



B.R. RYALL YMCA
WINTER/SPRING 2023
PROGRAM GUIDE

January - May



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

B.R. RYALL YMCA of Northwestern DuPage County

49 Deicke Dr. Glen Ellyn, IL 60137 630.858.0100 www.brryallymca.org

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ABOUT THE Y

The B.R. Ryall YMCA is a nonprofit organization with a mission to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Guided by our core values of caring, honesty, respect and responsibility, the Y is dedicated to giving people of all ages, backgrounds and walks of life the opportunity to reach their full potential with dignity.

CONNECT WITH US



facebook.com/BRRyallYMCA



instagram.com/brryallymca



twitter.com/BRRyall_YMCA

www.brryallymca.org



HOURS OF OPERATION

Monday – Friday 5 a.m. to 9 p.m.

Saturday 6 a.m. to 5 p.m.

Sunday 11 a.m. to 5 p.m.

HOLIDAY HOURS

New Year's Eve 6 a.m. to noon

New Year's Day Closed

Easter Closed

Memorial Day Closed



PROGRAM REGISTRATION

To register, please stop by the Welcome Desk or sign up online at www.brryallymca.org/programs.

KIDS CAMPUS

For ages 6 weeks to 8 years

We keep your kids entertained, so you can work out. Kids Campus is free for members (up to two hours a day; must remain in the building) with Family and Family Plus membership types.

LEADERSHIP TEAM



Rob Wilkinson
Chief Executive Officer
rwilkinson@ryallymca.org



Kelly Coffey
Chief Operating Officer
kcoffey@ryallymca.org



Alan Tsao
Chief Financial Officer
atsao@rockriverymca.org



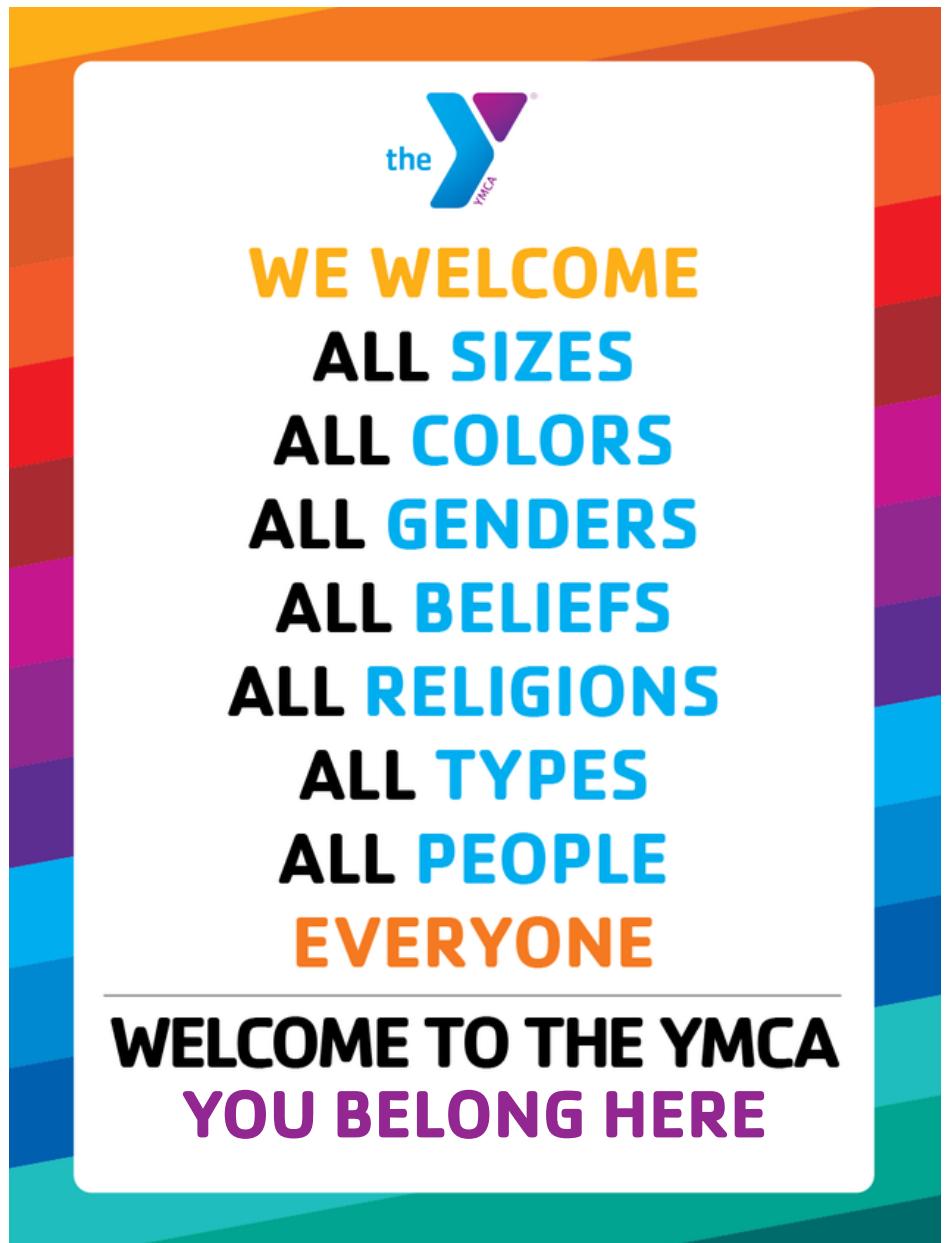
Jessica Rangel
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Katie Sivak
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Erin White
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Youth Development
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We believe that in a diverse world we are stronger when we are inclusive, when our doors are open to all and when everyone has the opportunity to learn, grow and thrive.

DISCOVER YOUR Y

At the YMCA, you belong to a place where parents find a safe, positive environment for children to learn good values, social skills and behaviors; families come together to have fun and spend quality time with each other; children and teens play, learn who they are, learn what they can achieve and are accepted; and adults connect with friends, pursue interests and learn how to live healthier. But most importantly, you'll find a place where you belong.

