



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXPERIENCES FOR THE ENTIRE FAMILY



Program Guide | January - April 2024

**TWO RIVERS YMCA**

[TwoRiversYMCA.org](http://TwoRiversYMCA.org)

# ABOUT OUR PROGRAM GUIDE

We worked hard to continue to develop new programs for all our members. As our program guide continues to grow, we know it is sometimes challenging to find programs for your family when organized by activity rather than age. We have aligned our program guide to be organized by age. We believe this is an easier way to search through a wide variety of program offerings in one section rather than looking through the entire guide.

You will find the categories as follows:

- Parent/Child (Ages 0-2)
- Preschool (Ages 3-5)
- Elementary (Ages 6-10)
- Middle School (Ages 11-14)
- High School (Ages 15-18)
- Adult/Senior (18+)
- Families (all ages)

Ages are meant to be a guide, each program and discipline varies

Some overlap will occur in offerings for age groups and you may see listings in multiple age groups.

<b>PARENT/CHILD (AGES 0-2)</b>	<b>9</b>
<b>PRESCHOOL (AGES 3-5)</b>	<b>13</b>
<b>ELEMENTARY (AGES 6-10)</b>	<b>21</b>
<b>MIDDLE SCHOOL (AGES 11-14)</b>	<b>29</b>
<b>HIGH SCHOOL (AGES 15-18)</b>	<b>37</b>
<b>ADULT/SENIOR (AGES 18+)</b>	<b>45</b>
<b>FAMILIES (ALL AGES)</b>	<b>57</b>

# PROGRAM CALENDAR

JANUARY 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Program Session First Day



Program Session Last Day



Holiday, Building Hours may vary

Give your  
child a new  
experience  
each month!



TwoRiversYMCA.org

## YMCA MISSION

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

### PROGRAM SCHEDULE

Most programs are offered monthly except for Youth Sports Leagues and other seasonal activities.

### PROGRAM REGISTRATION IS EASY!

#### Register Online

[TwoRiversYMCA.org](http://TwoRiversYMCA.org)

#### Scan the QR Code

Use your phone's camera to scan the QR Code.



#### Register by Phone

Have payment & Program Guide handy!  
Call 309.797.3945

#### Register in Person

Walk-ins always welcome.

## ANNUAL CAMPAIGN – STRONG KIDS

Our Annual Fundraising Campaign – Strong Kids makes possible what membership fees do not. Your donations support critical programs that ensure every child, family and individual that passes through our doors has the opportunity to learn, grow, and thrive.

**Why “STRONG KIDS”?** Strong kids lead to strong adults, families and communities.

The Annual Fundraising Campaign – Strong Kids is a fund that makes membership and programming possible for all, regardless of circumstance.

Here are some of the programs that the Strong Kids fund supports:


- Swim lesson scholarships
- LIVESTRONG at the YMCA
- Nourish Food Program
- Youth & teen mentoring programs
- Income-based membership assistance
- Preschool scholarships
- Childcare scholarships
- And more...

For more information on the Annual Campaign – Strong Kids visit [TwoRiversYMCA.org/](http://TwoRiversYMCA.org/) donate to learn how you can make a difference in our communities.



# LOCATIONS.....

## MOLINE-EAST MOLINE YMCA & ADMIN OFFICE

 2040 53rd Street  
Moline, IL 61265  
309.797.3945


 **Monday-Thursday:** 4:30am-10:00pm  
**Friday:** 4:30am-9:00pm  
**Saturday:** 6:00am-9:00pm  
**Sunday:** 7:00am-5:00pm

## ROCK ISLAND YMCA

 2715 30th Street  
Rock Island, IL 61201  
309.506.4565


 **Monday-Thursday:** 4:30am-10:00pm  
**Friday:** 4:30am-9:00pm  
**Saturday:** 6:00am-9:00pm  
**Sunday:** 7:00am-5:00pm

## KEWANEE YMCA


 315 W. 1st Street  
Kewanee, IL 61443  
309.506.2193

 **Monday-Thursday:** 5:00am-8:00pm  
**Friday:** 5:00am-7:00pm  
**Saturday:** 8:00am-3:00pm  
**Sunday:** 12:00pm-3:00pm

## BASS STREET YMCA & SYLVAN BOAT HOUSE


 1701 1st Avenue  
Moline, IL 61265  
309.517.7941

## GOLF LEARNING CENTER


 5507 22nd Avenue  
Moline, IL 61265  
309.277.1779

 **Seasonal hours vary.**

## SPIRIT, MIND, & BODY CENTER

 1811 53rd Street  
Moline, IL 61265  
309.797.3945

## RIVERSIDE RIVERSLIDE (pg 60)

 3300 5th Avenue  
Moline, IL 61265  
309.524.2428

\*Branch hours are subject to change. All Two Rivers YMCA locations are closed on: Easter Sunday and Christmas Day; limited hours on: Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Eve, New Year's Eve, and New Year's Day.

## CHARITABLE GIVING

GIVE A GIFT, MAKE A DIFFERENCE™

One of our YMCA's three pillars is Social Responsibility. We accomplish this by working side-by-side with our neighbors making sure that everyone, regardless of age, income, or background has the opportunity to be healthy, confident, connected, and secure.

Thanks to donations from generous individuals like you, the Two Rivers YMCA is able to provide countless opportunities to youth, families, teens, adults, and seniors right here in our community.

**YOUR MEMBERSHIP HELPS  
IMPROVE YOURSELF.**

**YOUR DONATION HELPS TO  
IMPROVE YOUR  
COMMUNITY.**



To learn more about the many opportunities for charitable giving, please visit: [TwoRiversYMCA.org/Donate](https://TwoRiversYMCA.org/Donate)

## DIVERSITY, INCLUSION, & GLOBAL ENGAGEMENT

TOGETHER, WE MAKE OUR COMMUNITY STRONGER



Two Rivers YMCA joined the YMCA D.I.G. Innovation Network in November 2014 to build bridges between diverse communities by creating greater equity for all, providing inclusive memberships, programs, and services.

Two Rivers YMCA is stronger when individuals can freely express their authentic selves. Honoring the differences that make each individual unique celebrates the Quad Cities' rich diverse community. We strive to be a welcoming place for people of all abilities, cultures, economic backgrounds, and identities. Together, we make our community stronger.

## VOLUNTEERING

MAKE A DIFFERENCE AT THE Y



One of the  
**GREATEST** gifts  
you can give is  
**your TIME.**

We rely on volunteers in all areas of the Y, from youth sports coaches, special events, childcare programs, and more!

The Y offers many great opportunities for volunteering, come make a difference!

Apply online at [TwoRiversYMCA.org](https://www.TwoRiversYMCA.org)

## CAREER OPPORTUNITIES

WORK SOMEWHERE YOU LOVE

### We're hiring!

Whether you're a high school student, college student, looking for extra hours, retired, or ready to jump-start your career, there's a job opportunity waiting for you at the Two Rivers YMCA!

We strive to consistently attract, develop, motivate and retain the best employees and volunteers possible, which allows us to achieve our mission as the leading non-profit for youth development, healthy living and social responsibility. The Two Rivers YMCA is an Equal Opportunity Employer.

**FREE** Family Membership included!

Apply at [TwoRiversYMCA.org](https://www.TwoRiversYMCA.org)



# MONTHLY MEMBERSHIP FEES

(unchanged since September 1, 2011)

Membership Category Fee	Monthly Fee	One-Time Activation
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 23 when added to an Individual membership.	\$11	\$11
Youth/Student 50% Subsidy Individual youth 18 and under	\$18.50	n/a
Senior Individual 15% Subsidy Individual adult 65 or older	\$31.50	\$31.50

Please provide a 30 day notice to make a change or cancellation to your membership.

## NO CONTRACT

YMCA Membership is month to month, unless you choose to pay annually. A 30 Day written notice is required to stop bank draft payments.

## 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 for more information on income-based pricing and to use the rate calculator to find your estimated rate.

## PAYMENT OPTIONS

Monthly fees may be automatically deducted from your checking or savings account via an EFT Bank Draft. If you wish to use a Credit or Debit Card a \$2.95 process fee will be added to your monthly rate.

## DIGITAL MEMBERSHIP CARD AD PIN NUMBER

Membership pin numbers will be issued when proof of residence is provided. Download the YMCA 360 App to access your digital membership card to scan.

## JOIN FEE

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

Number of Persons in household:

1

Membership Type: ⓘ

Adult Individual Membership

Annual Household Income: ⓘ

\$32,001 - 36,000

Your Rate (per month):

\$ 35.15

## **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 a FREE month of 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. Some restrictions apply.

## **GUEST PASSES**

Adult members may bring a guest at any time. Each Member receives 2 FREE Guest passes each year. Guest passes may also be purchased, sales are subject to the availability of each branch and may be limited at the discretion of YMCA staff. Photo ID required for those 16+ years old.

Youth Guest Pass – \$8

Adult Guest Pass – \$14

Family Guest Pass – \$20

(Family consists of two adults and dependents.)

## **NATIONWIDE MEMBERSHIP**

Your Two Rivers YMCA membership is accepted at any YMCA that participates in the Nationwide Membership program. Actual facilities, hours, programs and membership amenities may differ among YMCAs. Visits to other YMCA's are limited to 7 times a month.

## **THEY@WORK**

Better health improves the quality of life for employees and cuts down on injury, illness and absenteeism. Healthy employees are critical to an employer's bottom line.

