



# ACHIEVE YOUR HEALTH & WELLNESS GOALS

**Spring Session:**  
April 13 – June 7



## 2020

**WEST COOK YMCA**  
Spring Program Guide

[www.westcookymca.org](http://www.westcookymca.org)  
708-383-5200

# CHECK OUT OUR SPRING HIGHLIGHTS!

## SUMMER CAMP 2020

Get ready to have the best summer ever!  
Register early and save!

Pages 13–14



## Y-KIDS BEFORE & AFTER SCHOOL PROGRAM

Building Relationships, Belonging,  
and Achievement.

Page 12



## MAKE A BIG SPLASH!

Our swim lessons offer  
experience and flexibility!  
Register early for Spring!

Pages 19–25

LEARN  
MORE ABOUT  
OUR SAW (SAFETY  
AROUND WATER)  
PROGRAM

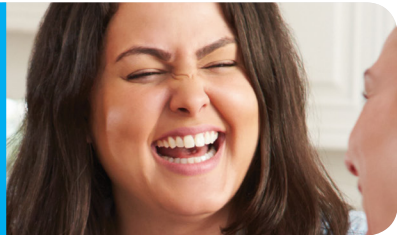
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## REACH YOUR HEALTH & WELLNESS GOALS WITH US!

Looking for a healthier weight? Check out our  
Weight Loss Program

Pages 34–35



## MESSAGE FROM PRESIDENT & CEO

At the West Cook YMCA, we understand that each person has their own set of goals; whether you want to increase fitness endurance, enjoy activities with friends new and old, provide a safe and fun after school environment for your child or reduce health risk of chronic diseases with the help of lifestyle coaches, we are here for you.

We are continuously evolving to meet the needs of the dynamic communities that we serve, and we thank you for choosing the Y as your preferred partner in your health and wellness journey. I encourage you to check out this Program Guide and discover the programming that works for you and your family.

Don't forget to mark your calendars to join the 2020 West Cook YMCA Gala on April 18th — a celebration to strengthening the foundations of our communities (see page 9 for more details).

I look forward to seeing you at the Y this Spring session!

Phillip Jiménez  
President & CEO

## DATES TO REMEMBER

### HOLIDAYS/FACILITY CLOSURES

Easter, 4/12/2020, Y Closed

Memorial Day, 5/25/2020, Y Closed

### REGISTRATION DATES

Spring Session Member Registration, March 2

Spring Session Open Registration, March 16

Summer Camp 2020 Registration, Now Open

Y Kids, 2020 Registration, Now Open

### SESSION DATES

Spring Session: April 13 – June 7

**SAVE THE DATE: West Cook YMCA Gala—April 18**

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## MISSION STATEMENT

The West Cook YMCA, rooted in Judeo-Christian tradition, is dedicated to developing the spirit, mind, and body of all persons through quality leadership, programs and services, in cooperation with community groups for the common good.

**The Y: For Youth Development, Healthy Living, and Social Responsibility.**

# YOUR PATH TO WELLNESS

At West Cook YMCA, our focus is helping you achieve wellness. So, what is wellness? It's **actively learning about and making the choices** that result in "complete **physical, mental, and social well-being.**"

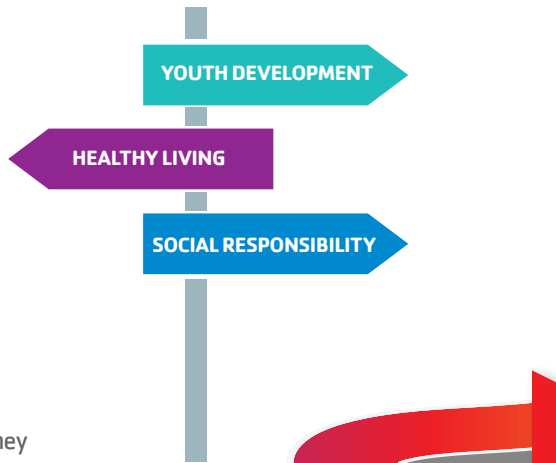
The West Cook YMCA can help you on the path to wellness—and this Program Guide is a great place to begin.

Youth Development. Healthy Living. Social Responsibility.  
These are the three areas of focus at the YMCA.

Why? Because when we invest in our kids, our health and our community, we help create a better world ... beginning in our own neighborhood.

Helping you achieve your goals on the path to wellness is our passion. We're glad to guide you as you make the kinds of choices that lead to wellness—physically, socially and mentally.

**Whatever your passions are, we are committed to support you.** Come Rediscover Your Y. And together, let's journey toward a better you!



## YOUTH DEVELOPMENT

We are committed to nurturing the potential of every child from cradle to career through physical, social-emotional, and cognitive development.

In all of our Youth Development Programs, we strive to help each child achieve a greater sense of Well-Being: specifically in the areas of **Achievement**, **Relationship**, and **Belonging**. We believe that these three elements are vital to a young person's development and **Character** and can help them be the best version of themselves.

We're here to help all children and their families on the path to wellness where ever they may be on that path. Our programs range from addressing child care needs, educational enrichment, to programs that have children moving and engaging in healthy activities. All with the understanding to improve the individual well-being needs of each child and their family. Need some help? Let us know. **We're here for you!**

### EDUCATION ENRICHMENT

### YOUTH WELLNESS



BEFORE & AFTER SCHOOL

SWIM LESSONS

**READY FOR YOUR FAMILY TO HEAD DOWN THE PATH TO WELLNESS?  
OUR YOUTH DEVELOPMENT PROGRAMS ARE ON PAGES 11–25.**

# YOUR PATH TO WELLNESS

## HEALTHY LIVING

There are so many ways you can live a healthy life and achieve your goals at the West Cook YMCA—and the choice is yours! No matter where you are on the path to wellness, there are options included with your membership or available at an additional fee so you can customize a program that leads to positive results.

The West Cook YMCA has intentionally developed and implemented programs to best address the needs of our community. We are offering classes that address chronic diseases such as diabetes, cancer, and arthritis. We are committed to providing every person with the opportunity to address their **Health** and well-being goals from fitness, disease prevention, and even a sense of **Belonging** and **Inspiration** through the relationships built through our programs. Where ever you are, we are here to help you. **Just ask.**

FITNESS & NUTRITION CONSULTATIONS  
PERSONAL TRAINING



CHRONIC DISEASE  
PREVENTION



ADULT SPORTS



GROUP FITNESS



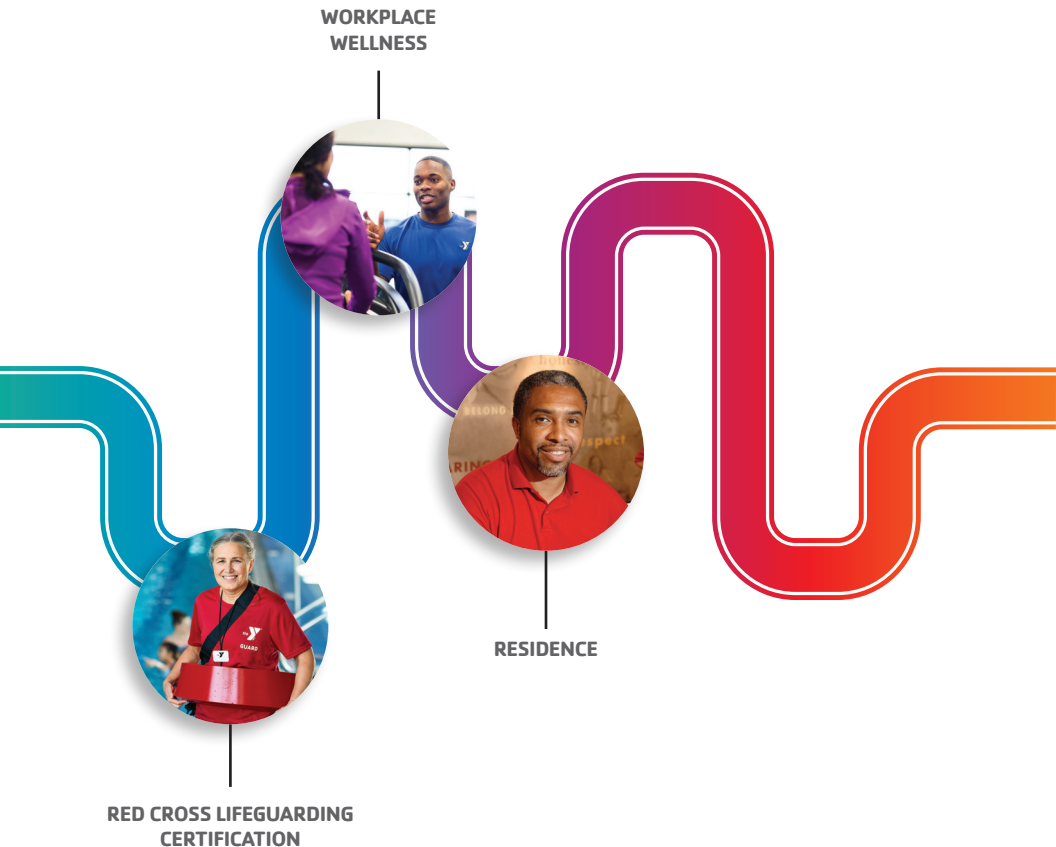
HEALTHY AGING

**THESE ARE JUST A SAMPLING OF THE HEALTHY LIVING PROGRAMS AVAILABLE TO YOU.  
CHECK OUT PAGES 26–41 AND HOW WE CAN HELP YOU!**

## SOCIAL RESPONSIBILITY

Since our beginning, the Y movement has included a commitment to social responsibility. As we address needs in the community, we forge relationships that are more diverse and share the gift of health and wellness with often-overlooked members of our society.

