



175<sup>YEAR</sup> ANNIVERSARY

# GREAT SUMMERS START AT THE Y!

## 2026 SUMMER PROGRAM GUIDE PAV YMCA



**SUMMER SESSION:  
JUNE 8-AUGUST 16**

Member Registration: 5/18  
Guest Registration: 5/26

**Pav YMCA**  
2947 S. Oak Park Ave  
Berwyn, IL 60402  
708.749.0606  
www.pavymca.org  
@pavymca

# HELPFUL INFORMATION



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**PHONE:** 708.749.0606 **FAX:** 708.749.7793

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

## EXECUTIVE STAFF

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## 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).

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

## HOLIDAY CLOSURES

Easter	April 5	Closed
Memorial Day	May 25	Closed
Independence Day	July 4	Closed
Labor Day	September 7	Closed
Thanksgiving	November 26	Closed
Christmas Day	December 25	Closed
New Years Day	January 1	Closed

*Please note, 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.*

# SOCIAL RESPONSIBILITY

## 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.



## 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!

## WAYS TO GIVE

As a nonprofit, the Y is able to strengthen communities because of the dedicated youth, families, individuals and our community partners who share our passion and make the Y part of their lives. From participating to partnering, there are countless ways you can help us make a difference in our community. With your help, we can continue to expand programming and outreach where it is needed most.

> **VOLUNTEER:** Giving a little bit of your time makes a tremendous impact. We welcome volunteers of all ages and backgrounds.

> **DONATE:** 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.

> **PARTICIPATE:** Showing up means showing you care. By attending our fundraisers, family events, and more, you are showing support for the communities we serve.

> **SPONSOR:** Sponsorships 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.

# 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: \$84\* JOINER FEE: \$84\*

### SINGLE PARENT FAMILY

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

MONTHLY: \$68\* JOINER FEE: \$68\*

### COUPLE

(2 adults 19+yrs old)

MONTHLY: \$70\* JOINER FEE: \$70\*

### ADULT INDIVIDUAL

(19+yrs old)

MONTHLY: \$56\* JOINER FEE: \$56\*

### YOUTH

(18yrs old or younger)

MONTHLY: \$31\* JOINER FEE: \$31\*

\*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, but this is subject to change based on facility and staff capacity. Facility use is prioritized for our member base; we recommend calling ahead of your visit for availability. Ask how you can join today to enjoy the perks of membership!

The cost for ages 19+ is \$15, and for youth 18 and under is \$10. 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/guardian complete the waiver form. Passes are valid for the day. While in our facility, guests must adhere to all Pav YMCA policies and guidelines. Pav YMCA staff has the right to ask guests to leave the premises if they fail to adhere to our policies and guidelines. Age and availability restrictions may apply. Please see p.12 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. Please 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. Cancellations can be done at the Front Desk at the Pav YMCA or emailed to the Membership Director, JR Anderson at [ganderson@pavymca.org](mailto:ganderson@pavymca.org).
- 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.

# RENTAL PACKAGES



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

TAKE YOUR PARTY TO THE NEXT LEVEL!



## 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 for additional details and availability.

3-Hour Party Room (includes 2 hours of gym time with bounce house):

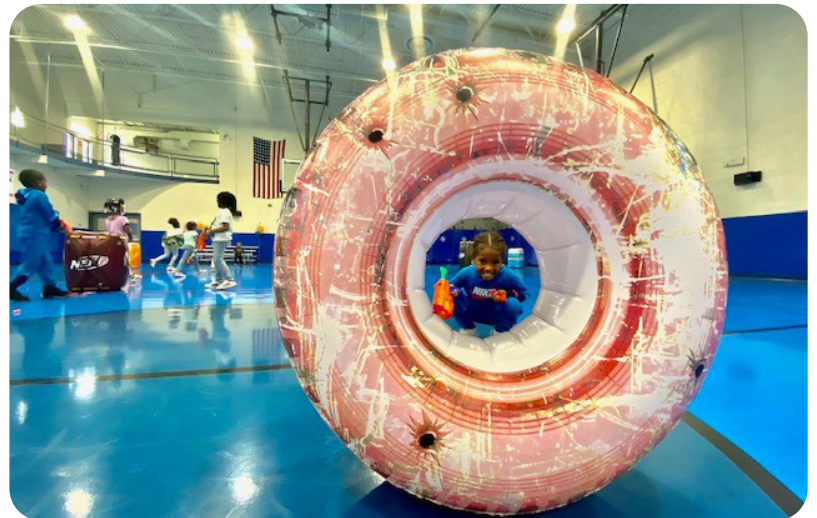
Member: \$500      Guest: \$580

## 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: \$350      Guest: \$400

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



## 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-Hour Party Room (includes 1 hour of pool time):

Member: \$375      Guest: \$425

\*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). Limit is 50 swimmers.

### 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. Limit of 50 swimmers for pool parties.

# EXCLUSIVE RENTALS



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



## 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: \$115/hr      Guest: \$140/hr

### GYM ONLY (EXCLUSIVE)\*

\*After normal business hours

Member: \$150/hr      Guest: \$175/hr

### POOL ONLY (EXCLUSIVE)\*

\*After normal business hours

Member: \$170/hr      Guest: \$195/hr

### RENTAL ACCOMMODATIONS

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



## 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 meeting spaces, bringing your class to our facility, or other accommodations, please contact our Membership Director, JR Anderson at 708.749.0606 ext. 318 or [ganderson@pavymca.org](mailto:ganderson@pavymca.org).

