both shallow and deep water participants, and you decide which section of the pool is best for you. Float belt required for deep end.

Ages: 19 and older  
Schedule: M/F 5:30-6:30 pm  
Fee: \$22 Members / \$44 Community  
Location: Warm Pool

## FLUID & FLEXIBLE

Immerse yourself and let the water cushion your body as the instructor leads gentle flexibility and strength exercises along with low intensity aerobic intervals. Warm water exercise is an established method for managing the pain of fibromyalgia and other joint or muscle related conditions. Participants must wear float belts and be comfortable in deep water.

Ages: 19 and older  
Schedule: M/W/F 10:30-11:15 am  
or M/W/F 11:15-Noon  
Fee: \$33 Members / \$66 Community  
Location: Warm Pool

## MULTIPLE SCLEROSIS AQUATIC EXERCISE

Designed for participants with MS or other mobility challenges, this cool water class is designed to maximize muscle strength and endurance, reduce spasticity, improve flexibility, prevent muscle atrophy, and provide a fun and positive experience. Our friendly and knowledgeable instructors help you increase your fitness and fun! Participants in need of assistance dressing or transferring into the pool should bring their own caregiver (no fee).

Ages: 19 and older  
Schedule: TU/TH 10:30-11:15 am  
Fee: \$22 Members / \$44 Community  
Location: Cool Pool

## SLOW & EASY

This warm pool class brings you benefits from low impact exercises and stretches. Especially designed for those with limited joint motion, cardio respiratory function, or strength.

Ages: 19 and older  
Schedule: M/W/F 8:15-9:00 am  
or M/W/F 10:30-11:15 am  
or M/W/F 11:15-Noon  
Fee: \$33 Members / \$66 Community

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Schedule: TU/TH 11:15-Noon  
Fee: \$22 Members / \$44 Community  
Location: Warm Pool

## AQUATIC PUNCH PASS

Members may purchase a 10-class punch pass to "drop-in" on aquatic exercise classes. Class attendance is subject to availability depending on number of persons pre-registered.

Fee: \$37 Members Only

## FAMILY PROGRAMMING

### MOM'S CLUB

Bring the kids for an afternoon playdate and join the club for walk! Kids can play in the Adventure Center while moms go for a walk, outside when it's nice out, inside when it's not. Parents must be active in this walking club to use the Kids Adventure Center. Regular KAC rules apply.

Schedule: W 1:30-2:30 pm

Fees: Free to members. Adult + Child membership required

### PARENT/CHILD MUSIC & MOVEMENT

Ages 9 months-4 years will enjoy songs, rhymes, and creative movement. Stimulate the senses and the imagination while we sing, dance, and play together. No more than two children per adult is recommended.

Ages: 9 months to 4 years

Schedule: Monthly, January-May  
TH 9:00-9:30 am

Fees: \$15 Member Family / month  
\$30 Community Family / month

Location: Heritage Room

### NATURE & YOU

This Saturday series gets kids to explore the nature around them by learning about rocks, caves, birds and trees. There will be short stories, activities and crafts.

Ages: 7-10 years

Schedule: January, February  
SA 10:00-10:45 am

Fees: \$15 Members / \$30 Community

Location: Preschool



### MESSY ME CRAFTS

Get messy and have fun with a new craft every week! Designed for ages 4-5 to develop and expand their creativity and motor skills. Children should be able to use child-safe scissors and glue sticks and follow instructions, with help. Parents are welcome to participate, but not required.

Ages: 4-5 years

Schedule: Monthly, January-March  
TU 11:15-11:45 am

Fees: \$15 Members / \$30 Community per child per month

Location: Getz Room

### STAY & PLAY ON ST. PATTY'S DAY

Let the kids hang out with us on Friday, March 17th! We'll meet in the Adventure Center but activities may take us to the gym, outdoors, and other YMCA spaces. Games, activities, and snacks included. For ages 5-11, this event is open to members only. (Both parent and child must be a member.) A designated driver may pick up children but must have been registered as such ahead of time and must show ID.

Ages: 5-11 years

Schedule: Friday, March 17  
6:00-10:00 pm

Fees: \$25 for first child  
\$10 for each additional child  
Members only



## FAMILY PROGRAMMING

### FRIDAY FAMILY FUN NIGHTS

Get your family together and join us for specially themed nights throughout the Y! Events may include games, treats, crafts, sports, swimming, or other awesome activities. Each unique event provides a fun way to build positive relationships and special family time. Adults must participate with children and some events require a 1:1 parent/child ratio.

### BABY IT'S COLD OUTSIDE

January 13 • 7:00-8:30 pm

Join us in the Warm Pool for a fun night of winter-themed activities! Experience snow-ball fights, sled races, and more in a brand new way! Children under age 6 must be accompanied in the pool by an adult within arm's reach.

Fee: \$20 Member Family  
\$40 Community Family

Location: Warm Pool

### A SNOWY NIGHT

February 10 • 7:00-8:30 pm

Enjoy a magical evening of family togetherness while we celebrate everything that is snow. Activities, music, reading time, and a bonfire (weather permitting) will delight the senses and spur the imagination.

Fee: \$20 Member Family  
\$40 Community Family

Location: Preschool

### MARCH MADNESS TEA PARTY

March 24 • 7:00-8:30pm

The Mad Hatter's got nothing on us! Dress as your favorite character from Alice In Wonderland and join us for a fanciful and zany tea party! Crumpets and clocks and everything Madly Wonderful is in store - and not a basketball in sight!

Fee: \$20 per child, Members  
\$40 per child, Community

One adult attends free per child, additional adults \$10 each.

Location: Spirit, Mind & Body Center

### HOW DOES YOUR GARDEN GROW

April 21 • 7:00-8:30 pm

Farmers and flowers and home-grown fun are the theme of this evening. We'll plant some seeds, taste test unusual edible plants, and celebrate our Midwest growing season.

Fee: \$20 per family, Members  
\$40 per family, Community

Location: Getz Room

### WHERE'S WALDO FAMILY SCAVENGER HUNT

May 12 • 7:00-8:30 pm

Teams of two to four families will scramble across the YMCA campus searching for Waldo and a Bingo Board of other items.

We'll end the event with snacks and awards!

Fee: \$20 Member Family  
\$40 Community Family

Location: Y Pavilion



## YOUTH SPORTS

### Y DREAM SPORTS – Developing Responsibility through Education, Athletics and Mentoring

All of our Y Sports strive to build character through the Y Four Core values of Caring, Honesty, Respect and Responsibility. We also feel strongly about students keeping their school grades up and participating in sports. **Volunteer Coaches are needed for all of our DREAM Sports. If you are interested in coaching please contact Cam Torres at the Y at 797-3945. The Y will check backgrounds, call references, and train coaches prior to the start of each season.**

#### BASKETBALL

YMCA utilizes volunteer coaches to focus on participation and fun! While basic skills of the game are developed through practices and games, every child learns sportsmanship and values necessary to be successful in life. Each game begins with a Youth Sports Pledge and ends with a handshake. T-shirts provided.