We invite you to participate in activities that help shape and strengthen our community. We offer opportunities that provide **Meaning** through volunteerism, **Giving**, and supporting community initiatives. What better way to give back to your community while also fulfilling your desire to be of service to others? Together, we are stronger in building healthier communities by fostering the care and respect that all people need and deserve. Are you interested in giving back? **Let us know.**



**READY TO IMPACT YOUR COMMUNITY AND YOUR OWN WELL-BEING?  
EXPLORE THE MANY SOCIAL RESPONSIBILITY OPPORTUNITIES WE OFFER  
ON PAGES 42–45.**

# TOGETHER, WE CAN CREATE A HEALTHIER COMMUNITY!

**Positive community change is made possible  
with your participation in the Y's Annual  
Support Campaign**

A life best lived includes helping others experience a better life. That's why the Annual Support Campaign exists—to give you an opportunity to invest in your community and see your donation at work every day at the West Cook YMCA, a 501c3 non-profit organization.

Since 2014, over **6,000** scholarships have provided over **\$975,000** in financial assistance. With your support, we are able to transform lives through access to programs such as childhood obesity intervention, job skills training, safety around water, and summer learning loss prevention.

**JOIN US IN STRENGTHENING THE FOUNDATIONS OF COMMUNITY  
THROUGH YOUR CONTRIBUTION.**

**\$50** prevents homelessness through case management for residents

**\$75** helps a youth learn safety in and around water through swim lessons

**\$100** provides access to health literacy & well-being for a family

**\$175** helps build community for older adults through their membership

**\$300** helps a youth reclaim their health through child-weight management in Healthy Weight and Your Child program

**\$500** prevents Summer Learning Loss for Forest Park and River Forest students

**WANT TO MAKE A TRANSFORMATIONAL IMPACT IN THE COMMUNITY?  
CONTACT TARA LENARDI, FINANCIAL DEVELOPMENT DIRECTOR AT  
708-434-0211 OR TLENARDI@WESTCOOKYMCA.ORG.**





2020

# WEST COOK YMCA'S ANNUAL GALA

**Be a Part of Transforming Our Community**

Join us as we celebrate more than 115 years of strengthening the foundations of community in Oak Park, Forest Park, River Forest, and our surrounding communities with programs that address some of the most prevalent health and social challenges facing society today.

The Gala starts at 6:00 pm with Hors d'oeuvres, open bar, and live music. The dinner features a live auction and special initiative paddle raise followed by a plated dinner and presentation of our 2020 Scott Gaalaas Community Partner Award.

Proceeds of the 2020 Gala benefit the West Cook YMCA Annual Support Campaign. Since 2014, \$975,000 in scholarships have helped provide greater opportunities for members of the community to improve their health and well-being, free from financial concerns.

**Saturday, April 18, 2020 | 6:00 pm**  
**Hyatt Lodge | 2815 Jorie Blvd., Oakbrook, IL**

Please visit [www.westcookymca.org/annualgala](http://www.westcookymca.org/annualgala) for tickets and sponsorship information

# MEMBERSHIP & PROGRAM INFORMATION

## FACILITY HOURS

Monday–Friday	5:00 am–10:00 pm
Saturday	6:00 am–6:00 pm
Sunday	10:00 am–6:00 pm

## MEMBERSHIP RATES

Type of Membership	Age Range	Monthly Fee	Joiner's Fee
Youth	6–17	\$27	\$25
Young Adult	18–20	\$44	\$50
Adult	21+	\$62	\$50
Senior Adult	62+	\$56	\$50
Household		\$89	\$50
Single Household		\$82	\$50
Senior Household		\$82	\$50

Visit [westcookymca.org](http://westcookymca.org) to download the Member Handbook, including membership descriptions and more detailed information.

## NATIONWIDE MEMBERSHIP

Nationwide Membership enables Y members to visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost. All nationwide members will have access to and can use all the areas of the WCY, plus be able to register early for WCY programs and pay the reduced member fee.

## INTERESTED IN BECOMING A MEMBER?

Stop by the Member Engagement Desk to take a tour with a Member Engagement representative who will guide you through the facility to share with you how the West Cook YMCA can help you and your family become their best self and achieve your health and wellness goals.

To join, an adult 18+ years will need to fill out a membership application and draft form. The person who completes the application will become the primary account holder and will be the person who can change the membership status. You will need to bring a photo ID, and a form of payment for the draft which can either be a Visa, MasterCard, Discover, or a voided check from any U.S. bank.

All members on the account will be issued a membership card and can start using their Y membership that day and jumpstart their path to wellness. All new members will receive a phone call from a Member Engagement representative to set up their complimentary wellness orientation and fitness consultation. Learn more on page 27.

## FINANCIAL ASSISTANCE

Our commitment is to give every individual access to programming that strengthens spirit, mind and body. To make that possible, we offer financial assistance to those who are unable to afford the full membership rates.

We invite any qualified resident in our service area to apply. Scholarship amounts vary by need and are awarded first-come-first-served, based on availability of funding.

## PROGRAM REGISTRATION

- Online** at [www.westcookymca.org/register](http://www.westcookymca.org/register). If you haven't already created an account, enter your information to create an online account. Contact the Member Engagement Desk at 708-383-5200 if you have questions.
- In-Person**—Stop by the Member Engagement Desk for a registration form, and once you complete the form, staff can process your registration.
- By Fax**—Fax your registration form to us at 708-383-0016.
- By Mail**—Use the registration form on page 47 or the downloadable form available at [www.westcookymca.org/register](http://www.westcookymca.org/register).
- By Phone**—Contact the Member Engagement Desk at 708-383-5200. **Members only.**

\* Pricing is listed as Member (M) or Program Member (PM). Member pricing is for WCY members. Program member pricing is for non-members who wish to take classes.

## BACKGROUND INVESTIGATION BUREAU (BIB)

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, end program participation, and remove visitation access.

## DATA SECURITY

You have entrusted us with your personal information and we are committed to protecting it. The West Cook YMCA will not sell your personal information.

We have also taken precautions to ensure that your account and personal information are accessible only by employees who are authorized to have access to your account.

The YMCA takes appropriate administrative, technical, and physical measures to safeguard against unauthorized processing of personal information, and against the accidental loss of, or damage to, personal data, although we cannot provide an absolute guarantee of the security of our website or any other site on the Internet.

## QUESTIONS?

**Elizabeth Lopez, Director of Member Engagement and Services**  
708-434-0205 | [elopez@westcookymca.org](mailto:elopez@westcookymca.org)

# YOUTH DEVELOPMENT

We are committed to developing new generations of changemakers who will create communities we all want to live in. Our youth programs are dedicated to offering a high quality, educational, and caring experience—with families in mind. Focus around character development of caring, honesty, respect, and responsibility, so every child develops a sense of **belonging** that encourages building new **relationships** and the confidence to **achieve** their goals and discover their full potential.



# Y-KIDS BEFORE & AFTER SCHOOL PROGRAM

We're here for you! Extended Hours until 7 pm



**HELPING YOUR CHILD BUILD A GREATER SENSE OF RELATIONSHIP, BELONGING, AND ACHIEVEMENT.**

## Y-KIDS BEFORE & AFTER-SCHOOL PROGRAM K-8TH

Monday-Friday

Before-school program begins at 7 am

After-school program ends at 7 pm

- Includes half days and early release days
- Homework time and tutoring available
- Transportation available for some area schools
- Scholarships available

## 2019–2020 Fees/Month

M	PM
\$340	\$450

**Transportation:** \$70/month

### QUESTIONS OR TO REGISTER:

Contact Elizabeth Lopez  
youthdevelopment@westcookymca.org  
708-383-5200

**Program Site:**  
305 Circle Ave., Forest Park

**REGISTRATION FOR SCHOOL YEAR 2020–2021  
IS NOW OPEN!**

For more information visit: [westcookymca.org/ykids](http://westcookymca.org/ykids)



# BEST SUMMER EVER



RELATIONSHIP | ACHIEVEMENT | BELONGING



**REGISTER BY APRIL 1ST AND SAVE!**

## **CAMP MAGELLAN** West Cook YMCA Summer Camp **JUNE 8–AUGUST 21**

There is no better way to spend a summer than enjoying outdoors with friends. And this year, West Cook YMCA is the place for kids to be all summer long.

Summer camp at the Y means days filled with activities at the local forest preserve, swimming, games, sports and field trips. Your child will experience the best of what summer has to offer — all in a safe environment where he or she can try something new, build friendships and make memories to last a lifetime.

