

A BETTER US STARTS HERE



2025 PAV YMCA WINTER PROGRAM GUIDE



Winter Session
January 6 – February 16, 2025

Member Registration: 12/9/24

Guest Registration: 12/16/24

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



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.

HELPFUL INFORMATION



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

PHONE: 708.749.0606

WEBSITE: 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
Pavla Jouzova Building/Grounds Director	pjouzova@pavymca.org Ext. 317
Megan Strama Marketing & Communications Director	mstrama@pavymca.org Ext. 342
Raj Waller Senior Program Director	rwaller@pavymca.org Ext. 320

OPERATIONS & PROGRAM STAFF

Aimee Cortes Program Director	acortes@pavymca.org Ext. 319
Juan Guerrero Aquatic Director	jguerrero@pavymca.org Ext. 323
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.

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.

TABLE OF CONTENTS

MEMBERSHIP & SERVICES

Member Services – Page 4
Policies & Guidelines – Page 5
Facility Rentals – Pages 6-7
Babysitting Services – Page 8

YOUTH DEVELOPMENT

Before & After Care, School's Out Days, & Break Camps – Page 9
Arts & Humanities – Page 10
Teen Fitness Orientations – Page 11
Youth Sports – Pages 11-12

HEALTHY LIVING

Adult Sports Leagues – Page 13
Health & Wellness – Pages 14-15
Restorative Health Programs – Pages 16-17
Aquatic Programs & Swim Lessons – Pages 18-22
Swim Team – Page 23

SOCIAL RESPONSIBILITY

American Red Cross Training – Page 23
Senior Services – Page 24
Silver Sneakers – Page 25
Family Events – Page 26

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

HOLIDAY CLOSINGS

New Years Day	January 1	Closed
Easter	April 20	Closed
Memorial Day	May 26	Closed
Independence Day	July 4	Closed
Labor Day	September 1	Closed
Thanksgiving	November 27	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: \$80* JOINER FEE: \$80*

SINGLE PARENT FAMILY

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

MONTHLY: \$64* JOINER FEE: \$64*

COUPLE

(2 adults 19+yrs old)

MONTHLY: \$66* JOINER FEE: \$66*

ADULT INDIVIDUAL

(19+yrs old)

MONTHLY: \$52* JOINER FEE: \$52*

YOUTH

(18yrs old or younger)

MONTHLY: \$29* JOINER FEE: \$29*

*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 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.



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).

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.

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

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 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.

BABYSITTING SERVICES

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 or ext. 341.

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



BE A PART OF SOMETHING BIG



Free 1:1 Mentoring Program

JOIN BIG BROTHERS BIG SISTERS

Every child deserves a chance to see their potential realized. By matching adult mentors, one-to-one, with children in your community, Big Brothers Big Sisters defends that potential and changes lives. Theirs. And yours.

GET INVOLVED & CHANGE A CHILD'S LIFE



VOLUNTEER | ENROLL A CHILD

BBBSCHGO.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*

Before Care	\$10/day*
After Care	\$15/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.**

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

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.

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



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.

HIP HOP DANCE (5-14YRS)

Hip Hop Dance is an action-packed class focusing on rhythm, musicality, creativity, coordination, and listening skills.

Program	Age	Day	Time	Member	Guest
Beginner Ballet	4yrs-5yrs	Fr	4:15pm-4:50pm	\$72	\$78
Ballet/Tap Basics	4yrs-6yrs	Fr	5:00pm-5:50pm	\$78	\$90
Ballet/Tap Intermediate	7+yrs	Fr	6:00pm-6:50pm	\$78	\$90
Latin Dance	5yrs-9yrs	W	6:00pm-6:45pm	\$66	\$78
Latin Dance	10yrs-14yrs	W	7:00pm-7:45pm	\$66	\$78
Hip Hop Dance	5yrs-9yrs	Sa	1:00pm-1:45pm	\$66	\$78
Hip Hop Dance	10yrs-14yrs	Sa	2:00pm-2:45pm	\$66	\$78



ADVENTURE CLUB (5-14YRS)

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

Program	Age	Day	Time	Member	Guest
Adventure Club	5-9yrs	Mo	5:00pm-5:45pm	\$66	\$78
Adventure Club	10-14yrs	Mo	6:00pm-6:45pm	\$66	\$78

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 to make an appointment today!