BENEFITS OF MEMBERSHIP

State-of-the-Art Wellness Center

Use exercise machines, indoor walking track and free weights.

FREE Equipment Orientation

Schedule your FREE equipment orientation with a staff member in the Wellness Center.

FREE Fitness Consultation

Meet with a personal trainer for a complimentary 15-minute consultation and a discussion about your fitness goals and how to achieve them.

FREE Group Exercise and Water Exercise Classes

Achieve results with amazing classes like BodyPump™, Yoga, Zumba®, Parkinson's, Cycle and more. Shallow Water and Deep Water options are available for water exercise. You'll find something that's right for you.

FREE Babysitting While You Work Out

Your kids will have a great time exploring our KidZone area while you exercise. It's a win/win! Available with Family and Family Plus memberships.

YMCA360

From yoga to youth sports, enjoy our exclusive virtual collection of on-demand and livestream classes.

FREE Guest Passes

Your friends are welcome at the Y! Annually (in January or upon signing up for a membership), each membership unit will receive 5 complimentary guest passes. All guests must be accompanied by a member.

Active Friend/Family Time

Enjoy lap and family swim times, open gym, racquetball, pickleball and more with your family and friends.

Discounted Program Fees

Take advantage of a discounted member rate for swim lessons, child care, sports and more.

Nationwide Membership

Your YMCA membership allows you to visit participating YMCAs across the country at no additional cost.

Membership for All

Our doors are open to everyone. At the Y, no one is turned away due to an inability to pay. Funds are available to those who qualify based on a sliding fee scale. Please stop by the Welcome Desk for an application and information about our Financial Assistance Program.



Membership Types	Join Fee	Monthly Rate
Adult Adult membership is for one individual between the ages of 27-61.	\$50	\$61
Family Family membership is for two adults and children through age 26, as well as children of any age with disabilities, who live in the same house.	\$99	\$87
Family Plus Family Plus membership is for three or more adults and children through the age of 26 who resides in the same house.	\$99	\$99
Senior Senior membership is for an individual age 62 or older.	\$50	\$45
Senior Couple Senior Couple membership is for two individuals, one of whom is 62 or older, who live in the same house.	\$50	\$55
Single Adult Family Single Adult Family membership is for a single parent and his/her children through age 26 who live in the same house.	\$99	\$75
Two Adult Two Adult membership is for two adults between the ages of 19-61 who live in the same house.	\$99	\$77
Young Adult Young Adult membership is for one individual between the ages of 19-26.	\$50	\$44
Youth Youth membership is for one individual age 18 or younger.	\$50	\$28

WHAT YOU CAN DO AT THE Y



If I am 0-2 years old, I can...	If I am 3-6 years old, I can...	If I am 7-15 years old, I can...	If I am in high school, I can...	If I am an adult, I can...	If I am part of a family, I can...
Play in Kids Campus while my parent exercises (6 weeks - 8 years)	Play in Kids Campus while my parent exercises (6 weeks - 8 years)	Play in Kids Campus while my parent exercises (6 weeks - 8 years)	Come into the Y on my own	Enjoy group exercise and water exercise classes	Become part of a charitable cause-driven organization TOGETHER
Take a parent-child swim lesson (6 months - 3 years)	Play in the pool with my favorite adult during open swim	Sign up for Summer Camp (K-8th Grade)	Work out in the Wellness Center and attend group exercise classes after completing Teen Start and Free Weight Room Orientations	Develop a workout plan with wellness staff during a fitness consultation	Take advantage of FREE babysitting while you workout (Available with Family and Family Plus membership types)
Play in the pool with my favorite adult during open swim	Attend family fun nights with a parent or guardian	Play in the Youth Basketball League (K-5th grade)	Work with a personal trainer	Work with a personal trainer	Enjoy the pool during open swim time
Attend family fun nights with a parent or guardian	Sign up for Bright Beginnings Preschool or Kindergarten Round-Up	Work out in the Wellness Center without parental supervision after completing Teen Start orientation (11+ years)	Get a team together for YBALL	Play pickleball, racquetball or shoot hoops during open gym	Play in the gymnasium during open gym
Sign up for Bright Beginnings Preschool (2-5 years)	Develop swimming skills in group or private lessons	Spend the morning and afternoon in Safe 'n Sound before- and after-school program (K-5th grade)	Shoot hoops during open gym	Swim during lap/open swim times	Attend our family fun nights and special events
	Play in the gymnasium with an adult during open gym	Walk or run on the track when accompanied by a parent/legal guardian (9-10 years)	Join the Swim Team	Explore YMCAs across the country with Nationwide Membership	Take virtual classes through YMCA360
	Play in the Youth Basketball League (K-5th grade)	Join the Swim Team	Take virtual classes through YMCA360	Register for our Winter Indoor Triathlon	and so much more!
	Spend the morning and afternoon in Safe 'n Sound before- and after-school program (K-5th grade)	Take virtual classes through YMCA360	Work for the Y or volunteer (15+ years)	Take virtual classes through YMCA360	
	Take virtual classes through YMCA360	Come into the Y on my own (11+ years)	Register for our Winter Indoor Triathlon	Work for the Y or volunteer	
		Take your gaming to the next level in our Gaming Room (9-17 years)	Take CPR class	Take a CPR Class	Some of these offerings are paid programs that require registration. Space is limited.

ANNUAL CAMPAIGN

The B.R. Ryall YMCA Annual Campaign ensures that the Y can continue to provide Northwestern DuPage County with life-enhancing services. As a leading nonprofit for strengthening community, financial gifts to the Y will help advance programming and services to support youth development, healthy living and social responsibility. More importantly, gifts to the B.R. Ryall YMCA stay in our community and thus have a direct impact on our neighbors.

