FALL/WINTER 2019

PROGRAM GUIDE

YWCA Pekin is dedicated to:

- **Eliminating racism**
- **Empowering women**
- **Enhancing community**

YWCA Pekin Founder
Mrs. Martha Steinmetz

YWCA Pekin Hours

Monday - Friday	5:30am - 8:00pm
Saturday	7:00am - 12:00pm
Sunday	Closed

Holiday Schedule

Nov. 28 - 29 - Closed for Thanksgiving
Dec. 23 - 25 - Closed for Christmas
Jan. 1 - Closed for New Year's Day

** Please check our website and Facebook page for any additional changes to our regular schedule. **

Did you know that you can rent space at the YWCA Pekin for parties and gatherings?

We offer room rentals for up to 60 people, and private pool rentals for up to 50 people!

Call our front desk for more information on rates and availability at (309) 347-2104.

Membership Information

Membership fees help to provide operational support for YWCA Pekin.

Annual Memberships:

Adult (ages 18-59) - $42.00

Youth (ages 6-17) - $20.00

Senior (ages 60+) - $25.00

*Membership card must be presented at the front desk to participate in activities.

FINALLY FRIDAY!!

$5.00 per person

Every Friday our pool is open to the public from 5:30pm - 8:00pm.

Pre-registration and payment by close of day Thursday is encouraged to guarantee your spot!

Pekin Y Reserves

Y Reserves is an auxiliary group of women who volunteer their time raising money and acting as ambassadors to the community for YWCA Pekin. They assist with events such as the United Way campaign tour luncheon, the Snack Pack program, and Christmas luncheons for the YWCA staff. They contribute financially to building improvements and subsidize many programs as well.

Y Reserves currently has over 70 members. Annual dues are just $5.00, along with a YWCA membership. Y Reserves welcomes all who have an interest in helping YWCA Pekin. For more information, please contact the Y Reserves Membership Chairperson, Claudie Huey, at (309) 346-9321.

Aquatics & Fitness Packages

Packages require membership and include full access to all land and aquatics classes, swimming pool, and cardio/weight room.

Youth (ages 13-17) - $20/month
Adult (ages 18-59) - $35/month
Senior (ages 60+) - $30/month

A one-year contract is required for packages, payable once per year or in monthly installments. Karate and swim lessons are not included in packages.

Don't want to commit to a package? You can drop in for a class, a cardio/weight room workout, or open/lap swim for just $5 for members/$10 for non-members.

AQUATICS

Our pool is 25 meters, heated to 88° with a water depth from 3'9" to 9'. We are disability accessible with a pool chair lift, up to 350 lbs.

Open Swim - Offered every day at a variety of times

Lap Swim - Four lane lines are available for uninterrupted lap swim, offered at a variety of times every day.

Group Fitness Classes

Aquaerobics - Shallow water class focused on cardiovascular fitness, strength, and flexibility.

Arthritis/Fibromyalgia - Gentle exercise to increase flexibility, range of motion, and promote circulation.

Deep Water - Excellent cardiovascular and core workout using float belts and resistance equipment with zero impact.

LAND FITNESS

Shotokan Karate - ages 7-adult at all experience levels. Classes are taught by Rick Brewer (8th degree black belt) & Jim Hartmann (6th degree black belt).

**Karate is not included in fitness packages or eligible for drop-in rates.

Cardio/Weight Room - Features a wide variety of equipment that covers all major muscle groups, available during normal business hours.

Personal Training - One-on-One workout training available for members in 1-hour sessions. Call our Front Desk for more information.

Group Fitness Classes

Yoga Strength - Hatha and Ashtanga Yoga taught as a means of exercise, stretching, and freeing the body.

Mind Fusion - Yoga and Pilates combo that relaxes your body and mind while focusing on core muscles, lower body strength, and balance.

SilverSneakers© Classic - Increase your strength and range of motion using a chair for seated exercises and standing support. Activities can be easily modified for any fitness level and incorporate hand weights, resistance bands, and balls.

**There is no charge to eligible members of Humana's Medicare Advantage, Optum Fitness Advantage & AARP Medicare plans for SilverSneakers Classic.©

Check out www.ywcapekin.org or scan this code for current schedules!

STARFISH SWIMMING®

YWCA Pekin is proud to offer the internationally recognized swim program Starfish Swimming year-round in our heated pool.

SAI
Starfish Aquatics Institute
Approved Training Center

Sessions are six weeks in group, private, or semi-private format.

StarBabies™ (Adult and infant, ages 6 - 18 months)
StarTots™ (Adult and toddler, ages 18 - 36 months)
Developing a high comfort level in the water, while at the same time training the adults who accompany them in water safety and drowning prevention. Courses provide a confidence-building and fun experience. Swim diapers required.

Starfish Swim School® for Pre-Schoolers (Ages 3 - 5)
Developing a high comfort level in the water and a readiness to swim and, when ready, functional swim skills. Students work toward achieving the benchmarks at their own pace in a small group setting.

Starfish Swim School® for Youth (Ages 6 - 12)
Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is self-paced but challenging.

Starfish Swim School® for Teens and Adults (Ages 13 and older)
Designed to improve comfort and skill in the water, regardless of experience. Students work toward developing the five basic core swimming competencies using principles of adult learning. Taught in private or semi-private format only.

Starfish Pre-Swim Team
Designed for students of any age who have achieved the **Green** Swim School benchmarks. Students refine freestyle stroke and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance.