We partner with employers to provide customized wellness plans. For more information contact the Two Rivers YMCA Branch location nearest your place of employment.

## **LOCKERS\***

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. Ask one of our membership staff about monthly rental options at your branch.

## **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.

# PARENT / CHILD

## PARENT/CHILD INCLUDES:

- **Tumbling**
- **NinjaZone**
- **Swim Lessons**



## TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

**Parent / Child Tumbling (Ages 18mo-3)** This class requires parent participation, which allows bonding time, as well as focus on motor skills. Toddlers will take turns learning colors, counting, log rolls, forward rolls, beginning trampoline skills and many more age appropriate activities.

Location	Days	Time	Member	Community
Kewanee	Tuesday	6:15-7:00	\$20	\$40

**Tumble Tot / Beginning Tumbling (Ages 2-4)** This class will contain various skills and levels progressing at their own rate. Students will learn tuck, pike and straddle positions, along with forward rolls.

Location	Days	Time	Member	Community
Rock Island	Wednesday	4:00-4:30	\$20	\$40
Kewanee	3 Years	Wednesday 4:45-5:30	\$20	\$40
		Thursday 5:00-5:45	\$20	\$40

**HUGS Tumbling (Ages 3+)** The HUGS program allows an option for athletes with special needs the opportunity to learn tumbling and trampoline in a safe and supportive setting.

Location	Days	Time	Member	Community
Kewanee	Friday	5:00-5:45	\$20	\$40

## TUMBLING OPEN GYMS

JUMP, FLIP, ROLL

**Saturday Recess (Ages 1-5)** Structured open tumbling gym for the younger ones ages 3-5 years instructor will lead participants thru open play. Participants age 1-2 years may attend by must be accompanied by an adult.

**AGES:** 1-5 Years

**DATE:** Meets on select Saturdays each month from 9:00am-10:00am as follows:

January 20, February 17, March 16, April 20

**LOCATION:** KEWANEE YMCA

**COST:** FREE or with the purchase of a Guest Pass

\* All participants must be pre-registered.



## NINJA ZONE

### TURNING ENERGY INTO AMBITION

**Baby NINJA (Walkers – 3 years)** NinjaZone is the next big movement in kids' athletics. Ninjas are channeling their energy through a fusion of obstacle training, martial arts, gymnastics and freestyle movement. This program is transforming the way that kids move.

Location	Days	Time	Member	Community
Rock Island	Wednesday	10:30-11:00	\$20	\$40
	Wednesday	4:30-5:00	\$20	\$40

## SWIM LESSONS

### 6 MONTH - 3 YEARS

**Parent / Child – A (Ages 6mo-2)** Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Family/Therapy Pool)	Tuesday	5:30-6:00	\$20	\$40
	Thursday	5:30-6:00	\$20	\$40
	Saturday	8:30-9:00	\$20	\$40
KEWANEE	Saturday	11:00-11:30	\$20	\$40

**Parent / Child – B (Ages 2-3)** In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Family/Therapy Pool)	Tuesday	6:00-6:30	\$20	\$40
	Saturday	9:00-9:30	\$20	\$40
KEWANEE	Saturday	11:00-11:30	\$20	\$40



## FAMILY TIME

### KIDS ADVENTURE CENTER

Our Kids Adventure Center offers an exciting and interactive “Play Time” program for families to enjoy quality bonding experiences. Join us for a fun-filled adventure where children and parents can explore, play, and create memorable moments together in a safe and nurturing environment. Parents required to stay with their children.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE	Monday	3:15-3:45	FREE	Guest Pass
	Friday	11:15-11:45	FREE	Guest Pass
ROCK ISLAND	Monday	3:15-3:45	FREE	Guest Pass
	Friday	11:15-11:45	FREE	Guest Pass



PARENT / CHILD

# PRESCHOOL

## **PRESCHOOL INCLUDES:**

- **Tumbling**
- **Swim Lessons**
- **NinjaZone**



## DANCE

### EXPRESS YOUR ARTISTIC STYLE

**DANCE** Dancers will discover new ways to move their bodies by using ballet based exercises to develop strong muscles and coordination. This class introduces them to ballet studio etiquette, following instructions, and waiting patiently for their turn.

Location		Days	Time	Member	Community
Rock Island	3-5 Years	Monday	5:15-5:45	\$25	\$50
Kewanee	3 Years	Tuesday	4:00-4:45	\$45	\$90
	4 Years	Tuesday	4:45-5:30	\$45	\$90
	5-6 Years	Tuesday	5:30-6:30	\$45	\$90
	5-6 Years	Saturday	8:00-9:00	\$45	\$90

## NINJA ZONE

### TURNING ENERGY INTO AMBITION

**Lil NINJA** (Ages 3-5) NinjaZone is the next big movement in kids' athletics. Ninjas are channeling their energy through a fusion of obstacle training, martial arts, gymnastics and freestyle movement. This program is transforming the way that kids move.

Location	Days	Time	Member	Community
Rock Island	Tuesday	4:30-5:15	\$25	\$50
	Friday	5:30-6:15	\$25	\$50

## STEAM

### SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

**Creative Expressions** (Ages 3-5) Creative Expressions is an exciting arts and crafts program designed to inspire and nurture young minds creativity.

Location	Days	Time	Member	Community
Rock Island	Tuesday	9:30-10:15	\$25	\$50

## TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

**Tumble Tot / Beginning Tumbling** This class will contain various skills and levels progressing at their own rate. Students will learn tuck, pike and straddle positions, along with forward rolls.

Location		Days	Time	Member	Community
Rock Island	2-4 Years	Wednesday	4:00-4:30	\$20	\$40
Kewanee	3 Years	Wednesday	4:45-5:30	\$20	\$40
	3 Years	Thursday	5:00-5:45	\$20	\$40

**Super Tot / Beginning Tumbling** Designed for students with little to no experience. Students will learn tuck, pike, straddle positions along with forward, backward rolls, handstand and cartwheel drills.

Location		Days	Time	Member	Community
Rock Island	4-6 Years	Thursday	4:15-5:00	\$25	\$50
Kewanee	4-5 Years	Tuesday	5:30-6:30	\$20	\$40
	4-5 Years	Thursday	5:30-6:30	\$20	\$40

**HUGS Tumbling (Ages 3+)** The HUGS program allows an option for athletes with special needs the opportunity to learn tumbling and trampoline in a safe and supportive setting.

Location	Days	Time	Member	Community
Kewanee	Friday	5:00-5:45	\$20	\$40

## TUMBLING OPEN GYMS

JUMP, FLIP, ROLL

**Saturday Recess (Ages 1-5)** Structured open tumbling gym for the younger ones ages 3-5 years instructor will lead participants thru open play. Participants age 1-2 years may attend by must be accompanied by an adult.

**AGES:** 1-5 Years  
**DATE:** Meets on select Saturdays each month from 9:00am-10:00am as follows:  
 January 20, February 17, March 16, April 20  
**LOCATION:** KEWANEE YMCA  
**COST:** FREE or with the purchase of a Guest Pass

\* All participants must be pre-registered.

## FLIP TOPS

### TEAM TUMBLING & TRAMPOLINE PROGRAMS

**Pre-Team (Ages 3–18)** Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1 & 2 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:00–7:00	\$40	\$80

**Team 1–4 (Ages 3–18)** Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 3 through 5 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Mon & Thur	4:30–6:30	\$80	Members Only

**Team 5–10 (Ages 3–18)** Student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 6 through 10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Time	Member	Community
Kewanee	Mon & Wed	5:00–7:30	\$90	Members Only

\*Opportunities to travel and compete in National Gymnastics Competitions within the Flip Tops Program

### TUMBLING SPECIAL EVENTS

Each month we have will have a different theme and various activities in the Tumbling Center.

**AGES:** 4 – 12 years  
**DATE:** Meets on select Saturdays each month from 9:00am – 12:00pm as follows:  
 January 13, February 17, March 9, April 13  
**LOCATION:** KEWANEE YMCA  
**COST:** \$20 Members / \$40 Community

\* All participants must be pre-registered.

## SPORTS EXPERIENCES

READY, SET, PLAY

**Preschool Hoops (Ages 3–5)** Designed to introduce children to motor skill development with basketball themed activities. Players will learn basic terms and skills through drills and games.

Location	Days	Time	Member	Community
Moline–East Moline	Mondays in March	5:00–5:45	\$25	\$50
Kewanee	Wednesdays in January	5:15–6:00	\$20	\$40

**Soccer Basics (Ages 3–5)** Through age-appropriate activities and games, young children will develop basic motor skills, teamwork, and a love for the beautiful game of soccer in a safe and supportive environment.

Location	Days	Time	Member	Community
Moline–East Moline	Mondays in February	5:00–5:45	\$25	\$50
Rock Island	Mondays beginning in March	5:00–5:45	\$25	\$50

**Football Fundamentals (Ages 5–7)** Our football fundamentals program for preschool and early elementary kids is a fantastic way to introduce young athletes to the excitement of football.

Location	Days	Time	Member	Community
Moline–East Moline	Mondays in April	5:00–5:45	\$25	\$50

## FUNDAMENTALS

30 MINUTE FREE INTRODUCTIONS TO SPORTS

**Sports of all Sorts (Ages 3–5)** These classes keep children moving and engaged and send them home with new skills from a different sport each class.