## 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).



# SUMMER CAMP



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



## DAY CAMP, K-9TH GRADE

In this 10 week summer camp, participants will develop self-confidence and learn leadership skills in a safe, accepting and stimulating environment. They will engage in indoor and outdoor activities, create outstanding life lessons, make new friends, laugh and learn all summer long!

## CAMP DETAILS

**Dates: Monday, June 8 – Friday, August 14**

**Hours: 7:00 AM – 6:00 PM\***

### Camp activities include:

- Arts & Crafts
- Sports
- STEM
- Reading
- Character Counts
- Daily Open/Free Swim

### What to bring:

- Gym shoes
- Lunch (non-perishable)
- Sunscreen
- Reusable water bottle
- Extra clothing
- Swim suit and towel

\*Camp activities take place from 9:00 AM to 4:00 PM.



## IMPORTANT SUMMER CAMP DATES

February 23 – Camp registration opens

June 1 – Camp scholarships due\*

June 5 – Parent Night from 6:00–7:00 PM

June 8 – Camp begins!

\*In order to be guaranteed consideration for financial assistance for Day Camp, applications are due no later than June 1. These funds are distributed as scholarship funds become available.

## CAMP RATES

RATES*	MEMBER	GUEST
Monday–Friday (week)	\$225	\$275
Mon/Wed/Fri (3 days)	\$145	\$175

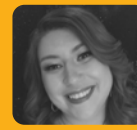
\*Payments due one week prior. No exceptions. Rates are subject to change; please contact Jenny Murphy or call the Pav YMCA to confirm pricing.

## SUMMER CAMP THEMES

Week 1	6/8–6/12	Social Responsibility
Week 2	6/15–6/19	Dr. Seuss
Week 3	6/22–6/26	Summer-ween
Week 4	6/29–7/3	Camp Kindness
Week 5	7/6–7/10	Water Olympics
Week 6	7/13–7/17	Around the World
Week 7	7/20–7/24	Christmas in July
Week 8	7/27–7/31	Get Reel
Week 9	8/3–8/7	Animal Planet
Week 10	8/10–8/14	Talent Show



# 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\*

Before Care \$10/day\*

After Care \$15/day\*

\*Payments will be made on a weekly basis. Payments are required to be made by 8:30PM in house at the Y or by 11:30PM via Daxko the Thursday 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.\*\*

## BERWYN SOUTH SCHOOL DISTRICT 100

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

AM: 6:30 AM - 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 - 6:00 PM

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



**REGISTER FOR BEFORE & AFTER SCHOOL CARE STARTING JULY 13!**

## 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



**REGISTER IN PERSON & THROUGH DAXKO!**

# YOUTH SPORTS



**DANIEL TREADWELL**  
Sports Coordinator  
708.749.0606 ext. 319  
dtreadwell@pavymca.org



## LITTLE BALLERS BASKETBALL (5-6YRS)

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.

## LITTLE KICKERS SOCCER (5-6YRS)

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

Program	Age	Day	Time	Member	Guest
Little Ballers Basketball*	5-6yrs	Sat*	11:45am-12:20pm	\$108*	\$126*
Little Kickers Soccer	5-6yrs	Wed	4:00pm-4:35pm	\$120	\$140

\*Summer Session is 10 weeks long with only 9 Saturday classes due to the Independence Day holiday.

## 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. Please contact our Sports Coordinator to schedule private lessons today!

## YOUTH SPORTS CLINICS (7-10YRS & 11-14YRS)

For the first time ever, we're offering Soccer, Basketball, and Volleyball Clinics designed to build skills, teamwork, and confidence for all skill levels. Whether you're learning the basics or sharpening your game, our experienced coaches will help you step up your performance in a fun, supportive environment.

Program	Age	Day	Time	SESSION RATE		WEEKLY RATE	
				Member	Guest	Member	Guest
Youth Basketball Clinic*	7-10yrs	Sat*	12:30pm-1:30pm	\$135*	\$153*	\$20	\$25
Youth Basketball Clinic*	11-14yrs	Sat*	1:45pm-2:45pm	\$135*	\$153*	\$20	\$25
Youth Soccer Clinic	7-10yrs	Wed	4:45pm-5:45pm	\$150	\$170	\$20	\$25
Youth Soccer Clinic	11-14yrs	Wed	6:00pm-7:00pm	\$150	\$170	\$20	\$25
Youth Volleyball Clinic	7-10yrs	Thu	4:15pm-5:15pm	\$150	\$170	\$20	\$25
Youth Volleyball Clinic	11-14yrs	Thu	5:30pm-6:30pm	\$150	\$170	\$20	\$25

\*Summer Session is 10 weeks long with only 9 Saturday classes due to the Independence Day 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.



### 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.

### YOUTH & ADULT RHYTHM AND STEP (5-14YRS & 18+YRS)

Get ready to move as Latin flair meets hip-hop flavor in this high-energy dance class. Whether you're a seasoned dancer or just love the beat, Rhythm & Step will help you unlock your rhythm, build fluidity, and own the dance floor. Open to both youth and adults, Rhythm & Step is all about developing rhythm, confidence, and self-expression through movement!

### PRIVATE ADULT & YOUTH DANCE LESSONS

Learn a variety of dance routines from Central America, South America, and the Caribbean. Please contact us to schedule private lessons and for more information.

