



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BEST ☀️
SUMMER
EVER™

2018 SUMMER DAY CAMP
LATTOF YMCA
lattofymca.org

FRIENDSHIP. ACCOMPLISHMENT. BELONGING.

Remember the fun of summer when you were a kid? Exploring the outdoors, spending time with friends, playing games and splashing in the pool? At Y camp, we create an exciting, safe environment for kids to have an unforgettable summer of fun. And while they're taking part in unique experiences and adventures, they're also building self-esteem, developing interpersonal skills and making lasting friendships and memories.

**Summer is just around the corner,
so sign up at the membership desk today!**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LATTOF YMCA

300 E. Northwest Highway, Des Plaines, IL 60016 847.296.3376 lattofymca.org

Professionally Trained Staff

Our caring counselors are professional role models.

ACA Accredited

We maintain the highest standards regarding program safety and quality.



Swimming

Kids cool off in the pool under the close watch of lifeguards.

Healthy Kids Focus

Dedicated to building healthy, confident, connected and secure children.

Financial Assistance Available

We believe every child should have the opportunity to experience Y camp.

Extended Care Available

Before and after hours to accommodate working parents.

Day Camp Field Trip Days

Scheduled for Wednesdays. Please see the camp calendar for locations.

20 Locations in Chicagoland

Close to where you live and work.

Inclusion

The YMCA of Metropolitan Chicago invites persons with disabilities to enjoy Y programs and facilities. If you require a reasonable modification due to a disability to enjoy any of our programs, please answer the request question on the registration form. A member of our Inclusion Team will then contact you. Any questions that you may have can also be sent to inclusion@ymcachicago.org.

CAMP LEADERSHIP

Susie Wapniarski, Youth Development Director
swapniarski@ymcachicago.org
847.410.5297

Camp Email: lattofdaycamp@ymcachicago.org

TRADITIONAL CAMP SESSION DATES & THEMES

Week 1 & 12 Daily options available.
Tentative on District 57/62 school dates.

*Week 5 will reflect a 4 day price.

No Camp on July 4th.

Session Number	Dates	Weekly Themes
1	June 4-8	Aloha Week
2	June 11-15	Magnificently Messy Week
3	June 18-22	Y Olympics
4	June 25-29	Mad Scientist Week
5	July 2-6*	Celebration Week
6	July 9-13	Special Agent Y
7	July 16-20	Wet and Wild Week
8	July 23-27	Our Talented Selves
9	July 30-Aug 3	Super Hero Week
10	Aug 6-10	Spirit Week
11	Aug 13-17	Sports Extravaganza Week
12	Aug 20-24	Animal Week

SPECIAL DATES

Specialty Camp Registration begins Wednesday, December 27th. Traditional Camp Registration begins Thursday, February 1.

CAMP OPEN HOUSE

Saturday, March 24, 10 a.m.-Noon
Learn more about camp!

HEALTHY KIDS DAY

Friday, April 20, 5:30-7:30 p.m.

CAMP ORIENTATION & MEET THE STAFF

Thursday, May 31, 5:30-7:30 p.m.

Join us for an evening of fun. Pick up your camp shirt, meet the staff and ask all your camp questions.

INFORMATION PACKETS

After registration an information packet and confirmation will be distributed to parents electronically via email. Please be sure to provide a valid email address on your camp registration form.

WAIT LIST:

At the time of registration, camper slots may be full. If a slot is not available, a camper will be placed on a waitlist. Being placed on the waitlist does not guarantee a slot for that preferred camp and a deposit is not collected. You will be contacted by the Billing Coordinator or Camp Director should the slot open.

CAMP INFORMATION

INCLUDED IN DAY CAMP FEE

- YMCA Summer Camp t-shirt
- Weekly field trips
- Fun activities all over the YMCA facility using our swimming pools, gymnasium, maze, climbing wall and soccer field house
- Free extended care programs
- Exciting guest speakers
- Fun-filled family nights

ACA RATIOS

Our summer camp is accredited by the American Camping Association and we adhere to ACA staff-to-camper ratios.

