SUMMER SUN BRINGS FAMILY FUN

2019 Summer Programming Guide

Summer 1 (5 weeks)
June 10–July 14, 2019
Registration Starts:
May 20, 2019 (Members)
May 27, 2019 (Public)

Summer 2 (5 weeks)
July 15–August 18, 2019
Registration Starts:
July 1, 2019 (Members)
July 8, 2019 (Public)

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Program Registration Information
• Register online at www.springfieldymca.org or at the front desk at either branch for YMCA classes and programs.
• Join the YMCA within 30 days of paying nonmember fees and receive a credit for the difference between your nonmember and member rate to be applied to your joining fee.

springfieldymca.org

Printed courtesy of Memorial Health System
Swim Lessons at the YMCA of Springfield

The program is a progressive swim lesson system designed to make children and adults safer in and around the water. It also assists participants in furthering their goals in fitness, competition, leadership, or recreation!

Swim Starters
$35 Member, $70 Public
Parents are in the water learning how to aid their child in being comfortable in an aquatic environment. Using repetition and progressions, basic skills such as kicking, reaching/paddling, back floats, dolphin dips, and surface safety skills will be taught.

A. Water Discovery: 6-18 months
B. Water Exploration: 18-30 months
C. Water Independence: 30-36 months

Downtown
Water Discovery (6-18 months)
Tue: 5:30-6 p.m.
Thu: 5:30-6 p.m.
Sat: 10:40-11:10 a.m.

Water Exploration (18-30 months)
Tue: 6:05-6:35 p.m.
Thu: 6:05-6:35 p.m.
Sat: 10:40-11:10 a.m.

Water Independence (30-36 months)
Tue: 6:40-7:10 p.m.
Thu: 6:40-7:10 p.m.
Sat: 10:40-11:10 a.m.

Kerasotes
Water Discovery (6-18 months)
Mon: 9:00-9:30 a.m.
3:40-5:00 p.m.
Wed: 9:00-9:30 a.m.
3:40-5:00 p.m.
Sat: 9:00-9:30 a.m.

Kerasotes
Water Exploration (18-30 months)
Mon: 9:35-10:20 a.m.
4:45-5:30 p.m.
5:40-6:25 p.m.
Tue: 4:50-5:35 p.m.
5:40-6:25 p.m.
Wed: 4:45-5:30 p.m.
5:40-6:25 p.m.
Thu: 4:50-5:35 p.m.
5:40-6:25 p.m.
Fri: 9:35-10:20 a.m.
Sat: 9:00-9:45 a.m.
9:50-10:35 a.m.

Kerasotes
Water Independence (30-36 months)
Mon: 5:05-5:35 p.m.
Wed: 5:05-5:35 p.m.
Fri: 9:00-9:30 a.m.
Sat: 10:10-10:40 a.m.

Kerasotes
Water Acclimation
Youth (ages 6-12)
Mon: 9:35-10:20 a.m.
4:45-5:30 p.m.
5:40-6:25 p.m.
Tue: 4:50-5:35 p.m.
5:40-6:25 p.m.
Wed: 4:45-5:30 p.m.
5:40-6:25 p.m.
Thu: 4:50-5:35 p.m.
5:40-6:25 p.m.
Fri: 9:35-10:20 a.m.
Sat: 9:00-9:45 a.m.
9:50-10:35 a.m.

Kerasotes
Water Movement
Preschool (ages 3-5)
Mon: 5:25-6:10 p.m.
6:15-7:00 p.m.
Tue: 4:40-5:25 p.m.
Wed: 5:25-6:10 p.m.

Kerasotes
Water Stamina
Preschool (ages 3-5)
Sat: 9:50-10:35 a.m.

Kerasotes
Youth (ages 6-12)
Mon: 6:15-7 p.m.
Tue: 5:30-6:15 p.m.
Wed: 6:15-7 p.m.
Thu: 5:30-6:15 p.m.
Fri: 6:15-7 p.m.

Water Acclimation
Youth (ages 6-12)
Mon: 10:25-11:10 a.m.
5:40-6:25 p.m.
Tue: 4:45-5:30 p.m.
Wed: 10:25-11:10 a.m.
5:40-6:25 p.m.
Thu: 4:45-5:30 p.m.
5:40-6:25 p.m.
Fri: 9:35-10:20 a.m.
Sat: 9:00-9:45 a.m.
9:50-10:20 a.m.

