



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR PEAK SUMMER EXPERIENCES AWAIT

Program Guide | May - August 2024
TWO RIVERS YMCA
TwoRiversYMCA.org

INCLUDED WITH YOUR
TWO RIVERS YMCA MEMBERSHIP

OPENING MAY 23, 2024



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

FEATURING

THREE NEW Water Slides | **NEW** Lazy River

NEW Splash Pad | **NEW** Shade Structures

Group Exercise Class and Adult Lap Swims

YMCA SPECIAL DAYS with Early Admission

May 23rd – YMCA Members only 5:00–8:00pm

June 21st – Flamingo Fiesta Wear Pink Sunglasses Giveaway

July 5th – Fireworks wear your brightest neon colors or Red, White, Blue

July 19th – Seaside Scavenger Hunt

August 2nd – Olympic Day for Fall Sports Registrations



SWIM LESSONS

LESSONS BEING OFFERED AT RIVERSIDE RIVERSLIDE

Parent / Child – A&B (Ages 6mo–3) Parents accompany children in stage A&B, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

\$25/Members | \$50/Community

Tuesdays	June 11th – July 2nd	■ 9:30–10:15am	■ 10:30–11:15am
Thursdays	June 13th – July 5th	■ 9:30–10:15am	■ 10:30–11:15am
		(July 4th Class moved to July 5th)	
Tuesdays	July 9th – July 30th	■ 9:30–10:15am	■ 10:30–11:15am
Thursdays	July 11th – August 1st	■ 9:30–10:15am	■ 10:30–11:15am
Tues & Thurs	August 6th – 15th	■ 9:30–10:15am	■ 10:30–11:15am

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

\$25/Members | \$50/Community

Mondays	June 10th – July 1st	■ 6:30–7:15pm	■ 7:30–8:15pm
Wednesdays	June 12th – July 3rd	■ 6:30–7:15pm	■ 7:30–8:15pm
Mondays	July 8th – July 29th	■ 6:30–7:15pm	■ 7:30–8:15pm
Wednesdays	July 10th – July 31st	■ 6:30–7:15pm	■ 7:30–8:15pm
Mon & Wed	August 6th – 14th	■ 6:30–7:15pm	■ 7:30–8:15pm



WORKOUTS AT YOUR FINGERTIPS

INTRODUCING YMCA360

We know life gets busy! That's why we're excited to provide our members with **YMCA360: A Virtual Fitness option offering on-demand, livestream workouts and more.** This platform allows you to workout from home when you need to, or workout while away on vacation. Anytime you want to workout with the Y! You can access YMCA360 on your phone, on the web or on Apple TV or Roku TV. And best of all: **It's free for our members.**

Join YMCA360 for the following and more:



FREE with your YMCA membership

HOW TO START:

Download the YMCA360 app on your phone, Apple TV, Roku or Android TV.

- Type in your zip code and choose your membership branch.
- Type in your email address associated with your membership and get your verification code.
- Now you're ready to workout!



YMCA360

APP ICON



AVAILABLE ON MOBILE • WEB • APPLE TV • ROKU • ANDROID TV

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.

PROGRAM CALENDAR

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

MAY 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	

MEMBER REGISTRATIONS open April 6th
COMMUNITY REGISTRATIONS open April 15th

JULY 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	1	2	3

MEMBER REGISTRATIONS open April 6th
COMMUNITY REGISTRATIONS open June 15th

JUNE 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						

MEMBER REGISTRATIONS open April 6th
COMMUNITY REGISTRATIONS open May 15th

AUGUST 2024						
S	M	T	W	T	F	S
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

MEMBER REGISTRATIONS open April 6th
COMMUNITY REGISTRATIONS open July 15th



Monthly Sessions First Day

Holiday, Building Hours may vary

Monthly Sessions Last Day

Community Registration Opens for next monthly session.

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 or cancel your membership.

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

Number of Persons in Household: 1

Membership Type: Adult Individual Membership

Annual Household Income: \$32,001 - \$36,000

Your Rate (per month):

Your Rate 1

\$ 35.15

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 AND 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.

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 Membership Unit 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.

THE Y@WORK AND CORPORATE WELLNESS CHALLENGES

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.

STRONG KIDS ANNUAL CAMPAIGN

CHANGING LIVES DEVELOPING POTENTIAL

YOUR MEMBERSHIP HELPS IMPROVE YOURSELF. YOUR DONATION HELPS TO IMPROVE YOUR COMMUNITY.

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

Some of the programs that the Strong Kids fund supports include:

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

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

GLOBAL DIVERSITY, EQUITY AND INCLUSION

TOGETHER, WE MAKE OUR COMMUNITY STRONGER



To remain relevant to the people we serve and help our communities become stronger, safer and more cohesive, we need to lead with equity.

That means working to identify and remove the barriers that have historically prevented some of us from thriving, while ensuring that each individual can access the unique support they need to reach their full potential with dignity.

Our equity strategy is a long-term pathway to help bring to life our enhanced 'for all' commitment: equity for all.

For a better us.®

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!

