



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE PART OF SOMETHING GREAT

September - December 2017

MEMBERSHIP & PROGRAM GUIDE

Clinton Community YMCA

417 S. Alexander St. Clinton, IL 61727

www.clintoncommymca.org

phone (217) 935-8307 * fax (217) 937-0184

Session 6

September 5 - October 22

Registration:

Y Members: August 21

Non-Members: August 28

Session 7

October 23 - December 17

Registration:

Y Members: October 9

Non-Members: October 16

UPDATED 10/01/17

Note from the Director

Welcome fall! We hope everyone had a wonderful and safe summer. As we close out the summer, I've taken some time to reflect on the summer we've had, and look forward to some exciting changes coming to our YMCA.

The first summer of the revamped Camp Osage is complete. Our campers enjoyed many new activities, made new friends, and even learned a bit about nature and science. We hope to see many of them back next year!

In the next few months, we will be making some changes at our Y, the most exciting being extended access to our weight and wellness room. Coming soon, this area will be available to adult members 24 hours a day, 365 days a year. We are thrilled by the opportunity to make choosing exercise and healthy living even easier for our community.

As always, my staff and I want to thank you for being part of the YMCA family. Please let us know how we can be of service to you.

Sincerely,

2017 Clinton Community YMCA

Board of Directors Officers

Justin Fentress - President

Nate Sams - Secretary

Bryce Lynch - Treasurer

Board Members

Shalen Adams

Dr. Harold Allen

Joyce Bryant

Rachel Costello

Nan Crang

Joe Daniels

Terry Ijams

Darren Moser

Randy Rice

Rhonda Roberts

Greg Taylor

Ryan Utterback

YMCA MISSION:

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

YMCA STAFF

Rennie Cluver, Executive Director

Cathy Daniels, Aquatic Director

Gretchen Isaac, Family, Fitness & Membership Director

Pat Fought, Facility Director

Mike Lovett, Youth Program Coordinator

Angie Moran, Parents Night Out Coordinator

"Not too Fine Print" - Many YMCA activities involve physical stress and exertion. As a Clinton Community YMCA Member, Guest or Program Participant, you accept all risks, liability, and responsibilities for your own health and the health of others. The Y does not carry insurance for participants, guests or members. Please consult a Dr. before starting an exercise program.



General Information

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Membership Assistance

Donations to our Strong Kids Campaign and United Way help assure that we can provide memberships and programs for those who qualify on our sliding scale.* Contact the Courtesy Desk for application forms. Proof of income, including tax return and W2 will be required to process your Financial Aid application.

*Because of limited available resources, memberships that do not include youth or seniors are rarely provided.

Endowment Requests and Memorials

The Clinton YMCA is strong partly because of the people who have remembered the Y in their wills. The future of the Clinton Y depends upon the caring gifts of friends in the community. Call the Executive Director at 935-8307 if you have questions about how you can help your Y serve the community.

We are Tobacco Free

Being dedicated to health and wellness; we ask that no tobacco products be used in the YMCA facility, on YMCA grounds, or during YMCA activities (including off site programs).

"MY Y IS EVERY Y"...Membership Reciprocity Program

As of January 1st, 2017, your membership is good at all Illinois participating YMCA's. Another great reason to celebrate our commitment to improving the health & well-being of our community and state. For more information about our reciprocity program please contact us at info@clintoncommymca.org or give us a call at (217) 935-8307.

Registration Information for Programs

To help ensure the quality of YMCA classes, we require that all class participants pre-register.

- Some class sizes are limited.
- Classes are NOT pro-rated for late registration. Many classes and programs charge a late fee.
- Registration is on a first-come, first-served basis.
- Registration can be taken by phone via credit card, mail, in person, or online (for some classes).
- **Class fees must be paid at the time of registration.**
- Deadline for registration is the Saturday prior to the beginning of a new class session. *Late fees are assessed after that.*
- A minimum number of registrations are required to hold classes.
- If the current class is filled, you may request to be placed on a class waiting list. The waiting list is not a guarantee that another class will be offered or that registration is confirmed.

Insurance

The YMCA does not provide insurance for Members, Non Members or Guests.

CHECK IN ... NO Cards!