MARTIAL ARTS



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



BEGINNER TAE KWON DO (5-12YRS) & TEEN/ADULT TAE KWON DO (13+YRS)

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

Program	Age	Day	Time	Member	Guest
Beginner Tae Kwon Do	5-12yrs	Mo/W	6:00pm-7:00pm	\$152	\$180
Beginner Tae Kwon Do	5-12yrs	Mo	6:00pm-7:00pm	\$78	\$90
Beginner Tae Kwon Do	5-12yrs	W	6:00pm-7:00pm	\$78	\$90
Teen/Adult Tae Kwon Do	13+yrs	Mo/W	7:00pm-8:00pm	\$152	\$180
Teen/Adult Tae Kwon Do	13+yrs	Mo	7:00pm-8:00pm	\$78	\$90
Teen/Adult Tae Kwon Do	13+yrs	W	7:00pm-8:00pm	\$78	\$90

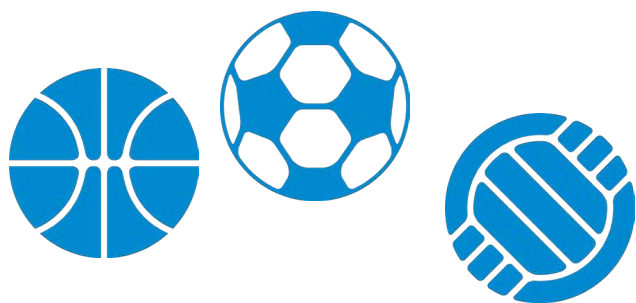
KARATE UNLIMITED

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	Member	Guest
Little Ballers	3-5yrs	Fr	4:00pm-4:30pm	\$60	\$72
Little Ballers	3-5yrs	Sa	11:30am-12:00pm	\$60	\$72
Youth Basketball	6-9yrs	Fr	4:45pm-5:30pm	\$72	\$84
Youth Basketball	6-9yrs	Sa	12:15pm-1:00pm	\$72	\$84
Youth Basketball	10-13yrs	Fr	5:45pm-6:30pm	\$72	\$84
Youth Basketball	10-13yrs	Sa	1:15pm-2:00pm	\$72	\$84
Little Kickers	3-5yrs	W	4:00pm-4:30pm	\$60	\$72
Youth Soccer	6-9yrs	W	4:30pm-5:15pm	\$72	\$84
Youth Soccer	10-13yrs	W	5:15pm-6:00pm	\$72	\$84
Youth Volleyball	6-9yrs	Th	4:45pm-5:30pm	\$78	\$90
Youth Volleyball	10-13yrs	Th	5:45pm-6:30pm	\$78	\$90

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!

Winter Season:

Thursday, January 23 – Thursday, April 10

Must register by Monday, January 6

\$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.

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!

OPEN VOLLEYBALL

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

Thursday, January 9 & Thursday, January 16 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 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.

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.

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 proceeded 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 \$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	Mo	8:30am-9:15am	Free w/ Membership	\$7/Class
Club Remix	16+ yrs	W	8:30am-9:15am	Free w/ Membership	\$7/Class
Club Remix	16+ yrs	Su	9:30am-10:30am	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 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!

INTRODUCTORY PACKAGES

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.

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 TUES, 1/21. 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

The next cohort begins on Tuesday, January 21. 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 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. 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



JUAN GUERRERO
Aquatic Director
708.749.0606 ext. 323
jguerrero@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

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

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

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

SWIM STARTERS

SWIM BASICS

SWIM STROKES

AQUATIC PROGRAMS



JUAN GUERRERO
 Aquatic Director
 708.749.0606 ext. 323
 jguerrero@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	Sa	9:00am-9:35am	1:10	\$84	\$102
Swim Starters	A & B	Discovery/Exploration	6mo-3yrs	Su	9:00am-9:35am	1:10	\$84	\$102

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

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.