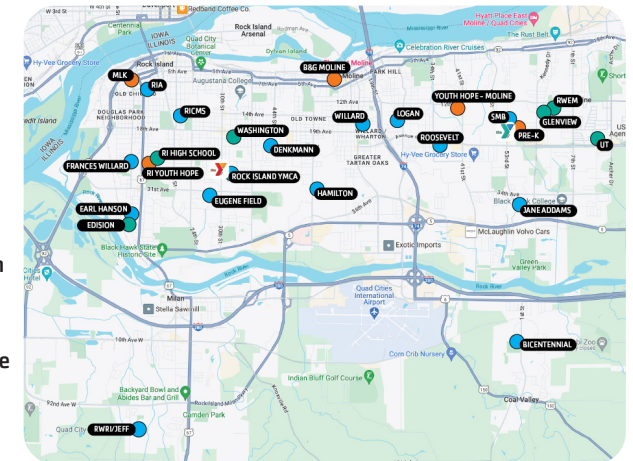
Apply online at TwoRiversYMCA.org

NOURISH FOOD PROGRAM

A YOUTH NUTRITION COLLABORATIVE

ADDRESSING YOUTH HEALTH AND HUNGER

The purpose of Nourish is to provide free, nutritious meals to youth in our community. Through collaboration with area organizations the project aims to dramatically reduce hunger and increase the health and well-being of youth in the Quad Cities.



In 2023 over 208,000 FREE meals were provided to almost 4,000 area youth at 33 different sites across the Illinois Quad Cities.

By taking the lead in this essential program we have more say in the nutritional value of the meals we serve and ensure every child under our care has the opportunity to learn, grow and thrive.

YMCA MISSION

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

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*Ages are meant to be a guide, each program and discipline varies and some overlap will occur in offerings for age groups, you may see listings in multiple age groups.

PROGRAM REGISTRATION IS EASY!

Register Online: TwoRiversYMCA.org

Scan the QR Code: Use your phone's camera to scan the QR Code

Register by Phone: Call 309.797.3945

Have payment & Program Guide handy!

Register in Person: Walk-ins always welcome.



FAMILIES INCLUDES:

- **Birthday Party Rentals**
- **Kids Adventure Center**
- **Childcare**



FAMILIES

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

KIDS ADVENTURE CENTER Moline-East Moline YMCA and Rock Island YMCA

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 \$5 per child per visit for Nationwide Members.

Hours: Monday - Friday | 8:00am -11:00am
Monday - Thursday | 4:00pm-7:00pm
Saturday | 8:00am - 12:00pm

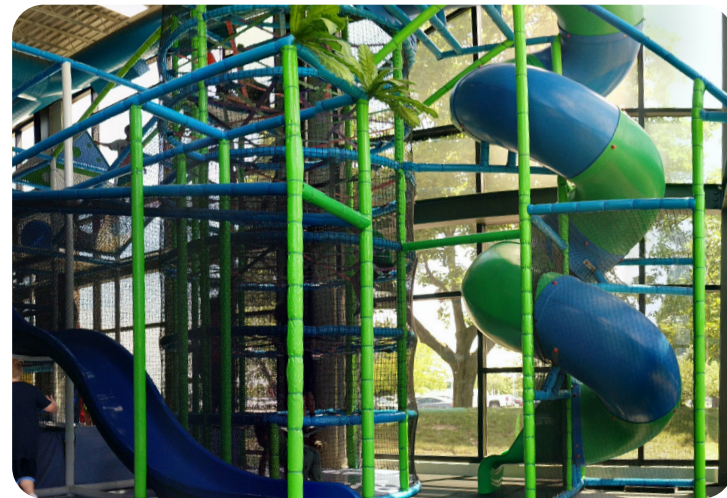


Photo: Kids Adventure Center at Moline-East Moline YMCA

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. *\$5 per child per visit for Nationwide Members

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



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:



BIRTHDAY PARTY RENTALS
CELEBRATE THOSE MILESTONES

We offer a variety of rooms and activity rentals to suit your party needs.

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
	Sunday	1:00-3:00	\$199	\$399

*Prices listed for 25 person; \$10/per person above 25

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

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



**PARENT/CHILD (0-2 Years)
INCLUDES:**

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



NINJA ZONE
TURNING ENERGY INTO AMBITION

Baby NINJA (Walkers – 2 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. Ninja Zone shirt and headband required for participation. Available for purchase at the Membership Desk at the Rock Island YMCA.

Location	Days	Time	Member	Community
Rock Island	Wednesday	10:30-11:00	\$20	\$40
	Wednesday	5:00-5:30	\$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
Moline-East Moline	Monday	3:15-3:45	FREE
	Friday	11:15-11:45	FREE

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. (No program in August)

Location	Days	Time	Member	Community
Kewanee	Tuesday (May)	6:15-7:00	\$20	\$40
	Monday (June & July)	11:00-11:45	\$20	\$40
	Thursday (June & July)	6:00-6:45	\$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	Wednesday (May)	4:45-5:30	\$20	\$40
	Monday (June & July)	9:00-9:45	\$20	\$40
	Thursday (June & July)	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	TBD	TBD	\$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
	Thursday	6:00-6:30	\$20	\$40
	Saturday	9:00-9:30	\$20	\$40
KEWANEE	Saturday	11:00-11:30	\$20	\$40



Additional Swim Lessons being offered at Riverside Riverside in Moline are listed on Page 3.



