

Kishwaukee Family YMCA Programs

Spring Session | April 15-June 3 | REGISTRATION GOING ON NOW | REGISTER AT KISHYMCA.ORG

*Not sponsored by Dist. #427 or #428



DeKalb County Swim Team

The Kishwaukee Family YMCA's DeKalb County Swim Team is recruiting new swimmers to join the team and all kids are invited to try it out! The season kicks off with Stroke Clinic and Rookie Week. Stroke clinic and Rookie Week offer families the opportunity to test the swim team environment and receive placement evaluations.

Stroke Clinic

Stroke clinic focuses on improving swimming skills, technique in all four competitive strokes and improving endurance.

April 16-May 2

Returning swimmers 8 and younger and new swimmers 12 and younger.

Tuesday/Thurs 6:00pm-7:00pm

Returning swimmers 9 and older and new swimmers 13 and older

Tuesday/Thurs 7:00pm-8:00pm

DCST Informational Meeting for Parents of New Swimmers

Tuesday, April 30 at 6:15pm

YMCA Lap Pool Lobby

For parents of new swimmers or those interested in joining DCST.

DCST Rookie Week (Give it a try week)

Rookie Week is an opportunity to try out the team and meet the coaches!

May 6-May 10

Monday-Thursday will be practice

6:00-7:00pm for 8 and under

6:00-7:30pm for 9 and older

Friday is a mock meet for all ages

Warm-ups: 6:00-6:30pm

Meet: 6:30-7:30pm

Parent / Child Swim

Two levels of progression will see your child through water adjustment into basic skills accompanied by at least one adult guardian.

6m-3yrs

Various times M-S

Fee: \$28 M/ \$47.25 NM

Preschool Swim Lessons

Children are taught basic skills including water propulsion, floating, body awareness and independence.

Ages 3-5yrs

Various Times M-S

Fee: \$55 M/ \$94.50 NM

Youth Swim Lessons

This program follows Y-USA's guidelines to swim lessons focusing on growth, safety, stroke development, water games, and rescue.

Ages 6 - 12yrs

Various Times M-S

Fee: \$55 M/ \$94.50 NM



April Youth Personal Training Special

50% OFF all Personal Training Packages for youth 17 and under when you sign up in April.

Is your child looking to enhance athletic performance, learn healthy habits and build self-confidence? Check out YMCA Personal Training

Contact Amanda Peck for more information. apeck@kishymca.org

Women Only Weightlifting Workshop: All about Dumbbells

Ages 18 and up

Thursday, April 11 5:30-7:00pm

The #WOWW, will teach participants how to incorporate dumbbells into everyday training. This workshop will be hands-on, easy to follow, and a guaranteed fun-filled experience to energize your workouts using this simple, yet effective tool!

Fee: \$20 M/ \$20 NM

The first 8 registered will receive a #WOWW cinch bag!

Special Youth Wellness Center Orientations (8-15 years old)

Thursday, April 11th

5:30-6:00pm & 6:00-6:30pm

First come first served. A maximum of 10 kids in each ½ hour time slot.



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2019-2020 Preschool Registration Opens

Returning Student Registration - April 1
New Student Registration - April 15

No School, No Problem

No School, We've got you covered. Parents' work schedules do not always match schools days off, continuous activities are offered during breaks and inclement weather at the Kishwaukee Family YMCA through our No School, No Problem program. The days are divided into 3 sections, Crafts & Sports, Lunch & Learn and Game Time. **No School, No Problem is offered to children enrolled in Kindergarten thru 8th grade**

Friday, April 19
7:00am-5:30pm

\$35/Day
Please pack a lunch, water bottle, swim suit, towel and backpack.



REGISTER TODAY FOR THE BEST SUMMER EVER!

YMCA Summer Camp is just around the corner and we have an exciting summer planned. Give your kids a summer to remember!

For more information please visit:
kishymca.org/program/summer-camp/

the Y FOR YOUTH DEVELOPMENT FOR HEALTHY LIVES FOR SOCIAL RESPONSIBILITY

Healthy Kids Day®
JOIN US FOR A NIGHT OF FAMILY FUN!

AWAKEN SUMMER IMAGINATION!
Friday, April 26 5pm-7pm
Kishwaukee Family YMCA

HKD SPECIAL! ONE DAY ONLY!
\$0 JOINING FEE

Free & open to the public!

Every year the Y celebrates Healthy Kids Day, the Y's national initiative to improve the health and well-being of kids and families. For many years, Healthy Kids Day has celebrated kids health and continues to teach healthy habits, encourage active play and inspire a lifetime love of physical activity.

Activities Include:
Vendor Fair
Interactive Karate Demonstrations
Family Roller Skating (5-7pm)
Youth Wellness Center Orientations
Preschool Open House
Family Open Swim (6:30pm-9:00pm)
Balloon Animals
Face Painting
Family Fitness Class
Raffles, Raffles, Raffles!
and so much more!

Kishwaukee Family YMCA
2500 W. Bethany Rd.
Sycamore, IL 60178
815.756.9577 www.kishymca.org



TWO-DAY GUEST PASS

As a leader in our nation's movement toward better health, the **Kishwaukee Family Y** is committed to providing quality services and care to keep children, adults and families in DeKalb County happy and healthy. Please enjoy two free visits to the Y when you show this pass at the front desk. A valid photo ID is required for entry.