



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING HEALTHY FAMILIES

2011 FALL PROGRAM GUIDE



## MATTOON AREA FAMILY YMCA

221 North 16th Street  
Mattoon, IL 61938  
217.234.9494  
[www.mattoonymca.org](http://www.mattoonymca.org)



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# MATTOON AREA FAMILY YMCA

221 N. 16<sup>th</sup> St.  
PO Box 875  
Mattoon, IL 61938  
(217) 234-9494  
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www.mattoonymca.org



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## OUR MISSION

Our mission is to put Christian principles into practice through programs that promote youth development, healthy living and social responsibility.

## FACILITY HOURS

|                 |                     |
|-----------------|---------------------|
| Monday-Thursday | 5:00am - 10:00 p.m. |
| Friday          | 5:00am - 8:00 p.m.  |
| Saturday        | 7:00am - 5:00 p.m.  |
| Sunday          | Noon - 5:00 p.m.    |

**Program areas close 15 minutes before the building closes.**

The Y is closed on the following days:  
Labor Day, Thanksgiving Day, Christmas Eve at noon,  
Christmas Day, New Years Day, Easter Sunday,  
Memorial Day, Independence Day

## YMCA BOARD OF DIRECTORS

Michele Lensink, President  
Catherine Bovard, Vice President  
Holly Bailey, Treasurer  
Diane Rieck, Secretary  
Amy Borntreger  
Ken Diepholz  
Eldon Gourley  
Tim Lodes  
Preston Owen  
Dan Pilson  
Greg Ray  
Bill Rowland  
Travis Spencer  
Dave Vieth  
Carl Walworth  
Bob Webb

## YMCA STAFF

**Tony Sparks**  
Executive Director  
tsparks@mattoonymca.org

**Vicki Cline**  
School Age Child Care Coordinator  
vcline@mattoonymca.org

**Julie Easton**  
Finance & Human Resource Director  
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**Karin Edwards**  
Facility Director and Executive Assistant  
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**Blake Fairchild**  
Program Director  
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**Wendy Holland**  
Wellness Coordinator  
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**Stacie Pierce**  
Accounting Assistant  
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**Angie Patrick**  
Membership Director  
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**Jill Rohr**  
Aquatics Director  
jrohr@mattoonymca.org

## WELCOME

It's an exciting time to be a member of the Mattoon Area Family YMCA!

In August, the construction of our expanded new facility was completed and in just over a month the renovation of our old space will be completed as well. By Thanksgiving, the Mattoon Area Family YMCA will be home to a 63,000 square feet state-of-the-art facility – and it couldn't have been completed without the help of our members, the Mattoon community and our generous donors.

The onset of Fall brings a host of new programs and activities to the Y. Future basketball stars can get their

start in our Itty Bitty and Pee Wee Basketball leagues, while those more interested in our water sports can start their Olympic gold medal quest by registering for swim lessons or our SAMY Seals Swim Team. We also have plenty of programs that cater to our adult members. From Yoga to Zumba to Water Aerobics, our wide variety of Group and Aquatic Fitness programs are sure to keep individuals of every activity level fit and healthy.

I encourage you to stop in and visit our new space. Feel free to ask questions or try out a machine or two. Our staff will be more than happy to take you on a tour so you can get acquainted with our new layout and equipment.

Once again I would like to thank you all for your overwhelming support and patience during our major improvement project. Once fully completed, we will have a state-of-the-art YMCA that will serve our community well. I hope that you will join me and our many members in making great use of the outstanding community resource.



Tony Sparks  
Executive Director

## MEMBERSHIP

| Type   | Joining | Monthly |
|--|---------|---------|
| Family/Married Couple                        | \$75.00 | \$51.75 |
| Adult (19&over)                              | \$50.00 | \$35.50 |
| Youth (0-13)                                 | \$15.00 | \$14.65 |
| Single Parent                                | \$45.00 | \$35.00 |
| Teen (14-18)                                 | \$25.00 | \$23.00 |
| College<br>(23 or under & full-time student) | \$25.00 | \$23.00 |
| Senior (65 or older)                         | \$30.00 | \$22.50 |
| Senior Family<br>(both 65 or older)          | \$45.00 | \$44.75 |

**Corporate Memberships** are available for participating corporations. Call the Y or ask your employer if they are a part of the Y Corporate Program.

**Community Based Warrior Transition Unit** is an Adult or Family membership where individuals/families of Community Based Warrior Transition Unit personnel who meet eligibility requirements participate in a six month membership FREE courtesy of Military OneSource, a collaboration

between YMCA of the USA, the Armed Services YMCA and the department of defense.