When coming to use the YMCA please stop at the Courtesy Desk and use one of the touch key pads to enter your bar code (phone number + 2 digit code). If you will be traveling and would like to use the AWAY privileges, contact the Courtesy Desk and a card will be printed for you to take on your travels.



Membership Info

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As a member of the Clinton Community YMCA, you open the doors to year round fun, recreation, and learning. Members also receive BIG discounts on classes and activities. The YMCA is the place to meet people, get in shape, build community, learn to swim, and have fun. Your membership includes:

Senior Social Programs
Cardio Exercise Equipment
Lounge
Open Gym Time
Dry Sauna

Game Room
Free Weight Rooms
Racquetball
Free Child Watch

Orientations/Fitness Assessments
Paramount Weight Stack Equipment
Family Swim Open & Lap Swims
Family/Special Needs Showers
Individual Nutrition Counseling

MUCH, MUCH, MORE!

Monthly Credit Card / Debit Card / Bank Draft Withdrawal

Memberships are paid by either drafting a savings / checking account or credit / debit card draft. Memberships may be paid in full annually (monthly rate X 12). We do not offer a monthly "pay as you go" option with cash or check payment being brought in every month. Memberships are continuous until canceled. To cancel your membership, please stop by the Courtesy Desk prior to the 1st of the month to stop the draft on the 8th. **On Jan. 1 all Membership rate increases go into effect.**

WORK OUT WHEN YOU WANT!!!

Our weight room & wellness room are available 24 hours a day, 365 days a year to all members 18 years old and older.

A \$12 a month fit card is required for entry.

BUILDING HOURS

Monday - Friday 5:00 a.m. - 9:00 p.m.
Saturday 7:00 a.m. - 5:00 p.m.
Sunday 1:00 p.m. - 5:00 p.m.

Hours are subject to change.

CLOSED:

Sept. 4 Labor Day
Sept. 23 Close at NOON for Apple & Pork Festival
Sept. 24 Apple & Pork Festival
Nov. 23 Thanksgiving Day
Dec. 24 Christmas Eve
Dec. 25 Christmas Day
Dec. 31 New Year's Eve
Jan. 1 New Year's Day

FAMILY DEPENDENTS

Children who are claimed as dependents for tax purposes may be included in a Family Membership. Those who are 18-23 and full time students may be included on Family Memberships. At age 23, they will no longer be eligible for inclusion in a Family Membership.

Members or guests who behave in ways that are counter to our character values, may have membership or visiting privileges suspended without refund. We reserve the right to terminate, suspend or deny membership and entry to our facility.



Facility Information

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Facility - Children six (6) and under must be under the direct supervision of a parent or guardian or in the babysitting room. Free child care (2-hour limit) is scheduled for 6 wks. - 6 years. See below. Children seven (7) and older may use the facility without a parent or guardian. Seven year olds are not allowed in the Child Care area. We strongly encourage you to evaluate your child’s readiness to be unsupervised.

Wellness Center & Free Weight Room - Youth ages thirteen (13) - fifteen (15) must go through an orientation to use Wellness Center and Free Weight Rooms. They will be issued a card which should be carried with them while using these areas. Youth twelve (12) and younger are not permitted in these areas.

Racquetball - Youth twelve (12) and younger must be accompanied by an adult to play.

Aerobics Classes - Youth thirteen (13) - fifteen (15) may participate in some exercise classes with a parent. Check class descriptions (marked with *) to see which classes 13-15 year olds are allowed to attend. Youth twelve (12) and younger are not permitted in the aerobics room (except on approval by Fitness Director or for Youth Classes).

Gym - Open Gym: Anyone 7 years or older. Ages 6 and under must be accompanied by adult. Gym schedule varies with class and sports scheduling.

Pool - Children six (6) & younger must be accompanied in the water (arm’s reach) by a parent or an adult. Children five (5) and older are expected to use the same sex locker room or the family locker room with a parent. Swim diaper is required under swimsuit if not potty trained.

Lap Swim: Use this time to swim laps, water walk or deep end water walk with a flotation belt.

Adult Lap Swim: Ages 16 years and older may swim laps, water walk, or deep end water walk with a flotation belt. **Open /Family Swims:** For safety purposes, we urge children to be supervised by an adult if they are not strong swimmers. Children six (6) and under must be accompanied in the water (within an arm’s reach by an adult).