Financial support from individuals makes it possible for children to have a safe place to learn and build confidence in our before- and after-school programs; for families to reconnect and grow together; for seniors and individuals to socialize and connect with each other; for single working parents to have quality child care; and for children and teens to enjoy summer camp at the Y.

Funds raised support a variety of YMCA programs and allow the Y to provide much-needed financial assistance to children, families and individuals in the community.

FOR A BETTER US

To make a donation today to the annual campaign, please visit www.brrallymca.org/donate.

If you have any questions about supporting the Y, please contact:

Katie Sivak
Sr. Director of Development
630.547.2022
ksivak@ryallymca.org



EVENTS



FAMILY POOL PARTY

Friday, January 20 6:30-8:30 p.m.

B.R. Ryall YMCA

Make time for family fun all winter long. Join us for a fun-filled evening of swimming and socializing with other Y members.



INDOOR TRI AND PIE

Friday, January 27 5:45 p.m.

B.R. Ryall YMCA

Swim, bike and run for pizza. Take on a triathlon in 60 minutes! Bonus, we will celebrate with a pizza party post-race for all participants!



FAMILY VALENTINES DANCE

Friday, February 10 6-7:30 p.m.

B.R. Ryall YMCA

Come enjoy a night of dancing, music, and fun with family and friends at the YMCA! Join us and make the holiday a special one. Open to all ages.



FAMILY SKATE NIGHT

Saturday, March 18 4:30-6:30 p.m.

Lombard Roller Rink

Lace up your skates and join us for a fun evening with the family. Enjoy spending quality time together and being active. Free members \$5 non-members (Participants must cover the \$4 skate rental fee.)



HEALTHY KIDS DAY

Saturday, April 29 10-11:30 a.m.

B.R. Ryall YMCA

Get ready for summer with healthy, fun activities for kids and adults. Bring your friends and family, and let's create a stronger, healthier community for everyone.

HEALTHY LIVING

The Y is here to help you achieve your personal goals—whether you want to maintain wellness, reduce the risk of chronic disease or reclaim your good health. We support individuals seeking a healthier lifestyle by making the healthy choice easy, accessible and affordable.

EQUIPMENT ORIENTATION AND TEEN START

Schedule your free machine orientation to learn the proper use of the fixed strength and cardio equipment. Teens ages 11–15 must complete the Teen Start orientation to use the Wellness Center without parental supervision. Email lkerr@ryallymca.org to schedule. The free weight room is also available to high school students after the completion of a Teen Start and Weight Room orientation.

15-MINUTE FITNESS CONSULTATION

Members can meet with a personal trainer for a complimentary consultation to discuss your goals and how to achieve them. Email jrangel@ryallymca.org to schedule.

AMERICAN RED CROSS ADULT AND PEDIATRIC FIRST AID/CPR/AED

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants. This blended learning course includes an online portion and an instructor-led classroom skill session. Email jrangel@ryallymca.org to schedule.

\$85 member \$95 non-member



REACH YOUR GOALS ACHIEVE REAL RESULTS



PERSONAL TRAINING

Our certified personal trainers help create and sustain an exercise program that guarantees accountability so that you can achieve your fitness goals. Sessions are scheduled based on trainer availability. Personal training is a member benefit.

60-MINUTE TRAINING PACKAGES

# of sessions	12	8	4	1
\$ per package	\$600	\$420	\$220	\$60

30-MINUTE TRAINING PACKAGES

# of sessions	8	4	1
\$ per package	\$240	\$130	\$35

60-MINUTE PARTNER TRAINING PACKAGES

# of sessions	4
\$ per package/per member	\$120

60-MINUTE SMALL GROUP TRAINING PACKAGES

# of sessions	4
\$ per package/per member	\$100

TRIATHLON TRAINING

Looking to complete or compete in a triathlon? Coach Jessica can help you! Whether you are a beginner or experienced triathlete, marathoner, runner, cyclist or swimmer, she will provide you with in-depth knowledge of how to properly train for these events. Jessica Rangel is a USAT Level 2 and Level 2E Certified Coach. She is also an Ironman Certified Coach® and USMS Level 2 Swim Coach.

FIND WHAT MOVES YOU



GROUP EXERCISE AND WATER EXERCISE CLASSES

As a member (high school age+), you can attend any of our 60+ weekly classes—including Les Mills BodyPump™, Boot Camp, Cycle, PiYo, Yoga, Zumba®, Shallow and Deep Water classes and more—at no additional charge! For a schedule with class descriptions, stop by the Welcome Desk or visit www.brryallymca.org.

SCAN ME TO DOWNLOAD A SCHEDULE!



FREE CLASS PASS

Not a Y member? Bring this pass in to the B.R. Ryall YMCA to experience one FREE group exercise or water exercise class on us! A valid photo ID is required for entry.

Name:
Email:

49 Deicke Dr. Glen Ellyn, IL 60137 630.858.0100 www.brryallymca.org



Access is included with your Y membership!

YMCA360, YOUR VIRTUAL Y

From yoga to youth sports, YMCA360 is a collection of high quality on-demand and live stream classes by real people, for real people. Included with Y membership.

On-Demand Videos

The newest YMCA360 classes and programs.

Classes You'll Love

YMCA360 has classes for basics, cardio and strength, dance and step, Pilates, yoga, meditation and more.

Options for Kids

Not only do you get fitness classes, but you also get classes on gymnastics, youth sports, science, visual arts and more.

Live-Streaming

YMCA360 provides live-streaming classes like Fitness First, Boomers & Beyond, and so much more!

Older Adult Classes

YMCA360 has classes for all skill levels!

Work Out Anytime

Even on days when you can't make it to the Y, you can still work toward your fitness goals at home!

View content online, on your phone, AppleTV, Roku & Android TV

YMCA360.ORG



ADULT AQUATICS

SHALLOW WATER FITNESS

Shallow water exercises help increase flexibility, strength and cardiovascular endurance. Movements are accompanied by music. No swimming skills are necessary.

