

# IT'S FALL HAPPENING!



## 2024 PAV YMCA FALL PROGRAM GUIDE



### Fall Session I September 3–October 27

Member Registration: 8/12  
Guest Registration: 8/19

### Fall Session II October 28–December 22

Member Registration: 10/7  
Guest Registration: 10/14



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Pav YMCA

## Serving Our Community Since 1970



### OUR MISSION:

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

### OUR CAUSE:

At the Y, strengthening community is our cause; we work side-by-side with our neighbors every day. Our approach helps us make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

### OUR HISTORY:

The Pav YMCA is a chartered member of the YMCA of the USA. YMCAs welcome all faiths, races, ages, incomes, and abilities. We are one of the nation's 2,686 YMCAs which serve more than 21 million people, including 10 million children, through a broad range of programs focused on spirit, mind and body.

The Pav YMCA was formed in 1970 to serve central Cook County in Illinois—specifically the near west suburban communities of Chicago which include Berwyn, Cicero, Stickney, Lyons, Forest View, Riverside, and North Riverside. We are a charitable, not-for-profit, 501(c)3 organization with the mission to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

After initially providing programs and services out of storefront facilities, churches, and schools, our YMCA facility was completed and opened in 1986. Since then, our building at the corner of 29th Street and South Oak Park Avenue in Berwyn has undergone two expansions—one to expand the second-floor Wellness/Fitness Center, and the other to accommodate a handicap accessible elevator and a multi-purpose Senior Center.

Our organization is an independent, community-based YMCA. Our volunteer base involves community-minded individuals, including our volunteer Board of Directors. The Pav YMCA annually employs full and part-time staff. We have a diverse membership of individuals, nearly one-third of whom are seniors, and we see nearly one-half million visitors each year.

[Sign up for our weekly e-blast to stay updated on the latest happenings!](#)



# HELPFUL INFORMATION



**ADDRESS:** 2947 S Oak Park Ave, Berwyn, IL 60402

**PHONE:** 708.749.0606

**WEBSITE:** [www.pavymca.org](http://www.pavymca.org)

## EXECUTIVE STAFF

Jamie Kucera Executive Director/CEO	jkucera@pavymca.org Ext. 311
JR Anderson Membership Director	ganderson@pavymca.org Ext. 318
Argelia M. González Finance/HR Director	agonzalez@pavymca.org Ext. 322
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Raj Waller Senior Program Director	rwaller@pavymca.org Ext. 320

## OPERATIONS & PROGRAM STAFF

Aimee Cortes Program Director	acortes@pavymca.org Ext. 319
Kathy Kozlick Senior Services Director	kkozlick@pavymca.org Ext. 340
Minerva Medeles Associate Membership Director	mmedeles@pavymca.org Ext. 341
Jenny Murphy School Age Child Care & Camp Director	jmurphy@pavymca.org Ext. 321

## BOARD OF DIRECTORS

The Pav YMCA is seeking professional individuals and community leaders to serve on its volunteer Board of Directors. This is a working board which meets monthly at the Pav YMCA. Responsibilities of the Board include establishing policies for the organization, securing contributions for the Annual Support Campaign, participating in annual fundraisers, active committee work and serving as community advocates for the Pav YMCA and its mission.

For more detailed information on applying for Board membership, contact Jamie Kucera, Executive Director/CEO at ext. 311 or [jkucera@pavymca.org](mailto:jkucera@pavymca.org).

*Information regarding programs and services listed in this brochure is subject to change without notice as a result of new information, changes in pricing and schedules, and the availability of resources.*

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## BUILDING HOURS

Monday-Friday	6:00am-9:00pm
Saturday	7:00am-3:00pm
Sunday	8:00am-3:00pm

## BABYSITTING HOURS

Monday - Friday	9:00am-11:55am
Monday - Thursday	5:00pm-7:55pm
Saturdays	8:00am-10:55am
Sundays	Closed

## 2024 HOLIDAY CLOSINGS

New Years Day	January 1	Closed
Easter	March 31	Closed
Memorial Day	May 27	Closed
Independence Day	July 4	Closed
Labor Day	September 2	Closed
Thanksgiving	November 28	Closed
Christmas Eve	December 24	Closed
Christmas Day	December 25	Closed
New Years Eve	December 31	Closed

# MEMBERSHIP SERVICES



JR ANDERSON  
Membership Director  
708.749.0606 ext. 318  
ganderson@pavymca.org

## NOT A MEMBER? JOIN TODAY!

For more details on membership rates and types, please contact our Membership Director or visit our website.

### FAMILY

(2 adults & children 20yrs old & under;  
21-22yrs with valid school ID)

**MONTHLY FEE: \$76\* JOINER FEE: \$76\***

### SINGLE PARENT FAMILY

(1 adult & children 20yrs old & under;  
21-22yrs with valid school ID)

**MONTHLY: \$60\* JOINER FEE: \$60\***

### COUPLE

(2 adults 19+yrs old)

**MONTHLY: \$62\* JOINER FEE: \$62\***

### ADULT INDIVIDUAL

(19+yrs old)

**MONTHLY: \$48\* JOINER FEE: \$48\***

### YOUTH

(18yrs old or younger)

**MONTHLY: \$28\* JOINER FEE: \$28\***

\*Joiner Fee in the amount of the selected monthly membership type is due at time of joining, along with a prorated portion of the monthly membership fee.

## FINANCIAL ASSISTANCE

Every year, the Pav YMCA's Annual Support Campaign raises charitable, tax-deductible contributions from individuals, local businesses, corporations and foundations in support of membership and program scholarships.

Fee assistance is limited to members of the Pav YMCA with demonstrated financial need who reside in the communities we are officially chartered to serve: Berwyn, Cicero, Stickney, Lyons, Forest View, Riverside and North Riverside. An application and proof of need are required for financial assistance. Assistance will be granted to the extent that scholarship funds are available.

Contact JR Anderson, Membership Director, at ext. 318 or [ganderson@pavymca.org](mailto:ganderson@pavymca.org) for more information.

## REFER A FRIEND

Working out with a friend helps you both stay on track to a healthier lifestyle and it's more fun! Refer a friend to join the Y and you'll receive one month free when they continue membership for three consecutive months. Must complete a friend referral form at the time of joining.

## MEMBERSHIP FOR ALL

We offer financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Apply in person at the front desk, or a printable PDF version can be found on our website under our membership page.

## GUEST PASSES

Guest passes are available. The cost for ages 19 and older is \$10, and for youth 18 and under is \$6. All guests must present a photo ID and register at the front desk. Upon entry guests will be required to sign a waiver form. Youth 17 and under must have a parent or guardian complete the waiver form. While in our facility, guests must adhere to all policies and guidelines. Age and availability restrictions may apply. Passes are valid for the day. Please see page 17 concerning teen orientation requirements for ages 13-15.

## NATIONWIDE MEMBERSHIP

Pav YMCA members may visit any participating YMCA in the United States; however, not all memberships will qualify for nationwide membership. Nationwide member visitors must use their home Y at least 50% of the time.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, to end program participation, and to remove visitation access. Please note: participating in the YMCA Nationwide Membership Program, you agree to release the National Council of Young Men's Christian Associations of the United States of America, and its independent and autonomous member associations in the United States and Puerto Rico, from claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law. We welcome all YMCA members to our facility.

Scan the QR code below or refer to our website for more details about Nationwide Membership.



# POLICIES & GUIDELINES

## BEHAVIOR GUIDELINES

Pav YMCA reserves the right to suspend or cancel a membership if the member's behavior or language is judged to be in conflict with the welfare of other members, guests, staff, or the YMCA's mission.

## OUR CODE OF CONDUCT

The PAV YMCA is committed to providing a safe, welcoming and inclusive environment. We ask everyone; staff, members and guests, to follow our code of conduct based on our core values of caring, honesty, respect and responsibility.

- For their safety, children 9 years of age and younger must be accompanied by an adult.
- This is a smoke-free facility; please refrain from smoking in or around the building.
- Possessing alcohol or illegal substances on the PAV YMCA property is prohibited.
- Keep our facility safe by never carrying weapons or objects that may be used as weapons.
- Please refrain from using physical or verbal abuse toward any member, guest or staff.
- Respect the property of others and the Pav YMCA; never engage in theft or destruction.
- Conversation should be appropriate and inviting for all. Please do not use explicit language.
- Photography, videotaping, and cell phone usage are prohibited in the locker room and restroom areas.
- Appropriate and modest attire should be worn at all times.

## AGE GUIDELINES

Children age 9 and younger cannot be left unattended in the building. If utilizing a child watch program, their policies must be followed.

## INSURANCE DISCLAIMER

Pav YMCA does not carry medical, accident or loss of personal property insurance for any program participant, member or guest, as this would drastically increase the cost of our program fees. Please review your insurance policies to be certain that proper coverage is in place to protect you and your family.

## PHOTO DISCLAIMER

Pav YMCA classes and events are photographed for promotional purposes. If you wish to be excluded, please advise a staff person or the photographer.

## MEMBERSHIP CANCELLATIONS

- Pav YMCA memberships are non-refundable.
- All membership cancellations, billing changes or holds need to be made 10 days prior to any credit card or bank-draft by written notice.
- Members who are credit card or bank-drafted have 90 days past their last draft day to notify the Y of any discrepancy for possible refund.
- If a payment is returned for any reason, (NSF, declined credit card, etc.) a \$25 return fee will be issued. Memberships may be canceled by the YMCA due to unpaid fees or failure to properly cancel.