Young	CHILD CARE	6 weeks - 6 years old
Member	No charge for Childcare.	
Caring Area	Limit of 2 hours.	
<u>Morning – Early Afternoon Hours</u>	<u>Evening Hours</u>	
Mon. - Thurs.: 8:00 a.m.—12:30p.m.	Mon.- Thurs.: 4:00 p.m. - 8:00 p.m.	
Fri.: 8:00 a.m.—11:30 a.m.		
Sat.: 8:00 a.m. - 11:30 a.m.		
PARENTS MUST REMAIN IN THE FACILITY		
No use of Child Care Room except during scheduled and staffed times.		
Due to cleaning and monitoring of toys, we do not allow members to have their children in the Childcare Room when not staffed with YMCA staff.		



Youth Programs

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Y-Zone

Fun before and after-school activities for K-5th graders.

No Y Membership Required! Sign ups going on now!

Homework help, arts & crafts, exercise, character development, and fun!

\$6.00 for a.m. / \$9.00 for p.m. / \$12.00 for both a.m. & p.m. \$55.00 for week.

AM Hours: 6:30 a.m. - start of school

PM Hours: end of school - 6:00 p.m.

Y-Zone Extreme

On days when school is scheduled to be off (**except major holidays- Christmas, New Years, etc**), enjoy the fun of Y-Zone all day at the YMCA. Program includes swimming, games, movies, crafts and other fun activities. Snacks will be provided in a.m. and p.m. Participants should bring a lunch.

**6:30 a.m. - 6:00 p.m.
K - 5th grade. \$27.00 per day.**

No refunds for days missed.

Prices are subject to change.

Child is not required to attend Y-Zone in order to participate in Y-Zone Extreme.

Y-Zone Extreme Weather Days: These days will be based on severity of weather and availability of staff.

Parents Night Out!!!!

September 8th, 1st & 3rd Friday of the month October - December

5:30-9:00 p.m.

(late fee - \$1.00 per minute if not picked up by 9:00 p.m.)

Infant-6th graders enjoy an evening of swimming (1st-6th grade), games & snacks; you enjoy an evening out!

Members:

\$10 per child if registered by the Wed. before
\$12 per child if registered after the Wed. before

Non-Members:

\$18 per child if registered by the Wed. before
\$20 per child if registered after the Wed. before

First Class

- Free Parent/Child swim lessons
- Free Parent/Child tumbling
- Free Child YMCA Membership

Program is for 6-mo. infants up to three-year olds (program ends on child's 3rd birthday). First Class provides three free 7-week sessions of Parent/child swim lessons & tumbling.

For more information on First Class call the Y.



Youth Programs

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Outdoor Soccer

Pre-K through 6th grade

Registration deadline: Sept. 9
Fee: YMCA Member: \$28
Non-Member Participant: \$50

Season runs Sept. 16 - Oct. 28
No games Apple & Pork Weekend

All games will be played at Webster Field.

Practices and games will be held on Saturdays.

Basketball!!

Pre-K through 8th grade



Registration:
October 1 - December 1

Fees:
Pre-K: YMCA Member: \$28
Non-Member: \$50

K-8th: YMCA Member: \$40
Non-Member: \$60

All games will be played at Clinton Elementary School.

CHEERLEADING!

Ages K-6th grade will learn cheers to perform during our basketball games.



Registration Begins: October 1

Tumbling

Parent/Tot (18 mos. – 3 yrs.)

Mon. 5:45 - 6:15 p.m.

Early Beginner (3 yrs. +up)

Wed. 5:45 – 6:15 p.m.

Once per week Fee - 30 min. classes:
Y Member \$16.00 / Non Member \$30.00

Beginner

Mon. and/or Wed. 6:15 - 7:00 p.m.

Once per week Fee - 45 min. classes:
Y Member \$21.00 / Non Member \$45.00

Twice per week Fee - 45 Min. Classes:
Y Member \$32.00 / Non Member \$60.00

Intermediate /Advanced

Mon. and/or Wed. 7:00 - 8:00 p.m.