DEEP WATER FITNESS

Deep water exercises are easy on the joints and help increase flexibility, strength and cardiovascular endurance. Swimming skills are not necessary, but participants must be comfortable in deep water with a flotation device.

For schedules, visit www.brrallymca.org or scan the QR Code on this page.

**SCAN ME TO DOWNLOAD
A SCHEDULE!**



OPEN SWIM AND LAP SWIM

During designated times, we have lanes reserved for lap swimmers, water walking and open swim.

ACTIVE OLDER ADULT WATER VOLLEYBALL

A supportive community is a big part of a healthy mind and body. This time is designed for older adults to exercise, socialize and have fun together playing volleyball with a beach ball.

Tuesday and Thursday 1:15-2:30 p.m.



ADULT SPORTS

PICKLEBALL

Pickleball is a popular game that combines elements of tennis, badminton and table tennis. This low-impact sport is easier on the knees and shoulders than tennis, and doesn't require as much movement or arm strength. Equipment is provided.

Please refer to the gym schedule for current Open Pickleball times.

Free member
Monthly Pass*
\$35 non-member



*Pass is good for non-members to use the pickleball courts during designated times. Pass resets and will need to be purchased monthly.

RACQUETBALL FLEX LEAGUE

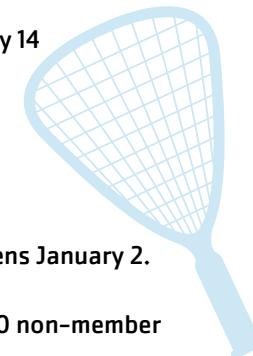
Games are scheduled weekly between you and your opponent: game play is three games to 15. The league ends with playoffs for top finishers in each division.

January 23 - May 14

Divisions:
Ladies
Intermediate
Advanced

Registration opens January 2.

\$35 member \$70 non-member



PICKLEBALL SKILLS CLINICS

Skills and Drills*

This clinic is the perfect opportunity to meet other picklers and improve your game by focusing on skill development. Open to all skill levels.

Runs monthly: January - April
Wednesdays 9-10 a.m. & 10-11 a.m.

\$20 member \$40 non-member

Beginner*

New to pickleball and want to know what all the hype is about? Learn the rules of the game and develop basic skills from experienced instructors.

March 25 - April 15
April 22 - May 13
Saturdays 1-2 p.m.

\$20 member \$40 non-member

Intermediate*

Know the game of pickleball and want to learn new skills? Work on drills to improve your skills including service, service returns and 3rd drop shots, as well as learn some strategy from experienced instructors.

March 25 - April 15
April 22 - May 13
Saturdays 2-3 p.m.

\$20 member \$40 non-member

*Must bring your own paddle.

HEALTHY AGING PROGRAMS

Y'S WAY TO FITNESS

This no-nonsense class focuses on strengthening every major muscle group in a relaxed, social atmosphere.

JUST BALANCE

Let us help you build strength, improve balance and gain confidence in your mobility. Better balance has been proven to help reduce the risk of falls. Movements can be done sitting in a chair or standing.

MOVE & GROOVE

Perfect for anyone new to group exercise and those wanting a lower impact class. This class incorporates choreographed light aerobics, strength training and flexibility.

TAI CHI

The 24-Step Simplified Yang Style Taiji form is the most widely practiced taiji form in the world. It is a simpler and more standardized version, which is easier to learn and more accessible to people of all ages and those with a wide range of physical abilities. Practitioners can expect improvements in flexibility, strength, balance and perhaps most importantly, patience.

PARKINSON'S DISEASE, AEROBICS & COGNITION PRESENTATION

Speech-language pathology and physical therapy faculty members from Midwestern University will present practical information on areas of cognition that can be affected by Parkinson's disease, and the benefits of aerobic exercise to positively influence cognitive skills. Practical tips you can immediately use will be provided.

This free presentation will be open to the public, and offered in-person and via Zoom. Zoom participation requires preregistration. To register, contact Denise Denman at 630.858.0153 or ddenman@ryallymca.org.



January 18
12:45-1:45 p.m.

PARKINSON'S PROGRAMS

DANCING WITH PARKINSON'S

This class allows participants to explore movement and music. Exercises will be done seated and standing—keeping individuals moving in a fun, welcoming and safe environment.

EXERCISING WITH PARKINSON'S

We're offering this class that works the mind and body. For individuals with the disease or those who want to work on balance and coordination, this class focuses on axial rotation, balance, movement patterns, stretching and cardiovascular fitness. Movements may be done seated or standing.

PWR!MOVES

PWR!Moves is a Parkinson's-specific exercise class that makes exercise functional, in order to keep you moving and doing more of what you want to do. As you practice, you will be challenged physically and cognitively while working on fitness goals: strength, balance, agility, aerobics and flexibility. Exercises are designed to improve your fitness, counteract your symptoms and increase your daily activity. This whole-body, function-focused exercise class will push you to do more than you think you can!

YOGA FOR NEUROMUSCULAR DISORDERS

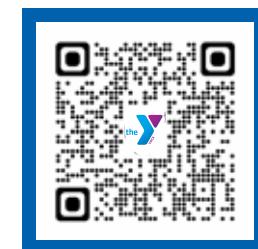
This class offers an integrative approach to healing by using safe, effective, therapeutically-oriented yoga designed from the latest neuroscience research to adapt for individuals with Parkinson's, Multiple Sclerosis, Alzheimer's and dementia.

PEDALING FOR PARKINSON'S

This class is designed to improve quality of life for adults with Idiopathic Parkinson's disease. Pedaling faster than normal cadence forces regions of the brain to connect more effectively, which can lessen disease symptoms. Upright spin bikes are used for this class. Participants must be able to mount/dismount spin bikes independently.

SCAN ME TO DOWNLOAD A SCHEDULE!

For class schedules, scan the QR Code or visit www.ryallymca.org.



CHRONIC DISEASE PREVENTION

LIVESTRONG® AT THE YMCA

Now enrolling for our next session!