We facilitate relationships with and among youth, creating a space for them to make new friends, and develop strong relationships with staff.

We provide thoughtful program activities to help youth gain new knowledge, skills, abilities, build confidence, and discover who they are.

We provide a safe and inclusive environment, so that every youth feels welcome and finds a place to belong.

**The Y. So Much More™**

## REGISTRATION IS NOW OPEN!

Ask about our special  
Summer Day Camp discounts!

### 3 WAYS TO REGISTER

- 1 Register Online: [www.westcookymca.org/camp](http://www.westcookymca.org/camp)
- 2 Contact Youth Development Office at 708-383-5200 or [daycamp@westcookymca.org](mailto:daycamp@westcookymca.org)
- 3 Register at the West Cook YMCA Front Desk

A non-refundable \$25 deposit is required per week-long session. All final registrations and balances are due the Wednesday before each session.

The West Cook YMCA offers scholarships and accepts Action for Children Child Care Assistance Subsidies for Day Camp fees. Families must have current eligibility for financial assistance.

#### CAMP MAGELLAN

**FIRST MATES:** Age 5  
**LOOKOUTS:** Ages 6–7  
**NAVIGATORS:** Ages 8–9  
**VOYAGERS:** Ages 10–14  
**TIME:** 9:00 am–4:00 pm  
**PRICE/WEEK:** Member (M) \$205  
Program Member (PM) \$270

#### SUMMER BOOSTS

For one hour during your camp day, you can add on a **Summer Boost**—a chance to focus on extra activities that teach skills that are fun and just may impact a camper's future. See below for Summer Boost options.

**AGES:** 6+  
**DATES:** Sessions 2–10  
**PRICE/WEEK:** \$50 per boost

#### EXTENDED CARE— BEFORE & AFTER CAMP

**Before Camp:** 7 am–9 am  
**After Camp:** 4 pm–7 pm  
**AGES:** 5+

**PRICE/WEEK:** Member (M) \$60  
Program Member (PM) \$70

#### SESSION DATES

1. June 8–12
2. June 15–19
3. June 22–26
4. June 29–July 3
5. July 6–10
6. July 13–17
7. July 20–24
8. July 27–31
9. August 3–7
10. August 10–14
11. August 17–21

**FINANCIAL  
ASSISTANCE AND  
PAYMENT PLANS  
AVAILABLE.**

# SCHOOL'S OUT SPECIAL



## WHEN SCHOOL IS OUT, THE Y IS IN!

### K-8th

7 am to 7 pm

Drop Off—7:00–8:45 am

Pick Up—3:30–7:00 pm

M: \$55 | PM: \$75

### Field Trips or Special Activities

Swimming

Outdoor Activities

Snacks provided

Bring nut-free lunch

**Registration open until 7 days prior to  
any school out dates**

### SCHOOLS OUT SPECIAL DATES:

March 17, 2020

April 10, 2020

### SPRING BREAK DATES:

March 23–27, 2020

### Program Site:

305 Circle Ave., Forest Park

## QUESTIONS OR TO REGISTER:

Contact Elizabeth Lopez

[youthdevelopment@westcookymca.org](mailto:youthdevelopment@westcookymca.org) 708-434-0205

[www.westcookymca.org/sos](http://www.westcookymca.org/sos)

# HEALTHY WEIGHT AND YOUR CHILD

## Childhood Obesity Intervention Program



**25** session evidence-based weight management program to reclaim your family's health through healthier eating habits and an active lifestyle. This program is designed with the whole family in mind, engaging a child and adult in education, healthy eating and physical activity to elicit positive change and help families learn skills to live a healthier lifestyle long-term. Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

### TO QUALIFY FOR PARTICIPATION IN THIS PROGRAM:

- Child must be 7-13 years old
- Child must carry excess weight, with a body mass index of 95th percentile or higher
- Child must receive clearance from a healthcare provider or school nurse to participate in physical activity
- Adult **MUST** attend all sessions with child

**Next Session Starting  
September 2020**

**TO INQUIRE ABOUT FUTURE SESSIONS, CONTACT:**  
Sierra Waller | 708-434-0208  
[swaller@westcookymca.org](mailto:swaller@westcookymca.org)



# TOGETHER, WE CAN CREATE A BETTER US



THE WEST COOK YMCA IS PROUD TO PARTNER WITH RIVER FOREST SCHOOL DISTRICT 90, FOREST PARK SCHOOL DISTRICT 91, AND MAYWOOD/MELROSE PARK SCHOOL DISTRICT 89 TO BUILD THE ACADEMIC ACHIEVEMENT OF CHILDREN IN OUR COMMUNITY

## ENRICHMENT PROGRAMS IN PARTNERSHIP WITH DISTRICT 91

- Preschool Enrichment Program; includes circle time, community time, learning through play, physical activity, visual arts.
- Afterschool Enrichment Program for Kindergarten-2nd grade at Garfield School; includes community time, STEM enrichment, and physical activity.

## AFTERSCHOOL PROGRAM FOR STUDENTS IN DISTRICT 89

- In partnership with Proviso Township Mental Health Commission, we are serving students from District 89 in our Y-Kids after school program - financial assistance is provided to families.

## POWER SCHOLARS ACADEMY IN PARTNERSHIP WITH DISTRICT 90 AND 91

- Power Scholars Academy is a five-week summer program designed to not only tackle summer learning loss in math and reading but to foster physical and social-emotional growth. Scholars receive strong academic support from local certified teachers, as well as an array of enrichment activities.

FOR MORE INFORMATION,  
PLEASE CONTACT

Youth Development Department at  
[youthdevelopment@westcookymca.org](mailto:youthdevelopment@westcookymca.org)

# YOUR KIDS CAN PLAY WHILE YOU WORKOUT!



## BABYSITTING ROOM

Just because you have little ones, doesn't mean you can't get in a good workout! Our caring babysitting staff is here for you and will look after your child while you achieve your health and wellness goals!

**Ages:** 6 weeks to 9 years old.

**Cost:** Members may use the babysitting room at no charge for up to 90 minutes. After 90 minutes, the charge is \$4/hour.

**Room Capacity:** Space is limited, once room capacity has been reached, additional children cannot be accepted.

### MORNING

**Monday-Friday**  
8:00 am-1:00 pm

**Saturday**  
8:00 am-12:00 pm

### EVENING

**Monday-Thursday**  
4:00 pm-8:00 pm

**Friday**  
4:00 pm-7:00 pm

**Future opening on Sundays**  
10:00 am-2:30 pm

Hours are subject to change  
based on usage.

## YOUTH WELLNESS

### YOUTH WELLNESS CENTER ORIENTATION

(10–15 YEARS)

**COST: FREE FOR MEMBERS**

Youth participants will learn the basics of using cardio machines and a select number of strength machines.

- All youth ages 10–15 are **REQUIRED** to have a Wellness Center Orientation prior to using the equipment.
- 12–15-year-olds may use the Wellness Center on their own, and 10–11-year-olds must have a parent or guardian (18+) with them.
- Children under 16 may not use the Free Weights Area unless working with a Y Personal Trainer.

Sign up at the Membership Engagement Desk. A parent/guardian must accompany the child during the orientation.

### YOUTH PERSONAL TRAINING (6–17 YEARS)

Personal training... but for youth! We empower youth to achieve better health through fun games and fitness activities. The emphasis is on having **FUN**, while experiencing all the benefits of a one-on-one workout.

An initial consultation with a parent/guardian to determine the child's goals, as well as a periodic evaluation of progress, are included.

**Schedule your training sessions online through Appointment King at [www.westcookymca.org/main/personal-fitness-health](http://www.westcookymca.org/main/personal-fitness-health).**

**Personal Training 30 min \$35 per session  
Personal Training 60 min \$70 per session**

**Contact the Member Engagement  
Desk at 708-383-5200**

Personal training sessions expire  
1 year from date of purchase.





# CHOOSING THE RIGHT SWIM LESSON FOR YOUR CHILD

We understand that choosing the right aquatic program and instructor for your child is an important yet complex decision. Swim lessons at the Y focus on learning vital water safety skills and stroke development through a progressive swim lesson curriculum. Your child will gain the confidence to be safe in and around water while building skills that will last them a lifetime.

## WHY CHOOSE THE WEST COOK YMCA FOR SWIM LESSONS

- Small classes to ensure quality instruction for each swimmer
- New and convenient class times that accommodate your family's schedule
- Trained, caring, and experienced instructors that teach in the water alongside your child
- Year-round 25-yard indoor facility with water pool depths ranging from 3 to 11 feet deep, real life conditions essential to building endurance and deep-water skills such as treading and diving to build confidence in all water situations such as community pools and lakes
- Soothing and constant 86° water temperature
- Certified lifeguard on deck
- Pool viewing deck to watch your child's progression

## SWIM BLOCK CLASSES

Block classes offer the flexibility you are looking for, at convenient times to fit your family's schedule. Whether your child is learning to love being in the water or is an avid swimmer looking to learn a new stroke, we have a class for them!