## DEPOSITS, CREDITS & REFUNDS

- Pav YMCA memberships, program deposits and gift certificates are not refundable.
- Credit vouchers can be applied to any YMCA program and can be used by any family member. They are NOT redeemable for cash and are NOT transferable between memberships.
- Vouchers expire 6 months from date of issue.

## MAKE-UP/MISSED CLASSES

Classes missed for any reason will not be made up, credited or refunded, unless it is due to an emergency. Attendance is the responsibility of the participant.

## LATE/PRORATED CLASS FEES

All classes are prorated. If you enroll in classes after the session started, you will only be charged for the remaining classes you registered for.

## CLASS CREDITS/REFUNDS

- A full credit or refund will be issued if the class is canceled by the Y.
- A credit or refund will be issued to participants choosing to withdraw from a program one week before the session begins.
- Refunds will not be issued to participants who withdraw from a program beyond a week prior to session start unless accompanied by a doctor's note. All credits and refunds requested by the participant are subject to a \$5 processing fee.
- No credit or refund will be issued for individual classes canceled due to weather.
- Please allow at least three weeks for refunds via check. Credit/Refund requests that are submitted must be approved by the Program or Membership Director and endorsed by the Executive Director/CEO. All requests are subject to denial.

## CLASS CANCELLATIONS

- We reserve the right to cancel, reschedule or combine classes that do not have sufficient enrollment.
- In the event a class is canceled for the session, a full refund or credit will be issued. Participants will be notified at least 24 hours prior to the first class meeting.

## PERSONAL PROPERTY DISCLAIMER

The Pav YMCA is not responsible for lost, stolen, or damaged personal items and/or property. Please utilize the lockers in the facility to secure your belongings. Locks may be available for purchase at the Front Desk.

# RENTALS



JR ANDERSON  
Membership Director  
708.749.0606 ext. 318  
ganderson@pavymca.org

## POOL PARTY RENTALS (3 HRS)

Get your group together for a SPLASH of a party! Great for birthdays, family reunions, youth groups and more! A 3-hour package comes with a private party room and includes 1 hour of pool time. Rooms are set up according to party size. Guest estimation is required for pool rentals to ensure proper lifeguard ratios.

3 hr. party room (includes 1 hr. non-exclusive pool time):

Member: \$275

Guest: \$325

\*Non-Exclusive pool rentals are scheduled on Saturdays and Sundays during business hours. Pool is shared with the public.

3 hr. party room (includes 1 hr. exclusive pool time):

Member: \$315

Guest: \$380

\*Exclusive pool rentals must be scheduled after regular YMCA hours on Saturdays or Sundays. We provide lifeguards for all pool parties. There is 5:1 pool ratio (for every 5 children, we ask that there is 1 adult over 18 years accompanying them in the pool).

## MEETING SPACE & OTHER ACCOMMODATIONS

Need a room for your next business training or team building activity? Want to get some extra gym time for your sport team? We've got the perfect rental solutions!

### ROOM RENTAL

Member: \$110/hr

Guest: \$135/hr

### GYM ONLY (EXCLUSIVE)\*

\*After normal business hours

Member: \$130/hr

Guest: \$155/hr

### POOL ONLY (EXCLUSIVE)\*

\*After normal business hours

Member: \$150/hr

Guest: \$175/hr

### RENTAL ACCOMMODATIONS

- Wi-Fi
- Seating for up to 75 guests
- 30 minutes prior to each party allotted for setup

## GYM PARTY RENTALS (3 HRS)

Celebrating a graduation, birthday or just want to get a group of friends together? A gym rental at the Pav YMCA is the perfect way to do so! A 3-hour package comes with a private party room and includes 1 hour of exclusive gym time.

Member: \$295

Guest: \$360

\*Exclusive gym rentals must be scheduled on Saturdays or Sundays after normal YMCA hours.

## FIELD TRIPS TO THE Y

What better place to take a field trip than to the YMCA? Celebrate a successful testing season, the end of a fun school year or just to have a day of activities outside of the building!

A field trip at the Y includes access to a multi-purpose room, the pool and gym time. Rentals are coordinated and customized to accommodate your group. All offered activities are run by quality staff who are American Red Cross First Aid/CPR/AED Certified.

### Activities Offered:

- Bingo
- Volleyball
- Dodgeball
- Open Swim
- Arts & Crafts
- Fitness Circuits
- Ice Cream Social (additional \$3 per child)

The cost per child is \$5 for the day.

Space is provided for eating lunch.

For more information on bringing your class to our facility, please contact our Membership Director, JR Anderson at ext. 318 or ganderson@pavymca.org.

### PLEASE NOTE:

All rentals must be paid in full one week prior to event.

Party rental packages are for 3 hours.

No alcohol is allowed on the Pav YMCA premises.

Guest estimation required for all rentals.



# EXCLUSIVE RENTALS



**NOW  
AVAILABLE!**

## **BOUNCE HOUSE PARTY RENTALS**

Take your next party up a notch with our new bounce house rental! A 3-hour package comes with a private party room and includes the use of the gym and inflatable bounce house for 2 hours. For a stress-free experience, a designated staff member will be there to handle setup/breakdown. Please contact our Membership Director, JR Anderson at ext. 318 or [ganderson@pavymca.org](mailto:ganderson@pavymca.org) for complete details and availability.

3 hr. party room (includes 2 hrs. of gym time with bounce house)

Member: \$500

Guest: \$580

## **VENDOR RENTALS**

We offer vendor rentals that are contractual for a duration of the year. Spaces available to rent include pool, gym and room rentals. Contracts must be completed by the Senior Program Director based on agreements and signed by all parties. For more information on vendor rentals, please contact our Senior Program Director, Raj Waller at ext. 320 or [rwaller@pavymca.org](mailto:rwaller@pavymca.org).

# YOUTH DEVELOPMENT



**JENNY MURPHY**  
School Age Child Care/  
Camp Director  
708.749.0606 ext. 321  
jmurphy@pavymca.org

## ENRICHING KIDS INSIDE & OUT

Our staff provides a wide variety of daily activities during Before & After School Care and School's Out Days! We focus on education through STEM and reading, empower creativity with art, encourage physical activity with sports and swimming, all while instilling the YMCA core values of caring, honesty, respect and responsibility. Staff are also trained in American Red Cross CPR/First Aid/AED and Child Abuse/Bullying Prevention.

## BEFORE & AFTER SCHOOL CARE (K+)

The Pav YMCA partners with Berwyn South School District 100 to provide high-quality before and after school child care. Children participate in arts & crafts, sports, group games and receive homework help. A healthy snack is served each day. Care is offered every full day of school for Berwyn South School District 100.

RATES*	MEMBER	GUEST
Before Care	\$10/day*	\$12/day*
After Care	\$15/day*	\$17/day*

\*Payments will be made on a weekly basis. Payments are required to be made the Friday prior to the week registered.

Registration: Ongoing throughout the school year. A \$40 non-refundable registration fee is required. \*\*New enrollment will begin weekly on Mondays only.\*\*



## SAVE THE DATE!

Before & After School Care Parent/Guardian Night will be held on Friday, August 23 from 6:00-7:00 PM.

## BERWYN SOUTH SCHOOL DISTRICT 100

Schools served: Emerson/Heritage, Hiawatha, Irving, Komensky, Pershing, & Piper.

AM: 6:30am -Start of School Day

\*Irving and Emerson/Heritage morning care is held on site. Hiawatha, Komensky, Pershing & Piper morning care is held at the Pav YMCA.

PM: End of Full School Day - 6:00pm

\*Piper and Hiawatha schools, after care is held at Komensky. Irving, Emerson/Heritage, and Pershing after care is held on site.

## SCHOOL'S OUT DAYS AND BREAK CAMPS (K-9)

We coordinate days off from school that are fun and engaging for Berwyn South School District 100 students. Activities include swimming, arts and crafts, sports and much more.

Before & After Care for School's Out Days is available at no additional cost. Full days run from 9:00am to 4:00pm. Before & After Care starts at 6:30am and ends at 6:00pm.

RATES*	MEMBER	GUEST
Full Day	\$45	\$55
Half Day	\$25	\$35

## SCHOOL'S OUT DAYS

September 3\*  
October 14-15  
November 4-5  
January 20-21\*  
February 17 & 25  
March 3  
April 18



\*Indicates a partner school district has a designated half day and programming is provided at the Pav YMCA for those students.

## THANKSGIVING CAMP (11/27-11/29)

11/27: Dress Like A Turkey Day  
11/28: NO CAMP  
11/29: Show & Tell

## WINTER CAMP (12/23-1/6)

12/23: Holiday Sweater Day  
12/26: Sports Day  
12/27: Tie Dye Day  
12/30: Superstar Day  
1/2: Career Day  
1/3: Bring Your Favorite Toy/Stuffed Animal Day  
1/6: Superhero Day

## SPRING BREAK CAMP (3/31-4/4)

3/31: Costume Day  
4/1: Olympics Day  
4/2: Carnival Day  
4/3: Disney Day  
4/4: Plant Day





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EAT PASTA WITH A PURPOSE

14th Annual Roy Olsen Pastapalooza  
Pav YMCA

Friday, September 20  
11:00 AM – 7:00 PM

2947 S Oak Park Ave, Berwyn, IL 60402

Adults (ages 12+): \$10

Kids (ages 4–11): \$7

Ages 3 & under: FREE



**Reserve your tickets today!\***



Ticket includes: pasta, marinara sauce, meatballs, salad, bread, dessert, coffee & water. Plus entertainment for all ages, featuring a Kids Corner, bake sale, raffles galore, & more!