**Deployed Military Families Membership** is available at no cost for 6 months with presentation of deployment papers, military ID and completion of a DOD eligibility form. There are Y attendance requirements.

### Guest Pass Program

The cost for a daily guest pass is \$5 for Youth and \$8 for Adults. Guests 16 and older must present a photo ID to enter. Must be 14 years old to use the Wellness Center. Youth 11-13 years old may use Wellness Center if accompanied by an adult.

### AWAY Program

The Always Welcome at the YMCA Program (AWAY) encourages Y members to continue their workouts when they travel. Members may use any of the 2,200 YMCAs throughout the country (except for those within a 60-mile radius of their home Y) for a nominal fee or for free.

### Payment Options

**Automatic Draft** - Your Y Membership may be paid using our convenient Automatic Draft Plan which automatically deducts each payment from your bank account or debit/credit card either on the 10th or the 25th of the month.

**In Full** - The Y also accepts cash, check, VISA or MasterCard for an annual membership that is paid in full (non-refundable).

**Sarah Bush Lincoln Health System** - Full time employees may opt to have their membership fee payroll deducted.

**Membership For All** - Any family or individual demonstrating a need for assistance with fees. Applications are available at the Y Welcome Center Desk. Applicants must provide verification of all income.

### Membership Changes

Any changes to your membership need to be reported to the Y by stopping by the Welcome Center Desk and completing a change form. This includes membership type changes, address or telephone number changes, addition or deletion of a family member, etc. To provide our excellent member service we need all membership records to be as accurate as possible.

### Membership Cancellations

To terminate your membership, stop by the Welcome Center Desk and complete a cancellation form. This form must be completed by the last day of the month to be effective the following month.

### **Program Refund Policies**

A credit (or refund, if preferred) will be given if we cancel a class if it does not meet the minimum enrollment requirement or if there is a cancellation due to weather. A pro-rated amount may be refunded if participation ceases due to medical reasons. There are no credits/refunds given for individual classes missed.

### **Accidents and Valuables**

The Y is not responsible for any accidents. All participants participate at their own risk. Please report any accident or emergency to the Welcome Center Desk. The Y is not responsible for personal property lost, damaged or stolen. Please lock your belongings in a locker. A lost and found is located at the Welcome Center Desk.

### **YMCA Code of Conduct**

The Board of Directors and staff at the Y recognize the right of all Y members to enjoy participation in our programs and facility without fear for personal safety or verbal abuse. Y staff members are empowered by our Board of Directors to suspend the membership privileges to anyone who behaves in a manner which negatively affects other members.

The use of cell phones is prohibited in the locker rooms and restrooms in the Y. This policy is to protect Y Members.

Because the Y strives to provide a healthy atmosphere, no smoking is permitted on Y property.

### **YMCA FACILITY RENTALS**

Enjoy the Y Facility for your special event: birthday parties, church group gatherings, anniversary parties, class reunion or just a fun get together for up to 50 people. The gyms, multi-purpose room and pool are available to rent. Call Wendy Holland for rental details and to reserve your date.

## **CHILD WATCH**

Child Watch is available to Y Members and Program Members:

- Youngsters must be six weeks - seven years old.
- Parent(s) must be participating in Y activity/program.
- Fee is \$3.00 per family/visit. Limit two hours.
- Child Watch punch cards are available.

|                    |                                       |
|--------------------|---------------------------------------|
| Monday & Wednesday | 8:30 - 11:00 a.m.<br>5:15 - 8:00 p.m. |
| Tuesday & Thursday | 8:30 - 11:00 a.m.<br>4:15 - 7:00 p.m. |
| Friday             | 8:30 - 11:00 a.m.                     |
| Saturday           | 8:30 - 11:00 a.m.                     |

\*Hours subject to change based on usage.

## **TODDLER GYM**

Toddler Gym is a time for children to interact with others their age. Children will be involved in a variety of different activities including games, songs and exercise. The goal of the program is to take your child through different movement skills using songs to help your child develop coordination while at the same time having lots of fun. Caregivers are encouraged to stay and help when the class meets.

**Age: 2-5 years**

**Days/Times: Tues/Thurs 11:00 - 11:45 a.m.**

**Fee: \$10 members (one day a week)/\$20 non-members per session (one day a week) per monthly session**

## **SCHOOL AGE CHILD CARE**

### **Y'S KID PROGRAM**

A safe, comprehensive program for K-5<sup>th</sup> graders that gives parents peace of mind knowing your children are being taken care of by the YMCA Before School and/or After School staff. The program is full of excitement and challenges for children. Activities include crafts, physical games, value lessons, homework times, guest speakers and more. The program is held at Riddle and Williams Elementary Schools. Registration is taken at the Y and parents must sign a contract schedule. Before and After School Care is billed through automatic bank draft. Payment is not based on attendance. The Y's Kid Program is a collaborative effort offered to you by Mattoon Community School District #2 and the Mattoon Area Family YMCA.

