



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR NEXT ADVENTURE.

Program Guide | SEPTEMBER - DECEMBER 2026
TWO RIVERS YMCA
TwoRiversYMCA.org

Experience the Annual Quad Cities

SPRINT THE MISS

1500m Regatta



Saturday, September 19th!

Join us along the bike path at Ben Butterworth Parkway in Moline, IL and watch teams from across all ages and regions race on the Mississippi!

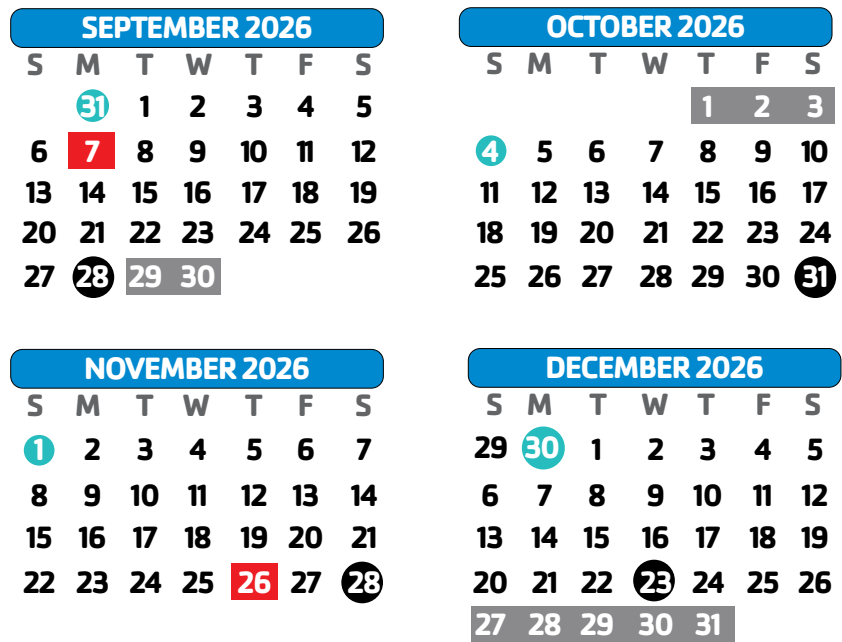


ABOUT OUR PROGRAM GUIDE

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

PROGRAM CALENDAR

Most programs are offered monthly except for youth sports leagues and other seasonal academies and clinics.



Monthly Sessions First Day



Monthly Sessions Last Day



Holiday, Building Hours May Vary



Program Break for Leader Development

MONTHLY MEMBERSHIP FEES

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 - \$6,000

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 A FREE MONTH OF 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 participating in the Nationwide Membership program. Facilities, hours, programs, and membership amenities may vary by location. Nationwide members visiting the Two Rivers YMCA may use the facility up to 7 times per month.

THEY@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.

YOUTH WELLNESS POLICY

8–11 years old can take a cardio format class with an adult. At the discretion of the Instructor (excluding classes that use a barbell); 12 and older can take a class without an adult
13 and older for any classes using the barbell

All members between the ages of 8–13 years must complete the **Youth Wellness Orientation** performed by a YMCA staff person before they are permitted to exercise in the Wellness Centers. No exceptions. Guests (non-members) under age 14 are not permitted to use the Wellness Centers.

LOCKERS

You may use the lockers on a day-to-day basis free of charge. However, any items left overnight will be confiscated and unauthorized locks will be cut off. Ask one of our membership staff about monthly rental options at your branch.

HOLD POLICY

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

LOST AND FOUND

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

SCAN FOR FULL POLICY INFORMATION

TwoRiversYMCA.org/policies



ANNUAL STRONG KIDS CAMPAIGN

CHANGING LIVES DEVELOPING POTENTIAL

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

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

Why “STRONG KIDS”? Strong kids lead to strong adults, families, and communities. The Annual Strong Kids Campaign is a fund that makes membership and programming possible for all, regardless of circumstance.

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

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

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

Thanks to donations from generous individuals like you, the Two Rivers YMCA is able to provide countless opportunities to youth, families, teens, adults, and seniors right here in our community. For more information on the Annual Strong Kids Campaign visit: TwoRiversYMCA.org/donate to learn how you can make a difference in our communities.

GLOBAL 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.

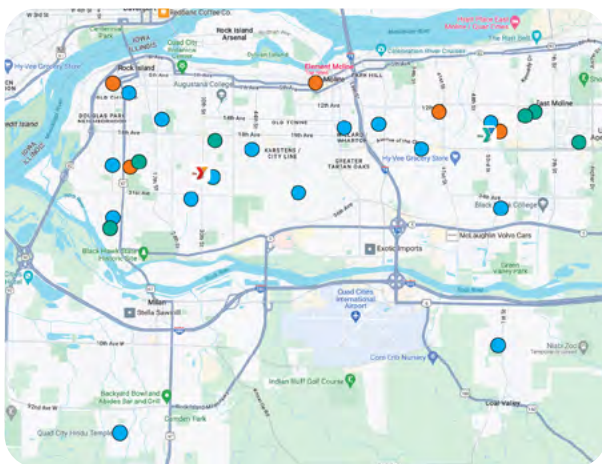
Join us today and **be part of something bigger**—volunteer at the Y and transform lives, starting with your own! **Apply online at [TwoRiversYMCA.org](https://www.TwoRiversYMCA.org)**

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 2025, **200,948 FREE meals** were provided to over **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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*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

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



FAMILIES INCLUDES:

- **Kids Adventure Center**
- **School-Age Care**
- **Childcare**
- **Birthday Parties**

KIDS ADVENTURE CENTER / CHILD WATCH

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.

YMCA Child Watch is a short-term child supervision service available only while parents or guardians are on the premises and readily available. Because it provides temporary care rather than full-time child care, Child Watch is not licensed by the Illinois Department of Children and Family Services (DCFS) and is not subject to DCFS day care licensing standards or routine monitoring.

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 for available hours at your desired location.



Photo: Kids Adventure Center at Moline–East MolineYMCA

Child Watch

Kewanee YMCA

Days	Time	Member
Monday, Wednesday, Friday	8:30–10:00am	FREE
Tuesday, Thursday	8:30–10:30am	FREE
Monday – Thursday	5:00–7:00pm	FREE

FAMILY TIME (6m–12 Years)

KIDS ADVENTURE CENTER

Our Kids Adventure Center offers an exciting and interactive “Play Time” program for families to enjoy quality bonding experiences. Join us for a fun-filled adventure where children and parents can explore, play, and create memorable moments together in a safe and nurturing environment. Parents required to stay with their children. Available to all Y Members at no cost and no registration required. \$5 per visit for Nationwide Members.