Location	Days	Time	Member	Community
Moline–East Moline	Monday	12:00–12:45	FREE	FREE
Rock Island	Monday	4:15–4:45	FREE	FREE
Kewanee	Wednesdays in March	5:00–5:30	FREE	FREE

**Little Athletes Workout (Ages 3–5)** Introduce your preschooler to the world of fitness. Through age appropriate fitness activities we'll learn about youth health and wellness.

Location	Days	Time	Member	Community
Kewanee	Mondays in January	4:00–4:30	FREE	FREE

# RECREATIONAL SPORTS LEAGUES

Recreational sports leagues are community-based athletic programs designed for individuals of various ages and skill levels who want to enjoy sports in a fun and relaxed environment. These leagues typically emphasize participation, sportsmanship, and social interaction, offering a wide range of sports such as soccer, basketball, volleyball, and more.

## BASKETBALL LEAGUE

Pass, dribble, shoot! Learn the fundamentals of basketball while strengthening coordination. Develop skills in dribbling, passing and shooting while in a game atmosphere. Games may be played at various locations. 1 Practice during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	Jan 8 – Feb 24	\$49	\$98
Rock Island	Jan 8 – Feb 24	\$49	\$98
Kewanee	Jan 8 – Feb 24	\$40	\$80

## SOCCER LEAGUE

These leagues cater to both recreational and competitive players, providing a platform for individuals to enjoy the game, improve their abilities, and engage in the excitement and camaraderie that soccer offers. 2 Practices during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	April – May	\$49	\$98
Rock Island	April – May	\$49	\$98

## SWIM LESSONS

### 5+ YEARS OF AGE

**Parent / Child – B (Ages 2–3)** In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE Family/Therapy Pool	Tuesday	6:00pm	\$20	\$40
	Saturday	9:00am	\$20	\$40
KEWANEE	Saturday	11:00am	\$20	\$40

**Preschool Swim Basics (Ages 4–5, Stages 1–3)** Increases your comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Family/Therapy Pool)	Tuesday	4:30–5:15	\$25	\$50
	Tuesday	5:30–6:15	\$25	\$50
	Tuesday	6:30–7:15	\$25	\$50
	Thursday	4:30–5:15	\$25	\$50
	Thursday	5:30–6:15	\$25	\$50
	Thursday	6:30–7:15	\$25	\$50
	Saturday	9:00–9:45	\$25	\$50
	Saturday	10:00–10:45	\$25	\$50
	Saturday	11:00–11:45	\$25	\$50
Kewanee <small>*View online for specific Stage schedule availability.</small>	Tuesday	4:00–4:45	\$25	\$50
	Tuesday	5:00–5:45	\$25	\$50
	Thursday	4:00–4:45	\$25	\$50
	Thursday	5:00–5:45	\$25	\$50
	Saturday	9:00–9:45	\$25	\$50
	Saturday	10:00–10:45	\$25	\$50

### Private Swim Lessons (Ages 5+)

One-on-one instruction and a schedule that works around yours!  
Lessons are available in a package of 4 or 8, 45-minute lessons.



## KIDS NIGHT OUT

### A NIGHT FOR THE KIDS

**Kids Night Out (Ages 3–12)** Parents, enjoy the night to yourselves. Drop the kids off for an after-hours adventure throughout the Y! Our trained and certified staff will lead the kids through a night of fun activities and friends.

Location	Days	Time	Member	Community
Moline–East Moline	January 27	5:00–9:00	\$25	\$50
	February 24	5:00–9:00	\$25	\$50
	March 30	5:00–9:00	\$25	\$50
	April 20	5:00–9:00	\$25	\$50
Rock Island	January 19	4:30–8:30	\$25	\$50
	March 15	4:30–8:30	\$25	\$50

## FAMILY TIME

### KIDS ADVENTURE CENTER

Our Kids Adventure Center offers an exciting and interactive “Play Time” program for families to enjoy quality bonding experiences. Join us for a fun-filled adventure where children and parents can explore, play, and create memorable moments together in a safe and nurturing environment.

Location	Days	Time	Member	Community
MOLINE–EAST MOLINE	Monday	3:15–3:45	FREE	–
	Friday	11:15–11:45	FREE	–
ROCK ISLAND	Monday	3:15–3:45	FREE	–
	Friday	11:15–11:45	FREE	–



# ELEMENTARY

## ELEMENTARY INCLUDES:

- Tumbling
- Swim Lessons
- NinjaZone
- Martial Arts
- Kids Night Out
- Youth Sports
- Dance
- STEAM



## DANCE

EXPRESS YOUR ARTISTIC STYLE

**DANCE** This class is to teach dance skills that range from tap, ballet, jazz, and hip hop. A choreographed dance will be put together, making progress each month.

Location		Days	Time	Member	Community
Rock Island	6-8 Years	Monday	6:00-6:45	\$25	\$50
	9-10 Years	Monday	7:00-7:45	\$25	\$50
Kewanee	5-6 Years	Tuesday	5:30-6:30	\$45	\$90
	5-6 Years	Saturday	8:00-9:00	\$45	\$90
	7-8 Years	Saturday	9:00-10:00	\$45	\$90
	9-10 Years	Saturday	10:00-11:00	\$45	\$90

## MARTIAL ARTS

FOCUS, DETERMINATION, SKILL

**Tae Kwon Do (Ages 6+)** Taekwondo is a martial art and combat sport that originates from Korea and focuses on high-intensity, dynamic kicking and striking techniques. Emphasizes discipline, respect, as well as mental and physical strength.

Location	Days	Time	Member	Community
Kewanee	Monday	7:00-8:00	\$25	\$50
	Wednesday	7:00-8:00	\$25	\$50

**Hapkido (Ages 6+)** one of the youngest of the Oriental Martial Arts, has been evolving in Korea over the past 600 years. This style draws upon many of the underlying techniques of the more traditional martial arts. Hapkido is a combination of judo and karate. A mixture which helps students achieve a true balance of action, mediation, speed and power.

Location	Days	Time	Member	Community
Kewanee	Monday	8:00-9:00	\$25	\$50

**Advanced Martial Arts (Ages 6+)** This class is for Advanced students who have demonstrated a higher skill level than the basic/intermediate level, have taken Tae Kwon Do, Hapkido or have instructor approval.

Location	Days	Time	Member	Community
Kewanee	Wednesday	6:30-7:00	\$25	\$50

**Judo (Ages 8-12)** Judo is a special martial art and Olympic sport! Participants will develop coordination, discipline, self-esteem & group cooperation. Consists mainly of throwing, grappling, safe falling & rolling.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	5:00-5:45	\$25	\$50
	Wednesday	6:00-6:45	\$25	\$50

## SPORTS EXPERIENCES

READY, SET, PLAY

**Soccer Basics (Ages 6-10)** Through age-appropriate activities and games, young children will develop basic motor skills, teamwork, and a love for the beautiful game of soccer in a safe and supportive environment.

Location	Days	Time	Member	Community
Moline-East Moline	Mondays in February	5:00-5:45	\$25	\$50
Rock Island	Mondays beginning in March	6:15-7:00	\$25	\$50

**Elementary Hoops (Ages 6-8)** Designed to introduce children to motor skill development with basketball themed activities. Players will learn basic terms and skills through drills and games.

Location	Days	Time	Member	Community
Moline-East Moline	Mondays in March	6:00-6:45	\$25	\$50

**Football Fundamentals (Ages 5-7)** Our football fundamentals program for preschool and early elementary kids is a fantastic way to introduce young athletes the excitement of football.

Location	Days	Time	Member	Community
Moline-East Moline	Mondays in April (5-7 Years)	5:00-5:45	\$25	\$50
	Mondays in April (8-12 Years)	6:00-6:45	\$25	\$50

**Volleyball (Ages 6-10)** Participants in this program will be coached in essential skills such as serving, passing, setting, and hitting, providing a strong foundation for their volleyball journey.

Location	Days	Time	Member	Community
Rock Island	Mondays	5:30-6:15	\$25	\$50

**Homeschool PE (Ages 6-10)** Homeschool P.E. is a great place to meet new friends, create long lasting relationships, learn about the importance of healthy living and have fun while being active.

Location	Days	Time	Member	Community
Rock Island	Thursday	1:00-1:45	\$25	\$50

**Tone It Up! (Ages 8+)** This challenging mix of functional training with weighted plates, resistance bands, and body weight will take your fitness to the next level. We focus on different training concepts in a small group atmosphere to hone in on technique to maximum your workout and TONE IT UP!

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	5:15-6:00	\$25	\$50

**Boxing Basics (Ages 6–10)** This no contact beginner class will teach youth basic boxing moves while incorporating listening skills and a fun way to burn off some energy!

Location	Days	Time	Member	Community
Rock Island	Thursday beginning in February	5:00–5:45	\$25	\$50

**Dodgeball (Ages 6–10)** This program is an action-packed and exciting introduction to the classic game of dodgeball. In this program, young participants learn throwing, dodging, and teamwork skills while having a blast in a safe and supervised environment, making it a fantastic way for kids to stay active and socialize.

Location	Days	Time	Member	Community
Rock Island	Thursday	5:15–6:00	\$25	\$50

## RECREATIONAL SPORTS LEAGUES

Recreational sports leagues are community-based athletic programs designed for individuals of various ages and skill levels who want to enjoy sports in a fun and relaxed environment. These leagues typically emphasize participation, sportsmanship, and social interaction, offering a wide range of sports such as soccer, basketball, volleyball, and more.