**Before School: 6:30 - 8:00 a.m.**

**After School: 3:10 - 5:30 p.m.**

### **DYNAMITE DAYS OUT**

**6:30 a.m. - 5:30 p.m. at the Y**

On days when school is not in session, Dynamite Days Out (DDO) is the perfect cure to the school break blues. Held at the Y, we'll keep your kids busy with crafts, games, swimming, movies and much more. Registration ends three days prior to the day of a Dynamite Days Out. Bring a sack lunch, two snacks, swim suit and towel. Tennis shoes and socks required.

**Dates: 10/10, 10/21, 11/11, 12/22, 12/23, 12/26, 12/27, 12/28, 12/29, 12/30, 2/20, 4/6, 4/9, 4/10, 4/11, 4/12, 4/13**

**Fee: \$20 member/non member per DDO**

## MY NIGHTS

My Nights is a monthly program held at the Y for kids in Middle School. The program provides the youth with a safe environment to interact with their peers. During the events, there will be a variety of different activities for youth to take part in. Music and games are just some of the fun. Each event will have pizza provided by local businesses. Registration will be done at the Mattoon Middle School over the lunch hour. Registration is limited to the first 250 kids.

A parent must sign the back of the child's ticket before being permitted to use the building.

My Nights will only be held during the school year.

**Ages: 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Grade**

**Registration: TBA**

**Dates: October 8, other dates TBA**

**Days/Time: 7:00 - 9:00pm**

**Fee: \$4 member/\$4 non member**

*Financial Assistance is available for the Y's Kid Program and Dynamite Days Off through Child Care Resource & Referral and YMCA Scholarship funds. Pick up assistance application at the Y or call Child Care Resource & Referral at 1-800-545-7439 for more info.*

## YOUTH SPORTS

### ITTY BITTY BASKETBALL

This is youth basketball for the little tykes. This league focuses on age appropriate skill development for little guys and girls ages 4 years-K. All practices and games are held on Friday evenings at the Y.

**Age: 4-Kindergarten**

**Early Registration: 9/17-10/1**

**Registration: 10/2-10/15**

**Games: 10/29-12/17 (Friday/TBA)**

**Fee: (Early) \$25 member/\$45 non member**

**Fee: (Regular) \$35 member/\$55 non member**

### PEE WEE BASKETBALL

This league focuses on the fundamentals of dribbling, passing, shooting and defense for 1st - 3rd grade boys and girls. Two divisions: 1st - 2nd grade and 3rd grade. Separate divisions for boys and girls. Practices are held once during the week at the Y.

Games are played on Saturdays.

**Age: 6-11**

**Early Registration: 9/17-10/1**

**Registration: 10/2-10/15**

**Games: 10/29-12/17 (Saturday/TBA)**

**Fee: (Early) \$25 member/\$45 non member**

**Fee: (Regular) \$35 member/\$55 non member**

## AQUATICS

### ADULT SWIM LESSONS

For anyone 15 years and up who wants to learn how to swim, gain confidence in the water or develop their swimming skills one on one with an instructor. Please contact Jill Rohr to schedule.

**Age: 15+**

**Registration: Open**

**Fee: \$5 member/\$5 non member**

**Days/Time: Individually scheduled**

### PRIVATE & SEMI-PRIVATE LESSONS

This is a great way to gain confidence or work on perfecting specific skills. Available for children under 14 years. Contact Jill Rohr to be matched with an instructor.

**Age: 3+**

**Registration: Open**

**Fee: (Private) \$15 member/\$20 non member**

**(Semi-Private): \$22.50 member/\$30 non member**

**Days/Time: Individually scheduled**

**GROUP SWIM LESSONS AT THE Y:** All session prices are based on one day a week.

**Choosing the right level:** Please make sure your child fits all criteria listed in each section. If your child has never attended swim lessons before, they need to start at the Pike/Eel or Polliwog level depending on their age. If still unsure, call Jill Rohr.

### Session dates:

Fall 2: Oct 31-Dec 17 (No class 11/21-11/26)

Winter 1: Jan 2-Feb 11

Winter 2: Feb 13-March 24

### Registration dates:

Fall 2: Oct 16-28

Winter 1: Dec 11-30

Winter 2: Jan 29-Feb 10

**Fees: \$18 member/\$36 non member**

### PARENT/CHILD SWIM LESSONS

This 30 minute class is designed for parents to work directly with their child on building their child's confidence and comfort in the pool using games and activities that focus on basic water movements including kicking, arm strokes and breath control. Swim diapers are required.