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

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

FAMILIES

FAMILIES



BEFORE & AFTER SCHOOL CHILDCARE

A NURTURING ENVIRONMENT FOR CHILDREN

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

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

SCHOOLS OUT CLUB

HERE FOR YOU WHEN SCHOOL IS OUT

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

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

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

Scan the QR code for more information:



PRESCHOOL / CHILDCARE

MOLINE-EAST MOLINE YMCA



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

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

Partnering with parents, our nurturing and qualified staff provide a structured and creative program to support your child's social, mental, physical, and spiritual growth.

FAMILIES

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

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! 2 Hour Rental time.

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

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.		\$199	\$398

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		\$100	\$200

A warm, orange-toned photograph of a man and a young child. The man, in the background, has a beard and is smiling. The child, in the foreground, is also smiling and looking towards the left. The image is partially obscured by a white box containing text and a vertical orange bar on the right.

PARENT / CHILD

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

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

DANCE

EXPRESS YOUR ARTISTIC STYLE

Parent / Child Dance This class will introduce little ones to movement alongside their parents or guardians. The children will grow in their gross motor skills, balance, and coordination, using music, props, and playing fun games.

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	4:00-4:30	\$30	\$60
	Saturday	10:00-10:30	\$30	\$60
Rock Island	Monday	4:15-4:45	\$30	\$60
	Tuesday	10:00-10:30	\$30	\$60

WARRIOR

TURNING ENERGY INTO AMBITION

Parent / Child Warrior (Ages 18 Mo - 2 years) Warriors are channeling their energy through a fusion of obstacle training, martial arts, gymnastics and freestyle movement.

Location	Days	Time	Member	Community
Rock Island	Wednesday	10:00-10:30	\$30	\$60
	Wednesday	5:15-5:45	\$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	Tuesday	4:15-4:45pm	\$30	\$60
	Wednesday	12:00-12:30	\$30	\$60
Rock Island	Tuesday	4:15-4:45	\$30	\$60
	Thursday	10:00-10:30	\$30	\$60
Kewanee	Thursday	6:00-6:45	\$30	\$60

Tumble Tot / Beginning Tumbling

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

Location	Days	Time	Member	Community
Kewanee (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	September 19	9:00-10:00	\$5	\$10
	October 17	9:00-10:00	\$5	\$10
	November 21	9:00-10:00	\$5	\$10
	December 19	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	9:15-9:45am	\$30	\$60
	Thursday	5:25-5:55	\$30	\$60
	Saturday	8:30-9:00	\$30	\$60
	Saturday	9:20-9:50	\$30	\$60
Kewanee	Saturday	8:30-9:00	\$30	\$60



PRESCHOOL

PRESCHOOL (3-5 Years) INCLUDES:

- **Sports**
- **Cheer/Dance**
- **Rec Tumbling**
- **Travel Tumbling**
- **Swim Lessons**

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	Saturday	10:30-11:00	FREE
Kewanee	Wednesdays in December	5:00-5:30	FREE

Basketball Basics (Ages 3-5) Designed to introduce children to motor skill development with basketball themed activities. Players will learn basic terms and skills through drills and games.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	5:00-5:45	\$30	\$60
Rock Island	Wednesday	5:15-6:00	\$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-East Moline	Monday	5:00-5:45	\$30	\$60
Rock Island	Monday	5:00-5:45	\$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	5:15-6:00	\$30	\$60
Kewanee	Thursdays in September	6:30-7:15	\$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

Basketball (Ages 5-12) Build skills, make friends, and develop a love for the game! Our Youth Basketball League teaches the fundamentals of dribbling, passing, shooting, rebounding, and defense while promoting teamwork, sportsmanship, and confidence in a fun, supportive environment for players of all skill levels.

Location	Season	Age	Member	Community
Moline-East Moline	October - December Practice and Game times vary	5-12	\$59	\$118
Rock Island	October - December Practice and Game times vary	5-12	\$59	\$118
Kewanee	November - December	5-12	\$49	\$98

MARTIAL ARTS

TURNING ENERGY INTO AMBITION

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

Location	Days	Time	Member	Community
Rock Island	Wednesday	11:00-11:45	\$30	\$60
	Wednesday	4:15-5:00	\$30	\$60
	Friday	4:15-5:00	\$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	Monday	6:30-7:00	\$30	\$60

HOMESCHOOL PROGRAMS

Homeschool Tumbling 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.

Location	Days	Age	Time	Member	Community
Moline-East Moline	Wednesday	3-7	11:15-12:00pm	\$30	\$60

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

PRESCHOOL

TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

Parent / Child Tumbling

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	18mos - 3	Tuesday	4:15-4:45	\$30	\$60
		Wednesday	12:00-12:30	\$30	\$60
Rock Island	18mos - 3	Tuesday	10:00-10:30	\$30	\$60
		Thursday	4:15-4:45	\$30	\$60
Kewanee	18mos - 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 (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	Tuesday	5:00-5:30	\$30	\$60
		Wednesday	12:00-12:30	\$30	\$60
		Wednesday	12:30-1:00	\$30	\$60
Rock Island	4-10 Years	Thursday	4:15-5:00	\$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

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	September 19	9:00-10:00	\$5	\$10
	October 17	9:00-10:00	\$5	\$10
	November 21	9:00-10:00	\$5	\$10
	December 19	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	Wednesday	5:00-7:00	\$49	\$98

Team (Ages 3-18) This class will master skills from level 1-10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Team	Day	Time	Member
Kewanee	1-4	Monday & Wednesday	5:00-7:00	\$100
	5-10	(Sept - Dec)	5:00-7:30	\$125

PRESCHOOL

CHEER**RUMBLE, SHAKE, AND MAKE THE STANDS QUAKE!**

Cheer 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	Age	Days	Time	Member	Community
Rock Island	3-5	Thursday	5:00-5:45	\$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		5:15-6:00	\$30	\$60
Rock Island	Monday		5:00-5:45	\$30	\$60
Kewanee	Tuesday	3-4 Years	5:00-5:45	\$30	\$60
	Saturday		9:00-9:45	\$30	\$60
	Tuesday	5-7 Years	6:00-6:45	\$30	\$60
	Saturday		10:00-10:45	\$30	\$60