## BASKETBALL LEAGUE

Pass, dribble, shoot! Learn the fundamentals of basketball while strengthening coordination. Develop skills in dribbling, passing and shooting while in a game atmosphere.

1 Practice during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline–East Moline	Jan 8 – Feb 24	\$49	\$98
Rock Island	Jan 8 – Feb 24	\$49	\$98
Kewanee	Jan 8 – Feb 24	\$40	\$80

## SOCCER LEAGUE

These leagues cater to both recreational and competitive players, providing a platform for individuals to enjoy the game, improve their abilities, and engage in the excitement and camaraderie that soccer offers. 2 Practices during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline–East Moline	April – May	\$49	\$98
Rock Island	April – May	\$49	\$98

## VOLLEYBALL LEAGUE

### Youth Volleyball League (Ages 6-12)

This volleyball league is a competitive sports program where teams and individuals play volleyball matches, promoting skill development, teamwork, and a love for the sport.

Location	SEASON	Member	Community
Moline-East Moline	April - May	\$49	\$99
Kewanee	1/17 - 2/24	\$40	\$80

## NINJA ZONE

TURNING ENERGY INTO AMBITION

**NINJA** (Ages 6-11) NinjaZone is the next big movement in kids' athletics.

Ninjas are channeling their energy through a fusion of obstacle training, martial arts, gymnastics and freestyle movement. This program is transforming the way that kids move.

Location	Days	Time	Member	Community
Rock Island	Tuesday	5:30-6:15	\$25	\$50
	Friday	4:30-5:15	\$25	\$50
	Saturday	11:30-12:15	\$25	\$50

## TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

**Super Tot / Beginning Tumbling** Designed for students with little to no experience. Students will learn tuck, pike, straddle positions along with forward, backward rolls, handstand and cartwheel drills.

Location		Days	Time	Member	Community
Rock Island	4-6 Years	Thursday	4:15-5:00	\$25	\$50
Kewanee	4-5 Years	Tuesday	5:30-6:30	\$20	\$40
	4-5 Years	Thursday	5:30-6:30	\$20	\$40

**Beginning Tumbling** Designed for students with little to no experience. Students will learn tuck, pike, straddle positions along with forward, backward rolls, handstand and cartwheel drills.

Location		Days	Time	Member	Community
Rock Island	7-9 Years	Thursday	5:15-6:00	\$25	\$50

**HUGS Tumbling** (Ages 3+) The HUGS program allows an option for athletes with special needs the opportunity to learn tumbling and trampoline in a safe and supportive setting.

Location	Days	Time	Member	Community
Kewanee	Friday	5:00-5:45	\$20	\$40

## ACADEMY CLASSES

**Pre-Rec (Ages 6-7)** Instructors will implement stations to focus on flexibility, endurance, strength, discipline. Will start progressions and put together routines. Works on tumbling, trampoline and double mini.

Location	Days	Time	Member	Community
Kewanee	Tuesday	4:30-6:00	\$31	\$62
	Wednesday	5:00-6:30	\$31	\$62

**Rec Kids Combo (Ages 8+)** Class is for the older student with little to some experience who do not want to join the competition circuit. Will learn tumbling, trampoline and double mini. Instructors will implement stations to focus on flexibility, endurance, strength, discipline. Will start progressions and put together routines.

Location	Days	Time	Member	Community
Kewanee	Monday	5:00-7:00	\$34	\$68
	Tuesday	5:00-7:00	\$34	\$68

## FLIP TOPS

### TEAM TUMBLING & TRAMPOLINE PROGRAMS

**Pre-Team (Ages 3-18)** Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1 & 2 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee YMCA	Wednesday	5:00-7:00	\$40	\$80

**Team 1-4 (Ages 3-18)** Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 3 through 5 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Mon & Thur	4:30-6:30	\$80	Members Only

**Team 5-10 (Ages 3-18)** Student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 6 through 10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Time	Member	Community
Kewanee	Mon & Wed	5:00-7:30	\$90	Members Only

\*Opportunities to travel and compete in National Gymnastics Competitions within the Flip Tops Program

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

ELEMENTARY

## TUMBLING OPEN GYMS

JUMP, FLIP, ROLL

**OPEN TUMBLING GYM** Participants do not have tumbling experience to attend this time. White trampolines and double mini not available for use during this time.

**DATE:** Meets on select Fridays each month from  
Ages 6-7 | 5:15pm-5:45pm  
Ages 8-15 | 5:45pm -6:45pm  
January 19, February 16, March 15, April 19

**LOCATION:** KEWANEE YMCA

**COST:** FREE or with the purchase of a Guest Pass

\* All participants must be pre-registered.

## STEAM

SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

**Lego Club** (Ages 6-14) A Lego Club is a creative and educational gathering where children, often with shared interests, come together to build and play with Lego bricks. In these clubs, kids engage in imaginative and hands-on activities, fostering problem-solving skills, teamwork, and a love for constructing with these iconic building blocks.

Location	Days	Time	Member	Community
Rock Island	Monday	5:15-6:00	\$25	\$50

## KIDS NIGHT OUT

A NIGHT FOR THE KIDS

**Kids Night Out** (Ages 3-12) Parents, enjoy the night to yourselves. Drop the kids off for an after-hours adventure throughout the Y! Our trained and certified staff will lead the kids through a night of fun activities and friends.

Location	Days	Time	Member	Community
Moline-East Moline	January 27	5:00-9:00	\$25	\$50
	February 24	5:00-9:00	\$25	\$50
	March 30	5:00-9:00	\$25	\$50
	April 20	5:00-9:00	\$25	\$50
Rock Island	January 19	4:30-8:30	\$25	\$50
	March 15	4:30-8:30	\$25	\$50



# SWIM LESSONS

5+ YEARS OF AGE

**Swim Basics (Ages 6–14, Stages 1–3)** Increases your comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Location	Days	Time	Member	Community
MOLINE–EAST MOLINE (Lap Pool)	Tuesday	4:30–5:15	\$25	\$50
	Tuesday	5:30–6:15	\$25	\$50
	Tuesday	6:30–7:15	\$25	\$50
	Thursday	4:30–5:15	\$25	\$50
	Thursday	5:30–6:15	\$25	\$50
	Thursday	6:30–7:15	\$25	\$50
	Saturday	9:00–9:45	\$25	\$50
	Saturday	10:00–10:45	\$25	\$50
	Saturday	11:00–11:45	\$25	\$50
Kewanee <small>*View online for specific Stage schedule availability.</small>	Tuesday	4:00–4:45	\$25	\$50
	Tuesday	5:00–5:45	\$25	\$50
	Thursday	4:00–4:45	\$25	\$50
	Thursday	5:00–5:45	\$25	\$50
	Saturday	9:00–9:45	\$25	\$50
	Saturday	10:00–10:45	\$25	\$50

**Swim Strokes (Ages 6–14, Stages 4–6)** Introduces various stroke techniques and reinforces water safety and encourages swimming as part of a healthy lifestyle.

Location	Days	Time	Member	Community
MOLINE–EAST MOLINE (Lap Pool)	Tuesday	4:30–5:15	\$25	\$50
	Tuesday	5:30–6:15	\$25	\$50
	Tuesday	6:30–7:15	\$25	\$50
	Thursday	4:30–5:15	\$25	\$50
	Thursday	5:30–6:15	\$25	\$50
	Thursday	6:30–7:15	\$25	\$50
	Saturday	9:00–9:45	\$25	\$50
	Saturday	10:00–10:45	\$25	\$50
	Saturday	11:00–11:45	\$25	\$50
Kewanee	Tuesday	6:00–6:45	\$25	\$50

## Private Swim Lessons (Ages 5+)

One-on-one instruction and a schedule that works around yours!  
Lessons are available in a package of 4 or 8, 45-minute lessons.

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

ELEMENTARY

# MIDDLE SCHOOL

## MIDDLE SCHOOL INCLUDES:

- **Tumbling**
- **Swim Lessons**
- **NinjaZone**
- **Martial Arts**
- **Kids Night Out**
- **Tween Night**
- **Youth Sports**
- **Dance**



## SPORTS EXPERIENCES

READY, SET, PLAY

**Football Fundamentals (Ages 8-12)** Our football fundamentals program for preschool and early elementary kids is a fantastic way to introduce young athletes the excitement of football.

Location	Days	Time	Member	Community
Moline-East Moline	Mondays in April	6:00-6:45	\$25	\$50

**Tone It Up! (Ages 8+)** This challenging mix of functional training with weighted plates, resistance bands, and body weight will take your fitness to the next level. We focus on different training concepts in a small group atmosphere to hone in on technique to maximum your workout and TONE IT UP!

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	5:15-6:00	\$25	\$50

## MARTIAL ARTS

FOCUS, DETERMINATION, SKILL

**Tae Kwon Do (Ages 6+)** Taekwondo is a martial art and combat sport that originates from Korea and focuses on high-intensity, dynamic kicking and striking techniques. Emphasizes discipline, respect, as well as mental and physical strength.

