



COMPLETE GUIDE TO YOUR Y EXPERIENCE

See how a Y membership will help you learn, grow, and thrive

WE WELCOME
ALL SIZES
ALL COLORS
ALL GENDERS
ALL BELIEFS
ALL RELIGIONS
ALL AGES
ALL PEOPLE
EVERYONE

- **YOU BELONG HERE**
- **WELCOME TO THE Y**
- **ZOO SIAB**
- **TXAIS TOS Y**
- **BIENVENIDO**
- **A LA Y**

Welcome to the Warren County YMCA!

Here are the next steps of your membership:

1. Visit our front desk during opening hours or call us ahead of time at 309-734-3183 so we can get your barcode activated for check-in. Did you know you can create your own 4 digit barcode number for check-in? We can help all members get their 4 digit code activated and yes, you can still use the 24/7 door! See the next page for more details!
2. Create your Daxko account. When you sign up as a member with us, you will receive an email to set up your Daxko account. Daxko is our system that allows you to register for programs, fitness classes, manage your membership, and have access to our app. Scan the QR code below for help on creating your Daxko account.

How to create your
Daxko Account
Step-by-Step
Scan this QR Code



3. Opt-In to our texting system to receive updates about cancellations, programs, membership promos, & more by texting WCYMCA to 54539.
4. Download our app, Warren County YMCA, by scanning the QR Codes on the next page. Our app allows you to see our class schedules, register for programs, and add your scan card to your mobile device. You will need to create a Daxko account through our website to get into the app.

We hope you enjoy being part of our Y family where we stand for Healthy Living, Youth Development and Social Responsibility.

Did you know?



**You can now have the front desk help
you create your own 4 digit barcode
for check-in!**

**The front desk will text you your
barcode to save on your mobile device
for the 24/7 door if you are 18 years
and older. Scan the QR code to see
our video on how it works!**



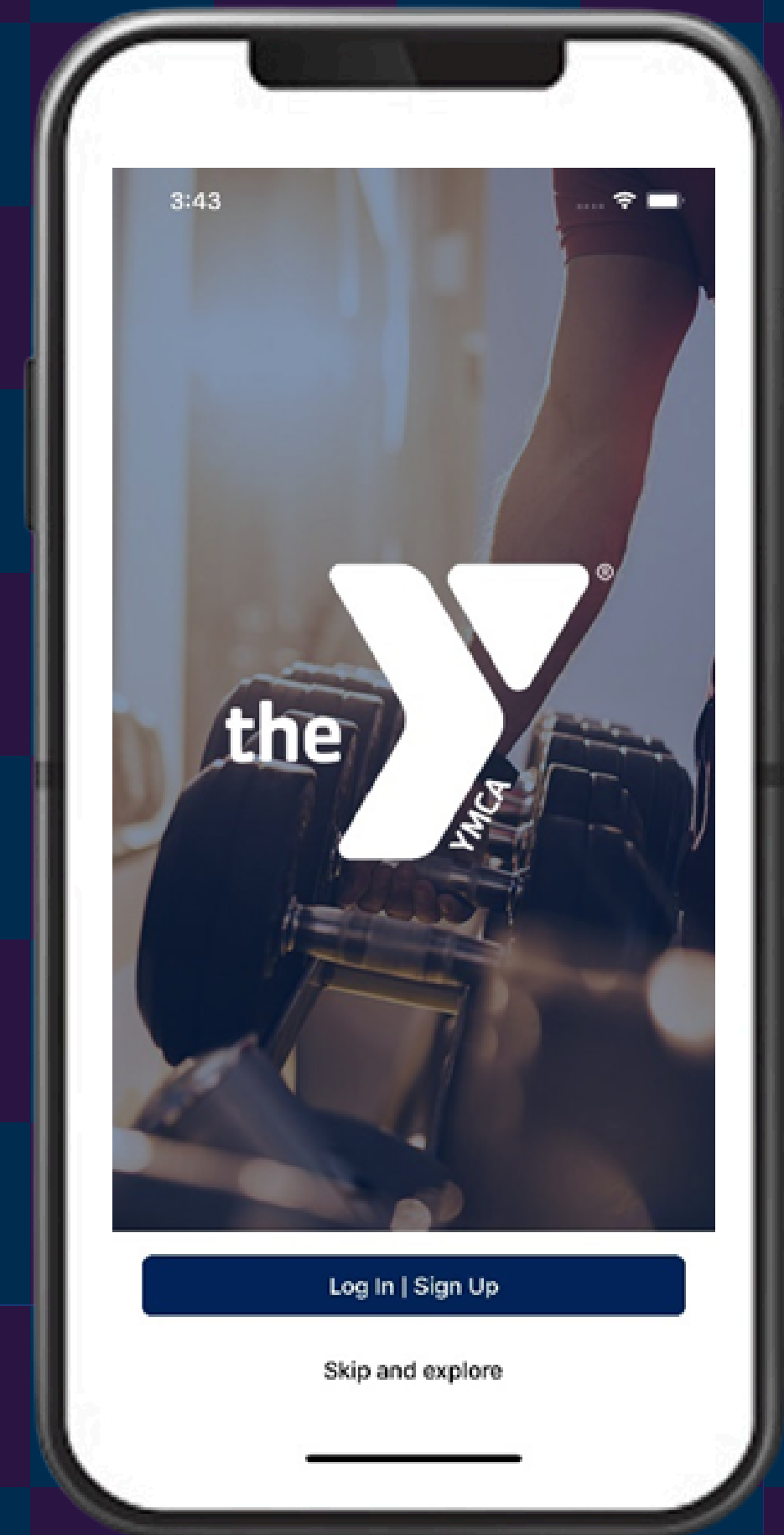
STAY ON TRACK WITH OUR APP!