Beginner Ballet 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
	Wednesday	4:30-5:15	\$30	\$60

Beginner Jazz Dancers will learn fundamental jazz dance technique, with a focus on building gross motor skills, developing correct body placement, and encouraging creative movement.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	5:15-6:00	\$30	\$60
	Wednesday	5:15-6:00	\$30	\$60

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	9:15–9:45am	\$30	\$60
	Thursday	5:25–5:55	\$30	\$60
	Saturday	8:30–9:00	\$30	\$60
	Saturday	9:20–9:50	\$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	4:30–5:15	\$30	\$60
	Monday	5:25–6:10	\$30	\$60
	Monday	6:20–7:05	\$30	\$60
	Tuesday	4:30–5:15	\$30	\$60
	Tuesday	5:25–6:10	\$30	\$60
	Tuesday	6:20–7:05	\$30	\$60
	Thursday	4:30–5:15	\$30	\$60
	Thursday	5:25–6:10	\$30	\$60
	Thursday	6:20–7:05	\$30	\$60
	Saturday	8:15–9:00	\$30	\$60
	Saturday	9:10–9:55	\$30	\$60
	Saturday	10:05–10:50	\$30	\$60
Kewanee	Saturday	11:00–11:45	\$30	\$60
	Tuesday	4:15–5:00	\$30	\$60
	Tuesday	5:00–5:45	\$30	\$60
	Tuesday	5:45–6:30	\$30	\$60
	Thursday	4:15–5:00	\$30	\$60
	Thursday	5:00–5:45	\$30	\$60
	Thursday	5:45–6:30	\$30	\$60
	Saturday	9:15–10:00	\$30	\$60
	Saturday	10:15–11:00	\$30	\$60
	Saturday	11:15–12:00	\$30	\$60

*View online for specific Stage schedule availability

PRESCHOOL

ELEMENTARY

ELEMENTARY (6-10 Years) INCLUDES:

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

SPORTS EXPERIENCES

READY, SET, PLAY

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	Time	Member	Community
Moline-East Moline Rock Island	Wednesday (September)	6:00-6:45	\$30	\$60
	Thursday (Oct, Nov, Dec)	5:00-5:45	\$30	\$60
	Friday (Oct, Nov, Dec)	5:00-5:45	\$30	\$60
Rock Island	Wednesday	6:15-7:00	\$30	\$60

Floor Hockey In this program, kids will meet weekly to develop their skills through a variety of age appropriate skill drills and team building exercises. All players will learn how to pass, shoot, defend, and work as a team.

Location	Days	Time	Member	Community
Kewanee	Wednesdays in December	6:15-7:00	\$30	\$60

Fitness Fighters 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

Golf Basics 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	Saturdays in September	10:00-10:45	\$30	\$60

Pickleball Basics This youth pickleball course will teach the basics of pickleball by implementing fun and meaningful drills to work on ball and paddle control.

Location	Days	Age	Time	Member	Community
Moline-East Moline	Saturday in TBD	6-8	10:00-10:45	\$30	\$60
		9-12	11:00-11:45	\$30	\$60
Kewanee	Tuesdays in November	5-8	6:15-7:00	\$30	\$60
		9-12	7:00-7:45	\$30	\$60

ELEMENTARY

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	Time	Member	Community
Moline-East Moline	Monday	6:00-6:45	\$30	\$60
Rock Island	Monday	5:00-5:45	\$30	\$60

Tennis Basics Learn the fundamentals of tennis in a fun and welcoming setting. This beginner-friendly program introduces the basic skills of the game, including proper grip, strokes, footwork, and simple game play.

Location	Days	Age	Time	Member
 1552 47th Ave, Moline, IL	September 8 - 27	6-8 Years	5:00-6:00	\$55
		8-10 Years	6:00-7:00	
	October 6 - 27	6-8 Years	5:00-6:00	
		8-10 Years	6:00-7:00	
	November 3- 24	6-8 Years	5:00-6:00	
		8-10 Years	6:00-7:00	
	December 1 - 22	6-8 Years	5:00-6:00	
		8-10 Years	6:00-7:00	

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	Thursdays in December	6-8	5:00-5:45	\$25	\$50
		9-12	6:00-5:45	\$25	\$50
Rock Island	Tuesday	6-12	6:15-7:00	\$30	\$60
Kewanee	Thursdays in September	5-8	6:30-7:15	\$30	\$60
		9-12	7:15-8:00	\$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.

FLAG FOOTBALL

Flag Football (Ages 5-12) Learn the fundamentals of football while having fun in a positive, team-oriented environment! Our Youth Flag Football League teaches players the basics of passing, catching, running, defense, teamwork, and sportsmanship through practices and games designed for all skill levels.

Location	Season	Age	Member	Community
Kewanee	September 7 - October 25 Practice and Game times vary	5-8	\$49	\$98
		9-12	\$49	\$98

VOLLEYBALL

Volleyball (Ages 5-12) Helping athletes develop volleyball skills as well as teamwork. Practices vary depending on team placement. Games are on Saturdays.

Location	Season	Age	Member	Community
Moline-East Moline	September 14 - October 17 Practice and Game times vary	7-9	\$59	\$118
		10-12	\$59	\$118

BASKETBALL

Basketball (Ages 5-12) Build skills, make friends, and develop a love for the game! Our Youth Basketball League teaches the fundamentals of dribbling, passing, shooting, rebounding, and defense while promoting teamwork, sportsmanship, and confidence in a fun, supportive environment for players of all skill levels.

Location	Season	Age	Member	Community
Moline-East Moline	October - December Practice and Game times vary	5-12	\$59	\$118
		5-12	\$59	\$118
Rock Island	October - December Practice and Game times vary	5-12	\$59	\$118
Kewanee	November - December	5-12	\$49	\$98

ELEMENTARY

HOMESCHOOL PROGRAMS

Homeschool Tumbling 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.

Location	Days	Age	Time	Member	Community
Moline-East Moline	Wednesday	3-7	11:15-12:00pm	\$30	\$60
	Wednesday	6-14	1:00-1:45pm	\$30	\$60
Kewanee	Tuesday	6-12	9:00-9:45	\$30	\$60
	Thursday		9:00-9:45	\$30	\$60

Homeschool PE This program provides students with a fun, engaging, and supportive environment to stay active, build confidence, and develop lifelong healthy habits.