Once per week Fee - 1 hr. classes:
Y Member \$28.00 / Non Member \$50.00

Twice per week Fee - 1 hr. classes:
Y Member \$44.00 / Non Member \$70.00

Youth Sports LATE FEE POLICY
The cost of LATE registration is \$30.00 per child and is based on availability. The late fee will cover the extra cost of minimum ordering uniform or t-shirt and administrative fees. Please sign up prior to youth sports deadline to avoid a late fee!



Swim Lessons

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Preschool (6 months-5 years)

Parent/child - (6 mos. - 3 yrs.) A water enrichment class. Children are accompanied in the pool by an adult (one child per adult). All children (not potty trained) are required to wear a swim diaper and a swimsuit.

Pike - Beginning Skills (3-5 yrs.) Focus on water orientation, flutter kicks, front & back floats, treading water, arm pulls with backpack float support across the shallow area of pool. Child must be able to do all skills without a backpack to move on to the next level.

Eels - Intermediate Skills (3-5) Learn to swim 1/2 length of pool using front crawl & backstroke. Intro to elementary backstroke, rotary breathing, under water swimming, kneeling & standing dives.

Rays & Starfish - Advanced Skills (3-5) Swim length of pool using front crawl and backstroke. Diving from a height, breast & butterfly arm strokes & kicks are introduced. Child will move to appropriate Progressive level class (instructor will recommend) at 6 years of age or Kindergarten.

Swim Lesson Fee (one class per week):
Y Member \$28.00
Participant \$70.00

Missed Lessons - We do not make up missed swim lessons on other days. Our classes are divided up to a certain number ratio per instructor. (You may get a doctors excuse if your child is ill and has to miss the majority of a session - a credit would be put on your account).

Progressive (6 years and up)

This program helps participants build a good foundation of basic aquatic skills and encourages them to develop an appreciation for aquatic activities. At each level of the program, participants are involved in activities relating to:

Personal safety Stroke development
Personal growth Rescue
Water games and sports
Character development

Polliwog - Water orientation skills, front and back floats, paddle stroke, rhythmic breathing and flutter kick, treading water, reaching and throwing assists.

Guppy - This class builds on Polliwog skills. New skills include: Intro to elementary backstroke, front crawl, confidence in deep water. Safety: Mouth to mouth resuscitation.

Minnow - Advanced beginners skills include: underwater swim, back crawl, introduction to diving, and intro to side stroke. Safety: Survival float.

Fish - Intermediate skills include: breaststroke & butterfly kick, surface dives, starts, open turns individual medley, and flip-turns. Safety: basic first aid.

Flying Fish - Advance skills include: breaststroke & butterfly kick, individual medley, and flip-turns. Safety: personal health issues and lifesaving.

There will be a \$5.00 late fee for signing up on or after the first day of the session.