Location	Days	Time	Member	Community
Kewanee	Monday	7:00-8:00	\$25	\$50
	Wednesday	7:00-8:00	\$25	\$50

**Hapkido (Ages 6+)** one of the youngest of the Oriental Martial Arts, has been evolving in Korea over the past 600 years. This style draws upon many of the underlying techniques of the more traditional martial arts. Hapkido is a combination of judo and karate. A mixture which helps students achieve a true balance of action, mediation, speed and power.

Location	Days	Time	Member	Community
Kewanee	Monday	8:00-9:00	\$25	\$50

**Advanced Martial Arts (Ages 6+)** This class is for Advanced students who have demonstrated a higher skill level than the basic/intermediate level, have taken Tae Kwon Do, Hapkido or have instructor approval.

Location	Days	Time	Member	Community
Kewanee	Wednesday	6:30-7:00	\$25	\$50

**Judo (Ages 8-12)** Judo is a special martial art and Olympic sport! Participants will develop coordination, discipline, self-esteem & group cooperation. Consists mainly of throwing, grappling, safe falling & rolling.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	5:00-5:45	\$25	\$50
	Wednesday	6:00-6:45	\$25	\$50

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

## RECREATIONAL SPORTS LEAGUES

Recreational sports leagues are community-based athletic programs designed for individuals of various ages and skill levels who want to enjoy sports in a fun and relaxed environment. These leagues typically emphasize participation, sportsmanship, and social interaction, offering a wide range of sports such as soccer, basketball, volleyball, and more.

### BASKETBALL LEAGUE

Pass, dribble, shoot! Learn the fundamentals of basketball while strengthening coordination. Develop skills in dribbling, passing and shooting while in a game atmosphere.

1 Practice during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	Jan 8 - Feb 24	\$49	\$98
Rock Island	Jan 8 - Feb 24	\$49	\$98
Kewanee	Jan 8 - Feb 24	\$40	\$80

### VIRTUAL GOLF LEAGUE

This program offers a unique blend of technology and recreation, allowing students to hone their golfing abilities, learn the intricacies of the sport, and enjoy friendly competition with their peers in a controlled, all-weather setting. Ages 11-14, January through March.

Location	SEASON	Member	Community
Golf Learning Center	Saturdays 10:00-11:00	\$25	\$50

### SOCCER LEAGUE

These leagues cater to both recreational and competitive players, providing a platform for individuals to enjoy the game, improve their abilities, and engage in the excitement and camaraderie that soccer offers. 2 Practices during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	April - May	\$49	\$99
Rock Island	April - May	\$49	\$99

# VOLLEYBALL LEAGUE

## Youth Volleyball League (Ages 6-12)

This volleyball league is a competitive sports program where teams and individuals play volleyball matches, promoting skill development, teamwork, and a love for the sport.

Location	SEASON	Member	Community
Moline-East Moline	April - May	\$49	\$99
Kewanee	1/9 - 2/24	\$40	\$80

## KIDS NIGHT OUT

A NIGHT FOR THE KIDS

**Kids Night Out** (Ages 3-12) Parents, enjoy the night to yourselves. Drop the kids off for an after-hours adventure throughout the Y! Our trained and certified staff will lead the kids through a night of fun activities and friends.

Location	Days	Time	Member	Community
Moline-East Moline	January 27	5:00-9:00	\$25	\$50
	February 24	5:00-9:00	\$25	\$50
	March 30	5:00-9:00	\$25	\$50
	April 20	5:00-9:00	\$25	\$50
Rock Island	January 19	4:30-8:30	\$25	\$50
	March 15	4:30-8:30	\$25	\$50

MIDDLE SCHOOL

## SWIM LESSONS

5+ YEARS OF AGE

**Swim Basics** (Ages 6-14, Stages 1-3) Increases your comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Lap Pool)	Tuesday	4:30-5:15	\$25	\$50
	Tuesday	5:30-6:15	\$25	\$50
	Tuesday	6:30-7:15	\$25	\$50
	Thursday	4:30-5:15	\$25	\$50
	Thursday	5:30-6:15	\$25	\$50
	Thursday	6:30-7:15	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50
	Saturday	11:00-11:45	\$25	\$50
Kewanee <small>*View online for specific Stage schedule availability.</small>	Tuesday	4:00-4:45	\$25	\$50
	Tuesday	5:00-5:45	\$25	\$50
	Thursday	4:00-4:45	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50

**Swim Strokes** (Ages 6-14, Stages 4-6) Introduces various stroke techniques and reinforces water safety and encourages swimming as part of a healthy lifestyle.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Lap Pool)	Tuesday	4:30-5:15	\$25	\$50
	Tuesday	5:30-6:15	\$25	\$50
	Tuesday	6:30-7:15	\$25	\$50
	Thursday	4:30-5:15	\$25	\$50
	Thursday	5:30-6:15	\$25	\$50
	Thursday	6:30-7:15	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50
	Saturday	11:00-11:45	\$25	\$50
Kewanee	Tuesday	6:00-6:45	\$25	\$50

### Private Swim Lessons (Ages 5+)

One-on-one instruction and a schedule that works around yours!  
Lessons are available in a package of 4 or 8, 45-minute lessons.

## TUMBLING

### FLIPPING, TWISTING, EXCELLENCE.

**HUGS Tumbling (Ages 3+)** The HUGS program allows an option for athletes with special needs the opportunity to learn tumbling and trampoline in a safe and supportive setting.

Location	Days	Time	Member	Community
Kewanee	Friday	5:00-5:45	\$20	\$40

## ACADEMY CLASSES

**Rec Kids Combo (Ages 8+)** Class is for the older student with little to some experience who do not want to join the competition circuit. Will learn tumbling, trampoline and double mini. Instructors will implement stations to focus on flexibility, endurance, strength, discipline. Will start progressions and put together routines.

Location	Days	Time	Member	Community
Kewanee	Monday	5:00-7:00	\$34	\$68
	Tuesday	5:00-7:00	\$34	\$68

## TUMBLING OPEN GYMS

### JUMP, FLIP, ROLL

**OPEN TUMBLING GYM** Participants do not have tumbling experience to attend this time. White trampolines and double mini not available for use during this time.

**DATE:** Meets on select Fridays each month from  
Ages 8-15 | 5:45pm -6:45pm  
January 19, February 16, March 15, April 19

**LOCATION:** KEWANEE YMCA

**COST:** FREE or with the purchase of a Guest Pass

\* All participants must be pre-registered.

## FLIP TOPS

### TEAM TUMBLING & TRAMPOLINE PROGRAMS

**Pre-Team (Ages 3-18)** Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1 & 2 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:00-7:00	\$40	\$80

**Team 1-4 (Ages 3-18)** Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 3 through 5 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Mon & Thur	4:30-6:30	\$80	Members Only

**Team 5-10 (Ages 3-18)** Student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 6 through 10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Time	Member	Community
Kewanee	Mon & Wed	5:00-7:30	\$90	Members Only

\*Opportunities to travel and compete in National Gymnastics Competitions within the Flip Tops Program

## DANCE

### EXPRESS YOUR ARTISTIC STYLE

**DANCE** This class is to teach dance skills that range from tap, ballet, jazz, and hip hop. A choreographed dance will be put together, making progress each month.

Location	Days	Time	Member	Community
Kewanee	11+ Years Saturday	11:00-12:00	\$45	\$90



## STEAM

SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

**Lego Club (Ages 6-14)** A Lego Club is a creative and educational gathering where children, often with shared interests, come together to build and play with Lego bricks. In these clubs, kids engage in imaginative and hands-on activities, fostering problem-solving skills, teamwork, and a love for constructing with these iconic building blocks.

Location	Days	Time	Member	Community
Rock Island	Monday	5:15-6:00	\$25	\$50

## SPORTS EXPERIENCES

READY, SET, PLAY

**Homeschool PE (Ages 11-14)** Homeschool P.E. is a great place to meet new friends, create long lasting relationships, learn about the importance of healthy living and have fun while being active.

Location	Days	Time	Member	Community
Rock Island	Thursday	2:00-2:45	\$25	\$50

## FAMILY TIME

KIDS ADVENTURE CENTER

Our Kids Adventure Center offers an exciting and interactive “Play Time” program for families to enjoy quality bonding experiences. Join us for a fun-filled adventure where children and parents can explore, play, and create memorable moments together in a safe and nurturing environment.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE	Monday	3:15-3:45	FREE	Guest Pass
	Friday	11:15-11:45	FREE	Guest Pass

# HIGH SCHOOL



## HIGH SCHOOL INCLUDES:

- Tumbling
- Swim Lessons
- Martial Arts
- Tone It Up!
- Dance
- Rowing



## YMCA QUAD CITIES ROWING

BASS STREET YMCA & SYLVAN BOATHOUSE



**FITNESS / RECREATION TEAM** (Ages 15-18) Emphasis is on rowing technique, boat handling, physical conditioning, teamwork and fun. This level also serves as preparation for the Competitive and Elite teams for those interested.

**COMPETITIVE TEAM** (Ages 15-18) YMCA Quad Cities Competitive Junior Rowers are exposed to the national rowing scene and many are recruited to row at the collegiate level, often with Division I scholarship offers.

**ELITE TEAM** (Ages 15-18) Elite level training builds off of the intense work ethic developed during participation at the Competitive level. Elite rowers work to fine tune every aspect of their training and competition down to the finest detail.

### ROWING EXPERIENCES

**LEARN TO ROW** Join the group for an introduction to the sport of rowing. This month-long program will give you basic skills to move to the next level of our rowing program. This program is designed for juniors and adults that want to learn how to row. A swim test is required within the first week of the class to participate without a life jacket.