Water Milk
Youth (ages 6-12)
Mon: 6:15-7 p.m.
Wed: 6:15-7 p.m.
Thu: 5:30-6:15 p.m.
Sat: 9:50-10:35 a.m.

Water Independence
Preschool (ages 3-5)
Sat: 9:00-9:45 a.m.

Water Acclimation
Preschool (ages 3-5)
Mon: 9:35-10:20 a.m.
4:45-5:30 p.m.
5:40-6:25 p.m.

Water Movement
Preschool (ages 3-5)
Mon: 4:45-5:30 p.m.
5:40-6:25 p.m.
Wed: 9:35-10:20 a.m.
4:45-5:30 p.m.
5:40-6:25 p.m.

Water Stamina
Preschool (ages 3-5)
Mon: 6:30-7:15 p.m.

3. Water Stamina
focuses on Freestyle and backstroke perfection with review of self-rescue skills.

Downtown
Water Acclimation
Preschool (ages 3-5)
Mon: 9:35-10:20 a.m.
5:40-6:25 p.m.
Wed: 10:25-11:10 a.m.
5:40-6:25 p.m.
Thu: 5:30-6:15 p.m.
Sat: 11:35 a.m.-12:20 p.m.

3. Water Stamina
focuses on Freestyle and backstroke perfection with review of self-rescue skills.

Water Movement
Youth (ages 6-12)
Mon: 6:15-7 p.m.
Wed: 6:15-7 p.m.
Thu: 5:30-6:15 p.m.
Sat: 9:50-10:35 a.m.

Water Movement
Youth (ages 6-12)
Mon: 6:15-7 p.m.
Wed: 6:15-7 p.m.
Fri: 5:30-6:15 p.m.
Sat: 9:50-10:35 a.m.

Water Movement
Youth (ages 6-12)
Mon: 6:15-7 p.m.
Wed: 6:15-7 p.m.
Fri: 5:30-6:15 p.m.
Sat: 9:50-10:35 a.m.

3. Water Stamina
focuses on Freestyle and backstroke perfection with review of self-rescue skills.

Downtown
Water Acclimation
Preschool (ages 3-5)
Mon: 9:35-10:20 a.m.
5:40-6:25 p.m.
Wed: 10:25-11:10 a.m.
5:40-6:25 p.m.
Thu: 5:30-6:15 p.m.
Sat: 11:35 a.m.-12:20 p.m.

3. Water Stamina
focuses on Freestyle and backstroke perfection with review of self-rescue skills.

Water Movement
Youth (ages 6-12)
Mon: 6:15-7 p.m.
Wed: 6:15-7 p.m.
Fri: 5:30-6:15 p.m.
Sat: 9:50-10:35 a.m.

BSA Swimming & Lifesaving Merit Badges

The YMCA of Springfield can assist you with your BSA swimming and lifesaving merit badges and testing.

Contact Tara Bosaw at tbosaw@springfieldymca.org or 217-544-9846 x 139
### Swim Strokes

