



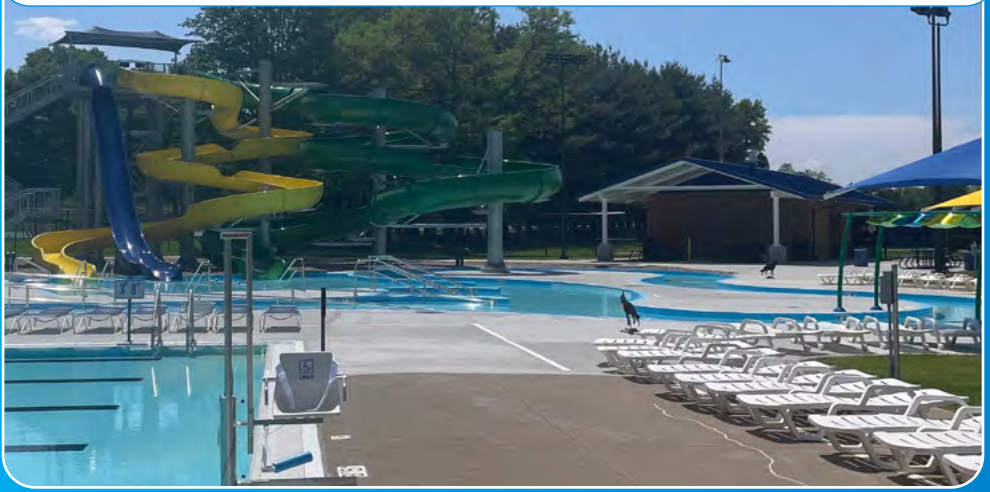
FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER FUN STARTS HERE!

Program Guide | May - August 2025
TWO RIVERS YMCA
TwoRiversYMCA.org

INCLUDED WITH YOUR
TWO RIVERS YMCA MEMBERSHIP

OPENING MAY 24, 2025



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

FEATURING

THREE Water Slides | Lazy River
Splash Pad | Shade Structures

Group Exercise Class, Adult Lap Swims & Water Walking

NEW IN 2025 YMCA NIGHTS AT RIVERSIDE RIVERSLIDE

May 23rd – Season Opening 5:00pm–8:00pm

June 3rd – 6:15pm–8:15pm

July 1st – 6:15pm–8:15pm

August 2nd – Back to School Bash 6:15pm–8:15pm

In 2022 Moline Parks and Recreation Department and Two Rivers YMCA teamed up to create a partnership that allows Two Rivers YMCA Members to visit Riverside Riverslide as part of their membership, at no additional cost.





SWIM LESSONS

LESSONS BEING OFFERED AT RIVERSIDE RIVERSLIDE

Preschool Swim Lessons at Riverside (Ages 3-5)

This class meets ONCE a week June through July. The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level.
 \$59 Members / \$118 Community

Days	Time
Monday	6:00-6:45
Tuesday	9:45-10:30
Tuesday	10:30-11:15
Wednesday	6:00-6:45
Thursday	9:45-10:30
Thursday	10:30-11:15

School Age Swim Lessons at Riverside (Ages 6-14)

This class meets ONCE a week June through July. The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level.
 \$59 Members / \$118 Community

Days	Time
Monday	6:00-6:45
Monday	6:45-7:30
Tuesday	9:45-10:30
Tuesday	10:30-11:15
Wednesday	6:00-6:45
Wednesday	6:45-7:30
Thursday	9:45-10:30
Thursday	10:30-11:15

LAP SWIMMING

June 2 - August 14
 Monday - Thursday 9:30am-11:30am
 Monday & Wednesday 6:15pm-8:15pm

SPLASH PAD

June 2 - August 14
 Saturdays 9:30am-11:30am

AQUA EXERCISE

June 2 - August 14
 Monday - Thursday 10:45am-11:30am



SUMMER CAMP 2025



REGISTER
TODAY!

GREAT SUMMERS START HERE!



Days will be filled with:

- › Fun camp activities to engage brains
- › Opportunities to explore, develop new skills and try new things
- › Plenty of physical activity and games to keep bodies active
- › Campers develop new friendships and have tons of fun!

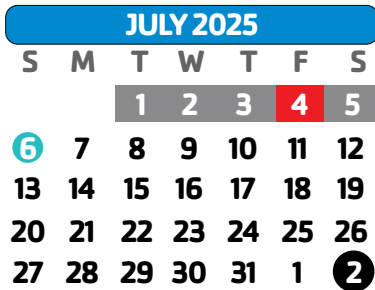
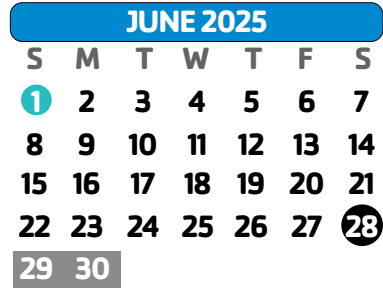
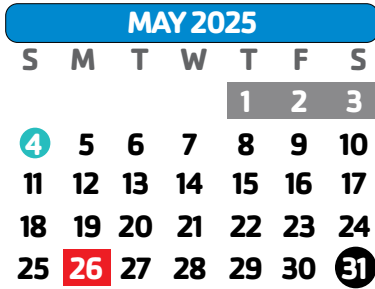


ABOUT OUR PROGRAM GUIDE

We work 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.



Monthly Sessions First Day



Monthly Sessions Last Day



Holiday, Building Hours May Vary



Program Break for Leader Development

MONTHLY MEMBERSHIP FEES

(Unchanged since September 1, 2011)

Membership Category	Monthly Fee	Activation Fee
Individual Individual adult 19 and older	\$37	\$37
Additional Adults Each additional adult living at the same private residence when added to an Individual membership.	\$12	\$12
Additional Children Includes all children living at the same private residence through 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.

The image shows a digital form for calculating membership rates. It includes several input fields: 'Number of Persons in Household' with a dropdown menu showing '1'; 'Membership Type' with a radio button selected for 'Individual Membership'; 'Annual Household Income' with a dropdown menu showing '\$12,001 - 36,000'. Below these fields, the text 'Your Rate (per month):' is displayed above a blue box containing the calculated rate: '\$ 35.15'.

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 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. This fee helps cover administrative cost for new and renewing memberships.

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 (Waiver Required)

Adult Guest Pass (18+) - \$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.

SCAN FOR FULL POLICY INFORMATION

TwoRiversYMCA.org/policies



ANNUAL STRONG KIDS CAMPAIGN

CHANGING LIVES DEVELOPING POTENTIAL

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

Our Annual Strong Kids 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 Annual Strong Kids 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 Annual Strong Kids 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 to special events and childcare programs, and more! Every hour you give helps create a stronger community and brighter futures.

Whether it's sharing your skills, lending a hand, or leading a team, there's a role for you.

Join us today and **be part of something bigger**—volunteer at the Y and transform lives, starting with your own!