#### INDIVIDUAL (1:1) 60-MINUTE LESSONS:

1 lesson: \$45; 3 lessons: \$150; 5 lessons: \$225

#### PARTNER (1:2) 60-MINUTE LESSONS:

1 lesson: \$90; 3 lessons: \$300; 5 lessons: \$450

Program	Age	Day	Time	Member	Guest
Beginner Ballet	4yrs-5yrs	Fri	4:15pm-4:50pm	\$140	\$150
Ballet/Tap Basics	4yrs-6yrs	Fri	5:00pm-5:50pm	\$150	\$160
Ballet/Tap Intermediate	7+yrs	Fri	6:00pm-6:50pm	\$150	\$160
Youth Rhythm & Step*	5yrs-9yrs	Sat*	9:00am-9:45am	\$135*	\$144*
Youth Rhythm & Step*	10yrs-14yrs	Sat*	10:00am-11:00am	\$135*	\$144*
Adult Rhythm & Step*	18+yrs	Sat*	11:10am-12:10pm	\$135*	\$144*

\*Summer Session is 10 weeks long with only 9 Saturday classes due to the Independence Day holiday.

# MARTIAL ARTS



**DANIEL TREADWELL**  
Sports Coordinator  
708.749.0606 ext. 319  
dtreadwell@pavymca.org

## BEGINNER TAE KWON DO & ADVANCED TAE KWON DO (5-13+YRS)

This Korean form of martial arts focuses on technique, fitness and self-defense. We offer beginner and advanced classes for ages 5 and up. In addition to our regularly scheduled Monday/Wednesday classes, we also offer separate Monday and Wednesday classes.

## ADULT TAE KWON DO (18+YRS)

Who said classes are just for kids? Whether you're a complete beginner or returning to martial arts, this class offers a powerful way to boost fitness, build confidence, and learn self-defense in a supportive and energizing environment.

Program	Age	Day	Time	Member	Guest
Beginner Tae Kwon Do	5-13+yrs	Mon/Wed	6:00pm-7:00pm	\$300	\$340
Beginner Tae Kwon Do	5-13+yrs	Mon	6:00pm-7:00pm	\$150	\$170
Beginner Tae Kwon Do	5-13+yrs	Wed	6:00pm-7:00pm	\$150	\$170
Advanced Tae Kwon Do	5-13+yrs	Mon/Wed	7:00pm-8:00pm	\$300	\$340
Advanced Tae Kwon Do	5-13+yrs	Mon	7:00pm-8:00pm	\$150	\$170
Advanced Tae Kwon Do	5-13+yrs	Wed	7:00pm-8:00pm	\$150	\$170
Adult Tae Kwon Do	18+yrs	Tue/Thu	7:00pm-8:00pm	\$300	\$340



## 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.

# TEEN FITNESS



**MATHEW KLINE**  
Health & Wellness Director  
708.749.0606 ext. 319  
mkline@pavymca.org

## TEEN FITNESS ORIENTATIONS (AGES 13-15)

All teens ages 13-15 years old must complete a teen fitness orientation in order to use the Wellness Center on their own.

Orientations are conducted by our trained Wellness Attendants! This 20-minute orientation is designed to get teens accustomed to our cardio and strength machines. Upon completion teens may use the indoor track, cardio equipment and all strength machines at their own convenience without the supervision of a parent or guardian.

Teen orientations do not allow them access to any free weights and the Weight Room in our facility. If they are already using free weights for sports at school, a letter from their coach must be given to the Pav YMCA granting them access to the free weights after completing the orientation. Youth under the age of 13 must have a written doctor's statement granting them access to use the cardio equipment and strength machines. 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 Pav YMCA Health & Wellness Director.

**TEEN ORIENTATION OPEN HOURS:** Mon-Fri 6:00 AM-8:30 AM & 6:00 PM-8:30 PM, and Sat-Sun: 8:00 AM-2:30 PM. No appointment necessary!



# SPORTS LEAGUES



**DANIEL TREADWELL**  
Sports Coordinator  
708.749.0606 ext. 319  
dtreadwell@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.

Spring/Summer Season  
Thursday, May 21 - Thursday, August 6

\$450/team; \$50 deposit due the first week and \$40 weekly dues thereafter.

For questions regarding our sports leagues, please contact our Sports Coordinator, Daniel Treadwell at ext. 319 or dtreadwell@pavymca.org.



# the Y **VOLUNTEER WITH US!**



Give back to your community and volunteer with the Pav YMCA! From individuals and families to schools and organizations, we have plenty of volunteer opportunities throughout the year for everyone!

## CURRENT VOLUNTEER OPPORTUNITIES:

- > SENIOR CHOICE MARKETS
- > MAINTENANCE/HOUSEKEEPING
- > BOARD OF DIRECTORS
- > YOUTH SPORTS-INSTRUCTIONAL COACHES
- > SPECIAL EVENTS
- > FAMILY EVENTS
- > LIVESTRONG® AT THE YMCA RESTORATIVE HEALTH PROGRAM
- > AND MORE!

*All volunteers are required to fill out the volunteer interest form, volunteer application and background check verification form. Copies are available at the front desk and pavymca.org.*



**GROUP EXERCISE CLASSES ARE INCLUDED WITH MEMBERSHIP AND ARE OPEN TO ALL LEVELS OF FITNESS! Must obtain a 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