Age	Camper-to-Staff Ratio
4-5	6:1
6-8	8:1
9-14	10:1

FAMILY NIGHTS

Day	Date	Time	Family Night Event
Th	May 31	5:30PM	Meet the Staff
Fri	June 15	6PM	Family Night
W	July 4	9AM	4th of July Parade
Fri	July 27	4PM	Talent Show
Fri	Aug 10	6PM	Family Night

EARLY BIRD DISCOUNT

Save 10% per week on 5-Day Traditional Summer Day Camp when you register before May 1, 2018.

Traditional Camps include:

Lil Explorers, Explorers, Voyagers, Traveling Trailblazers and Leaders in Training.

(Cannot be combined with any other specials or discounts. Early Bird does not include 3-day options, preschool, specialty, sports, adventure or aquatic camps)

TALENT SHOW

Friday, July 27, 4-6 p.m.

Check out this awesome end-of-summer family event! Join us for our annual camp talent show! Campers will be practicing all summer to show their talents off to their friends, family, fellow campers, neighbors, etc! So invite the whole family and check out what kind of talent Lattof Day Camp has to offer.

GUEST SPEAKERS

We can't wait to welcome new and returning guest speakers who will engineer lego structures, perform magic, teach us about weird science and so much more. Included in the cost of camp, your camper will experience the thrill of meeting a new guest speaker and learning new things each week.

HOW TO REGISTER

- Complete one registration form for each child participating. You may bring it to the Lattof YMCA Member Service Desk, fax it to 847.296.9431, or email it to lattofdaycamp@ymcachicago.org.
- A non-refundable, non-transferable deposit of \$25 per week is due at the time of registration to reserve your week(s). Deposits will go toward the total payment of the camp week.
- Balances are due by Friday, two weeks prior to the week your child attends camp.
- All requests to change weeks must be made in writing before June 1, 2018 and are subject to availability. (Deposits are non-refundable and are non-transferable).
- Camps fill quickly so we encourage registration by May 1 to reserve your spot.
- Participant must be a member at the time of registration to receive member prices.
- All emergency and medical forms are due upon registration.
- Financial Assistance is made available to families in need. Families must be members in order to qualify; only regular Summer Day Camp qualifies (not Specialty Camps). Applications are available at the Member Services Desk.

SUMMER DAY CAMP

CHARACTER IS WHAT MATTERS

Building character and practicing the principles are at the core of the YMCA programming. At summer camp your camper will learn:

CARING: Putting others first. Being kind and expressing gratitude.

HONESTY: Keeping their promises. Building a good reputation and being loyal.

RESPECT: Being courteous and polite. Having good manners and valuing others.

RESPONSIBILITY: Always do your best. Be accountable for your choices.

TRADITIONAL CAMP HOURS & EXTENDED CARE

Traditional Camp runs from 9 a.m. until 4 p.m. Extended care is available for no additional fee. It starts as early as 7 a.m. and ends in the evening as late as 6 p.m. While extended care is less structured than regular camp hours, campers will be well supervised and remain engaged in a variety of activities throughout the program.

PRESCHOOL CAMPS

LI'L PIONEERS (AGES 4-5)

(No Early Bird Discount on preschool camps.) This half-day camp is perfect for our 4 and 5-year-old friends! Choose 3 or 5 days per week, filled with non-stop fun, excitement and learning! Swimming, creative art experiences, songs, sports, tumbling, outdoor fun and visits from our local librarian are all included. See the growth in your child as they encounter new people and experiences with the YMCA!

Age	Day	Time	M/NM
4-5	M-W-F	9:30AM-1PM	\$120/\$150 – 3-day
4-5	M-F	9:30AM-1PM	\$200/\$230 – 5-day

(No Early Bird Discount on preschool camps. No full-day option available.)



TRADITIONAL SUMMER DAY CAMPS

Summer Day Camp is a super-lively, full-day enrichment program focused on quality, age-appropriate activities, safety, and fun! Campers will experience new discoveries, develop new skills, and make new friends along the way. Kids stay motivated and are encouraged to make good choices by exercising independent thinking.

Each week is packed with an amazing variety of activities including field trips, playing at local parks, swimming, creative art experiences, exploring through science and nature activities, participating in healthy activities and presentations, rock climbing, and more!