## HOW DO SWIMMING BLOCK CLASSES WORK?

It is simple!

- 1 Choose a "block" lesson in your child's age group, regardless of his or her swimming level.
- 2 The swimming level of your child will be assessed by our experienced instructors on the first day of class.
- 3 Your child will enjoy learning new swimming skills in a nurturing environment!

## QUESTIONS?

Contact Kyle Albright at 708-434-0218, [kalbright@westcookymca.org](mailto:kalbright@westcookymca.org)

# AQUATICS PROGRAM OVERVIEW

## PARENT-CHILD: 6 MOS.–3 YEARS

## SAFETY AROUND WATER: PRESCHOOL TO 3RD GRADE

## PRESCHOOL: 3–5 YEARS

## YOUTH: 5–12 YEARS

### SWIM STARTERS

Parent\* & child lessons

### SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

#### A Water Discovery



Introduces infants and toddlers to the aquatic environment

#### B Water Exploration



Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

#### 1 Water Acclimation



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

#### 2 Water Movement



Encourages forward movement in water and basic self-rescue skills performed independently

#### 3 Water Stamina



Develops intermediate self-rescue skills performed at longer distances than in previous stages

#### Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

#### Outcomes

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

\* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

## SWIM STROKES

Skills to support a healthy lifestyle

### 4 Stroke Introduction



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

### 5 Stroke Development



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

### 6 Stroke Mechanics



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

### Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

## PATHWAYS

Specialized tracks

### Competition



See page 25

### Leadership



See page 44

### Outcomes

Students build confidence, cultivate their passion, and stay active through specialized tracks.

# SAFETY AROUND WATER

## TEACHING SKILLS THAT SAVE LIVES

Drowning is the leading cause of death for children ages 1–4 and the second leading cause of death for children ages 5–14

\*Source: CDC

FREE  
PROGRAM FOR  
PRESCHOOL TO  
3RD GRADE  
STUDENTS



### DROWNING IS PREVENTABLE.

Research shows that if a child doesn't learn to swim by third grade, chances are he or she never will. Participation in formal swimming lessons can greatly reduce the risk of drowning.

The West Cook YMCA offers **COMPLIMENTARY** safety around water lessons during the summer and school year for **Children Preschool to 3rd grade students in school districts 89, 90, 91, or 97.**

### WHAT IS SAFETY AROUND WATER?

Safety Around Water is a YMCA program designed to reduce children's risk of drowning by teaching essential water safety skills. This course, taught by West Cook YMCA swim lesson instructors, can reduce the risk of drowning and give youth the confidence in and around water. Upon completion of Safety Around Water lessons, the youth will be invited to continue in swim lessons.

### THE YOUTH WILL RECEIVE:

- Safety Around Water at local schools
- Safety Around Water Orientation
- Swim Assessment
- Complimentary Safety Around Water Swim Lessons that include:
  - Exercises to help children adjust to being in water
  - Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim"

### SPRING SESSION

#### Preschool

Day	Time
M	6:05 pm–6:35 pm
TU	1:30 pm–2:00 pm
TH	1:30 pm–2:00 pm
SA	1:30 pm–2:00 pm
SU	1:30 pm–2:00 pm

#### Youth

Day	Time
M	5:20 pm–6:00 pm
TU	6:20 pm–7:00 pm
TH	6:20 pm–7:00 pm
SA	2:00 pm–2:40 pm
SU	12:00 pm–12:40 pm

**ENROLL TODAY!**

[www.westcookymca.org/saw](http://www.westcookymca.org/saw)

**THE Y HAS BEEN AMERICA'S SWIM INSTRUCTOR FOR MORE THAN 100 YEARS**

## PARENT-CHILD BLOCK

(6 MOS.–3 YEARS)

M: \$60 | PM: \$84

### PARENT-CHILD A

#### Water Discovery

Day	Time
M	9:30 am–10:00 am
W	9:30 am–10:00 am
W	5:20 pm–5:50 pm
F	10:05 am–10:35 am
SA	9:30 am–10:00 am
SU	10:05 am–10:35 am

### PARENT-CHILD B

#### Water Exploration

Day	Time
M	10:05 am–10:35 am
TU	9:35 am–10:05 am
W	9:30 am–10:00 am
W	5:20 pm–5:50 pm
TH	9:35 am–10:05 am
F	10:05 am–10:35 am
SA	10:05 am–10:35 am
SU	10:05 am–10:35 am

## PRESCHOOL BLOCK

(3–5 YEARS)

M: \$60 | PM: \$84

Day	Time
M	9:30 am–10:00 am
M	10:05 am–10:35 am
M	1:00 pm–1:30 pm
M	4:00 pm–4:30 pm
M	6:05 pm–6:35 pm
TU	9:35 am–10:05 am
TU	1:00 pm–1:30 pm
TU	1:30 pm–2:00 pm
TU	4:00 pm–4:30 pm
W	1:00 pm–1:30 pm
W	1:30 pm–2:00 pm
W	4:00 pm–4:30 pm
W	5:20 pm–5:50 pm

Day	Time
TH	9:35 am–10:05 am
TH	1:00 pm–1:30 pm
TH	1:30 pm–2:00 pm
TH	4:00 pm–4:30 pm
F	10:05 am–10:35 am
F	4:00 pm–4:30 pm
SA	9:30 am–10:00 am
SA	10:05 am–10:35 am
SA	11:25 am–11:55 am
SA	1:30 pm–2:00 pm
SU	10:05 am–10:35 am
SU	11:25 am–11:55 am
SU	1:30 pm–2:00 pm



# YOUTH SWIM LESSONS/SPECIALTY AQUATICS

## YOUTH BLOCK

(5–12 YEARS)

M: \$80 | PM: \$112

Day	Time
M	4:35 pm–5:15 pm
M	5:20 pm–6:00 pm
M	6:40 pm–7:20 pm
TU	4:35 pm–5:15 pm
TU	6:20 pm–7:00 pm
W	4:35 pm–5:15 pm
W	5:55 pm–6:35 pm
W	6:40 pm–7:20 pm
TH	4:35 pm–5:15 pm
TH	6:20 pm–7:00 pm

Day	Time
F	4:35 pm–5:15 pm
SA	8:00 am–8:40 am
SA	8:45 am–9:25 am
SA	10:40 am–11:20 am
SA	12:00 pm–12:40 pm
SA	12:45 pm–1:25 pm
SU	10:40 am–11:20 am
SU	12:00 pm–12:40 pm
SU	12:45 pm–1:25 pm

## PRIVATE/SEMI-PRIVATE LESSONS

(6 MONTHS –2 YEARS WITH A PARENT)  
(3 YEARS –ADULT)

Accomplish your goals more quickly through individualized attention and a schedule that works around your busy life. Private and Semi-Private Swim Lessons teach safety around water, develop and improve stroke techniques, and prepare students for competitive swimming. Schedule your lessons online through Appointment King at [www.westcookymca.org/main/personal-fitness-health](http://www.westcookymca.org/main/personal-fitness-health). Registration required first. **These lessons must be completed within the session they are booked for. Due to the high demand of the private swim lessons, our session-based privates will allow for more consistency in scheduling and coordinating of participants with available instructors. Due to instructor availability, we cannot guarantee the same day and time session over session.** For more details or to register, contact Kyle Albright at 708-434-0218.

### PRIVATE LESSONS

1 CHILD/ADULT : 1 INSTRUCTOR

8 lessons: M: \$240 | PM: \$280

### SEMI-PRIVATE

2 CHILDREN/ADULTS : 1 INSTRUCTOR

8 lessons: M: \$320 | PM: \$400

## SCOUTS BADGES

COST: M \$5 / PM \$10

Do you need a professional aquatics person to look over your skills for your swim tests so you may obtain your troop badge or boating club admission? We can help you in meeting those goals. Flexible days and times available. Contact Kyle Albright at [kalbright@westcookymca.org](mailto:kalbright@westcookymca.org) or 708-434-0218.





# COMPETITIVE SWIMMING

## COMPETITIVE SWIM TEAM

The West Cook YMCA Swim Team has a philosophy of helping young people become champions of themselves and life through the sport of swimming. We believe this can be achieved by encouraging individuals to attain their own highest level of personal development. By striving to achieve their own goals and helping their teammates to achieve theirs, we believe that every athlete participating on the team can become a champion. Our program is divided into 3 basic categories: Developmental, Age Group and Senior. Each level of the program is designed to incorporate the needs of the developing athletes.

Fees do not include membership fees which are required for all squads other than Tiny Tops.

### Find us online: [westcookymca.org/swimteam](http://westcookymca.org/swimteam)

- Complete details & descriptions of our programs
- Fees and pricing information
- Complete practice schedules

## DEVELOPMENTAL TEAM

The Developmental Team has three main goals: create a foundation in the sport of swimming, introduce racing, and have fun doing it. Our developmental groups break down stroke technique into easy to learn steps by using drills. Workouts teach proper technique and endurance in all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle), as well as flip turns and racing dives. Our warm YMCA pool is the perfect environment for our swimmers to learn and develop.