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 \$85 for this session.**

Class	Age	Day	Time	Member	Guest
Boot Camp	16+ yrs	Mon	9:30am-10:30am	Free w/ Membership	\$8/Class
Boot Camp	16+ yrs	Wed	9:30am-10:30am	Free w/ Membership	\$8/Class
Cardio Blast	16+ yrs	Tue	9:30am-10:30am	Free w/ Membership	\$8/Class
Cardio Blast	16+ yrs	Fri	9:30am-10:30am	Free w/ Membership	\$8/Class
Club Remix	16+ yrs	Mon	8:30am-9:15am	Free w/ Membership	\$8/Class
Club Remix	16+ yrs	Wed	8:30am-9:15am	Free w/ Membership	\$8/Class
Club Remix	16+ yrs	Thu	8:30am-9:15am	Free w/ Membership	\$8/Class
Club Remix	16+ yrs	Sun	9:30am-10:30am	Free w/ Membership	\$8/Class
Indoor Cycling	16+ yrs	Sun	8:00am-9:00am	Free w/ Membership	\$8/Class
Interval Training	16+ yrs	Thu	9:30am-10:30am	Free w/ Membership	\$8/Class
Interval Training	16+ yrs	Sat	8:30am-9:30am	Free w/ Membership	\$8/Class
Strength & Tone	16+ yrs	Mon	6:00pm-7:00pm	Free w/ Membership	\$8/Class
Strength & Tone	16+ yrs	Wed	6:00pm-7:00pm	Free w/ Membership	\$8/Class
Yoga	16+ yrs	Tue	6:00pm-7:00pm	Free w/ Membership	\$8/Class
Yoga	16+ yrs	Thu	7:00pm-8:00pm	Free w/ Membership	\$8/Class
Zumba	16+ yrs	Mon	7:00pm-8:00pm	Free w/ Membership	\$8/Class
Zumba	16+ yrs	Wed	7:00pm-8:00pm	Free w/ Membership	\$8/Class
Zumba	16+ yrs	Sat	9:30am-10:30am	Free w/ Membership	\$8/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 12x 60 minute sessions. Anyone purchasing packages of 10 personal training sessions or more will receive a 10% discount. Partner training is also available for those who wish to work out together!

### SEASONAL/PROMOTIONAL PACKAGES\*

3x 60 Minute Sessions  
Members: \$140 Guests: \$160

5x 60 Minute Sessions  
Members: \$250 Guests: \$270

\*Seasonal/promotional packages are only offered during special promotions. Larger training packages are also available. Call us or stop by our Front Desk to ask about payment options for larger training packages and available 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: \$140  
2x 75 Minute Massages For \$160

### RATES:

45 Minute Massage: \$65  
60 Minute Massage: \$75  
75 Minute Massage: \$85

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 Health & Wellness Director for massage therapy inquiries.

# DIABETES PREVENTION PROGRAM (DPP)



LOURDES "LULU" LOPEZ  
Restorative Health Coordinator  
708.749.0606 ext. 336  
llopez@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 Restorative Health Coordinator.

## 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 Restorative Health Coordinator, Lourdes "Lulu" Lopez at ext. 336 or llopez@pavymca.org.

**NEXT COHORT DATES/TIMES TBD. PLEASE CONTACT OUR RESTORATIVE HEALTH COORDINATOR FOR MORE INFO.**

# LIVESTRONG® AT THE YMCA



LOURDES "LULU" LOPEZ  
Restorative Health Coordinator  
708.749.0606 ext. 336  
llopez@pavymca.org

NEXT COHORT DATES/TIMES TBD. PLEASE CONTACT OUR RESTORATIVE HEALTH COORDINATOR FOR MORE INFO.

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

All classes will be held at the Pav YMCA on Tuesdays and Thursdays. Please contact our Senior Program Director, Raj Waller for more information and to register for an upcoming cohort.

## 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 Restorative Health Coordinator, Lourdes "Lulu" Lopez at ext. 336 or llopez@pavymca.org. LIVESTRONG® at the YMCA alumni members can participate in the 12-week program at the rate of \$40. 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



**WILLIAM SANDER**  
 Aquatics Director  
 708.749.0606 ext. 323  
 wsander@pavymca.org

## ABOUT OUR SWIM LESSONS

Swim lessons are 35 minutes in length. If they are enrolled in the wrong class, recommendations 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 Aquatic Director 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 provide options for the canceled class.
- > 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.

## LESSON SELECTOR GUIDE

Need help figuring out which swim lessons are right for you and/or your child? Follow our lesson selector guide! Please note, students will be tested on their skill level at the start of the program and may be moved to another level as the swim instructor and Aquatic Director see fit. Please see the "About our Swim Lessons" section above for details.

What age group does the student fall into? (All age groups are taught the same skills but divided according to their developmental milestones.)

- 

6 months–3 years  
Parent/Guardian & Child: Stages A–B
- 

3–5 years  
Preschool: Stages 1–2
- 

6–13 years  
Youth: Stages 1–6
- 

14+ years  
Teen & Adult: Stages 1–6

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER DISCOVERY

SWIM STARTERS

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER ACCLIMATION

SWIM BASICS

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE INTRODUCTION

SWIM STROKES

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE MECHANICS

# AQUATIC PROGRAMS



**WILLIAM SANDER**  
 Aquatics Director  
 708.749.0606 ext. 323  
 wsander@pavymca.org



## 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.

Water  
Discovery  
LEVEL  
A

Parents/guardians accompany children, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Water  
Exploration  
LEVEL  
B

Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Program	Level	Class	Age	Day	Time	Ratio	Member	Guest
Swim Starters	A&B	Discovery/Exploration	6mo-3yrs	Thu	7:15pm-7:50pm	1:6	\$160	\$190
Swim Starters*	A&B	Discovery/Exploration	6mo-3yrs	Sat*	11:00am-11:35am	1:6	\$144*	\$171*
Swim Starters	A&B	Discovery/Exploration	6mo-3yrs	Sun	11:00am-11:35am	1:6	\$112	\$133

\*Summer Session is 10 weeks long with only 9 Saturday classes due to the Independence Day holiday.

## SWIM BASICS (3-18+YRS)\*

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

\*See page 20 for the Swim Basics schedule and rates.

