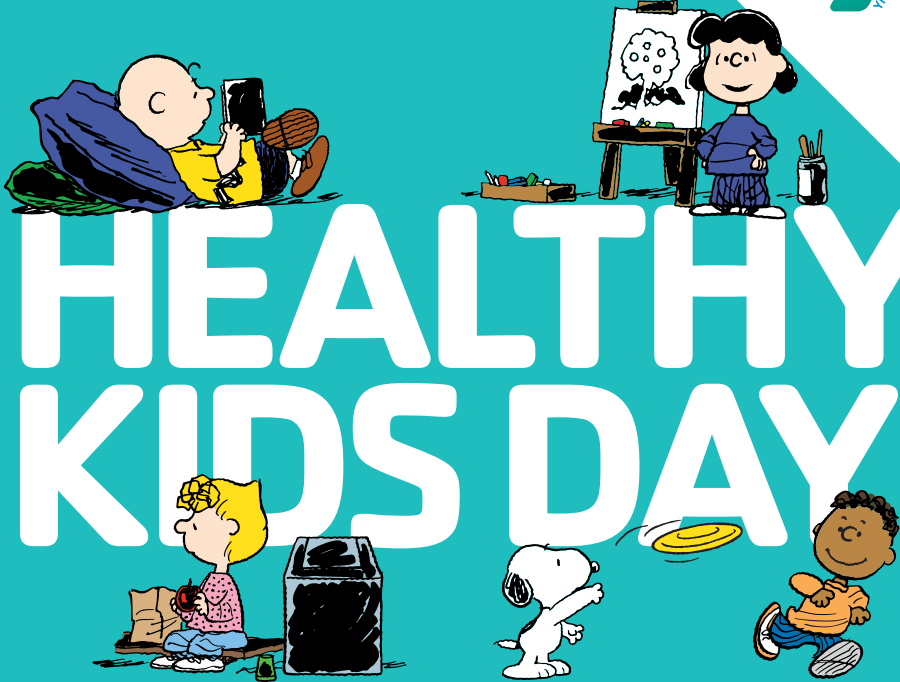




# TURNING ENERGY INTO CONFIDENCE. TOGETHER.

Program Guide | January – April 2026  
TWO RIVERS YMCA  
[TwoRiversYMCA.org](https://www.TwoRiversYMCA.org)



# HEALTHY KIDS DAY<sup>®</sup>

## APRIL 2026

**FIND A SAFE, HEALTHY & FUN  
SUMMER AT THE Y!**

A great summer is a HEALTHY summer! Join the Two Rivers YMCA on Healthy Kids Day for games and more to kickoff a healthy summer season. Let's grow strong, stay active, get connected and enjoy every moment this summer!

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**TWO RIVERS YMCA**

National Sponsor

**PEANUTS**

© PNTS

# 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.

JANUARY 2026						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY 2026						
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

MARCH 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL 2026						
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		



Monthly Sessions First Day



Monthly Sessions Last Day



Holiday, Building Hours May Vary



Program Break for Leader Development

## MONTHLY MEMBERSHIP FEES

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

### NO CONTRACT

YMCA Membership is month to month, unless you choose to pay annually. Cancellation requires a minimum of two (2) business days notice prior to your process date to avoid the processing of the next month's draft payment.

### 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.

Number of Persons in household:

1

Membership Type:

Adult Individual Membership

Annual Household Income: 1

\$32,001 - 36,000

Your Rate (per month):

Your 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](https://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](https://TwoRiversYMCA.org/donate) to learn how you can make a difference in our communities.

## GLOBAL RELATIONS AND COMMUNITY ENGAGEMENT

TOGETHER, WE MAKE OUR COMMUNITY STRONGER



The Y's Global Relations and Community Engagement (GRACE) efforts help ensure all people are respected, feel welcome and can find a community where they can thrive.

As neighborhoods become more diverse, it is important that we, with great intentionality, understand who is in our communities and how best to serve their interests and needs.

We help ensure all people feel welcome and valued as part of the Y family.

## 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.

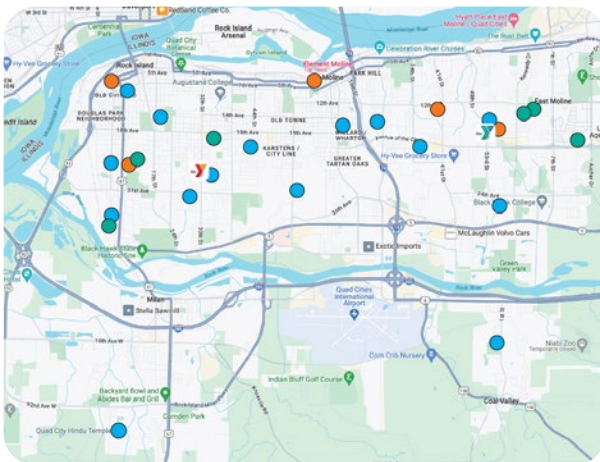
Join us today and **be part of something bigger**—volunteer at the Y and transform lives, starting with your own! [Apply online at TwoRiversYMCA.org](https://www.tworiversymca.org)

## 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.**

**Join YMCA360 for the following and more:**



### 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!



APP ICON



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

**TWORIVERSYMCA.ORG**

# YMCA MISSION

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

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**PARENT/CHILD (AGES 0-2)**

**PRESCHOOL (AGES 3-5)**

**ELEMENTARY (AGES 6-10)**

**MIDDLE SCHOOL (AGES 11-14)**

**HIGH SCHOOL (AGES 15-17)**

**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 the respective branch location for the program.

Branch contact information on back. Please have payment  
& Program Guide handy!

**Register in Person:** Walk-ins always welcome.



# FAMILIES





# 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 or  
when using a guest pass.

Visit [TwoRiversYMCA.org](http://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



# 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

# LET'S HAVE A PARTY

## CELEBRATE AT THE Y

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

### OUTDOOR PLAYGROUND & PAVILLION

Celebrate, play, and relax in our beautiful outdoor space—featuring a playground and a covered pavilion perfect for any gathering!

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

### GOLF LEARNING CENTER - INDOOR SIMULATOR

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! 1 Hour Rental time.