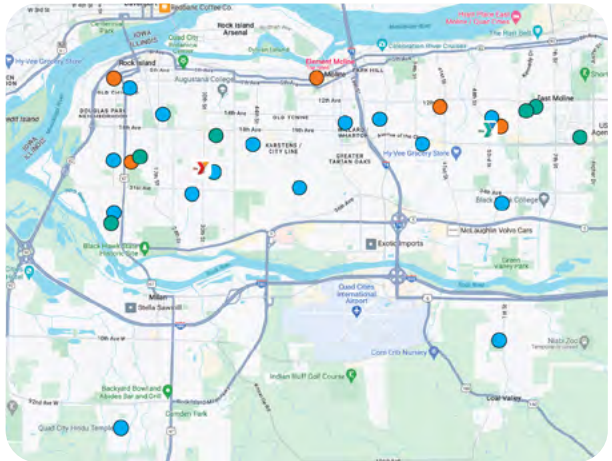
Apply online at [TwoRiversYMCA.org](https://www.tworiversymca.org)

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 2024 over 205,000 FREE meals were provided to almost 3,800 area youth at 45 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.



TAKE THE YMCA WITH YOU WHEREVER YOU GO!

FREE with your YMCA membership

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.**

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!

Join YMCA360 for the following and more:



APP ICON



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

YMCA MISSION

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

TABLE OF CONTENTS

FAMILIES (ALL AGES)

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 (AGES 18+)

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

PROGRAM REGISTRATION IS EASY!

Register Online: [TwoRiversYMCA.org](https://www.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



FAMILIES INCLUDES:

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

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 5–12 years.

Fee: \$10/month as a Membership Add-on
or \$5/child per visit if not set up as a Membership Add-On

Visit TwoRiversYMCA.org for available hours at your desired location.



Photo: Kids Adventure Center at Rock Island YMCA

FAMILY TIME (6m–12 Years) 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. Available to all Y Members at no cost and no registration required. \$5 per visit for Nationwide Members.

Location	Days	Time	Member
Moline–East Moline	Monday	3:15–3:45	FREE
	Friday	11:15–11:45	FREE
Rock Island	Daily	12:00–3:00	FREE

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

FAMILIES

FAMILIES



BEFORE & AFTER SCHOOL CHILDCARE 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, intercession, 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:



PRESCHOOL / CHILDCARE

MOLINE-EAST MOLINE YMCA



Our DCFS-licensed Early Childhood Learning Center prepares children ages 2 to 5 for kindergarten by focusing on academic, social-emotional, and motor skill development.

At the Two Rivers YMCA Preschool, we go beyond the basics with indoor and outdoor playgrounds, swim time and lessons, Spanish lessons, and more!

Partnering with parents, our nurturing and qualified staff

provide a structured and creative program to support your child's social, mental, physical, and spiritual growth.

CLASSES AND HOURS

2 Year Olds Class Options

- 2 days per week (Tuesday, Thursday)
- 3 days per week (Monday, Wednesday, Friday)
- 5 days per week (Monday - Friday) + FREE Y Membership for your preschooler!

3-5 Year Olds Class Options

- 2 days per week (Tuesday, Thursday)
- 3 days per week (Monday, Wednesday, Friday)
- 5 days per week (Monday - Friday) + FREE Y Membership for your preschooler!

Preschool Hours:

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

Contact the Preschool at 309.797.8925

FAMILIES

BIRTHDAY PARTY RENTALS CELEBRATE THOSE MILESTONES

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

KIDS 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	Contact us for day and time availability at this location.		\$199	\$399

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

POOL RENTALS

Dive into fun no matter the weather with our indoor pool party rental—perfect for year-round celebrations! Reserve your spot today and make a splash with family and friends in a climate-controlled paradise!

Location	Days	Time	Member	Community
Moline-East Moline	Contact us for availability		\$199	\$399
	Additional 16-24 People		\$100	
Kewanee	Contact us for availability		\$100	\$200

GYM RENTAL

Take your event to the next level with our gym rental—perfect for sports parties, team practices, or fitness events! Book now and enjoy a private, fully equipped space for nonstop action and fun!

Location	Days	Time	Member	Community
Kewanee - Large Gym	Contact us for availability		\$70	\$140
Kewanee - Small Gym	Contact us for availability		\$55	\$110

TUMBLING and TRAMPOLINE CENTER

Flip, jump, and soar at our tumbling and trampoline center—perfect for birthdays, team events, and high-energy fun! Book your rental today and let the excitement take flight! 75 min supervised gym time and 45 min lobby time (12 children)

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

GOLF LEARNING CENTER

Tee up for the ultimate golf experience at our indoor simulator—perfect for parties, practice, and friendly competition! Book your rental today and enjoy a weather-proof round with friends and family! 2 Hour Rental time.

Location	Days	Time	Member	Community
Moline-East Moline	Contact us for availability		\$199	\$399

SPIRIT, MIND, AND BODY CENTER

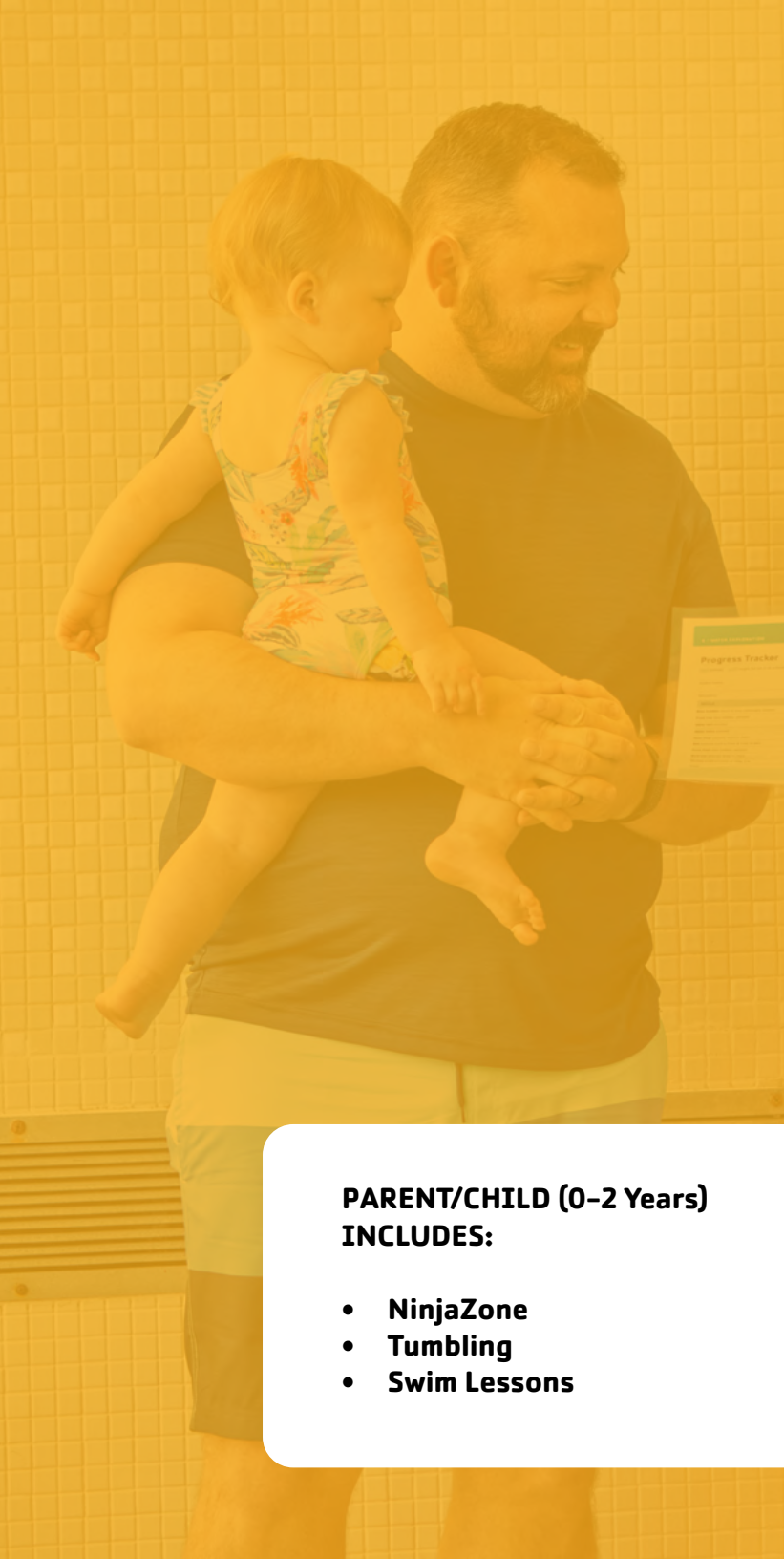
Featuring a full kitchen, spacious event space, and an outdoor playground for all ages to enjoy! Book today and create unforgettable moments in a place designed for connection and fun!