Open your camera and scan the QR code below to download our new app!

For iPhone



For Android



What does your membership include?



Free Fitness Classes



Free Orientations for our Wellness Center & Free Weight Room



24/7 access for members 18+



Free Body Composition Analysis



Free Child Watch



Discounts on Youth Programming



Discounts on the Pattee Outdoor Pool Season Passes



Discounts for Party Rentals



MISSION STATEMENT

OUR VISION

The Y's Commitment to America is developing new generations of change-makers who will create communities we all want to live in. We envision communities where all people achieve health, gain confidence, make connections and feel secure at every stage of life.

OUR VALUES

Caring Honesty Respect Responsibility

OUR PURPOSE

We are committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, we focus on empowering young people, improving health and well-being, and inspiring action in and across communities.

EQUITY STATEMENT

The Warren County YMCA values individuals from diverse backgrounds working together to strengthen our community. Our core values of caring, honesty, respect and responsibility guide us as we embrace diversity, equity, and inclusion. We strive to build an atmosphere where everyone feels welcomed, valued, and respected, and where we all have the opportunity to reach our full potential.

OUR MISSION

At the Warren County YMCA, we are proud to provide programs and support to individuals of all ages. An American institution, the YMCA strives to strengthen communities. We understand that achieving permanent personal and social change relies on us working side-by-side with our neighbors.

To that end, our goal is to bring together all people, regardless of age, income, or background, to bridge the gaps in community needs. You can trust us to support your family while doing everything in our power to nurture each member's individual potential.

REFER A FRIEND, GET ONE MONTH FREE!

The more friends you refer, the more you save! Earn one free month for each person you refer to the Y, with an unlimited number of referrals. Only valid for adult and family memberships (no renewals). The new member must mention who referred them within the first 14 days of joining to redeem. Free month only for the active member who made the referral.



YOUR MEMBERSHIP

OUR BRANCHES

Monday – Thursday – 5:15am – 8:00pm
Friday – 5:15am–8:00pm
Saturday – 8:00am – 4:00pm
Sunday – CLOSED

We are staffed normally on Tuesday & Thursday mornings 8:00–10:00am. Please call the YMCA at 309-734-3183 to verify if we will have staff available at those times. Staff times are subject to change.