Location	Days	Time	Member	Community
Moline-East Moline	Contact us for availability		\$35	\$70

### 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

### 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

### 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

### 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 day and time availability at this location.		\$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

# PARENT / CHILD

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

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

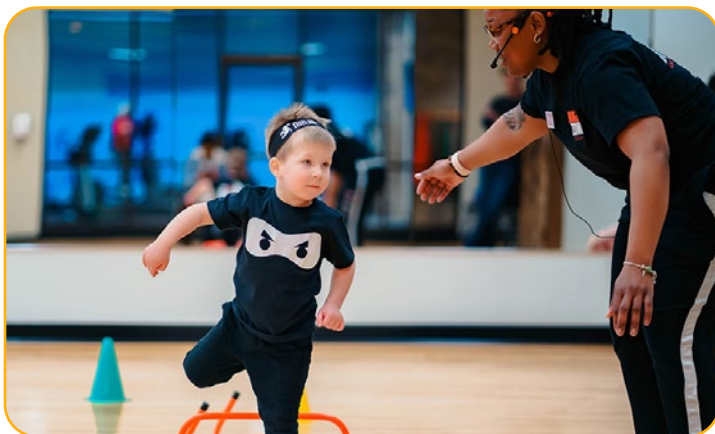
## NINJAZONE

### 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	\$30	\$60
	Wednesday	5:00-5:30	\$30	\$60



## 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)

Toddlers and caregivers connect and explore tumbling together in this play-based class, building strength, coordination, and confidence through skills like climbing, basic rolling, balancing, and jumping—in a safe, supportive environment.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	12:00-12:30	\$30	\$60
Rock Island	Thursday	3:30-4:00	\$30	\$60
Kewanee	Thursday	6:00-6:45	\$30	\$60

### 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
Kewanee (2-3 Years)	Wednesday	5:00-5:45	\$30	\$60
	Thursday	5:00-5:45	\$30	\$60

## TUMBLING OPEN GYMS

JUMP, FLIP, ROLL

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

Location	Days	Time	Member	Community
Kewanee	January 17	9:00 - 10:00	\$5	\$10
	February 21	9:00 - 10:00	\$5	\$10
	March 21	9:00 - 10:00	\$5	\$10
	April 25	9:00 - 10:00	\$5	\$10

\*All participants must register by 6:00pm the Thursday prior to the event.

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	Monday	5:25-5:55	\$30	\$60
	Tuesday	5:25-5:55	\$30	\$60
	Thursday	9:15-9:45	\$30	\$60
	Thursday	5:25-5:55	\$30	\$60
	Saturday	8:30-9:00	\$30	\$60
	Saturday	9:10-9:40	\$30	\$60
Kewanee	Saturday	8:30-9:00	\$30	\$60





# PRESCHOOL

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

- **Youth Sports**
- **Homeschool**
- **Ninja Zone**
- **Cheer/Dance**
- **Rec Tumbling**
- **Travel Tumbling**
- **Swim Lessons**

# 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	Friday	12:00–12:30	FREE
Rock Island	Monday	4:15–4:45	FREE
	Saturday	9:00–9:30	FREE
Kewanee	Tuesdays in April	6:00–6:30	FREE

**Football Basics** Our football fundamentals program for preschool and early elementary kids is a fantastic way to introduce young athletes to the excitement of football.

Location	Days	Age	Time	Member	Community
Kewanee	Tuesdays in February	5–8 Years	6:00–6:45	\$30	\$60

**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
Rock Island	Wednesday	4:30–5:15	\$30	\$60
Kewanee	Wednesday in January	5:00–5:45	\$30	\$60

**Soccer Basics** 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	Mondays in February	5:00–5:45	\$30	\$60
Rock Island	Monday	5:00–5:45	\$30	\$60
	Saturday	10:30–11:15	\$30	\$60

**T-Ball** Step up to the plate with YMCA T-Ball! This fun, introductory program teaches the fundamentals of baseball — including hitting, throwing, and catching. Perfect for young athletes ready to learn and play!

Location	Days	Age	Time	Member	Community
Rock Island	Saturday	3–5	12:30–1:00	\$30	\$60

**Volleyball Basics** 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
Rock Island	Tuesday	5:00–5:45	\$30	\$60

**Wrestling Basics** (Ages 4–7) Our Youth Wrestling Program teaches the fundamentals of wrestling in a fun, supportive, and disciplined environment. Athletes learn proper technique, balance, coordination, and sportsmanship while gaining confidence both on and off the mat.

Location	Days	Time	Member	Community
Kewanee	Tuesday	5:00–5:45	\$30	\$60
	Thursday	5:00–5:45	\$30	\$60

# 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 (Ages 5-12)

For Winter Basketball we will be running a 7 Week program consisting of one-hour practices during the week and games on the weekends.

Location	Season	Member	Community
Moline-East Moline & Rock Island	January - February (Games may be played at the Moline-East Moline YMCA and the Rock Island YMCA)	\$59	\$118

### YMCA / QC RUSH SOCCER LEAGUE (Ages 4-14)

The Two Rivers YMCA will be working with the QC Rush to operate the recreational soccer leagues for ages 4-14 years old. Come play in our soccer league to learn the important skills and teamwork it has to offer! Parents are encouraged to volunteer coach. Price includes uniform. Practice twice per week. Games on Saturday mornings. Practice days/times will vary by team, you will receive an email with exact schedule ahead of the season beginning.

Location	Season	Member	Community
Moline-East Moline	April - May	\$59	\$118

## MARTIAL ARTS

### 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	10:15-11:00	\$30	\$60
	Tuesday	4:30-5:15	\$30	\$60
	Friday	5:30-6:15	\$30	\$60
	Saturday	11:30-12:15	\$30	\$60

**Tae Kwon Do (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
Kewanee	Mondaly	6:30-7:00	\$30	\$60

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

PRESCHOOL

## CHEER

RUMBLE, SHAKE, AND MAKE THE STANDS QUAKE!

**Cheer (5-10 Years)** This cheerleading class is all about building confidence, coordination, and a strong sense of team spirit. In a positive and inclusive environment, participants will learn foundational cheer skills—including motions, chants, jumps, stunts, and basic tumbling—while developing determination, self-expression, and lasting friendships.

Location	Days	Time	Member	Community
Rock Island	Monday	4:30-5:15	\$30	\$60

## 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	Monday	4:30-5:15	\$30	\$60
	Monday	5:15-6:00	\$30	\$60
	Thursday	4:30-5:15	\$30	\$60
	Thursday	5:15-6:00	\$30	\$60
Rock Island	Monday	5:15-5:45	\$30	\$60
Kewanee	Tuesday	5:00-5:45	\$30	\$60
	Wednesday	5:00-5:45	\$30	\$60



## TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

### Parent / Child Tumbling (Ages 18mo-3)

Toddlers and caregivers connect and explore tumbling together in this play-based class, building strength, coordination, and confidence through skills like climbing, basic rolling, balancing, and jumping—in a safe, supportive environment.

