

FIND YOUR FIT!



2021 PROGRAM GUIDE

TAYLOR FAMILY YMCA

50 N. McLean Blvd | Elgin, IL 60123
Phone: 847.888.7410 | www.gcfymca.org
Hours: M-TH: 6AM-8PM | Friday 6AM-7PM
Saturday: 6AM-1PM

THERE'S A Y IN EVERY COMMUNITY

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



WELCOME TO A BETTER YOU

When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community. At the Taylor Family Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging. The Y is a non-profit 501(c) (3) charitable organization with an inclusive environment committed to enriching the quality of physical, social, mental and spiritual well-being.

YOUTH DEVELOPMENT

YOUTH SPORTS

At the Y, we believe every child should have the chance to get in the game. We offer sports for kids ages 3 & up. Y sports emphasize teamwork and sportsmanship while teaching skills in basketball, football, soccer, volleyball and T-ball.

PROGRAMS

Your child can improve or learn new skills with classes for all ages. From beginners to enthusiasts, we have a class that is right for everyone. Choose from martial arts, swim lessons, gymnastics and more.

CHILDCARE

Your child will thrive in child care programs, that emphasize physical activity & fun. We offer many opportunities with our Virtual Learning Programs, School Days Off Camp, and Summer Day Camps!



HEALTHY LIVING

HEALTH

We help people and families build and maintain healthy habits for spirit, mind, and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

WELLNESS

Our certified staff provide support and motivation to help you meet your health and wellness goals, all while making friends and having fun. We have a state of the art wellness center and various group exercise classes!

ENGAGEMENT

We believe healthy living has as much to do with pursuing interests, passions and learning new things as it does with living healthy. Our minds and spirits need stimulus and enrichment, and we get more from life when we find things, and people, that inspire us.



SOCIAL RESPONSIBILITY

HEALTH & NUTRITION

We improve our member's health and well-being by providing programs that promote wellness, reduce risk for disease and help others reclaim their health. The result is a country that values health and communities that support healthy choices.

STRONG COMMUNITY

We bring together people from all backgrounds, and support those who need us most. Through financial assistance, outreach programs, life saving water safety skills for youth, the Y provides services and activities for all.

VOLUNTEER

It takes a community to strengthen a community. Y volunteers donate thousands of hours of service each year. Whether it's coaching a team, working on the trail or serving on a committee every moment makes a difference!



HEALTHY LIVING



Group X Classes

M

No classes
at this
time.

T

Spinergy
6:00-6:45 am
Anne
Spin Studio

W

No classes
at this
time.


TH

MIXXEDFIT
5:00-6:00 pm
Courtnee
Fitness Studio

F

No classes
at this
time.

SAT

 **ZUMBA**
9:00-10:00 am
Jacqui
Fitness Studio

Yoga
10:15-11:15 am
Lisa S.
Fitness Studio



SAFETY FIRST!

Safety Protocols

- **Masks Required:** Participants must wear face coverings over their nose and mouth at all times when at the Taylor YMCA.
- **Wellness Checks:** The Taylor Family Y provides temperature checks and screening prior to allowing participants into the classes.
- **Sanitization:** The Y continues enhanced cleaning procedures, encourages frequent hand-washing, and has hand sanitizer readily available. All spaces will be sanitized after use.
- **Class Sizes:** We have reduced class sizes to allow for increased social distancing.
- **Monitor:** The Y continues to monitor the safety of all programs offered and make changes if needed to ensure the safety of our staff and members.

HEALTHY LIVING

Personal Training



We all need the advice of an expert sometimes, as well as the personal attention that comes with a certified trainer or coach. The Taylor Family Y offers one on one personal training to help you set and meet your fitness goals and live healthier, in a year when physical exercise is more important than ever. Our certified trainers' expert advice and personalized attention will keep you motivated as you overcome hurdles and push past plateaus.

RATES:

Member 10 Session Pack- \$475

Member 5 Session Pack- \$250

Non-Member 10 Session Pack- \$550

Non-Member 5 Session Pack- \$325



LOCATION:

50 N McLean Blvd
Elgin, IL 60123

QUESTIONS?

Contact Recreation
& Healthy Living Manager,
Zach Bomkamp, at (224) 760-7010
or email at zachb@gcfymca.org.



Water Aerobics Coming Soon!

Everyone can benefit from water exercise! It is an ideal complement to enhance any individual's workout routine through the low-impact, varying-intensity benefits water uniquely affords. These low-impact, moderate-intensity shallow water fitness classes offers a complete, whole-body workout and increase cardiovascular endurance, muscular strength and flexibility utilizing a variety of equipment. A certified instructor helps get your heart pumping in these energetic classes!