**It's not a dinner...it's an event!**

\*Please note, online ticket reservations will be subject to a processing fee. Tickets are also available to purchase at the Pav YMCA.

# ARTS & HUMANITIES



**AIMEE CORTES**  
Program Director  
708.749.0606 ext. 319  
acortes@pavymca.org

## BEGINNER BALLET (4-5YRS)

Beginner ballet steps and stretching techniques are taught in a fun, friendly and positive format. Students will also learn a complete ballet dance routine.

## BALLET/TAP BASICS (4-6YRS)

This beginner level class will cover basic ballet and tap techniques.

## BALLET/TAP INTERMEDIATE (7+YRS)

This intermediate level class will begin with barre work and center floor steps for ballet and tap.

## LATIN DANCE (5-14YRS)

Students will learn different styles of Latin dance with a focus on rhythm, musicality, coordination, and listening skills.

Program	Age	Day	Time	SESSION I		SESSION II	
				Member	Guest	Member	Guest
Beginner Ballet*	4yrs-5yrs	Fr*	4:15pm-4:50pm	\$88	\$104	\$77*	\$91*
Ballet/Tap Basics*	4yrs-6yrs	Fr*	5:00pm-5:50pm	\$98	\$114	\$84*	\$98*
Ballet/Tap Intermediate*	7+yrs	Fr*	6:00pm-6:50pm	\$98	\$114	\$84*	\$98*
Latin Dance	5yrs-9yrs	Tu	6:00pm-6:45pm	\$88	\$104	\$88	\$104
Latin Dance	10yrs-14yrs	Tu	7:00pm-7:45pm	\$88	\$104	\$88	\$104

\*Fall Session II is 8 weeks long with only 7 Thursday, Friday, Saturday and Sunday classes due to the Thanksgiving holiday.



## ADVENTURE CLUB (5-13YRS)

This class is perfect for kids and teens looking to learn leadership skills through themed indoor and outdoor activities.

## INTRO TO MUSIC PRODUCTION (5-14YRS)

This class will be taught by the Berwyn School of Music. Through the use of software, live instruments, voice and sampling, participants will get a crash course in music recording, production, songwriting, collaboration and basic music theory. The Berwyn School of Music will provide a basic mobile recording studio setup and the instructor will lead the kids through the process of producing songs from start to finish.

Program	Age	Day	Time	SESSION I		SESSION II	
				Member	Guest	Member	Guest
Adventure Club*	5-8yrs	Mo*	5:00pm-5:45pm	\$77*	\$91*	\$88	\$104
Adventure Club*	9-13yrs	Mo*	6:00pm-6:45pm	\$77*	\$91*	\$88	\$104
Intro to Music Production*	5-9yrs	Sa*	12:00pm-12:45pm	\$200	\$225	\$175*	\$200*
Intro to Music Production*	10-14yrs	Sa*	1:00pm-1:45pm	\$200	\$225	\$175*	\$200*

\*Fall Session I is 8 weeks long with only 7 Monday classes due to the Labor Day holiday. Fall Session II is 8 weeks long with only 7 Thursday, Friday, Saturday and Sunday classes due to the Thanksgiving holiday.

In order to provide the best experience for participants and decrease distractions, we ask parents and guardians to remain outside of the room while class is in session (excluding Aquatic programs). Parents and guardians of children under 10 years old must remain in the facility during class. Front Desk staff can provide a facility tour and information on waiting area accommodations.

# TEEN FITNESS



**AIMEE CORTES**  
Program Director  
708.749.0606 ext. 319  
acortes@pavymca.org



## TEEN FITNESS ORIENTATIONS

All teens ages 13-15 years old must complete an orientation in order to use the wellness center on their own. This 30-45 minute orientation is designed to get teens accustomed to our cardio and machine weights. Once they have successfully completed the teen orientation, they may use the indoor track, cardio equipment and all machine weights at their own convenience without the supervision of a parent or guardian. Teen orientations do not allow them access to any free weights in our facility. If they are already using free weights for sports at school, a letter from their coach must be given to the Program Director granting them access to the free weights.

Any child under the age of 13 must have a written doctor's statement granting them access to use the cardio equipment and machine weights. Youth under the age of 13 must be accompanied by their parent or guardian at all times. The doctor statement must be signed by their primary care physician and given to the Program Director.

Teen orientations are by appointment only. Contact our Program Director, Aimee Cortes, at ext. 319 or [acortes@pavymca.org](mailto:acortes@pavymca.org) to make an appointment today!

# MARTIAL ARTS



**AIMEE CORTES**  
Program Director  
708.749.0606 ext. 319  
acortes@pavymca.org



## BEGINNER & ADVANCED TAE KWON DO (5-12YRS)

This Korean form of martial arts focuses on technique, fitness and self-defense. We offer beginner and advanced classes. In addition to our regularly scheduled Monday/Wednesday classes, we also offer separate Monday and Wednesday classes.

Program	Age	Day	Time	SESSION I		SESSION II	
				Member	Guest	Member	Guest
Beginner Tae Kwon Do*	5-12yrs	Mo*/W	6:00pm-7:00pm	\$198*	\$214*	\$208	\$224
Beginner Tae Kwon Do*	5-12yrs	Mo*	6:00pm-7:00pm	\$91*	\$98*	\$104	\$112
Beginner Tae Kwon Do	5-12yrs	W	6:00pm-7:00pm	\$104	\$112	\$104	\$112
Advanced Tae Kwon Do*	5-12yrs	Mo*/W	7:00pm-8:00pm	\$198*	\$214*	\$208	\$224
Advanced Tae Kwon Do*	5-12yrs	Mo*	7:00pm-8:00pm	\$91*	\$98*	\$104	\$112
Advanced Tae Kwon Do	5-12yrs	W	7:00pm-8:00pm	\$104	\$112	\$104	\$112

\*Fall Session I is 8 weeks long with only 7 Monday classes due to the Labor Day holiday.

## KARATE UNLIMITED

Karate classes are offered by Karate Unlimited at the Pav YMCA. Registration is done separately through their organization. If you would like to sign up for karate classes, Karate Unlimited is at the Pav YMCA every Saturday accepting registrations. Call 708.953.5500 for more information.



# YOUTH SPORTS



**AIMEE CORTES**  
Program Director  
708.749.0606 ext. 319  
acortes@pavymca.org

## LITTLE BALLERS BASKETBALL (3-5YRS)

Participants will focus on individual skills and techniques required when working as a team. Fundamentals of passing, pivoting, ball handling, shooting, dribbling and defense strategies will be covered.

## YOUTH BASKETBALL (6-13YRS)

Participants will focus on individual skills and techniques required when working as a team. The fundamentals of passing, pivoting, ball handling, shooting and defense strategies will be covered.

## PRIVATE BASKETBALL & SOCCER LESSONS

In addition to private basketball lessons, we offer private soccer lessons! Whether you need help with your shot or your defense, our coaches will help you sharpen your skills and develop an individual program that gives you an advantage in the game.

## LITTLE KICKERS SOCCER (3-5YRS)

Soccer rules and fundamentals will be introduced. Kids will practice and improve footwork, passing, shooting and teamwork skills through drills and games.

## YOUTH SOCCER (6-13YRS)

Soccer rules and fundamentals will be introduced. Kids will practice and improve foot work, passing, shooting and teamwork skills through drills and games.

## YOUTH VOLLEYBALL (6-13YRS)

Instructs basic player skills, game rules and exposes young players to the experience of athletic challenge.

Program	Age	Day	Time	SESSION I		SESSION II	
				Member	Guest	Member	Guest
Little Ballers*	3-5yrs	Fr*	4:00pm-4:30pm	\$48*	\$72*	\$70*	\$84*
Little Ballers*	3-5yrs	Sa*	11:30am-12:00pm	\$80	\$96	\$70*	\$84*
Youth Basketball*	6-9yrs	Fr*	4:45pm-5:30pm	\$66*	\$86*	\$77*	\$98*
Youth Basketball*	6-9yrs	Sa*	12:15pm-1:00pm	\$88	\$112	\$77*	\$98*
Youth Basketball*	10-13yrs	Fr*	5:45pm-6:30pm	\$66*	\$86*	\$77*	\$98*
Youth Basketball*	10-13yrs	Sa*	1:15pm-2:00pm	\$88	\$112	\$77*	\$98*
Little Kickers	3-5yrs	W	4:00pm-4:30pm	\$80	\$96	\$80	\$96
Youth Soccer	6-9yrs	W	4:30pm-5:15pm	\$88	\$112	\$88	\$112
Youth Soccer	10-13yrs	W	5:15pm-6:00pm	\$88	\$112	\$88	\$112
Advanced Youth Soccer	6-9yrs	Tu	4:30pm-5:15pm	\$88	\$112	\$88	\$112
Advanced Youth Soccer	10-13yrs	Tu	5:15pm-6:00pm	\$88	\$112	\$88	\$112
Youth Volleyball*	6-9yrs	Th*	4:45pm-5:30pm	\$88	\$112	\$77*	\$98*
Youth Volleyball*	10-13yrs	Th*	5:45pm-6:30pm	\$88	\$112	\$77*	\$98*

\*Fall Session I is 8 weeks long with only 7 Monday classes due to the Labor Day holiday. There will be no programming scheduled during our Pastapalooza Fundraiser on Friday, September 20 and Halloween Happenings at the Y on Friday, October 25; therefore, there are only 6 Friday classes during Fall Session I. Fall Session II is 8 weeks long with only 7 Thursday, Friday, Saturday and Sunday classes due to the Thanksgiving holiday.