LIVESTRONG® has partnered with the Y to promote the importance of physical activity after a cancer diagnosis.

This 12-week program helps adult (ages 18 and older) cancer survivors get back on their feet to reclaim their health and well-being. Survivors can improve strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve quality of life. We're now enrolling for our next session! There is no fee to the participant, and a free Y membership is provided for the duration of the program. Class size is limited.

Individuals must have a medical form completed by a physician, as well as an intake screening for acceptance into the program. For questions or to sign up, contact Denise Denman at 630.858.0153 or ddenman@ryallymca.org.

DIABETES PREVENTION PROGRAM

It's not too late. The Y can help improve your health.

The YMCA's Diabetes Prevention Program helps adults with prediabetes reduce their risk of developing Type 2 diabetes by 58-71 percent (CDC).

Focused on healthy eating, physical activity and weight management, this year-long program helps individuals at risk of developing the disease make crucial lifestyle changes. Of those who completed our program, 80 percent have successfully reduced their risk of developing type 2 diabetes.

DO YOU QUALIFY FOR THE PROGRAM?

YMCA membership is not required.

To participate you must be:

- 18 years or older
- Overweight (BMI ≥ 25), and
- Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes.
- Without a blood test result, you must have a qualifying risk score.

CONTACT THE Y TODAY!

For more information or to register, please contact:
Denise Denman
ddenman@ryallymca.org
630.858.0153

YOUTH SWIM LESSONS

Here at the B.R. Ryall YMCA, we are proud of our rich history of teaching children and adults to love water and how to swim. Swimming is an important life skill that everyone should learn. Our lessons help individuals gain the confidence and skills necessary to be safe and have fun in the water.



PRIVATE SWIM LESSONS

If you're looking for one-on-one attention, our 30-minute private lessons allow instructors to focus on individual needs for faster results.

Individual Private Lesson
\$30 member \$45 non-member

Semi-Private Lesson
(Perfect for siblings or friends)
\$20 member \$30 non-member

To schedule a private lesson, please call our Aquatic Center at 630.547.2007.

UNSINKABLE

For children in the foster care system

Every child should be given the chance to learn how to swim; however, social or economic factors sometimes prevent access for children in foster care. That's why the B.R. Ryall YMCA partnered with Brigid Coleman and Eric Robben, a local foster family, to create UNSINKABLE—a swim program designed to ensure access so foster children can thrive by learning water safety and gaining confidence.

HOW UNSINKABLE WORKS

The Coleman-Robben family invested in UNSINKABLE to subsidize swim lessons for local foster kids. Thanks to their support, participants pay a discounted rate of just \$25 for a 4-week session.

To register, select your desired lesson time, then visit the Welcome Desk with a copy of your 906 Placement Authorization Form.

GROUP LESSONS

SWIM STARTERS: PARENT & CHILD (6 MONTHS – 3 YEARS)

STAGE A WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

STAGE B WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS (AGES 3-12)

STAGE 1 WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

STAGE 2 WATER MOVEMENT

In stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

STAGE 3 WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

STAGE 4 STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

STAGE 5 STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

STAGE 6 STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

NEW! REGISTER FOR UP TO 5 MONTHS IN ADVANCE.

Ensure your preferred swim lesson day and time: Reserve your child's spot for up to 5 months of lessons! You can pay for multiple months at the time of registration, or you will be automatically drafted on the 15th of each month prior to the monthly lesson start date. Registration is now open.

SESSION DATES

December	January	February
Tuesdays – 12/6-12/27	Tuesdays – 1/3-1/24	Tuesdays – 2/7-2/28
Thursdays – 12/8-12/29	Thursdays – 1/5-1/26	Thursdays – 2/9-3/2
	Saturdays – 1/7-1/28	Saturdays – 2/11-3/4

March	April	May
Tuesdays – 3/7-3/28	Tuesdays – 4/4-4/25	Tuesdays – 5/2-5/23
Thursdays – 3/9-3/30	Thursdays – 4/6-4/27	Thursdays – 5/4-5/25
Saturdays – 3/11-4/1	Saturdays – 4/8-4/29	Saturdays – 5/6-5/27

Price per session: \$55 member \$90 non-member

Stage A/B, 1/2 and 3 (Pre-K) will be in the small pool. Stages 3-6 are in the large pool.

Day	Time	Stage A/B	Stage 1/2	Stage 3 Pre-K Ages 3-5	Stage 3	Stage 4	Stage 5/6
Tue	5:50-6:20 p.m.		X	X			
Tue	6:30-7 p.m.		X	X			
Tue	7:10-7:40 p.m.		X		X	X	X
Thu	5:50-6:20 p.m.		X	X			
Thu	6:30-7 p.m.		X	X			
Thu	7:10-7:40 p.m.		X		X	X	X
Sat	8:30-9 a.m.		X	X			
Sat	9:10-9:40 a.m.		X		X	X	X
Sat	9:50-10:20 a.m.		X		X	X	
Sat	10:30-11 a.m.	X					

WINTER BREAK LESSONS*

Session Dates: December 19-23 and/or December 26-30

Day	Time	Stage 1/2	Stage 3 Pre-K Ages 3-5
Mon-Fri	10:15-10:45 a.m.	X	X

Price per session: \$55 member \$90 non-member

SPRING BREAK LESSONS*

Session Dates: March 27-31

Day	Time	Stage 1/2	Stage 3	Stage 4	Stage 5/6
Mon-Fri	10:15-10:45 a.m.	X	X	X	X

Price per session: \$55 member \$90 non-member

GROUP LESSONS

JR. LIFEGUARD (AGES 11-14)

Our new Jr. Lifeguard program is a pathway for swimmers who have an interest in furthering their experience in the water and may want to become a lifeguard someday!

SESSION DATES Registration opens on December 15.