Choose from a three-day or five-day option. (No Early Bird Discount on three-day option)

LIT EXPLORERS (AGE 5)

This camp is a full-day camp for 5 year olds with previous experience in full-day care. Includes weekly field trip.

Choose from three-day or five-day options.

- Five-day option:
\$230 Member/\$276 Non-member
- Three-day option: (No Early Bird Discount on three-day option)
\$200 Member/\$240 Non-member
- Week 1 & 12: \$45 Member/\$55 Non-member (Fee charged daily)

EXPLORERS CAMP (AGES 6-8)

Choose from 3-day or 5-day options. Includes a weekly field trip.

- 5-day option: \$222 Member/\$267 Non-member
- 3-day option: \$187 Member/\$224 Non-member (No Early Bird Discount)
- Week 1 & 12: \$45 Member/\$55 Non-member (Fee charged daily)

VOYAGERS CAMP (AGES 9-11)

Choose from 3-day or 5-day options. Includes weekly field trip.

- 5-day option: \$222 Member/\$267 Non-member
- 3-day option: \$187 Member/\$224 Non-member (No Early Bird Discount)
- Week 1 & 12: \$45 Member/\$55 Non-member (Fee charged daily)

TRAVELING TRAILBLAZERS CAMP (AGES 12-14)

Looking for a great option for your young teen? We've designed a camp program that is all their own! Our teens will have a say in what they would like to accomplish during their weeks at the YMCA. Whether it's helping organize a food drive, car wash, and other fundraisers for our community or load up the bus to visit various exciting destinations twice a week. They will have swim time in our on-site indoor pool, participate in fun team building games, rock climbing, character development activities and more!

- 5-day option only: \$262 Member/\$315 Non-member (includes 2 weekly field trips)
- Week 1 & 12: \$45 Member/\$55 Non-member (Fee charged daily)

LEADERS-IN-TRAINING

This leadership program is perfect for those who are ready to take on a bit more responsibility while still enjoying the benefits of being a part of Lattof YMCA Day Camp! Field trips, service projects and a chance to develop leadership skills are all important aspects of this unique program. Our LITs will shadow counselors and help organize games and activities for our younger campers. They will have weekly meetings with their LIT mentor who will facilitate their growth in the program and help them create activities and competitions for the entire camp to enjoy! This camp is a perfect combination of fun, learning and development and will provide an outlet for their creativity. LITs must attend camp at least 4 full weeks throughout the summer.

- Weekly Fee: \$150 Member/\$180 Non-member
- Week 1 & 12: \$45 Member/\$55 Non-member (Fee charged daily)

TRAVEL CAMPS

(Travel Camps do not qualify for the Early Bird Discount.)

Campers will also participate in traditional camp activities when on-site. These include rock climbing, outdoor play and more! Children must be dropped off by 9 a.m. and pick-up starts at 4 p.m. Campers will attend the weekly summer day camp field trip. A calendar of locations and activities will be published.

TREASURE HUNTERS

This week is designed to spark your child's imagination and transport them in history. Campers will have an opportunity to rediscover treasures from the Wild West.

Ages	Week	Dates	M/NM
5-8	2	June 11-15	\$260/\$312

BUSSIN' IN THE BURBS

Join us for this brand new camp that will take trips around the neighborhoods. Trips include local parks, fire department tours, libraries and other fun outings in our local suburbs. Games, rock climbing and swimming will be included.

Ages	Week	Dates	M/NM
5-8	3	June 18-22	\$260/\$312

THRILL WEEK

This travel camp is a combination of different destinations that will keep our participants thrilled! Previous field trip locations have included indoor trampoline parks, laser tag and amusement parks. Limited spots available.

Ages	Week	Dates	M/NM
9-14	3	June 25-29	\$300/\$360

HORSEBACK RIDING CAMP

Saddle up and head on over to the Fox Creek Riding Stables! Monday-Friday we will travel to the stables, where we'll meet our horses and go riding for all five days. This camp will not attend the traditional summer day camp field trip. Limited spots available. Water bottle, closed-toe shoes and pants required. A helmet will be provided.