Warren County YMCA – Monmouth, IL



Roseville YMCA – Roseville, IL

MONMOUTH



Front Desk/Lobby



Fitness Studio



Indoor Pool with a Sauna



Gymnasium



Kidtropolis – for ages 7 & under



Child Watch



Free Weight Room



Wellness Center

ROSEVILLE



PROGRAMS



Camp Meskwaki
Summer Day Camp



After-School Program



Youth Sports

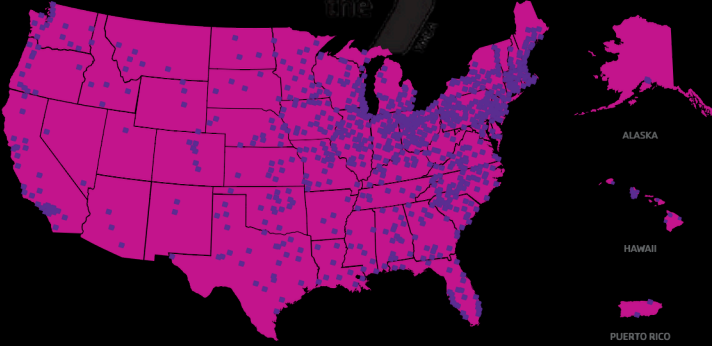


Swim
Lessons

NATIONWIDE MEMBERSHIP PROGRAM



The Warren County YMCA has joined the Nationwide Membership program which allows you to visit Ys across the country for free.



24/7 ACCESS

Both Monmouth and Roseville facilities are open 24/7 for those 18 years and older!



LOCKER ROOMS

Women’s and men’s locker rooms, are available for your convenience. Locks for the lockers are not provided; you must bring your own.

We are a NO NUDITY facility. Anyone who utilizes our locker rooms MUST change in a changing stall and CANNOT be nude outside the changing stalls. We want to ensure everyone has their own privacy and is comfortable in our facility!

Rentable Locker

Half lockers are available to rent for \$5.84/month. Please stop at member services if you would like to rent a locker.

Day Use Only

Half lockers are available for daytime use. We advise all members to lock up their belongings.

GYM SCHEDULE

OPEN HOURS

Available to all members, our Gym provide opportunities for a variety of recreation and exercise. During open gym time members can use this space however they would like, keeping in mind this is a shared space. To view what is available in the gym, scan the QR code or check the schedules tab on our website.



POOL SCHEDULE



Scan the QR Code for more information about our indoor pool and access the schedule!

SAUNA SCHEDULE

Schedule



We have a sauna schedule available on our website. Please note that anytime the indoor pool is OPEN, then our sauna is open. However, we created a sauna schedule specifically for individuals who would like to view it. You can scan the QR code above to view our sauna schedule!



PATTEE OUTDOOR POOL



The Pattee Outdoor Pool is Open for community swim in the Summer, Monday–Saturday from 12pm–6pm and Sundays from 1pm–5pm. We also offer Fitness Classes, Swim Lessons, and Rentals when community swim is not active.

Information on Rentals, Season Pool Passes, & MORE can be found by scanning the QR Code.



FITNESS

The Y offers a variety of FREE, instructor led group fitness classes for all fitness levels. Y members 14+ years and older can attend classes.

First time attending a class?

We encourage you to arrive to class 5-10 minutes early, dress in comfortable clothing, bring a water bottle, and your own mat (if attending Yoga, Pilates, or Barre Blend).

Be sure to register online or at the front desk for classes. If there are any cancellations, we will contact you!

YOGA



Renew your mind and body through simple, basic, and gentle movements. Hatha Yoga done in a vinyasa style is perfect for anyone looking to improve flexibility. Great for all fitness levels.

MORNING STRETCH



A great way to start your day. This class is designed to do a full body stretch to get your body loose and ready to move.

WEIGHTS & MORE



Spice your lunch hour up with a routine that includes weight lifting for a full body workout.

ZUMBA



Add a little sizzle to your week by combining high energy and motivating Latin music with unique moves and combinations.

AQUA ZUMBA



This class is for anyone looking to make a splash by adding low impact, high energy into their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you shouldn't miss!