Water  
Acclimation  
LEVEL  
1

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Water  
Movement  
LEVEL  
2

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

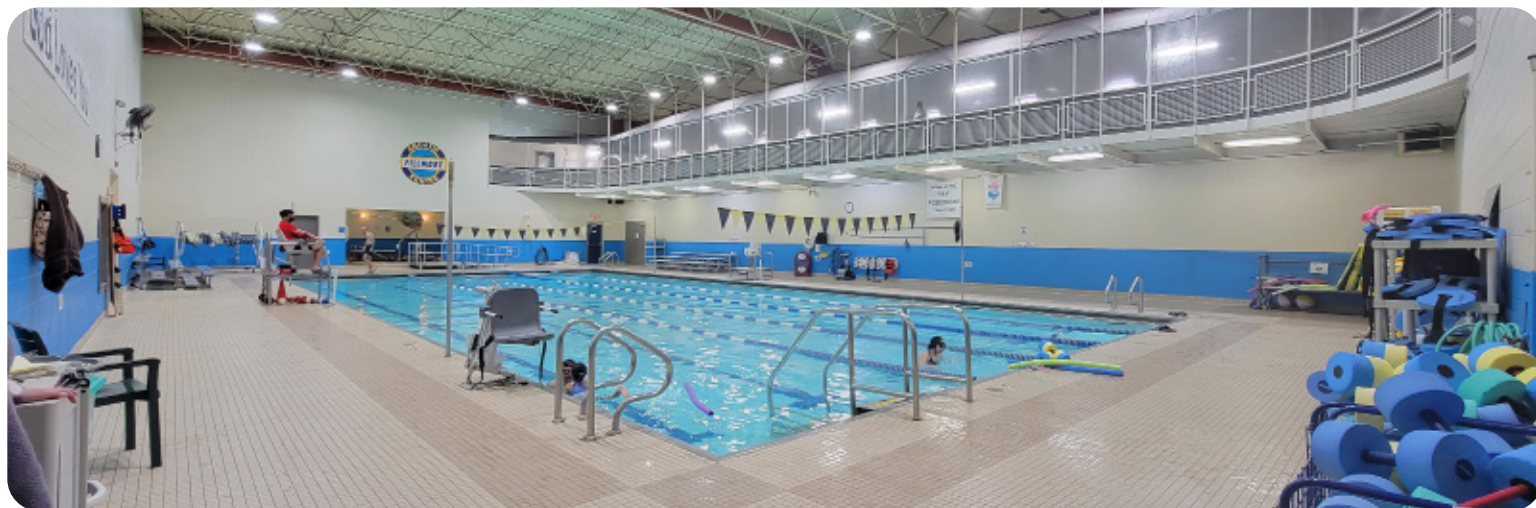
Water  
Stamina  
LEVEL  
3

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

# AQUATIC PROGRAMS



**WILLIAM SANDER**  
 Aquatics Director  
 708.749.0606 ext. 323  
 wsander@pavymca.org



*\*See page 19 for Swim Basics program and level/class descriptions.*

Program	Level	Class	Age	Day	Time	Ratio	Member	Guest
Swim Basics	1-2	Water Acclimation/Movement	3-5yrs	Mon	5:00pm-5:35pm	1:4	\$160	\$190
Swim Basics	1-2	Water Acclimation/Movement	3-5yrs	Tue	5:00pm-5:35pm	1:4	\$160	\$190
Swim Basics	1-2	Water Acclimation/Movement	3-5yrs	Wed	5:00pm-5:35pm	1:4	\$160	\$190
Swim Basics	1-2	Water Acclimation/Movement	3-5yrs	Thu	5:00pm-5:35pm	1:4	\$160	\$190
Swim Basics*	1-2	Water Acclimation/Movement	3-5yrs	Sat*	11:00am-11:35am	1:4	\$144*	\$171*
Swim Basics	1-2	Water Acclimation/Movement	3-5yrs	Sun	11:00am-11:35am	1:4	\$160	\$190
Swim Basics	3	Water Stamina	3-5yrs	Mon	7:15pm-7:50pm	1:4	\$160	\$190
Swim Basics	3	Water Stamina	3-5yrs	Wed	7:15pm-7:50pm	1:4	\$160	\$190
Swim Basics*	3	Water Stamina	3-5yrs	Sat*	12:30pm-1:05pm	1:4	\$144*	\$171*
Swim Basics	1-2	Water Acclimation/Movement	6-13yrs	Mon	5:45pm-6:20pm	1:5	\$160	\$190
Swim Basics	1-2	Water Acclimation/Movement	6-13yrs	Tue	5:45pm-6:20pm	1:5	\$160	\$190
Swim Basics	1-2	Water Acclimation/Movement	6-13yrs	Wed	5:45pm-6:20pm	1:5	\$160	\$190
Swim Basics	1-2	Water Acclimation/Movement	6-13yrs	Thu	5:45pm-6:20pm	1:5	\$160	\$190
Swim Basics*	1-2	Water Acclimation/Movement	6-13yrs	Sat*	11:45am-12:20pm	1:5	\$144*	\$171*
Swim Basics	1-2	Water Acclimation/Movement	6-13yrs	Sun	11:45am-12:20pm	1:5	\$160	\$190
Swim Basics	3	Water Stamina	6-13yrs	Mon	6:30pm-7:05pm	1:5	\$160	\$190
Swim Basics	3	Water Stamina	6-13yrs	Tue	6:30pm-7:05pm	1:5	\$160	\$190
Swim Basics	3	Water Stamina	6-13yrs	Wed	6:30pm-7:05pm	1:5	\$160	\$190
Swim Basics	3	Water Stamina	6-13yrs	Thu	6:30pm-7:05pm	1:5	\$160	\$190
Swim Basics*	3	Water Stamina	6-13yrs	Sat*	12:30pm-1:05pm	1:5	\$144*	\$171*
Swim Basics	3	Water Stamina	6-13yrs	Sun	12:30pm-1:05pm	1:5	\$160	\$190
Swim Basics	Beg.	Water Acclimation/Movement	Teen/Adults	Tue	7:15pm-7:50pm	1:5	\$160	\$190
Swim Basics*	Beg.	Water Acclimation/Movement	Teen/Adults	Sat*	11:45am-12:20pm	1:5	\$144*	\$171*
Swim Basics	Int.	Water Stamina/Swim Strokes	Teen/Adults	Sun	11:45am-12:20pm	1:5	\$160	\$190