Ages	Week	Dates	M/NM
8-14	4	June 15-29	\$385/\$462
8-14	8	July 23-27	\$385/\$462

AMAZING ARCADE CAMP

If your child loves arcades, this is the camp for them! Campers will spend the week traveling to different arcades, winning tickets and getting prizes! Tokens will be provided. Campers can bring up to \$5 per day.

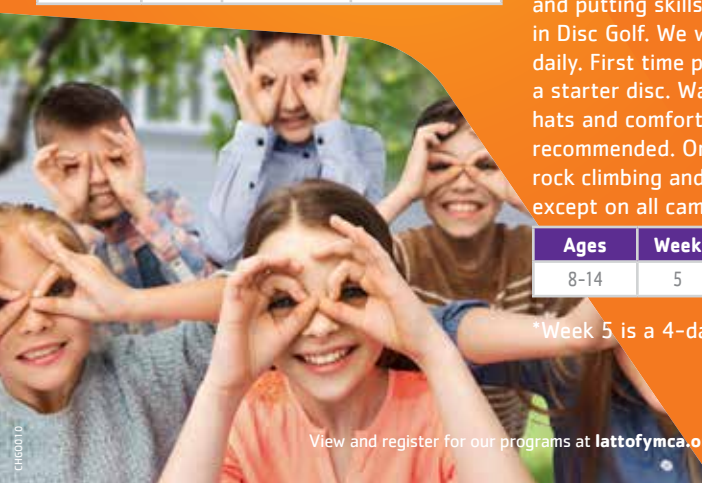
Ages	Week	Dates	M/NM
6-14	4	June 25-29	\$280/\$332
6-14	8	July 23-27	\$280/\$332

DISC GOLF CAMP

Watch out for low flying discs. Come throw with us! This camp will teach the fundamentals of the sport, how to play the game, throwing and putting skills, rules of the game and terms in Disc Golf. We will play different courses daily. First time participants will receive a starter disc. Water bottles, sunscreens, hats and comfortable shoes are highly recommended. Onsite activities including rock climbing and swimming will happen daily except on all camp field trip days.

Ages	Week	Dates	M/NM
8-14	5	July 2-6*	\$262/\$315

*Week 5 is a 4-day camp. We are closed July 4.



JR. ADVENTURE TREKKERS

Do you enjoy challenges and adventures? This camp embarks on a new trek everyday. Whether it's archery, climbing, geocaching, hiking or exploring a teams course, Lattof will turn everyday into an unforgettable adventure.

Ages	Week	Dates	M/NM
5-8	6	July 9-13	\$300/\$360

GAME ON

Explore your love for the game in a new way by traveling to multiple stadiums around the Chicagoland area. Campers will be offered a chance to go beyond being a fan from the bleachers and instead interact with various sports. Campers will travel 5 days and a field trip schedule will be communicated closer to June.

Ages	Week	Dates	M/NM
8-14	6	July 9-13	\$325/\$375

ADVENTURE TREKKERS

Do you enjoy challenges and adventures? This camp embarks on a new trek everyday. Whether it's archery, climbing, geocaching, hiking or exploring a teams course, Lattof will turn everyday day into an unforgettable adventure.

Ages	Week	Dates	M/NM
9-14	7	July 16-20	\$300/\$360

WATER PARK TRAVEL

Bring a swimsuit, towel and sunscreen every day as we will enjoy a week of waterslides, diving boards and splash pads! This is a yearly favorite and will fill up fast!

Ages	Week	Dates	M/NM
8-14	7	July 16-20	\$300/\$360

PUTT PUTT CAMP

Participate in our week-long playoff in the Y PGA Tour. We will travel daily to a different miniature golf course in the area.

Ages	Week	Dates	M/NM
8-14	9	July 30-Aug 3	\$260/\$312

BOWLING CAMP

Campers will strike out daily to different bowling alleys in the area while learning proper etiquette, rules, scoring and other techniques.

Ages	Week	Dates	M/NM
6-14	10	Aug 6-10	\$260/\$312



SPECIALTY CAMPS

(Specialty Camps do not qualify for Early Bird Discount.)