Location	Age	Day	Time	Member	Community
Moline-East Moline	18mo-3	Wednesday	12:00-12:30	\$30	\$60
Rock Island	2-4	Thursday	3:30-4:00	\$30	\$60
Kewanee	18mo-3	Thursday	6:00-6:45	\$30	\$60

**Tumble Tot** 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
Kewanee (2-3 Years)	Wednesday	5:00-5:45	\$30	\$60
	Thursday	5:00-5:45	\$30	\$60

**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	Age	Day	Time	Member	Community
Moline-East Moline	3-5 Years	Wednesday	12:00-12:30	\$30	\$60
		Wednesday	12:30-1:00	\$30	\$60
Rock Island	3-5 Years	Thursday	4:15-5:00	\$30	\$60
		Sunday	2:00-2:45	\$30	\$60
Kewanee	4-5 Years	Monday	5:30-6:30	\$30	\$60
		Tuesday	5:30-6:30	\$30	\$60
		Thursday	5:30-6:30	\$30	\$60

PRESCHOOL

## TUMBLING OPEN GYMS

### JUMP, FLIP, ROLL

**Open Tumbling Gym (Ages 5-7)** Participants with no prior tumbling experience can attend this time. White trampolines and double mini not available for use during this time.

Location	Days	Time	Member	Community
Kewanee	January 24	9:00 - 10:00	\$5	\$10
	February 28	9:00 - 10:00	\$5	\$10
	March 28	9:00 - 10:00	\$5	\$10
	April 25	9:00 - 10:00	\$5	\$10

\*All participants must register by 6:00pm the Thursday prior to the event.

## 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	Thursday	4:30-6:30	\$49	\$98

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

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:30-7:00	\$39	\$78

**Team (Ages 3-18)** 2.5 hours twice week plus some Fridays in competition season, student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 5-10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Team	Time	Member
Kewanee	Monday & Wednesday	Team 1-4	5:00-7:00	\$100
		Team 5-10	5:00-7:30	\$125

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

# 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)	Monday	5:25-5:55	\$30	\$60
	Tuesday	5:25-5:55	\$30	\$60
	Thursday	9:15-9:45	\$30	\$60
	Thursday	5:25-5:55	\$30	\$60
	Saturday	8:30-9:00	\$30	\$60
	Saturday	9:10-9:40	\$30	\$60
Kewanee	Saturday	8:30-9:00	\$30	\$60

**Preschool Swim Lessons (Ages 3-5)** This class meets ONCE a week for a month. Three 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	4:20-5:05	\$30	\$60
	Monday	5:10-5:55	\$30	\$60
	Monday	6:00-6:45	\$30	\$60
	Tuesday	4:20-5:05	\$30	\$60
	Tuesday	5:10-5:55	\$30	\$60
	Tuesday	6:00-6:45	\$30	\$60
	Thursday	4:20-5:05	\$30	\$60
	Thursday	5:10-5:55	\$30	\$60
	Thursday	6:00-6:45	\$30	\$60
	Saturday	8:15-9:00	\$30	\$60
	Saturday	9:10-9:55	\$30	\$60
	Saturday	10:00-10:45	\$30	\$60
	Saturday	10:50-11:35	\$30	\$60
Kewanee <small>*View online for specific Stage schedule availability.</small>	Tuesday	4:00-4:45	\$30	\$60
	Tuesday	5:00-5:45	\$30	\$60
	Tuesday	6:00-6:45	\$30	\$60
	Thursday	4:00-4:45	\$30	\$60
	Thursday	5:00-5:45	\$30	\$60
	Thursday	6:00-6:45	\$30	\$60
	Saturday	9:15-10:00	\$30	\$60
	Saturday	10:15-11:00	\$30	\$60
	Saturday	11:15-12:00	\$30	\$60

PRESCHOOL



## HOME SCHOOL PROGRAMS

**Home School Swim Lessons (Ages 3-14)**

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	Tuesday	9:15-10:00	\$30	\$60

**Home School Tumbling (Ages 3-7)**

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	11:15-12:00	\$30	\$60

**Home School PE (Ages 5-12)**

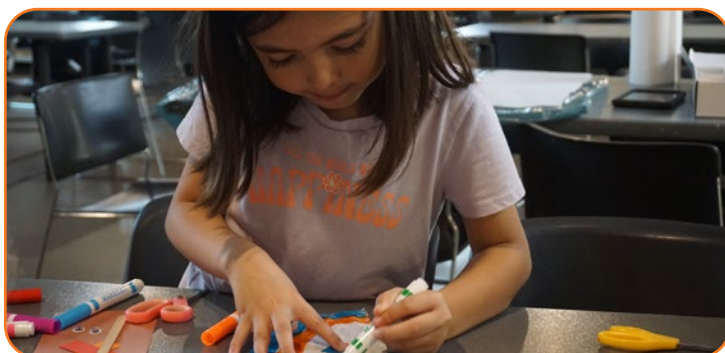
Give your kids the chance to stay active, build teamwork, and have fun in our dynamic PE class. From sports to fitness games, our program offers a variety of activities designed to keep your children moving and engaged.

Location	Days	Time	Member	Community
Rock Island	Tuesday	10:00-10:45	\$30	\$60
	Wednesday	10:00-10:45	\$30	\$60
	Thursday	10:00-10:45	\$30	\$60

**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
Rock Island	Tuesday	11:00-11:45	\$30	\$60
	Wednesday	11:00-11:45	\$30	\$60
	Thursday	11:00-11:45	\$30	\$60





# ELEMENTARY

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

- **Youth Sports**
- **Dance/Cheer**
- **Ninja Zone**
- **STEAM**
- **Rec Tumbling**
- **Travel Tumbling**
- **Swim Lesson**
- **Homeschool**

## SPORTS EXPERIENCES

READY, SET, PLAY

**Boxing Basics** (Ages 6–12) 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	1	5:00–5:45	\$30	\$60
	Thursday	2	5:00–5:45	\$30	\$60

**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	Age	Time	Member	Community
Moline–East Moline	Tuesday (January)	6–8 Years	5:00–5:45	\$30	\$60
		9–12 Years	6:00–6:45	\$30	\$60
Rock Island	Thursday	6–10 Years	5:00–5:45	\$30	\$60

**Wrestling Basics** (Ages 4–17) Our Youth Wrestling Program teaches the fundamentals of wrestling in a fun, supportive, and disciplined environment. Athletes learn proper technique, balance, coordination, and sportsmanship while gaining confidence both on and off the mat.