- **$45 Member, $90 Public**
  - Having mastered the fundamentals, students will focus on stroke development in breaststroke and butterfly with review in free and back.
- **Downtown**
  - **Stroke Development Butterfly Youth (ages 6-12)**
    - Tues: 6:45-7:30 p.m.
    - Wed: 6:45-7:30 p.m.
    - Thu: 4:50-5:35 p.m.
    - Fri: 7:05-7:50 p.m.
    - Sat: 9:00-9:45 a.m.
  - **Kerasotes Stroke Development Butterfly Youth (ages 6-12)**
    - Tues: 6:45-7:30 p.m.
    - Wed: 6:45-7:30 p.m.
    - Thu: 4:50-5:35 p.m.
    - Fri: 7:05-7:50 p.m.
    - Sat: 9:00-9:45 a.m.
- **Swim Strokes**
  - **$45 Member, $90 Public**
    - Downtown **Stroke Development Butterfly Youth (ages 6-12)**
      - Mon: 6:15-7:00 p.m.
      - Wed: 6:15-7:00 p.m.
      - Sat: 9:00-9:45 a.m.
    - **Kerasotes Stroke Development Butterfly Youth (ages 6-12)**
      - Mon: 6:15-7:00 p.m.
      - Wed: 6:15-7:00 p.m.
      - Sat: 9:00-9:45 a.m.
  - **Stroke Introduction the focus is on breaststroke perfection with review of free and back.**
    - **Downtown**
      - **Stroke Introduction Breaststroke Youth (ages 6-12)**
        - Mon & Wed 7:05-7:50 p.m.
        - Sat 9:00-9:45 a.m.
      - **Kerasotes Stroke Introduction Breaststroke Youth (ages 6-12)**
        - Tues & Thu 6:30-7:15 p.m.
        - Sat 11:15 a.m. - 12:00 p.m.
    - **Kerasotes Stroke Introduction Breaststroke Youth (ages 6-12)**
      - Mon: 6:15-7:00 p.m.
      - Wed: 6:15-7:00 p.m.
      - Sat: 9:00-9:45 a.m.
  - **Adult Lessons $45 Member, $90 Public**
    - Downtown **Adult Lessons**
      - Mon: 7:05-7:50 p.m.
      - Wed: 7:05-7:50 p.m.
      - Sat: 9:50-10:35 a.m.
    - **Kerasotes Adult Lessons**
      - Thu: 7:20-8:05 p.m.
  - **Kerasotes**
    - **$135 Member, $270 Public**
      - Designed to help swimmers transition to swim team, this class will give participants an idea of what it would be like to swim for SPY! Jr. SPY is for those swimmers proficient in all four competitive strokes and are interested in eventually swimming competitively, but not yet ready for the full commitment of a year-round team experience. Jr. SPY swimmers who are members can also participate in home meets.
    - **Downtown**
      - **Stroke Development Butterfly Youth (ages 6-12)**
        - Mon: 6:15-7:00 p.m.
        - Wed: 6:15-7:00 p.m.
        - Sat: 9:00-9:45 a.m.
    - **Kerasotes**
      - **$135 Member, $270 Public**
        - Designed to help swimmers transition to swim team, this class will give participants an idea of what it would be like to swim for SPY! Jr. SPY is for those swimmers proficient in all four competitive strokes and are interested in eventually swimming competitively, but not yet ready for the full commitment of a year-round team experience. Jr. SPY swimmers who are members can also participate in home meets.
  - **Jr. SPY/Conditioning**
    - Downtown **Jr. SPY/Conditioning**
      - Mon & Wed 7:05-7:50 p.m.
      - Fri: 6:30-7:15 p.m.
      - Sat: 11:35-12:20 p.m.
    - **Kerasotes Jr. SPY/Conditioning**
      - Mon & Wed 7:05-7:50 p.m.
      - Fri: 6:30-7:15 p.m.
      - Sat: 11:35-12:20 p.m.
  - **Kerasotes**
    - **$135 Member, $270 Public**
      - Designed to help swimmers transition to swim team, this class will give participants an idea of what it would be like to swim for SPY! Jr. SPY is for those swimmers proficient in all four competitive strokes and are interested in eventually swimming competitively, but not yet ready for the full commitment of a year-round team experience. Jr. SPY swimmers who are members can also participate in home meets.
    - **Downtown**
      - **Stroke Development Butterfly Youth (ages 6-12)**
        - Mon: 6:15-7:00 p.m.
        - Wed: 6:15-7:00 p.m.
        - Sat: 9:00-9:45 a.m.
    - **Kerasotes Stroke Development Butterfly Youth (ages 6-12)**
      - Mon: 6:15-7:00 p.m.
      - Wed: 6:15-7:00 p.m.
      - Sat: 9:00-9:45 a.m.