In order to provide the best experience for participants and decrease distractions, we ask parents and guardians to remain outside of the room while class is in session (excluding Aquatic programs). Parents and guardians of children under 10 years old must remain in the facility during class. Front Desk staff can provide a facility tour and information on waiting area accommodations.

# ADULT SPORTS LEAGUES



**AIMEE CORTES**  
Program Director  
708.749.0606 ext. 319  
acortes@pavymca.org



## CO-ED 18+ VOLLEYBALL LEAGUE

This is a 12 week (2 weeks playoffs) recreational or competitive co-ed adult league. Team registration form and \$50 deposit due before start date. The deposit goes towards the overall team and referee fees. Teams may pay in full or pay weekly dues. Team fee must be paid in full prior to the start of the playoffs. Minimum of 6 players and maximum fifteen players per team with at least two women per team.

Congratulations to the 2024 Spring Season Champions, Team Balls of Fire!

Fall Volleyball League  
Thursday, September 5 – Thursday, November 21

\$50 deposit      \$450/team  
\$40 weekly dues

In order to register, participants must contact our Program Director, Aimee Cortes at ext 319 or [acortes@pavymca.org](mailto:acortes@pavymca.org).

## OPEN VOLLEYBALL

Open Volleyball will run during the off season of Volleyball League. FREE to Members and current season champions! Only \$6 per Guest; pay when you play!

Thursday, December 5 & Thursday, December 12  
Every Thursday from 7:00pm–9:00pm

## OPEN PICKLEBALL

Pickleball is a fun sport perfect for all ages and skill levels. This sport combines many elements of tennis, badminton and ping-pong, and can be played as singles or doubles. Come see why this sport is so popular! Stop by the Front Desk to reserve your spot.\* We encourage you to bring your own paddles and balls as we have limited equipment available. Visit [usapickleball.org](http://usapickleball.org) for rules, tutorials and more information.

Wednesdays & Fridays from 11:00am – 2:00pm  
FREE to Pav YMCA Members, only \$10 per Guest.

\*Reservations are required to play. 30 minute time slots are available; max 1 hour per day, per person (2 rounds). Max 4 participants per court. Guest payment is due upon check-in. Reservations can be made at least one week in advance.

## MEN'S 18+ INDOOR SOCCER NIGHT

Men's Indoor Soccer Night at the Pav YMCA is every Tuesday night from 7–9pm! Ages 18 and up. Free to Members! Only \$5 per Guest; pay when you play!

## INTRAMURAL SPORTS

Whether you're a former athlete or a beginner, intramural sports is a great way to make new friends, develop your mind and body, and learn new skills. Enjoy time with your team and stay fit while enjoying games you know and love!

We will have intramural sports tournaments for:

- > Basketball (3 vs 3)
- > Volleyball (4 vs 4)
- > Soccer (5 vs 5)

\$20 per person per tournament

Dates and times will be determined based on availability. If you are interested in participating in our intramural sports, please contact our Program Director, Aimee Cortes at ext. 319 or [acortes@pavymca.org](mailto:acortes@pavymca.org).

# HEALTH & WELLNESS



**RAJ WALLER**  
Senior Program Director  
708.749.0606 ext. 320  
rwaller@pavymca.org

**GROUP EXERCISE CLASSES ARE INCLUDED WITH MEMBERSHIP AND ARE OPEN TO ALL LEVELS OF FITNESS!**  
**Must obtain Class Pass from the Front Desk. Classes are first come, first served.**

## BOOT CAMP

Strength, resistance, cardio, and interval training are all used to keep your muscles guessing through this workout.

## CARDIO BLAST

This class is a form of High Intensity Interval Training (HIIT), which incorporates short intervals of workouts preceded by levels: cardio and core emphasis with some strength training, burning up to 800 calories per class and boosting metabolism.

## CLUB REMIX

Start your Tuesdays and Thursdays off with our new group exercise class! Follow along to the instructors' choreography to old school and new school top dance songs and burn calories while having fun in this group setting.

## INDOOR CYCLING

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises.

## INTERVAL TRAINING

This class is a rigorous interval training sequence with high to low-intensity exercises. The routines feature cardio/strength and core training set by timed sets and rep intervals for the duration of the hour.

## STRENGTH & TONE

This class consists of high to low-intensity exercises featuring cardio/strength and core training for the duration of the hour.

## YOGA

This class covers the basic background of the ancient practices of traditional Yoga, including standing, forward bends, simple backward bending, twists, and resting poses. Breathing and mind-centering techniques will also be worked on. Appropriate for all skill levels from the beginner yogis to those continuing to refine their practice.

## ZUMBA

This dynamic, exciting and effective fitness system incorporates international music and dance movements that burn up to 700 calories per class! It's so motivating and fun, you won't even realize you are working out.

## Guest Infinity Passes are available!

Guests can purchase an unlimited class pass to participate in Group Exercise classes for the session. All classes are first come first serve. Participants must obtain a class pass from the Front Desk that must be turned in to the instructor prior to starting class.

**Get an Unlimited Group Exercise Class Pass for \$80 for this session.**

Class	Age	Day	Time	Member	Guest
Boot Camp	16+ yrs	Mo	9:30am-10:30am	Free w/ Membership	\$7/Class
Boot Camp	16+ yrs	Mo	6:00pm-7:00pm	Free w/ Membership	\$7/Class
Boot Camp	16+ yrs	W	9:30am-10:30am	Free w/ Membership	\$7/Class
Boot Camp	16+ yrs	Sa	8:00am-9:00am	Free w/ Membership	\$7/Class
Cardio Blast	16+ yrs	Tu	9:30am-10:30am	Free w/ Membership	\$7/Class
Cardio Blast	16+ yrs	Fr	9:30am-10:30am	Free w/ Membership	\$7/Class
Club Remix	16+ yrs	Tu	8:30am-9:15am	Free w/ Membership	\$7/Class
Club Remix	16+ yrs	Th	8:30am-9:15am	Free w/ Membership	\$7/Class
Indoor Cycling	16+ yrs	Su	8:00am-9:00am	Free w/ Membership	\$7/Class
Interval Training	16+ yrs	Th	9:30am-10:30am	Free w/ Membership	\$7/Class
Strength & Tone	16+ yrs	W	6:15pm-7:15pm	Free w/ Membership	\$7/Class
Yoga	16+ yrs	Th	7:00pm-8:00pm	Free w/ Membership	\$7/Class
Zumba	16+ yrs	Mo	7:00pm-8:00pm	Free w/ Membership	\$7/Class
Zumba	16+ yrs	Tu	7:00pm-8:00pm	Free w/ Membership	\$7/Class
Zumba	16+ yrs	Sa	9:30am-10:30am	Free w/ Membership	\$7/Class





## PERSONAL TRAINING

Are you ready to change your lifestyle? Need assistance designing a workout regimen or nutrition plan? Ready to get your fitness goals back on track? Look no further! We have certified personal trainers that can help you along your fitness journey.

Personal training packages range from 2x 60 minute sessions, up to 24x 60 minute sessions. Anyone purchasing packages of 10 personal training sessions or more will receive a 10% discount. Partner training is available for those who wish to work out together.

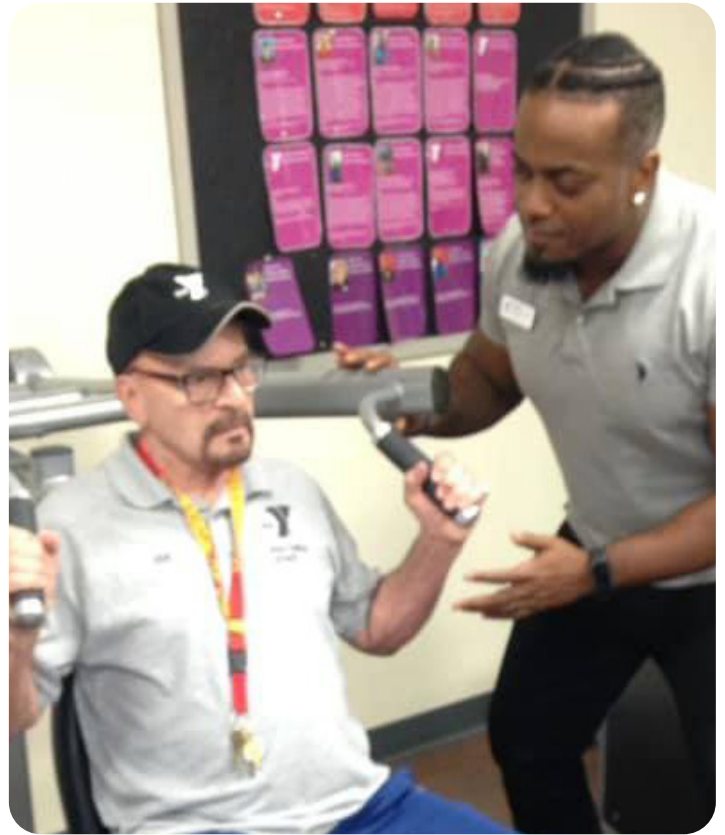
### INTRODUCTORY PROMO

3x 60 Minute Sessions  
Members: \$120   Guests: \$140

5x 60 Minute Sessions  
Members: \$225   Guests: \$250

Stop by our Front Desk to ask about payment options for larger training packages and latest seasonal personal training specials!