**See page 12 for the Swim Basics schedule and rates.*

AQUATIC PROGRAMS



JUAN GUERRERO
 Aquatic Director
 708.749.0606 ext. 323
 jguerrero@pavymca.org

**See page 11 for Swim Basics program and level/class descriptions.*

Program	Level	Class	Age	Day	Time	Ratio	Member	Guest
Swim Basics	Level 1	Water Acclimation	3-5yrs	Mo	4:00pm-4:35pm	1:4	\$84	\$102
Swim Basics	Level 1	Water Acclimation	3-5yrs	Tu	5:30pm-6:05pm	1:4	\$84	\$102
Swim Basics	Level 1	Water Acclimation	3-5yrs	W	4:00pm-4:35pm	1:4	\$84	\$102
Swim Basics	Level 1	Water Acclimation	3-5yrs	Th	5:30pm-6:05pm	1:4	\$84	\$102
Swim Basics	Level 1	Water Acclimation	3-5yrs	Sa	9:45am-10:20am	1:4	\$84	\$102
Swim Basics	Level 1	Water Acclimation	3-5yrs	Su	9:45am-10:20am	1:4	\$84	\$102
Swim Basics	Level 2	Water Movement	3-5yrs	Mo	4:45pm-5:20pm	1:4	\$84	\$102
Swim Basics	Level 2	Water Movement	3-5yrs	Tu	6:15pm-6:50pm	1:4	\$84	\$102
Swim Basics	Level 2	Water Movement	3-5yrs	W	4:45pm-5:20pm	1:4	\$84	\$102
Swim Basics	Level 2	Water Movement	3-5yrs	Th	6:15pm-6:50pm	1:4	\$84	\$102
Swim Basics	Level 2	Water Movement	3-5yrs	Sa	10:30am-11:05am	1:4	\$84	\$102
Swim Basics	Level 2	Water Movement	3-5yrs	Su	10:30am-11:05am	1:4	\$84	\$102
Swim Basics	Level 1	Water Acclimation	6-13yrs	Mo	5:30pm-6:05pm	1:5	\$84	\$102
Swim Basics	Level 1	Water Acclimation	6-13yrs	Tu	4:00pm-4:35pm	1:5	\$84	\$102
Swim Basics	Level 1	Water Acclimation	6-13yrs	W	5:30pm-6:05pm	1:5	\$84	\$102
Swim Basics	Level 1	Water Acclimation	6-13yrs	Th	4:00pm-4:35pm	1:5	\$84	\$102
Swim Basics	Level 1	Water Acclimation	6-13yrs	Sa	9:00am-9:35am	1:5	\$84	\$102
Swim Basics	Level 1	Water Acclimation	6-13yrs	Sa	10:30am-11:05am	1:5	\$84	\$102
Swim Basics	Level 1	Water Acclimation	6-13yrs	Su	9:00am-9:35am	1:5	\$84	\$102
Swim Basics	Level 1	Water Acclimation	6-13yrs	Su	10:30am-11:05am	1:5	\$84	\$102
Swim Basics	Level 2	Water Movement	6-13yrs	Mo	6:15pm-6:50pm	1:5	\$84	\$102
Swim Basics	Level 2	Water Movement	6-13yrs	Tu	4:45pm-5:20pm	1:5	\$84	\$102
Swim Basics	Level 2	Water Movement	6-13yrs	W	6:15pm-6:50pm	1:5	\$84	\$102
Swim Basics	Level 2	Water Movement	6-13yrs	Th	4:45pm-5:20pm	1:5	\$84	\$102
Swim Basics	Level 2	Water Movement	6-13yrs	Sa	9:45am-10:20am	1:5	\$84	\$102
Swim Basics	Level 2	Water Movement	6-13yrs	Sa	11:15am-11:50am	1:5	\$84	\$102
Swim Basics	Level 2	Water Movement	6-13yrs	Su	9:45am-10:20am	1:5	\$84	\$102
Swim Basics	Level 2	Water Movement	6-13yrs	Su	11:15am-11:50am	1:5	\$84	\$102
Swim Basics	Level 3	Water Stamina	6-13yrs	Mo	5:30pm-6:05pm	1:5	\$84	\$102
Swim Basics	Level 3	Water Stamina	6-13yrs	Tu	4:00pm-4:35pm	1:5	\$84	\$102
Swim Basics	Level 3	Water Stamina	6-13yrs	W	5:30pm-6:05pm	1:5	\$84	\$102
Swim Basics	Level 3	Water Stamina	6-13yrs	Th	4:00pm-4:35pm	1:5	\$84	\$102
Swim Basics	Level 3	Water Stamina	6-13yrs	Sa	9:00am-9:35am	1:5	\$84	\$102
Swim Basics	Level 3	Water Stamina	6-13yrs	Sa	10:30am-11:05am	1:5	\$84	\$102
Swim Basics	Level 3	Water Stamina	6-13yrs	Su	9:00am-9:35am	1:5	\$84	\$102
Swim Basics	Level 3	Water Stamina	6-13yrs	Su	10:30am-11:05am	1:5	\$84	\$102
Swim Basics	Level 1-2	Teen/Adults	14+yrs	Sa	11:15am-11:50am	1:6	\$84	\$102
Swim Basics	Level 2-3	Teen/Adults	14+yrs	Su	11:15am-11:50am	1:6	\$84	\$102

