

**SPRING INTO FITNESS AT
THE YMCA**



Spring Catalog

Warren County YMCA

Spring Session:

March 25th – May 31st



www.warrencountymca.org

WE ARE HIRING LIFEGUARDS!

Are you interested in becoming a lifeguard? We have positions available for you to become a certified lifeguard at the Warren County YMCA!

Being a lifeguard is an important job and looks great on resumes! Don't miss out on this opportunity. Summer is approaching and we will need guards for the Pattee Outdoor Pool.

**For more information or to apply for a lifeguard position, visit our website:
www.warrencountyymca.org**

FACILITY INFORMATION

Warren County YMCA
700 West Harlem Ave
Monmouth, IL 61462



Hours of Operation:

Monday-Friday: 5:15am-8:00pm

Saturday: 8:00pm-4:00pm

Sunday: CLOSED

24/7 Door Available for MEMBERS ONLY
who are 18 years & older

Phone Number: 309-734-3183

Roseville Fitness Center
265 West Penn Ave
Roseville, IL 61473



Staff Availability:

Tuesday & Thursday: 8:00am-10:00am

24/7 Door Available for MEMBERS ONLY
who are 18 years & older

Phone Number: 309-548-1073

MEMBERSHIP

MEMBER BENEFITS

FREE

- Free Fitness Classes
- 3 Guest Passes Per Year

UNLIMITED

- Y24 Facility Access (24/7)
18 Years and Older ONLY
- 6-Lane Pool & Sauna

DISCOUNTS

- Reduced Program Fees
- Reduced Rates for Party Rentals
- Reduced Rates for Corporate Partners

MEMBERSHIP TYPES

Young Adult (18-29) : \$28.00

Perfect for college students! Eligible for 24-Hour Access.

Adult (30-64): \$45.00

Eligible for 24-Hour Access

Family: \$62.00

This membership is defined as two adults and all children/dependents under 18 years of age in the same household. Children in college FULL TIME are welcome to be included on this membership until they reach the age of 24.

Parents and dependents over 18 are eligible for 24-Hour Access.

Married Couple: \$50.00

This membership type includes two adults who are living in the same household.

Eligible for 24-Hour Access.

Single Parent: \$47.00

This membership is defined as one Adult and all children/dependents under 19 years of age in the same household. Children in College FULL TIME are welcome to be included on this membership until they reach the age of 24.

Parent and dependent(s) over 18 eligible for 24-Hour Access.

Senior Couple (65+): \$40.00

This membership is defined as two Seniors living in the same household aged 65 and over.

Eligible for 24-Hour Access.

Senior (65+): \$36.00

Eligible for 24-Hour Access

Youth: \$23.00

This membership includes one child up to 18 years of age.

LOOKING TO JOIN? YOU CAN JOIN THE Y
ONLINE! PLEASE VISIT OUR WEBSITE TODAY!

MEMBERSHIP

MONTHLY BANK DRAFT

All membership dues come out of your credit card or bank account on the 15th of each month. You can NOT pay with cash or check for monthly membership dues. You can ONLY make cash or check payments by choosing to sign up for 3 months, 6 months, or 1 year.

There will be a \$25.00 service charge on ALL returned automatic bank and credit card drafts.

Ask About Special Discounts On Memberships For:
Military Members (Active, Retired & Veterans) • Corporate Members

SCHOLARSHIP INFORMATION

The Warren County YMCA Fee Assistance Program is made possible by financial support received from the Warren County United Way and donations received through the annual Kids Need Heroes Campaign. Consistent with the goals and objectives of the Warren County YMCA, membership or program services will be made available to all persons, regardless of ability to pay. If you feel that you or your family can benefit from this program, please click [here](#) for a Scholarship Application. Applications can also be picked up at the YMCA Courtesy Desk.

How to Apply

Anyone interested in our financial assistance program for an Adult, Single Parent, Married Couple, Family, Senior, or Senior Couple membership can call the Warren County YMCA at 309-734-3183, apply online, or come to the Warren County YMCA front desk. We can get you set up when you walk through the doors. However, anyone interested in financial assistance under 50% must provide at least 3 months of paystubs, 3 months of any income you are receiving, or last years tax return information. We will not keep any copies of your information at our facility. All information will be shown to the Membership Director. Once your financial assistance is approved then all information will be handed back to you or shredded.