Private and Semi-Private Lessons
Private swim lessons provide one-on-one instruction to allow advancement at the student's own pace.
Semi-private allows two students with one instructor.

Adaptive Aquatics
Lessons designed for individuals with physical or learning disabilities requiring more individualized instruction. All ages welcome.

Visit www.ywcapekin.org for current class schedules and costs, as well as more information on core competencies and class level descriptions!

YWCA Early Learning Center

YWCA Early Learning Center has been awarded INCCRRA's Gold Circle of Quality and is NAEYC accredited!

Gold Circle and NAEYC programs meet and/or exceed DCFS requirements. Call us for more information on our quality accreditations.

YWCA Early Learning Center cares for children ages 6 weeks through 5 years with an early learning curriculum.
Monday - Friday 6:30am - 6:00pm

For older children ages 5-12, we offer before/after school care.
Monday - Friday 6:30am - 8:00am & 2:30pm - 6:00pm

Transportation to and from school is provided by the Pekin Bus Department.

We also provide all-day care for school holidays and partial day care for early dismissals, as well as an Summer Adventure Camp!

We believe that each day is an opportunity to learn something new and our children do that through play!

We help navigate our children through the fields of social, emotional, art, science, math, language arts, and practical skills.

For more information on our child care programs, availability, or to schedule a tour, please call us at (309) 347-2104 ext. 4028.

Adult Literacy

What we do... Heart of Illinois Adult Literacy Center at YWCA Pekin provides basic adult education in reading, writing, math, and English as a second language. Our mission is to provide all adults the opportunity to improve the quality of their lives through literacy. All of our programs are free and offered at many locations in and around Tazewell County. We are primarily funded by a grant awarded by the Illinois State Library, a Division of the office of Secretary of State.

Who we need... **YOU!** We are in need of tutors interested in tutoring adult learners in and around Tazewell County. We have many tutoring options available, ranging from one hour per month up to six hours per week in each area of tutoring we offer. Call or stop in and chat with us. We will find the right fit to meet your availability, desired location, and focus.

If you know someone who would like to improve his/her literacy skills, our door is always open for new learners!

HEART OF ILLINOIS ADULT LITERACY CENTER • a YWCA partner

What we offer...

- Adult Basic Education
- English as a Second Language
- GED Preparation
- Free Tutor Training
- Book Clubs
- Community Programs/Events

Office Hours:

Monday, Wednesday	**8:00am - 4:00pm**
Tuesday, Thursday	**8:00am - 8:00pm**
Friday, Saturday	**By appointment**

Contact Us:

(309) 347-2104 ext. 4040

literacy@ywcapekin.org

Coalition For Equality

The Coalition For Equality meets on the second Tuesday of each month at 4:00pm at the YWCA Pekin. All are invited to attend and share ideas to assist the Coalition in meeting our mission:

- Foster a spirit of human understanding
- Promote equal opportunity
- Eliminate discrimination

For more information, please email our Community Outreach Director Maureen Naughtin, at maureen.naughtin@ywcapekin.org.

Community Outreach

Eliminating Racism

- Martin Luther King, Jr. Day of Service & Celebration
- Stand Against Racism
- Latino Heritage Month

Empowering Women

- Healthy Lifestyles
- Women's Empowerment
- Women's History Month

Enriching Community

- Night Out Against Crime
- Free Little Libraries
- Kids' Fun Days
- Weekend Snack Packs
- Feeding Through Reading
- Marigold Festival Kids Experience

From the Executive Director and Board of Directors...

For 90 years, the YWCA has served individuals and families in the Pekin area. Your YWCA facility and staff serve our local community through affordable child care services, fitness classes in and out of the water, life saving water safety and swim lessons, water rehabilitation therapy, no cost adult literacy services, and the Coalition for Equality activities. Although we receive some grants and self-payment for several of the services we offer, they are not all inclusive. Now, more than ever, as times change and funding sources become more scarce, we need the support of our community to continue to offer these programs and services. We are so appreciative of our YWCA Pekin family and friends and ask you to please consider a tax-deductible donation to the YWCA Pekin?

Sincerely, Tanya Simpson, Executive Director, and Gina Tillman, Board President

YWCA Child Care Center is now offering

Half Day Preschool Classes

3 year olds – $120/month
Tues/Thurs 9:00am-11:30am

4 year olds - $150/month
Mon/Wed/Fri 9:00am-11:30am

**$15 registration fee required, as well as YWCA membership.

Call us at (309) 347-2104 ext. 4028 or stop by our front desk for more information!

Contact Us:

YWCA Pekin
315 Buena Vista Ave
Pekin, IL 61554

(309) 347-2104

info@ywcapekin.org

www.ywcapekin.org

www.facebook.com/ywcapekin

SAVE THE DATE

The YWCA Pekin

VENDOR & CRAFT EXPO

Saturday, November 16

10:00am-3:00pm

Select vendors & crafters, book sale, baked goods and raffles!

SHOP LOCAL

YWCA Pekin Leadership

Tanya Simpson
Executive Director

Dylan Broombaugh
Aquatics & Fitness Director

Heather Schichner
Child Care Director

Maureen Naughtin
Community Outreach Director

Marie Hilst
Adult Literacy Director

Make a Difference!

The YWCA is grateful for the many talented, capable volunteers and donors who make our operations possible. We offer many ways to volunteer or support the YWCA Pekin, individually and corporately.

Let us connect you or your group with the right opportunity!

Pekin Area Chamber of Commerce

United Way

human services collaborative
Investing in human potential for a Greater Peoria