*\*Summer Session is 10 weeks long with only 9 Saturday classes due to the Independence Day holiday.*

# AQUATIC PROGRAMS



**WILLIAM SANDER**  
 Aquatics Director  
 708.749.0606 ext. 323  
 wsander@pavymca.org

## SWIM STROKES (6-13YRS)

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.



Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



Program	Level	Class	Age	Day	Time	Ratio	Member	Guest
Swim Strokes	4	Stroke Introduction	6-13yrs	Tue	7:30pm-8:05pm	1:6	\$170	\$200
Swim Strokes	4	Stroke Introduction	6-13yrs	Wed	7:30pm-8:05pm	1:6	\$170	\$200
Swim Strokes	4	Stroke Introduction	6-13yrs	Sun	12:30pm-1:05pm	1:4	\$170	\$200
Swim Strokes	5-6	Stroke Development/Stroke Mechanics	6-13yrs	Tue	7:30pm-8:05pm	1:6	\$170	\$200
Swim Strokes	5-6	Stroke Development/Stroke Mechanics	6-13yrs	Wed	7:30pm-8:05pm	1:6	\$170	\$200
Swim Strokes	5-6	Stroke Development/Stroke Mechanics	6-13yrs	Sun	12:30pm-1:05pm	1:4	\$170	\$200

## 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 35 minutes in length. Designated private lesson times will take place Monday through Thursday between 4-8 PM and Saturday through Sunday between 10 AM-2 PM. Lesson days and 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, & 10 swim lessons below.

Program	Class	Age	Day/Time	Class Duration	Ratio	Member	Guest
Private Lessons (1 Swimmer)	3 Pack	All ages	Monday - Thursday 4:00pm-8:00pm Saturday - Sunday 10:00am-2:00pm	35min	1:1	\$103	\$206
Private Lessons (1 Swimmer)	5 Pack	All ages		35min	1:1	\$161	\$322
Private Lessons (1 Swimmer)	10 Pack	All ages		35min	1:1	\$296	\$592
Semi-Private Lessons (2 Swimmers)	3 Pack	All ages	Please note, times outside of these timeframes will need approval from the Aquatics Director.	35min	1:2	\$154	\$308
Semi-Private Lessons (2 Swimmers)	5 Pack	All ages		35min	1:2	\$241	\$1162
Semi-Private Lessons (2 Swimmers)	10 Pack	All ages		35min	1:2	\$396	\$792

# AQUATIC PROGRAMS



**WILLIAM SANDER**  
 Aquatics Director  
 708.749.0606 ext. 323  
 wsander@pavymca.org

## 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!\*



**Guest Infinity Passes are available!**

**Get an Unlimited Silver Sneakers Pass for \$75 for this session.**

**WATER WORKS & WATER ARTHRITIS CLASSES ARE INCLUDED WITH MEMBERSHIP! GUEST PRICE IS ONLY \$7/CLASS!**

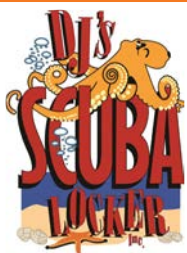
### WATER ARTHRITIS

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.

Program	Age	Day	Time	Member	Guest
Water Arthritis	55+	Sat	7:15am-8:00am	Free w/ Membership	\$7/Class
Water Works	55+	Tue	9:00am-9:45am	Free w/ Membership	\$7/Class
Water Works	55+	Wed	9:00am-9:45am	Free w/ Membership	\$7/Class
Water Works	55+	Thu	9:00am-9:45am	Free w/ Membership	\$7/Class
Water Works	55+	Fri	9:00am-9:45am	Free w/ Membership	\$7/Class