**Age: 6-36 months**

**Days: Tue 5:45-6:45 p.m.**

**Thurs 10:15-10:45 a.m.**  
**Sat 10:15-10:45 a.m.**

### **PRE-SCHOOL SWIM LESSONS**

In choosing the right level for your child, please make sure they fit all criteria listed in each section. If your child has never attended swim lessons before, they need to start at the Pike/Eel or Polliwog level depending on their age.

**PIKE/EEL** – Child can not put head completely underwater, has had no formal swim lessons, may or may not be afraid of the water, has little or no stroke development, uses float belt for the class.

**RAY** – Child bobs head completely underwater, has had previous swim lessons, has some stroke development, can do floats with little assistance, has basics of front crawl stroke, jumps in water without assistance, float belt use varies. (Must have successfully completed Pike/Eel)

**STARFISH** – Child can swim ½ length of pool with assistance, has familiarity with all strokes, no float belt used. (Must have successfully completed Ray)

**Age: 3-6 years**

**Days:** (Pike/Eel) Tue/Thurs 10:15-11:00 a.m.

(Pike/Eel) Tue/Thurs 5:45-6:30 p.m.

(All levels) Tue/Thurs 5:45-6:30 p.m.

(All levels) Wed 5:00-5:45 p.m.

(All levels) Sat 10:15-11:00 a.m.

### **YOUTH SWIM LESSONS**

**POLLIWOG** – Child won't put head completely underwater, has had no formal swim lessons, may or may not be afraid of the water, has little or no stroke development, due to height float belt is generally not used.

**GUPPY** – Child can bob head completely underwater, has had previous swim lessons, has some stroke development, can do floats with little assistance, has basics of front crawl stroke, can jump in deep water without assistance. (Must have successfully completed Polliwog)

**MINNOW** – Child is able to swim in deep water without any fear, can tread water, can swim length of pool without assistance (front crawl), has familiarity of other strokes. (Must have successfully completed Guppy)

**FISH** – Child is able to swim in deep water, can swim length of pool without assistance in all strokes, able to dive. (Must have successfully completed Minnow)

**Age: 7-14 years**

**Days: Mon 5:00-5:45 p.m.**

**Tue/Thurs 6:30-7:15 p.m.**  
**Sat 11:00 - 11:45 a.m.**

### **SAMY SEALS SWIM TEAM**

Come join a great competitive swimming team where new swimmers are always welcome. Season runs mid-September through mid-March. SAMY Seals are open to Y members ages 5-21 years who can swim one pool length (25 yards) freestyle and one pool length backstroke without tiring. You must be a Y member to participate. Practices are Monday-Friday and times vary based on skill level. Meets are usually held on Saturdays. For more information stop by the Welcome Center desk or contact Jill Rohr, Aquatics Director or Elizabeth Braunecker, Swim Team Coach.

**Age: 5-21 years**

**Registration: September-February**

**Days/Times: Monday-Saturday**

**Fee: \$50 per month for one child/\$45 for the second child/\$40 for the third child**

### **SWIM FOR FITNESS**

Looking for a great swimming workout or need to train for the triathlon season? Swim for Fitness is the answer. Taught by instructor, Ramie Clagg, who will provide great workouts and evaluate your swimming strokes so you can improve them.

**Ages: 14+**

**Registration: No registration is necessary; must purchase a punch card before attending class**

**Days: Mondays and Wednesdays 5:45-6:45 p.m.**

**Fee: 10 class punch card, \$30 member/\$65 non member**

## **CERTIFICATION AND TRAINING**

### **Community First Aid/CPR/AED**

American Red Cross training helps everyday people save lives. Come learn Adult, Child and Infant CPR/AED and First Aid so that you can be prepared in case of an emergency. To be certified, you must complete the course, pass the written test with 80% and demonstrate the necessary physical skills. Class must have three participants to be held.

**Age: All**

**Dates:** Oct 17 (5:00-9:00 p.m.)

Oct 19 (1:00-5:00 p.m.)

Nov 8 (1:00-5:00 p.m.)

Dec 12 (5:00-9:00 p.m.)