Location	Age	Day	Time	Member	Community
Kewanee Rock Island	4–7 Years	Tuesday	5:00–5:45	\$30	\$60
		Thursday	5:00–5:45	\$30	\$60
	8–17 Years	Tuesday	6:00–8:00	\$49	\$98
		Thursday	6:00–8:00	\$49	\$98

**Elementary Hoops** 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	Age	Time	Member	Community
Rock Island	Wednesday	6–10	5:30–6:15	\$30	\$60
Kewanee	Wednesdays in January	6–9	6:00–6:45	\$30	\$60
		10–12	6:45–7:30	\$30	\$60

**Football Basics** Our football fundamentals program for preschool and early elementary kids is a fantastic way to introduce young athletes to the excitement of football.

Location	Days	Age	Time	Member	Community
Kewanee	Tuesdays in February	5–8 Years	6:00–6:45	\$30	\$60
		9–12 Years	6:45–7:30	\$30	\$60

**T-Ball** Step up to the plate with YMCA T-Ball! This fun, introductory program teaches the fundamentals of baseball — including hitting, throwing, and catching. Perfect for young athletes ready to learn and play!

Location	Days	Age	Time	Member	Community
Rock Island	Saturday	6-8	2:00-2:45	\$30	\$60

**Soccer Basics** Introduction to basic soccer skills. Kids will learn the fundamentals of soccer incorporated through teaching and fun games to keep the kids engaged!

Location	Days	Age	Time	Member	Community
Moline-East Moline	Monday in February	6-8 Years	6:00-6:45	\$30	\$60
Rock Island	Monday	6-10 Years	6:00-6:45	\$30	\$60
	Saturday		11:30-12:15	\$30	\$60
Kewanee	Thursday in March	6-9 Years	6:00-6:45	\$30	\$60
		10-12 Years	6:45-7:30	\$30	\$60

**Basketball Academy** This basketball academy will take place over 4 weeks meeting twice a week. The first 3 weeks will work on developing skills, teamwork, and having fun! Our final week we will only meet that Tuesday and split into our teams. This will be followed by a 3 on 3 march madness style tournament that final Thursday.

Location	Days	Age	Time	Member	Community
Moline-East Moline	Tuesday & Thursday in March	6-8 Years	5:00-5:45	\$59	\$118
		9-12 Years	6:00-6:45	\$59	\$118

**Golf Basics (Ages 7-10)** Through our personalized golf 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
Golf Learning Center (Indoor Simulator)	Saturday	10:00-10:45 (April)	\$30	\$60

**Track Basics** This program focuses on introducing kids to the exhilarating world of track and field through fun and interesting activities. Our experienced coaches provide a supportive environment for young athletes to develop their skills and understand the foundation of Track and Field.

Location	Days	Age	Time	Member	Community
Moline-East Moline	Wednesday in April	6-8 Years	5:00-5:45	\$59	\$118
		9-12 Years	6:00-6:45	\$59	\$118

**Fitness Fighters (Ages 6-10)**A fun, safe introduction to strength training for kids! Participants use light weights, bands, and body-weight exercises to build coordination, balance, and confidence. All movements are age-appropriate and guided by certified instructors to help kids develop healthy fitness habits while having fun.

Location	Days	Time	Member	Community
Kewanee	Tuesday	5:15-6:00	\$30	\$60
	Thursday	5:15-6:00	\$30	\$60

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

## 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 (Ages 5-12)

For Winter Basketball we will be running a 7 Week program consisting of one-hour practices during the week and games taking place on Friday for our older teams (10-12) and Saturday for our younger teams (5-6,7-9).

Location	Season	Member	Community
Moline-East Moline & Rock Island	January - February (Games may be played at the Moline-East Moline YMCA and the Rock Island YMCA)	\$59	\$118

### Volleyball League

Helping athletes develop volleyball skills as well as teamwork. Practices vary depending on team placement. Practices are TBA and depending on team placement. Games are on Saturdays.

Location	Age	Season	Member	Community
Moline-East Moline	7-12	February 23 - April 4	\$59	\$118
Kewanee	6-12	January - February	\$49	\$98

### YMCA / QC RUSH SOCCER LEAGUE (Ages 4-14)

The Two Rivers YMCA will be working with the QC Rush to operate the recreational soccer leagues for ages 4-14 years old. Come play in our soccer league to learn the important skills and teamwork it has to offer! Parents are encouraged to volunteer coach. Price includes uniform. Practice twice per week. Games on Saturday mornings. Practice days/times will vary by team, you will receive an email with exact schedule ahead of the season beginning.

Location	Season	Member	Community
Moline-East Moline	April - May	\$59	\$118

## DANCE

### EXPRESS YOUR ARTISTIC STYLE

**DANCE 2** This class will teach dance skills ranging from ballet, jazz, pom, lyrical, kick and hip-hop. A choreographed dance will be put together making progress each month.

Location	Age	Days	Time	Member	Community
Moline-East Moline	6-8	Monday	6:15-7:00	\$30	\$60
		Thursday	6:15-7:00	\$30	\$60
Rock Island	6-10	Monday	6:00-6:45	\$30	\$60
Kewanee	5-7	Tuesday	6:00-6:45	\$30	\$60
		Wednesday	6:00-6:45	\$30	\$60
	8-10	Tuesday	7:00-8:00	\$30	\$60
		Wednesday	7:00-8:00	\$30	\$60

## CHEER

RUMBLE, SHAKE, AND MAKE THE STANDS SHAKE!

**Cheer (6-10 Years)** This cheerleading class is all about building confidence, coordination, and a strong sense of team spirit. In a positive and inclusive environment, participants will learn foundational cheer skills—including motions, chants, jumps, stunts, and basic tumbling—while developing determination, self-expression, and lasting friendships.