Campers will also participate in traditional camp activities: swimming, rock climbing, outdoor play and more! Children must be dropped off by 9 a.m. and pick-up starts at 4 p.m. Campers will attend the summer day camp field trip. A calendar of locations and activities will be published.

ART & SCIENCE

How do you make homemade snow during the summer? What happens to Ivory soap when you put it in the microwave? Love to create beautiful artwork? This camp will be filled with scientific exploration and artistic expression. Explore your creative side in this exciting camp!

Ages	Week	Dates	M/NM
5-10	2	June 11-15	\$260/\$312

HUNGRY GAMES

Our budding chefs will be invited to make mouthwatering specialties by working with food and recipes designed for campers. Explore new ingredients, tastes and combinations while competing in our very own Y food challenge show, the Hungry Games. Do you have what it takes to volunteer as tribute?

Ages	Week	Dates	M/NM
9-14	3	June 18-22	\$260/\$312

LEGO-MANIA!

Let your imagination run wild with thousands of Legos to explore. Your camper will spend time imagining, constructing and engineering with Legos. Campers will go on the summer day camp field trip as well as an extra trip to a lego location!

Ages	Week	Dates	M/NM
6-12	4	June 25-29	\$260/\$312
6-12	8	July 23-27	\$260/\$312

GIRLS ON THE GO

Sometimes a girl just has to be a girl. This camp is just for her! Nail polish, hair styles, facial masks, flip flops... like a girl's paradise. Girls will swim, make crafts and even put on a fashion photo shoot! 4 day week.

*No Camp 7/4.

Ages	Week	Dates	M/NM
6-12	5*	July 2-6	\$208/\$250





TECH & ENGINEERING

Construct, imagine and create through this hands-on STEM adventure! Make your LEGO mini-figure come to life using stop motion video, engineer and test a bridge, create a video using a green screen and learn about geocaching.

Ages	Week	Dates	M/NM
9-14	6	July 9-13	\$260/\$312

*Week 5 is a 4-day camp. We are closed July 4.

WIZARDS AT THE Y

Join us where the magic of science, art and literature meet! Campers will spend a week in the wizarding world at the Y. Harry, Ron and Hermione are waiting for your arrival!

Ages	Week	Dates	M/NM
5-9	7	July 16-20	\$260/\$312

TRAINING ACADEMY

Our young trainees will set off on a path to discover the Jedi Order in worlds far, far away, defeat the Empire and transform the galaxy through engineering principles right in front of them. This new camp is perfect for any fan. Are you ready to master the Force, construct your own lightsaber, and have fun with your friends?

Ages	Week	Dates	M/NM
5-9	9	July 30-Aug 3	\$260/\$312

JR CHEF CAMP

Do you like spending time in the kitchen experimenting with food? This is a fun and creative camp where your child will get to make and enjoy yummy treats! They will help with the preparation and then get to eat their creations.

Ages	Week	Dates	M/NM
5-8	10	Aug 6-10	\$260/\$312

SPORTS CAMPS

(No Early Bird Discount on Sports Camps)

Campers will also participate in traditional camp activities: swimming, rock climbing, outdoor play and more! Children must be dropped off by 9 a.m. and pick-up starts at 4 p.m. Campers will attend the weekly summer day camp field trip. A calendar of locations and activities will be published.

FLOOR HOCKEY

This fast-paced and enjoyable activity is adapted from ice hockey. Camp will include basic passing and shooting, offensive and defensive play, game strategy and team play. Campers will participate in our traditional Stanley Cup playoff.

Ages	Week	Dates	M/NM
6-12	2	June 11-15	\$232/\$278

BASKETBALL

This camp places emphasis on skill development. All aspects of the game will be taught, with plenty of practice time, as well as basketball games and lots of action. Beginner players as well as experienced players will have a great time in camp.

Ages	Week	Dates	M/NM
6-12	3	June 18-22	\$232/\$278

NEW! BASEBALL

This camp places emphasis on skill development. All aspects of the game will be taught, with plenty of practice time, games, and lots of action. Beginner and experienced players will have a great time in camp.

Ages	Week	Dates	M/NM
6-12	4	June 25-29	\$232/\$278

NEW! EVERYTHING FRISBEE

We will learn the basics of throwing a Frisbee, along with playing different games that include Frisbee golf, ultimate Frisbee and Frisbee basketball. Come join the fun and learn some new games.