Starting Monday, May 3rd, 2021!



Aqua Blast - Mondays from 6:00 - 7:00 pm:

A challenging and fun total body low-impact workout that improves core strength, balance, and cardiovascular endurance. We start out in the deep end (float belts provided or use your own) with static and dynamic exercises and movement using a variety of equipment, and then finish off with activities and stretches in the shallow end.

Power Wave - Saturdays from 8:00 - 9:00 am:

This Deep Water class will surely wake you up! This mixed format uses the properties of water and various equipment with intervals of aerobic and static strengthening activities to improve muscle tone and cardiovascular endurance. Add some fun music for an awesome start to your day!

AQUATICS

Swim Lesson Categories



Swim Starters: Birth to 3 Years

A: Water Discovery

Parents accompany children during this fun-focused class. Introduce infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B: Water Exploration

Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

*Must pass out of Water Discovery before moving to Water Exploration



Preschool: 3 to 5 Years

Preschool 1

Water Acclimation

Perfect for the beginning swimmer with no experience. Students will learn basic skills including blowing bubbles with face in the water, floating, and push offs to the instructor.

Preschool 2

Water Movement

Students will learn to/swim:

- Comfortably put face in water
- Front glide 5 feet assisted
- Back glide 5 feet assisted
- Front float 10 secs. assisted
- Back float 10 secs. assisted

Preschool 3

Water Stamina

Students will learn to/swim:

- Bob up and down under water
- Front glide 10 feet
- Back glide 10 feet
- Front float 20 seconds
- Back float 20 seconds
- Tread water 10 seconds

Preschool 4

Stroke Introduction

Students will learn to/swim:

- Retrieve object 3.5 feet down
- 40 feet on front
- 40 feet on back
- Front float
- Back float
- Jump into water
- Treading water

Preschool 5

Stroke Development

Students will learn to/swim:

- 40 feet front crawl
- 40 feet of Breaststroke kick
- 40 feet of Butterfly kick
- 40 feet of Backstroke
- 40 feet of Elementary backstroke
- Sitting dive
- Treading water

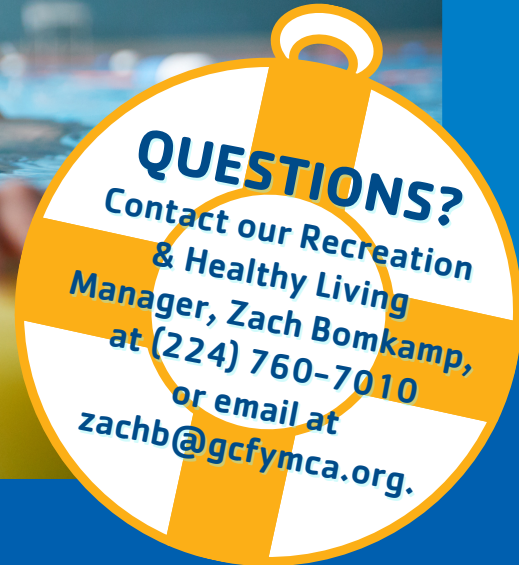
Preschool 6

Stroke Mechanics

Students will learn to/swim:

- 25 meters Front Crawl
- 25 meters of Breaststroke Kick
- 25 meters of Butterfly Kick
- 25 meters of Backstroke
- 25 meters of Elementary Backstroke
- Kneeling Dive
- Treading water





Youth: 6 to 12 Years

Youth 1

Water Acclimation

Perfect for the beginning swimmer with no experience. Students will learn basic skills including blowing bubbles with face in the water, floating, and push offs to the instructor.

Youth 4

Stroke Introduction

Students will learn to:

- Retrieve object at 3.5 feet
- 45 feet on front
- 45 feet on back
- Front float
- Back float
- Jump into water
- Tread water 1 minute

Youth 2

Water Movement

Students will learn to:

- Comfortably put face in water
- Front glide 5 feet assisted
- Back glide 5 feet assisted
- Front float 10 seconds assisted
- Back float 10 seconds assisted

Youth 5

Stroke Development

Students will learn to/swim:

- 25 meters using any combination of strokes
- 45 feet of Front crawl
- 45 Feet of Breaststroke kick
- 45 feet of Butterfly kick
- 45 feet of Backstroke
- 45 feet of Elementary backstroke
- Sitting dive
- Treading water 1 minute

Youth 3

Water Stamina

Students will learn to:

- Bob up and down under water
- Front glide 10 feet
- Back glide 10 feet
- Front float 20 seconds
- Back float 20 seconds
- Jump into water
- Tread water 10 seconds