**Fee: \$45 member/\$45 non member**

### **Lifeguard Certification Class**

This class will give you all the training needed to become an American Red Cross Lifeguard and includes CPR for the Professional Rescuer. Participants must be 15 by the last day of the class and be able to pass all the pre-requisites. Pre-requisites include: Swim 300 yards continuously (freestyle and breaststroke) and complete the swim and retrieve brick in time limit. (No refund is given if participant cannot pass pre-requisites). For certification, participants must attend all sessions, perform all the skills with 100% accuracy and pass the written test with 80% accuracy. Travel will be required to get to area pool for deep water skills. Register online or at the Welcome Center Desk. Contact Jill Rohr for more information. (Minimum 5/Maximum 10 participants)

**Age:** 15 and older

**Dates:** Tue and Thurs, Oct 18-Nov 10 (5:30-8:30 p.m.)  
Sat Oct 15-Nov 12 (9:00 a.m.-4:00 p.m.)

**Fee:** \$175

### **Lifeguard Certification Challenge**

Challenge your lifeguarding and CPR Pro skills to be recertified. Participants must have previously held a lifeguard certification with a lapse of no more than one year, and pass all requirements of LG training without review, first time through. Travel will be required to get to area pools for deep water skills. Contact Jill Rohr to schedule your challenge. (Minimum 4/Maximum 10 participants)

**Age:** 15 and older

## **FITNESS**

### **WELLNESS CENTER**

**Wellness Center Orientations** are a FREE member benefit you receive when joining the Y. Take advantage and set up an orientation with one of our Wellness Center Trainers and learn the dos and don'ts of weight training. If you've been a member for awhile and just want a refresher course or are ready to get started weight training, don't hesitate. Schedule your orientation at the Welcome Center Desk.

### **PERSONAL TRAINING**

No two people are exactly the same; the exercise program that got great results for your best friend might be a total dud for you. Magazine articles and exercise books can not watch you to make sure that you are performing the exercise correctly and safely. Personal training really is a personal experience; each program is designed specifically for the individual and our trainers make sure that your exercise program is safe and effective. Trainers are available by

appointment only. You must first fill out a personal training interest packet at the Welcome Center Desk.

### **Training Packages include:**

**Get Started Package** – Three hour long sessions to include strength, flexibility, aerobic and postural assessments and exercise program design. \$75.00

**Full Training Package** – Eight sessions to include strength, flexibility, aerobic and postural assessments and exercise program design. You can choose how many times a week you want to work out with the trainer, depending on availability. \$200.00

**Buddy Package** – Eight sessions are in the full training package, but if you sign up with a partner to train together you each will pay \$20.00 per session. \$160.00 per person

**Add-on Package** – Ten sessions can be purchased as an add-on to any of the above packages. Price is based on how many sessions purchased at a rate of \$25.00 per session.

### **PERSONAL PILATES TRAINING**

Pilates is a non-impact workout that focuses on strengthening the core of the body, especially the deeper abdominals. Taking a private class allows you, whether a beginner or an advanced student, to be encouraged or challenged with your individual fitness needs. The main objective is to help you identify correct form with professional assistance and coaching. Pilates is considered a mind-body exercise that is beneficial for every person, young or elderly, fit or de-conditioned. It can improve flexibility, strength and assist with managing back pain.

YMCA Pilates Instructor, Julia Boyd, was raised in the dance world and has been aware of the benefits of Pilates her entire life. In 2007, Julia became Y of the USA Pilates Instructor Certified. This certification qualifies Julia to train instructors who teach Pilates. Let Julia work with you one on one or in a small group to show you the health benefits of Pilates. Price per session is \$25 for individual sessions, \$50 for group sessions or \$125 for a package of 4 group session. Contact the Welcome Center Desk for more information.

### **GROUP FITNESS CLASSES**

#### **30/30/30**

This class has it all. 30 minutes of cardiovascular training using a variety of techniques, such as step and floor aerobics. 30 minutes of strength training using a variety of equipment, such as bands, balls, and dumbbells. Then 30 minutes of yoga. You can stay for

the whole 90 minutes or just come to the parts you want.

**Age: 14 and older**

**Intensity: L/M/H**

**Days/Times: Tues/Thurs 9:00-10:30 a.m.**

**Fee: \$0 member/guest fee non member**

### **AM CORE WORK**

This class will condition the core muscles of your torso using standard core moves, yoga postures, Pilates exercises and sometimes a combination of all three.

**Intensity: L/M**

**Days/Times: M 5:30-6:15 a.m.**

**Fee: \$0 member/guest fee non member**

### **INTENSITY CHART**

**LOW (L) – Heart rates will remain low, but will increase above resting. No impact.**

**MODERATE (M) – Heart rates will increase above walking level. None to low impact.**

**HIGH (H) – Hearts rates will increase to higher training levels. Impact.**

### **BODY DESIGN**

This class focuses on exercises that strengthen and condition the entire body using free weights, exercise tubing and other equipment.