Personal training is by appointment only. Cancellations must be made at least 24 hours in advance.



## MASSAGE THERAPY

Add another healthy living component to your routine with massage therapy. You'll experience the many benefits of massage with reduced stress, eased pain and increased circulation. Your body and mind endure a lot during the day, so take the time to relax and enjoy a massage. Massages are by appointment only. Cancellations must be made at least 24 hours in advance.

**SPECIALS:**   2x 60 Minute Massages: \$125   2x 75 Minute Massages For \$140

**RATES:**   45 Minute Massage: \$60   60 Minute Massage: \$70   75 Minute Massage: \$80

Seniors age 55+ receive 10% off all massages. Cannot be combined with any other offer, discount or promotion. Stop by the Front Desk or contact our Senior Program Director for massage therapy inquiries.

# DIABETES PREVENTION PROGRAM



**RAJ WALLER**  
Senior Program Director  
708.749.0606 ext. 320  
rwaller@pavymca.org



## WHAT IS DIABETES?

Diabetes is a chronic disease that causes blood sugar levels to rise higher than normal. Diabetes affects more than 29 million people. A condition called prediabetes occurs when blood sugar levels are higher than normal but not high enough for a Type 2 diabetes diagnosis. More than 84 million Americans have prediabetes and are at risk of developing diabetes. Diabetes has no cure, but prediabetes can be reversed.

## ABOUT THE PROGRAM

The YMCA'S Diabetes Prevention Program is a support group that helps those at risk of developing Type 2 diabetes adopt and maintain a healthy lifestyle. This is achieved by helping participants eat better, increase physical activity, and lose a modest amount of weight in order to reduce their chance of developing the disease. Based on research by the National Institutes of Health and the Centers for Disease Control and Prevention, this program can reduce the risk of developing Type 2 diabetes by nearly 60%. This program is driven by the Centers for Disease Control and Prevention, the National Diabetes Prevention Program, and the Diabetes Prevention and Control Alliance.

## PROGRAM COST

The cost of the program is \$475 for the year. Some participants may qualify to participate in this program at either a discounted rate or cost free. For more information on how to qualify for a stipend, please contact our Senior Program Director.

## PROGRAM OVERVIEW

You will be given access to a trained Lifestyle Coach and 12 months of group support. Please note, this program is not an exercise class. Participants receive guidance on eating healthier, managing stress, preparing healthy meals on a budget, and staying motivated after the program's completion. Useful tools like a program manual, food journals, fat gram counting resources, and a complimentary family membership (up to 6 people per household) to the YMCA is provided for the entire year of participation. A minimum of 6 participants is needed in order to start each cohort.



## PARTICIPATION CONDITIONS

- 18 years or older with BMI of 25 or higher
- A1C between 5.7%–6.4%
- Fasting Plasma Glucose 100–125 MG/DL
- 2 Hour Glucose 140–199 MG/DL
- Qualified blood results in the prediabetes range are needed to confirm eligibility. Individuals who have already been diagnosed with either Type 1 or 2 diabetes do not qualify for this program.

If you or someone you know may be at risk for developing diabetes, the YMCA's Diabetes Prevention Program can help. For more information or to schedule an appointment, please contact our Senior Program Director, Raj Waller at ext. 320 or [rwaller@pavymca.org](mailto:rwaller@pavymca.org).

**NEXT COHORT TBD. PLEASE CONTACT RAJ WALLER FOR MORE INFORMATION.**

# LIVESTRONG® AT THE YMCA



**RAJ WALLER**  
Senior Program Director  
708.749.0606 ext. 320  
rwaller@pavymca.org

**NEXT LIVESTRONG® COHORT BEGINS SEPTEMBER 10. PLEASE CONTACT RAJ WALLER FOR MORE INFORMATION.**

**LIVESTRONG®**

**FOUNDATION**



## THE PURPOSE

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG® have joined together to create LIVESTRONG® at the YMCA, a research-based physical activity and well being program designed to help adult cancer survivors reclaim their total health. Cancer survivors are defined as anyone from diagnosis through remission.

LIVESTRONG® at the YMCA fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to lead their lives to the fullest.

## ABOUT THE PROGRAM

LIVESTRONG® at the YMCA is a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Over the 12 week session, participants work with Pav YMCA staff trained in supportive cancer care in a comfortable workout environment. By focusing on the whole person, LIVESTRONG® at the YMCA is helping people move beyond cancer care in spirit, mind and body.

A final goal of the program is to assist participants in developing their own physical fitness program, so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life.

## THE BENEFITS

In addition to the physical benefits, the program provides participants a supportive environment and a feeling of community with their fellow survivors, Pav YMCA staff and members.

- Build muscle mass and strength
- Increase flexibility, balance and endurance
- Improve ability to do everyday activities
- Reduce the severity of therapy side effects
- Prevent unwanted weight changes
- Boost energy levels and self esteem
- Connect with other cancer survivors

## PARTICIPATION CONDITIONS

This program is recommended for individuals who have recently finished cancer treatment or any survivor looking to regain their health and well-being. Enrollment will be handled on a case-by-case basis.

- Personally meet with the Senior Program Director
- Commits to attending 2 classes per week
- Inform your physician that you are joining
- Receives medical clearance if currently undergoing treatment

## CLASS DAYS & TIMES

Classes begin Tuesday, September 10. All classes will be held at the Pav YMCA on Tuesdays, Thursdays, and Saturdays. Please contact our Senior Program Director, Raj Waller for more information on the next cohort and to register.

## COST

The cost of the 12-week program is \$120. Some participants may qualify to participate in this program at either a discounted rate or cost free. For more information on how to qualify for a stipend, please contact our Senior Program Director. During the program, survivors and immediate family (or support) receive a three month complimentary Pav YMCA membership at no cost. At the conclusion of the 12 week program, the participants can continue their membership at a discounted monthly rate.



# AQUATIC PROGRAMS



**AIMEE CORTES**  
Program Director  
708.749.0606 ext. 319  
acortes@pavymca.org



## ABOUT OUR SWIM LESSONS

Swim lessons are 30 minutes in length. There is a 15 minute grace period between lessons to give instructors time to clean and prepare for the next lesson. Participants are initially divided into groups by age and will be moved either up or down in level if the instructor determines that their skill level exceeds or does not meet the requirements of the class. If they are enrolled in the wrong class, accommodations will be made to place them in the class that meets their skill level. Swimmers will remain in the class of their skill level until the instructor has successfully passed them on to the next level. All swim instructors are nationally certified through an accreditation approved by Y-USA standards. A parent or guardian over the age of 18 must be in the pool with all "Swim Starters" participants. Please inform the instructor of any current health conditions, mental health conditions, or behavioral concerns requiring medical attention, treatment, or special consideration while in the care of the Pav YMCA. This will allow the instructor to prepare in advance and ensure a safe environment for all participants.

## SWIM LESSON POLICIES

- > Registration remains open for all time slots throughout the first week of the session. Classes will close the second week of the session. The front desk can assist you in finding an available class that fits your needs.
- > Classes are formed based on skill and age. We reserve the right to combine skill and age as needed. The Aquatics Director or Coordinator may move your child to another level as they see fit.
- > If the Pav YMCA cancels lessons due to pool contamination, weather, or other acts of God beyond staff control, we will issue a partial credit for the day.
- > We cannot guarantee a specific instructor for a class. We recommend private lessons if your child would learn best with a specific instructor.
- > Please review all of our refund, credit and general class policies on page 5.

## SWIM STARTERS (6MO-3YRS)

Accompanied by a parent or guardian (18+), infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while adults learn about water safety, drowning prevention, and the importance of supervision.



**WHAT THEY'LL LEARN:**  
**WATER DISCOVERY**  
Introduces infants & toddlers to the aquatic environment.

Program	Age	Day	Time	SESSION I		SESSION II	
				Member	Guest	Member	Guest
Swim Starters (a)*	6mo-3yrs	Sa*	10:45am-11:15am	\$104	\$208	\$91*	\$182*
Swim Starters (b)*	6mo-3yrs	Sa*	10:45am-11:15am	\$104	\$208	\$91*	\$182*
Swim Starters*	6mo-3yrs	Su*	12:45pm-1:15pm	\$104	\$208	\$91*	\$182*

\*Fall Session II is 8 weeks long with only 7 Thursday, Friday, Saturday and Sunday classes due to the Thanksgiving holiday.