**PRESCHOOL (3-5 Years)
INCLUDES:**

- Dance
- Tumbling
- STEAM
- Swim Lessons



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. Ninja Zone shirt and headband required for participation. Available for purchase at the Membership Desk at the Rock Island YMCA.

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

SPORTS EXPERIENCES
READY, SET, PLAY

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
Moline-East Moline	Monday	12:00-12:30	FREE
Rock Island	Monday	4:15-4:45	FREE

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	Wednesdays in May & August	5:00-5:45	\$25	\$50
Rock Island	June 17th - 20th	10-10:45	\$25	\$50
Kewanee	Wednesdays in May	5:15-6:00	\$25	\$50

Preschool Hoops (Ages 3-7) 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	Thursdays in Aug. (3-5 Years)	5:00-5:45	\$25	\$50
	Thursdays in Aug. (5-7 Years)	6:00-6:45	\$25	\$50

Baseball Basics (Ages 3-5) Great way to introduce players to the game of baseball and develop their skills through games and drills. Players will learn basic terms and skills through drills and games.

Location	Days	Time	Member	Community
Kewanee	Wednesdays in July	5:15-6:00	\$25	\$50

Kickball Basics (Ages 3–6) Get ready to kick it up a notch with our Kickball program tailored for elementary-aged participants! This classic playground game gets an exciting twist as kids learn the fundamentals of kicking, catching, and fielding.

Location	Days	Time	Member	Community
Moline–East Moline	Wednesdays in July (3–7 Years)	6:00–6:45	\$25	\$50

Track & Field (Ages 5–10) This program focuses on introducing kids to the exhilarating world of track and field through fun and interactive activities. From honing running techniques to mastering basic field events like long jump and shot put, our experienced coaches provide a supportive environment for young athletes to develop their skills and discover their potential.

Location	AGE	Time	Member	Community
Moline–East Moline	5–7 Years	4:00–4:45	\$25	\$50
(Thursdays in May only)	8–10 Years	5:00–5:45	\$25	\$50

Golf Basics (Ages 5–7) Through the First Tee golf-based personal growth programs, we see kids build life and leadership skills that empower them in all areas of life, including school, friendships and eventually careers.

Location	Days	Time	Member	Community
Moline–East Moline	Saturdays in May	10:00–10:45	\$25	\$50
	June 17–20th	10:00–10:45	\$25	\$50
	Fridays in June, July, Aug	10:00–10:45	\$25	\$50
	July 15–18th	10:00–10:45	\$25	\$50

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
Moline–East Moline	3–5 Years	Monday 5:15–6:00	\$25	\$50
		Tuesday 5:15–6:00	\$25	\$50
		Saturday 8:15–9:00	\$25	\$50
Rock Island	3–5 Years	Monday 5:15–5:45	\$25	\$50
		Thursday 4:15–4:45	\$25	\$50
Kewanee	3–4 Years	Monday 4:00–4:45	\$25	\$50
		Thursday 4:00–4:45	\$25	\$50
	5–7 Years	Monday 5:00–5:45	\$25	\$50
		Thursday 5:00–5:45	\$25	\$50

*Kewanee program will run in May on a modified schedule and fee.

TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

Tumble Tot / Beginning Tumbling (2–4 Years) 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	MAY Wednesday	4:45–5:30	\$20	\$40
		Thursday	5:00–5:45	\$20	\$40
	JUNE & JULY	Monday	9:00–9:45	\$20	\$40
		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	MAY Tuesday	5:30–6:30	\$20	\$40
		Thursday	5:30–6:30	\$20	\$40
	JUNE & JULY	Tuesday	10:30–11:30	\$20	\$40
		Wednesday	5:30–6:30	\$25	\$40

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

Location	Days	Time	Member	Community
Kewanee	TBD	TBD	\$20	\$40

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

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	MAY Wednesday	5:00-7:00	\$40	\$80
	JUNE & JULY Tuesday	10:30-12:30	\$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	MAY Mon & Thur	4:30-6:30	\$80	Members Only
	JUNE & JULY Mon & Thur	8:30-10:30	\$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	MAY Mon & Wed	5:00-7:30	\$90	Members Only
	JUNE, JULY Mon & Wed	8:30-11:00	\$90	Members Only

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

TUMBLING & TRAMPOLINE CAMPS

Work different conditioning to ensure correct form, progressions and safety. Learn progressions to bigger skills, learn basic rules and safety tips.

Location: Kewanee YMCA

August 1st - 3rd | Trampoline Camp | 5-12 Years | 9:00-11:00
August 5th - 8th | Cheer Camp | 5-8 Years | 9:00-11:00
August 12th - 14th | Back Hand Spring Camp | 5-12 Years | 5:30-7:00

Cost: \$35/ Members; \$70/Community

PRESCHOOL TUMBLING

Work different tumbling and trampoline skills, crafts, games, & fun.

AGES: 3-5 years
DATE: August 5-7 (Princess Theme) 4:00pm-6:00pm
 August 27th - 29th (Dinosaur Theme) 4:00pm-6:00pm
LOCATION: KEWANEE YMCA
COST: \$35 Members / \$70 Community

* All participants must be pre-registered.

STEAM
SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

Creative Expressions Creative Expressions is an exciting arts and crafts program designed to inspire and nurture young minds creativity.