  - **Swim Strokes**
    - **$45 Member, $90 Public**
      - Downtown **Stroke Development Butterfly Youth (ages 6-12)**
        - Mon: 6:15-7:00 p.m.
        - Wed: 6:15-7:00 p.m.
        - Sat: 9:00-9:45 a.m.
    - **Kerasotes Stroke Development Butterfly Youth (ages 6-12)**
      - Mon: 6:15-7:00 p.m.
      - Wed: 6:15-7:00 p.m.
      - Sat: 9:00-9:45 a.m.
  - **6. Conditioning $45 Member, $90 Public**
    - **Downtown**
      - **6. Conditioning $45 Member, $90 Public**
        - Designed for those swimmers who have progressed through all four competitive strokes who are not yet ready to join the SPY team or would like an introduction to competitive swimming. This class will allow participants to continue stroke development and swim for fun and fitness without the commitment of joining the team!
    - **Kerasotes**
      - **6. Conditioning $45 Member, $90 Public**
        - Designed for those swimmers who have progressed through all four competitive strokes who are not yet ready to join the SPY team or would like an introduction to competitive swimming. This class will allow participants to continue stroke development and swim for fun and fitness without the commitment of joining the team!
  - **6. Jr. SPY/Conditioning**
    - Downtown **6. Jr. SPY/Conditioning**
      - Mon & Wed 7:05-7:50 p.m.
      - Fri: 6:30-7:15 p.m.
      - Sat: 11:35-12:20 p.m.
    - **Kerasotes 6. Jr. SPY/Conditioning**
      - Mon & Wed 7:05-7:50 p.m.
      - Fri: 6:30-7:15 p.m.
      - Sat: 11:35-12:20 p.m.
  - **Pathways**
    - **Pathways**
      - **Pathways**
        - Aquatic activities beyond lessons! Check out your lessons.
        - Visit our website for more information!
        - Check out our website to find more information!
        - Visit our website for more information!
  - **Competition**
    - **Competition**
      - Follow in the wake of a hometown hero! With help from our professional swim team coaches, your swimmer will continue to improve their stroke technique, learn healthy habits, build muscle and strength and make friends!
      - **Springfield YMCA Swim Team**
        - Our SPY competitive team is for the intermediate to advanced swimmer who is looking for a competitive swim program which includes regular meet participation.
        - Interested swimmers should contact Alex Totura at alex@spsyswimmers.com for a team placement evaluation.
  - **Leadership**
    - Interested in helping others achieve their goals? Become a Swim Lesson Assistant and help us accomplish more! Assistants will help with those participants sitting on the side of the pool or help demonstrate competitive stroke technique during lessons.
    - Please apply with: Tara Bosaw, tbosaw@springfieldymca.org
  - **Recreation & Fitness**
    - Fun in the pool! Feel safer during open swim knowing you or your child has experienced YMCA swim instruction.
    - **Lap Swimming**
      - Check out our pool schedules at both locations and at springfieldymca.org for open lap swim lanes.
    - **Masters Swimming**
      - Masters provides the opportunity for organized workouts which can be adapted to meet individual abilities.
      - **Kerasotes Competition Pool**
        - M–W–F: 6:00–7:00 a.m.
        - Adults, Free for Members
      - **Springfield YMCA Swim Team**
        - Our SPY competitive team is for the intermediate to advanced swimmer who is looking for a competitive swim program which includes regular meet participation.
        - Interested swimmers should contact Alex Totura at alex@spsyswimmers.com for a team placement evaluation.
  - **Lifeguard Classes**
    - Check out our web page for information on lifeguard training!
    - [http://springfieldymca.org/aquatics/](http://springfieldymca.org/aquatics/)
    - Questions? Contact Arthur Steiner at asteiner@springfieldymca.org
Youth Recreational Gymnastics