Location	Days	Time	Member	Community
Moline-East Moline	Contact us for availability		\$199	\$399

OUTDOOR PLAYGROUND & PAVILLION

Celebrate, play, and relax in our beautiful outdoor space—featuring a playground and a covered pavilion perfect for any gathering! Book now and enjoy fresh air, fun, and memories that last a lifetime!

Location	Days	Time	Member	Community
Moline-East Moline	Contact us for availability		\$99	\$198



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

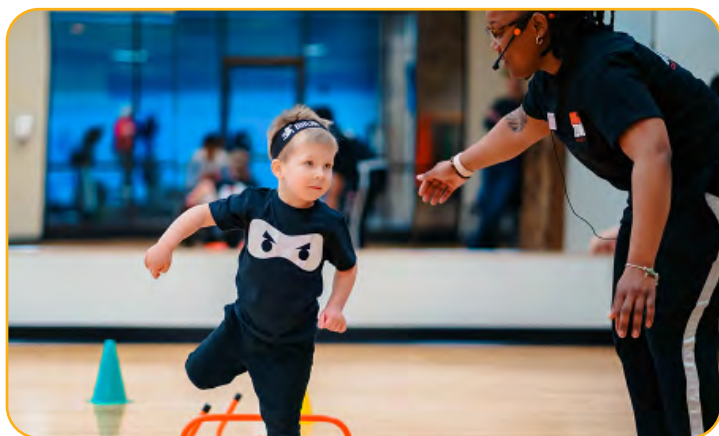
- **NinjaZone**
- **Tumbling**
- **Swim Lessons**

P A R E N T / C H I L D

NINJAZONE 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. NinjaZone 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	\$25	\$50
	Wednesday	5:00-5:30	\$25	\$50



FAMILY TIME (6m-12 YEARS) 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. Available to all Y Members at no cost and no registration required.

Location	Days	Time	Member
Moline-East Moline	Monday	3:15-3:45	FREE
	Friday	11:15-11:45	FREE
Rock Island	Daily	12:00-3:00	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.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	6:15-6:45	\$25	\$50
	Tuesday	12:00-12:30	\$25	\$50
	Thursday	4:45-5:15	\$25	\$50
	Sunday	12:45-1:15	\$25	\$50
Rock Island	Thursday	3:30-4:00	\$25	\$50
Kewanee	Monday	11:00-11:45	\$20	\$40
	Thursday	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	\$25	\$50
Kewanee	Monday	9:00-9:45	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50



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

PARENT / CHILD

PARENT / CHILD

SWIM LESSONS 6 MONTH-3 YEARS

Parent / Child (Ages 6mo-3) 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	5:00-5:30	\$25	\$50
	Tuesday	5:30-6:00	\$25	\$50
	Thursday	9:15-9:45	\$25	\$50
	Thursday	5:00-5:30	\$25	\$50
	Thursday	5:30-6:00	\$25	\$50
	Saturday	8:30-9:00	\$25	\$50
	Saturday	9:00-9:30	\$25	\$50
Kewanee	Saturday	11:00-11:30	\$25	\$50





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

- Youth Sports
- Homeschool
- Ninja Zone
- Cheer/Dance
- Rec Tumbling
- Travel Tumbling
- Swim Lessons
- Kids Night Out

PRESCHOOL

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	Mondays	12:00–12:30	FREE
Rock Island	Mondays	4:15–4:45	FREE
	Saturdays	9:00–9:30	FREE

Football Basics (Ages 5–12) Our football fundamentals program for preschool and early elementary kids is a fantastic way to introduce young athletes the excitement of football.

Location	Age	Time	Member	Community
Moline–East Moline (Mondays in August)	5–7 Years	5:00–5:45	\$25	\$50

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	Wednesday in July	5:00–5:45	\$25	\$50

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	Wednesday in August	5:00–5:45	\$25	\$50
Rock Island	Mondays	5:00–5:45	\$25	\$50
	Saturdays	10:30–11:15	\$25	\$50

Volleyball Basics (Ages 5–12) 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
Rock Island	5–7 Years (Tuesdays)	5:00–5:45	\$25	\$50

SPORTS LEAGUES AND ACADEMY

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.

QC RUSH Soccer League (Ages 4–14)

In partnership with QC Rush to operate the recreational spring soccer league. Come play in our soccer league to learn soccer skills and teamwork. Parents are encouraged to volunteer to coach a team. Practices times vary with games being played on Saturdays.

Location	SEASON	Member	Community
Moline–East Moline	August 25 – October 11	\$49	\$98

HOME SCHOOL PROGRAMS

Home School PE (Ages 5–12) Give your kids the chance to stay active, build teamwork, and have fun in our dynamic PE class. From sports to fitness games, our program offers a variety of activities designed to keep your children moving and engaged.

Location	Days	Time	Member	Community
Moline–East Moline	Thursday	10:00–10:45	\$25	\$50
Rock Island	Tuesday	10:00–10:45	\$25	\$50
	Wednesday	10:00–10:45	\$25	\$50
	Thursday	10:00–10:45	\$25	\$50

Home School Art (Ages 5–12) Spark creativity and imagination! Participants will dive into a new and exciting craft project that encourages self-expression, fine motor skills, and artistic exploration.

Location	Days	Time	Member	Community
Moline–East Moline	Thursday	11:00–11:45	\$25	\$50
Rock Island	Tuesday	11:00–11:45	\$25	\$50
	Wednesday	11:00–11:45	\$25	\$50
	Thursday	11:00–11:45	\$25	\$50

Home School Tumbling (Ages 3–14) Build your basic tumbling and gymnastic skills. A blend of teacher instructed and independent skill learning stations are designed to introduce the fundamentals of tumbling in a supportive and fun environment. Develop strength, flexibility, coordination, and confidence, through skills geared toward each student's learning level.