# AQUATIC PROGRAMS



**AIMEE CORTES**  
Program Director  
708.749.0606 ext. 319  
acortes@pavymca.org

## SWIM BASICS (3-12YRS)

This class will provide instruction in basic water skills including comfortable entry, submersion, floating, and an introduction to basic swimming strokes. This class is intended to help participants gain confidence and self-reliance in the water. There are typically 3 levels in the swim class. Once you have mastered all levels you will be ready for Junior Poseidon (pre-swim team level). Class size is typically 6 swimmers.



**LEVEL 1 WHAT THEY'LL LEARN:**  
**WATER ACCLIMATION**  
Increases comfort with underwater abilities & basic self-rescue skills are taught with assistance.



**LEVEL 2 WHAT THEY'LL LEARN:**  
**WATER MOVEMENT**  
Encourages forward movement & basic independent self-rescue skills.

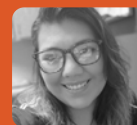


**LEVEL 3 WHAT THEY'LL LEARN:**  
**WATER STAMINA**  
Develops self-rescue skills performed at longer distances than in previous stages.

Program	Age	Day	Time	SESSION I		SESSION II	
				Member	Guest	Member	Guest
Swim Basics (a)*	3yrs-12yrs	Mo*	4:00pm-4:30pm	\$91*	\$182*	\$104	\$208
Swim Basics (b)*	3yrs-12yrs	Mo*	4:00pm-4:30pm	\$91*	\$182*	\$104	\$208
Swim Basics (a)*	3yrs-12yrs	Mo*	4:45pm-5:15pm	\$91*	\$182*	\$104	\$208
Swim Basics (b)*	3yrs-12yrs	Mo*	4:45pm-5:15pm	\$91*	\$182*	\$104	\$208
Swim Basics (a)	3yrs-12yrs	Tu	6:15pm-6:45pm	\$104	\$208	\$104	\$208
Swim Basics (b)	3yrs-12yrs	Tu	6:15pm-6:45pm	\$104	\$208	\$104	\$208
Swim Basics (a)	3yrs-12yrs	Tu	7:00pm-7:30pm	\$104	\$208	\$104	\$208
Swim Basics (b)	3yrs-12yrs	Tu	7:00pm-7:30pm	\$104	\$208	\$104	\$208
Swim Basics (a)	3yrs-12yrs	W	4:00pm-4:30pm	\$104	\$208	\$104	\$208
Swim Basics (b)	3yrs-12yrs	W	4:00pm-4:30pm	\$104	\$208	\$104	\$208
Swim Basics (a)	3yrs-12yrs	W	4:45pm-5:15pm	\$104	\$208	\$104	\$208
Swim Basics (b)	3yrs-12yrs	W	4:45pm-5:15pm	\$104	\$208	\$104	\$208
Swim Basics (a)*	3yrs-12yrs	Th*	6:15pm-6:45pm	\$104	\$208	\$91*	\$182*
Swim Basics (b)*	3yrs-12yrs	Th*	6:15pm-6:45pm	\$104	\$208	\$91*	\$182*
Swim Basics (a)*	3yrs-12yrs	Th*	7:00pm-7:30pm	\$104	\$208	\$91*	\$182*
Swim Basics (b)*	3yrs-12yrs	Th*	7:00pm-7:30pm	\$104	\$208	\$91*	\$182*
Swim Basics (a)*	3yrs-12yrs	Sa*	11:30am-12:00pm	\$104	\$208	\$91*	\$182*
Swim Basics (b)*	3yrs-12yrs	Sa*	11:30am-12:00pm	\$104	\$208	\$91*	\$182*
Swim Basics (a)*	3yrs-12yrs	Sa*	12:15pm-12:45pm	\$104	\$208	\$91*	\$182*
Swim Basics (b)*	3yrs-12yrs	Sa*	12:15pm-12:45pm	\$104	\$208	\$91*	\$182*
Swim Basics (a)*	3yrs-12yrs	Su*	1:30pm-2:00pm	\$104	\$208	\$91*	\$182*
Swim Basics (b)*	3yrs-12yrs	Su*	1:30pm-2:00pm	\$104	\$208	\$91*	\$182*
Swim Basics (a)*	3yrs-12yrs	Su*	2:15pm-2:45pm	\$104	\$208	\$91*	\$182*
Swim Basics (b)*	3yrs-12yrs	Su*	2:15pm-2:45pm	\$104	\$208	\$91*	\$182*

\*Fall Session I is 8 weeks long with only 7 Monday classes due to the Labor Day holiday. Fall Session II is 8 weeks long with only 7 Thursday, Friday, Saturday and Sunday classes due to the Thanksgiving holiday.

# AQUATIC PROGRAMS



**AIMEE CORTES**  
Program Director  
708.749.0606 ext. 319  
acortes@pavymca.org

## JR. POSEIDON (5-15YRS)

Having mastered the fundamentals, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits. Students learn additional water safety skills and build stroke technique, as well as develop skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



### LEVEL 4

#### WHAT THEY'LL LEARN: STROKE INTRO

Introduces basic stroke technique in front crawl, back crawl & elementary backstroke.



### LEVEL 5

#### WHAT THEY'LL LEARN: STROKE DEVELOPMENT

Introduces breast-stroke & butterfly; reinforces water safety by treading water & sidestroke.



### LEVEL 6

#### WHAT THEY'LL LEARN: STROKE MECHANICS

Refines technique on competitive strokes & encourages swimming as a healthy lifestyle.

Program	Age	Day	Time	SESSION I		SESSION II	
				Member	Guest	Member	Guest
Jr. Poseidon*	5yrs-15yrs	Sa*	1:00pm-1:30pm	\$112	\$224	\$98*	\$196*
Jr. Poseidon*	5yrs-15yrs	Su*	12:45pm-1:15pm	\$112	\$224	\$98*	\$196*
Jr. Poseidon	5yrs-15yrs	Tu	7:45pm-8:15pm	\$112	\$224	\$112	\$224
Jr. Poseidon*	5yrs-15yrs	Th*	7:45pm-8:15pm	\$112	\$224	\$98*	\$196*

\*Fall Session I is 8 weeks long with only 7 Monday classes due to the Labor Day holiday. Fall Session II is 8 weeks long with only 7 Thursday, Friday, Saturday and Sunday classes due to the Thanksgiving holiday.



## TEEN & ADULT LESSONS

It's never too late to learn how to swim! Our teen and adult swim lessons provide a place for adults and teens 13 years and older to learn how to swim in a friendly group setting. Our swim lessons are designed to meet the individual needs of each participant. Beginners will learn to enjoy the water, work on fundamental strokes and develop lap swimming skills. Advanced swimmers will focus on increasing endurance.

**BEGINNER:** For those who are starting swim lessons for the first time or have limited experience.

**ADVANCED:** For those who can swim but want to better their skills.

Program	Age	Day	Time	SESSION I		SESSION II	
				Member	Guest	Member	Guest
Teen/Adult Lessons (Beginner)*	13 & up	Sa*	10:00am-10:30am	\$104	\$208	\$91*	\$182*
Teen/Adult Lessons (Advanced)*	13 & up	Su*	12:00pm-12:30pm	\$104	\$208	\$91*	\$182*

\*Fall Session I is 8 weeks long with only 7 Monday classes due to the Labor Day holiday. Fall Session II is 8 weeks long with only 7 Thursday, Friday, Saturday and Sunday classes due to the Thanksgiving holiday.



# AQUATIC PROGRAMS



**AIMEE CORTES**  
Program Director  
708.749.0606 ext. 319  
acortes@pavymca.org

## SCUBA CERTIFICATION

We partner with DJ's Scuba Locker to offer scuba certification classes in our pool. Participants will be prepared to make an open water dive and are taught by PADI certified instructors. Classes meet once a week in the evening for 5 weeks. Books and equipment are needed in addition to the course fee. For class dates, times, and registration, call DJ's Scuba at 708.442.4388 or visit their location at 9301 W. Ogden Avenue in Brookfield.



**WATER WORKS & WATER ARTHRITIS CLASSES ARE INCLUDED WITH MEMBERSHIP!**

**GUEST PRICE IS ONLY \$6/CLASS**

### WATER ARTHRITIS

Water is an optimal exercise environment for individuals with arthritis. The decreased gravitational forces on joints and the spine help relieve symptoms while you gently exercise in the water. The arthritis pool class is designed to decrease pain and inflammation while increasing range of motion, flexibility and general conditioning.

### WATER WORKS

A high intensity workout to strengthen and tone your body using a variety of resistance equipment. This class is good for those with arthritis.

**Guest Infinity Passes are available!**

**Get an Unlimited Silver Sneakers Pass for \$65 for this session.**

## RENT A U.S. COAST GUARD APPROVED LIFE JACKET FROM THE PAV YMCA!



Going on vacation and concerned about water safety? U.S. Coast Guard approved life jackets are FREE to rent for up to 30 days to members and guests at the Pav YMCA through The Sea Tow Foundation!\*

## PRIVATE & SEMI-PRIVATE SWIM LESSONS

For participants of any age who want individual attention or have specific goals they wish to accomplish. Private lessons are 30 minutes in length. Designated private lesson times are established during an agreed upon time between placed instructor and parent/participant upon purchase.

We offer 1:1 Private Swim Lessons OR 1:2 Semi-Private Swim Lessons. See pricing and packages for 3, 5, & 10x Swim Lessons below.