**MASTER ROWER** (Ages 18+) After completing the Learn to Row you are ready to become a Master Rower and member of our rowing program! Our Master Rower Liaison will help you continue your skill building and help you meet other rowers to make future rowing connections

## DANCE

### EXPRESS YOUR ARTISTIC STYLE

**DANCE** This class is to teach dance skills that range from tap, ballet, jazz, and hip hop. A choreographed dance will be put together, making progress each month.

Location		Days	Time	Member	Community
Kewanee	11+ Years	Saturday	11:00-12:00	\$45	\$90

## TUMBLING

### FLIPPING, TWISTING, EXCELLENCE.

**HUGS Tumbling** (Ages 3+) The HUGS program allows an option for athletes with special needs the opportunity to learn tumbling and trampoline in a safe and supportive setting.

Location	Days	Time	Member	Community
Kewanee	Friday	5:00-5:45	\$20	\$40

## ACADEMY CLASSES

**Rec Kids Combo** (Ages 8+) Class is for the older student with little to some experience who do not want to join the competition circuit. Will learn tumbling, trampoline and double mini. Instructors will implement stations to focus on flexibility, endurance, strength, discipline. Will start progressions and put together routines.

Location	Days	Time	Member	Community
Kewanee	Monday	5:00-7:00	\$34	\$68
	Tuesday	5:00-7:00	\$34	\$68

## TUMBLING OPEN GYMS

### JUMP, FLIP, ROLL

**OPEN TUMBLING GYM** Participants do not have tumbling experience to attend this time. White trampolines and double mini not available for use during this time.

**DATE:** Meets on select Fridays each month from  
Ages 8-15 | 5:45pm -6:45pm  
January 19, February 16, March 15, April 19

**LOCATION:** KEWANEE YMCA

**COST:** FREE or with the purchase of a Guest Pass

\* All participants must be pre-registered.

## FLIP TOPS

### TEAM TUMBLING & TRAMPOLINE PROGRAMS



**Pre-Team (Ages 3-18)** Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1 & 2 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:00-7:00	\$40	\$80

**Team 1-4 (Ages 3-18)** Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 3 through 5 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Mon & Thur	4:30-6:30	\$80	Members Only

**Team 5-10 (Ages 3-18)** Student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 6 through 10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Time	Member	Community
Kewanee	Mon & Wed	5:00-7:30	\$90	Members Only

\*Opportunities to travel and compete in National Gymnastics Competitions within the Flip Tops Program

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

TOOHS HIGH

## PERSONAL TRAINING

EXPERT ADVICE, MAXIMUM RESULTS

### One-On-One Personal Training

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.

### INDIVIDUAL PERSONAL TRAINING FEES

MOLINE-EAST MOLINE and ROCK ISLAND

45 Minute Sessions

16 sessions	\$629/Member	\$1,258/Community
8 sessions	\$349/Member	\$698/Community
4 sessions	\$199/Member	\$398/Community

KEWANEE

45 Minute Sessions

16 sessions	\$533/Member	\$1,066/Community
8 sessions	\$293/Member	\$586/Community
4 sessions	\$164/Member	\$328/Community

### Partner Personal Training

Reach our goals with one of your friends in these personal training sessions. Available at the Moline-East Moline and Rock Island locations only.

### PARTNER PERSONAL TRAINING FEES

MOLINE-EAST MOLINE and ROCK ISLAND

45 Minute Sessions

16 sessions	\$499/Member	\$998/Community
8 sessions	\$279/Member	\$558/Community
4 sessions	\$159/Member	\$318/Community

### Virtual and Small Group Personal Training

Virtual and Small Group Personal Training packages are also available. For more information visit

[TwoRiversYMCA.org/personaltraining](https://TwoRiversYMCA.org/personaltraining) or scan the QR Code.



## FITNESS CLASSES

ENERGETIC, MOTIVATING, TRANSFORMATIVE

**Tone It Up!** (Ages 8+) This challenging mix of functional training with weighted plates, resistance bands, and body weight will take your fitness to the next level.

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	5:15-6:00	\$25	\$50

**Women on Weights** (Ages 16+) Discover the benefits of strength training in a supportive and empowering environment. We will guide you through proper techniques and safety measures to help you achieve your fitness goals.

Location	Days	Time	Member	Community
Rock Island	Tuesday	5:00-5:45	\$25	\$50

## MARTIAL ARTS

FOCUS, DETERMINATION, SKILL

**Tae Kwon Do** (Ages 6+) Taekwondo is a martial art and combat sport that originates from Korea and focuses on high-intensity, dynamic kicking and striking techniques. Emphasizes discipline, respect, as well as mental and physical strength.

Location	Days	Time	Member	Community
Kewanee	Monday	7:00-8:00	\$25	\$50
	Wednesday	7:00-8:00	\$25	\$50

**Hapkido** (Ages 6+) one of the youngest of the Oriental Martial Arts, has been evolving in Korea over the past 600 years. This style draws upon many of the underlying techniques of the more traditional martial arts. Hapkido is a combination of judo and karate. A mixture which helps students achieve a true balance of action, mediation, speed and power.

Location	Days	Time	Member	Community
Kewanee	Monday	8:00-9:00	\$25	\$50

**Advanced Martial Arts** (Ages 6+) This class is for Advanced students who have demonstrated a higher skill level than the basic/intermediate level, have taken Tae Kwon Do, Hapkido or have instructor approval.

Location	Days	Time	Member	Community
Kewanee	Wednesday	6:30-7:00	\$25	\$50

**Judo** (Ages 8-12) Judo is a special martial art and Olympic sport! Participants will develop coordination, discipline, self-esteem & group cooperation. Consists mainly of throwing, grappling, safe falling & rolling.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	5:00-5:45	\$25	\$50
	Wednesday	6:00-6:45	\$25	\$50

TOOHS HIGH

## SWIM LESSONS

**Swim Basics (Ages 6-14, Stages 1-3)** Increases your comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Lap Pool)	Tuesday	4:30-5:15	\$25	\$50
	Tuesday	5:30-6:15	\$25	\$50
	Tuesday	6:30-7:15	\$25	\$50
	Thursday	4:30-5:15	\$25	\$50
	Thursday	5:30-6:15	\$25	\$50
	Thursday	6:30-7:15	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50
	Saturday	11:00-11:45	\$25	\$50
Kewanee <small>*View online for specific Stage schedule availability.</small>	Tuesday	4:00-4:45	\$25	\$50
	Tuesday	5:00-5:45	\$25	\$50
	Thursday	4:00-4:45	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50

**Swim Strokes (Ages 6-14, Stages 4-6)** Introduces various stroke techniques and reinforces water safety and encourages swimming as part of a healthy lifestyle.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Lap Pool)	Tuesday	4:30-5:15	\$25	\$50
	Tuesday	5:30-6:15	\$25	\$50
	Tuesday	6:30-7:15	\$25	\$50
	Thursday	4:30-5:15	\$25	\$50
	Thursday	5:30-6:15	\$25	\$50
	Thursday	6:30-7:15	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50
	Saturday	11:00-11:45	\$25	\$50
Kewanee	Tuesday	6:00-6:45	\$25	\$50



Adult Swim Lessons  
(Ages 15+)

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Lap Pool)	Tuesday	7:15-8:00	\$25	\$50
	Thursdays	7:15-8:00	\$25	\$50

PRIVATE SWIM LESSONS  
5+ YEARS OF AGE

One-on-one instruction and a schedule that works around yours!  
Lessons are available in a package of 4 or 8, 45-minute lessons.

Intermediate to Masters  
(Ages 16+)

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Lap Pool)	Monday	7:15-8:00	\$25	\$50
	Wednesday	7:15-8:00	\$25	\$50

LIFEGUARD TRAINING  
WE'RE LOOKING FOR LIFEGUARDS

LIFEGUARD TRAINING

Develop skills for life, become a certified lifeguard! Participants must attend all four classes in their entirety to become certified.

Prerequisites:

- 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



Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Lap Pool)	March 27-29	Times Vary	\$195*	\$390

\*Class is FREE if employed by Two Rivers YMCA as a Lifeguard (some restrictions apply)

AMERICAN RED CROSS FIRST AID / CPR / AED TRAINING

Must complete course modules before attending the class and bring the completion document with or be able to pull it up on a device. If unable to show proof of online completion if required, a re-registration will be necessary. Class will meet in the Spirit Mind & Body Center.

Location	Days	Time	Member	Community
Moline-East Moline	January 8	6:30pm	\$45	\$90
	January 20	9:00am	\$45	\$90
	February 13	6:30pm	\$45	\$90
	March 16	9:00am	\$45	\$90
	March 19	6:30pm	\$45	\$90
	April 24	6:30pm	\$45	\$90

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

# ADULTS/SENIOR

## ADULT / SENIORS INCLUDES:

- Chronic Disease Prevention
- Group Exercise
- Personal Training
- Swim Lesson
- 100 Mile Swim Club
- Martial Arts



# YMCA 360

EXPERIENCE THE YMCA LIKE NEVER BEFORE



## Healthy Living for all. On all screens.

From yoga to youth sports, enjoy our exclusive collection of on-demand and livestream classes, on all your devices in cinematic 4K. Experience YMCA360, wherever you are and whenever you want, and experience healthy living for all.