**Age: 14 and older**

**Intensity: L/M**

**Days/Times: Thurs 5:30-6:30 p.m.**

**Fee: \$0 for member/guest fee non member**

### **FOREVER FIT**

This is a low impact basic level aerobic class for all ages that uses floor work only to improve cardiovascular fitness. This class does use light dumbbells for muscle conditioning. It is designed to accommodate beginning level fitness and older adults.

**Age: 14 and older**

**Intensity: L/M**

**Days/Times: Mon/Wed/Fri 8-8:50 a.m.**

**Fee: \$0 member/guest fee non member**

### **HATHA YOGA**

Hatha Yoga balances the mind and body through physical exercises (poses or asanas) and controlled breathing so that all of the body's energy achieves equilibrium and functions in harmony. Yoga challenges mind and body, increases flexibility and stamina, builds strength and improves balances and concentration.

**Age: 14 and older**

**Intensity: L/M**

**Days/Times: Mon/Wed 5:35-6:30 p.m.**

**Fee: \$0 member/guest fee non member**

### **INTERVAL TRAINING**

This is a class that will use light to heavy weights and tools such as bands, stability balls, and medicine balls to tone and strengthen the major muscle groups of the body intermingled with cardio segments to get your heart rate up.

**Age: 14 and older**

**Intensity: L/M**

**Days/Times: Tues 5:35-6:30 p.m.**

**Sat 8:00-8:55 a.m.**

**Fee: \$0 member/guest fee non member**

### **MORNING CARDIO**

In this class the instructor will use a variety of fitness formats such as step, circuits, and interval training to improve cardiovascular conditioning as well as a variety of equipment for muscle conditioning. The instructors will show beginning levels and advanced levels to exercises.

**Age: 14 and older**

**Intensity: L/M/H**

**Days/Times: Mon/Wed/Fri 9-10 a.m.**

**Fee: \$0 member/guest fee non member**

### **PILATES/YOGA MIX (L/M)**

This class is a great relaxer that combines the disciplines of yoga and Pilates for increased strength and flexibility.

**Age: 14 and older**

**Intensity: L/M**

**Days/Times: Tues/Thurs 8:15-8:50 a.m.**

**Fee: \$0 member/guest fee non member**

### **STAY STRONG STAY ACTIVE**

Have you heard the buzz about resistance training but you aren't sure what to make of it? Have you thought that you might need some guidance on how to start an exercise program with weights? Then Stay Strong, Stay Active is the class for you. In this class, you will learn how to set up a resistance training program while staying safe under the supervision and guidance of a certified Personal Trainer. Each class member will exercise at their own level on a program specifically designed for them. Pre-registration is required. Limited to six participants

**Age: 14 and older**

**Intensity: L/M/H**

**Dates: 10/3-10/26 (Registration begins 9/15)**

**11/7- 11/30 (Registration begins 10/15)**

**12/5-12/30 (Registration begins 11/15)**

**Days/Times: Mon/Wed 9-10 a.m.**

**Fee: \$35 member/\$75 non-member**

**Half Session (for members only – must be pre-approved): \$17.50**

### **SWEAT & PRAISE**

In this class the instructor will start class with a devotional reading and provide spiritual inspiration during class while using a variety of equipment to improve cardiovascular and muscular conditioning

**Age: 14 and older**

**Intensity: L/M/H**

**Days/Times: Mon/Wed 4:30-5:30 p.m.**

**Fee: \$0 member/guest fee non member**

### **TAI CHI**

Tai Chi is a rhythmic Chinese Martial arts form that utilizes the whole body creating excellent circulation, balance and respiratory response.

**Age: 14 and older**

**Intensity: L/M**

**Days/Times: Wed/Fri 10:45-11:45 a.m.**

**Fee: \$0 member/guest fee non member**

### **YOGA STRETCH**

A gentle stretch class that implements Yoga postures with assisted isolation stretching for improved flexibility and enhanced mind and body relaxation. Please bring a towel for assisted stretching.

**Age: 14 and older**

**Intensity: L**

**Days/Times: Mon/Wed/Fri 10:10-10:40 a.m.**

**Fee: \$0 member/guest fee non member**

### **ZUMBA®**

Zumba Fitness® is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements including Salsa, Merengue, Cumbia, and more! The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. You do not have to know how to dance to succeed at Zumba Fitness® because it is exercise in disguise! Come join us and see for yourself why this dance fitness program has become so popular around the world!

**Age: 14 and older**

**Intensity: L/M/H**

**Days/Times: Mon/Wed 6:35-7:30 p.m.**

**Tues/Thurs 4:30-5:30 p.m.**

**Sat 9-10a.m.**

**Fee: \$5 member/\$15 non-member**

### **ZUMBA TONING®**

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin infused Zumba moves to create

a calorie-torching, strength training dance fitness party. Students learn how to use light-weight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. This class is open to everyone, no previous dance or ZUMBA® class experience necessary.