Location	Days	Time	Member	Community
Moline-East Moline	3-5 Years Wednesday	9:15-10:00	\$25	\$50
	5-8 Years Tuesday	6:15-7:00	\$25	\$50
Rock Island (3-5 Years)	Monday	10:00-10:45	\$25	\$50
	Tuesday	10:00-10:45	\$25	\$50
	Wednesday	10:00-10:45	\$25	\$50
	Thursday	10:00-10:45	\$25	\$50
	Friday	10:00-10:45	\$25	\$50

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

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	6:00-6:30	\$20	\$40
	Thursday	6:00-6:30	\$20	\$40
	Saturday	9:00-9:30	\$20	\$40
KEWANEE	Saturday	11:00-11:30	\$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
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.



Additional Swim Lessons being offered at Riverside Riverside in Moline are listed on Page 3.

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	May 25	5:00-9:00	\$25	\$50
	June 29	5:00-9:00	\$25	\$50
	July 27	5:00-9:00	\$25	\$50
	August 31	5:00-9:00	\$25	\$50
Rock Island	May 3	4:30-8:30	\$25	\$50
	May 17	4:30-8:30	\$25	\$50
	June 7	4:30-8:30	\$25	\$50
	June 21	4:30-8:30	\$25	\$50
	July 5	4:30-8:30	\$25	\$50
	July 19	4:30-8:30	\$25	\$50
	August 2	4:30-8:30	\$25	\$50
	August 23	4:30-8:30	\$25	\$50



ELEMENTARY (6-10 Years) INCLUDES:

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



SPORTS EXPERIENCES

READY, SET, PLAY

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	Thursdays	5:00-5:45	\$25	\$50

Soccer Basics (Ages 5-6) 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	Wednesdays in May & August	6:00-6:45	\$25	\$50

Track & Field (Ages 5-10) This program focuses on introducing kids to the exhilarating world of track and field through fun and interactive activities. Our experienced coaches provide a supportive environment for young athletes to develop their skills and discover their potential.

Location	Age	Time	Member	Community
Moline-East Moline	5-7 Years	4:00-4:45	\$25	\$50
(Thursdays in May only)	8-10 Years	5:00-5:45	\$25	\$50

Football Basics (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	Wednesdays in June (5-7 Years)	5:00-5:45	\$25	\$50
	Wednesdays in June (8-12 Years)	6:00-6:45	\$25	\$50

Kickball Basics (Ages 3-6) Get ready to kick it up a notch with our Kickball program tailored for elementary-aged participants! This classic playground game gets an exciting twist as kids learn the fundamentals of kicking, catching, and fielding.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesdays in July (3-6 Years)	5:00-6:45	\$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	Thursdays in Aug. (5-7 Years)	6:00-6:45	\$25	\$50
	Thursdays in Aug. (8-11 Years)	7:00-7:45	\$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

Fitness Fighters (Ages 8-12) This 45 minute weekly exercise class for kids features obstacle circuits, Tabata training and uplifting cardio. Sure to be a fun way to get kids off the couch, burning off energy, and building a love of fitness.

Location	Days	Time	Member	Community
Moline-East Moline	Thursday	6:15-7:00	\$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

Youth Basketball League (Ages 6-12)

Pass, dribble, shoot! Learn the fundamentals of basketball while strengthening coordination. Develop skills in dribbling, passing and shooting while in a game atmosphere. No weekly practices during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	June 8th - July 6th	\$30	\$60

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. No weekly practices during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	July 13th - August 10th	\$30	\$60

ACADEMY LEVEL AND CLINICS

Soccer Clinic (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	JUNE 24th- 27th	9:00-11:00	\$35	\$70
Rock Island	JUNE 17th - 20th	11:00-11:45	\$25	\$50

Baseball Clinic (Ages 6-10) In this fun and interactive program, young athletes will learn the basics of America's favorite pastime. From mastering the fundamental skills of throwing, catching, and batting.

Location	Days	Time	Member	Community
Moline-East Moline	June 10th - 13th	9:00-10:30	\$35	\$70

Dodgeball Clinic (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	June 24th - 27th	11:00-11:45	\$25	\$50
	July 15th - 18th	11:00-11:45	\$25	\$50

Volleyball Clinic (Ages 8-14) From learning proper serving techniques to mastering bumping and setting, participants will develop a solid foundation in all aspects of the game.

Location	Days	Time	Member	Community
Moline-East Moline	July 8th - 11th (8-10 Years)	9:00-10:30	\$35	\$70
	July 8th - 11th (11-14 Years)	10:45-12:15	\$35	\$70

Basketball Clinic (Ages 6-11) Learn essential skills, make new friends, and have a blast on the court with our expert coaches guiding you every dribble of the way.

Location	Days	Time	Member	Community
Moline-East Moline	July 22nd - 25th (6-8 Years)	9:00-10:30	\$35	\$70
	July 22nd - 25th (9-11 Years)	11:00-12:30	\$35	\$70
	August 12th - 15th (10-14 Years Boys)	9:00-10:30	\$35	\$70
	August 12th - 15th (10-14 Years Girls)	10:45-12:15	\$35	\$70

GOLF EXPERIENCES

DRIVE, CHIP, PUTT

Golf Basics (Ages 5-7) Through the First Tee golf-based personal growth programs, we see kids build life and leadership skills that empower them in all areas of life, including school, friendships and eventually careers.