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

Homeschool Art This program provides students with a creative and encouraging environment to explore their artistic talents, express themselves, and develop new skills.

Location	Days	Time	Member	Community
Rock Island	Friday	11:00-11:45	\$30	\$60

Home School Swim Lessons This program provide students with the opportunity to develop essential water safety skills and build confidence in the water in a fun, supportive environment. Participants will receive instruction tailored to their age and ability level while progressing through fundamental swimming skills at their own pace.

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	9:15-10:00am	\$30	\$60
Kewanee	Tuesday	2:00-2:45pm	\$30	\$60

STEAM

SCIENCE, TECHNOLOGY, ENGINEERING, ART & MATH

Art Club 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	Age	Days	Time	Member	Community
Rock Island	6-10	Tuesday	4:30-5:15	\$30	\$60

Jr. Detectives Junior Detectives is a fun and exciting program where young investigators solve mysteries, crack codes, follow clues, and develop critical thinking skills. Through games, challenges, and teamwork, students learn observation, problem-solving, and detective techniques while having adventures with friends.

Location	Age	Days	Time	Member	Community
Rock Island	6-14	Wednesday	4:15-5:00	\$30	\$60

Kewanee Theme Nights (Ages 3-12) Join us at the Kewanee YMCA for a special Theme Night full of activities for the entire family.

Theme	Month	Time	Member	Community
Royal Ball & Dance	September 26	3:00-7:00	\$30	\$60
Pumpkin Pool Party	October 23	4:30-7:00	\$15/person or \$40 family	
Family Fun & Movie Night	November 20	4:30-7:00		
Cookies with Santa	December 12	10:00-12:00		

WARRIORS

TURNING ENERGY INTO AMBITION

Warrior (Ages 6-10) Warriors are channeling their energy through a fusion of obstacle training, martial arts, gymnastics and freestyle movement.

Location	Days	Time	Member	Community
Rock Island	Wednesday	6:00-6:45	\$30	\$60
	Friday	5:15-6:00	\$30	\$60
	Saturday	10:30-11:15	\$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	7:00-7:45	\$30	\$60
	Wednesday	7:00-7:45	\$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 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	Level	Day	Time	Member	Community
Moline-East Moline	Basic	Monday	5:00-5:45	\$30	\$60
		Wednesday	5:00-5:45	\$30	\$60
	Advanced	Monday	6:00-6:45	\$30	\$60
		Wednesday	6:00-6:45	\$30	\$60

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

ELEMENTARY

TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

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
Rock Island	4-10 Years	Thursday	4:15-5:00	\$30	\$60

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
Moline-East Moline	Tuesday	5:30-6:15	\$30	\$60
Rock Island	Thursday	6:00-6:45	\$30	\$60

Saturday Recess (Ages 6-10) 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	September 26	9:00-10:00	\$5	\$10
	October 24	9:00-10:00	\$5	\$10
	November 28	9:00-10:00	\$5	\$10
	December 26	9:00-10:00	\$5	\$10

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

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	Wednesday	5:00-7:00	\$49	\$98

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	Team	Day	Time	Member
Kewanee	1-4	Monday & Wednesday (Sept - Dec)	5:00-7:00	\$100
	5-10		5:00-7:30	\$125

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

Hugs (Ages 8+) With rebound therapy certified instructors. The HUGS program allows an option for athletes with special needs the opportunity to learn tumbling and trampoline in a safe and supportive setting. Athletes have the opportunity to compete with the Flip Tops Tumbling team.

Location	Days	Time	Member	Community
Kewanee	Friday	5:00-5:45	\$30	\$60

CHEER

RUMBLE, SHAKE, AND MAKE THE STANDS QUAKE!

Cheer 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.

Location	Age	Days	Time	Member	Community
Moline-East Moline	6-10	Tuesday	6:15-7:00	\$30	\$60
Rock Island	6-14	Thursday	6:45-7:30	\$30	\$60

Pom Pom teams (pom squads) are primarily dance-focused, emphasizing sharp, synchronized arm movements, kicks, and leaps while holding pom-poms.

Location	Age	Days	Time	Member	Community
Moline-East Moline	6-10	Thursday	6:00-6:45	\$30	\$60

SWIM LESSONS

MAKING WAVES, ONE LESSON AT A TIME

School Age 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	4:30-5:15	\$30	\$60
	Monday	5:25-6:10	\$30	\$60
	Monday	6:20-7:05	\$30	\$60
	Tuesday	9:15-10:00am	\$30	\$60
	Tuesday	4:30-5:15	\$30	\$60
	Tuesday	5:25-6:10	\$30	\$60
	Tuesday	6:20-7:05	\$30	\$60
	Thursday	4:30-5:15	\$30	\$60
	Thursday	5:25-6:10	\$30	\$60
	Thursday	6:20-7:05	\$30	\$60
	Saturday	9:10-9:55	\$30	\$60
	Saturday	10:05-10:50	\$30	\$60
Kewanee *View online for specific Stage schedule availability.	Tuesday	4:15-5:00	\$30	\$60
	Tuesday	5:00-5:45	\$30	\$60
	Tuesday	5:45-6:30	\$30	\$60
	Thursday	4:15-5:00	\$30	\$60
	Thursday	5:00-5:45	\$30	\$60
	Thursday	5:45-6:30	\$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.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Tuesday & Thursday	6:00-6:45	\$59	\$118
Kewanee	Monday & Wednesday (Oct, Nov, Dec)	6:00-6:45	\$59	\$118

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	Monday - Thursday (Season begins September 14)	4:00-5:00	\$75

DANCE

EXPRESS YOUR ARTISTIC STYLE

Water Ballet Learn to move in the water as a group rhythmically. Blends swimming, dance, and gymnastics into choreographed routines set to music.