Rollers
Rollers is a beginning developmental class which lays the foundation on which all other progressive gymnastics skills are built.
Monday, 4:30-5:25 p.m.
Wednesday, 5:00-5:55 p.m.
Saturday, 9:30-10:25 a.m.
$72 Members, $90 Public

Springers
Gymnast must be able to do forward and backward rolls to a stand on floor, front support roll-down on bars, and walk relevé in all directions on beam.
Monday, 5:00-5:55 p.m.
Wednesday, 5:00-5:55 p.m.
Saturday, 10:30-11:25 a.m.
$72 Members, $90 Public

Giders
Gymnast must be able to do a cartwheel, handstand and bridge kick-over on floor, pullover unassisted on bars, and front support mount and tuck jump on beam.
Monday, 5:30-6:25 p.m.
Wednesday, 5:30-6:25 p.m.
$72 Members, $90 Public

Kippers
Gymnast must be able to do round-off, handstand forward roll and back-bend kick-over on floor, two legged pullover and back-hip circle on bars, whip up mount, and handstand on beam.
Tuesday, 6:00-7:25 p.m.
$90 Members, $100 Public

Rings and Swings (all-boys class)
Improve motor skills, coordination, balance, and build strength! This all-boys class will introduce boys to beginner gymnastics. They will learn tumbling skills and be introduced to the high bar and rings. MUST BE DIRECTOR APPROVED.
RS Boys Gymnastics, Tuesday, 5:30-6:30 p.m.
$72 Members, $90 Public

Tumbling

Beginning Tumbling
This is a beginner class for those with little or no experience. In this class, participants will work on introductory and progressive tumbling skills.
Wednesday, 6:00-6:50 p.m.
$60 Members, $72 Public

Intermediate/Advanced Tumbling
Participant must have passed beginning tumbling or be approved by the gymnastics coordinator. In this class, they will work on front limbers, back handsprings, front handsprings, handspring series, and flips.
Thursday, 6:00-6:50 p.m.
$70 Members, $82 Public

QUESTIONS? Contact:
Megan Edwards, Associate Sports Director Gymnastics Programming
217-544-9846 x130
medwards@springfieldymca.org
**MARTIAL ARTS**

**Little Dragons (5+)**
A karate class designed for beginners as young as 5. Younger children can learn karate together with their parent, guardian or older sibling. Karate builds coordination, self-confidence, discipline and self-respect. This class incorporates blocks, punches, kicks, throws, and self-defense. Families receive multiple participant discounts.
Thurs 5:30-6:15 p.m. (Kerasotes, MPR)
$40 Member/$85 Public (Price is per participant)

**Warriors (13+)**
This class builds upon basic techniques to master more advanced moves. Skill level is orange and green belt. Karate and self-defense are combined in training that refines kicks, blocks, and throws. Families receive multiple participant discounts.
Tues 6:45-7:45 p.m. (Kerasotes MPR)
$50 Member/$95 Public

**Belt Testing and Private/Semi-Private Lessons**
Private and Semi-Private Karate lessons are available at our Kerasotes location. Little Dragons and Warriors may test regularly for higher belts. For information on either lessons or testing, see front desk for registration and pricing.

**Tae Kwon Do (beginner & intermediate classes, ages 5+)**
Tae Kwon Do is a Korean martial art. The techniques blend several ancient self-defense systems into a single dynamic one. Extensive kicking and footwork patterns characterize this Olympic sport! Our program stresses self-esteem, self-discipline, physical fitness, balance, flexibility and concentration. Families receive multiple participant discounts.
Beginner/Junior
TKDBEG, Mon & Wed, 5:30-6:30 p.m.
$48 Member/ $98 Public (Downtown)

Junior Intermediate and Adults
TKDADV, Mon & Wed, 6:30-7:15 p.m.
$61 Member/ $121 Public (Downtown)

**Karate All (beginner & intermediate classes, ages 5+)**
Beginners (white belt) and advanced (yellow belt and above) are taught traditional karate and self-defense. Karate builds coordination, self-confidence, discipline and respect for yourself and others. Classes incorporate blocks, punches, kicks, throws, and other techniques. Families receive multiple participant discounts. (Beginners ages 5-6, meet instructor before starting for proper class placement.)

KAR0545P2, Tue, 5:45-6:45 p.m.
KAR0445P4, Thur, 4:45-5:45 p.m.
KAR0545P4, Thur, 5:45-6:45 p.m.
$58 Member/ $119 Public (Downtown)

**Practical Self-Defense (ages 15+)**
This course focuses on teaching participants key fundamentals of practical self-defense. “Awareness” teaches participants to be aware of their surroundings and how the body reacts before, during, and after a violent encounter. “Recognition” teaches participants to recognize potential threats, threat patterns, and physical cues of an attack. “Reaction” teaches participants to react instead of hesitating when faced with a violent encounter. “Avoidance” teaches students verbal and non-verbal techniques to avoid an attack if possible. De-escalation students will be encouraged to use verbal techniques to avoid conflict if possible and de-escalate after an attack.
$45 Members/ $85 Public
Tue, 5:00-6:00 p.m.
Thurs, 7:00-8:00 p.m.