**Age: 14 and older**

**Intensity: L/M/H**

**Days/Times: Mon 7:30-8:30 p.m.**

**Wed 5:30-6:30 a.m.**

**Fee: \$5 member/\$15 non-member**

### **INTENSITY CHART**

**LOW (L) – Heart rates will remain low, but will increase above resting. No impact.**

**MODERATE (M)–Heart rates will increase above walking level. None to low impact.**

**HIGH (H) – Hearts rates will increase to higher training levels. Impact.**

## **AQUATIC FITNESS**

### **WATER AEROBICS**

Use the natural resistance of the water to increase muscle tone and improve your fitness level without the stress and impact on the joints. This class may use equipment such as water noodles, water dumbbells and kickboards.

**Intensity: L/M/H**

**Days/Times: Mon-Fri 8:15-9:00 a.m.**

**Tues/Thurs 5:45-6:45 p.m.**

**Sat 9:00-10:00 a.m.**

**Fee: \$0 member/guest fee non member**

### **AQUA ZUMBA®**

Jump into the Latin-inspired, easy to follow, calorie burning, dance fitness party™ that makes working out a splash. Shake, shimmy and sizzle in the water as we create some heat, Zumba® style. No need to register for a certain day, but you must purchase your 10 class punch card at the Welcome Center Desk and give to the instructor on the pool deck.

**Intensity: L/M/H**

**Days/Times: Mon/Wed 5:45-6:45**

**Fri 9:00-9:45 a.m.**

**Fee: \$12.50 punch card member/\$37.50 punch card non member**

## **GENTLE JOINTS**

Gentle water exercises for easing arthritic and Fibromyalgia discomforts, while improving joint mobility, increasing muscle tone and enhancing circulation.

**Intensity: L**

**Days/Times: Mon/Wed/Fri 9:45-10:45 a.m.**

**Fee: \$0 member/guest fee non member**

## **WATER VOLLEYBALL**

Join in the fun for a non competitive game of water volleyball after weekday water aerobics class. No instructor.

**Intensity: L/M**

**Days/Times: Mon & Wed 9:00-9:45 a.m.**

**Tues & Thurs 9:00-10:10 a.m.**

**Fee: \$0 member/guest fee non member**

## **PRIME TIME**

A mature adult's water exercise program designed to improve muscle tone and elevate the heart rate to a level that will improve your cardiovascular system.

**Intensity: L/M**

**Days/Times: Mon/Wed/Fri 10:45-11:45 p.m.**

**Fee: \$0 member/guest fee non member**

## **LAP SWIM OR WATER WALKING**

Lap swim and water walk for another alternative of water exercise. Check the pool schedule for lap swim times. A lap swim lane is open during all water aerobics classes except during swim lessons, swim team and swim for fitness unless otherwise noted on the pool schedule. Water walking is available during any lap swim time, open swim and family swim. Water walkers please leave the lap lane if a lap swimmer enters to swim, you may walk on the other side of the lane line.

# **ADULT SPORTS**

## **5 MAN BASKETBALL**

Our Adult 5 on 5 Basketball League is a full basketball league. The Schedule consists of a seven week regular season followed by a single elimination tournament. Games are played on Thursday nights. League champions receive t-shirts. Registration is done individually at the Y or online. You will be prompted to submit what team you would like to be on. Payment is due upon registration. Only the first 12 teams will be accepted.

**Age: 16 and older**

**Registration: 8/4-8/25**

**Game Dates: 9/8-10/20**

**Days/Time: Thurs 7:15 p.m.**

**Fee: \$20 member/\$40 non member**

## **OUTDOOR TENNIS LEAGUE – MONDAY EVENINGS**

Keep your tennis game sharp with outdoor league play on Monday evenings. Sign up individually and assignments will be randomly chosen each week. Scores will be kept and winner will be crowned at the end of the season. Limit of 16 individual registrations.

**Age: 16 and older**

**Registration: 8/8-8/25**

**Game Dates: 9/19-11/17**

**Days/Time: Mon 6:30 p.m.**

**Fee: \$15 member/\$25 non member**

## **DODGEBALL**

Just like you played in grade school only safer. The regular season lasts 7 weeks and is followed by a single elimination tournament in which the winning team receives YMCA t-shirts. A supervisor acts as the referee and runs the clock during the games. A \$5 late fee goes into effect after the registration end date. A team roster must be submitted into the YMCA however, everyone is responsible for his own registration and payment, which is due upon registration. Rosters are final 1 week after registration ends! Individuals may sign up and be placed on a free agent team.