### TINY TOPS (5–8 YEARS) \*\$315

Day	Time	Location
TU & TH	5:15 pm–6:15 pm	West Cook YMCA

### RED (5–8 YEARS) \*\$368

Day	Time	Location
M, W & F	5:30 pm–6:30 pm	Pav YMCA

### YELLOW (9–14 YEARS) \*\$368

Day	Time	Location
M, W & F	6:30 pm–7:30 pm	Pav YMCA



## AGE GROUP TEAM

The Age Group program motivates and challenges swimmers by teaching proper technique and racing fundamentals. With a combination of challenging swim and dry land workouts, the Age Group squads focus on core strength, balance, and body position to minimize drag in the water. The age group program is built on stroke technique and aerobic endurance, providing a base for young swimmers to build on, at a higher level.

### BRONZE (9–11 YEARS) \*\$578

Day	Time	Location
M to F	6:15 pm–7:30 pm	OPRF High School

### SILVER (10–13 YEARS) \*\$578

Day	Time	Location
M to F	6:15 pm–7:45 pm	OPRF High School

### GOLD (12–14 YEARS) \*\$683

Day	Time	Location
M to F	7:30 pm–9:15 pm	OPRF High School

### SENIOR TEAM (13+ YEARS) \*\$683

Our senior team fine tunes strokes with a greater emphasis on athletic fitness. The senior team combines swimming workouts with an advanced strength and conditioning program, to prepare our athletes to compete at their highest level. Our senior swimmers compete at the state and national level, and are leaders on their high school swim teams.

Day	Time	Location
M to F	7:30 pm–9:15 pm	OPRF High School

## FOR MORE INFORMATION:

Paul Moniak, Swim Team Head Coach,  
708-434-0222 | [pmoniak@westcookymca.org](mailto:pmoniak@westcookymca.org)

### CLINICS

Freestyle & Backstroke – Week of April 6  
Breaststroke & Butterfly – Week of April 13  
All Clinics are held at Pav YMCA  
(2947 S. Oak Park Ave., Berwyn)

### SPRING TRYOUTS

Saturday, April 4 – 2:00 pm–4:00 pm  
Sunday, April 5 – 2:00 pm–4:00 pm

All tryouts are held at the West Cook YMCA pool

### SUMMER SEASON BEGINS:

Monday, April 20

\* New Pricing for Spring/Summer season,  
Spring/Summer season goes until July 31

# HEALTHY LIVING

The Y is a leading voice in health and well-being advocacy in communities across the nation. With a mission centered on balance, the Y brings families closer together, encourages good health, and fosters connections through wellness, sports, fun, and shared interests. As a result, millions of youth, adults, and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind, and body.



# WELLNESS PROGRAMMING/PERSONAL TRAINING

## FITNESS CONSULTATION

(16+ YEARS) COST: M FREE\* / PM \$30

\*Members are eligible for a free consultation every six months. Additional consultations can be purchased for \$30 per consultation.

We're here to help you meet your goals! Whether you are looking for guidance on how to get started, advice on what to do next, or an in-depth fitness assessment, we can to assist you in reaching your health goals.

Fitness consultations include the following 3 things:

- 1. One-on-one Meeting with a Healthy Living Staff Member:** This meeting will allow our staff to help you determine your goals and the best way to achieve those goals through the programs at the West Cook YMCA.
- 2. Fitness Consultation:** This consultation will include analysis on body composition, blood pressure, cardiovascular endurance, muscular endurance, and flexibility. This consultation will allow you to better understand where you are in your healthy lifestyle journey and areas in which you can begin to set goals and improve your health.
- 3. Wellness Center Orientation:** The Healthy Living Staff Member will give you an overview of the Wellness Center and the equipment, as well as information on the programs that interest you.

**Register for your FREE Fitness Consultation at the Member Engagement Desk.** Failure to cancel a scheduled consultation 24 hours in advance will result in forfeiture of the free consultation.

## ADULT WELLNESS CENTER ORIENTATION

COST: FREE FOR MEMBERS

A staff member from the Healthy Living Department will provide new adult members an introduction to the wellness floor. Members will learn how to adjust the weights and seat on the strength equipment, as well as how to properly care for the equipment. Sign up at the Member Engagement desk for your orientation.

## PERSONAL TRAINING (18+ YEARS)

Gain strength, confidence and energy with these personalized sessions!

Certified personal trainers are available at convenient times to give you individual attention. Each package includes an initial Fitness Consultation to determine your goals and what each session will include. Sessions are 60 or 30 minutes in length. Personal training sessions expire 1 year after purchase.

**Schedule your training sessions online through Appointment King at [www.westcookymca.org/main/personal-fitness-health](http://www.westcookymca.org/main/personal-fitness-health).**

**Personal Training 30 min \$35 per session**  
**Personal Training 60 min \$70 per session**

### FOR MORE INFORMATION

**Member Engagement Desk**

708-383-5200

Personal training sessions expire  
1 year from date of purchase.

## PERSONAL TRAINING VOLUME PACKAGE SALE

Our certified Personal Trainers will help you gain strength, confidence and energy while meeting your fitness goals!

**THE MORE YOU BUY, THE MORE YOU SAVE.**

# OF SESSIONS	30-MINUTE PT	60-MINUTE PT
1	\$35	\$70
3	\$105	\$210
6	\$198 (savings of \$12)	\$396 (savings of \$24)
12	\$384 (savings of \$36)	\$768 (savings of \$72)
24	\$744 (savings of \$96)	\$1,488 (savings of \$192)
36	\$1,080 (savings of \$180)	\$2,160 (savings of \$360)

**FOR MORE INFORMATION, CONTACT THE MEMBER ENGAGEMENT DESK AT 708-383-5200**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# HELPING YOU RAISE YOUR BAR

## PERSONAL TRAINING INTRODUCTORY SALE

Certified personal trainers are available at convenient times to give you individual attention. Each package contains an initial Fitness Consultation to determine your goals and what each session will include. Sessions are 60 or 30 minutes in length.

**Save 50% on a 3 or 6 session personal training package.  
Regularly \$70 per hour now \$35.**

**Contact the Member Engagement Desk at 708-383-5200.**

Only valid for new clients. One offer per person per year. 20PGPT  
Personal training sessions expire 1 year after purchase

# COMPLIMENTARY GROUP FITNESS FOR MEMBERS

## PRE-CHOREOGRAPHED

### STRENGTH TRAIN TOGETHER

Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

### ACTIVE TOGETHER

Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Active Together gives you all the training you need—cardio, strength, balance, and flexibility—in just one hour.



## FREE STYLE

### CYCLING

Pure cardio awaits you! Get a fantastic heart-pumping, low-impact workout while listening to great music on our stationary bikes. You will climb, sprint, and train. This class is designed to help you create muscle tone in your legs and improve your heart and lung function. New to group cycling? Come 10 minutes before your first class for bike setup. Session registration required during weekday classes.

### BOOTCAMP

This drill-oriented program is designed to increase your strength, endurance, and confidence through high intensity workouts that will maximize your fitness level. Join Bootcamp Fitness to help tone and firm your body in a fun, encouraging environment.

### LEVEL UP FITNESS

Take your fitness to the next level! An hour-long dynamic workout designed to increase your strength and speed, improve your cardiovascular endurance, and push you to set and reach new goals. Each week will bring a new workout that incorporates free weights, running, and body weight exercises, all in a high-intensity interval format that will challenge participants of all levels.

### LET'S GET MOVING

A variety of moves that can build, tone, and shape your body. This class focuses on cardio to improve endurance, strength training to tone muscles, and circuit training to work the whole body.

### ZUMBA®

Are you ready to party yourself into great shape? Get lost in the music of this fitness dance party inspired by traditional salsa, samba and meringue music. It's a totally fun dance workout that is easy to follow and gives you a great cardio workout.

### ZUMBA® GOLD

The same great music and choreography of a Zumba class, in a lower-intensity, easy-to-follow format that is perfect for older adults. This modified class introduces simple, effective moves that will improve balance, range of motion, and coordination. Come ready to dance, have fun, and feel empowered!

# YOGA

## RESTORATIVE YOGA

Deeply nurturing and healing, Restorative Yoga takes you through the poses supported by blankets and props to allow you to completely relax and let go into stillness. This practice focuses on poses with longer holds, including seated forward folds, easy twists, and gentle backbends.

Day	Time	WI M/PM	WII M/PM
W	5:30 pm–6:30 pm	\$80/\$160	\$80/\$160

### TRY OUT ONE OF OUR NEW CLASS PACKAGES!

They give you the flexibility to choose and change up your yoga classes to best fit YOUR schedule.

5 class pack: M: \$50 / PM: \$100

10 class pack: M: \$92 / PM: \$184

15 class pack: M: \$135 / PM: \$270

Classes can only be used for the session for which they were purchased



# ADULT AQUATICS/WATER FITNESS

## TEEN/ADULT SWIM LESSONS

M: \$80 | PM: \$112

### SWIM BASICS/MECHANICS

Learn personal water safety and achieve basic swimming competency by increasing comfortability in the water and developing forward water movement. For those who know basic swimming fundamentals, learn additional water safety skills and build stroke techniques.