Location	Days	Time	Member	Community
Moline–East Moline	Wednesday	9:15–10:00	\$25	\$50

NINJAZONE TURNING ENERGY INTO AMBITION

Lil NINJA (Ages 3-5) Ninjas are channeling their energy through a fusion of obstacle training, martial arts, gymnastics and freestyle movement. 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

Future Warriors (Ages 3-5) In this high energy class learn the basic martial arts moves, balance and agility through fun and interactive games. Each session is packed with activities that build coordination, strength and confidence, while encouraging teamwork and respect.

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	4:45-5:15	\$25	\$50
	Wednesday (June & July)	11:45-12:15	\$25	\$50
	Sunday	10:20-10:50	\$25	\$50

CHEER RUMBLE, SHAKE, AND MAKE THE STANDS QUAKE!

Cheer (5-10 Years) This introductory cheerleading class focuses on building confidence, coordination, and team spirit in a fun and supportive environment. Participants will learn basic cheerleading moves, chants, and routines tailored to their age group.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	6:45-7:15	\$25	\$50
	Saturday	8:30-9:00	\$25	\$50

DANCE EXPRESS YOUR ARTISTIC STYLE

DANCE 1 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	4:30-5:15	\$25	\$50
		Monday	5:30-6:15	\$25	\$50
		Saturday	8:15-9:00	\$25	\$50
Rock Island	3-5 Years	Monday	5:15-5:45	\$25	\$50

STEAM

SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

Art 1 (5-8 Years) Through a variety of fun and engaging activities, young artists will explore different materials and techniques, developing their artistic skills while expressing their unique ideas.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	11:00-11:45	\$25	\$50
	Thursday	5:30-6:15	\$25	\$50
Rock Island	Monday	5:00-5:45	\$25	\$50
	Wednesday	5:00-5:45	\$25	\$50
	Friday	5:00-5:45	\$25	\$50

TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

Tumble Tot / Parent/Child (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	\$25	\$50
Kewanee	Monday	9:00-9:45	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50

Super Tot / Tumbling 1 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
Moline-East Moline	Monday	4:45-5:15	\$25	\$50
	Tuesday	12:30-1:00	\$25	\$50
	Tuesday	6:15-6:45	\$25	\$50
	Wednesday	12:30-1:00	\$25	\$50
	Thursday	5:30-6:00	\$25	\$50
	Saturday	9:15-9:45	\$25	\$50
	Sundays	12:00-12:30	\$25	\$50
Rock Island	Thursday	4:15-5:00	\$25	\$50
Kewanee	Tuesday	10:30-11:30	\$25	\$50
	Wednesday	5:30-6:30	\$25	\$50

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. *Times vary in May

Location	Days	Time	Member	Community
Kewanee	Wednesday	10:00-11:30	\$49	\$98

Team Level 1-4 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. *Times vary in May

Location	Days	Time	Member	Community
Kewanee	Monday & Wednesday	9:00-11:00	\$100	Members Only

Team Level 5+ (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 6-10 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	Monday & Wednesday	9:00-11:30	\$125	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 4th - 7th | Cheer Camp | 5-8 Years | 9:00-11:00

August 12th - 13th | Trampoline Camp | 5-14 Years | 9:00-11:00

August 18th - 20th | Back Hand Spring Camp | 5-14 Years | 5:30-7:00

August 26th - 28th | Blast off into Space Camp | 3-7 Years | 4:30-6:00

SWIM LESSONS

MAKING WAVES, ONE LESSON AT A TIME

Parent / Child (Ages 6mo-3) 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	5:00-5:30	\$25	\$50
	Tuesday	5:30-6:00	\$25	\$50
	Thursday	9:15-9:45	\$25	\$50
	Thursday	5:00-5:30	\$25	\$50
	Thursday	5:30-6:00	\$25	\$50
	Saturday	8:30-9:00	\$25	\$50
	Saturday	9:00-9:30	\$25	\$50
Kewanee	Saturday	11:00-11:30	\$25	\$50

Preschool Swim Lessons (Ages 3-5) This class meets ONCE a week for a month. The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level. Progress reports are given at the end of the course.

Location	Days	Time	Member	Community
Moline-East Moline (Family/Therapy Pool)	Monday	4:15-5:00	\$25	\$50
	Monday	5:00-5:45	\$25	\$50
	Tuesday	2:15-3:00	\$25	\$50
	Tuesday	4:15-5:00	\$25	\$50
	Tuesday	5:00-5:45	\$25	\$50
	Thursday	4:15-5:00	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	9:45-10:30	\$25	\$50
	Saturday	10:45-11:30	\$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
	Tuesday	6:00-6:45	\$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

PRESCHOOL

PRESCHOOL

Preschool Swim Lessons at Riverside (Ages 3-5) This class meets ONCE a week June through July. The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level.

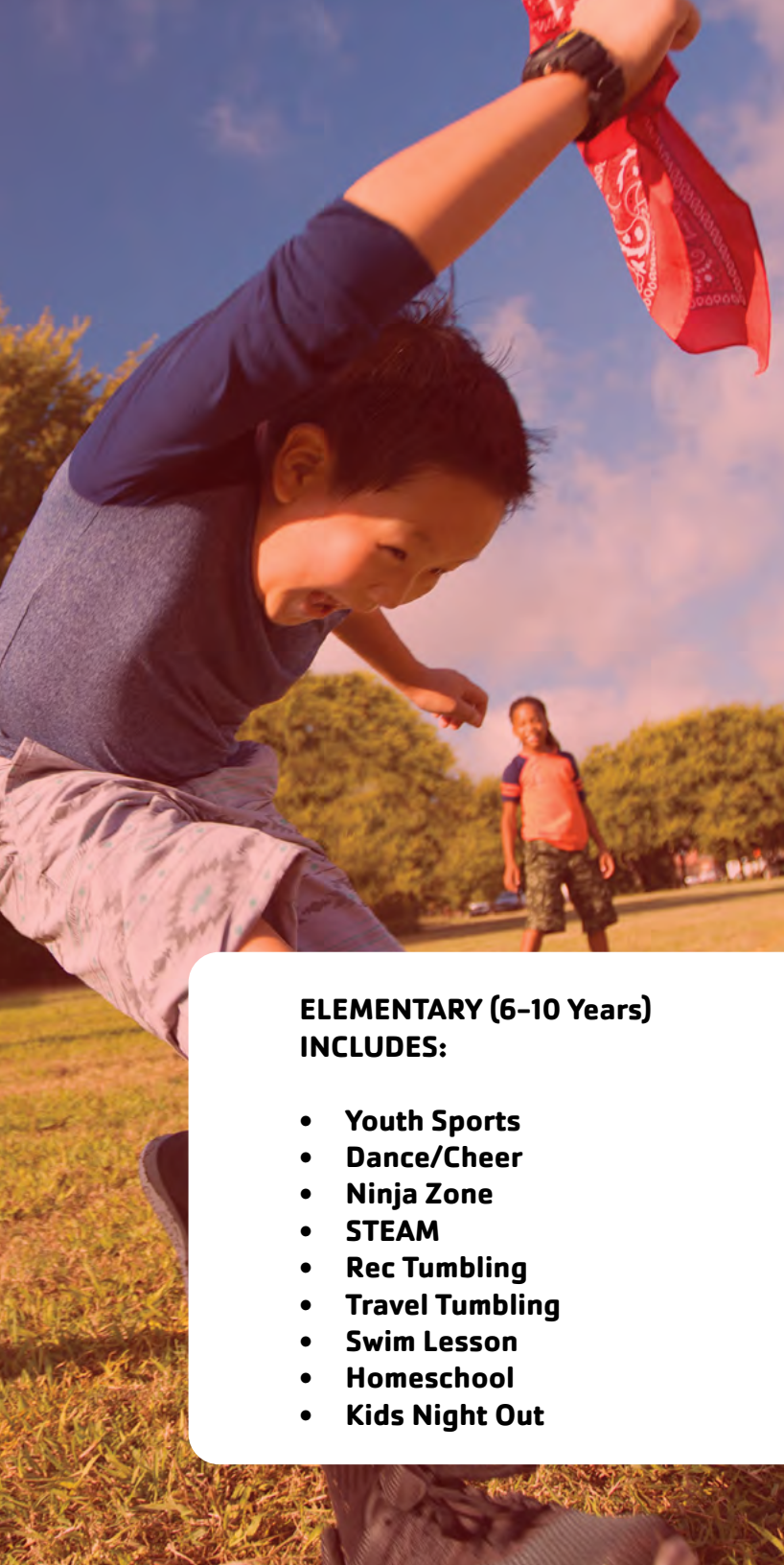
Location	Days	Time	Member	Community
Riverside Riverside Moline, IL	Monday	6:00-6:45	\$59	\$118
	Tuesday	9:45-10:30	\$59	\$118
	Tuesday	10:30-11:15	\$59	\$118
	Wednesday	6:00-6:45	\$59	\$118
	Thursday	9:45-10:30	\$59	\$118
	Thursday	10:30-11:15	\$59	\$118