Location	Days	Time	Member	Community
Rock Island	Wednesday	4:30-5:15	\$30	\$60

## 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	\$30	\$60
	Wednesday	7:00-8:00	\$30	\$60

**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	\$30	\$60

**Judo Basics (Ages 7-12)** 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	\$30	\$60

**Judo Academy** Sharpen your technique and elevate your Judo game in this dynamic class designed for a more in-depth experience. Our twice-weekly sessions provide the structure and challenge you need to grow.

Location	Days	Age	Time	Member	Community
Moline-East Moline	Monday & Wednesday	7-12	6:00-6:45	\$59	\$118

## 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	\$30	\$60
	Saturday	10:30–11:15	\$30	\$60

## TUMBLING

### FLIPPING, TWISTING, EXCELLENCE.

**Beginner Tumbling (Tumbling 2)** This inclusive class supports all skill levels, allowing students to progress at their own pace while learning rolls, handstands, cartwheels, and limbers—building confidence, coordination, and a love for movement along the way.

Location	Days	Time	Member	Community
Rock Island	6-10 Years	Thursday 5:15–6:00	\$30	\$60
		Sunday 3:00–3:45	\$30	\$60

## ACADEMY CLASSES

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

Location	Days	Time	Member	Community
Kewanee	Tuesday	4:30–6:00	\$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 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



## 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	Thursday	4:30–6:30	\$49	\$98

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

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:30–7:00	\$39	\$78

**Team (Ages 3–18)** 2.5 hours twice week plus some Fridays in competition season, student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 5–10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Team	Member	Member
Kewanee	Monday & Wednesday	Team 1–4	5:00–7:00	\$100
		Team 5–10	5:00–7:30	\$125

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

## TUMBLING OPEN GYMS

### JUMP, FLIP, ROLL

**Open Tumbling Gym** Participants with no prior tumbling experience can attend this time. White trampolines and double mini not available for use during this time.

Location	Days	AGE	Time	Member	Community
Kewanee	Januray 24	5–7	9:00 – 10:00	\$5	\$10
	February 28		9:00 – 10:00	\$5	\$10
	March 28		9:00 – 10:00	\$5	\$10
	April 25		9:00 – 10:00	\$5	\$10

\*All participants must register by 6:00pm the Thursday prior to the event.

ELEMENTARY

# 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	4:20–5:05	\$30	\$60
	Monday	5:10–5:55	\$30	\$60
	Monday	6:00–6:45	\$30	\$60
	Tuesday	4:20–5:05	\$30	\$60
	Tuesday	5:10–5:55	\$30	\$60
	Tuesday	6:00–6:45	\$30	\$60
	Thursday	4:20–5:05	\$30	\$60
	Thursday	5:10–5:55	\$30	\$60
	Thursday	6:00–6:45	\$30	\$60
	Saturday	9:10–9:55	\$30	\$60
	Saturday	10:00–10:45	\$30	\$60
	Saturday	10:50–11:35	\$30	\$60
Kewanee <small>*View online for specific Stage schedule availability.</small>	Tuesday	4:00–4:45	\$30	\$60
	Tuesday	5:00–5:45	\$30	\$60
	Tuesday	6:00–6:45	\$30	\$60
	Thursday	4:00–4:45	\$30	\$60
	Thursday	5:00–5:45	\$30	\$60
	Thursday	6:00–6:45	\$30	\$60
	Saturday	9:15–10:00	\$30	\$60
	Saturday	10:15–11:00	\$30	\$60
	Saturday	11:15–12:00	\$30	\$60

## JUNIOR KRAKEN DEVELOPMENTAL SWIM TEAM

This program is designed for young swimmers who are ready to take the next step beyond swim lessons and explore the fundamentals of competitive swimming. Participants will focus on refining stroke technique, building endurance, learning starts and turns, and developing an understanding of swim team structure and etiquette. Through fun, structured practices, swimmers gain confidence, improve their skills, and prepare for competitive swimming.

Location	Days	Time	Member	Community
Moline–East Moline (Lap Pool)	Tuesday & Thursday	6:00–6:45pm	\$60	\$120

**KRAKEN SWIM TEAM (AGES 10 & UNDER)** The team is open to any Y member ages 6–21 years of age, capable of swimming one full lap, front and back crawl. If not a current Y member, scholarships are available! USA Swimming Membership is optional, but **STRONGLY** recommended. USA Swimming meets do count toward YMCA qualifying times!

Location	Days	Time	Member
Kewanee	September – March	Practices Monday – Thursday	\$75/month

HOME SCHOOL PROGRAMS

**Home School Swim Lessons (Ages 6-13)** 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	Tuesday	9:15-10:00	\$30	\$60

**Home School Tumbling (Ages 6-14)** 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	1:00-1:45	\$30	\$60

**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
Rock Island	Tuesday	10:00-10:45	\$30	\$60
	Wednesday	10:00-10:45	\$30	\$60
	Thursday	10:00-10:45	\$30	\$60

**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
Rock Island	Tuesday	11:00-11:45	\$30	\$60
	Wednesday	11:00-11:45	\$30	\$60
	Thursday	11:00-11:45	\$30	\$60

# MIDDLE SCHOOL



## **MIDDLE SCHOOL (11-14 Years) INCLUDES:**

- Youth Sports
- Rec Tumbling
- Travel Tumbling
- Martial Arts
- Home School Programs
- Swim Lessons
- STEAM

## SPORTS EXPERIENCES

READY, SET, PLAY

**Boxing Basics** (Ages 6–12) 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	1	5:00–5:45	\$30	\$60
	Thursday	2	5:00–5:45	\$30	\$60

**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	Age	Time	Member	Community
Moline–East Moline	Tuesday (January)	9–12 Years	6:00–6:45	\$30	\$60

**Basketball Basics** 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	Age	Time	Member	Community
Kewanee	Wednesdays in January	10–12 Years	6:45–7:30	\$30	\$60

**Football Basics** Our football fundamentals program for preschool and early elementary kids is a fantastic way to introduce young athletes to the excitement of football.

Location	Days	Age	Time	Member	Community
Kewanee	Tuesdays in February	9–12 Years	6:45–7:30	\$30	\$60

**Basketball Academy** This basketball academy will take place over 4 weeks meeting twice a week. The first 3 weeks will work on developing skills, teamwork, and having fun! Our final week we will only meet that Tuesday and split into our teams. This will be followed by a 3 on 3 march madness style tournament that final Thursday.