Location	Days	Time	Member	Community
Moline-East Moline	Saturdays in May	10:00-10:45	\$25	\$50
	June 17-20th	10:00-10:45	\$25	\$50
	Fridays in June, July, Aug	10:00-10:45	\$25	\$50
	July 15-18th	10:00-10:45	\$25	\$50

Golf Basics (Ages 8-12) Through the First Tee golf-based personal growth programs, we see kids build life and leadership skills that empower them in all areas of life, including school, friendships and eventually careers.

Location	Days	Time	Member	Community
Moline-East Moline	Saturdays in May	11:00-11:45	\$25	\$50
	June 17-20th	11:00-11:45	\$25	\$50
	Fridays in June, July, Aug	11:00-11:45	\$25	\$50
	July 15-18th	11:00-11:45	\$25	\$50

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. Ninja Zone shirt and headband required for participation. Available for purchase at the Membership Desk at the Rock Island YMCA.

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

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	
Moline-East Moline 6-8 Years	Monday	6:15-7:00	\$25	\$50	
	Tuesday	6:15-7:00	\$25	\$50	
	Saturday	9:15-10:00	\$25	\$50	
Rock Island	6-8 Years	Monday	6:00-6:45	\$25	\$50
	9-10 Years	Monday	7:00-7:45	\$25	\$50
Kewanee	5-7 Years	Monday	5:00-5:45	\$25	\$50
	5-7 Years	Thursday	5:00-5:45	\$25	\$50
	8-10 Years	Monday	6:00-7:00	\$25	\$50
	8-10 Years	Thursday	6:00-7:00	\$25	\$50

*Kewanee program will begin in June.

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

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
	7-9 Years	Thursday	5:15-6:00	\$25	\$50
Kewanee	4-5 Years	MAY Tuesday	5:30-6:30	\$20	\$40
		Thursday	5:30-6:30	\$20	\$40
	JUNE & JULY	Tuesday	10:30-11:30	\$25	\$50
		Wednesday	5:30-6:30	\$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	TBD	TBD	\$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	MAY	Tuesday	4:30-6:00	\$31	\$62
		Wednesday	5:00-6:30	\$31	\$62
	JUNE JULY	Tuesday	1:00-2:30	\$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	MAY	Monday	5:00-7:00	\$34	\$68
		Tuesday	5:00-7:00	\$34	\$68
	JUNE JULY	Tuesday	9:00-11:00	\$34	\$68
		Wednesday	11:30-1:30	\$34	\$68
		Thursday	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	MAY Wednesday	5:00-7:00	\$40	\$80
	JUNE & JULY Tuesday	10:30-12:30	\$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	MAY Mon & Thur	4:30-6:30	\$80	Members Only
	JUNE, JULY Mon & Thur	8:30-10:30	\$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	MAY Mon & Wed	5:00-7:30	\$90	Members Only
	JUNE, JULY Mon & Wed	8:30-11:00	\$90	Members Only

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

TUMBLING & TRAMPOLINE CAMPS

Work different conditioning to ensure correct form, progressions and safety. Learn progressions to bigger skills, learn basic rules and safety tips.

Location: Kewanee YMCA

- August 1st - 3rd | Trampoline Camp | 5-12 Years | 9:00-11:00**
- August 5th - 8th | Cheer Camp | 5-8 Years | 9:00-11:00**
- August 5th - 8th | Cheer Camp | 9-14 Years | 1:00-3:00**
- August 12th - 14th | Back Hand Spring Camp | 5-12 Years | 5:30-7:00**

Cost: \$35/ Members; \$70/Community

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

Creative Expressions Creative Expressions is an exciting arts and crafts program designed to inspire and nurture young minds creativity.

Location	Days	Time	Member	Community
Moline-East Moline	5-8 Years Tuesday	6:15-7:00	\$25	\$50
	9-12 Years Tuesday	7:00-7:45	\$25	\$50
Rock Island (5-8 Years)	Monday	5:00-5:45	\$25	\$50
	Tuesday	5:00-5:45	\$25	\$50
	Wednesday	5:00-5:45	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50
	Friday	5:00-5:45	\$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	May 25	5:00-9:00	\$25	\$50
	June 29	5:00-9:00	\$25	\$50
	July 27	5:00-9:00	\$25	\$50
	August 31	5:00-9:00	\$25	\$50
Rock Island	May 3	4:30-8:30	\$25	\$50
	May 17	4:30-8:30	\$25	\$50
	June 7	4:30-8:30	\$25	\$50
	June 21	4:30-8:30	\$25	\$50
	July 5	4:30-8:30	\$25	\$50
	July 19	4:30-8:30	\$25	\$50
	August 2	4:30-8:30	\$25	\$50
	August 23	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
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
Kewanee	Tuesday	6:00-6:45	\$25	\$50



Additional Swim Lessons being offered at Riverside Riverside in Moline are listed on Page 3.

MIDDLE SCHOOL (11-14 Years) INCLUDES:

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



SPORTS EXPERIENCES

READY, SET, PLAY

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

Fitness Fighters (Ages 8-12) This 45 minute weekly exercise class for kids features obstacle circuits, Tabata training and uplifting cardio. Sure to be a fun way to get kids off the couch, burning off energy, and building a love of fitness.