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 31	5:00-9:00	\$25	\$50
	June 28	5:00-9:00	\$25	\$50
	July 26	5:00-9:00	\$25	\$50
	August 30	5:00-9:00	\$25	\$50
Rock Island	May 2	4:30-8:30	\$25	\$50
	May 16	4:30-8:30	\$25	\$50
	June 6	4:30-8:30	\$25	\$50
	June 20	4:30-8:30	\$25	\$50
	July 18	4:30-8:30	\$25	\$50
	August 1	4:30-8:30	\$25	\$50
	August 15	4:30-8:30	\$25	\$50





**ELEMENTARY (6-10 Years)
INCLUDES:**

- Youth Sports
- Dance/Cheer
- Ninja Zone
- STEAM
- Rec Tumbling
- Travel Tumbling
- Swim Lesson
- Homeschool
- Kids Night Out

ELEMENTARY

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! Participants must take Level 1 before moving on to Level 2.

Location	Days	Level	Time	Member	Community
Rock Island	Wednesday	Level 1	5:00-5:45	\$25	\$50
	Thursday	Level 2	5:00-5:45	\$25	\$50

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	Wednesdays in August	6:00-6:45	\$25	\$50
	July 14-17	9:00-10:30	\$35	\$70
Rock Island	Mondays	6:00-6:45	\$25	\$50
	Saturdays	11:30-12:15	\$25	\$50

Football Basics (Ages 5-10) Our football fundamentals program for preschool and early elementary kids is a fantastic way to introduce young athletes the excitement of football.

Location	Age	Time	Member	Community
Moline-East Moline (Mondays in August)	5-7 Years	5:00-5:45	\$25	\$50
	8-10 Years	6:00-6:45	\$25	\$50

Basketball Basics (Ages 6-10) Designed to introduce young athletes 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	Wednesday in July	6:00-6:45	\$25	\$50
	August 4-7	9:00-10:30	\$35	\$70

Volleyball Basics 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	June 9-12	9:00-10:30	\$35	\$70
Rock Island	Tuesdays	5:00-5:45	\$25	\$50

Golf Basics & Clinics (Ages 7-10) 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 (Golf Learning Center)	Saturdays in May	10:00-10:45	\$25	\$50
	June 16-19	10:00-10:45	\$25	\$50
	Fridays in June, July	10:00-10:45	\$25	\$50
	July 21-24	10:00-10:45	\$25	\$50

SPORTS LEAGUES AND ACADEMY

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.

Track & Field 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. (Track meet included)

Location	Days	Time	Member	Community
Moline-East Moline	T/TH (May Only)	5:00-5:45	\$59	\$118

Track Meet Only Join us for a day at the Augustana track.

Location	Days	Time	Member	Community
Moline-East Moline	Friday May 30	TBD	\$15	\$30

QC RUSH Soccer League (Ages 4-14)

In partnership with QC Rush to operate the recreational spring soccer league. Come play in our soccer league to learn soccer skills and teamwork. Parents are encouraged to volunteer to coach a team. Practices times vary with games being played on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	August 25 - October 11	\$49	\$98

DANCE

EXPRESS YOUR ARTISTIC STYLE

DANCE 2 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
	Saturday	9:15-10:00	\$25	\$50
Rock Island	6-8 Years Monday	6:00-6:45	\$25	\$50
	9-11 Years Monday	7:00-7:45	\$25	\$50

CHEER

RUMBLE, SHAKE, AND MAKE THE STANDS QUAKE!

Cheer (5-10 Years) This introductory cheerleading class focuses on building confidence, coordination, and team spirit in a fun and supportive environment. Participants will learn basic cheerleading moves, chants, and routines tailored to their age group.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	6:45-7:15	\$25	\$50
	Saturday	8:30-9:00	\$25	\$50

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

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. NinjaZone 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
	Saturday	10:30-11:15	\$25	\$50

Future Warrior 2 (Ages 6-8) In this high energy class learn the basic martial arts moves, balance and agility through fun and interactive games. Each session is packed with activities that build coordination, strength and confidence, while encouraging teamwork and respect.

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	5:30-6:15	\$25	\$50
	Saturday	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 and rolling.

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

STEAM

SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

Lego Club (Ages 6-14) A Lego Club is a creative and educational gathering where children come together to build and play with Lego bricks. 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	5:30-6:15	\$25	\$50

Art 1 (5-8 Years) Through a variety of fun and engaging activities, young artists will explore different materials and techniques, developing their artistic skills while expressing their unique ideas.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	11:00-11:45	\$25	\$50
	Thursday	5:30-6:15	\$25	\$50
Rock Island	Monday	5:00-5:45	\$25	\$50
	Wednesday	5:00-5:45	\$25	\$50
	Friday	5:00-5:45	\$25	\$50

Art 2 (9-12 Years)

Location	Days	Time	Member	Community
Moline-East Moline	Monday	10:00-10:45	\$25	\$50
	Thursday	6:30-7:15	\$25	\$50
Rock Island	Tuesday	5:00-5:45	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50

Studio Art (11+)

Location	Days	Time	Member	Community
Moline-East Moline	Monday	9:00-9:45	\$25	\$50

ELEMENTARY

TUMBLING FLIPPING, TWISTING, EXCELLENCE.