Youth 6

Stroke Mechanics

Students will learn to:

- 50 meters any combination of strokes
- 25 meters of Front crawl
- 25 meters of Breaststroke
- 45 feet of Butterfly
- 25 meters of Backstroke
- 25 meters of Elementary backstroke
- Kneeling dive
- Treading water for 1 minute
- Jump, swim, turn, swim grab
- Swim, float, swim

AQUATICS

Swim Lessons



We don't just teach people how to swim — we teach children and adults how to stay safe in and around the water — and we've been doing it for 130 years! Swimming is more than just a hobby — it's a life-saving skill that could prevent thousands of deaths each year. That's why our swim lessons help focus on water safety, building character and increasing self-confidence. We'll teach your child to swim confidently at his or her own pace, and enlist you as an active participant in the learning process.

CLASS LEVELS

- A & B Classes- Birth to 3 Years Old
- P Level Classes- 3 to 5 Years Old
- Y Level Classes- 6 to 12 Years Old
- Aquatic Conditioning- Level 6 & up
- Adult- 18 & up

RATES

- A and B- \$40 Members & \$55 Non-Members
- P level- \$45 Members & \$60 Non-Members
- Y level- \$55 Members & \$70 Non-Members
- Aquatic Conditioning- 1 day \$80 Members & \$95 for Non-Members, 2 days \$115 Members & \$130 for Non-Members, 3 days \$150 Members, & \$165 Non-Members
- Adult- \$65 Members & \$80 Non-Members

CLASS DAYS

Tuesday & Thursday Evenings
and Saturday Mornings



SESSION DATES

Spring

- Dates- April 5th through May 22nd
- Registration- March 8th through April 10th

Summer 1

- Dates- May 31st through July 17th
- Registration- May 3rd through June 5th

Summer 2

- Dates- July 19th through September 4th
- Registration- June 21st through July 24th

Summer Express Options:

Express A: Lessons 2x a week for 4 weeks

- Dates: June 14th - July 10th
- Registration: May 5th-June 9th

Express B: Lessons 4x a week for 2 weeks

- Dates: July 5th-July 17th
- Registration: May 26th-June 30th

- Dates: July 19th-July 31st
- Registration: June 9th-July 14th

- Dates: August 9th-August 21st
- Registration: June 30th-August 4th



YOUTH SPORTS



Whether it's gaining the confidence that comes with learning a new skill or building positive relationships that lead to good character and teamwork, participating in sports at the Y is about building the whole child, from the inside out. Our sports programs are for all, they feature positive competition and their schedules are designed for family convenience.

Sports Modified for Safety

The safety of our sports families is our number one priority. We are following guidance from the CDC, public health officials and local COVID-19 task force to ensure that our children can participate in sports programs modified for their safety.



SPRING SOCCER – TAYLOR FAMILY YMCA

- Price and Ages
 - Pre-K to K: \$66 Members // \$86 Non-Members
 - 1st to 2nd grade \$69 Members // \$89 Non-Members
 - 3rd to 5th grade \$72 Members // \$92 Non-Members
 - 6th to 8th grade \$75 Members // \$95 Non-Members
- Season Dates: April 12th through June 5th
- Registration: March 15th through April 17th



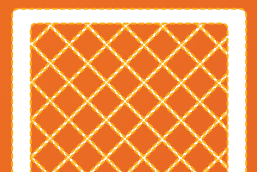
SUMMER BASEBALL – WAITCUSS PARK (GILBERTS)

- Price and Ages
 - Pre-k to K (T-ball): \$60 Members // 80 Non-Members
 - 1st-2nd Grade: (Coach Pitch 1) \$63 Members // \$83 Non-Members
 - 3rd-5th Grade: (Coach Pitch 2) \$66 Members // \$86 Non-Members
 - 6th-8th Grade: (Player Pitch) \$69 Members // \$89 Non-Members
- Season Dates: June 7th through July 31st
- Registration: May 10th through June 12th



FALL SOCCER– TOWN CENTER PARK (GILBERTS)

- Price and Ages
 - Pre-K to K \$74 for Members // \$94 for Non-Members
 - 1st to 2nd grade \$77 for Members // \$97 for Non-Members
 - 3rd to 5th grade \$80 for Members // \$100 for Non-Members
 - 6th to 8th grade \$83 for Members // \$103 Non-Members
- Season Dates: August 9th to October 2nd
- Registration: July 12th to August 14th



QUESTIONS?

Contact our Recreation & Healthy Living Manager, Zach Bomkamp, at (224) 760-7010 or email at zachb@gcfymca.org.

FOLLOW US!



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