Location	Days	Age	Time	Member	Community
Moline–East Moline	Tuesday & Thursday in March	9–12 Years	6:00–6:45	\$59	\$118

**Soccer Basics** Introduction to basic soccer skills. Kids will learn the fundamentals of soccer incorporated through teaching and fun games to keep the kids engaged!

Location	Days	Age	Time	Member	Community
Kewanee	Thursday in March	10–12 Years	6:45–7:30	\$30	\$60

**Golf Basics** (Ages 11–14) Through our personalized golf 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
Golf Learning Center (Indoor Simulator)	Saturdays in April	11:00–11:45	\$30	\$60

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

TOUCHSCHOOL  
MIDDLE SCHOOL

# MIDDLE SCHOOL

**Track Basics (Ages 6-)** This program focuses on introducing kids to the exhilarating world of track and field through fun and interesting activities. Our experienced coaches provide a supportive environment for young athletes to develop their skills and understand the foundation of Track and Field.

Location	Days	Age	Time	Member	Community
Moline-East Moline	Wednesday in April	9-12 Years	6:00-6:45	\$59	\$118

**Wrestling Basics (Ages 8-17)** Our Youth Wrestling Program teaches the fundamentals of wrestling in a fun, supportive, and disciplined environment. Athletes learn proper technique, balance, coordination, and sportsmanship while gaining confidence both on and off the mat.

Location	Age	Day	Time	Member	Community
Kewanee	8-17 Years	Tuesday	6:00-8:00	\$49	\$98
		Thursday	6:00-8:00	\$49	\$98

## SPORTS LEAGUES

### Volleyball League

Helping athletes develop volleyball skills as well as teamwork. Practices vary depending on team placement. Practices are TBA and depending on team placement. Games are on Saturdays.

Location	Age	Season	Member	Community
Moline-East Moline	7-12	February 23 - April 4	\$59	\$118
Kewanee	6-12	January - February	\$49	\$98

### Basketball League (Ages 5-12)

For Winter Basketball we will be running a 7 Week program consisting of one-hour practices during the week and games taking place on Friday for our older teams (10-12) and Saturday for our younger teams (5-6,7-9).

Location	Season	Member	Community
Moline-East Moline & Rock Island	January - February (Games may be played at the Moline-East Moline YMCA and the Rock Island YMCA)	\$59	\$118

### YMCA / QC RUSH SOCCER LEAGUE (Ages 4-14)

The Two Rivers YMCA will be working with the QC Rush to operate the recreational soccer leagues for ages 4-14 years old. Come play in our soccer league to learn the important skills and teamwork it has to offer! Parents are encouraged to volunteer coach. Price includes uniform. Practice twice per week. Games on Saturday mornings. Practice days/times will vary by team, you will receive an email with exact schedule ahead of the season beginning.

Location	Season	Member	Community
Moline-East Moline	April - May	\$59	\$118

## TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

**Beginner Tumbling** This inclusive class supports all skill levels, allowing students to progress at their own pace while learning rolls, handstands, cartwheels, and limbers—building confidence, coordination, and a love for movement along the way.

Location	Days	Time	Member	Community
Moline-East Moline (6-11 Years)	Tuesday	4:15-4:45	\$30	\$60
	Thursday	6:00-6:45	\$30	\$60
	Sunday	11:00-11:45	\$30	\$60

## 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

## 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	Thursday	4:30-6:30	\$49	\$98

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

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:30-7:00	\$39	\$78

**Team (Ages 3-18)** 2.5 hours twice week plus some Fridays in competition season, student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 5-10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Team	Time	Member
Kewanee	Monday & Wednesday	Team 1-4	5:00-7:00	\$100
		Team 5-10	5:00-7:30	\$125

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

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

MIDDLE SCHOOL TOOLS



## 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	\$30	\$60
	Wednesday	7:00-8:00	\$30	\$60

**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	\$30	\$60

**Judo Basics (Ages 7-12)** 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	\$30	\$60

**Judo Academy (Ages 13+)** Sharpen your technique and elevate your Judo game in this dynamic class designed for a more in-depth experience. Our twice-weekly sessions provide the structure and challenge you need to grow.

Location	Days	Age	Time	Member	Community
Moline-East Moline	Monday & Wednesday	7-12	5:30-6:15	\$59	\$118
		13+	6:30-7:15	\$59	\$118

## 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
Kewanee (11-17 Years)	Tuesday	7:00-8:00	\$30	\$60
	Wednesday	7:00-8:00	\$30	\$60

## Y-WINNERS

### YOUTH AFTER SCHOOL PROGRAM

Y-Winners provides a supportive, character-driven environment where junior high students enjoy a balanced mix of independence and guidance—led by caring, trained staff and supported with daily meals from our Nourish program. Grounded in the Y’s core values of **caring, honesty, respect, and responsibility**, this program helps students apply those principles in their everyday lives through meaningful interactions and guided experiences.

Location	Days	Time	Member
Moline–East Moline	M-F	After school – 6:00pm	\$10/month
Rock Island	M-F	After school – 6:00pm	\$10/month

## STEAM

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

**Jr. Chef** (Ages 11–14) Built to spark confidence in youth 11–14 years old, through hands-on cooking, real-world kitchen skills, and approachable nutrition lessons. Kids will get to explore food in a way that’s fun, empowering, and rooted in everyday life.

Location	Days	Time	Member	Community
Rock Island	March 4 – May 27 Bi-weekly on Wednesdays	5:00–7:00	\$75	\$150

## 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 (Family/Therapy Pool)	Monday	4:20-5:05	\$30	\$60
	Monday	5:10-5:55	\$30	\$60
	Monday	6:00-6:45	\$30	\$60
	Tuesday	4:20-5:05	\$30	\$60
	Tuesday	5:10-5:55	\$30	\$60
	Tuesday	6:00-6:45	\$30	\$60
	Thursday	4:20-5:05	\$30	\$60
	Thursday	5:10-5:55	\$30	\$60
	Thursday	6:00-6:45	\$30	\$60
	Saturday	9:10-9:55	\$30	\$60
	Saturday	10:00-10:45	\$30	\$60
	Saturday	10:50-11:35	\$30	\$60
Kewanee *View online for specific Stage schedule availability.	Tuesday	4:00-4:45	\$30	\$60
	Tuesday	5:00-5:45	\$30	\$60
	Tuesday	6:00-6:45	\$30	\$60
	Thursday	4:00-4:45	\$30	\$60
	Thursday	5:00-5:45	\$30	\$60
	Thursday	6:00-6:45	\$30	\$60
	Saturday	9:15-10:00	\$30	\$60
	Saturday	10:15-11:00	\$30	\$60
	Saturday	11:15-12:00	\$30	\$60