**Ages:** 3-5 year olds will practice and play games on Tuesdays at the Y  
**Session:** January 10-February 14  
**Schedule:** TU 5:30 or 6:30 pm

**Ages:** 6-12 year olds will practice at Moline elementary schools one day during the week and play games Saturdays at the Y.  
**Session:** January 14-February 18  
**Schedule:** SA 9:00 am -1:00 pm  
**Fee:** \$30 Members / \$45 Community  
**Location:** Y Large Gyms  
Register by December 23, 2016. A \$10 late fee charged after December 23, if available.

#### VOLLEYBALL

Bump, set, spike! Join us for volleyball skills, drills, and play. T-shirts provided.

**Ages:** 8-14 year olds  
**Session:** January 12 – February 16  
**Schedule:** TH 5:30-6:30 pm 8-11 yrs  
TH 6:35-7:35 pm 12-14 yrs  
**Fee:** \$30 Members / \$45 Community  
**Location:** Large Gym

#### INDOOR SOCCER

Looking to play more soccer? Grab your shin guards and let's play! T-shirts provided.

**Age:** Pre-K  
**Session:** January 21 – February 18  
**Schedule:** SA 1:00 pm or 2:00 pm  
**Fees:** \$30 Members/ \$45 Community  
**Location:** Y Large Gym  
Registration deadline is January 9th. \$10 late fee after this date if space available.

#### RUNNING CLUB

Our instructor will teach basic warm-up, conditioning and cool down associated with running as the focus. Participants should wear comfortable clothes and tennis shoes.

**Ages:** 5-10 years old  
**Schedule:** March 20 – April 17  
M 5:30-6:15 pm  
**Fee:** \$30 members / \$45 Community  
**Location:** Spirit Mind and Body Center Sports Field

#### SOCCER

Players will learn and improve their soccer skills through practice and games. Wear shin guards and bring a soccer ball. T-shirts provided.

**Ages:** 3-4 yrs, 5-6 yrs ball size 3  
7-9 years, ball size 4  
**Session:** March 21 – April 20  
**Schedule:** TU practice / TH games  
5:30-6:15 pm  
**Fee:** \$30 Members / \$45 Community  
Registration deadline is March 12. \$10 late fee after this date, if space available.

## YOUTH SPORTS

### LACROSSE

Looking for a new action packed sport to learn? Join our newest league where players are led by YMCA volunteers in practices and games. They will teach the basic skills and positions of lacrosse. We recommend players wear a mouth guard. Equipment and t-shirts provided.

Ages: 6-10 years old  
Schedule: March 22 – April 19  
W 5:30-6:15 pm  
Fees: \$30 Members / \$45 Community  
Location: Y Sports Fields

### T-BALL

Give your child an opportunity to develop baseball skills in a positive environment structured for them to be successful. They'll learn all the basics such as running, throwing, catching and hitting off the tee. Participants will need to provide their own baseball glove.

Ages: 3-7 years  
Session: May 3 – May 31  
Schedule: W Practice / Games  
5:15-6:00 pm 3-4 years  
6:15-7:00 pm 5-7 years  
Fee: \$30 Members / \$45 Community  
Location: Y Sports Fields  
Registration deadline is April 23rd. \$10 late fee after this date, if room available.

### FRIDAY FAMILY SPORTS NIGHT!

Grab the family and head on to the Y for a family sports night. We will play snag golf, then join in on a family game of basketball.

Schedule: Fridays Jan 27, Feb 24, Mar 10  
Ages: All ages welcome!  
Time: 5:00-7:00 pm  
Fee: \$5 per family Y members / \$18 Community

### TAE KWON DO

A martial art that has no equal in the field for power or technique, it is the "Art of Kicking and Punching". The program offer self-confidence and physical fitness for children and adults.

Ages: 5 years and up  
Schedule: M/W 6:30-7:30 pm  
Fee: \$38 Members / \$76 Community  
Location: Getz Room

### HOME SCHOOL PE

Run, play, meet new friends and enjoy time to keep your spirit, mind and body right! A physical education curriculum will be used to keep youth active and fit, but also have fun! Our sessions run monthly and we will swim on the last Friday of the month.

Ages: 5-7 year olds & 8-13 year olds  
Schedule: F 12:15-1:00 pm  
Ages: 14-18 year olds  
Schedule: F 1:00-2:00 pm  
Fee per month for one child:  
\$10 Members / \$20 Community  
Fee per month for family/multiple children:  
\$19 Members / \$38 Community  
Location: Small Gym



## FIRST TEE GOLF

### SNAG AND OUTDOOR LESSONS

Join our junior golf program that will get your young golfer ready for the season! Our instructor will use First Tee curriculum to teach golf concepts and character values through skill and drill training. Equipment provided.



### SNAG

Starting New At Golf! Join our new indoor program during the colder months. This will prepare youth to start First Tee lessons in the Spring or keep new golfers working on their skills to continue advancing!

Age: 4-8 years old

Session: January, February, March

Schedule: SA 1:00-1:45 pm

Fee: \$20 Members / \$40 Community

Location: Small Gym



### TARGET LEVEL

An introduction to golf and the basic swing mechanics. Young golfers will learn about safety and following directions in a fun setting filled with games to keep their interest and begin to learn the game of golf. Equipment will be provided.

Age: 4-5 years old

Session: April, May

W 5:00-5:30 pm

Fee: \$20 Members / \$40 Community

Location: Y Golf Learning Center



### PLAYER LEVEL

An introduction to the game of golf with special emphasis on The First Tee Code of Conduct, appreciating the rules and etiquette of the game, and The First Tee 9 Core Values. Equipment provided.

Age: 6-8 years old

Session: April, May

W 5:45-6:30 pm

Fee: \$30 Members / \$45 Community

Location: Y Golf Learning Center

### FINDING FAREWAYS

Join our new adult lessons! Our instructor will work with individuals or groups to teach the basic concepts of golf to get players ready for the golf season.

Age: 13 years and up

Session: April, May

Schedule: 4 45-minute lessons scheduled after registration

Monthly Fee:

Individuals: \$40 Members / \$80 Community

Groups of 3 or more:

\$25 per Member / \$50 per Community

## Y GOLF LEARNING CENTER

The public driving range and First Tee facility at the south end of our property provides more than thirty grass hitting stations, three different areas for long and short distance practice, and a sand bunker to work on trouble shots. Open mid-March through mid-October, weather permitting.

SU-W 12:00-7:00 pm

TH-SA 9:00 am-7:00 pm

### BUCKET PRICES:

Small	\$3 Members / \$6 Community
Medium	\$4 Members / \$8 Community
Large	\$5 Members / \$10 Community

### 10-BUCKET PUNCH PASS

\$45 members/\$90 community

This and other gift cards are available at the Y Membership Desk.