Ages	Week	Dates	M/NM
5-9	5	July 3-6*	\$186/\$222

*Week 5 is a 4-day camp week.



Soccer

The location for this camp is our indoor soccer field in the field house and local parks. Days are dedicated to instructional sessions, conditioning, games and team-building.

Ages	Week	Dates	M/NM
6-12	8	July 23-27	\$232/\$278
6-12	11	Aug 13-17	\$232/\$278

Tumbling

Stretch, balance, tumble and flip your way into this camp. Through proper technique and repetition, children will develop strength, coordination, following directions, flexibility and social skills.

Ages	Week	Dates	M/NM
6-12	7	July 16-20	\$232/\$278

Tennis

This camp will teach the fundamentals of tennis to help all campers improve their game! We will work on groundstrokes, volleys, serves, approach shots, as well as offensive and defensive game situations. This camp is for anyone interested in racquet sports, regardless of skill level or knowledge entering camp.

Ages	Week	Dates	M/NM
6-12	6	July 9-13	\$232/\$278

Volleyball

This camp is geared to improve skills such as passing, setting, hitting and serving. The week will feature skill development and fundamentals as well as drills and games.

Ages	Week	Dates	M/NM
9-12	9	July 30-Aug 3	\$232/\$278

Sports of All Sorts

A camp for the kids who love all sports! Campers will experience soccer, basketball, floor hockey and more, all while having fun and making new friends!

Ages	Week	Dates	M/NM
5-8	10	Aug 6-10	\$232/\$278

*Week 5 is a 4-day camp.





ADVENTURE CAMPS

(Adventure Camps do not qualify for Early Bird Discount.)

NOMAD ARCHERY TOUR

Join us to learn and enjoy this popular Olympic sport that is sweeping the nation. Each day we will board our YMCA van and travel to numerous indoor and outdoor archery ranges. Beginners as well as experienced archers will enjoy this awesome sport. All equipment is provided; however, if you have your own equipment, you can bring it along. We will have a skills development session and plenty of shooting.

Ages	Week	Dates	M/NM
10-16	1	June 4-8	\$275/\$330

NEW! SCOOTER CAMP

Scoters are on the rise here at our YMCA skatepark. This is our first skate camp dedicated to scooter riders. Instructors will focus teaching skills from the beginner through advanced levels of scootering. Activities will consist of skill development, lots of practice time, one on one's, demos, contests and swim time, and of course a lot of excitement and fun. Drop into Scooter Camp.

Ages	Week	Dates	M/NM
9-15	1	June 4-8	\$180/\$216



NEW! NOMAD TRAVEL ADVENTURE TOUR

If you thrive on ADVENTURE, this camp is for you. Under the direction of our Adventure staff, we will travel to a different Amazing Adventure location each day. We will experience outdoor high ropes courses, indoor climbing gyms, alpine towers, and we will even have a day of log rolling. Each morning we will leave the Y at 9 a.m. returning by 4:30 p.m. (depending on the location of the day, it may be a bit later). No experience is needed other than a sincere interest in having an AWESOME week of adventure challenges. All equipment and instruction is provided.

Ages	Week	Dates	M/NM
11-16	2	June 11-15	\$275/\$330

SEARCH & RESCUE TREASURE HUNTING CAMP (SAR)

This very popular camp will be an awesome experience for all participants. SAR activities are designed to challenge everyone to work together as a team to successfully solve situations presented to the group and to

acquire outdoor living skills. With an emphasis on safety, our team members will have an opportunity to learn search and rescue techniques, tracking methods, orienteering with maps and compasses, and treasure hunting skills, all in an effort to find the elusive Emosewa Treasure that has the potential to reward all involved. SAR team members will learn how to improvise in the outdoors when everything you need is not at your fingertips.

This year, camp will be held at both Devils Lake State Park in Baraboo, WI, and Pike Lake State Park in Hartford, WI. We will pack up and head up to camp Monday morning, returning Friday evening. Previous experience is not needed; however, a desire to learn, work with others and have an amazing experience is required. There is a small equipment list that is needed for this camp, but most equipment is provided. Be sure to register early to save your spot on SAR 2018.