2017 Fall Pool Schedule

Session 6 : Sept. 5th—Oct. 22nd

Session 7 : October 23— December 17th

No lessons Sat. & Sun. of Apple & Pork

No lessons the week of Thanksgiving

Session 6 Saturday Classes will only be 6 weeks long due to Apple & Pork

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If there is lightning in the area, the pool will be closed for at least 30 minutes. Check to see if the pool is open by calling the desk, on the Clinton YMCA app, or on Aquatics Clinton Community YMCA (Facebook)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:15 a.m. Lap Swim	5:30-8:15 a.m. Lap swim 5:45-6:30 a.m. Aquacise <small>(no classes Jan. - March)</small>	5:30-8:15 a.m. Lap Swim	5:30-8:15 a.m. Lap swim 5:45-6:30 a.m. Aquacise	5:30-8:15 a.m. Lap Swim	7:00-9:00 a.m. Lap Swim	
8:15-9:00 a.m. Water Walking Arthritis Fitness	8:15-9:00 a.m. Water Walking Arthritis Fitness	8:15-9:00 a.m. Water Walking Arthritis Fitness	8:15-9:00 a.m. Water Walking Arthritis Fitness	8:15-9:00 a.m. Water Walking Arthritis Fitness		<i>All classes & times are subject to change due to registrations.</i>
9:00-9:45 a.m. Aquacise	9:00-9:45 a.m. Aquacise	9:00-9:45 a.m. Aquacise	9:00-9:45 a.m. Aquacise	9:00-9:45 a.m. Aquacise	9:00-9:45 a.m. Aquacise	
10:00-10:30 a.m. <small>Preschool</small> Level #1 & 3	9:45-10:15 a.m. Parent/Child	10:00-11:00 a.m. Snorkels & Fins (Adults only)	9:45-10:15a.m. Parent / Child Class	9:45-10:15a.m. Parent / Child Class	9:45-10:15 a.m. Parent / Child Class	Pool Closed Dec. 9 All Day Reindeer Classic Swim Meet
10:30-11:15 a.m. <small>Preschool</small> Level # 2 & 4	10:15-10:45 a.m. <small>Preschool</small> Level #1 & 3 10:45-11:15 a.m. <small>Preschool</small> Level # 2 & 4	Pool Closed	10:15-10:45 a.m. <small>Preschool</small> Levels #1 & 3 10:45- 11:15 a.m. <small>Preschool</small> Level # 2 & 4	10:15-10:45 a.m. <small>Preschool</small> Levels #1 & 3 10:45- 11:15 a.m. <small>Preschool</small> Level # 2 & 4	10:15 -10:45 a.m. <small>Preschool & Progressive</small> Levels 3,4,5 & 6 10:45- 11:15 a.m. <small>Progressive</small> Level 1 11:15 - 11:45 a.m. <small>Preschool</small> Level 1	
11:30 a.m.-Noon Available for Private Lessons	11:30 a.m.-Noon Available for Private Lessons	Pool Closed		11:30 a.m.-Noon Available for Private Lessons		
12:00-1:00 p.m. Adult Lap Swim	12:00-1:00 p.m. Adult Lap Swim	12:00-1:00 p.m. Adult Lap Swim HRC 1/2 Pool (1st & 3rd week)	12:00-1:00 p.m. Adult Lap Swim	12:00-1:00 p.m. Adult Lap Swim	1:00-4:00 p.m. Open Swim	1:10-1:55 p.m. Minnow / Fish / Flying Fish
3:30 - 4:00 p.m. <small>Progressive</small> Levels 1,2,3,4,5&6 4:00 - 4:30 p.m. <small>Progressive</small> Levels 1,2,3,4,5&6	3:45-4:45 p.m. Otter Pups Swim Team	4:30-5:00 p.m. <small>Preschool</small> Levels 1,2,3 & 4 5:00 - 5:30p.m. <small>Preschool</small> Levels 1,2,3 & 4	3:45-4:45 p.m. Otter Pups Swim Team	3:45-4:45 p.m. Otter Pups Swim Team		2:00-2:45 p.m. 1/2 Eels 1/2 Guppy
4:30-5:00 p.m. <small>Preschool</small> Levels 1&3 5:00 - 5:30 p.m. <small>Preschool</small> Levels 2&4	4:45-5:45 p.m. Swim Team	5:30-6:15 p.m. Aquacise /walk / 1 lane Lap Swim	4:45-5:45 p.m. Swim Team	4:45-5:45 p.m. Swim Team	4:00-5:00 p.m. Available for Private Lessons	2:45-3:30 p.m. 1/2 Pike 1/2 Polliwog 3:30-4:00 p.m. Parent/Child 4:00-4:45p.m. Open/Family Swim 1 lane lap swim
5:30-6:15p.m. Aquacise/walk/ One lane lap 6:15-7:00 pm. Snorkels & Fins	5:45-7:00 p.m. Swim Team	6:15-6:45 p.m. Snorkels & Fins (Adults only)	5:45-7:00 p.m. Swim Team	5:45-6:45 p.m. 1st & 3rd Friday Parent's Night Out	Some Saturday Open Swims could be cancelled for HOME swim meets.	
7:00-7:30 p.m. Parent/Child Class	7:00-8:45 p.m. Swim Team	6:45-7:45 p.m. Open / Family Swim / 1 lane lap	7:00-8:45 p.m. Swim Team	6:45-8:30 p.m. Open / Family Swim / 1 lane lap		
7:30-8:45 p.m. Swim Team		7:45-8:45 p.m. HS Girls Swim Team /Swim Team	The YMCA is not responsible for lost or stolen items. You are encouraged to bring a lock each time you visit. Locks are not to be kept on lockers overnight.			