### MEMBERSHIP MONDAYS

All Y Members get a free bucket of balls when they show their membership card on Mondays!

### GOLF TEAM PRACTICE

Please call Amy Johnson at 230-8217 if you would like to use the Learning Center for your high school or college golf team practices. We give team rates for weekday practices and individual punch passes.

## ADULT SPORTS

### RACQUETBALL OPEN PLAY

Y Members may reserve one court for one hour each day. Reservations may be made up to seven days in advance. Cancellations must be made two hours in advance or reservation privileges will be suspended for one week. We reserve the right to reassign any unclaimed court 5 minutes after reservation time. **Call 797-5950 to reserve a court.**

### RACQUETBALL LEAGUES

Age: 16 years and up  
Levels: Men's A,B,C / Women's B,C  
Schedule: 1st Session January 16-March 12  
2nd Session March 27-May 21  
Fees: \$20 Members / \$50 Community  
Location: YMCA Racquetball Courts

### RACQUETBALL CLINICS

Age: 10-14 years  
Schedule: First Saturday of each month  
12:00-2:00 pm  
Fees: \$20 Members/\$50 Community  
Location: YMCA Racquetball Courts

### PICKLEBALL

Pickleball is a fun blend of tennis, ping-pong and badminton. It is played with a whiffle ball and wood or composite paddles. We have equipment or you can bring your own!  
Schedule: TU/TH 12:00-1:30 pm  
F 6:00-9:45 pm  
Location: Small Gym with one court

### TAE KWON DO

A martial art that has no equal in the field for power or technique. The program offers self-confidence, self-discipline, self-defense and physical fitness for children and adults. Instructors are from Chung Kim Academy.  
Age: 5 years and older  
Schedule: M/W 6:30-7:30 pm  
Fee: \$38 Members / \$76 Community  
Location: Getz Room



## RHYTHM & MOVEMENT

### TUMBLING-LEVEL 1

This is a class designed to teach tumbling with the help of an adult partner. One adult for every two children is required to help instructor encourage the participants to be engaged in the basic movements of tumbling. They will use games and music to keep the activities fun and flexible!

Age: 2-3 years (Parent required)  
Schedule: M 4:15-4:45 pm  
Fee: \$16 Members / \$32 Community  
Location: Small Gym

### TUMBLING-LEVEL 2

The curriculum is based on developmental concepts for beginning tumblers. The moves and concepts will be basic. The instructors teach to the skill level of the participants.

Age: 3-5 years-Developmental  
Schedule M 4:45-5:15 pm  
Fee: \$16 Members / \$32 Community  
Location: Small Gym

### TUMBLING-LEVEL 3

The progression continues with this group. Instructors will begin to introduce more complex concepts and challenge tumblers to improve their basic skills. Instructors will refer participants to this class.

Age: 6 and up-Developmental  
Schedule: M 5:15-6:00 pm  
Fee: \$17 Members / \$34 Community  
Location: Small Gym

### TUMBLING-LEVEL 4

The tumblers in this class have a good knowledge and skill level to move on to the next level where instructor will challenge them individually to learn and grow. Instructors will refer participants to this class.

Age: 6 and up-Intermediate  
Schedule: M 6:00-6:45 pm  
Fee: \$17 Members / \$34 Community  
Location: Small Gym

### TUMBLING-LEVEL 5

All previous levels must be completed and instructors will refer tumblers to this level. This is a combination of all of the skills learned and the ability to do them well. The instructors will use gymnastic equipment to continue the progression.

Age: 8 and up-Advanced  
Schedule: M 6:00-6:45 pm  
Fee: \$17 Member / \$34 Community  
Location: Small Gym

### TEAM UPLIFT

Join the team for dance training and techniques! The program is designed to promote youth development through dance and teamwork!

Age: 4-12 years  
Session: January, February, March  
Schedule: SA 12:30-1:00 pm Ages 4-7  
SA 1:00-1:45 pm Ages 8-12  
Fee: \$18 Member / \$36 Community  
Location: Studio

### BASKETBALL CHEERLEADING

Share your spirit! Cheer squads will share their spirit while cheering for Y DREAM Sports teams.

Ages: 6-10 year olds  
Schedule: January 14-February 18  
Practice and games on Saturdays at the YMCA at 11:00 am  
Fee: \$30 Members / \$45 Community  
Location: Getz Room

### SOCCER CHEERLEADING

Share your spirit! Cheer squads will share their spirit while cheering for Y DREAM Sports teams.

Ages: 6-10 year olds  
Schedule: March 21-April 20  
TU practices, TH games  
5:30-6:15 pm  
Fee: \$30 Members / \$45 Community  
Location: Getz Room

# Y QUAD CITIES ROWING

## ROWING MEMBERSHIP

Y members may participate in rowing with an additional rowing membership which provides access to boats, oars, indoor rowing machines, strength training equipment, locker rooms, and storage of personal boats. The boathouse welcomes members of all ages and skill levels and provides programming for those who are interested in learning to row.

12-Mo. Fee: \$160 individual / \$275 family

4-Mo. Fee: \$90 per YMCA member

Annual boat storage fee: \$155

## YQCR ADAPTIVE TEAM

A rowing program for individuals with special needs offered May-August.

## YQCR JUNIOR ROWING TEAM

Rowing program for youth ages 13-18 years. Novice, Intermediate, Competitive groups.

## PADDLEBOARD AND KAYAK RENTALS

Come enjoy the Sylvan Slough and the beautiful backwaters of the Mississippi River! We offer both group rentals and individual walk-in rentals from mid May to mid August.

For group reservations, please call or email 48 hours in advance: 309-230-8217 or [ajohnson@ymcatr.org](mailto:ajohnson@ymcatr.org).

Individual Rentals (walk-ins)

Schedule: TH-SU 1:00-6:00 pm

1 Hour: \$10 Members / \$20 Community

2 Hours: \$15 Members / \$35 Community

Group Rentals - 4 or more people

48 hour advance reservations required

Schedule: M-W 11:00 am-4:00 pm

1 Hour: \$5 Members / \$15 Community

2 Hours: \$10 Members / \$25 Community

For more information contact:  
Amy Johnson, Senior Program Director  
762-6030 or [ajohnson@ymcatr.org](mailto:ajohnson@ymcatr.org)

## LEARN TO ERG

Get ready for Spring rowing on the river! Our rowing coach will use indoor Ergs to help you develop proper form and technique to learn rowing - and get a great workout. Class maximum is 12 participants.

Age: 12 years and older

Session: January, February

Schedule: W 6:00-6:45 pm

Fee: \$22 Members / \$44 Community  
Per Month

Location: Sylvan Boathouse

## LEARN TO ROW - BEGINNER

An introduction to the sport of rowing. A swim test is required within the first week of the class to participate without a life jacket. Forms can be downloaded from our website. The test can be administered at any QC YMCA during open swim time (a guest pass may be required if you are not a member).