Ages	Week	Dates	M/NM
12-16	3	June 18-22	\$310/\$370





NEVEREST CLIMBING EXPEDITION I & II

Due to the high demand for this Expedition Camp, we are offering two Neverest Camps this summer. Participants are eligible to sign up for both if they choose. Camp is set in our Adventure Center here at the Lattof YMCA. Our camp team will simulate a climb of Mt. Everest (Neverest) in this exciting camp format. Team members will be traversing bouldering caves, climbing vertical cliffs, crossing rope bridges and obstacles high above the ground. We will be swinging across the valleys of Neverest, solving an amazing array of team challenges, all from the comfort and safety of our Lattof YMCA Adventure Center. All equipment is provided. Come experience the challenge, the fun and the excitement of the 2018 Neverest Expeditions.

Ages	Week	Dates	M/NM
8-14	4	June 25-29	\$235/\$279
8-14	10	Aug 6-10	\$235/\$279

ADVENTURE EXPEDITION GUIDE TRAINING

Adventure Expedition Guide Training/ Advanced Certification Camp

In it's 4th year, participants will have an opportunity to become a Lattof YMCA Certified Adventure Guide. Participants will not only acquire the technical skills required on the rock wall and high ropes course, they will have the opportunity to develop leadership skills associated with adventure programming. All returning guides will have an opportunity to advance their knowledge and skills. Join us for an exceptional week of guide training.

New this year: If you were certified last year, you can renew your guide certification as well as progress to advanced stages of certification. This is especially advantageous if one day you would like to be a member of the Lattof YMCA Adventure Staff.

Camp Prerequisite: For this camp, participants must have attended at least one Neverest Expedition Camp prior to registration. Advanced guides must be currently certified as a Lattof Adventure Guide.

Ages	Week	Dates	M/NM
11-16	4	June 25-29	\$180/\$220



SKATEBOARD CAMPS I & II

These are awesome camps designed specifically for skateboarders. Camp will take place out on our Arnold Simonsen Foundation skate park located just outside our front door here at the Lattof YMCA. Instructors will focus on all levels of skills development with demos, raffles and lots of time to practice skills. At the end of each day, skaters will have an opportunity to cool off with an optional swim session.

CAMP I

Ages	Week	Dates	M/NM
9-15	5	July 2-6	\$128/\$154*

*Week 5 is a 4-day camp.

CAMP II

Ages	Week	Dates	M/NM
9-15	7	July 16-20	\$160/\$192

YOUTH HANDBALL CAMP

Our handball camp is co-sponsored by the U.S. Handball Association. Camp is designed for all levels of experience, beginners through advanced players. Handball is often referred to as "The Perfect Game" for many great reasons. Players develop an awesome sense of hand-eye coordination, footwork and mental focus. Camp includes skills development, individual and group instruction, tournament and league play. All equipment is provided. Players have an opportunity to continue on and play with our Lattof YMCA Youth Handball Team throughout the year.

Ages	Week	Dates	M/NM
10-17	5*	July 16-20	\$128/\$154*

NOMAD MOUNTAIN BIKE CAMP

This awesome trail riding camp is designed for the novice through experienced riders. Each morning we load up our MTB trailer and travel to local mountain bike areas such as Palos MTB, Kettle Moraine, the new Big Marsh MTB park and more.

Riders have an opportunity to learn to maintain their bikes and equipment, learn bike-handling skills and have a blast with this awesome Olympic sport. This year we will be working with the International Mountain Bike Association, Trips for Kids and CAMBR. Registration is limited so register early.

Ages	Week	Dates	M/NM
10-15	6	July 9-13	\$300/\$360

INLINE SKATE CAMP

Our inline camp is designed specifically for inline skaters. This camp is designed to be instructional for beginners through experienced skaters. There will be instructional sessions throughout the day, with plenty of practice time. We will have demos, contests, raffles, and much more. Skaters will have an opportunity to cool off each afternoon with an optional swim session. Join us for a fun-filled camp out on our Arnold Simonsen Skate Park right outside our front door here at the Y.