**Age: 16 and older**

**Registration: 8/22-9/12**

**Game Dates: 9/19-10/20**

**Days/Time: Mon 7:15 p.m.**

**Fee: \$20 member/\$40 non member**

# **OUR STAFF**

## **Tony Sparks – Executive Director**

Tony began his work as Executive Director in November 2009. He has a Business Administration degree from Millikin University and a MBA from Eastern Illinois University. The former President and owner of ELASCO, Tony has been involved with several charitable organizations the past 15 years. A lifelong resident of Mattoon, Tony and his wife, Debbie are the parents of three daughters.

## **Vicki Cline – School Aged Child Care Coordinator**

Vicki has worked at the YMCA since 2006 and currently holds the part time position as School Age Child Care Coordinator. Vicki volunteers at several of the YMCA events including Run for the Bagel and the annual May Merriment auction and benefit. She and her

husband, David have three children and six grandchildren. Vicki and David enjoy riding their Harley Davidson, traveling, sporting events and best of all time with their family. Vicki feels that her time at the YMCA has been a heartfelt experience where she felt relationships were made and lives were changed.

#### **Karin Edwards – Facility Director and Executive Assistant**

Karin Edwards was hired in August 2011 as our Executive Assistant and Facility Director. She has been Tony Sparks' Executive Assistant for 17 years and has been involved with our Building Expansion and Renovation Project from the start. Karin has a degree in Business Administration from Eastern Illinois University. She is married to Mattoon native, Jerry Edwards and currently serves as board Secretary at the Mattoon Community Food Center. In her spare time she enjoys yoga classes here at the Y, walking and bike riding with her husband.

#### **Julie Easton – Business Operations Director**

Julie began her career here at the YMCA in June of 1988. She is the Finance and Human Resource Director and also oversees the annual May Merriment auction and benefit. She and her husband, David have three children and three grandchildren and have lived in Mattoon for 30 years. In her spare time, Julie enjoys tennis and walking and feels that one of the many advantages of working at the Y are the wonderful members she has been blessed to meet over the years.

#### **Blake Fairchild – Program Director**

Blake joined the Y in December of 2009 as an intern and Member Service Rep. After graduating from the University of Illinois in May of 2010, Blake took the job as Sports Director and is now in charge of all YMCA programs as the Program Director. He is originally from Mattoon and graduated from Mattoon High School in 2006 where he went on to the University of Illinois on a baseball scholarship and pursued a degree in Sports Management. In his free time Blake enjoys the outdoors.

#### **Wendy Holland – Wellness Coordinator**

Wendy became a member of the Mattoon YMCA in July of 2010. Shortly after joining, she started teaching classes in her spare time before becoming a Membership Service Rep a few months later. Her passion for health and fitness is what led her to pursue

her current position as our Wellness Coordinator. Wendy has a BS in Criminal Justice from Virginia Commonwealth University as well as various fitness certifications, including cycling, which will be put to great use once the construction project is complete. She loves working out and motivating people to do the same.

#### **Stacie Pierce – Accounting Assistant**

Stacie started at the Y in December of 2004 as a Child Watch Attendant and since then her responsibility has grown exponentially. She is now the Accounting Assistant, supervises the Child Watch staff and serves as our Purchasing Agent. She and her husband, Greg have three children and are natives of Mattoon. Stacie says that she is excited to be part of the many amazing things that are happening at the Y.

#### **Angie Patrick – Membership Director**

Angie joined the YMCA in April of 2010 as a fitness instructor and recently became our Membership Director. Along with her husband, Marty, Angie has spent most of her life in the Mattoon area. She also has two stepchildren, Gabe and Krissy. Most evenings Angie can still be found leading our ZUMBA @ FITNESS classes where she has had the opportunity to meet so many great Y members. With her new position she looks forward to meeting even more of our members and hopes to welcome others to the many activities our Y offers.

#### **Jill Rohr – Aquatics Director**

Jill is a native of Mattoon and attended both Lake Land College and EIU, where she got a degree in Recreation Administration. While attending EIU, she took a Swimming Pools class which has led her in the direction of aquatics, along with her first love of camps. After college, she has been climbing through the ranks of the YMCA camps in Pennsylvania and Indiana, doing everything from Aquatics Director, Day Camp Director, Resident Camp Director, Outdoor Education, and much more. During this time, she also stopped for a 2 year adventure with Disney Cruise Lines which took her many places in the Caribbean and in Europe. But after being away from home so much, she has landed back in Mattoon surrounding by family which she loves and back in the hometown YMCA. "It has been great to be back home, and during such an exciting time of our YMCA. I enjoy talking with our members and watching them from my window as they enjoy their day surrounded by their friends in the pool."