Age: 12 years and up

Session 1: April 6-29

Session 2: May 4-27

Schedule: TH 5:30-7:00 pm

and SA 9:00-10:30 am

Fee: \$130 Members / \$260 Community

Location: Y Boathouse / Mississippi River

## LEARNING TO ROW - INTERMEDIATE

Prerequisite: Learn to Row Beginner

The next step to learn more rowing skills and meet other rowers. Instructors will teach sculling in double and quad boats. Instructors will schedule rowing times when the class begins. Participants get additional rowing time on Thursdays and Saturdays with the LTR Beginner class.

Age: 18 years and up

Session 1: April 4-25

Session 2: May 6-27

Schedule: SA 9:00-10:30 am

Fee: \$75 Members / \$150 Community

Location: Sylvan Boathouse

## WELLNESS CENTER

The YMCA Wellness Centers offer a wide variety of cardio and weight training equipment, such as treadmills, bikes, elliptical, free weights and more. Whether you are new or returning member, a beginning or experienced exerciser, we offer many solutions that will help you achieve your fitness and wellness goals.

For more information please contact: **Mitch Driscoll, 797-3945 ext 244**

### SMART START FITNESS

#### Four-week Lifestyle and Fitness Program

During your first appointment with a trained coach, you will receive a body composition analysis and goal assessment to help create your customized fitness program. Your programs may include: group exercise classes, recreational sports, aquatics, MobileFit, strength training, cardio, and stretching. You will meet with your coach weekly to evaluate the progress of your program.

Age: 14 years and older

Schedule: 4-weeks, 30-60 minute appts.

Fee: \$25 Member / \$50 Community

### FITNESS ORIENTATION

A fitness orientation is a great way for new members to become familiar with the Y. A trained coach will help you navigate through the many resources available to optimize your Y experience. Free for Y Members.

### FITNESS CONSULTATION

For a more in-depth refresher, members meet with a trained coach to create a program for achieving their wellness goals.

Sessions may include strength equipment, cardio equipment, stretching guidelines and MobileFit. Free for Y Members.

## WELLNESS CHALLENGES

If you need a little extra motivation to get you started on your fitness goals, our Wellness Challenges may be just the answer! Meet workout buddies, learn different exercise routines and techniques, or take a new class with support from your fellow Y members and dedicated Wellness Center staff. Programs are designed to motivate, educate and challenge participants to achieve their health and wellness goals.

### WEIGHT LOSS BOSS

Jump start your January with the Weight Loss Boss! Individuals will compete in this 6-week fat loss challenge. Participants will schedule a fitness consultation with our wellness staff to determine starting point, customize a fitness program and receive a food tracking log. The male and female participants with the highest percentage of improvement in body fat will win!

Registration: January 1 – January 18

Schedule: January 16 – February 26

Age: 13 and older (Youth Wellness Center restrictions apply)

Fee: \$40 Member / \$80 Community  
(Includes 6 week individual membership)

### IDLE IRONMAN

While a normal Ironman triathlon is a one day event, the Y's Idle Ironman challenge takes place over the course of a month and provides participants with the experience of competing in a triathlon, in small manageable stages. For four weeks, wellness staff will help participants plan their workouts to equal the distance of an Ironman Triathlon – a 2.4-mile swim, a 112-mile bike and a 26.2-mile run. Sign up as an individual or as a relay team with two or three people.

Schedule: March 20 – April 16

Age: 8 and older (Youth Wellness Center restrictions apply)

Fee: \$18 Member / \$45 Community  
(Includes 4 week individual membership)



# YOUTH WELLNESS

All youth ages 8-15 will also complete a youth orientation (either individually or in a group) performed by a YMCA staff person before they are allowed to exercise in the Wellness Centers. (No Exceptions)

Ages 8-12: an adult must be on an adjacent piece of cardio equipment to the child and spotting the child on any piece of strength equipment that they are using. Ages 13-15: no parental supervision is required; however, an additional Level 2 Strength Orientation is required. (No Exceptions).

## YOUTH WELLNESS ORIENTATION

Youth ages 8-15 are required to attend a free orientation prior to using the equipment in the wellness centers. Parent/guardian must be present. Upon successful completion, students will receive a wristband that must be worn in a visible manner when in the Wellness Centers

- Ages: 8-15
- Schedule: By appointment
- Fee: FREE
- Location: Health Improvement Center



## LEVEL 1 STRENGTH ORIENTATION

Youth ages 8-12 may use the 3rd floor wellness center and the Health Improvement Center after successfully completing this program. Demonstration of proper technique will be required to pass. Upon successful completion, students will receive a wristband that must be worn in a visible manner when in the Wellness Centers.

- Age: 8-12
- Schedule: By appointment
- Fee: FREE
- Location: Health Improvement Center

## LEVEL 2 STRENGTH ORIENTATION

After successful completion of this program, youth ages 13-15 may use all areas of the Wellness Center. Demonstration of proper technique is required to pass, especially pertaining to free weights. Upon successful completion, students will receive a wristband that must be worn in a visible manner when in the Wellness Centers.

- Age: 13-15
- Schedule: By appointment
- Fee: FREE
- Location: Main Wellness Center

## PERSONAL TRAINING

### EXPERT ADVICE, MAXIMUM RESULTS

Whether you're trying to lose a few pounds, complete a triathlon, or just get healthier, our nationally certified personal trainers have the knowledge and skills to help you reach your goals. Let us tailor a program to your specific needs, wants and goals and provide the coaching and motivation you need to help you succeed.

### BENEFITS OF PERSONAL TRAINING

1. Gain Strength
2. Increase endurance and energy
3. Lose weight & overcome plateaus
4. Prevent Injury
5. Maximize efficiency
6. Reduce stress

### INDIVIDUAL PERSONAL TRAINING FEES:

	30 Minutes	60 Minutes
12 sessions	\$239	\$459
8 sessions	\$169	\$329
4 sessions	\$99	\$179

### PARTNER PERSONAL TRAINING FEES:

	60 Minutes
12 sessions	\$250 / partner
8 sessions	\$200 / partner
4 sessions	\$150 / partner

### SMALL GROUP TRAINING

Personalized, affordable, effective. Register with friends (3 to 6/group) to realize your fitness goals with personalized attention at a lower cost. 4 1-hour sessions \$55/person



### INBODY TESTING - ONLY \$15

InBody provides a quick and easy, non-invasive body analysis report. Whether you're looking to lose weight, get in shape, or build muscle, a wellness consult and an InBody assessment can help you understand how your exercise routine, diet and lifestyle are influencing your body make-up. Knowing if you need to lose fat and where you may need to build muscle can help you tailor your diet and exercise plans to meet your goals.