Applicants will be contacted within five to ten business days of submitting the request. They will not be registered for programs until they pay the specified program fees.

24/7 WELLNESS CENTER

HONOR CODE POLICY

With the addition of 24 hour access to our Wellness Center & Free Weight Room, the YMCA is adopting a strict honor code based on the YMCA values of honesty, respect, caring and responsibility. If members fail to abide by the policies established, their 24 hour access and membership will result in

1. Warning
2. 30 Day Suspension
3. 24/7 Access Gone Completely.

These policies are in place for the safety and security of our members and deviations from our values are deemed inappropriate to our mission.

AGE REQUIREMENTS

The 24 hour access is an 18 or older adult only benefit. 24 hour access will only be granted to those who meet the age requirement. Parents should not give their Mobile Pass info to anyone under the age of 18. Members who violate this policy will lose their membership privileges.

GUEST POLICY

Guests are only allowed in the YMCA during normal business hours when a YMCA staff member is on duty. No guests are allowed to utilize the 24 hour access, as it is a program for members only. Members who bring guests to the Y with their 24 hour Mobile Pass will lose their 24 hour privileges as stated above. YMCA Nationwide Members cannot participate in the 24 hour access without becoming a member of the Warren County YMCA.

24/7 WELLNESS CENTER

SAFETY & SECURITY

Please be aware that your Mobile Pass is to be used only for your own personal entrance into the facility. Members with 24 hour access cannot grant access to others, even if they are known to you. This is required so the YMCA can track who is in the building at all times. Granting access to another individual is grounds for immediate termination of membership. The YMCA has installed a 24 hour video recording system for security purposes. It will be reviewed on a daily basis to address any security concerns and monitor who is entering the building. Please note that this system does not provide staffing assistance for any emergency that might arise during the normal operating hours. A telephone is located at the front desk in the Lobby Area in case of emergency. The YMCA's address and emergency phone numbers are posted near the phone for easy access. In the event of an emergency, immediately dial 911. Emergency personnel will be able to access the building during non-business hours. The Warren County YMCA reserves the right to conduct a criminal background check on any individual requesting 24-hour access and terminate 24 hour access for any cause.

FACILITY CLOSURE

The Warren County YMCA reserves the right to close the facility (including 24 hour access) as the situation warrants.

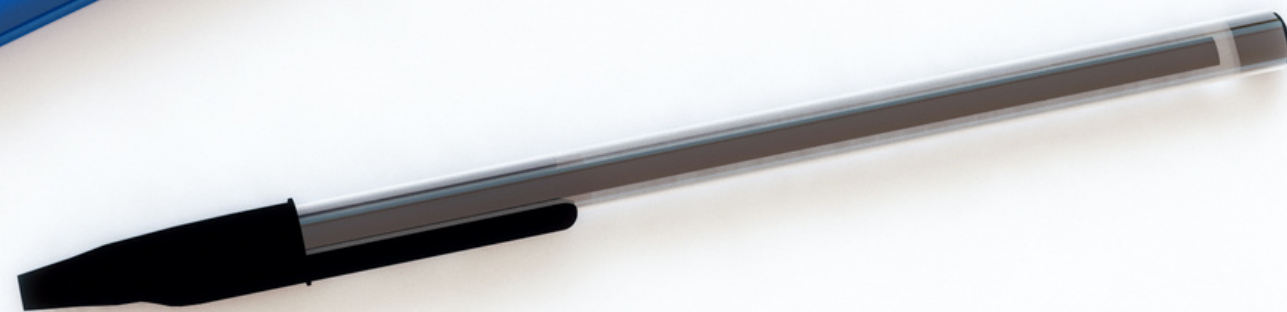
Registration

Spring Fitness Classes:

March 25th - May 31st

Fitness Class Registration:

March 11th



WARREN COUNTY YMCA

BENCH PRESS CLUB

The Warren County YMCA is happy to announce our new bench press club! Participants must be an active member at the Warren County YMCA and 16 years of age or older to join. A one time registration fee of \$10 is due at the time of registration.