Location	Days	Time	Member	Community
Moline-East Moline	Thursday	6:15-7:00	\$25	\$50

Football Basics (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	Wednesdays in June	6:00-6:45	\$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

Youth Basketball League (Ages 6-12)

Pass, dribble, shoot! Learn the fundamentals of basketball while strengthening coordination. Develop skills in dribbling, passing and shooting while in a game atmosphere. No weekly practices during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	June 8th - July 8th	\$30	\$60

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. No weekly practices during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	July 13th - August 10th	\$30	\$60

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

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	TBD	TBD	\$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	MAY	Monday	5:00-7:00	\$34	\$68
		Tuesday	5:00-7:00	\$34	\$68
	JUNE & JULY	Tuesday	9:00-11:00	\$34	\$68
		Wednesday	11:30-1:30	\$34	\$68
		Thursday	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	MAY	Wednesday	5:00-7:00	\$40	\$80
	JUNE, JULY	Tuesday	10:30-12:30	\$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	MAY	Mon & Thur	4:30-6:30	\$80	Members Only
	JUNE, JULY	Mon & Thur	8:30-10:30	\$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	MAY	Mon & Wed	5:00-7:30	\$90	Members Only
	JUNE, JULY	Mon & Wed	8:30-11:00	\$90	Members Only

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

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
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
Saturday		11:00-11:45	\$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



Additional Swim Lessons being offered at Riverside Riverside in Moline are listed on Page 3.

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	Monday	7:00-8:00	\$25	\$50
	Thursday	7:00-8:00	\$25	\$50

*Kewanee program will begin in June.

GOLF EXPERIENCES
DRIVE, CHIP, PUTT

Golf Basics (Ages 8-12) Through the First Tee golf-based personal growth programs, we see kids build life and leadership skills that empower them in all areas of life, including school, friendships and eventually careers.

Location	Days	Time	Member	Community
Moline-East Moline	Saturdays in May	11:00-11:45	\$25	\$50
	June 17-20th	11:00-11:45	\$25	\$50
	Fridays in June, July, Aug	11:00-11:45	\$25	\$50
	July 15-18th	11:00-11:45	\$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

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

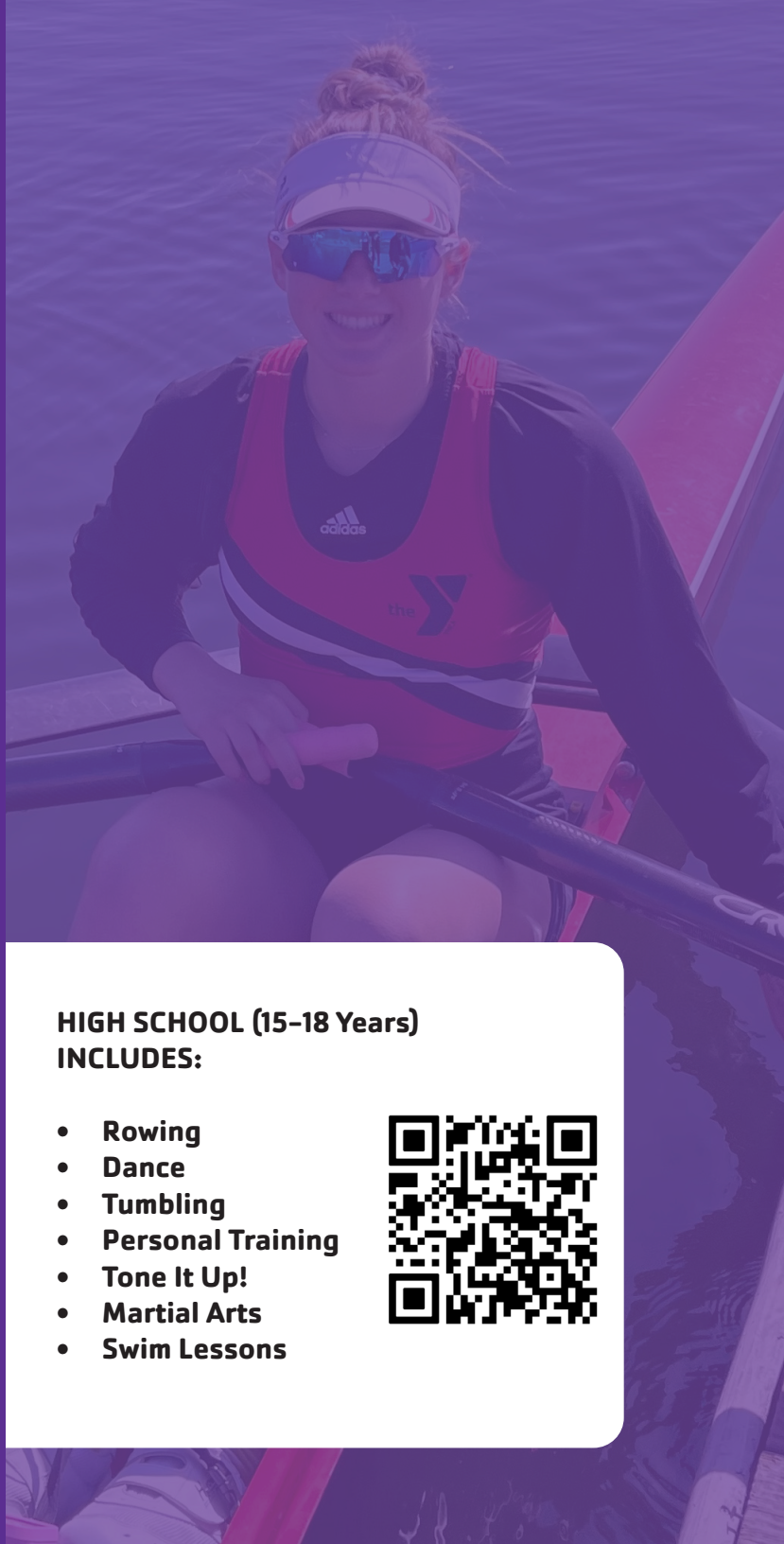
Creative Expressions Creative Expressions is an exciting arts and crafts program designed to inspire and nurture young minds creativity.