### PRIVATE SWIM LESSONS (1:1)

3x 30 min. \$102 Members / \$204 Guests  
5x 30 min. \$160 Members / \$320 Guests  
10x 30 min. \$295 Members / \$590 Guests

### SEMI-PRIVATE SWIM LESSONS (1:2)

3x 30 min. \$153 Members / \$306 Guests  
5x 30 min. \$240 Members / \$480 Guests  
10x 30 min. \$442 Members / \$884 Guests

Program	Age	Day	Time	Member	Guest
Water Arthritis	55+	Sa	7:15am-8:00am	Free w/ Membership	\$6/Class
Water Works	55+yrs	Tu	9:00am-9:45am	Free w/ Membership	\$6/Class
Water Works	55+yrs	W	9:00am-9:45am	Free w/ Membership	\$6/Class
Water Works	55+yrs	Th	9:00am-9:45am	Free w/ Membership	\$6/Class
Water Works	55+yrs	Fr	9:00am-9:45am	Free w/ Membership	\$6/Class

# SWIM TEAM



**MARK SOBIESZCZYK**  
Head Swim Coach  
708.749.0606 ext. 323  
swimteam@pavymca.org



## PAV POSEIDON SWIM TEAM

Our swim team provides swimmers ages 6–21 with an opportunity to improve their technical swimming skills, remain physically active and build lifelong friendships. We practice 3–9 hours weekly depending on age group and aim to attend at least one meet per month. Practice times and days vary based on age group on evenings Monday through Friday. Meets typically take place on weekends. Participants must be a member of the Pav YMCA to join. Swim tryouts are held for any new potential members and take place on an ongoing basis. Please contact our Head Swim Coach, Mark Sobieszczyk for more information.

**Fall/Winter Season: Monday, September 9, 2024–Friday, March 21, 2025**

**Swim Team Parent Meeting: September 6, 2024 from 6:30pm–7:30pm**

## BLUE TEAM – ENTRY LEVEL

**Fall/Winter Season Program Fees:**  
\$660 total or \$110/mo for 6 months\*

The Blue Team is the entry level team. First time swimmers will be placed on this team. Practice is held 3 days a week on Tuesday and Thursday from 4:45pm to 6:15pm and on Friday from 5:30pm to 7:30pm.

Swimmers work to develop proper stroke skills and endurance. To qualify for the blue team, a swimmer must have the ability to swim 1 length of the pool in Freestyle, Backstroke, Breaststroke, and have knowledge of Butterfly stroke.

## WHITE TEAM – COMPETITIVE LEVEL

**Summer Season Program Fees:**  
\$840 total or \$140/mo for 6 months\*

The White Team is for returning swimmers or swimmers coming from other competitive teams. This is a competitive swim team with selected meets held on certain weekends throughout the season. Practice is held 5 days a week on Monday, Wednesday and Friday from 5:30pm to 7:30pm and on Tuesday and Thursday from 4:45 to 6:15pm.

This team focuses on endurance and stroke technique with an emphasis on perfecting all of the strokes. To qualify for the white team, a swimmer must show proficiency in all the strokes and be able to swim a minimum distance of 4 lengths of the pool without stopping.

\*Prices do not include cost of state meet fees. If a swimmer qualifies for the state championship, there will be an additional fee for participation.



# SPECIALTY PROGRAMS & SERVICES

## AMERICAN RED CROSS CPR/AED/FIRST AID

Learn how you can save lives! Become Red Cross certified to provide CPR/AED/First Aid or renew your current certification in our shorter review courses! Customized or small group classes are also available off-site and can be scheduled at your convenience upon request.

### PRICING & DATES:

#### FULL COURSE

Member: \$100      Guest: \$125

#### REVIEW COURSE

Member: \$65      Guest: \$100

### DATES & TIMES (Subject to change)

Saturday, September 14 from 12:30–3:30pm

Saturday, October 12 from 12:30–3:30pm

Saturday, November 9 from 12:30–3:30pm

Saturday, December 14 from 12:30–3:30pm

## AMERICAN RED CROSS LIFEGUARD TRAINING AND CERTIFICATION

Receive or renew your lifeguarding certification! Prerequisites and online pre-work must be completed successfully prior to class start date. Passing scores result in certification valid for the following: Lifeguarding, First Aid, CPR, and AED for the Professional Rescuer. Dates and times listed are subject to change. Review participants will be dismissed early. A valid email is required as class information will be sent prior to start. Must be age 15 by registered course start date. **LIMITED SPACE AVAILABLE; register early.**

### PRICING & DATES:

#### FULL 3-DAY COURSE

Member: \$200      Guest: \$250

#### REVIEW COURSE

Member: \$100      Guest: \$125

### DATES & TIMES (Subject to change)

**\*\*Class runs from 4pm–8pm on Friday and from 9am–5pm on Saturday and Sunday.\*\***

Friday, September 27 through Sunday, September 29

Friday, October 18 through Sunday, October 20

Friday, November 22 through Sunday, November 24

Friday, December 20 through Sunday, December 22

For more information regarding American Red Cross CPR/AED/First Aid and ARC Lifeguard Training and Certification, please contact our Program Director, Aimee Cortes at [acortes@pavymca.org](mailto:acortes@pavymca.org) or ext 319.



## BABYSITTING

We offer babysitting to all Members and Guests for their children ages 6 months to 7 years old. Members can utilize this benefit at no additional cost for up to 90 minutes per day.

**\*\*Please note, room capacity will be determined by staff on duty, and based on the age and number of children in the room. Reservations are required for children 6 months to 1 year old.\*\***

### PRICING:

Members: FREE (up to 90 minutes/day)

Guest: \$5 per child; \$8 for two children\*

\*Maximum of 2 hours/day.

For questions regarding babysitting, please contact our Associate Membership Director, Minerva Medeles at [mmedeles@pavymca.org](mailto:mmedeles@pavymca.org) or ext. 341.

Scan the QR code below to view our babysitting policies (available in English and Spanish):





# SENIOR SERVICES



**KATHY KOZLICK**  
Senior Services Director  
708.749.0606 ext. 340  
kkozlick@pavymca.org

## SENIOR LUNCH CAFÉ DINE IN & CARRY OUT AVAILABLE!

In partnership with Age Options, we help provide hot nutritious lunches each week for adults ages 60+. A donation of \$3 per meal is suggested. Reservations are required. Please contact our Senior Services Director to reserve your spot! Senior Bingo is every Monday, Wednesday and Friday after lunch.

Seniors have the option to choose one of the following options for lunch: Regular\*, Diabetic, Vegetarian, Gluten Free, Lactose Intolerant, Renal, and Mechanical Soft Food.

\*Unless otherwise requested, the regular lunch option will be served. Must request special lunch options with our Senior Services Director.

## SENIOR BINGO

**Mondays, Wednesdays, & Fridays**  
**12:00pm-1:00pm**

Lunch is required to play Bingo. Cost is \$3 per Bingo session. Due to limited space, participants must sign up in advance with our Senior Services Director.

## SENIOR CHOICE MARKETS-FREE Thursdays (twice a month) 12:30 PM to 2:00 PM

In partnership with the Greater Chicago Food Depository (GCFD), we are able to provide free Senior Choice Markets twice a month to older adults in the community. At Choice Markets, seniors age 60+ receive free, nutritious whole foods and fresh produce.

The schedule is available to download on our website.

Our Choice Markets are all contactless by curbside pickup. A valid driver's license or state ID must be provided at the time of pick up.

### UPCOMING MARKET DAYS:

**Sept 12 & 26**

**Oct 10 & 24**

**Nov 14 & 21**

**Dec 12 & 26**

## SENIOR EVENTS & LECTURES

Each month, our Senior Services Program provides fun activities and educational lectures for our active older adult community to enjoy. All events are \$6 per person and reservations are required. Register with Kathy Kozlick, Senior Services Director at ext. 340. Must be 60+ yrs to participate in all senior programs, events and activities. Stay tuned for more themed events throughout the year!

### SEPTEMBER

#### Labor Day BBQ

**Wednesday, September 4 - 10:00 AM-1:00 PM**  
\$6/person. Sign up by 8/27.

#### Bake Sale

**Wednesday, September 11 - 9:00 AM-2:00 PM**

### OCTOBER

#### Halloween Party

**Monday, October 28 - 10:00 AM-1:00 PM**  
\$6/person. Sign up by 10/22.

### NOVEMBER

#### Bingo Bash

**Friday, November 8 - 10:00 AM-1:00 PM**  
\$6/person. Sign up by 10/29.

#### Thanksgiving Party

**Wednesday, November 27 - 10:00 AM-1:00 PM**  
\$6/person. Sign up by 11/19.

### DECEMBER

#### **\*\*All month!\*\***

#### Holiday Ornament Fundraiser & Split the Pot

A variety of handmade ornaments will be available for purchase starting at \$5+, plus Split the Pot all month. Proceeds will benefit Pav YMCA Senior Lunch Café programming.

#### I'll Be "Gnome" For Christmas Party

**Friday, December 20 - 10:00 AM-1:00 PM**  
\$10/person. Sign up by 12/10.

#### Small Christmas Party

**Monday, December 23 - 10:00 AM-1:00 PM**  
\$6/person. Sign up by 12/17.

Funding (in whole/part) for this publication is provided through an award from Age Options through grants from the Illinois Department of Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act. The Pav YMCA and Age Options do not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; the Age Discrimination in Employment Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; and the U.S. and Illinois Constitution. If you feel you have been discriminated against, you have the right to file a complaint with the Illinois Department of Aging. For information, call 1-800-252-8966 (Voice and TDD) or contact the Age Options Civil Rights Coordinator at 708-383-0258.