January/February

Mondays- 1/2 – 2/27

Saturdays – 1/7 – 3/4

\$86 member \$140 non-member

March/April

Mondays – 3/6 – 4/24

Saturdays – 3/11 – 4/29

Day Time

Day	Time
Monday	7-8 p.m.
Saturday	9-10 a.m.

ROCKETS & KINDERGARTEN ROUND UP SWIM LESSONS

This is a monthly add-on for members of the Rockets classroom from our Bright Beginnings Preschool program and Kindergarten Round Up. NEW! Register for up to 5 months in advance to ensure your preferred swim lesson day and time. You can pay for multiple months at the time of registration, or you will be automatically drafted on the 15th of each month prior to the monthly lesson start date. Registration is now open.

SESSION DATES

December

Tuesdays – 12/6-12/27

Thursdays – 12/8-12/29

January

Tuesdays – 1/3-1/24

Thursdays – 1/5-1/26

February

Tuesdays – 2/7-2/28

Thursdays – 2/9-3/2

\$55 member \$90 non-member

Day	Time	Rockets	KRU
Tuesday	10:30-11 a.m.		X
Tuesday	1-1:30 p.m.		X
Thursday	10:30-11 a.m.	X	

Learn more about KRU & Bright Beginnings Preschool. See pages 32 & 34



BECOME A CHAMPION

B.R. Ryall YMCA Swim Team

Dive in and be part of the winning tradition!

The B.R. Ryall YMCA Swim Team offers an exciting opportunity for swimmers of all levels to experience year-round competitive swimming under the instruction of top professional coaches, who have more than 40 years of combined coaching experience. Head Coach Jon Addison was among the first class of inductees in the Illinois Swimming Hall of Fame in 2020.

Open to swimmers of all ages and ability levels

SCHEDULE A TRYOUT

To schedule a tryout or for more information, please contact:

Dave Sivak, Associate Head Coach
dsivak@ryallymca.org

www.brryall.com



YOUTH SPORTS

SPORTS OF ALL SORTS

The class meets once a week and will go over basketball, soccer, floor hockey, dodgeball, kickball and other sports. It's the perfect class for any skill level. This monthly add-on is for members of Kindergarten Round Up and the Rockets classroom from our Bright Beginnings Preschool program.

KRU (AM) – Thursday 10:30–11 a.m.

KRU (PM) – Wednesday 1–1:30 p.m. & 1:30–2 p.m.

Rockets – Thursday 3:15–3:45 p.m.

Learn more
about Bright
Beginnings
Preschool & KRU
See pages 32-34

NEW! REGISTER FOR UP TO 6 MONTHS IN ADVANCE.

Reserve your child's spot for up to 6 months of classes! You can pay for multiple months at the time of registration, or you will be automatically drafted on the 15th of each month prior to the monthly class start date.

\$25 member \$50 non-member

YOUTH BASKETBALL CLINIC (K-3RD GRADE)

This basketball clinic focuses on the fundamentals of basketball, which includes ball handling, dribbling, passing, shooting and defense. The clinic will be led by skilled instructors who want to ensure your child gets the best out of this clinic!

SPRING CLINIC (4 weeks)

April 19 – May 10

Wednesday

Divisions:

K/1st: 5:30–6:20 p.m.

2nd/3rd: 6:30–7:20 p.m.

\$25 member \$50 non-member

Registration opens March 17.



Volunteer
Coaches Needed!
Contact Jim Powers at
jpowers@ryallymca.org
or 630.547.2014

YOUTH BASKETBALL LEAGUE (YBL)

YBL maximizes the positive effects of athletics by emphasizing healthy competition, while promoting teamwork and sportsmanship. Kids learn fundamentals through weekly practices and games on Saturday mornings. Each division is based on age and ability. Every player will receive a jersey. Practice night and teammate requests will be considered.

K and 1st/2nd grade: This league introduces kids to the rules and game of basketball. With instructive officiating and teaching moments, your child will gain an understanding of the sport and begin to fall in love with it. Basket height is lowered to 8' for Kindergarten and 8'6" for 1st/2nd grade.

2nd/3rd grade: Basket height goes up to 9' and officiating becomes more detailed as these older kids learn the game. This league prepares players for the next level.

4th/5th grade: With the basket at 9'6" and all rules enforced, this league is perfect for strengthening fundamentals while still allowing kids to have fun. Fouls and violations will be called by trained officials in this competitive level played on a full court.

January 2 – March 18

Practice: One night a week

Games: Saturdays

Co-Ed 4 v 4 League

Kindergarten
1st/2nd Grade

Girls' League

2nd/3rd Grade
4th/5th Grade

Boys' League

2nd/3rd Grade
4th/5th Grade

\$60 member \$120 non-member

Registration is open.

BILLY O'DONNELL BASKETBALL CAMP

Spring Break Edition

The Billy O'Donnell Basketball Camp will offer youth ages 6-11 an opportunity to learn the sport of basketball, gain leadership skills and continue to develop important character traits that align with the Y's core values: caring, honesty, respect and responsibility. Campers will use the skills they learn each day in competitive drills and scrimmages.

Spring Break: March 27-31

Monday-Friday 9 a.m. to 3 p.m.

Glenbard West Field House: Monday-Thursday

B.R. Ryall YMCA: Friday

\$180 member \$230 non-member

Campers will receive catered lunches each day. A camp shirt and a special gift are given at the end of the week from the O'Donnell family.

Financial assistance is available;
please contact:

Jim Powers
Sports and Youth Programs Director
630.547.2014 • jpowers@ryallymca.org



This camp was founded to honor the memory of Billy O'Donnell, his love of sports and his passion for coaching youth basketball at the B.R. Ryall YMCA. Billy graduated from Glenbard West High School, where he was a member of the football and lacrosse teams. He went on to play lacrosse at the University of Kentucky. A successful athlete, Billy treasured nothing more than the coaching plaque he received from the Y. When Billy passed away in 2015, his family

requested that donations be made to the B.R. Ryall YMCA to fund scholarships for youth basketball.

HIGH SCHOOL SPORTS



Get your friends together, form a team and select a coach!