Tumbling 2 & 3 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	
Moline-East Moline	Monday	5:30-6:15	\$25	\$50	
	Tuesday (June / July)	1:00-1:45	\$25	\$50	
	Wednesday (June / July)	1:00-1:45	\$25	\$50	
	Thursday	6:00-6:45	\$25	\$50	
	Saturday	10:00-10:45	\$25	\$50	
	Sunday	11:00-11:45	\$25	\$50	
	9-11 Years	Tuesday	6:45-7:30	\$25	\$50
Thursday		6:00-6:45	\$25	\$50	
Rock Island	4-6 Years	Thursday	4:15-5:00	\$25	\$50
	7-9 Years	Thursday	5:15-6:00	\$25	\$50

ACADEMY CLASSES

Tumble Academy (Ages 6-12) Meets TWICE per week and focuses on quicker advancements and higher level skills and connections

Location	Days	Time	Member	Community
Moline-East Moline	T/TH	6:45-7:30	\$59	\$118

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. *Times vary in May

Location	Days	Time	Member	Community
Kewanee	Tuesday	1:00-2:30	\$39	\$78
	Wednesday	5:00-6:30	\$39	\$78

Rec 8+ (Ages 8+) Class is for the older student with little to some experience who do not want to join the competition circuit. Will start progressions and put together routines. *Times vary in May

Location	Days	Time	Member	Community
Kewanee	Tuesday	9:00-11:00	\$49	\$98
	Wednesday	11:30-1:30	\$49	\$98
	Thursday	5:00-7:00	\$49	\$98

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. *Times vary in May

Location	Days	Time	Member	Community
Kewanee	Wednesday	10:00-11:30	\$49	\$98

Team Level 1-4 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. *Times vary in May

Location	Days	Time	Member	Community
Kewanee	Monday & Wednesday	9:00-11:00	\$100	Members Only

Team Level 5+ (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 6-10 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	Monday & Wednesday	9:00-11:30	\$125	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 4th - 7th | Cheer Camp | 5-8 Years | 9:00-11:00

August 4th - 7th | Cheer Camp | 9-12 Years | 1:00-3:00

August 12th - 13th | Trampoline Camp | 5-14 Years | 9:00-11:00

August 18th - 20th | Back Hand Spring Camp | 5-14 Years | 5:30-7:00

August 26th - 28th | Blast off into Space Camp | 3-7 Years | 4:30-6:00

ELEMENTARY

SWIM LESSONS

MAKING WAVES, ONE LESSON AT A TIME

Elementary Swim Lessons (Ages 6-10) This class meets ONCE a week for a month. The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level. Progress reports are given at the end of the course.

Location	Days	Time	Member	Community
Moline-East Moline (Family/Therapy Pool)	Monday	4:15-5:00	\$25	\$50
	Monday	5:00-5:45	\$25	\$50
	Tuesday	4:15-5:00	\$25	\$50
	Tuesday	5:00-5:45	\$25	\$50
	Tuesday	6:00-6:45	\$25	\$50
	Thursday	2:15-3:00	\$25	\$50
	Thursday	4:15-5:00	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50
	Thursday	6:00-6:45	\$25	\$50
	Saturday	9:45-10:30	\$25	\$50
	Saturday	10:45-11:30	\$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
Tuesday		6:00-6:45	\$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

School Age Swim Lessons at Riverside (Ages 6-14) This class meets ONCE a week June through July (no Lessons July 4th). The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level.

Location	Days	Time	Member	Community
Riverside Riverside Moline, IL	Monday	6:00-6:45	\$59	\$118
	Monday	6:45-7:30	\$59	\$118
	Tuesday	9:45-10:30	\$59	\$118
	Tuesday	10:30-11:15	\$59	\$118
	Wednesday	6:00-6:45	\$59	\$118
	Wednesday	6:45-7:30	\$59	\$118
	Thursday	9:45-10:30	\$59	\$118
	Thursday	10:30-11:15	\$59	\$118

HOME SCHOOL PROGRAMS

Home School PE (Ages 5-12) Give your kids the chance to stay active, build teamwork, and have fun in our dynamic PE class. From sports to fitness games, our program offers a variety of activities designed to keep your children moving and engaged.

Location	Days	Time	Member	Community
Moline-East Moline	Thursday	10:00-10:45	\$25	\$50
Rock Island	Tuesday	10:00-10:45	\$25	\$50
	Wednesday	10:00-10:45	\$25	\$50
	Thursday	10:00-10:45	\$25	\$50

Home School Art (Ages 5-12) Spark creativity and imagination! Participants will dive into a new and exciting craft project that encourages self-expression, fine motor skills, and artistic exploration.

Location	Days	Time	Member	Community
Moline-East Moline	Thursday	11:00-11:45	\$25	\$50
Rock Island	Tuesday	11:00-11:45	\$25	\$50
	Wednesday	11:00-11:45	\$25	\$50
	Thursday	11:00-11:45	\$25	\$50

Home School Tumbling (Ages 3-14) Build your basic tumbling and gymnastic skills. A blend of teacher instructed and independent skill learning stations are designed to introduce the fundamentals of tumbling in a supportive and fun environment. Develop strength, flexibility, coordination, and confidence, through skills geared toward each student's learning level.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	9:15-10:00	\$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	May 31	5:00-9:00	\$25	\$50
	June 28	5:00-9:00	\$25	\$50
	July 26	5:00-9:00	\$25	\$50
	August 30	5:00-9:00	\$25	\$50
Rock Island	May 2	4:30-8:30	\$25	\$50
	May 16	4:30-8:30	\$25	\$50
	June 6	4:30-8:30	\$25	\$50
	June 20	4:30-8:30	\$25	\$50
	July 18	4:30-8:30	\$25	\$50
	August 1	4:30-8:30	\$25	\$50
	August 15	4:30-8:30	\$25	\$50

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

ELEMENTARY

MIDDLE SCHOOL

MIDDLE SCHOOL (11-14 Years) INCLUDES:

- **Youth Sports**
- **Rec Tumbling**
- **Travel Tumbling**
- **Dance/Cheer**
- **Swim Lessons**
- **STEAM**
- **Kids Night Out**

SPORTS EXPERIENCES

READY, SET, PLAY

Soccer Clinic (Ages 11-14) Through age-appropriate activities and games, young athletes 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	July 14-17	10:45-12:15	\$35	\$70

Basketball Clinic (Ages 11-14) 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	August 4-7	10:45-12:15	\$35	\$70

Volleyball Basics (Ages 11-14) 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	June 9-12	10:45-12:15	\$35	\$70
Rock Island	Thursdays	5:00-5:45	\$25	\$50

Golf Basics (Ages 11-14) 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 (Golf Learning Center)	Saturdays in May	11:00-11:45	\$25	\$50
	June 16-19	11:00-11:45	\$25	\$50
	Fridays in June, July	11:00-11:45	\$25	\$50
	July 21-24	11:00-11:45	\$25	\$50

SPORTS LEAGUES AND ACADEMY

Track & Field 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. Track Meet is included.

Location	Days	Time	Member	Community
Moline-East Moline	T/TH (May Only)	6:00-6:45	\$59	\$118

Track Meet Only Join us for a day at the Augustana track.

Location	Days	Time	Member	Community
Moline-East Moline	Friday May 30	TBD	\$15	\$30

QC Rush Soccer League (Ages 4-14)

In partnership with QC Rush to operate the recreational spring soccer league. Come play in our soccer league to learn soccer skills and teamwork. Parents are encouraged to volunteer to coach a team. Practices times vary with games being played on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	August 25 - October 11	\$49	\$98

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

MIDDLE SCHOOL

TUMBLING FLIPPING, TWISTING, EXCELLENCE.