# SILVER SNEAKERS



**RAJ WALLER**  
Senior Program Director  
708.749.0606 ext. 320  
rwaller@pavymca.org

Guest Infinity  
Passes are  
available!

Get an Unlimited  
Silver Sneakers  
Pass for \$65 for  
this session.

**SILVER SNEAKERS CLASSES ARE INCLUDED WITH MEMBERSHIP!**

Must obtain class pass from the Front Desk. Classes are first come, first served.



## SILVER SNEAKERS CLASSIC

Have fun and move through a variety of exercises designed to increase muscular strength, range of motion and improve abilities for daily living and relaxation. You can do this within a safe and positive environment. A chair is used for seated and/or standing support.

## SILVER SNEAKERS CHAIR YOGA

Improve your flexibility, movement, balance and relaxation. A chair is used for seated and/or standing support.

## WATER ARTHRITIS

Water is an optimal exercise environment for individuals with arthritis. The decreased gravitational forces on joints and the spine help relieve symptoms while you gently exercise in the water. The arthritis pool class is designed to decrease pain and inflammation while increasing range of motion, flexibility and general conditioning.

## WATER WORKS

A high intensity workout to strengthen and tone your body using a variety of resistance equipment. This class is good for those with arthritis.

Program	Age	Day	Time	Member	Guest
Silver Sneakers Classic	55+	Mo	8:00am-8:50am	Free w/ Membership	\$6/Class
Silver Sneakers Classic	55+	Mo	9:00am-9:50am	Free w/ Membership	\$6/Class
Silver Sneakers Classic	55+	Tu	8:00am-8:50am	Free w/ Membership	\$6/Class
Silver Sneakers Classic	55+	W	8:00am-8:50am	Free w/ Membership	\$6/Class
Silver Sneakers Classic	55+	W	9:00am-9:50am	Free w/ Membership	\$6/Class
Silver Sneakers Classic	55+	Th	8:00am-8:50am	Free w/ Membership	\$6/Class
Silver Sneakers Classic	55+	Fr	9:00am-9:50am	Free w/ Membership	\$6/Class
Silver Sneakers Classic	55+	Sa	8:00am-8:50am	Free w/ Membership	\$6/Class
Silver Sneakers Chair Yoga	55+	Tu	9:00am-10:00am	Free w/ Membership	\$6/Class
Silver Sneakers Chair Yoga	55+	Th	9:00am-10:00am	Free w/ Membership	\$6/Class
Water Arthritis	55+	Sa	7:15am-8:00am	Free w/ Membership	\$6/Class
Water Works	55+	Tu	9:00am-9:45am	Free w/ Membership	\$6/Class
Water Works	55+	W	9:00am-9:45am	Free w/ Membership	\$6/Class
Water Works	55+	Th	9:00am-9:45am	Free w/ Membership	\$6/Class
Water Works	55+	Fr	9:00am-9:45am	Free w/ Membership	\$6/Class

# FAMILY EVENTS



Unless otherwise noted, all family programs are free to Members, or \$10 per Guest family. Family events are subject to change. Visit our website for the most current information on all of our family events! Please register at the Front Desk at least 3 days prior to the event. Questions? Call the Front Desk at 708-749-0606.



## AUGUST

### Candy Bar Bingo

**Wednesday, August 7 – 6:00 PM–7:00 PM**

FREE to Members; \$10 per Guest Family  
Register by 8/4

### Family BBQ

**Saturday, August 24 – 12:00 PM–1:30 PM**

FREE to Members; \$10 per Guest Family  
Register by 8/21

## SEPTEMBER

### Grandparents' Day Dance

**Friday, September 6 – 7:00 PM–9:00 PM**

FREE to Members; \$10 per Guest Family  
Register by 9/3

### 14th Annual Roy Olsen Pastapalooza!

**Friday, September 20 – 11:00 AM–7:00 PM**

Adults (12+): \$10; Kids (4–11): \$7; Kids (3 & under): FREE!

Eat pasta with a purpose! Gather the family and join us for a delicious pasta dinner, raffles, and entertainment for all ages! All proceeds go to our Annual Support Campaign. It's not a dinner...it's an event! Reserve your ticket today!

### Lotería!

**Friday, September 27 – 7:00 PM–8:30 PM**

FREE to Members; \$10 per Guest Family  
Register by 9/24

## OCTOBER

### DIY Taffy Apple & Halloween Craft Night!

**Friday, October 11 – 7:00 PM–8:30 PM**

FREE to Members; \$10 per Guest Family  
Register by 10/8

### Halloween Happenings at the Y!

**Friday, October 25 – 7:00 PM–9:00 PM**

Register by 10/22

The community is invited for some indoor trick or treating, a photo booth, and a spooky movie! Businesses, organizations, and community groups will be here to pass out information along with candy! Children are encouraged to come in costume. There will also be concessions for sale.

## NOVEMBER

### Día de los Muertos Celebration

**Friday, November 1 – 7:00 PM–9:00 PM**

FREE to Members; \$10 per Guest Family  
Register by 10/29

### World Children's Day Celebration

**Friday, November 22 – 7:00 PM–9:00 PM**

Register by 11/19

## DECEMBER

### DIY Ornaments

**Friday, December 6 – 7:00 PM–8:30 PM**

FREE to Members; \$10 per Guest Family  
Register by 12/3

### Dinner with Santa!

**Friday, December 20 – 7:00 PM–9:00 PM**

Members: \$5 per person; Guests: \$10 per person  
\*\*Pre-registration is required. \*\*Register by 12/17

Enjoy a delicious dinner with the jolly ol' elf himself! Every child 10 years and under will receive a special present!



# SOCIAL RESPONSIBILITY

## VOLUNTEER, DONATE, ADVOCATE

As a nonprofit, the Y is able to strengthen communities because of the dedicated youth, families and individuals who share our passion and make the Y part of their lives.

They give their time, resources and talents—every day and in hundreds of ways—because they know they can improve the lives of others while enhancing their own through the Y.

With your help, the Y can continue to expand programming and outreach where it is needed most. Please consider volunteering your time, making a contribution, or sharing your story of the Y's impact. Stop in or visit our website for the volunteer form or to make a donation.



## MILITARY OUTREACH

The Pav YMCA is visited by active duty military personnel every month. Use of the Pav YMCA is made available, free of charge, to anyone on active duty in the U.S. Armed Services. Facility admission is as simple as completing a membership form and providing proof of current service with valid identification. This is our way of supporting the health and well-being of our troops here at home. Thank you for your service!

## AREAS OF IMPACT



### YOUTH DEVELOPMENT

The Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming. From cradle to career, the Y provides all youth with the tools and resources they need to succeed in life.



### HEALTHY LIVING

The Y aims to improve the nation's health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. These programs and everything else the Y does are in service of making us—our Y's and our communities—better. The result is a country that values health and communities that support healthy choices.



### SOCIAL RESPONSIBILITY

We know that when we work together, we move individuals, families and communities forward. The Y responds to society's most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change.

## INTERESTED IN VOLUNTEERING WITH US?

Imagine volunteering where you know what you do each day positively influences the lives of people and communities.

As the nation's leading nonprofit organization committed to strengthening communities, the Y offers more than just a volunteer opportunity. At the Y, you can discover your passion while helping to solve some of the nation's most pressing social issues.

For more information or ways to volunteer, please contact Jamie Kucera at ext. 311 or [jkucera@pavymca.org](mailto:jkucera@pavymca.org).

# WAYS TO GIVE



## VOLUNTEER

Giving a little bit of your time makes a tremendous impact, whether it be packing groceries for Senior Choice Market days twice a month, assisting with event setup, or being a mentor with Big Brothers Big Sisters of Metropolitan Chicago. We welcome volunteers of all ages and backgrounds. We can even help you add some skills to your resume or find meaningful service in retirement.

## DONATE

As a nonprofit organization, we never turn away anyone who needs us. Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected, and secure. Our hopes for the future are to expand health services, embrace technology, improve our facility and grow our financial assistance program. In this complex and ever-changing world we now live in, our vision and our goals need support more than ever.

## PARTICIPATE

Participating in our events and fundraisers helps support your neighbors. By attending our fundraisers, family events, and more, you are showing support for the communities we serve. Showing up means showing you care.

## SPONSOR

When you sponsor an event, you help us raise essential funds to benefit all who receive scholarships from our Annual Support Campaign. Sponsoring an event not only benefits our community members, it is a great opportunity to showcase your business or organization.

## PARTNER

We are always looking for ways to make a bigger impact in the communities we serve through partnerships with fellow nonprofits and community organizations. Through current and past partnerships, we were able to make vital goods and services available at no cost to those in need. Our partnership with the Greater Chicago Food Depository provides free, nutritious foods and fresh produce to seniors twice a month, Big Brothers Big Sisters provides a mentorship program to youth, and Alivio Medical Center provided free vaccinations from the beginning of the pandemic through 2022.

## HELP US MAKE A DIFFERENCE.

If you would like to discuss ways to give, contact Jamie Kucera at 708.749.0606 ext 311 or [jkucera@pavymca.org](mailto:jkucera@pavymca.org).