This is a peer-coached league.

YBALL 2023

This league is for high school boys who are interested in playing basketball in a fun, competitive environment. Everyone is placed on a team and all playing time is kept equal. Every player gets a jersey. The season concludes on Sunday, March 19, with a tournament at Glenbard West Field House and Biester Gymnasium.

January 5 - March 19

Games: Thursday nights, Friday nights and Saturday afternoons

Divisions:

Freshman/Sophomore
Junior/Senior

\$60 member \$120 non-member
Registration is open.



FRIENDS, FUN AND ADVENTURE

REGISTRATION OPENS FEBRUARY 1, 2023.

At Y summer camp, your kids will make new friends and have tons of fun as they explore new adventures each day. Kids come away with new skills, confidence and friendships that broaden their perspectives and strengthen their character. We provide a safe, affordable and fun summer day camp program for youth and tweens to grow and thrive in a positive environment.

Join us for the BEST SUMMER EVER!

- Friendship
- Belonging
- Weekly Field Trips
- Achievement
- Sports & Swimming
- Fresh Air Fun



K-8th Grade | 11 WEEKS | MONDAY-FRIDAY

TRADITIONAL CAMP | 8 A.M. TO 4 P.M.

TRADITIONAL CAMP PLUS (includes extended care) | 7 A.M. TO 6 P.M.



**WEEKLY
FIELD
TRIPS!**

SUMMER CAMP BROCHURE

Your guide to summer fun will be available in January.

**REGISTRATION OPENS
FEBRUARY 1, 2023**

» brrallymca.org/camp



SCAN TO LEARN MORE



SAFE 'N SOUND

Focused on our core values of caring, honesty, respect and responsibility, Safe 'n Sound provides before- and after-school programming for children in grades K-5. Our staff members provide knowledge, guidance and encouragement to help children continue to learn and thrive during the out-of-school hours. Our schedule allows time for homework, group games, creative time, recreational activities and character development. A snack is provided in the afternoon.

PROGRAM HOURS

MORNING: 6:30 a.m. until start of school

AFTERNOON: School dismissal until 6 p.m.

*Churchill and Forest Glen are transported to school. Bus leaves at 8 a.m.

SCHOOL-SITE PROGRAMS

Safe 'n Sound is located in the following District 41 and 89 schools: Arbor View, Briar Glen, Park View, Westfield, Abraham Lincoln, Benjamin Franklin, Churchill and Forest Glen.

CURRENT ON-SITE Y PROGRAM

For schools that do not have an on-site program, our Y serves as the location and we offer transportation to and from Churchill and Forest Glen. *A minimum number of participants is required for the program/transportation to be offered.

REGISTRATION

Registration for the 2023-2024 school year opens on February 15, 2023.

For additional information, please contact:

Cindy Goss
Director of School Age Programs (D89)
Arbor View, Briar Glen, Park View and Westfield
630.547.2015 • cgoss@ryallymca.org

Jim Powers
Sports and Youth Programs Director (D41)
Abraham Lincoln, Benjamin Franklin,
Churchill and Forest Glen
630.547.2014 • jpowers@ryallymca.org



KIDS DAYS OFF



Learn more
about registration
for the 2023-24
school year.
See page 35.

KIDS DAYS OFF AND SCHOOL BREAK CAMPS

Does your child have a day off, but you have to work? We've got you covered! Kids Days Off and School Break Camps run when there is no school. For children in grades K-5, our program offers a fun and active day at the Y—with a field trip, movie, crafts, swimming and activities.

Hours are 6:30 a.m. to 6 p.m. Participants must arrive by 8:30 a.m. for field trip departure. Enrollment is limited and registration is required at least 48 hours in advance. One week notice of withdrawal is needed for a full refund.

\$50 member \$60 non-member \$20 CCAP (already approved)

KIDS DAYS OFF DATES	DISTRICT
January 16	89
February 20	89
March 3	41, 89
April 7	41, 89
April 24	89
May 15	41
May 25 (a.m. care only)	89
May 29	41
June 1 (a.m. care only)	41
SPRING BREAK	
March 27-31	41, 89

KINDERGARTEN ROUND UP (KRU)

This program is for half-day kindergarten students in Districts 41 and 200. Designed to supplement the half-day program for those needing full-day care, the curriculum encompasses themes of art, math, literacy and conflict resolution. Transportation is provided to or from school via the Y minibus. Child receive lunch and a snack daily, and enjoy swimming once a week.

MORNING PROGRAM

Care begins at 6:30 a.m. and ends at 12:10 p.m., when your child is transported to school.

AFTERNOON PROGRAM

Your child is picked up from school at 11:30 a.m. and transported to the Y for care, available until 6 p.m. Space is limited and fills up quickly.

For more information or to schedule a tour, contact:

Raquel Despe
Licensed Child Care Director
630.547.2011 • rdespe@ryallymca.org



KRU DAYS OFF

KINDERGARTEN ROUND UP DAYS OFF, IN-SERVICE DAYS AND HOLIDAYS

Does your child have a day off, but you have to work? Our Kindergarten Round Up program will still be open and providing care on these days at an additional daily rate. In order to participate in our KRU Days Off program, you **MUST** be a current enrollee in our KRU program at the Y. During the KRU Days Off program, children will participate in daily crafts, games, swimming and activities. On some days off, a field trip will occur.

Hours are 6:30 a.m. to 6 p.m. Participants must arrive by 8:30 a.m. for field trip departure. Enrollment is limited and registration is required at least 48 hours in advance. One week advance notice of withdrawal is needed for a full refund.