Day	Time
M	7:25 pm–8:05 pm
W	7:25 pm–8:05 pm
SA	2:00 pm–2:40 pm
SA	2:45 pm–3:25 pm

## ARTHRITIS AND LOW IMPACT TRAINING (16+ YEARS)

The arthritis and low impact training class is a low-intensity stretching, movement, flexibility, and cool down designed to increase mobility of each joint. The variety of exercises were developed by YMCA of the USA to relieve stiffness and pain from arthritis. This class is also intended for athletes and active adults in need of recovery or light resistance training. Participants do not need to know how to swim.

Day	Time	M/PM
TU/TH	8:30 am–9:30 pm	\$77/\$125

## DEEP WATER FITNESS (16+ YEARS)

Enjoy a non-impact workout that stresses flexibility and endurance in deep water while toning the entire body. Class participants use flotation devices. Participants should be comfortable in the deep end of the pool but do not need to know how to swim.

Day	Time	M/PM
M/W/F	8:30 am–9:30 am	\$115/\$187

## SENIOR LESSONS M: \$60 | PM: \$84

Day	Time
F	9:30 am–10:00 am

## HYDRO INTERVAL TRAINING (HIT)

A high-intensity, track-style, deep water workout designed to increase your speed, power, strength, and agility in a low-impact environment. HIT is an excellent cross-training option for those looking to take their fitness to the next level.

Day	Time	M/PM
TU/TH	7:30 pm–8:30 pm	\$77/\$125

## SHALLOW WATER FITNESS (16+ YEARS)

Enjoy a challenging, lower intensity workout. Increase your endurance and muscle tone! Participants do not need to know how to swim.

Day	Time	M/PM
M/W/F	8:30 am–9:30 am	\$115/\$187

# ADULT COURT & FLOOR SPORTS

Adult pick-up sports are FREE for members and do not require registration.

Non-members wishing to play may purchase a facility guest pass for the day.

Open to all ages 16+ or 12-15 with adult (18+) supervision, unless otherwise noted.

We reserve the right to change the schedules if necessary.

Questions? Contact Steven Thomas at [sthomas@westcookymca.org](mailto:sthomas@westcookymca.org) or 708-434-0227

## BADMINTON

(16+ YEARS)

Play matches with other skilled players. Serious and beginner athletes welcome! Team and individual games available. \* Please note that on Sundays, Court #1 will be designated for youth and family play.

Day	Time	Location
TU	8:00 pm–10:00 pm	Large Gym
TH	8:00 pm–10:00 pm	Large Gym
SU*	1:00 pm–3:30 pm	Large Gym

## BASKETBALL

### TEEN OPEN BASKETBALL

(12–17 YEARS)

Day	Time	Location
M	3:00 pm–4:45 pm	Large Gym
TU	3:00 pm–4:45 pm	Large Gym
W	3:00 pm–4:15 pm	Large Gym
TH	3:00 pm–4:45 pm	Large Gym

## BASKETBALL

### TEEN/ADULT OPEN BASKETBALL

(12+ YEARS)

Looking for something fun to do to wrap up your day? Come by the West Cook YMCA and participate in open gym basketball.

Day	Time	Location
M	8:15 pm–10:00 pm	Small Gym
TU	8:15 pm–10:00 pm	Small Gym
W	8:15 pm–10:00 pm	Large Gym
TH	8:15 pm–10:00 pm	Small Gym

## BASKETBALL

(18+ YEARS)

Recreational open basketball gym time. Come shoot hoops and get in on a pick-up game with other ballers!

Day	Time	Location
M	12:00 pm–2:00 pm	Large Gym
W	12:00 pm–2:00 pm	Large Gym
SA	8:00 am–10:00 am	Large Gym

## WOMEN'S BASKETBALL

(18+ YEARS)

Recreational open gym time and pick-up games for women. Come shoot hoops and get a good workout.

Day	Time	Location
TU	12:30 pm–2:30 pm	Large Gym
W	8:15 pm–10:00 pm	Small Gym

## VOLLEYBALL

(16+ YEARS)

Enjoy bumping, setting and spiking with other volleyball enthusiasts! Open to all players and ability levels. \*Please note that Mondays will be attended by the more experienced players (players who played in high school/college or have developed a good skill level). USVBA rules apply for all days.

Day	Time	Location
M*	8:00 pm–10:00 pm	Large Gym
F	11:00 am–1:00 pm	Large Gym
SU	4:00 pm–6:00 pm	Large Gym

## HANDBALL AND RACQUETBALL

(16+ YEARS)

Build physical endurance and hand-eye coordination while enjoying a fun, competitive game. Need a racquet? Borrow one of ours at the Membership Engagement Desk. We also have balls and goggles available for purchase. See posted signs for upcoming tournaments. Call 708-383-5200 to reserve your court today!

## FOR MORE INFORMATION

Steven Thomas

Sports Program Coordinator

708-434-0227 | [sthomas@westcookymca.org](mailto:sthomas@westcookymca.org)



# 1 in 3 AMERICAN ADULTS HAVE HIGH BLOOD PRESSURE

An estimated 1/2 of adults have their condition under control



The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension.

Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and provides nutrition education seminars.

## WHO QUALIFIES

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

Includes complimentary membership for non-members.

**Cohorts launch in May, July, and September**

## FOR ADDITIONAL INFORMATION, CONTACT:

Sierra Waller | Chronic Disease Coordinator  
708-434-0208 | [swaller@westcookymca.org](mailto:swaller@westcookymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PROGRAM OVERVIEW

- 1 12 weeks /1 session a week
- 2 Must be 18 years or older
- 3 Provides tools, knowledge and group support to help you develop plans that support your weight loss goals

## REACH YOUR WELLNESS GOALS WITH US

"The program is different from other programs in which I have participated in that there was no pressure to 'lose weight NOW'. Weight loss and health is the ultimate goal not the quick fix. This program gave me things to think about. I know I should be 'eating right and exercising' but why don't I? This program gave me insights into my behavior by asking very simple questions."

—PARTICIPANT,  
Providence YMCA (R.I.)

# SUPPORTING WELLNESS TOGETHER

## Weight Loss Program

## CLASSES STARTING TUESDAY, MARCH 3RD

FOR ADDITIONAL INFORMATION, CONTACT:

Sierra Waller | Chronic Disease Coordinator  
708-434-0208 | [swaller@westcookymca.org](mailto:swaller@westcookymca.org)

# FREQUENTLY ASKED QUESTIONS

## Weight Loss Program

### REACH YOUR WELLNESS GOALS WITH US

#### What is the Weight Loss Program?

The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution.

#### Who can enroll in the Weight Loss Program?

The program is designed for adults 18 years and older who desire a healthier weight. This program is not intended for individuals with specialized needs due to chronic disease or the onset of chronic disease.

#### How long is the program and how often does it meet?

This is a 12-week program that meets one time per week. Each weekly session is 60 minutes.

#### What happens during each weekly session?

Each week participants will weigh in, be introduced to a new topic relevant to weight loss, discuss as group successes/challenges/suggestions around the weekly topic, and develop goals for the upcoming week. Topics covered during the program include: balanced eating, physical activity, stress and sleep, positive psychology, goal setting and sustainability.

#### What can I expect from this program?

This program will introduce participants to behaviors that have been shown to lead to sustained weight loss and invite participants to develop personalized plans to incorporate those behaviors into their personal lifestyle.

#### Will I receive a personalized nutrition or exercise plan in this program?

No. Because weight loss is unique to each person, this program focuses on helping individuals identify ways to make small, modest changes to their behavior within the context of their own life and in support of their weight loss goals. The tools provided during this program, along with the knowledge and support of the group, are used by participants to develop their own balanced eating and physical activity plans that work for them. Prescribed meal or exercise plans are not provided in this program.

#### Will anyone see my weight during weekly weigh-ins?

Participants weigh in weekly during the 12-week program. This will happen in a private location with only the participant and program facilitator present. Once collected, this information is used only in aggregate form to help assess the program's quality.

## CHRONIC DISEASE PROGRAMS

# L I V E S T R O N G<sup>®</sup> AT THE YMCA

**AS A CANCER SURVIVOR, YOU KNOW THE TREMENDOUS TOLL THE DISEASE AND ITS TREATMENT CAN TAKE ON YOUR SPIRIT, MIND AND BODY. YOU WANT TO BEGIN TO HEAL AND RECLAIM YOUR HEALTH. BUT WHERE DO YOU START? LIVESTRONG AT THE YMCA CAN HELP.**

In 2008, the YMCA partnered with the LIVESTRONG<sup>®</sup> Foundation to help cancer survivors begin the journey toward recovery with the LIVESTRONG at the YMCA program. Part of the Y's commitment to strengthening community through healthy living, the program offers adults affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

### HOW DOES THE PROGRAM WORK?

LIVESTRONG at the YMCA focuses on you—the whole person—not the disease. The free, 12-week program meets twice a week for 90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. You'll focus on:

- building muscle mass and strength
- increasing flexibility and endurance
- improving confidence and self-esteem

Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program has ended.

Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community—a safe, comfortable place for you to build companionship with others affected by cancer and share stories and inspiration.

### TAKING IT AT YOUR OWN PACE

No one experiences cancer in the same way. Participants come to the program with different physical challenges and lifestyle goals. LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild. There's no competition here—physical activities are tailored to match only what you're able to accomplish.

### EXPERT, CARING STAFF

LIVESTRONG at the YMCA staff have been specially trained to work with cancer survivors and patients and follow American College of Sports Medicine and American Cancer Society exercise guidelines. They're exercise experts who can understand your unique physical needs and concerns and help you address them safely. They're also relationship builders with the empathy and ability to connect with and develop relationships with and among cancer survivors and their families.



### THE NEED FOR LIVESTRONG AT THE YMCA

Medical studies have shown that moderate levels of appropriate physical activity can reduce fatigue, boost self-esteem and improve muscle strength and physical endurance in individuals following cancer treatment. And cancer survivors themselves are increasingly aware of the positive impact that moderate physical activity, supportive relationships and stress reduction techniques can have on their quality of life. LIVESTRONG at the YMCA has helped thousands of cancer survivors move beyond cancer in spirit, mind and body.

### PROGRAM LOCATIONS

West Cook YMCA  
West Suburban Medical Center

### HOW CAN I FIND OUT MORE?

Contact Sierra Waller, 708-434-0208,  
[swaller@westcookymca.org](mailto:swaller@westcookymca.org)

The LIVESTRONG Foundation serves people affected by cancer and empowers them to take action against the world's leading cause of death. Created as the Lance Armstrong Foundation in 1997 by cancer survivor and champion cyclist Lance Armstrong, the Foundation offers additional services and resources for survivors at LIVESTRONG.org.

**CLASSES STARTING  
JUNE 9TH**

# DIABETES PREVENTION PROGRAM

## Change Is Tough—We Can Help

Let's face it, if change were easy, we'd all do it. You've spent years developing habits that you can't expect to change overnight. It's tough. We can help.

The YMCA's Diabetes Prevention Program gives you the skills you need and the support you deserve to make lasting healthy lifestyle changes.

### GROUP SUPPORT KEEPS YOU MOTIVATED

Everyone needs a push, a pat on the back, a helping hand sometimes. A little encouragement goes a long way when you're making big changes. In the YMCA's Diabetes Prevention Program you'll spend a year surrounded by a group of supportive people with common goals who care about your well-being.



### IMPROVE YOUR HEALTH, BOOST YOUR ENERGY

To help reduce your risk for diabetes, your goal in the YMCA's Diabetes Prevention Program is to reduce your body weight by 7% and increase your physical activity by at least 150 minutes per week within the first 6 months of the program. For example, if you weigh 200 pounds, your goal is to lose 14 pounds and increase your physical activity to what could be a brisk 30-minute walk five times per week. Lose weight, boost your energy, reduce your risk for diabetes and improve your health for life!



For program details visit our website at [westcookymca.org/diabetes](https://westcookymca.org/diabetes)

Contact us: 708-434-0208  
[swaller@westcookymca.org](mailto:swaller@westcookymca.org)

### DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older.
- Overweight (BMI  $\geq$  25)\*, and
- Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes.\*\*
- A1C (5.7%–6.4%)
- Fasting plasma glucose (100–125 mg/dL)
- 2-hour plasma glucose (140–199 mg/dL)
- If you don't have a blood test result, you must have a qualifying risk score.

### YMCA MEMBERSHIP NOT REQUIRED!

\* Asian individual(s) BMI  $\geq$  24

\*\* Qualified blood results in the prediabetes range are needed to confirm eligibility. Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

**CLASSES STARTING  
APRIL 9TH AT 5:30PM**

# HEALTHY AGING

**T**he West Cook YMCA's Healthy Aging Program will support you in living more fully, no matter what your fitness level or background. By taking part in our comprehensive services and programming designed especially for adults ages 62 and up, you will be joining a community of over 500 members who are committed to living actively, building friendships, and feeling energized and empowered.

There are more than 551,000 older adults in suburban Cook County, reflecting all races, ethnicities, income levels, and states of health. We know that healthy lifestyles look different for everyone and that there is no "one size fits all" approach to aging.

Our staff has made a commitment to meeting you where you are, and the result is a specially curated program that champions health equity, fosters social connections, and helps you become your best self.

We invite you to become a part of the Healthy Aging Program and discover how to be connected, contributing members of our community. The staff, instructors, and program leaders at the West Cook YMCA will be with you every step of the way.

## HEALTHY AGING OFFERINGS IN 2020

- Senior consultations and wellness floor orientations
- Enrichment programming
- Discounted memberships through United Healthcare and AARP for eligible individuals
- Partnerships with congregations to offer off-site wellness programs



## MEET OUR HEALTHY AGING PROGRAM COORDINATOR

**Keri Inouye**  
708-434-0235

[kinouye@westcookymca.org](mailto:kinouye@westcookymca.org)



Keri is our Healthy Aging Program Coordinator. Her job is to help you identify, navigate, and achieve your health and

wellness goals here at the West Cook YMCA. She is committed to helping you age well, stay active, build friendships and be a vital part of our community. Keri is a 200-hour registered Yoga Teacher.

## ARE YOU INTERESTED IN A COMPLIMENTARY 6-MONTH MEMBERSHIP WITH SUPPORT TO HELP YOU IMPROVE YOUR HEALTH AND WELLNESS?

We are currently seeking older adults who are interested in taking part in a Healthy Aging pilot program. Participants will receive a 6-month complimentary membership and will partake in special activities and services designed to help support the achievement of their health and wellness goals. Individuals who are 62 years or older and not currently members of the West Cook Y are eligible to participate. For more details, contact Keri Inouye.



**SIGN UP TODAY!**  
Cohorts launching in  
March, April, May, and June.

## SCHOLARSHIPS AVAILABLE

The West Cook YMCA raises funds to provide financial assistance for memberships and access to programs. If you are interested in seeing if you qualify for financial assistance, contact the Member Engagement Desk at 708-383-5200.

# HEALTHY AGING FITNESS

## SENIOR CONSULTATION

A complimentary service offered to members 2x/year. Measure your overall well-being and sit with one of our Healthy Living Staff members to discuss a plan and the programs available to help you achieve vitality.

## FIT OVER FIFTY

An exercise program especially for active older adults. Must be able to stand on both feet. Class begins with a great cardio workout, followed by strengthening using bands, light weights, balls, and more. Class concludes with mat work for a complete workout.

## GOLDEN OLDIES

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is available if needed for seated or standing support.

## SENIOR STRETCH

Relieve stress and increase flexibility, balance, and range of motion. Work through seated and standing stretches. Chair support offered. Restorative breathing and relaxation exercises included.

## ZUMBA® GOLD

The same great music and choreography of a Zumba class, in a lower-intensity, easy-to-follow format that is perfect for older adults. This modified class introduces simple, effective moves that will improve balance, range of motion, and coordination. Come ready to dance, have fun, and feel empowered!

## FREE SENIOR FRIDAY

Every Friday at the Y is Free Senior Friday! Any senior age 62+ can access the West Cook YMCA facility for FREE. Access to the facility includes the spas/locker rooms, Wellness Center (including cardio and weight equipment), gyms, track, Community Learning Center, and the pool—including Senior Swim. Come by and see how the Y can serve you!

## SENIOR SWIM

Senior Swim is held late morning every Friday to accommodate all seniors on Free Senior Friday. Please check the current pool schedule on our website or at the Member Engagement Desk to see the current time slot.

## SENIOR SWIM LESSONS

M: \$53 | PM: \$79

Day	Time
F	9:30 am–10:00 am

## FOR MORE INFORMATION

Keri Inouye

708-434-0235 | kinouye@westcookymca.org





# TAKE CHARGE



of your health



## TAKE CHARGE OF YOUR DIABETES

Take Charge of Your Diabetes programs last 6 weeks. Participants and facilitators meet weekly for two and a half hours. Workshops are led by facilitators who have professional or personal experience with managing Diabetes.

**SESSIONS STARTING  
MARCH 19TH**

## WHAT YOU WILL LEARN IN THE PROGRAM

**Healthy eating:** how to start or improve healthy eating habits and create healthy meals.

**Physical activity:** how to identify what exercises are best for you based on your unique needs and lifestyle.

**Communication skills:** how to develop a better communication with your doctor, family and friends.

**Fatigue and frustration:** how to be aware of the signs and the steps you need to take to sleep better, get more energy, change negative thoughts for positive and **create a new life for yourself.**

**Action plan:** how to set weekly goals to make you feel not only physically better but also emotionally.

**Relaxation body scan:** learn how to use your mind to calm yourself and release muscular tension.

**Making decisions:** learn how to make better decisions whether it be to start a new medicine or work on a project you have been thinking of.

**PLUS,** you will get the added benefit of support and encouragement for your workshop facilitators and fellow workshop participants in achieving your goals, and **make lots of new friends** along the way.