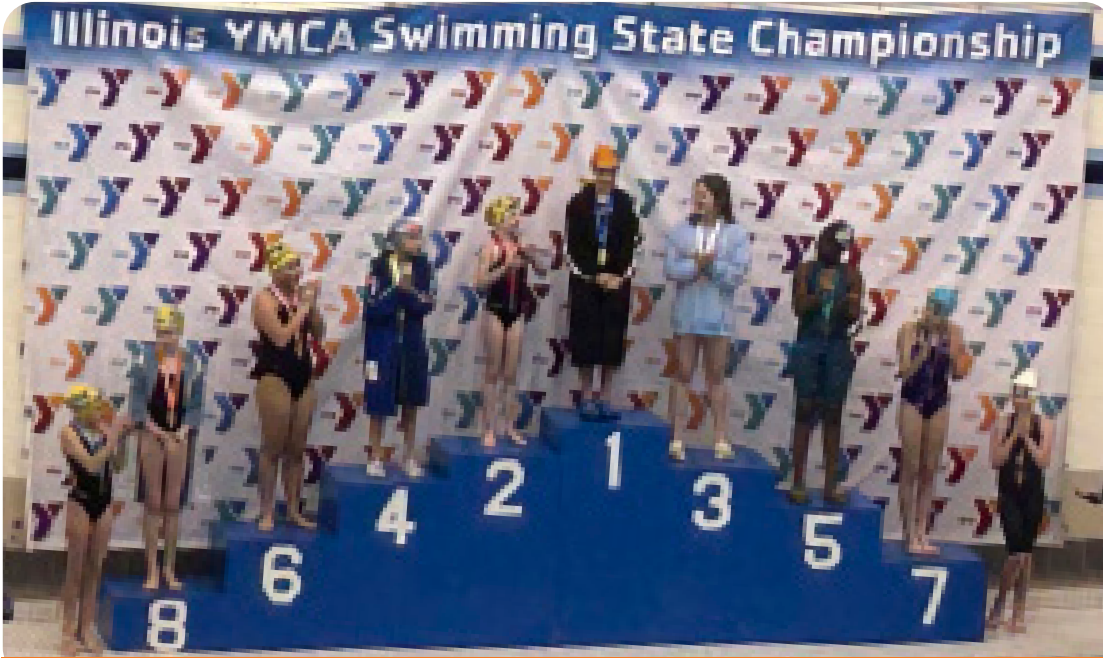
### SCUBA CERTIFICATION

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.

# PAV POSEIDONS SWIM TEAM



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



## PAV POSEIDONS SWIM TEAM SUMMER SEASON: MONDAY, MAY 4-FRIDAY, JULY 24

Our swim team provides swimmers ages 6-21 with an opportunity to improve their technical swimming skills, remain physically active and build lifelong friendships. Practice takes place 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. For more information, please contact Head Swim Coach, Mark Sobieszczyk at [swimteam@pavymca.org](mailto:swimteam@pavymca.org).

### BLUE TEAM - ENTRY LEVEL

The Blue Team is the entry level team. First time swimmers will be placed on this team. Swimmers work to develop proper stroke skills and endurance. To qualify for the blue team, a swimmer must have the ability to swim one length of the pool in Freestyle, Backstroke, Breaststroke, and have knowledge of Butterfly stroke.

### WHITE TEAM - COMPETITIVE LEVEL

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. 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 four lengths of the pool without stopping.

Program	Level	Age	Days	Time	Ratio	Cost
Swim Team	Blue Team	6-21yrs	3x/week Mon-Thu (Fri*)	5:00pm-6:00pm	1:10	\$100/month or \$300 in full
Swim Team	White Team	6-21yrs	3x/week Mon-Thu (Fri*)	6:00pm-7:30pm	1:10	\$100/month or \$300 in full
Swim Team	White Team	6-21yrs	5x/week Mon-Thu (Fri*)	6:00pm-7:30pm	1:10	\$130/month or \$390 in full

\*Swim Team Season Friday\* 5:30pm-7:30pm

Meets will be charged separately based on individual entry fees.

# BABYSITTING SERVICES



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

## 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.\*\***

### HOURS:

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

### PRICING:

Members: FREE (up to 90 minutes/day)  
Guests: \$5 per child; \$8 for two children\* (\*Maximum of 2 hours/day)

For questions regarding babysitting, contact our Membership Director, JR Anderson at [ganderson@pavymca.org](mailto:ganderson@pavymca.org) or ext 318.

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



# AMERICAN RED CROSS TRAINING



WILLIAM SANDER  
Aquatics Director  
708.749.0606 ext. 323  
wsander@pavymca.org



## 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.

FULL 3-DAY COURSE: \$225/Member; \$275/Guest

REVIEW COURSE: \$125/Member; \$175/Guest

DATES & TIMES TBD (Subject to change)

## 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.

FULL COURSE: \$125/Member; \$150/Guest

REVIEW COURSE: \$100/Member; \$125/Guest

DATES & TIMES TBD

*To register for an upcoming American Red Cross Lifeguard Training & Certification Course or CPR/AED/First Aid Course, please contact our Aquatics Director, William Sander, at [wsander@pavymca.org](mailto:wsander@pavymca.org) or 708.749.0606 ext. 323.*

# FAMILY EVENTS



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

## JUNE

### Summer Kick-Off Party

Friday, June 19 – 6:30PM–8:30 PM

Free per Member family, \$10 per Guest family. Register by 6/14.

Join us at the Y as we celebrate the start of summer full of fun, laughter, and excitement! Bring the whole family and enjoy a bouncy house, an exciting obstacle course, refreshing pool time, and plenty of ice cream to keep you cool. We'll also have light snacks and refreshing drinks to keep everyone energized.

## JULY

### Campfire Across America

Wednesday, July 22 – 6:00PM–7:00PM

Free per Member family, \$10 per Guest family. Register by 7/17.

Join the Pav YMCA and YMCAs across the country to come together for the Y's Campfire Across America as part of our 175th anniversary celebration. We'll have symbolic flames glowing on gym floors, tasty s'mores and refreshing drinks! This event celebrates more than a campfire; it celebrates what happens when we gather around it: stories shared, songs sung, and community built—just as the Y has done for generations.

## AUGUST

### Back to School BBQ Extravaganza

Friday, August 7 – 5:30PM–7:30PM

Free per Member family, \$10 per Guest family. Register by 8/2.

Send summer off in style and get ready for the school year with a fun-filled family BBQ at the Y! Enjoy delicious food fresh off the grill, plus a mix of indoor and outdoor games for all ages. It's the perfect chance to soak up those last carefree moments of summer with friends, family, and community. Come hungry, come ready to play, and let's make it a celebration to remember before the school bell rings!

*Family events are subject to change or cancellation.*



# SIGNATURE FUNDRAISERS

Save the dates for our upcoming signature fundraisers! If you would like to know more about sponsorship, volunteer opportunities, and raffle donations, please contact Jamie Kucera at [jkucera@pavymca.org](mailto:jkucera@pavymca.org) or ext 311.