Location	Days	Time	Member	Community
Kewanee	Monday	6:00-6:45	\$30	\$60

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
		Saturday	10:00-10:45	\$30	\$60
	8+	Tuesday	7:00-7:45	\$30	\$60
		Saturday	11:00-11:45	\$30	\$60

Ballet / Modern 1 This beginner level class applies ballet positions and steps put into dance combinations, as they are introduced to ballet barre exercises and ballet vocabulary. Dancers will learn ballet positions and steps, alongside Modern dance technique.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	6:00-6:45	\$30	\$60
	Wednesday	6:00-6:45	\$30	\$60

Ballet / Modern 2 This beginner/intermediate class applies more complex ballet positions and steps, develops correct body placement and upper body coordination, and teaches more ballet vocabulary, alongside Modern dance, introducing Horton, Dunham, and Graham technique.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	7:00-7:45	\$30	\$60
	Wednesday	7:00-7:45	\$30	\$60

Jazz / Hip Hop This beginner level class applies jazz dance technique put into dance combinations, as they are introduced to more ballet and jazz vocabulary as well as more body isolation. Each class will include a portion of Hip Hop dance technique, with an emphasis on shifting weight.

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	5:15-6:00	\$30	\$60
	Thursday	5:00-5:45	\$30	\$60

ELEMENTARY

MIDDLE SCHOOL

A photograph of two young women playing volleyball. One girl, wearing a blue t-shirt, is reaching up to pass the ball. The other girl, wearing a grey t-shirt with a volleyball graphic and the word 'VOLLEYBALL' on it, is also reaching up. They are both looking at the ball. The background is a gymnasium with a wooden floor and a blue wall.

MIDDLE SCHOOL (11-14 Years) INCLUDES:

- **Sports**
- **Rec Tumbling**
- **Travel Tumbling**
- **Martial Arts**
- **Swim Lessons**

SPORTS EXPERIENCES

READY, SET, PLAY

Basketball Basics Designed to introduce motor skill development with basketball themed activities. Players will learn basic terms and skills through drills and games.

Location	Days	Time	Member	Community
Moline-East Moline	Thursday	6:00-6:45	\$30	\$60
	Friday	6:00-6:45	\$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	Thursdays in December	6-8	5:00-5:45	\$25	\$50
		9-12	6:00-5:45	\$25	\$50
Rock Island	Tuesday	9-12	6:15-7:00	\$30	\$60
Kewanee	Thursdays in September	9-12	7:15-8:00	\$30	\$60

Golf Basics 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	Saturdays in September	11:00-11:45	\$30	\$60

Pickleball Basics This youth pickleball course will teach the basics of pickleball by implementing fun and meaningful drills to work on ball and paddle control.

Location	Days	Age	Time	Member	Community
Moline-East Moline	Saturday	9-12	11:00-11:45	\$30	\$60
Kewanee	Tuesday in November	9-12	7:00-7:45	\$30	\$60

Floor Hockey In this program, kids will meet weekly to develop their skills through a variety of age appropriate skill drills and team building exercises. All players will learn how to pass, shoot, defend, and work as a team.

Location	Days	Time	Member	Community
Kewanee	Wednesdays in December	7:00-7:45	\$30	\$60

Water Ballet Learn to move in the water as a group rhythmically. Blends swimming, dance, and gymnastics into choreographed routines set to music.

Location	Days	Time	Member	Community
Kewanee	Monday	6:00-6:45	\$30	\$60

Tennis Basics Learn the fundamentals of tennis in a fun and welcoming setting. This beginner-friendly program introduces the basic skills of the game, including proper grip, strokes, footwork, and simple game play.

Location	Days	Age	Time	Member
 1552 47th Ave. Moline, IL	September 8 - 27	11-14 Years	5:00-6:00	\$55
	October 6 - 27	11-14 Years	5:00-6:00	
	November 3- 24	11-14 Years	5:00-6:00	
	December 1 - 22	11-14 Years	5:00-6:00	

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

MIDDLE SCHOOL

SPORTS LEAGUES

FLAG FOOTBALL

Flag Football (Ages 5–12) Learn the fundamentals of football while having fun in a positive, team-oriented environment! Our Youth Flag Football League teaches players the basics of passing, catching, running, defense, teamwork, and sportsmanship through practices and games designed for all skill levels.

Location	Season	Age	Member	Community
Kewanee	September 7 – October 25 Practice and Game times vary	9–12	\$49	\$98

VOLLEYBALL

Volleyball (Ages 5–12) Helping athletes develop volleyball skills as well as teamwork. Practices vary depending on team placement. Games are on Saturdays.

Location	Season	Age	Member	Community
Moline–East Moline	September 14 – October 17 Practice and Game times vary	7–9	\$59	\$118
		10–12	\$59	\$118

BASKETBALL

Basketball (Ages 5–12) Build skills, make friends, and develop a love for the game! Our Youth Basketball League teaches the fundamentals of dribbling, passing, shooting, rebounding, and defense while promoting teamwork, sportsmanship, and confidence in a fun, supportive environment for players of all skill levels.

Location	Season	Age	Member	Community
Moline–East Moline	October – December Practice and Game times vary	5–12	\$59	\$118
		5–12	\$59	\$118
Rock Island	October – December Practice and Game times vary	5–12	\$59	\$118
Kewanee	November – December	5–12	\$49	\$98

HOME SCHOOL PROGRAMS

Home School Tumbling 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.

Location	Days	Age	Time	Member	Community
Moline–East Moline	Wednesday	3–7	11:15–12:00pm	\$30	\$60
	Wednesday	6–14	1:00–1:45pm	\$30	\$60

FLIP TOPS

TEAM TUMBLING & TRAMPOLINE PROGRAMS

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

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:00-7:00	\$49	\$98

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	Team	Day	Time	Member
Kewanee	1-4	Monday & Wednesday	5:00-7:00	\$100
	5-10	(Sept - Dec)	5:00-7:30	\$125

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

Hugs (Ages 8+) With rebound therapy certified instructors. The HUGS program allows an option for athletes with special needs the opportunity to learn tumbling and trampoline in a safe and supportive setting. Athletes have the opportunity to compete with the Flip Tops Tumbling team.

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

CHEER

RUMBLE, SHAKE, AND MAKE THE STANDS SHAKE!

Cheer 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	Thursday	6:45-7:30	\$30	\$60

DANCE**EXPRESS YOUR ARTISTIC STYLE**

DANCE 3 This class is to teach dance skills that range from tap, ballet, jazz, and hip hop. A choreographed dance will be put together, making progress each month.