Your InBody report includes:

- Basal metabolic rate
- Body fat mass
- Body mass index
- Dry lean mass
- Lean body mass
- Total body water
- Skeletal muscle mass
- Weight
- Segmental lean analysis

To schedule your InBody test, please contact your wellness center staff.

### DIANA'S SHORT CIRCUIT

A 30 minute circuit class to challenge your body. Perform short rounds of exercises in an attempt to complete as many rounds as possible in the time given. High energy/high motivation. Powerful.

Schedule: TU/TH 10:30-11:00 am

Fee: \$55/Month, Members Only

## MEET OUR PERSONAL TRAINERS:

### **Mitch Driscoll**

#### **Wellness Center Coordinator**

American College of Sports Medicine (ACSM) Certified Personal Trainer. Mitch serves all populations, with a specialty in training those with chronic disease.

### **Jennifer Taylor**

#### **Chronic Disease Prevention Coordinator**

BS in Exercise Science with an emphasis on health and human performance, National Strength and Conditioning Association (NSCA) Certified Personal Trainer. Jennifer serves all populations with a specialty in training those with chronic disease.

### **Ashley Fawks**

National Academy of Sports Medicine (NASM). Ashley specializes in fitness and nutrition for women.

### **Victoria Hennings**

International Sports Sciences Association (ISSA) Certified Personal Trainer. Victoria specializes in body weight and high intensity interval training workouts.

### **Diana Krakovec**

National Federation of Professional Trainers (NFPT) Certified Personal Trainer. Specialties include TRX, kettlebells, circuit training, Pilates, resistance training tools, group fitness, stretching and training for the active older adult.

### **Dave Pollentier**

National Federation of Professional Trainers (NFPT) Certified Personal Trainer. Dave's specialties include strength training, body building, and rehabilitative exercises.

### **Wendy Ruark**

ACE Personal Training Certification  
Wendy specializes in weight loss, strength training, and improving overall fitness levels for all ages.



Diana, Ashley, Jacob, Victoria, Jamie



Jennifer, Dave, Mitch, Wendy, Justin

### **Justin Schatteman**

ACE Fitness and Sports Nutrition  
ACE Sports and Conditioning  
NASM Performance Enhancement Specialist  
Specializing in sports performance and nutrition.

### **Jamie Shoemaker**

National Federation of Professional Trainers (NFPT) Certified Personal Trainer. Jamie's specialty is high intensity training and weight lifting.

### **Jacob Virnig**

National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist. Specializing in strength training for body recomposition.

## TEAM TRAINING

Team Training is a specialized class for 6 to 12 participants. Participants get the benefits of more one-on-one coaching and form focus found in small group personal training, with the push, drive, and energy of a group exercise class. Classes range from 30 to 60 minutes. Participants must be registered prior to the start of class.

### BLITZ

This 30 minute fusion class is designed to challenge your fitness level. Blitz will push you past your plateau with a mixture of sports-inspired cardio and strength conditioning drills that are geared to enhance your physical performance. If you enjoy competing against yourself to hit your personal best, this is the class for you!

Age: 18 years and older

Schedule: M 5:30-6:00 am

or W 5:30-6:00 am

or TH 5:30-6:00 pm

or F 5:30-6:00 am

or F 9:30-10:00 am

Fee: \$20 Members / \$40 Community

Location: Studio

### OH, BABY

In a team training fitness setting, participants take part in training that will aid in a healthy pregnancy, preparation for labor, and postpartum healing. This 55-minute class can be taken at any point in pregnancy and will focus on core breathing, functional strength, and labor training. Postpartum participants will be able to apply techniques for healing common post-pregnancy ailments and rebuilding a healthy core.

Consent of care provider is required. Max 12 participants in the class

Age: 18 years and older

Schedule: TU 6:30-7:25 pm

Fee: \$36 Members / \$72 Community

Location: Studio

### GRYND

An intermediate to advanced 45 minute yoga workout to rock music. In between the rock and the hard place you will find a new level of fitness. Due to the level and speed of this class, no adjustments to form will be made.

Age: 18 years and older

Schedule: F 9:30-10:15 am

Fee: \$30 Members / \$60 Community

Location: Getz Room

### NEXT LEVEL YOUTH STRENGTH & CONDITIONING

Y coaches challenge you physically and mentally to become a stronger, faster, and tougher athlete during the off-season. Our coaches include personal trainers and exercise instructors with many years of strength and conditioning experience.

Get the push you need to reach the next level of performance!

Schedule: May 1-25

M 6:00-7:00 pm

or TH 6:00-7:00 pm

Fee: \$40 Member / \$80 Community

### FIT CAMP

Experience the Y's outdoor destination fitness! This one-hour sweat session will take you through trails, parks and other special locations. Improve your balance, core stability, endurance, and functional strength for everyday tasks. New exercises and new terrain are guaranteed to produce awesome results. Instructors will coach you through a variety of experiences that will change and expand your fitness level.

Age: 18 years and older

Schedule: Coming in May

Fee: \$40 Members / \$80 Community

Location: Sylvan Boathouse/other

## GROUP WELLNESS

Try our Group Fitness programs and gain self-confidence to initiate and sustain positive health habits. You'll be surrounded by a supportive community of instructors and fellow participants. Group Land Fitness classes are FREE for Members and open to ages 13 years and older.

**CLASS SCHEDULES** are available at the service centers, online at [www.tworiversymca.org](http://www.tworiversymca.org) or download the Two Rivers YMCA mobile app for iPhone or Android.



### LES MILLS® BODYATTACK

BODYATTACK is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate you toward your fitness goals.

### LES MILLS® BODYCOMBAT

BODYCOMBAT™ is the empowering cardio workout which totally unleashes you! The fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, tae kwon do, tai chi and muay thai. Supported by driving music and powerful instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

### LES MILLS® BODYFLOW

BodyFlow combines facets of Yoga, Tai Chi and Pilates with powerful music and choreography to take you on a journey that builds flexibility and strength. By connecting breathing and body awareness you'll create harmony of mind, body and spirit.

### LES MILLS® BODYPUMP

BODYPUMP™ is the original barbell class that strengthens your entire body. This workout challenges all major muscle groups by using exercises like squats, presses, lifts and curls. Great music, inspiring instructors and your choice of weight help you to get the results you came for – fast!

### LES MILLS® BODYVIVE

BODYVIVE™ is the low-impact, whole body workout that uses tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left fizzing with energy, so you can really take life on!

### LES MILLS® CX WORX

Reach beyond your limits and take your core to the next level! Based on cutting-edge scientific research, this 30-minute workout will tone your stomach and tighten your butt, improving strength and assisting in injury prevention. With awesome music, it'll help you to run faster, play harder and stand stronger!

## GROUP WELLNESS

### STEP X-PRESS

If you enjoy Step, but are looking for basic movements then this class is a perfect match! Your instructor will offer more repetition and instruction to allow you time to learn the movements and catch on. Classes include toning, core, and flexibility work for a total body workout.