Location	Days	Time	Member	Community
Moline-East Moline	9-12 Years Tuesday	7:00-7:45	\$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	May 25	5:00-9:00	\$25	\$50
	June 29	5:00-9:00	\$25	\$50
	July 27	5:00-9:00	\$25	\$50
	August 31	5:00-9:00	\$25	\$50
Rock Island	May 3	4:30-8:30	\$25	\$50
	May 17	4:30-8:30	\$25	\$50
	June 7	4:30-8:30	\$25	\$50
	June 21	4:30-8:30	\$25	\$50
	July 5	4:30-8:30	\$25	\$50
	July 19	4:30-8:30	\$25	\$50
	August 2	4:30-8:30	\$25	\$50
	August 23	4:30-8:30	\$25	\$50



HIGH SCHOOL (15-18 Years) INCLUDES:

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



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	Monday	7:00-8:00	\$25	\$50
		Thursday	7:00-8:00	\$25	\$50

*Kewanee program will run in May on a modified schedule and fee.

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	TBD	TBD	\$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	MAY	Monday	5:00-7:00	\$34	\$68
		Tuesday	5:00-7:00	\$34	\$68
	JUNE & JULY	Tuesday	9:00-11:00	\$34	\$68
		Wednesday	11:30-1:30	\$34	\$68
	Thursday	5:00-7:00	\$34	\$68	

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

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	MAY	Wednesday	5:00-7:00	\$40	\$80
	JUNE, JULY	Tuesday	10:30-12:30	\$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	MAY	Mon & Thur	4:30-6:30	\$80	Members Only
	JUNE, JULY	Mon & Thur	8:30-10:30	\$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	MAY	Mon & Wed	5:00-7:30	\$90	Members Only
	JUNE & JULY	Mon & Wed	8:30-11:00	\$90	Members Only

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

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

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
1 session	\$49/Member	\$98/Community

PARTNER, SMALL GROUP AND VIRTUAL PERSONAL TRAINING

Partner, small group and virtual personal training packages are also available. For more information visit

TwoRiversYMCA.org/personaltraining or scan the QR Code.



IN BODY

GO BEYOND THE SCALE



The InBody Analysis provides a quick and easy, non-invasive body analysis report. Discover how much of your weight is actually bone, muscle, fat, and water. Learn how many calories your body needs. Complete the analysis multiple times throughout your wellness journey to track your progress and stay on goal!

ONE FREE WITH PERSONAL TRAINING PACKAGE
*or \$15/Member or \$30/Community

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 13+) 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	6:00-6:45	\$25	\$50

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
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
Kewanee	Tuesday	6:00–6:45	\$25	\$50



Additional Swim Lessons being offered at Riverside Riverslide in Moline are listed on Page 3.

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

ADVANCED SWIM 14+ YEARS OF AGE

Intermediate Masters Swim (Ages 14+)

This class is for advanced fitness and will train you to swim more efficiently. This class is ideal for those wanting to be swimming in Triathlons or up their swimming techniques. Each class is instructed and coached by Caleb Carlson, who was an Olympic trial swimmer.

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

Masters Swim (Ages 16+)

Master Swim is open to adults 16 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

Kraken Swim Team Summer Camp (Ages 16+)

Location	Days	Time	Members	Community
Kewanee	Mon & Wed	9:30–10:45	\$45	\$90

GOLF LEARNING CENTER POWERED BY TOPTRACER RANGE TECHNOLOGY

INDIVIDUAL GOLF LESSONS

Our expert instructors will assess your current skill level, analyze your swing mechanics, and pinpoint areas for improvement. Whether you're a beginner looking to master the basics or a seasoned player striving to refine your technique, our program offers customized drills, personalized feedback, and targeted practice sessions to help you reach your full potential.

\$50/hour Members or \$100/hour Community

Call 309.277.1782 to schedule your lessons today!

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

ADULT / SENIORS (18+ Years) INCLUDES:

- YMCA 360
- MyZone
- Martial Arts
- Group Exercise
- Swim Lesson
- 100 Mile Swim Club
- Chronic Disease Prevention
- Golf Learning Center
- Personal Training



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 AT THE KEWANEE YMCA



Myzone is an innovative wearable heart rate based system that uses wireless and cloud based technology to accurately and conveniently monitor physical activity. Available at the Kewanee YMCA only.

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
- 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

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

PICKLEBALL

READY, SET, PLAY

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	Member
Rock Island	M,W,F	8:30-10:30	FREE
Kewanee	M,W,F	10:00-12:00	FREE

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

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.