Now available to all YMCA members, YMCA 360 brings to life the people, places and programs of the Y, and brings membership full-circle.



Myzone is an innovative wearable heart rate based system that uses wireless and cloud based technology to accurately and conveniently monitor physical activity.



### Myzone Benefits

- Track your heart rate, view your calories and effort in real time
- Set goals and compete with others by measuring effort levels
- Achieve Myzone status ranking based on effort not fitness
- Receive email workout summary

### Myzone at the Kewanee YMCA

- Can be used during your individual workouts and group exercise classes by streaming live stats straight to your app and the YMCA TVs.
- The devices are also used extensively in conjunction with Personal Training and Small Group Training
- Stay motivated and inspired through regular Myzone branch challenges and social interactions via the app.
- Myzone devices can be purchased at the Membership Desk

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

# ADULTS/SENIOR

## FITNESS CLASSES

ENERGETIC, MOTIVATING, TRANSFORMATIVE

**Tone It Up! (Ages 8+)** This challenging mix of functional training with weighted plates, resistance bands, and body weight will take your fitness to the next level.

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	5:15-6:00	\$25	\$50

**Women on Weights (Ages 16+)** Discover the benefits of strength training in a supportive and empowering environment. We will guide you through proper techniques and safety measures to help you achieve your fitness goals.

Location	Days	Time	Member	Community
Rock Island	Tuesday	5:00-5:45	\$25	\$50

## SPORTS EXPERIENCES

READY, SET, PLAY

**Adult Co-Ed Volleyball (18+)** Recreational league for players aged 18 or more. Teams are required to have an equal or greater number of females on the court at all times. 9 week season followed by final tournament.

Location	Days	Time	Fee
Kewanee	Feb 18 - April 18	6:00-9:00	\$150/ Team

**Pickleball** Ready to experience the thrill of a sport that's taking the world by storm? Join us for Pickleball, where fun meets fitness in the most exciting way! Open play format, easy to join in even with no prior experience.

Location	Days	Time	Fee
Moline-East Moline	M-F	8:00-11:00	Included with Membership
Rock Island	M,W,F	8:30-10:30	Included with Membership
Kewanee	M,W,F	10:00-12:00	Included with Membership

# CHRONIC DISEASE PREVENTION

For more information please contact: Jennifer Buckwalter, 309.797.3945

## LIVESTRONG AT THE YMCA

A FREE Fitness and health education program tailored to fit the specific needs of adult cancer survivors who would like to improve the quality of their lives before, during, and after treatment. This 12-week program meets twice per week with certified instructors and personal trainers who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care. Medical release, intake and fitness assessment required.

Location	Days	Time	COST
MOLINE-EAST MOLINE	Tuesdays and Thursdays Beginning February 6	10:15-11:30	FREE
	Monday and Wednesdays Beginning February 26	5:30-6:45	FREE
ROCK ISLAND	Monday and Wednesdays Beginning March 11	10:00-11:15	FREE

## HOPE4LIFE CLUB

A nine-month household membership is available at a reduced fee immediately following completion of the LIVESTRONG at the YMCA program to further promote physical activity and socialization. After nine months, standard YMCA membership rates apply.



## HEARTSMART CARDIAC PREVENTION

A cardiovascular disease prevention class designed for those who have been diagnosed with heart/vascular disease, stroke, who are at risk for or wish to prevent heart disease. This 45 minute session meets for blood pressure and heart rate monitoring along with focused strength training and cardiovascular routines conducted in a small group setting by specially trained instructors.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE	Monday & Wednesday	8:15-9:00	\$48	\$96

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

ADULTS/SENIOR

**BODY IN MOTION 1**

Designed to help adults with Parkinson's Disease or other movement disorders who would like to focus on gait, coordination, balance, and improve rigidity. Geared toward the individual who would benefit from a more modified plan due to increased frequency of balance, stability and fall risk concerns.

Location	Days	Time	Member
MOLINE-EAST MOLINE	Monday & Wednesday	9:15-10:00	\$48
	Tuesday & Thursday	9:15-10:00	\$48
ROCK ISLAND	Tuesday & Thursday	11:15-12:00	\$48

**BODY IN MOTION 2**

Designed for adults with Parkinson's Disease or other movement disorders who wish to continue maintaining an active lifestyle through cardiovascular conditioning, strength, flexibility and balance. This program is designed for the lower fall risk participant to improve rigidity, posture, gait, balance, strength, and flexibility. Must be able to transition safely and move independently with or without a device.

Location	Days	Time	Member
MOLINE-EAST MOLINE	Tuesday & Thursday	9:15-10:00	\$48

**HEALTHY BALANCE**

A 6-week program designed to aid individuals in achieving their lifestyle goals by making small, modest changes to their daily behaviors to form sustainably, healthy habits. Classes are geared toward the participant who may have type 2 diabetes, pre-diabetes, or is motivated to lose weight in an encouraging environment. The program provides knowledge via resources, small group accountability and activities led by specially trained instructors.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE	Begins January 16th	5:30-6:45	\$69	\$138

**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

## GOLF LEARNING CENTER

### INDOOR SIMULATOR AND HEATED BAYS

**INDOOR SIMULATOR**

Perfect your golf game year-round with our indoor golf simulator. Gather a few friends and hit unlimited golf balls while practicing your swing, putts, or even playing a full 18 holes on popular golf courses around the world. Ask about private parties, lessons and leagues. Call 309.277.1782 to reserve.

**HEATED BAYS**

Reserve a 1-hour time slot on one of our 2 heated covered hitting bays on your own or with up to 3 more friends. Powered by Toptracer Range, these bays provide the entertainment factor with skill-based games and competitions with friends. Call 309.277.1782 to reserve.

## PERSONAL TRAINING

EXPERT ADVICE, MAXIMUM RESULTS

### One-On-One Personal Training

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.

### INDIVIDUAL PERSONAL TRAINING FEES

#### MOLINE-EAST MOLINE and ROCK ISLAND

##### 45 Minute Sessions

16 sessions	\$629/Member	\$1,258/Community
8 sessions	\$349/Member	\$698/Community
4 sessions	\$199/Member	\$398/Community

#### KEWANEE

##### 45 Minute Sessions

16 sessions	\$533/Member	\$1,066/Community
8 sessions	\$293/Member	\$586/Community
4 sessions	\$164/Member	\$328/Community

### Partner Personal Training

Reach our goals with one of your friends in these personal training sessions. Available at the Moline-East Moline and Rock Island locations only.

### PARTNER PERSONAL TRAINING FEES

#### MOLINE-EAST MOLINE and ROCK ISLAND

##### 45 Minute Sessions

16 sessions	\$499/Member	\$998/Community
8 sessions	\$279/Member	\$558/Community
4 sessions	\$159/Member	\$318/Community

### Virtual and Small Group Personal Training

Virtual and Small Group Personal Training packages are also available. For more information visit [TwoRiversYMCA.org/personaltraining](https://TwoRiversYMCA.org/personaltraining) or scan the QR Code.



### SMART START

For Two Rivers YMCA Members: Meet with a trainer to determine the best next step in your wellness journey. In this complimentary session, a personal trainer will help you maximize your results and customize a workout designed to help meet your specific fitness goals. Visit the membership desk to register.



## MARTIAL ARTS

FOCUS, DETERMINATION, SKILL

**Tae Kwon Do (Ages 6+)** Taekwondo is a martial art and combat sport that originates from Korea and focuses on high-intensity, dynamic kicking and striking techniques. Emphasizes discipline, respect, as well as mental and physical strength.

Location	Days	Time	Member	Community
Kewanee	Monday	7:00-8:00	\$25	\$50
	Wednesday	7:00-8:00	\$25	\$50

**Hapkido (Ages 6+)** This style draws upon many of the underlying techniques of the more traditional martial arts. Hapkido is a combination of judo, karate and aikido. A mixture which helps students achieve a true balance of action, mediation, speed and power. Students start with learning basic techniques, with emphasis on how to properly execute them.

Location	Days	Time	Member	Community
Kewanee	Monday	8:00-9:00	\$25	\$50

**Advanced Martial Arts (Ages 6+)** This class is for Advanced students who have demonstrated a higher skill level than the basic/intermediate level, have taken Tae Kwon Do, Hapkido or have instructor approval.

Location	Days	Time	Member	Community
Kewanee	Wednesday	6:30-7:00	\$25	\$50

ADULTS/SENIOR

## ADVANCED SWIM PROGRAMS

### 100 MILE SWIM CLUB

Start tracking your yardage on January 1st, and see how fast you can hit 100 miles! Participants track their distance on charts provided and the Leaderboard will be updated weekly. The Club Members (who have hit 100 miles) will have their names displayed throughout the year.



### INTERMEDIATE MASTER SWIM

Master Swim is open to adults 18 and older who are looking to improve their fitness through the sport of swimming. Workouts vary throughout the week and focus on speed, endurance, and technique.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Monday	7:15-8:00	\$25	\$50
	Wednesday	7:15-8:00	\$25	\$50

### MASTER SWIM CLUB

Master Swim is open to adults 18 and older who are looking to improve their fitness through the sport of swimming. Workouts vary throughout the week and focus on speed, endurance, and technique. Each workout is coached by a former D-1 Olympic trial college swimmer Caleb Carlson who will provide tips and feedback to improve your swimming ability.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Monday	6:05-7:15	\$25	\$50
	Wednesday	6:05-7:15	\$25	\$50

### Adult Swim Lessons

(Ages 15+)

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Lap Pool)	Tuesday	7:15-8:00	\$25	\$50
	Thursdays	7:15-8:00	\$25	\$50

## AQUATIC GROUP EXERCISE

Utilize the buoyant qualities of water to enhance physical fitness through exercise. Water exercise is ideal for increasing physical strength and endurance without putting stress and strain on joints. Swimmers and non-swimmers alike can take part.