### CYCLING

Why is indoor cycling so popular? Perhaps it is because it does not require complicated footwork like traditional exercise classes. Maybe it is because it is athletic and sport specific, or maybe it is because it creates a mind and body connection. Whatever the reason, it's fun, burns calories, and develops a stronger cardiovascular system. Bring a water bottle, towel, and comfortable clothing. Wear shoes with a firm sole like cross trainers.

### CHISEL

Shape and tone your entire body with the use of hand weights, resistance equipment, and your own body strength. Easy to follow instructions for toning and isolating muscles will improve your overall strength and energy levels.

**Children under the age of 8 are not allowed in group ex classes.** Ages 8 to 12 who have passed a Wellness Center class are allowed in class at the discretion of the instructor. Exception: BodyPump is restricted to ages 13 and older. Those 13 years or older are free to take any class, at the discretion of the instructor.



### GROUND LEVEL FITNESS

This class offers a Pilate's inspired workout with a twist...slightly higher intensity and speed, with other group exercises incorporated into the floor work. You will experience movements that are fluid and constant for a challenging workout.

### ZUMBA® FITNESS

When you see a Zumba class in action, you will want to jump right in! Zumba classes feature exotic rhythms set to high-energy Latin and International beats. Before you know it, you'll be getting fit and energy levels will be soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective, and totally exhilarating.

### YOGA

In Yoga you will connect movement with breath, increase flexibility, relieve stress, and improve balance and core strength. Participants of all levels are able to benefit from this class.

### GENTLE YOGA

A gentle, meditative style of yoga. Gentle Yoga is a relaxing and restful practice that is a wonderful adjunct to an active yoga practice. It can also be a great first class for a beginner or for those recovering from injury or illness.

## GROUP LAND FITNESS – ACTIVE OLDER ADULT

### SILVERSNEAKERS CLASSIC

Are you an active older adult who is looking to improve your strength, flexibility, balance, and endurance? Try this innovative blend of physical activity, healthy lifestyle and socially oriented programming. Weights, tubing and ball are used for resistance. A chair is used if needed for seated or standing options.

Age: 65 years and older

### SILVERSNEAKERS CIRCUIT

A step up from SilverSneakers Classic, this workout increases cardio and muscular endurance. Standing circuit workout with a chair used for standing support, stretching, and relaxation.

Age: 50 years and older



### ZUMBA® GOLD

Zumba Gold targets the largest growing segment of the population: baby boomers. You will dance to zesty Latin music, like Salsa, Merengue, Cumbia, and Reggaeton. The exhilarating, easy-to-follow moves, and the invigorating, party-like atmosphere will make your workout a blast! Join the Party!

Age: 50 years and older



“The Y has something for every age level and every physical level, it’s great” – Patricia

## CHRONIC DISEASE PREVENTION

**HEALTH IMPROVEMENT CENTER** - A place for reclaiming true health for enhanced quality of life. Located on the second floor just above the North Service Center.

### RECLAIM

Reclaim is a preventative program designed to enhance the quality of life for people who are looking to improve overall cardiovascular health. This program is staffed by exercise specialists who monitor and assist in program design.

Age: 18 years and older  
Schedule: M/W 8:30-10:00 am  
Fee: \$26/Month with Membership  
Location: Health Improvement Center

### YMCA'S DIABETES PREVENTION PROGRAM

Measurable Progress, Unlimited Support  
Reduce your risk for type 2 diabetes with the YMCA's Diabetes Prevention Program! Our trained lifestyle coaches will help you begin or enhance your journey to wellness.

Age: 18 years and older  
Schedule: Begins March 21  
TU 5:00-6:00 pm  
Location: Spirit, Mind & Body Center  
Contact Jennifer Taylor, Chronic Disease Prevention Coordinator, 797-3945 ext 229 or the Diabetes Prevention Control Alliance, 1-800-237-4942.

### JUST BALANCE

Need to improve balance, flexibility, and strength? Do you have a hard time getting up and down on the floor? This program is designed to reduce fall risks, increase strength for daily living activities and increase overall balance, flexibility, and activity levels. Just Balance meets twice a week for 4 weeks.

#### 6 person minimum

Schedule: T/TH 9:00-9:45 am  
Monthly: January-May  
Fee: \$35 Member/ \$70 Community



### Y WEIGHT

Stuck in a weight loss rut? This 6 week program is focused on making permanent healthy lifestyle changes to help reach your weight loss goals. Y Weight offers instruction by a trained coach in a variety of cardiovascular, resistance training, exercise prescription, and nutrition suggestions.

Those with pre diabetes or type 2 Diabetes will have support to take self pre and post exercise glucose checks. Please bring your glucometer. Through Y Weight, you will learn how to set realistic goals that you can achieve each week. Our weekly lessons include topics focused on nutrition, physical activity, motivation and positive thinking.

#### 6 person minimum

Schedule: M/W 8:30-9:30 am  
Session 1 January 9 - February 15  
Session 2 March 13-April 19  
or T/TH 5:30-6:30 pm  
Session 1 January 10 - February 16  
Session 2 March 14-April 20  
Fee: \$48 Member/\$96 Community  
Location: Health Improvement Center



# CHRONIC DISEASE PREVENTION

For more information please contact: Jennifer Taylor, 797-3945 ext 229

## LIVESTRONG® AT THE YMCA

**Physician release and medical intake form required.**

A FREE program tailored to fit the specific needs of adult cancer survivors who would like to improve their quality of life before, during, and after treatment. This 12-week program meets twice each week.

Certified instructors and personal trainers have received specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care.

Ages: 18 years and older

Sessions:

Jan 9 - Mar 29 M/W 10:00-11:15 am

Jan 23 - Apr 12 M/W 5:30-6:45 pm

Feb 7 - Apr 27 T/TH 10:00-11:15 am

## HOPE4LIFE CLUB

Helping Oncology Patients Exercise

4 = balance, strength, flexibility, cardio

HOPE4Life is for cancer survivors who have graduated from the LIVESTRONG at the YMCA program. HOPE4Life promotes physical activity and socialization. Education, instruction, encouragement and support are provided in a nurturing environment.

Household membership for nine months at a rate of \$18 per month. HOPE4Life members must visit the Y two times per week to remain eligible.

After nine months, standard YMCA membership rates apply.



“What a wonderful, wonderful program! Not only did I once again feel that I had control of something positive regarding my health, but also there were others who completely understood the ramifications of cancer.”