## JUNIOR KRAKEN DEVELOPMENTAL SWIM TEAM

This program is designed for young swimmers who are ready to take the next step beyond swim lessons and explore the fundamentals of competitive swimming. Participants will focus on refining stroke technique, building endurance, learning starts and turns, and developing an understanding of swim team structure and etiquette. Through fun, structured practices, swimmers gain confidence, improve their skills, and prepare for competitive swimming.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Tuesday & Thursday	6:00-6:45pm	\$60	\$120

**KRAKEN SWIM TEAM (AGES 11+)** The team is open to any Y member ages 6–21 years of age, capable of swimming one full lap, front and back crawl. If not a current Y member, scholarships are available! USA Swimming Membership is optional, but **STRONGLY** recommended. USA Swimming meets do count toward YMCA qualifying times!

Location	Days	Time	Member
Kewanee	September – March	Practices Monday – Thursday	\$95/month

## HOME SCHOOL PROGRAMS

**Home School Swim Lessons** (Ages 6–13) 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	Tuesday	9:15–10:00	\$30	\$60

**Home School Tumbling** (Ages 6–14) 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	1:00–1:45	\$30	\$60

**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
Rock Island	Tuesday	10:00–10:45	\$30	\$60
	Wednesday	10:00–10:45	\$30	\$60
	Thursday	10:00–10:45	\$30	\$60

**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
Rock Island	Tuesday	11:00–11:45	\$30	\$60
	Wednesday	11:00–11:45	\$30	\$60
	Thursday	11:00–11:45	\$30	\$60

# TOO HIGH SCHOOL



## HIGH SCHOOL (15-18 Years) INCLUDES:

- Golf Learning Center
- Martial Arts
- Cheer
- Personal Training
- STEAM
- YMCA Quad Cities Rowing
- Competitive Tumbling
- Swim Lessons
- Lifeguard Training

## 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.



# TOOHS HIGH

## SPORTS EXPERIENCES

READY, SET, PLAY

**Wrestling Basics (Ages 8-17)** Our Youth Wrestling Program teaches the fundamentals of wrestling in a fun, supportive, and disciplined environment. Athletes learn proper technique, balance, coordination, and sportsmanship while gaining confidence both on and off the mat.

Location	Age	Day	Time	Member	Community
Kewanee	8-17 Years	Tuesday	6:00-8:00	\$49	\$98
		Thursday	6:00-8:00	\$49	\$98

## 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	\$30	\$60
	Wednesday	7:00-8:00	\$30	\$60

**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	\$30	\$60

**Judo Basics (Ages 15+)** 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	6:00-6:45	\$30	\$60

**Judo Academy (Ages 7+)** Sharpen your technique and elevate your Judo game in this dynamic class designed for a more in-depth experience. Our twice-weekly sessions provide the structure and challenge you need to grow.

Location	Days	Age	Time	Member	Community
Moline-East Moline	Monday & Wednesday	7+	6:00-6:45	\$59	\$118



## CHEER

### RUMBLE, SHAKE, AND MAKE THE STANDS QUAKE!

**Cheer** 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
Kewanee	Thursday	6:00-7:00	\$30	\$60

## DANCE

### EXPRESS YOUR ARTISTIC STYLE

**DANCE (11+ Years)** 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	Tuesday	7:00-8:00	\$30	\$60
	Wednesday	7:00-8:00	\$30	\$60

## 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

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

# TWO RIVERS HIGH SCHOOL

## 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.

\$60/hour Members or \$100/hour Community

Call 309.277.1786 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.



### INDOOR GOLF LEAGUE

This indoor simulator golf league will be held in March through April with an experience consisting of four 9-hole sessions over two courses that will decide our champion. All rounds will be played at the Golf Learning Center. To set your tee time please call Harris Halligan, 309.277.1786.

## 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	Thursday	4:30–6:30	\$49	\$98

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

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:30–7:00	\$39	\$78

**Team (Ages 3–18)** 2.5 hours twice week plus some Fridays in competition season, student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 5–10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Team	Time	Member
Kewanee	Monday & Wednesday	Team 5–10	5:00–7:30	\$125

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

## 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

## 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	Monday	6:50–7:35pm	\$30	\$60
	Saturday	9:10–9:55am	\$30	\$60
Kewanee <small>*View online for specific Stage schedule availability</small>	Tuesday	4:00–4:45	\$30	\$60
	Tuesday	5:00–5:45	\$30	\$60
	Tuesday	6:00–6:45	\$30	\$60
	Thursday	4:00–4:45	\$30	\$60
	Thursday	5:00–5:45	\$30	\$60
	Thursday	6:00–6:45	\$30	\$60
	Saturday	9:15–10:00	\$30	\$60
	Saturday	10:15–11:00	\$30	\$60
	Saturday	11:15–12:00	\$30	\$60

## JUNIOR KRAKEN DEVELOPMENTAL SWIM TEAM

This program is designed for young swimmers who are ready to take the next step beyond swim lessons and explore the fundamentals of competitive swimming. Participants will focus on refining stroke technique, building endurance, learning starts and turns, and developing an understanding of swim team structure and etiquette. Through fun, structured practices, swimmers gain confidence, improve their skills, and prepare for competitive swimming.

Location	Days	Time	Member	Community
Moline–East Moline (Lap Pool)	Tuesday & Thursday	6:00–6:45pm	\$60	\$120

**KRAKEN SWIM TEAM (AGES 11+)** The team is open to any Y member ages 6–21 years of age, capable of swimming one full lap, front and back crawl. If not a current Y member, scholarships are available! USA Swimming Membership is optional, but STRONGLY recommended. USA Swimming meets do count toward YMCA qualifying times!

Location	Days	Time	Member
Kewanee	September – March	Practices Monday – Thursday	\$95/month



# DO WORK THAT MATTERS!

BE A CHANGEMAKER AND WORK FOR THE Y!

## NOW HIRING FOR A WIDE RANGE OF POSITIONS:

- ▼ LIFEGUARDS
- ▼ YOUTH SPORTS
- ▼ MEMBER SERVICES
- ▼ SCHOOL-AGE CARE
- ▼ WELLNESS
- ▼ AND MORE

## Y EMPLOYEE BENEFITS

- ▼ FREE MEMBERSHIP
- ▼ Flexible work schedules
- ▼ 12% Retirement for vested employees

## APPLY NOW



# ADULTS/SENIOR

A woman with a braid in a pink shirt is shown in profile, smiling. The background is a blurred indoor setting with other people.