LOW IMPACT WATER AEROBICS



Senior water aerobics is a low impact, low paced workout that allows you to benefit from exercise without placing too much pressure on your joints. This class is held in the shallow end.

AQUA FIT



This high paced class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

INSTRUCTOR CHOICE



This class is the best of all classes. Each week the instructor will mix it up and pick a workout from different styles like Step, HIIT, Y Pump, Cardio Boxing and much more.

AND MORE! CLASSES ARE OFFERED EACH WEEK!



Y24 - WELLNESS CENTER AND FREE WEIGHT ROOM

Y24 allows those who are 18 years and older to utilize our Wellness Center and Free Weight Room 24/7. We do offer orientations for young teens who would like to utilize the wellness center and free weight room!

Free Wellness Center Orientations

- A parent/guardian **MUST** sign their child up for a teen orientation for those 13-15-year-olds. Parents **MUST** come to the Warren County YMCA front desk in person to register their child. No child will be sent home with the form. There is a \$10.00 **NON-REFUNDABLE** charge for this service. Please register at the front desk and fill out the Teen Wellness Center Orientation Form. Payment must be paid in full before a personal trainer contacts you.
- Teen Orientation does **NOT** include the 24/7 door – that is for members 18 years of age or older **ONLY**

Free Weight Room Orientations

- A parent/guardian **MUST** sign their child up for a teen orientation for those 14-15-year-olds. Parents **MUST** come to the Warren County YMCA front desk in person to register their child. No child will be sent home with the form. There is a \$10.00 **NON-REFUNDABLE** charge for this service. Please register at the front desk and fill out the Teen Wellness Center Orientation Form. Payment must be paid in full before a personal trainer contacts you.
- Please note that this orientation is **ONLY** for those 14-15 years old. 13-year-olds are **NOT ALLOWED** to take this orientation.
- Teen Orientation does **NOT** include the 24/7 door – that is for members 18 years of age or older **ONLY**.

Scan QR Code for Orientation Dates



FIT BEGINNINGS

This program is a two week program. You will have an hour meeting to go over nutrition and healthy living followed by 3 smaller 30 min meetings to get you started on exercise and checkup on your nutrition plan. You can register at the Member Services Desk!

- Members **ONLY**: \$100



YOUTH PROGRAMS

Experience all that the Y has to offer you and your family by participating in one of our program classes. The Y offers five program sessions throughout each year.

SPRING

Volleyball
Outdoor Soccer

SUMMER

T-Ball

FALL

Flag Football
Outdoor Soccer

WINTER

Basketball
Indoor Soccer

REGISTRATION



Program classes are open to everyone in the community but by being a member of the Y you receive discounts on program class fees and priority registration. Classes, especially swim lessons and gymnastics, often fill early on the first day of registration.

Stay up to date with the latest program registration dates and times. Class times are available for viewing two weeks prior to the start of registration. Private lessons may be available upon request.

Scan the QR Code for
more information about
our Youth Programs!



CAMP MESKWAKI



Don't miss out on a summer of fun at Camp Meskwaki Summer Day Camp!! We swim, go on field trips, play games, and more!!!

YOUTH SPORTS



When you sign your children up for Y Youth Sports, you can rest assured knowing they will learn the basics of different sports while improving their skills and making new friends.

SWIM LESSONS



We offer year-round swim lessons! Group, private, and semi-private lesson. Contact the front desk or visit our website for more information!

AFTER-SCHOOL PROGRAM



Searching for the best after-school care option for your kids? At the Warren County YMCA, we offer educational, engaging child watch in a safe and fun environment.

TUMBLING



We offer a variety of tumbling classes that go off of levels from 1-5, and for kids ages 3 and up.

SWIM TEAM



We are very excited for this new opportunity for our members and community. With our new program, we are bringing you all new classes, skill levels, schedules and instructors. We offer classes for any skill level 1-5, and for kids ages 3 and up.

CHILD WATCH



With so many demands on today's families and the increased focus on early brain development, we all need to do more to support our community's youths. The Y's child watch staff does a great job of interacting with your child through crafts, games, activities, and more. up. **FREE FOR MEMBERS!**