AQUATIC PROGRAMS



JUAN GUERRERO
Aquatic Director
708.749.0606 ext. 323
jguerrero@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.

Stroke
Introduction
LEVEL 4

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.

Stroke
Development
LEVEL 5

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

Stroke
Mechanics
LEVEL 6

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	4-5-6	Swim Strokes	6-13yrs	Mo	6:15pm-6:50pm	1:8	\$90	\$108
Swim Strokes	4-5-6	Swim Strokes	6-13yrs	Tu	4:45pm-5:20pm	1:8	\$90	\$108
Swim Strokes	4-5-6	Swim Strokes	6-13yrs	W	6:15pm-6:50pm	1:8	\$90	\$108
Swim Strokes	4-5-6	Swim Strokes	6-13yrs	Th	4:45pm-5:20pm	1:8	\$90	\$108
Swim Strokes	4-5-6	Swim Strokes	6-13yrs	Sa	9:45am-10:20am	1:8	\$90	\$108
Swim Strokes	4-5-6	Swim Strokes	6-13yrs	Sa	11:15am-11:50am	1:8	\$90	\$108
Swim Strokes	4-5-6	Swim Strokes	6-13yrs	Su	9:45am-10:20am	1:8	\$90	\$108
Swim Strokes	4-5-6	Swim Strokes	6-13yrs	Su	11:15am-11:50am	1:8	\$90	\$108



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 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	Class Duration	Ratio	Member	Guest
Private Lessons - One Swimmer	3 Pack	All ages	TBD	35min	1:1	\$102	\$204
Private Lessons - One Swimmer	5 Pack	All ages	TBD	35min	1:1	\$160	\$320
Private Lessons - One Swimmer	10 Pack	All ages	TBD	35min	1:1	\$295	\$590
Semi-Private Lessons - Two Swimmers	3 Pack	All ages	TBD	35min	1:2	\$153	\$306
Semi-Private Lessons - Two Swimmers	5 Pack	All ages	TBD	35min	1:2	\$240	\$480
Semi-Private Lessons - Two Swimmers	10 Pack	All ages	TBD	35min	1:2	\$442	\$884

AQUATIC PROGRAMS



JUAN GUERRERO
Aquatic Director
708.749.0606 ext. 323
jguerrero@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.

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 \$65 for this session.

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.

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

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 runs through Friday, March 21, 2025.