On completion of press, participants will earn the corresponding shirt. Registration includes a lifetime body composition analysis. See the front desk to register and get the full set of rules. For additional questions contact Staci at staci@warrencountnymca.org



Join
Today



Adult Aquatic Classes

Our aqua-based group workout sessions are perfect for getting fit and making friends. For your convenience, all the classes we offer are co-ed and created for multiple fitness levels. Relax, get in shape, and have fun while performing a wide array of cardio and weight-training activities. Our goal is to get you motivated while providing the beats to keep your heart rate in the zone.

- AQUA FIT**
- AQUA ZUMBA®**
- DEEP WATER EXERCISE**
- SENIOR WATER AEROBICS**

**Visit our website for the aqua class schedule at
www.warrencountymca.org**

Fitness Classes

Our land-based group workout sessions are perfect for getting fit and making friends. For your convenience, all the classes we offer are co-ed and created for multiple fitness levels. Relax, get in shape, and have fun while performing a wide array of cardio and weight-training activities. Our goal is to get you motivated while providing the beats to keep your heart rate in the zone.

- **BEACHBODY PiYo®**
- **BARRE ABOVE®**
- **INSTRUCTOR CHOICE**
- **LOW IMPACT AEROBICS**
- **ROCK STEADY BOXING (Parkinson's Class)**
- **SENIOR BOXING**

- **CHAIR BASED FITNESS**
- **MORNING STRETCH**
- **POUND®**
- **YOGA**
- **Y-PUMP**
- **Y-WALK**
- **ZUMBA®**
- **H.I.T.T.**

**Visit our website for the aqua class schedule at
www.warrencountymca.org**

A close-up photograph of a child's hands stacking colorful plastic blocks. The blocks are in shades of green, blue, yellow, and red. The child is wearing a plaid shirt. The background is blurred, showing more toys and a soft, warm light.

CHILD WATCH

Our child watch is for kids 6 months–7 years old

One Child: \$20.00 per month

Additional Children: \$10.00 per month

Monday–Friday Mornings: 7:45am–10:30am

Monday–Thursday Evenings: 4:45pm–7:00pm



YOUTH PROGRAMS

SWIM LESSONS

What We Offer:

- 2-month sessions
- Sign-ups begin on the 15th of the month prior to new sessions
 - May/June Registration:
 - April 15th
- Group Lessons
- Private/Semi Private Lessons
- Indoor Pool & Outdoor Pool
(When in season)

Parent and Tot (Ages 6 months- 3 years) – Monday Nights 6:35–7:05pm
Private/Semi Privates Available (3 years–12 years) – Call Front Desk for more information

Preschool (3–5)

Level 1 Beginners & Level 2 Advanced Beginners:
Tuesday & Thursday Nights from 5:30pm–6:00pm
Saturday from 11:00am–11:30am

Youth Lessons (6–12)

LEVEL 3 (INTERMEDIATE BEGINNER)

Tuesday 5:30pm–6:00pm
Saturday 11:00 – 11:30 am

LEVEL 4 (ADVANCED INTERMEDIATE)

Tuesday 5:30pm–6:00pm
Saturday 10.30 – 11:00 am

LEVEL 5 (ADVANCED)

Tuesday 5:30pm–6:00pm
Saturday 10:30 – 11:00 am

LEVEL 6 (SWIM & SKILLS PROFICIENCY)

Tuesday 5:30pm–6:00pm
Saturday 10:30 – 11:00 am

SWIM LESSONS



CAMP MESKWAKI 2024

- **REGISTRATION IS OPEN!!!**
 - Spots are limited & filling up FAST so be sure to get your kids registered!
- For more information about Camp Meskwaki visit our website:
www.warrencountymca.org



T-BALL & BIG-K SUMMER BASEBALL

REGISTRATION OPENS: WEDNESDAY, APRIL 17TH

- **T-Ball is for those who are currently in or going into Pre-K.**
 - **3-4 years old**
- **Big-K is for those who are currently in or going into Kindergarten, 1st, or 2nd Grade.**
 - **5-7 years old**

More information coming soon...

Check our website or social media for information about T-Ball & Big-K 2024



SUMMER CATALOG COMING IN MAY