– LIVESTRONG Participant

# CELEBRATE GOOD TIMES

**EVENT RENTALS AT THE Y** Have your next celebration at the Y! We offer a variety of room and activity rentals to suit your party needs. Choose from our Basic, Deluxe or Premium packages and we'll do as little or as much of the work as you'd like! For more information contact: Jeremy Pulliam, Event & Rental Coordinator, 797-3945 ext 264, [jpulliam@ymcatr.org](mailto:jpulliam@ymcatr.org) or Lesley Webster, Aquatics and Family Director, 797-3945 ext 256, [lwebster@ymcatr.org](mailto:lwebster@ymcatr.org)

## BASIC LEVEL

This rental fee includes your space, tables, chairs, and a Party Pro who will remain on site throughout your event. Bring your own decorations, food, water or juice, desserts, and activities. Our Party Pro will help you set up your decorations up to 15 minutes before party time, to help as needed, and to take care of the cleanup.

## DELUXE LEVEL

Party prep made easy! We'll provide event space, set up, table coverings, tableware, and a balloon package or other Deluxe Accessory Option. Our Party Pro will remain throughout the event for set up, tear down, and everything in between. You provide your own food, water or juice, desserts, activities, and any additional decorations.

## PREMIUM LEVEL

Put the plan in motion and let us take care of the rest! Our Party Pro will have the room set up including table coverings, tableware, and any additional decorations you have provided in advance.

We will guide your event from start to finish, including providing a craft, game, or icebreaker activity appropriate for your participants.

We'll also provide personalized water bottles and dessert. For an additional fee you may select from our catering options which we will order for you. You may also select one of our Premium Accessory Options, or two Deluxe Accessory Options.

	BASIC	DELUXE	PREMIUM
<b>KIDS ADVENTURE CENTER</b>			
Member:	\$ 199	\$ 299	\$ 399
Community:	\$ 299	\$ 399	\$ 499
<b>TOM GETZ ROOM W/KITCHEN</b>			
Member:	\$ 139	\$ 239	\$ 339
Community:	\$ 239	\$ 339	\$ 439
<b>LARGE PAVILION &amp; PLAYGROUND</b>			
Member:	\$ 139	\$ 239	\$ 339
Community:	\$ 239	\$ 339	\$ 439
<b>SPIRIT MIND BODY CENTER – Great Room/Kitchen &amp; Playground</b>			
Member:	\$ 199	\$ 299	\$ 399
Community:	\$ 299	\$ 399	\$ 499
<b>SPIRIT MIND BODY CENTER – Picnic Tables &amp; Playground</b>			
Member:	\$ 139	\$ 239	\$ 339
Community:	\$ 239	\$ 339	\$ 439

- Rentals for:**
- Baby Showers
  - Birthdays
  - Civic Groups
  - Committee Meetings
  - Corporate Retreats
  - Field Trips
  - Graduation
  - Quinceaneras
  - Youth Groups

## SPECIAL EVENTS

### BODYPUMP 100 WORLD RELEASE

**Saturday, January 14**

Celebrate the 25th anniversary of Les Mills® BodyPump with an exciting 100th quarterly release! 10:00-11:00 am in the new Studio.

### GO RED FOR HEART HEALTH

**Friday, February 3rd**

Join us in the Health Improvement Center 8:00-11:00 am for healthy heart activities and information.

### HEALTHY KIDS DAY®

**Save the date: Saturday, April 29th!**

We'll be celebrating Healthy Kids Day with lots of fun family games and activities.

## FOR COMMUNITY

### CPR/AED TRAINING

Learn to save a life with Red Cross CPR and AED training. You will learn how to properly perform CPR (adult, child, infant), how to help someone who is choking, and receive hands-on instruction in using an AED. Visit the Membership Desk for details.

### SPONSORSHIP OPPORTUNITIES

Sponsorship of Y events and programs allow you to reach key demographics with the message that your business cares about the development of youth, healthy living for all, and instilling a sense of social responsibility. For more information, please contact Wendy Bonilla, Director of Brand Engagement, 797-3945 ext 248 or wbonilla@ymcatr.org.

## CHARITABLE GIVING

At the Y, we believe that lasting personal and social change happens when we all work together. Every day we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to be healthy, confident, connected, and secure.

When you give to the Y through our Annual Campaign, you are funding life-changing programs that help thousands of children, adults and families in the Illinois Quad Cities community to learn, grow, and thrive.

To learn more about the many opportunities for charitable giving, please contact: Denise Clark, Development Director 797-3945 ext 209 or dclark@ymcatr.org.

## VOLUNTEERISM

### MAKE A DIFFERENCE AT THE Y

Your help is needed! We rely on volunteers in all areas of the Y - day camp, fitness instructors, special events, school-age programs, coaches and more. Experience the joy of helping a child learn a new skill, contribute to the quality of life for a senior, or help tell the Y story in the community. The Y offers many great opportunities for volunteering - come make a difference! Visit the Membership Desk for a volunteer application or contact Marlena Neiemeier at 797-3945 ext. 234.

## TWO RIVERS YMCA POLICIES

1. An annual medical examination is strongly recommended for all members and participants, particularly if you are new to an exercise program. Each person participates at their own risk. The YMCA was constructed with the highest health and safety standards and does not provide accident insurance.
2. Members must bring and show their membership card each time they visit the YMCA. If you forget your card, another form of identification is required. Those too young for an ID are required to visit the membership desk for verification. ID fraud is grounds for membership suspension or termination.
3. Please bring your own padlock to secure your belongings. Loaner locks are available at the Service Center.
4. Children must be picked up by 9:00 pm weeknights and 5:00 pm weekends. If children are not picked up by these times, the police will be called to take your children home.
5. Boys and girls locker rooms are for all ages. Children six and above must use the same sex locker room. Children five years and younger are allowed to use the boys and girls locker room facilities of the opposite sex under the direct supervision of an adult. Special Needs Changing Room is available.
6. Women's and men's locker rooms are for those 18 years or older. Under-age use may result in suspension or termination of membership.
7. Youth Supervision - Children under 8 years of age must be under direct adult supervision at all times. Children under 8 years of age must be accompanied in the water by a parent/guardian during all open/family swim times.
8. For your safety and security, hoods may not be worn, hats must be straight, no gym bags, jackets, etc. may be left on the gym floor or workout areas. Please place in a locker or hang on hooks in the gym or gym hallway.
9. The decision(s) of the lifeguard on duty is final.
10. The YMCA prohibits any individual or organization from providing services, charged for or free, without authorization in YMCA facilities. This includes, but is not limited to: personal training, group exercise training, sports training or coaching, health coaching, and swim instruction.
11. All participants must wear appropriate athletic attire. Do not wear jeans in exercise areas as rivets can tear exercise machine pads. No midriiffs, closed toe shoes only in exercise areas. No dark soled gym shoes are permitted. Gym shorts, shirts, or sweatsuits in the physical area, and regular swimsuits or clean shorts without frayed ends in the pool area. Children who are not toilet trained must wear tightly fitted plastic pants or swim diapers (available for purchase at service center).
12. All scheduled activities (times, fees, staff) are subject to change or cancellation at the discretion of YMCA staff.
13. Y phones are not permitted for personal calls.
14. Missed classes cannot be made up.
15. Paging an individual can be done only on an emergency basis.
16. Management of the Two Rivers YMCA may suspend or cancel the rights, privileges, or membership of any member at any time whose actions are detrimental to others' enjoyment of the facilities. We reserve the right to verify identification of members and guests.