Adult Center Schedule

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Adult Center - Located on Gym level, restroom, shower, dry sauna, lockers.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Men 5:30-8:00 a.m.	Men 5:30-8:00 a.m.	Men 5:30-8:00 a.m.	Men 5:30-8:00 a.m.	Men 5:30-8:00 a.m.	Women 7:00-noon	
Women 8:00-11:00 a.m.	Women 8:00-11:00 a.m.	Women 8:00-11:00 a.m.	Women 8:00-11:00 a.m.	Women 8:00-11:00 a.m.	Men 12:00-close	Women 1:00-3:00 p.m.
Men 11a.m.-1:30 p.m.	Men 11a.m.-3:00 p.m.	Men 11a.m.-1:30 p.m.	Men 11a.m.-3:00 p.m.	Men 11a.m.-1:30 p.m.		Men 3:00 p.m. - close
Women 1:30-5:00 p.m.	Women 3:00-close	Women 1:30-5:00 p.m.	Women 3:00-close	Women 1:30-5:00 p.m.		
Men 5:00- close		Men 5:00-close		Men 5:00-close		

If you choose to use the Adult Center during a time designated to the opposite gender, please place the appropriate Male / Female sign on the door and if needed, a YMCA staff person will notify you that someone is waiting.

Holiday Sale

Nov. 30th: 5pm-7pm
Dec. 1st - 5th: Contact the courtesy desk for hours.
Sale takes place in the Community Room

This is a great way to decorate you home for very little cost!



Do you have holiday (Christmas, New Year, etc.) decorations that never get used? Donate them to the Y for our Holiday Sale! Contact Cathy Daniels



Group Exercise

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Land class schedules will be updated monthly. For the most up-to-date schedule, please see the front desk for a printed copy, or check out www.clintoncommymca.org or the Clinton YMCA app.

Les Mills BODYPUMP

One of the world’s fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift, and curl with chart-topping music and cutting edge choreography. Used with your choice of weights. Highly-trained instructors allow you to safely get results you’ve been looking for!

Les Mills BODYCOMBAT

An empowering cardio workout. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, and Muay Thai. During this ultimate warrior workout, you will strike, punch, kick, and, kata your way through calories to superior cardio fitness.

Les Mills CXWORX

Hones in on the torso and sling muscles that connect your upper body to your tummy and butt,

while also improving functional strength and assisting in injury prevention. It will help you run faster... Play harder... Stand Stronger!

BODYATTACK

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way.

Zumba

Eliminate the “work” from working out by combing irresistible Latin and International music with dynamic, yet simple exercise moves, using a unique intermittent training format.

Class descriptions continued on next page >>>>>>>>>>



Group Exercise Cont.

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Les Mills GRIT Strength

The 30-minute HIGH-INTENSITY interval training workout, designed to improve strength and build lean muscle.

Les Mills GRIT Plyo

The 30-minute HIGH-INTENSITY interval training plyometric based workout, designed to make you perform like an athlete.

Les Mills BODYFLOW

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and carefully structured series of stretches, moves, and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Stretching and Strengthening

Yoga, stretching, easy ab work, and some light weight work.

Spinning

A tough cardio workout on our spinning bikes. Bring a water bottle & towel.

Jump Start Your Fitness

This class mixes low-impact aerobics with equipment-based exercise to get your body moving and your heart pumping. Drawing inspiration from a variety of fitness disciplines, this class is a great introduction or reintroduction to group fitness. Whether you're just starting your fitness journey, or returning to exercise after a break, this class is for you!

Coming Soon!

Bliss Yoga starts
October 3rd!

Must be 13 years old to attend fitness classes.

Fit card fee per month:

Y Member \$12.00

Participant \$55.00

Land class schedules will be updated monthly. For the most up-to-date schedule, see the front desk for a printed copy, or check out www.clintoncommymca.org or the Clinton YMCA app.



Water Exercise

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Aqua Stretch

Enjoy this new way to dramatically increase your flexibility. Dynamic stretches in the water result in much greater range of motion in joints. Aqua Stretch is a one-on-one time where pool work will be scheduled. Start enjoying the benefits of Aqua Stretch now!