Location	Days	Time	Member	Community
Rock Island (11-14 Years)	Monday	7:00-7:45	\$30	\$60
Kewanee (8+)	Tuesday	7:00-7:45	\$30	\$60
	Saturday	11:00-11:45	\$30	\$60

Ballet / Modern 2 This beginner/intermediate class applies more complex ballet positions and steps, develops correct body placement and upper body coordination, and teaches more ballet vocabulary, alongside Modern dance, introducing Horton, Dunham, and Graham technique.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	7:00-7:45	\$30	\$60
	Wednesday	7:00-7:45	\$30	\$60

MARTIAL ARTS**FOCUS, DETERMINATION, SKILL**

Judo 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	Level	Day	Time	Member	Community
Moline-East Moline	Basic	Monday	5:00-5:45	\$30	\$60
		Wednesday	5:00-5:45	\$30	\$60
	Advanced	Monday	6:00-6:45	\$30	\$60
		Wednesday	6:00-6:45	\$30	\$60

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	7:00-7:45	\$30	\$60
	Wednesday	7:00-7:45	\$30	\$60

Hapkido Hapkido is a combination of Judo, Karate, and Hapkido. A mixture in which helps students achieve a true balance of action, mediation, speed and power. Students start with learning basic techniques, with emphasis on how to properly execute them.

Location	Days	Time	Member	Community
Kewanee	Monday	8:00-8:45	\$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

STEAM

SCIENCE, TECHNOLOGY, ENGINEERING, ART & MATH

Art Club 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	Age	Days	Time	Member	Community
Rock Island	11-14	Thursday	4:15-5:00	\$30	\$60

Jr. Detectives Junior Detectives is a fun and exciting program where young investigators solve mysteries, crack codes, follow clues, and develop critical thinking skills. Through games, challenges, and teamwork, students learn observation, problem-solving, and detective techniques while having adventures with friends.

Location	Age	Days	Time	Member	Community
Rock Island	6-14	Wednesday	4:15-5:00	\$30	\$60

HOMESCHOOL PROGRAMS

Homeschool Tumbling 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.

Location	Days	Age	Time	Member	Community
Moline-East Moline	Wednesday	6-14	1:00-1:45pm	\$30	\$60
Kewanee	Tuesday	6-12	9:00-9:45	\$30	\$60
	Thursday		9:00-9:45	\$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

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	4:30–5:15	\$30	\$60
	Monday	5:25–6:10	\$30	\$60
	Monday	6:20–7:05	\$30	\$60
	Tuesday	9:15–10:00am	\$30	\$60
	Tuesday	4:30–5:15	\$30	\$60
	Tuesday	5:25–6:10	\$30	\$60
	Tuesday	6:20–7:05	\$30	\$60
	Thursday	4:30–5:15	\$30	\$60
	Thursday	5:25–6:10	\$30	\$60
	Thursday	6:20–7:05	\$30	\$60
	Saturday	9:10–9:55	\$30	\$60
	Saturday	10:05–10:50	\$30	\$60
	Saturday	11:00–11:45	\$30	\$60
Kewanee *View online for specific Stage schedule availability.	Tuesday	4:15–5:00	\$30	\$60
	Tuesday	5:00–5:45	\$30	\$60
	Tuesday	5:45–6:30	\$30	\$60
	Thursday	4:15–5:00	\$30	\$60
	Thursday	5:00–5:45	\$30	\$60
	Thursday	5:45–6:30	\$30	\$60
	Saturday	9:15–10:00	\$30	\$60
	Saturday	10:15–11:00	\$30	\$60
	Saturday	11:15–12:00	\$30	\$60

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	Fee
Kewanee	Monday – Thursday (Season begins September 14)	4:30–6:00	\$95



JUNIOR KRAKEN DEVELOPMENTAL SWIM TEAM

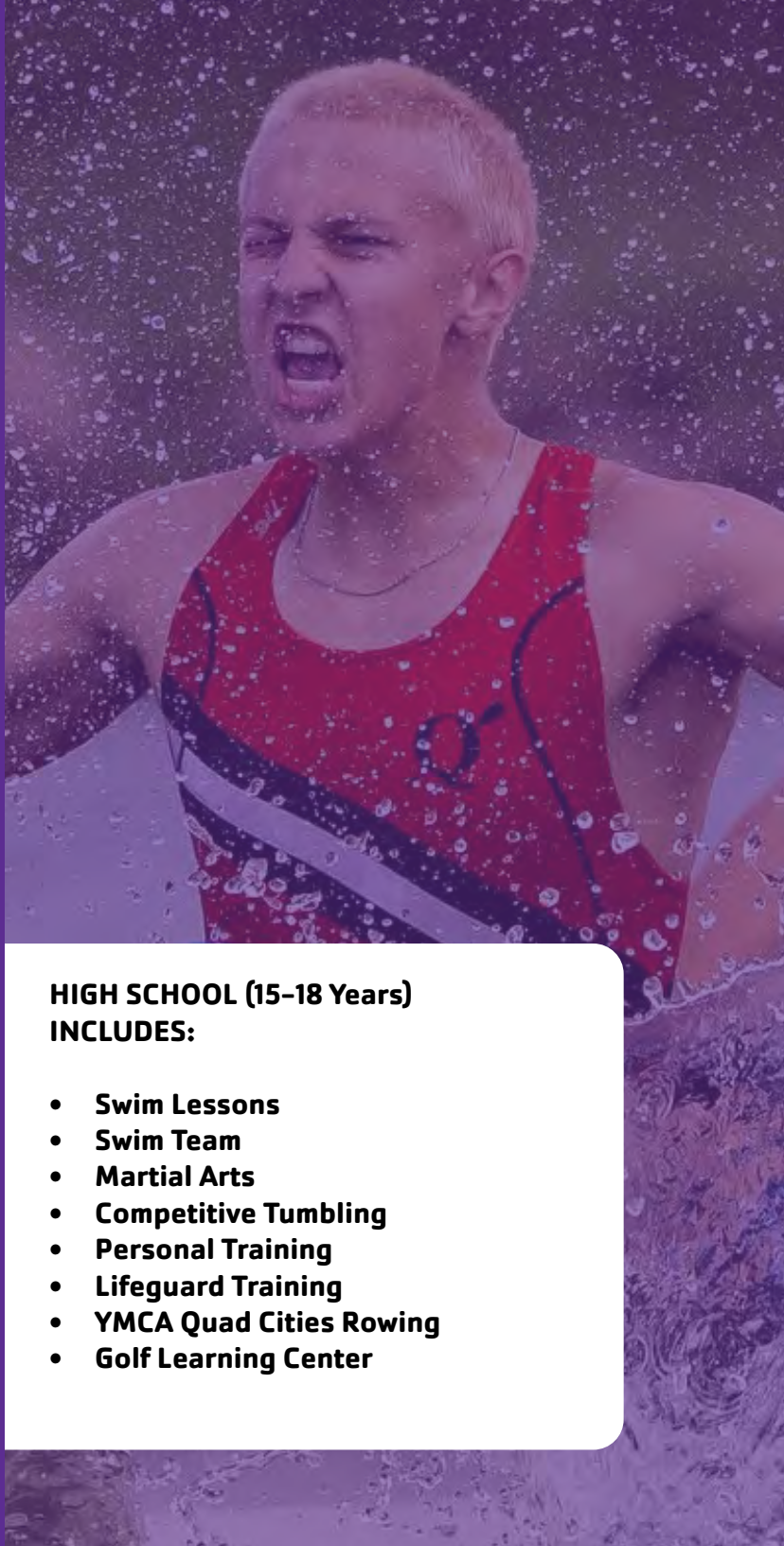
This program is designed for young swimmers who are ready to take the next step beyond swim lessons and explore the fundamentals of competitive swimming. Participants will focus on refining stroke technique, building endurance, learning starts and turns, and developing an understanding of swim team structure 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	6:00–6:45	\$59	\$118
Kewanee	Monday & Wednesday (Oct, Nov, Dec)	6:00–6:45	\$59	\$118