## TWO RIVERS YMCA POLICIES

17. The YMCA reserves the right to cancel any program not meeting a minimum enrollment. If a program is cancelled, paid program fees are refunded in full. If for any reason you are dissatisfied with a class and wish to withdraw from it prior to the class meeting the second week, the YMCA will refund your fees. Withdrawal after this point must be for medical reasons only and will be prorated from the date of the doctor's statement. Refunds will be mailed. We will not reschedule or refund classes due to inclement weather or uncontrollable circumstances.
18. The Activation Fee is not refundable. Paid up memberships are refunded the unused balance if you are dissatisfied for any reason. A 30-day written notification is required to cancel a bank draft membership.
19. Mobile electronics use (talk, text, play) in all facilities is limited to common areas such as lobbies, hallways and observation areas; away from equipment and areas where such use might bother or interrupt the activities of others. Mobile music devices may be used anywhere in the facility with headphones. Photographic devices may only be used with permission of the YMCA and anyone within the vicinity where photos are taken. Mobile phone and photographic device use is strictly prohibited in locker rooms and wet areas.
20. The YMCA was constructed with the highest health and safety standards and does not provide accident insurance and is not liable for injuries that occur on its premises or during its activities.
21. The Two Rivers YMCA prohibits all persons who enter Y property from carrying a handgun, firearm, or weapon of any kind on to the property regardless of whether or not a person is licensed to carry. This includes all sidewalks, driveways and parking lots located on YMCA property.
22. The Two Rivers YMCA is a tobacco-free, alcohol-free and drug-free facility. Tobacco, alcohol, and recreational drug use is prohibited on all YMCA property.

## SWIMMING POOL RULES

1. The lifeguard may prohibit any activities that affect the safety of pool users. They also have the authority to expel any one from the pool who curses, continues not to follow rules, or creates a dangerous situation. The decision(s) of the lifeguard on duty is final.
2. Children who are not toilet trained must wear swim diapers.
3. Pool equipment will be issued and removed at the lifeguard's discretion. The resistance equipment, fins and snorkels are for adults only. Kids can use the noodles, balls, or the bucket of toys that are in the warm pool. Kickboards and fins are to be used only during lap swim.
4. No food, drink, glass bottles, or gum is allowed in the pool area.
5. Please do not swim if you have recently had diarrhea, infections such as rashes, open wounds, etc. Bandages of any sort should be removed prior to entering the pool.
6. No running, pushing, or dunking allowed.
7. Diving is allowed only from the DEEP end of the Cool Pool. NO diving in the Warm Pool. No flips, cartwheels, back dives, back jumps, or pushing from the side of pool in any pool.
8. Playing on the steps or ladders is prohibited.
9. Swimmers will wear clean swimwear, leotards, or shorts. No cutoffs with frays allowed. Shirts cannot be worn in the deep end. No street shoes in the pool area.
10. A shower is required before entering the pools.
11. There will be no shooting or dunking balls into the basketball hoop. Balls should not be thrown from the deck or AT another person.
12. Children under eight years must be accompanied in either pool by an adult (18 or older). The adult should be within arms reach of a non-swimming child.
13. Only adults and those under 18 who can swim a full length of the pool without assistance or flotation device are allowed in the deep end. A child can not wear a life jacket, cube, or arm floats (no inflatable flotation devices) in the deep end, but can in the shallow end. A non swimming child being held by their parent in the deep end is not allowed.
14. Playing in the lap lanes during Lap or Lap/Open times is not allowed. Children 8 and older can swim laps during lap swim or at the discretion of the lifeguard.
15. Lap swimmers should swim in the lane of their ability marked as Fast, Medium, Slow, or Jog. If you are sharing a lane please use lap swim etiquette as posted.
16. When one lifeguard is on duty, only 25 people are allowed in the pool at a time.
17. The Cool pool water temperature is usually 84 degrees and the air temperature is 86 degrees. The Warm pool (therapy pool) water is 90 degrees and air temperature is 86 degrees.
18. **For your safety, no inflatable flotation devices are permitted.**

## SAUNA/STEAM ROOM/WHIRLPOOL POLICIES

Many medical conditions and use of medications limit or prevent usage of these facilities. If you have any medical problems, please consult your physician before use. Some of these conditions include high blood pressure, heart disease, and pregnancy. Steam and Sauna are turned on and ready to use. To activate whirlpool jets, use the time switch on the west wall.

- Steam: Wet heat, high humidity, 110-115 degrees F, 5 minutes recommended. Nude or swimsuit only, no street clothes or shoes.
- Sauna: Dry heat, 170 degrees F, 5-10 minutes recommended. Nude or swimsuit only, no street clothes or shoes.
- Whirlpool: 104 degrees F, 5-10 minutes recommended. Due to filtration, nude is preferred, but swimsuits may be worn.
- If any symptoms of nausea, dizziness or faintness develop, discontinue use immediately.
- For safety reasons, never enter these high-heat areas directly after strenuous exercise. Wait at least 10 minutes to cool down.
- Use of these areas does not promote weight loss. Exercising in high-heat areas is not permitted. Wearing "rubber suits" or other heat trapping clothing is prohibited in these areas.

## MEN'S AND WOMEN'S LOCKER ROOM POLICIES

These locker rooms are for those 18 years and older. Boys and girls locker rooms are for all ages, and must be used if you are here with your young children. We also have a special needs/family locker room available for parent/child (up to age 8) or to those who might need to assist an adult of the opposite sex.

All members and guests using the locker room should bring a lock to use. A Kit Locker can be rented for a small fee and includes a YMCA combination lock. Other than the rental lockers, locks must be removed after each use in order to have enough space for all members. Locks that are left overnight on the non-rental lockers will be cut off at the end of the day and contents bagged and stored at the service center.

The YMCA is not responsible for personal belongings. Please do not leave items of value in a locker or unattended. If you forget your lock or need to purchase a lock, they are available in the service centers.

There are various hooks throughout the shower room -please use for your bags or towels. Be a courteous locker mate and don't leave your bag in a shower as a means of "reserving" a shower. It is also a courtesy to clean up spilled makeup, excessive hair in the sink, etc., and to let the service center know immediately if there is a "major" mess to be cleaned up. We need your eyes and ears!

Please help keep your locker room clean and safe by reporting any inappropriate use of these facilities, including use by those under age 18.

A "suit spinner" is located between the steam room and the sauna to help dry your swim suit. Place the suit (straps-first) into the tank and press the lid down firmly to activate the spinner-release after a few seconds (it's very quick!) Swimsuits only in spinner.

**TWO RIVERS YMCA**  
2040 53rd Street  
Moline, IL 61265