\$50 member \$60 non-member \$20 CCAP (already approved)

KRU DAYS OFF DATES
January 16
January 17
February 17
February 20
March 3
March 24
April 7
April 28
May 15
SPRING BREAK
March 27-31

For more information,
please contact:
Raquel Despe
Licensed Child Care Director
630.547.2011
rdespe@ryallymca.org



BRIGHT BEGINNINGS PRESCHOOL

At Bright Beginnings Preschool, we believe the values and skills learned early on are vital building blocks for future success. Our preschool is staffed with people who understand the cognitive, physical and social development of young kids; the need kids have to feel connected and supported in trying new things; and the caring and reinforcement families need. Most importantly, children learn how to be their best selves. That makes for confident kids today, and contributing and engaged adults tomorrow.

The foundation of our curriculum is the building of relationships and secure bonds. Each classroom's schedule allows for an equal amount of activity and rest, as well as for indoor and outdoor activities. Our teachers take into account every child's developmental history, family home values, beliefs, experiences, religion and language, and adapts their teaching methods accordingly.

HOURS:

Monday – Friday 6:30 a.m. to 6 p.m.

We ask that children arrive no later than 9 a.m. Breakfast, lunch and two light snacks are served daily.

CLASSROOMS:

Caterpillars (Age 2)

Butterflies (Ages 3-4)

Rockets (Ages 4-5)

NOTES: Children must turn the required age by September 1, and must be toilet-trained for Butterflies and Rockets.

ROCKETS ADD-ON CLASSES

Swim Lessons

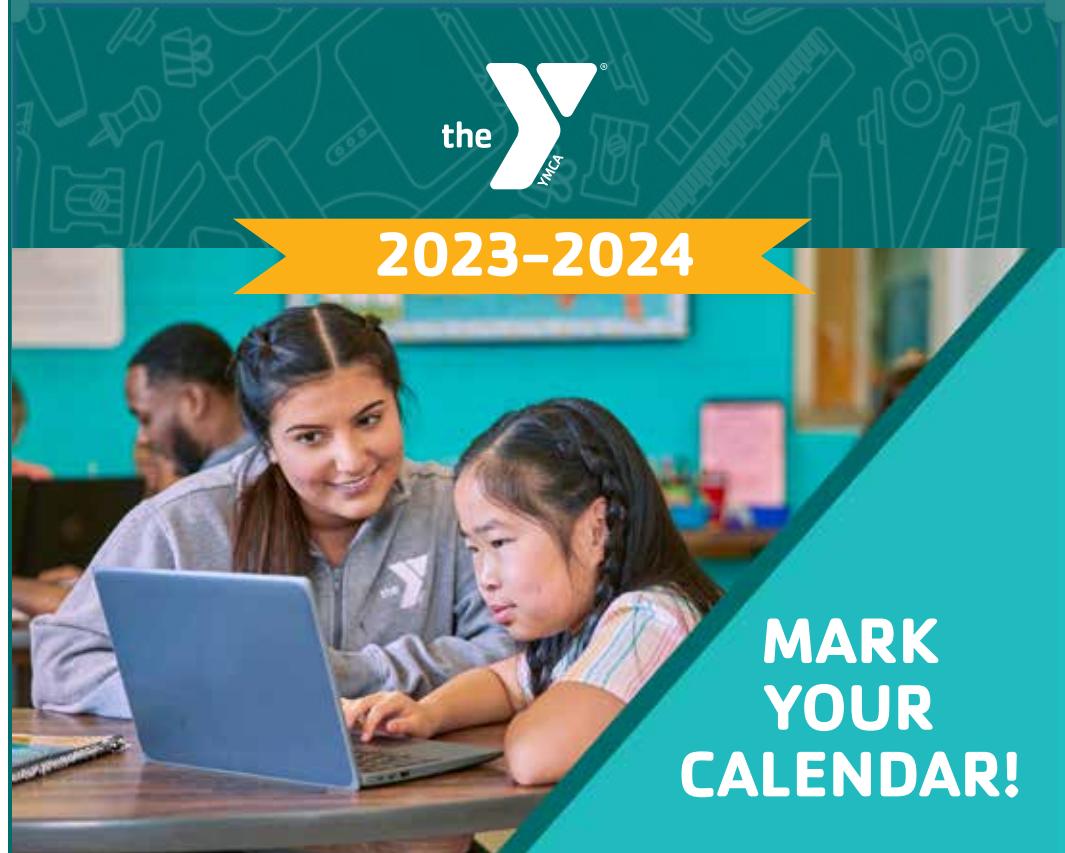
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Sports of All Sorts

Page 24



2023-2024



**MARK
YOUR
CALENDAR!**

REGISTRATION DATES

SUMMER CAMP 2023



Wednesday, February 1

SAFE 'N SOUND

2023-24 School Year



Wednesday, February 15

KINDERGARTEN ROUND UP

2023-24 School Year



Wednesday, February 15



Sign up online or
in person at the Y.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE ARE NOW HIRING!

AT THE B.R. RYALL YMCA

**JOIN OUR
TEAM TODAY!**

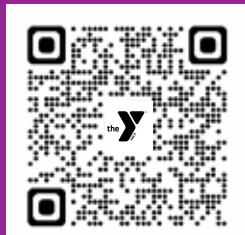
Available Positions

Hiring for a variety of part-time and full-time positions.

For job openings and position descriptions, please visit our website.



APPLY ONLINE



brryallymca.org/employment

GET INVOLVED

At the Y, we believe it is important to give back to and support other individuals and organizations in our community. The Y serves as a catalyst for positive change—bringing people together and giving them opportunities to make a meaningful difference in the lives of others, as well as in their own.



Y SERVICE CLUB

The Y Service Club of the B.R. Ryall YMCA (Ryall – Naper Service Club) has existed at our Y for over 50 years. Run by a passionate group of volunteers, the Y Service Club organizes mini-fundraisers to help make a positive and enduring impact in the world.

Funds from the club's recent efforts have supported youth programming at the Sioux YMCA in South Dakota and a boys orphanage at the Madurai YMCA in India. Should you have an interest in supporting the efforts of the Y Service Club or getting involved in our fundraising efforts, please contact:

Rob Wilkinson

CEO

rwilkinson@ryallymca.org

Document Printed: 12/14/2022



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