Tumbling 3 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	
Moline-East Moline	9-11 Years	Tuesday	6:45-7:30	\$25	\$50
		Thursday	6:00-6:45	\$25	\$50

Teen Tumble (11+) For teens at any level of experience. Meets once per week. Class will include warmup, stretch, skill work, conditioning and cool down with focus on roundoffs, handsprings, strength and flexibility.

Location	Days	Time	Member	Community
Moline-East Moline	Thursday	7:30-8:15	\$25	\$50

ACADEMY CLASSES

Tumble Academy (Ages 6-12) Meets TWICE per week and focuses on quicker advancements and higher level skills and connections

Location	Days	Time	Member	Community
Moline-East Moline	T/TH	6:45-7:30	\$59	\$118

Rec 8+ (Ages 8+) Class is for the older student with little to some experience who do not want to join the competition circuit. Will start progressions and put together routines. *Times vary in May

Location	Days	Time	Member	Community
Kewanee	Tuesday	9:00-11:00	\$49	\$98
	Wednesday	11:30-1:30	\$49	\$98
	Thursday	5:00-7:00	\$49	\$98

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. *Times vary in May

Location	Days	Time	Member	Community
Kewanee	Wednesday	10:00-11:30	\$49	\$98

Team Level 1-4 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. *Times vary in May

Location	Days	Time	Member	Community
Kewanee	Monday & Wednesday	9:00-11:00	\$100	Members Only

Team Level 5+ (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 6-10 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	Monday & Wednesday	9:00-11:30	\$125	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 4th - 7th | Cheer Camp | 9-12 Years | 1:00-3:00

August 12th-13th | Trampoline Camp | 5-14 Years | 9:00-11:00

August 18th - 20th | Back Hand Spring Camp | 5-14 Years | 5:30-7:00

DANCE

EXPRESS YOUR ARTISTIC STYLE

DANCE 2 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	9-11 Years	Monday	7:00-7:45	\$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+) 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

Continued on next page

Judo (Ages 8+) 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 8-12 Years	5:00-5:45	\$25	\$50
	Wednesday 13+ Years	6:00-6:45	\$25	\$50

SWIM LESSONS

MAKING WAVES, ONE LESSON AT A TIME

Middle School Swim Lessons (Ages 11-14) This class meets ONCE a week for a month. The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level. Progress reports are given at the end of the course.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Monday	6:00-6:45	\$25	\$50
	Tuesday	6:00-6:45	\$25	\$50
	Thursday	2:15-3:00	\$25	\$50
	Thursday	6:00-6:45	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	9:45-10:30	\$25	\$50
	Saturday	10:30-11:15	\$25	\$50
	Saturday	11:15-12:00	\$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
	Tuesday	6:00-6:45	\$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

School Age Swim Lessons at Riverside (Ages 6-14) This class meets ONCE a week June through July (no Lessons July 4th). The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level.

Location	Days	Time	Member	Community
Riverside Riverside Moline, IL	Monday	6:00-6:45	\$59	\$118
	Monday	6:45-7:30	\$59	\$118
	Tuesday	9:45-10:30	\$59	\$118
	Tuesday	10:30-11:15	\$59	\$118
	Wednesday	6:00-6:45	\$59	\$118
	Wednesday	6:45-7:30	\$59	\$118
	Thursday	9:45-10:30	\$59	\$118
	Thursday	10:30-11:15	\$59	\$118

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	5:30-6:15	\$25	\$50

Art 2 (9-12 Years) Through a variety of fun and engaging activities, young artists will explore different materials and techniques, developing their artistic skills while expressing their unique ideas.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	10:00-10:45	\$25	\$50
	Thursday	6:30-7:15	\$25	\$50
Rock Island	Tuesday	5:00-5:45	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50

Studio Art (11+) Through a variety of fun and engaging activities, young artists will explore different materials and techniques, developing their artistic skills while expressing their unique ideas.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	9:00-9:45	\$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 31	5:00-9:00	\$25	\$50
	June 28	5:00-9:00	\$25	\$50
	July 26	5:00-9:00	\$25	\$50
	August 30	5:00-9:00	\$25	\$50
Rock Island	May 2, 16	4:30-8:30	\$25	\$50
	June 6, 20	4:30-8:30	\$25	\$50
	July 18	4:30-8:30	\$25	\$50
	August 1, 15	4:30-8:30	\$25	\$50

HIGH SCHOOL



HIGH SCHOOL (15-18 Years) INCLUDES:

- Rowing
- Rec Tumbling
- Travel Tumbling
- Personal Training
- Golf Learning Center
- Martial Arts
- Swim Lessons
- Lifeguard Training
- STEAM

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.

Scan QR Code for more information on YMCA Quad Cities Rowing.



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. *Times vary in May

Location	Days	Time	Member	Community
Kewanee	Wednesday	10:00-11:30	\$49	\$98

Team Level 1-4 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. *Times vary in May

Location	Days	Time	Member	Community
Kewanee	Monday & Wednesday	9:00-11:00	\$100	Members Only

Team Level 5+ (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 6-10 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	Monday & Wednesday	9:00-11:30	\$125	Members Only

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

TUMBLING

FLIPPING, TWISTING, EXCELLENCE.



Teen Tumble (11+) For teens at any level of experience. Meets once per week. Class will include warmup, stretch, skill work, conditioning and cool down with focus on roundoffs, handsprings, strength and flexibility.

Location	Days	Time	Member	Community
Moline-East Moline	Thursday	7:30-8:15	\$25	\$50

ACADEMY CLASSES

Rec 8+ (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	\$49	\$98
	Tuesday	5:00-7:00	\$49	\$98

TOOHS HIGH

PERSONAL TRAINING

EXPERT ADVICE, MAXIMUM RESULTS

One-On-One Personal Training and Group Training Options

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.



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 \$20/Members or \$40/Community

FITNESS CLASSES

ENERGETIC, MOTIVATING, TRANSFORMATIVE

Weekly Grind (11+) This functional fiction class is intended for those participants looking for a challenge in their fitness routine. This group class utilizes kettlebells, medicine balls, TRX suspensions, plyo boxes, and resistance bands for a total body, circuit style workout.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	4:00-4:45	\$25	\$50

GOLF LEARNING CENTER

POWERED BY TOPTRACER RANGE TECHNOLOGY

INDIVIDUAL GOLF LESSONS & MONTHLY LEAGUES

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.

Call 309.277.1782 to schedule your lessons today!