**YOUTH SPORTS**

**Fall Baseball (ages 4-8)**
The YMCA is a great place to enhance your child’s baseball skills, learn the rules, concepts, field layout, and player positions. Sportsmanship is emphasized and everyone plays. We have two leagues: T-ball (ages 4-6 years) will play Monday or Wednesday nights, and Coach Pitch (ages 6-8 years) will play Tuesday or Thursday. All games start at 6 p.m. Games begin August 5. Registration will begin June 1.
$55 Member, $75 Public

**Fall Recreational Soccer (ages 4 - 14)**
The YMCA of Springfield has been running the largest YMCA league in downstate Illinois since 1975. This is a co-ed league. Teams are formed by elementary schools and neighborhoods. Games are played on soccer fields located at UIS and begin August 16. Our sports office is located at the Downtown branch. The deadline to register for the fall soccer session is July 10.

**PRIVATE SWIM LESSONS DESIGNED JUST FOR YOU!**
Available for members and the public. Register at either location. Also available to SNAP participants at a reduced rate!

**SWIM CLASS ASSISTANTS**
Once your child has completed breaststroke and/or butterfly, they have the opportunity to contact aquatics to set up a time to be an assistant or gain volunteer experience! To apply, turn in a volunteer application to Tara Bosaw, 217.544.9846x139 tbosaw@springfieldymca.org. Volunteer applications are located on the YMCA website.
DIVERSE ABILITY
SPECIAL NEEDS PROGRAMMING

The YMCA staff is dedicated to meeting the diverse abilities of those persons with mental or physical disabilities. The YMCA offers opportunities to participate in programs, membership, branch rentals, and collaborations. Financial assistance is available. Please call 544-9846 for information.

Swimming – Downtown
SNAP Small Group Lessons (Age 3+)
SNAP is a specialized swim lesson program designed for individuals with autism, Down syndrome, cerebral palsy and other special needs. Participation must be approved by the aquatic director. SNAP lessons run in conjunction with the YMCA program calendar. This program is supported through grants and the YMCA’s Strong Kids scholarship fund, making it affordable to all participants. Participants are encouraged to progress to group lessons, SNAP competitive, and Special Olympics! We provide one instructor for every two participants.
Tue: 6:20-6:50 p.m.
Thu: 6:20-6:50 p.m.
Sat: 10:40-11:10 a.m.
11:15-11:45 a.m.
11:50 a.m.-12:20 p.m.

SNAP Small Group Cost – $20

SNAP Private Lessons (Age 3+)
Private lessons are one-on-one with the availability to request an instructor and choose days/times to meet. Participants interested in private lessons must fill out the SNAP private lesson registration form.

Five 30-Minute Lessons Fee – $50

SNAP Competitive (Age 6+)
Tue & Thu: 6:55-7:40 p.m.
This class is for our Special Olympics swim team. It is a conditioning team atmosphere with training for Special Olympics. Those on the team must register through the aquatics department to participate. Contact Tara at tbosaw@springfieldymca.org for registration and qualification information.

SNAP Competitive Fee – $40

Dancing – Downtown
Limitless Dance Program $15 (All Ages)
Dance is a great activity for everyone but for people with special needs, they gain tremendous benefits from physical activity. Programs like Limitless Dance help control weight gain, promote being active, and increase an individual’s self-esteem and motivation. Perhaps the biggest benefit is the opportunity for social interaction. This class is a great way to mix socially with others in a fun-filled relaxed environment. Classes are Tuesdays at 7:00 p.m. For more information contact Megan Edwards at medwards@springfieldymca.org.