Kewanee Theme Nights (Ages 3–12) Join us at the Kewanee YMCA for a special Theme Night full of activities for the entire family.

Theme	Month	Time	Member	Community
Royal Ball & Dance	September 26	3:00–7:00	\$30	\$60
Pumpkin Pool Party	October 23	4:30–7:00	\$15/person or \$40 family	
Family Fun & Movie Night	November 20	4:30–7:00		
Cookies with Santa	December 12	10:00–12:00		

HIGH SCHOOL



HIGH SCHOOL (15-18 Years) INCLUDES:

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

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	Tuesday	7:15–8:00	\$30	\$60
	Thursday	7:15–8:00	\$30	\$60
Kewanee *View online for specific Stage schedule availability.	Tuesday	4:15–5:00	\$30	\$60
	Tuesday	5:00–5:45	\$30	\$60
	Tuesday	6:45–6:30	\$30	\$60
	Thursday	4:15–5:00	\$30	\$60
	Thursday	5:00–5:45	\$30	\$60
	Thursday	6:45–6:30	\$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	6:00–6:45	\$59	\$118
Kewanee	Monday & Wednesday (Oct, Nov, Dec)	6:00–6:45	\$59	\$118

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	Fee
Kewanee	Monday – Thursday Season begins October 1st	4:30–6:00	\$95

TOOHS HIGH

MARTIAL ARTS

FOCUS, DETERMINATION, SKILL

Judo 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	Level	Day	Time	Member	Community
Moline-East Moline	Basic	Monday	5:00-5:45	\$30	\$60
		Wednesday	5:00-5:45	\$30	\$60
	Advanced	Monday	6:00-6:45	\$30	\$60
		Wednesday	6:00-6:45	\$30	\$60

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	7:00-7:45	\$30	\$60
	Wednesday	7:00-7:45	\$30	\$60

Hapkido Hapkido is a combination of Judo, Karate, and Hapkido. A mixture in which helps students achieve a true balance of action, mediation, speed and power. Students start with learning basic techniques, with emphasis on how to properly execute them.

Location	Days	Time	Member	Community
Kewanee	Monday	8:00-8:45	\$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

DANCE

EXPRESS YOUR ARTISTIC STYLE

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

Location	Days	Time	Member	Community
Kewanee (8+)	Tuesday	7:00-7:45	\$30	\$60
	Saturday	11:00-11:45	\$30	\$60

FLIP TOPS

TEAM TUMBLING & TRAMPOLINE PROGRAMS

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

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:00-7:00	\$49	\$98

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	Team	Day	Time	Member
Kewanee	1-4	Monday & Wednesday (Sept - Dec)	5:00-7:00	\$100
	5-10		5:00-7:30	\$125

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

Hugs (Ages 8+) With rebound therapy certified instructors. The HUGS program allows an option for athletes with special needs the opportunity to learn tumbling and trampoline in a safe and supportive setting. Athletes have the opportunity to compete with the Flip Tops Tumbling team.

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

TOOHS HIGH

PERSONAL TRAINING

EXPERT ADVICE, MAXIMUM RESULTS

One-On-One Personal Training and Group Training Options

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

TwoRiversYMCA.org/personaltraining or scan the QR Code.



IN BODY

GO BEYOND THE SCALE



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

ONE FREE WITH PERSONAL TRAINING PACKAGE

*or \$20/Members or \$40/Community

LIFEGUARD TRAINING

WE'RE LOOKING FOR LIFEGUARDS

LIFEGUARD TRAINING

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

Prerequisite test:

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

Age: Must be 15 by end date of class



The Lifeguard Certificate is good for 2 years and there are re-certification courses offered at both the Moline-East Moline YMCA and Kewanee YMCA.

YMCA QUAD CITIES ROWING

BASS STREET YMCA & SYLVAN BOATHOUSE



FITNESS / RECREATION TEAM (Ages 13-18) 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 13-18) 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.

Location	Sessions	Time
Bass Street YMCA	Monday, Wednesday, Friday September 28 - October 9	4:00-5:50pm
	Monday, Wednesday, Friday December 7-18	5:45-7:00pm

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

GOLF LEARNING CENTER POWERED BY TOPTRACER RANGE TECHNOLOGY

Indoor Golf League This indoor simulator golf league will be a month-long program consisting of four 9-hole sessions over two courses that will decide our champion! Price per person. All rounds will be played the Golf Learning Center.

Location	Season	Time	Fee
Golf Learning Center	November	By Appointment	Members: \$64
	December	By Appointment	Community: \$128

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.





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

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

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

DANCE

EXPRESS YOUR ARTISTIC STYLE

Adult Ballet This is an instructor lead beginner and intermediate artistic experience designed for all. With a focus on improving posture, flexibility, core strength, and grace, or story-telling. Dancers will learn fundamental movement skills in ballet technique.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	10:15-11:00	\$30	\$60
	Monday	7:00-7:45	\$30	\$60

Adult Modern With emphasis on strength and conditioning, floorwork, and improvisation, the goal of this class is to find release in the body and explore creative choices in artistry. This class is a great option for any adult looking to be in movement creatively/expressively, as well as any existing artists that would like to continue developing their composition skills.