**FOR MORE INFORMATION CONTACT:**  
Sierra Waller | Chronic Disease Coordinator  
708-434-0208 | [swaller@westcookymca.org](mailto:swaller@westcookymca.org)

# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors: the Y has been listening and responding to our communities' most critical social needs for 160 years. Whether through education and training, welcoming and connecting diverse demographic populations through global services, preventing chronic disease and building healthier communities through collaborations with policy makers, the Y fosters the care and respect all people need and deserve.



## AFFORDABLE HOUSING ALTERNATIVE FOR MEN

The West Cook YMCA offers secure housing for men transitioning between housing, not wanting the commitment of an apartment or home, living temporarily in the community for school or employment, or simply desiring an affordable, safe place to live.

Rooms at the Y are available for as little as a week or for as long as desired. Rent is paid in advance on a weekly basis, and there are no long-term leases, contracts or security deposits. Any man aged 18 or older with income or other assets is welcome to apply for our residency program.



## HOW TO APPLY

**Requirements for housing are:** males ages 18+, must net \$1,500 per month, provide proof of income (SSDI, SSI, 30-days of paycheck stubs, etc), and have no felonies.

Rooms are limited, so please stop in or call us at 708-383-5200 to check availability.

Each potential resident is required to complete an application. These are available at the front desk of the Y 24 hours a day.

Once you submit a completed application, you will be contacted to schedule an interview and a tour of the facility.

## WHY CHOOSE THE WEST COOK Y?

For affordability, convenience and safety, the West Cook Y is an exceptional alternative to traditional housing options:

- Located within a few blocks of the CTA green line and blue line, as well as the Metra train, giving you easy and affordable access to both downtown Chicago and the suburbs.
- Dining, shopping, churches, a public library and community services are nearby for your convenience.
- Each room (remodeled in 2014) contains a twin-sized bed, dresser, desk and chair, closet, Direct TV basic service and a private telephone.
- Personal refrigerator in each room.
- Weekly linen service (bedding and towels) is available.
- Security is provided 24 hours a day, and each room is uniquely keyed to prevent unauthorized entry.
- 24-hour maintenance is available, as well as general housekeeping every weekday.
- Each floor has two bathrooms that include showers.
- Common area open to all residents includes a microwave oven, TV with extended cable channels and vending machines.
- Each resident receives a membership to the Y at no additional cost. The Y offers a full range of workout facilities, a computer lab and access to employment assistance.

## FOR MORE INFORMATION

**Paige Clincy**

Case Manager

708-434-0251 | [pclincy@westcookymca.org](mailto:pclincy@westcookymca.org)

# TRAININGS & CERTIFICATIONS

## RED CROSS LIFEGUARDING CERTIFICATION

M: \$200 | PM: \$300

Lifeguard courses are held over a three-day interval, you must attend all three days in order to be eligible for certification. Lifeguard courses are held over a three-day interval, you must attend all three days in order to be eligible for certification.

## FIRST AID/CPR/AED

M: \$70 | PM: \$100

Learn how you can save someone in need by becoming certified in First Aid, CPR and AED. This class is for those who have never taken CPR or have not been re-certified in 2 years.

Know what to do if someone has stopped breathing, has a sudden illness or how to protect yourself in helping another person.

## UPCOMING CLASSES:

### Lifeguarding

**Date**

April 24th–26th

May 22th–24th

### CPR

**Date**

**Time**

April 11th 4 pm–6 pm

May 15th 5 pm–7 pm

May 29th 5 pm–7 pm

June 19th 5 pm–7 pm (Summer Classes)

June 26th 5 pm–7 pm (Summer Classes)

## FOR MORE INFORMATION

**Kyle Albright**

Director of Aquatic Programs

708-434-0218 | kalbright@westcookymca.org



## A BENEFIT FOR YOUR EMPLOYEES— AND FOR YOUR COMPANY

As a decision maker in your workplace, you know how important the health and well-being of your employees is to the bottom line of your company. The West Cook YMCA stands ready to partner with you to help your employees achieve vitality so they can bring their best selves to the workplace every day.



### WORKPLACE WELLNESS IS GOOD FOR BUSINESS

- Reduced Health Care Costs
- Increased Productivity and Morale
- Decreased Turnover and Increased Recruitment Potential
- Decreased Absenteeism

### Help your employees achieve vitality through health education and improving their overall well-being.

Through a West Cook YMCA Workplace Wellness Program, your workforce has access to a full complement of resources for increased physical activity and improved overall health.

- On-site programming promoting physical activity, lifestyle, and behavior change. Over 20 Lunch and Learn options to increase employee health literacy.
- West Cook YMCA membership savings through a corporate discount that allows employees access to the facility and programs for the whole family.
- Biometric Screening Analysis to analyze your health screening results and provide recommendations to improve your screening findings.
- Family Friendly resources such as child care, summer day camp, swim lessons, and youth sports leagues provided to Y families. Members enjoy reduced program rates that make it easy to get the whole family engaged.

### GETTING STARTED

Workplace Wellness at the West Cook YMCA is built around you. Fully customizable. That is the secret of our Workplace Wellness program. You know your employees best—and you know the health challenges that are specific to your environment. We will work with you to design a program that fits your goals, your employees' needs... and your budget!

**Your first step is contacting Sierra Waller at [swaller@westcookymca.org](mailto:swaller@westcookymca.org) or 708-434-0208 to create an individualized plan by administering a survey to discover your employees' interests in terms of health and well-being.** Based on the results of the survey, we will share our customized recommendations for a successful and thorough wellness program.

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# WEST COOK YMCA TEAM

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## EXECUTIVE TEAM

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President/CEO	Phillip Jiménez	708-434-0200	<a href="mailto:phillip@westcookymca.org">phillip@westcookymca.org</a>
Chief Operations Officer	Kevin Klein	708-434-0203	<a href="mailto:kklein@westcookymca.org">kklein@westcookymca.org</a>
Finance Director	Luis Lazaro-Carrasco	708-434-0202	<a href="mailto:llazaro@westcookymca.org">llazaro@westcookymca.org</a>

## LEADERSHIP TEAM

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Financial Development Director	Tara Lenardi	708-434-0211	<a href="mailto:tlenardi@westcookymca.org">tlenardi@westcookymca.org</a>
Director of Member Engagement and Services	Elizabeth Lopez	708-434-0205	<a href="mailto:elopez@westcookymca.org">elopez@westcookymca.org</a>
Director of Youth Programming and Services	Peter Sari	708-689-8398	<a href="mailto:psari@westcookymca.org">psari@westcookymca.org</a>
Director of Aquatic Programs	Kyle Albright	708-434-0218	<a href="mailto:kalbright@westcookymca.org">kalbright@westcookymca.org</a>
Head Coach, Competitive Swim Team	Paul Moniak	708-434-0222	<a href="mailto:pmoniak@westcookymca.org">pmoniak@westcookymca.org</a>

# PROGRAM REGISTRATION FORM

## PLEASE PRINT

First Name \_\_\_\_\_ M \_\_\_\_\_ Last Name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender M F School (if applicable) \_\_\_\_\_

Parent or Guardian Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Primary Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

List any physical/emotional disabilities of participant \_\_\_\_\_

Please check one:     I am a member of the West Cook Y     I am NOT a member of the West Cook Y

CLASS NAME	PARTICIPANT NAME	AGE	CLASS DAY/TIME	FEE
<b>SUBTOTAL</b>				
<b>I would like to donate the following to the Y's Annual Support Campaign</b> (details on pg 8)				
<b>GRAND TOTAL</b>				

## METHOD OF PAYMENT

Check enclosed. Make checks payable to: West Cook YMCA

Charge to my card:     MasterCard     Visa     Discover Card

Card No. \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature of Cardholder \_\_\_\_\_

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

## WAIVER OF LIABILITY | PERMISSION TO TREAT

I understand that the Y assumes NO FINANCIAL OBLIGATIONS, BUT IN CASE OF ACCIDENT OR ILLNESS, the Y has my authorization to secure any necessary medical attention for the enrolled above. I also agree to hold harmless the Y, its employees and directors, for any injury which may occur in the course of this activity.

Signature of Participant (or parent/guardian if participant is under age 18) \_\_\_\_\_

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

## MAIL REGISTRATION FORM TO:

West Cook YMCA, Attn: Member Services, 255 S. Marion St., Oak Park, IL 60302

Fax registration form to: 708-383-0016

Questions? Call 708-383-5200

## The West Cook YMCA serves these ten communities in western Cook County:

- Oak Park
- Forest Park
- River Forest
- Maywood
- Melrose Park
- Bellwood
- Elmwood Park
- Franklin Park
- River Grove
- Stone Park



## The West Cook YMCA also runs programs at the following off-site locations:

- Cook County Health, Robbins
- Field Stevenson Elementary School, Forest Park
- Loyola Center for Health, Maywood
- McNeal Hospital, Berwyn
- Oak Park River Forest High School, Oak Park
- Pav YMCA, Berwyn
- PCC Austin Family Health Center, Chicago
- Proviso East High School, Maywood
- Ridgeland Pool, Oak Park
- River Forest School District 90, River Forest
- St. Johns Lutheran Church, Forest Park
- West Suburban Medical Center, Oak Park and River Forest