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

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

## GOLF LEARNING CENTER

POWERED BY TOPTRACER RANGE TECHNOLOGY

**Guaranteed Golf (Ages 16+)** Sharpen your swing and build your confidence on the course with our Guaranteed Golf Lessons, designed for beginners and intermediate players. With a low student to instructor ratio (max 6 participants per class), you'll receive focused instruction tailored to your skill level.

Location	Days	Level	Time	Member	Community
Golf Learning Center	Monday	Beginner	4:30-5:15	\$30	\$60
		Intermediate	5:30-6:15	\$30	\$60

### 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.

\$60/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.



### INDOOR GOLF LEAGUE

This indoor simulator golf league will be held in March through April with an experience consisting of four 9-hole sessions over two courses that will decide our champion. All rounds will be played at the Golf Learning Center. To set your tee time please call Harris Halligan, 309.277.1786.

ADULTS/SENIOR



## SPORTS EXPERIENCES

READY, SET, PLAY

**Basketball League (Ages 18+)**

Lace up your sneakers and hit the court with our Adult Basketball League—where friendly competition meets great community fun. Whether you're playing to relive your glory days, stay active, or just enjoy some hoops with friends, this league is the perfect outlet.

Location	Season	Member (team captain)
Kewanee	February 20 – April 10	\$175/team

**Volleyball League (Ages 18+)**

Join the fun and stay active with our Adult Volleyball League, perfect for players of all skill levels who love friendly competition and great camaraderie. Whether you're a seasoned hitter or just looking to get back on the court, this league offers an energetic and welcoming atmosphere.

Location	Season	Member (team captain)
Kewanee	April 17–June 5	\$150/team

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

Location	Season	Time	Member
Moline–East Moline	Daily	7:00–10:00	FREE
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	\$30	\$60
	Wednesday	7:00-8:00	\$30	\$60

**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	\$30	\$60

**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	\$30	\$60

**Judo Basics (Ages 7+)** 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	\$30	\$60

**Judo Academy (Ages 7+)** Sharpen your technique and elevate your Judo game in this dynamic class designed for a more in-depth experience. Our twice-weekly sessions provide the structure and challenge you need to grow.

Location	Days	Time	Member	Community
Moline-East Moline	Monday & Wednesday	6:00-6:45	\$59	\$118

# ADULTS/SENIOR

# 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](https://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

# 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](http://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.

## TRI SWIM

A low-impact, high-energy aquatic workout designed for triathlon training or looking to improve swim endurance, strength, and technique. This class combines interval swim sets, water resistance training, and cardio drills to enhance overall conditioning. It's a great way to log your miles toward the 100 Mile Swim Club while also preparing for events like the Quad Cities Summer Games swim competition. Whether you're a competitive athlete or simply want a challenging, joint-friendly workout, Tri Swim helps build stamina, improve stroke efficiency, and boost cardiovascular fitness—all in the supportive environment of the pool.

## ADVANCED SWIM

MAKING WAVES, ONE LESSON AT A TIME

### 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	6:50–7:35pm	\$30	\$60
	Saturday	9:10–9:55am	\$30	\$60
Kewanee	Tuesday	10:15–11:00	\$30	\$60

### JUNIOR KRAKEN DEVELOPMENTAL SWIM TEAM

This program is designed for young swimmers who are ready to take the next step beyond swim lessons and explore the fundamentals of competitive swimming. Participants will focus on refining stroke technique, building endurance, learning starts and turns, and developing an understanding of swim team structure and etiquette. Through fun, structured practices, swimmers gain confidence, improve their skills, and prepare for competitive swimming.

Location	Days	Time	Member	Community
Moline—East Moline (Lap Pool)	Tuesday & Thursday	6:00–6:45pm	\$60	\$120

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ADULTS/SENIOR

# ADULTS/SENIOR

## CHRONIC DISEASE PREVENTION

For more information please call 309.797.3945 or visit [TwoRiversYMCA.org](http://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	Community
Moline–East Moline	Monday & Wednesday	10:00-10:45am	\$60	\$120

### 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	Community
Moline–East Moline	Tuesday & Thursday	9:15-10:00am	\$60	\$120

### 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:



# ADULTS/SENIOR

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



## IN BODY

GO BEYOND THE SCALE

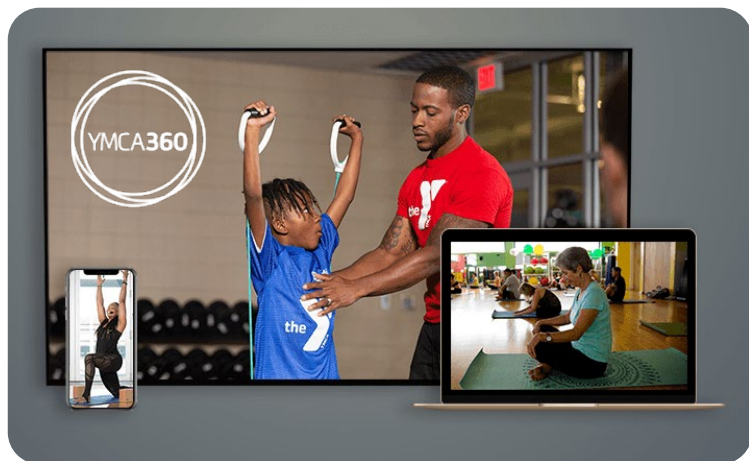


The InBody Analysis provides a quick and easy, non-invasive body analysis report. Discover how much of your weight is actually bone, muscle, fat, and water. Learn how many calories your body needs. Complete the analysis multiple times throughout your wellness journey to track your progress and stay on 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-9:00pm  
**Saturday:** 6:00am-5:00pm  
**Sunday:** 7:00am-5:00pm

## ROCK ISLAND YMCA



2715 30th Street  
Rock Island, IL 61201  
309.506.4565



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

## KEWANEE YMCA



315 W. 1st Street  
Kewanee, IL 61443  
309.506.2193



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

## BASS STREET YMCA & SYLVAN BOAT HOUSE



1701 1st Avenue  
Moline, IL 61265  
309.517.7941

## 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.