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 Line Dance Embark on a dance journey learning diverse line dances to upbeat melodies, fostering a fun and social atmosphere while keeping the pace moderate and accessible to all!

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 mixed dance styles to keep your senses engaged all while improving heart and lung health, strengthening muscles and bones, challenging coordination, agility and flexibility!

Power Athletic Cardio Engage your cardiovascular endurance in a dynamic 45-minute agility and athleticism-focused class, designed to propel you towards new heights of fitness. Regardless of your prior experience, you'll leave feeling invigorated and empowered!

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

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.

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.

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.

POWER X This 30 minute functional training class uses weights and floor space for a total body workout to build strength, endurance, and confidence.

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.

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.

Power Pump Empower your body and mind with a 45-minute strength training class utilizing barbells, plated weights, and dumbbells, fostering confidence and resilience.

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 Movement Focusing on your breath and posture, you can do these moves in a chair or standing with the chair for balance. Joint mobility, range of motion, and flexibility all without having to get down on the ground.

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.

YMCA 360

LIVE AND ON-DEMAND ANYWHERE ANYTIME

Experience The Y Like Never Before. Stream your favorite programs, classes and instructors. Anywhere. Anytime. **CLASS SCHEDULES** are available at TwoRiversYMCA.org or download the YMCA 360 App on any Apple, Android or Roku Device.

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

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.

CLASS SCHEDULES are available at TwoRiversYMCA.org or download the YMCA 360 mobile app.



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.

ADVANCED SWIM

14+ YEARS OF AGE

Intermediate Masters Swim (Ages 14+)

This class is for advanced fitness and will train you to swim more efficiently. This class is ideal for those wanting to be swimming in Triathlons or up their swimming techniques. Each class is instructed and coached by Caleb Carlson, who was an Olympic trial swimmer.

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

Masters Swim (Ages 16+)

Master Swim is open to adults 16 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



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.

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

CHRONIC DISEASE PREVENTION

For more information please contact: Jennifer Buckwalter, 309.797.3945

LIVESTRONG AT THE YMCA

A FREE Fitness and health education program, due to generous donations to the Annual Campaign, 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 August 27th	10:15-11:30	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



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
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	Tuesdays beginning August 20th	5:30-6:45	\$69	\$138

GOLF LEARNING CENTER
POWERED BY TOPTRACER RANGE TECHNOLOGY

OUTDOOR HITTING AREAS

Two Rivers YMCA Golf provides you with everything you need to learn or to improve your golf game.

- Golf lessons for adults and youth
- Grass and turf mat hitting stations
- Toptracer Range ball-tracing technology with details on your shots
- Reservable, covered and heated, hitting bays
- Putting green
- Sand trap/bunker

INDIVIDUAL GOLF LESSONS

Our expert instructors will assess your current skill level, analyze your swing mechanics, and pinpoint areas for improvement. Whether you're a beginner looking to master the basics or a seasoned player striving to refine your technique, our program offers customized drills, personalized feedback, and targeted practice sessions to help you reach your full potential.

\$50/hour Members or \$100/hour Community
Call 309.277.1782 to schedule your lessons today!

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.



GOLF HITTING 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

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.

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
1 session	\$49/Member	\$98/Community

PARTNER, SMALL GROUP AND VIRTUAL PERSONAL TRAINING

Partner, small group and virtual personal training packages are also available. For more information visit TwoRiversYMCA.org/personaltraining or scan the QR Code.



IN BODY
GO BEYOND THE SCALE



The InBody Analysis provides a quick and easy, non-invasive body analysis report. Discover how much of your weight is actually bone, muscle, fat, and water. Learn how many calories your body needs. Complete the analysis multiple times throughout your wellness journey to track your progress and stay on goal!

ONE FREE WITH PERSONAL TRAINING PACKAGE
*or \$15/Members or \$30/Community

LOCATIONS.....

MOLINE-EAST MOLINE YMCA



2040 53rd Street
Moline, IL 61265
309.797.3945



Monday-Thursday: 4:30am-10:00pm
Friday: 4:30am-8:00pm
Saturday: 6:00am-5:00pm
Sunday: 7:00am-4:00pm

*Hours listed for after Memorial Day

ROCK ISLAND YMCA



2715 30th Street
Rock Island, IL 61201
309.506.4565



Monday-Thursday: 4:30am-9:00pm
Friday: 4:30am-8:00pm
Saturday: 6:00am-5:00pm
Sunday: 7:00am-4:00pm

*Hours listed for after Memorial Day

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: Closed

*Hours listed for after Memorial Day

BASS STREET YMCA & SYLVAN BOAT HOUSE



1701 1st Avenue
Moline, IL 61265
309.517.7941

RIVERSIDE RIVERSLIDE



3300 5th Avenue
Moline, IL 61265
309.524.2428



Hours vary and are set by the Moline Parks
and Recreation Department.

GOLF LEARNING CENTER



5507 22nd Avenue
Moline, IL 61265
309.277.1779



Seasonal hours vary.
Closed when temperatures fall below 50
degrees or for wet weather.

SPIRIT, MIND, & BODY CENTER



1811 53rd Street
Moline, IL 61265
309.797.3945



2040 53rd Street
Moline, IL 61265
309.797.3945

*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.