## SEPTEMBER

### 16TH ANNUAL PAV YMCA ROY OLSEN PASTAPALOOZA FUNDRAISER

Friday, October 16 2026 – 11:00 AM–7:00 PM

Pav YMCA (basketball courts), 2947 S Oak Park Ave, Berwyn, IL 60402

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

First Responders: \$5

Eat pasta with a purpose! Our Annual Roy Olsen Pastapalooza is our second largest signature fundraiser of the year that benefits our Annual Support Campaign, which provides financial assistance to children, individuals and families who need the Y the most. Ticket includes a delicious pasta dinner (with meatballs, of course!), entertainment for all ages, bake sale, music, raffles galore, & more! It's not a dinner...it's an event!



# SENIOR SERVICES



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



## 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 or can be picked up at the Pav YMCA.

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

### UPCOMING MARKET DAYS:

June 4 & 18

July 2 & 16

Aug 6 & 20

## 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 \$3.50 per meal is suggested. Reservations are required. Please contact our Senior Services Director to reserve your spot! The monthly lunch menu and activities calendar is available on our website or at the Pav YMCA. 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, or 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  
12:00 PM–1:00 PM**

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 EVENTS & LECTURES

Each month, our Senior Services Program provides fun activities and educational lectures for our active older adult community to enjoy. Participants must be ages 60+ and registered for lunch to participate in all senior programs, events and activities. Unless otherwise noted, all events are \$7 per person. The monthly lunch menu and activities calendar is available on our website or at the Pav YMCA. Register with our Senior Services Director at the Pav YMCA or call 708.749.0606 ext. 340. Stay tuned for more themed events throughout the year!

### JUNE

**Father's Day Party**  
Fri, 6/19 – 11:00 AM–1:00 PM  
\$7/person. Sign up by Tues, 6/9.

**Summer Kickoff BBQ Fundraiser**  
Mon, 6/22 – 11:00 AM–6:00 PM

### JULY

**Independence Day BBQ**  
Fri, 7/3 – 11:00 AM–1:00 PM  
\$7/person. Sign up by Tues, 6/23.

### AUGUST

**Bingo Bash**  
Fri, 8/7 – 10:00 AM–1:00 PM  
\$7/person. Sign up by Tues, 7/28.



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



**MATHEW KLINE**  
 Health & Wellness Director  
 708.749.0606 ext. 319  
 mkline@pavymca.org

Guest Infinity Passes are available!

Get an Unlimited Silver Sneakers Pass for \$75 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+	Mon	8:00am-8:50am	Free w/ Membership	\$7/Class
Silver Sneakers Classic	55+	Mon	9:00am-9:50am	Free w/ Membership	\$7/Class
Silver Sneakers Classic	55+	Tue	8:00am-8:50am	Free w/ Membership	\$7/Class
Silver Sneakers Classic	55+	Wed	8:00am-8:50am	Free w/ Membership	\$7/Class
Silver Sneakers Classic	55+	Wed	9:00am-9:50am	Free w/ Membership	\$7/Class
Silver Sneakers Classic	55+	Thu	8:00am-8:50am	Free w/ Membership	\$7/Class
Silver Sneakers Classic	55+	Fri	9:00am-9:50am	Free w/ Membership	\$7/Class
Silver Sneakers Chair Yoga	55+	Tue	9:00am-10:00am	Free w/ Membership	\$7/Class
Silver Sneakers Chair Yoga	55+	Thu	9:00am-10:00am	Free w/ Membership	\$7/Class
Water Arthritis	55+	Sat	7:15am-8:00am	Free w/ Membership	\$7/Class
Water Works	55+	Tue	9:00am-9:45am	Free w/ Membership	\$7/Class
Water Works	55+	Wed	9:00am-9:45am	Free w/ Membership	\$7/Class
Water Works	55+	Thu	9:00am-9:45am	Free w/ Membership	\$7/Class
Water Works	55+	Fri	9:00am-9:45am	Free w/ Membership	\$7/Class



175<sup>YEAR</sup>  
ANNIVERSARY



# STRENGTHENING COMMUNITIES TOGETHER

## Annual Pav YMCA Sponsorship Opportunities

Plan ahead for your charitable giving throughout the year and check out new ways to support our cause!

You can help us make a difference in the communities we serve, whether that be through sponsoring a signature fundraiser, sending a kid to camp for a week, covering the Joiner Fee for a family, or making a year-end contribution during our Season of Giving campaign. Scan the QR code to view our current opportunities or contact Jamie Kucera at [jkucera@pavymca.org](mailto:jkucera@pavymca.org) or 708.749.0606 ext. 311.



Scan to view the 2026  
Sponsorship Playbook!



the  | 175 YEAR ANNIVERSARY

# YOUR LEGACY STARTS HERE

## Facility Naming Opportunities

As we celebrate the Y's 175th anniversary, we celebrate nearly two centuries of building a healthy mind, body and spirit for all through innovation, connection, community service, and so much more. The Y's legacy started over 175 years ago and continues on—start yours today with us!

We hope you consider starting your legacy  
with the Pav YMCA.

For more information on facility naming opportunities and how you can start your legacy, scan the QR code or contact:

Jamie Kucera  
Pav YMCA Executive Director/CEO  
708.749.0606 ext 311  
[jkucera@pavymca.org](mailto:jkucera@pavymca.org)





175 YEAR ANNIVERSARY

the Y PAV YMCA



## Pav YMCA

Serving the communities of Berwyn, Cicero, Forest View, Lyons, North Riverside, Riverside, & Stickney since 1970

Visit or call us today!

2947 S Oak Park Ave, Berwyn, IL 60402

708.749.0606

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

**For a better us.®**