### 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.

### SHALLOW / DEEP 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.

### BALANCE AND STRENGTH

This class is great for those with Parkinson's Disease, Multiple Sclerosis, Diabetics and anyone who wants a workout in the Lap pool.

### 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.

### SLOW & EASY

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

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

ADULTS / SENIOR

## LAND GROUP EXERCISE

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. Land Group Exercise classes are FREE for Members and open to ages 13 years and older.

**CLASS SCHEDULES** are available at [TwoRiversYMCA.org](http://TwoRiversYMCA.org) or download the YMCA 360 mobile app.

### CARDIO CLASSES

#### HIGH-ENERGY, SWEAT-PUMPING WORKOUTS

**Les Mills BodyCombat** Drawing from karate, boxing, taekwondo, capoeira, and muay thai, you'll punch, kick, strike, and kata your way through calories to superior cardio fitness.

**Cardio Sculpt** This is a 45 minute full body workout that synchronizes cardio, strength training, and core work to powerful, upbeat music!

**Latin / Hip-Hop Dance** Add flare to your fitness routine with 45 minutes of mixed dance styles to keep your senses engaged all while improving heart and lung health, strengthening muscles and bones, challenging coordination, agility and flexibility!single move.

**Zumba** This fitness program that combines Latin and international music with dance moves. The routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.

### CROSS TRAINING CLASSES

#### COMBINATION OF CARDIO AND STRENGTH

**Step and Strength** An upbeat, energizing workout combining weight training and floor work with an emphasis on cardiovascular conditioning using a step. Please bring your own mat.

**Get Fit** Full body exercises involving cardio while incorporating strength moves. Whether you are new to exercise or have been working out for years, this class is for the health-seeker wanting a combination of mixed-impact cardio and functional strength.

**Bootcamp** A little bit of everything all rolled into one. This class smashes together something for everyone. Functional training, cardio, strength and core. There may even be a few dance moves mixed into this workout.

**Freestyle Cardio/Strength** Full body exercises involving vigorous cardio while incorporating strength moves.

## STRENGTH CLASSES

MUSCLE-BUILDING, INTENSE, EMPOWERING

**Core and More** This class focuses on strengthening the abdominals, glutes, lower back, hips and shoulders, either as the primary or secondary muscles using resistance bands and weights in an express 30 minute format.

**Les Mill BodyPump** The original barbell class uses the rep effect (light weights with high repetitions) to strengthen your entire body.

**Pilates** A Pilates workout challenges not only your core strength but overall strength.

## MIND & BODY CLASSES

CALM, FOCUSED, CENTERING

**Les Mills BodyBalance** Combining 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 spirit, mind, and body.

**Mindful Yoga** Yoga that focuses on basic moves that will improve your balance, strength, and flexibility.

**Yoga** Calm your mind and body as you increase flexibility and strength, relieve stress, and improve balance and core strength.

## CYCLING CLASSES

SPIN, PEDAL, CLIMB

**HIIT Cycle** Cycle through bursts of high intensity cardio intervals in this 30 minute training that will drive your body to burn calories for hours after stepping off the bike. Water, towel and firm soled shoes recommended.

**Studio Cycle** Studio vibe with something for everyone presenting a 45 minute power packed mix of cardio + strength + endurance. Ride with varied resistance and speed to the beat of energizing music. \*Water, towel and firm soled shoes recommended.fitness.

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

ADULTS/SENIOR

# FAMILIES



## FAMILIES INCLUDES:

- Rentals
- Kids Adventure Center
- Lifeguarding
- Childcare





## KIDS ADVENTURE CENTER

The Kids Adventure Center provides child care service for YMCA members while they are working out. We provide a fun, exciting, and positive experience for children in a safe, secure environment. Our friendly, qualified staff are here to care for your children. Parent or guardian must remain in the building. Limited to 8 hours per week, 2 hours per day. Socks required. Large play structure is for ages 6-12 years.

Fee:           FREE for all Two Rivers YMCA Members or \$10/Community



Photo: Kids Adventure Center at Moline-East Moline YMCA

### FAMILY TIME

#### KIDS ADVENTURE CENTER

Our Kids Adventure Center offers an exciting and interactive “Play Time” program for families to enjoy quality bonding experiences. Join us for a fun-filled adventure where children and parents can explore, play, and create memorable moments together in a safe and nurturing environment.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE	Monday	3:15-3:45	FREE	Guest Pass
	Friday	11:15-11:45	FREE	Guest Pass
ROCK ISLAND	Monday	3:15-3:45	FREE	Guest Pass
	Friday	11:15-11:45	FREE	Guest Pass

## CELEBRATE GOOD TIMES: Event Rentals at the Y

We offer a variety of rooms and activity rentals to suit your party needs. At all of our Two Rivers YMCA locations.

### ADVENTURE CENTER PARTY

Our most popular party rental includes two hours in the Adventure Center party room and a party pro to help with set-up, tear-down, and party monitoring. You provide your own food, activities, and decorations.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE	Friday	5:30-7:30	\$199	\$399
	Saturday	1:00-3:00	\$199	\$399
	Sunday	1:00-3:00	\$199	\$399
ROCK ISLAND	Saturday	1:30-3:30	\$199	\$399

### FAMILY / THERAPY POOL

Our most popular party rental includes two hours in the Adventure Center party room and a party pro to help with set-up, tear-down, and party monitoring. You provide your own food, activities, and decorations.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE	Contact us for availability		\$199	\$399
	Additional 16-24 People		\$100	

### DANCE ROOM

75 min supervised dance room time and 45 min lobby time (12 children)

Location	Days	Time	Member	Community
KEWANEE	Contact us for availability		\$100	\$200

### LARGE BASKEBALL GYM

75 min supervised gym time and 45 min lobby time (12 children)

Location	Days	Time	Member	Community
KEWANEE	Contact us for availability		\$70	\$140

### SMALL BASKEBALL GYM

75 min supervised gym time and 45 min lobby time (12 children)

Location	Days	Time	Member	Community
KEWANEE	Contact us for availability		\$55	\$110

### LAP POOL and LOBBY

1 Hour pool time and 45 min pool lobby time.

Location	Days	Time	Member	Community
KEWANEE	Contact us for availability		\$100	\$200

### TUMBLING and TRAMPOLINE CENTER

75 min supervised gym time and 45 min lobby time (12 children)

Location	Days	Time	Member	Community
KEWANEE	Contact us for availability		\$100	\$200



# RIVERSIDE RIVERSLIDE

OPENING SPRING 2024



Riverside Riverslide Aquatic Center  
3300 5th Avenue, Moline, IL

**FEATURING**  
**THREE NEW** Water Slides  
**NEW** Lazy River  
**NEW** Splash Pad  
**NEW** Shade Structures

**ALL INCLUDED WITH YOUR  
TWO RIVERS YMCA MEMBERSHIP**



FAMILIES

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



## BEFORE & AFTER SCHOOL CARE A NURTURING ENVIRONMENT FOR CHILDREN

Our program focuses on youth development because we believe your child deserves the opportunity to discover who they are and what they can achieve. 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 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.

## SCHOOLS OUT CLUB HERE FOR YOU WHEN SCHOOL IS OUT

Children from all school districts can enjoy a day at the Y when school is not in session due to school holidays, seasonal breaks, intersessions, and institute days.

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.

If the Y facility is closed for any reason, the SOC program will not be available. For participants enrolled in our Before and After School programs, half day programs are offered at school sites on early dismissal days. We must have five children registered to hold the program.

Scan the QR code for more information:



# MOLINE-EAST MOLINE YMCA PRESCHOOL



Our DCFS-licensed early childhood learning center serves children ages 2 to 5 years old, preparing them for kindergarten with academic, social/emotional, and motor skill development.

Offering more benefits for your child than your average preschool, the Two Rivers YMCA Preschool features multiple playgrounds indoors and outdoors, swim time, swimming lessons, Spanish lessons, and more!

We partner with parents in the social, mental, physical, and spiritual development of their children by offering a structured and creative program provided by qualified and nurturing staff.

## CLASSES, RATES, HOURS

### 2 Year Olds Class

\$136 - 2 days per week (Tuesday, Thursday)

\$171 - 3 days per week (Monday, Wednesday, Friday)

\$235 - 5 days per week (Monday - Friday) + FREE Y Membership for your preschooler!

### 3-5 Year Olds Class

\$118 - 2 days per week (Tuesday, Thursday)

\$166 - 3 days per week (Monday, Wednesday, Friday)

\$213 - 5 days per week (Monday - Friday) + FREE Y Membership for your preschooler!

\*A \$110 non-refundable registration fee is required at time of registration.

### Preschool Hours:

Monday through Friday, 6:30am - 5:30pm

Contact the Preschool at 309.797.8925

# FAMILIES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **MEMBERS HAVE PRIORITY REGISTRATION!**

**Member Registration begins 12/04;  
Community Registration begins 12/18**

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