**Fee: Y-Member \$19 per hour
or 10 hours for \$170.**

Snorkels & Fins

This is the class for you if you want to swim laps, but have a problem getting the rhythmic breathing down. This class helps you burn calories, work on all major muscles, and strengthen your core without putting stress on your joints. The YMCA will provide the fins. Masks/goggles, nose plugs & snorkel will need to be purchased by you. (Session card is required for the class. Adults only: \$12)

Aquacise- Aquacise is a low to moderate intensity water aerobic class that consists of warm-up, cardio, flexibility exercises and cool down. Ability to swim is not necessary.

Arthritis Water Exercise - Designed to help those with arthritis manage symptoms and maintain independence. It may result in physical benefits such as decreased pain, stiffness, and fatigue using slow movements under the water.

Water Walking – Increases muscle tone and flexibility. Improves circulation and coordination. Uses a ski-belt to walk the deep end of the pool.

***May be attended by 13 yr & up.**

Fit card fee per Month:

Y Member \$12.00

Non-Member \$55.00

Private Swim Lessons

Basic skills and getting comfortable in the water. Don't let your age prevent you from learning a new skill!

Four 30-minute classes

Y Member \$45.00

Non-Member \$112.00

Call Cathy for available times and to schedule.



Special Classes/Programs

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Paramount / Free-Weight Orientation

Members are introduced to the Paramount circuit, recumbent bikes, stair steppers, elliptical machines and treadmills. If requested, they may also be shown free weights and a few proper lifting techniques. Orientations are held by appointment. Sign up at the Courtesy Desk and allow 1 hour for orientation.

Monthly Pot-Luck

Bring your appetite & your favorite dish & enjoy good food with good friends. Potlucks are held the 4th Wednesday of every month - 11:15 a.m. - 12:00 p.m.

Enjoy a fun game of **dominoes** following the pot-luck.

RED CROSS CPR & FIRST AID CLASS
October 15
CPR Fee: 80.00
Certification (is good for 2 years).
Recertification \$50
Must have 3 registered / limit 7
Call the Courtesy Desk for times.

Otters Swim Team



5-18 year olds Season Runs Sept. - March
Fee: \$45 per month. Clinton YMCA Membership required
Parent Information Meeting & Registration - August 29 6:30PM in the Community Room

Practice Schedule will be posted on Otters Swim Team Board in Pool Viewing Area

RED CROSS Lifeguard Class **Let's Save Lives!**

Classes will be scheduled with demand & as pool time becomes available.
Call the Y for upcoming dates and times.

Must be **16** years old.
300 yard swim test is required.

Class takes at least 30 hours of in pool and classroom instruction.
Fee: \$195

Please consult your physician before starting an exercise program. Using any exercise equipment involves a certain level of risk. We recommend that you always use a spotter when lifting. Wellness Center & Weight Rooms are not monitored by fitness staff. The Clinton Community YMCA does not provide insurance for Members, Non-Members or Visitors.



Arts & Humanities Special Programs

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAY, CREATE, DREAM!

K-3rd and 4th-8th Grade

ART PROGRAMS

This program is offered on Tuesday evenings at 5:00 and 7:00 PM depending on the age group.

Children will learn new art techniques from local artists. They will also be building upon their current skill sets.

Members: \$35

Participants: \$45

Only 15 spots available per group per session!

Future session fees may vary depending on projects and supply costs.

Y-Survive

November 6 - January 28

Challenge yourself to stay on track through the holidays with this 12-week program. For just \$25, you can choose from one of two levels, get a long-sleeved tee shirt & win great prizes!

Level 1: Begin with 2 hours of exercise a week, and add an hour every two weeks until you're at 6 hours a week.

Level 2: 6 hours of exercise per week for the full 12 weeks!

Registration begins October 1

Lil' the Explorer Time

For ages 3-5

Every Friday 10:00-10:30 am.

Cost \$5 per Friday. On months with 5 Fridays, attend the first 4 Fridays and get the 5th Friday free!

During Lil' Y Explorer Time, toddlers get to explore different monthly themes through music, dance, fitness, crafts, and books.

Register in person at the YMCA by the Wednesday before.



Donations are always welcome for the

Arts & Humanities Program!

Please contact Tristan if you have any questions.