Bowling – Strike and Spare Lanes
Saturday Striker Bowling League (Age 6+)
Our Saturday Strikers league is held at Strike ‘N’ Spare Lanes. Social, recreational, or competitive, this program can fulfill all those expectations. Bowling is Saturdays from 9:30-11:00 a.m. Participants bowl at no charge. Ramps and guides are provided. Special Olympics competition is an option. Transportation is available through SMTD access bus program for those eligible. Drop-ins are welcome but advance calls are preferred. For more information, contact our bowling coordinator at 217-544-9846 x140.
### JUNE
- **MyZone Anniversary Party**
  June 1
- **Fall Baseball Registration** *(League begins August 5)*
  June 1 – July 10
- **Fall Soccer Registration** *(League begins August 16)*
  June 1 – July 10
- **Kids Triathlon**
  June 8
- **Soccer Camp (Ages 8-12)**
  June 17–21
- **Basketball Camp**
  June 24–28

### JULY
- **YMCA CLOSED**
  July 4
- **Volleyball Camp**
  July 15–19
- **Soccer Camp (Ages 5-7)**
  July 22–26
- **Summer 2 Programming Registration**
  July 1 – Members
  July 8 – Nonmembers
- **Gymnastics Team Tryouts**
  July TBA

### AUGUST
- **Swim with a Mermaid**
  August 3
- **Fall Basketball Registration**
  August 17–September 20
- **Fall 1 Programming Registration**
  August 5 – Members
  August 12 – Nonmembers
- **Total Body Transformation (TBT) Registration**
  August 25

### SEPTEMBER
- **Women’s Wellness Retreat Registration**
  September 1
- **YMCA CLOSED**
  September 3
- **Fall Indoor Soccer Registration**
  September 7–October 18
- **Hispanic Heritage**
  September 9
- **Golf for Kids**
  September 19

### OCTOBER
- **Women’s Wellness Retreat**
  October 5
- **Spooky Trails**
  October 19
- **Fall 2 Programming Registration**
  October 14 – Members
  October 21 – Nonmembers

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**LOOKING AHEAD**
See What’s Coming up at the YMCA!

**Want to learn more about our events & programs?**
Contact either front desk for more information on these upcoming events!

**Downtown YMCA**
701 South 4th Street
Springfield, IL 62703
217.544.9846

**Gus & Flora Kerasotes YMCA**
4550 West Iles
Springfield, IL 62711
217.679.1625
Two Branches to Serve You

**DOWNTOWN**
701 South 4th Street
Springfield, IL 62703
P 217.544.9846
F 217.544.0004
217.241.8664 Sport Hotline (Cancellations)

**GUS & FLORA KERASOTES**
4550 West Iles Avenue
Springfield, IL 62711
P 217.679.1625
F 217.679-0920

One Mission
The YMCA of Springfield puts Christian principles into practice through programs that build healthy spirit, mind and body for all.

Inclusion For All
The YMCA of Springfield strives to ensure inclusion and diversity in all programs. If upon review of a program description, you believe assistance may be needed for you or your child to participate in a program, we invite you to contact us. Reduced membership and program fees are also available to individuals and families based upon income and household size.

Program Registration Information
- Register online at www.springfieldymca.org or at the front desk at either branch for YMCA classes and programs.
- Join the YMCA within 30 days of paying nonmember fees and receive a credit for the difference between the nonmember and member rates to be applied to your joining fee.
- Lightning Policy: Some programs and facilities may close due to inclement weather. If there are storms in the area, we recommend you check one of these resources or call either branch before heading to the YMCA for a swim. Please visit our website at springfieldymca.org for more information on our policies.
- In an effort to reduce any inconvenience to our members, the YMCA notifies of closing via our Facebook page, Twitter, and our smart phone app push notifications. We will post closings as quickly as possible.

Program Credit Guidelines
- There are no make-up classes, credits or refunds for missed classes or changes in a child’s or family’s personal schedule. Exceptions for missed class credits will be made for those participants with medical emergencies. Documentation may be requested.
- Refund and credit requests that are not the result from a YMCA change or cancellation are subject to a $5 processing fee which will be deducted from any credit or refund issued for participant reasons.
- If the YMCA cancels a program due to staff weather, or facility difficulties, the YMCA will provide a credit for the missed class on members’ accounts. Credits will expire in 12 months.
- Request to withdraw from a class/program for refund must be submitted one week prior to the first class/game.
- Classes are not held on holidays, special event or swim meet dates when the YMCA facilities are closed. Classes effected by YMCA holiday/event closings are prorated prior to payment.