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

MAKING WAVES, ONE LESSON AT A TIME

High School Swim Lessons (Ages 15-17) This class meets ONCE a week. The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level. Progress reports are given at the end of the course.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Monday	6:00-6:45	\$25	\$50
	Saturday	8:15-9:00	\$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
	Tuesday	6:00-6:45	\$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

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	6:45-7:30	\$25	\$50
	Wednesday	6:45-7:30	\$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	7:30-8:15	\$25	\$50
	Wednesday	7:30-8:15	\$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)	May 16-18	Times Vary	\$195*	\$390
	June 20-22	Times Vary	\$195*	\$390

*Class is FREE if applying and hired as an employee of Two Rivers YMCA as a Lifeguard (some restrictions apply)

STEAM

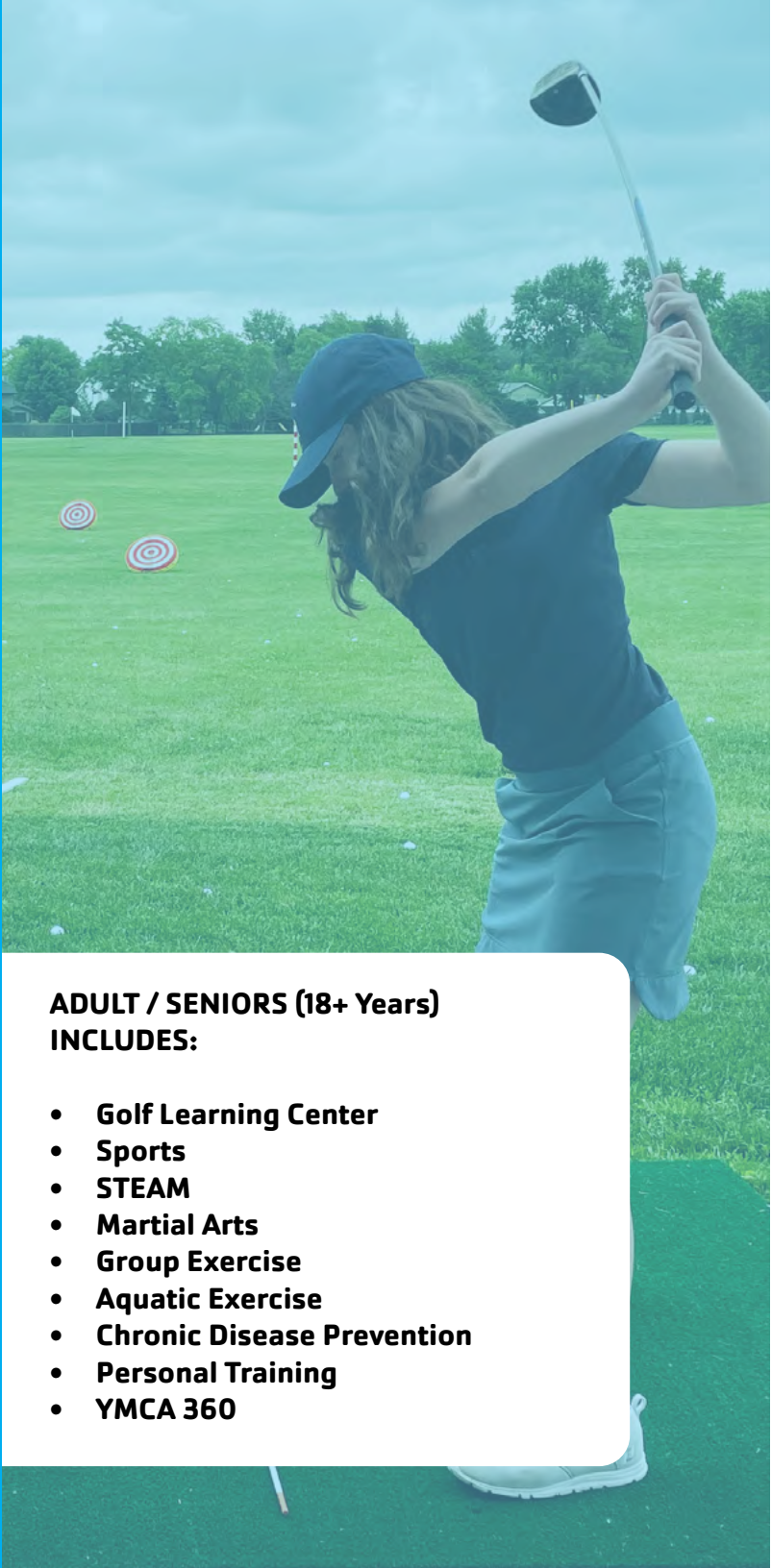
SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

Studio Art (11+) Through a variety of fun and engaging activities, young artists will explore different materials and techniques, developing their artistic skills while expressing their unique ideas.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	9:00-9:45	\$25	\$50

TWO RIVERS
HIGH SCHOOL

ADULTS/SENIOR



**ADULT / SENIORS (18+ Years)
INCLUDES:**

- **Golf Learning Center**
- **Sports**
- **STEAM**
- **Martial Arts**
- **Group Exercise**
- **Aquatic Exercise**
- **Chronic Disease Prevention**
- **Personal Training**
- **YMCA 360**

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
- 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 309.277.1786 to reserve.



Scan QR Code for more information on the Golf Learning Center.



GOLF HITTING BAYS

Reserve a 1-hour time slot on one of our 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 309.277.1786 to reserve.

SPORTS EXPERIENCES

READY, SET, PLAY

Adult Basketball League (Ages 18+)

This league will take place over a 6-week long season with games taking place on Thursday and Friday nights. Will be a 4 on 4 league; pennies will be provided to each participant. At the end of the season teams will participate in a tournament with standings determined by record to see who will be crowned champion!

Location	SEASON	Member	Community
Moline-East Moline	May 5th - July 11th	\$49	\$98

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

MYZONE

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

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

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

FITNESS CLASSES

ENERGETIC, MOTIVATING, TRANSFORMATIVE

Weekly Grind This functional fitness class is intended for those participants looking for a challenge in their fitness routine. This group class utilizes kettlebells, medicine balls, TRX suspensions, plyo boxes, and resistance bands for a total body, circuit style workout.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	4:00-4:45	\$25	\$50

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.

CARDIO CLASSES

HIGH-ENERGY, SWEAT-PUMPING WORKOUTS

Bootcamp Varies between cardio, functional training, core, and everything in between. This class is sure to keep you guessing what is coming next. The instructor will let you know before class what is needed for the workout that day.

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!

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

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.

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.

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.

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

Flow Fusion A dynamic mind-body class that blends yoga, Tai Chi, and Pilates, to improve balance, flexibility, core strength and overall wellbeing through controlled movements and mindful breathing.

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.

SILVER SNEAKERS

STRENGTH, BALANCE, MOBILITY

Silver Sneakers Classic Improve your strength, flexibility, balance, and endurance with this blend of physical activity, healthy lifestyle and socially oriented programming. Weights, tubing and ball are used for resistance. Seated or standing options.

Silver Sneakers Circuit SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

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

ADULTS/SENIOR

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

MAKING WAVES, ONE LESSON AT A TIME

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	6:45pm-7:30pm	\$25	\$50
	Wednesday	6:45pm-7:30pm	\$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	7:30pm-8:15pm	\$25	\$50
	Wednesday	7:30pm-8:15pm	\$25	\$50

100 MILE SWIM CLUB

Start tracking your yardage 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.

\$40 Members
\$80 Community



ADULT SWIM LESSONS CONFIDENCE STARTS IN THE WATER

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Monday	6:45-7:30	\$25	\$50
	Saturday	8:15-9:00	\$25	\$50

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ADULTS/SENIOR

CHRONIC DISEASE PREVENTION

For more information please call 309.797.3945 or visit TwoRiversYMCA.org

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.



Scan the QR Code for updated class schedules:



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.



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	10:00-10:45	\$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.

Scan the QR Code for updated class schedules:



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

One-On-One Personal Training and Group Training Options

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.

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 \$20/Members or \$40/Community

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.




ADULTS/SENIOR

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

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

ADMINISTRATIVE OFFICES

 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.