BLUE TEAM – ENTRY LEVEL

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 5:30pm to 7:00pm and on Friday from 5:00pm to 7:00pm.

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

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, Monday through Thursday from 5:15pm to 7:00pm and on Friday from 5:00pm to 7:00pm.

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.

*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.

AMERICAN RED CROSS TRAINING

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

Member: \$100 Guest: \$125

REVIEW COURSE

Member: \$75 Guest: \$100

DATES & TIMES (Subject to change)

Sunday, January 26 from 12:00–3:00pm

Sunday, February 23 from 12:00–3:00pm

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. Next lifeguard training & certification courses will be available in Spring 2025.

FULL 3-DAY COURSE

Member: \$200 Guest: \$250

REVIEW COURSE

Member: \$100 Guest: \$150

To register for an upcoming American Red Cross Lifeguard Training & Certification Course or CPR/AED/First Aid Course, please contact our Aquatic Director, Juan Guerrero at jguerrero@pavymca.org or 708.749.0606 ext. 323.

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
- > 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. 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!

JANUARY

New Year Party
Friday, January 3 – 11:00 AM–1:00 PM
\$6/person. Sign up by 12/27.

Bingo Bash
Friday, January 17 – 10:00 AM–1:00 PM
\$6/person. Sign up by 1/7.

FEBRUARY

Valentine's Party
Wednesday, February 12 – 11:00 AM–1:00 PM
\$6/person. Sign up by 2/4.



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.

UPCOMING 2025 MARKET

DAYS:

Jan 16

Jan 30

Feb 13

Feb 27

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 pickup.

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

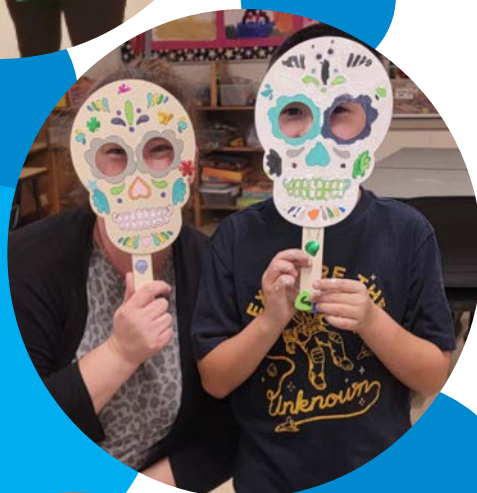
A high intensity workout to strengthen and tone your body using a variety of resistance equipment. This class is good for those with arthritis.

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+	Mo	9:00am-9:45am	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

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.



JANUARY

Winter Cookie Decorating

Friday, January 10 – 6:30 PM–7:30 PM

FREE to Members; \$10 per Guest Family

Register by 1/7

We will have gingerbread and other cookies ready to be decorated along with edible decorations. Participants may also bring their own cookies to decorate if they wish! Complimentary hot chocolate will be served.

Family Disney Trivia Night

Friday, January 24 – 6:30 PM–7:30 PM

FREE to Members; \$10 per Guest Family

Register by 1/21

Test your Disney knowledge at our Family Trivia Night for prizes! Light refreshments and snacks will be served.

FEBRUARY

Valentine's Day DIY Craft

Friday, February 7 – 6:30 PM – 7:30 PM

FREE to Members; \$10 per Guest Family

Register by 2/4

Make your own Valentine's Day cards for your loved ones! Light refreshments and cookies will be served.

Family 80's Dance

Friday, February 28 – 6:30 PM – 8:30 PM

FREE to Members; \$10 per Guest Family

Register by 2/25

Join us for an 80's themed dance in your best 80's outfits!

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.



WAYS TO GIVE

VOLUNTEER

Giving a little bit of your time makes a tremendous impact. 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

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. 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

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.

HELP US MAKE A DIFFERENCE.

If you would like to discuss ways to give to the Pav YMCA, contact Jamie Kucera at 708.749.0606 ext 311 or jkucera@pavymca.org.