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	7:00-7:45	\$30	\$60
	Thursday	10:30-11:15	\$30	\$60

MARTIAL ARTS

FOCUS, DETERMINATION, SKILL

Judo 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	Level	Day	Time	Member	Community
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Location	Days	Time	Member	Community
Kewanee	Monday	7:00-7:45	\$30	\$60
	Wednesday	7:00-7:45	\$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

ADULTS/SENIOR

SPORTS EXPERIENCES

READY, SET, PLAY

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

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



Tennis 101 Learn the fundamentals of tennis in a fun and welcoming setting. This beginner-friendly program introduces the basic skills of the game, including proper grip, strokes, footwork, and simple game play.

Location	Days	Age	Time	Member
 1552 47th Ave. Moline, IL	September 7 - 28	18+	5:00-6:00	\$55
	October 5 - 26	18+	5:00-6:00	
	November 2 - 23	18+	5:00-6:00	
	December 7 - 28	18+	5:00-6:00	

SPORTS LEAGUES

Adult Volleyball League Register your team!!!

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

Location	Season	Time	Fee
Kewanee	Nov 5 - Dec 17	Thursdays	\$150/team

GOLF LEARNING CENTER

POWERED BY TOPTRACER RANGE TECHNOLOGY

INDOOR SIMULATOR

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	December	By Appointment	Community: \$128

YMCA QUAD CITIES ROWING

BASS STREET YMCA & SYLVAN BOATHOUSE

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.

Location	Sessions	Time
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	Monday, Wednesday, Friday December 7-18	5:45-7:00pm

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.



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.

- 8-11 years old can take a cardio format class with an adult. At the discretion of the Instructor (excluding classes that use a barbell)
- 12 and older can take a class without an adult. (13 and older for any classes using the barbell eg Les Mills Body Pump)

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!

Tabata A cardiovascular exercise strategy alternating sort periods of intense anaerobic exercise with less intense recovery periods.

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

CROSS TRAINING CLASSES

COMBINATION OF CARDIO AND STRENGTH

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

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

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

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

YMCA 360

LIVE AND ON-DEMAND ANYWHERE ANYTIME

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

CYCLING CLASSES

SPIN, PEDAL, CLIMB

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

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

STRENGTH CLASSES

MUSCLE-BUILDING, INTENSE, EMPOWERING

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

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

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

MIND & BODY CLASSES

CALM, FOCUSED, CENTERING

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

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

Power Yoga Elevate your heart rate through quicker transitions with familiar yoga poses. This will be a bodyweight class that makes you sweat and gets your heart rate up!

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.

Silver Sneakers Yoga Will move your whole body through a complete series of seated and standing yoga poses. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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

ADULTS/SENIOR

AQUATIC GROUP EXERCISE

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



AQUACIZE

Low impact, faster paced water exercises to tone your muscles and improve your cardio health with less stress on your joints.

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.

BALANCE AND STRENGTH

The focus of this class is to work on balance. It is geared towards individuals with MS and Parkinson's, as well as, other chronic diseases or medical issues related to balance.

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.

SILVER SPLASH

Silver Splash offers lots of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special Silver Sneakers kickboard is used to develop strength, balance, and coordination.

SLOW & EASY

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

ADVANCED SWIM

MAKING WAVES, ONE LESSON AT A TIME

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)	Tuesday	7:15-8:00	\$30	\$60
	Thursday	7:15-8:00	\$30	\$60
Kewanee	Wednesday	9:30-10:15	\$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	6:00-6:45	\$59	\$118

CHRONIC DISEASE PREVENTION

For more information please call 309.797.3945 or visit TwoRiversYMCA.org

LIVESTRONG AT THE YMCA

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

Scan the QR Code for updated class schedules:



HOPE4LIFE CLUB

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



BODY IN MOTION 1

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

Location	Days	Time	Member	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 or scan the QR Code.



IN BODY

GO BEYOND THE SCALE

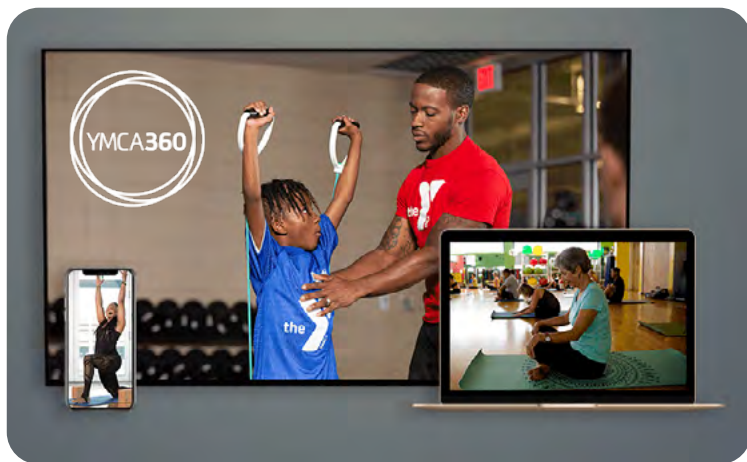


The InBody Analysis provides a quick and easy, non-invasive body analysis report. Discover how much of your weight is actually bone, muscle, fat, and water. Learn how many calories your body needs. Complete the analysis multiple times throughout your wellness journey to track your progress and stay on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

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
*Hours listed for after Labor Day

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
*Hours listed for after Labor Day

KEWANEE YMCA

 315 W. 1st Street
Kewanee, IL 61443
309.506.2193

 **Monday-Thursday:** 5:00am-8:00pm
Friday: 5:00am-7:00pm
Saturday: 8:00am-3:00pm
Sunday: 12:00pm - 3:00pm
*Hours listed for after Labor Day

BASS STREET YMCA & SYLVAN BOAT HOUSE

 1701 1st Avenue
Moline, IL 61265
309.517.7941

RIVERSIDE RIVERSLIDE

 3300 5th Avenue
Moline, IL 61265
309.524.2428

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

GOLF LEARNING CENTER

 5507 22nd Avenue
Moline, IL 61265
309.277.1779

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

SPIRIT, MIND, & BODY CENTER

 1811 53rd Street
Moline, IL 61265
309.797.3945

ADMINISTRATIVE OFFICES

 2040 53rd Street
Moline, IL 61265
309.797.3945

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