Ages	Week	Dates	M/NM
9-15	6	July 9-13	\$160/\$192

VOYAGER CANOE CAMP

In its second year, this camp has proved to be another very popular camp on the Adventure Camp menu. Camp will be held up at Devils Lake State Park, where participants will learn the skills that will enable them to be safe and efficient in and around canoes. Participants will learn different canoe strokes, strategies, safety techniques, and have a lot of fun in the process. Thanks to a partnership with MacLean YMCA camp, all canoe equipment is provided. We will travel up to beautiful Devils Lake State Park in Baraboo, Wisconsin Monday morning, returning Friday evening. A detail list of what to bring along will be sent out prior to camp beginning.

Ages	Week	Dates	M/NM
12-16	7	July 16-20	\$325/\$360

ACHIEVEMORE ROCK CLIMBING EXPEDITION

This year we are celebrating 20 years of Achievemore Camps. Camp places the main emphasis on safety education. Climbers will travel under the guidance of the Lattof YMCA climbing staff to Devil's Lake State Park in Baraboo, Wisconsin, for 5 days of outdoor living, rock climbing, hiking, cookouts and so much more. Although previous climbing experience is not needed, a sincere interest in climbing is required. There will be an equipment list for Achievemore, however most equipment is provided. This camp fills very quickly, so register early.

Ages	Week	Dates	M/NM
12-16	8	July 23-27	\$325/\$360

NOMAD MOUNTAIN BIKE (WISCONSIN TOUR)

This exciting new camp will focus on mountain biking locally on Monday and Tuesday. On Wednesday we will be packing up our bikes and gear and heading up to ride the Kettle Moraine mountain bike system and camp at Kettle Moraine State Park. We will return to the YMCA Friday evening. MTB riders will learn trail-riding techniques, bike maintenance and so much more. Camp is available to riders of all experience levels. Join us and enjoy this awesome Olympic sport. Registration is limited.

Ages	Week	Dates	M/NM
12-16	9	July 30-Aug 3	\$300/\$360

NOMAD SKATE CAMP

This classic camp returns for this summer. This skate camp appeals to skateboarders, inliners, and scooter riders. Each day we will load up the Y van for skatepark destinations all around the northwest suburbs. We will visit 2-4 parks each day. To qualify for this camp, skaters must feel comfortable riding skateparks, and they will need to be able to drop in on a 3-foot mini ramp or quarter pipe. Skaters bring their own gear. Skate helmets are required.

Ages	Week	Dates	M/NM
10-15	11	Aug 13-17	\$275/\$330

NEW! ADVENTURE DAILY!

Ages: 8-15 Week 11

Going back to school mid week? No worries, Adventure Daily can work with your schedule. Sign up for the week, or by the day. This adventure camp will take place here at the Lattof YMCA. Each day we will engage in adventure activities including rock climbing, high ropes, log rolling, yes log rolling... lumberjacks and lumberjills, and a taste of SAR camp. Join us for this fun, challenging way to end your Awesome Adventurous Summer vacation.



AQUATICS & EXTENDED CARE PROGRAMS

(No Early Bird Discount on Aquatic Camps.)

Camper's will also participate in traditional camp activities: swimming, rock climbing, outdoor play and more! Children must be dropped off by 9 a.m. and pick-up starts at 4 p.m. Camper's will attend the weekly summer day camp field trip. A calendar of locations and activities will be published.

AQUATIC MEDLEY I, II & III

If you like getting wet and trying new things, this one's for you! Enjoy the morning in the pool experiencing activities such as splash games, snorkeling, junior water polo and even slacklining across the pool! Afternoons are spent with lunch on the patio and games outside as well as in! Each Aquatic Medley week will guarantee a new and interesting water experience.

Ages	Week	Dates	M/NM
8-14	3	June 18-22	\$240/\$279
8-14	6	July 9-13	\$240/\$279
8-14	9	July 30-Aug 3	\$240/\$279

MORNING CAMP SWIM LESSONS

A great way to start your camper's day and be safe in the water!

We are pleased to announce that we offer swim lessons for our summer camp participants! These lessons will be in addition to their regularly scheduled recreational swim time. All lessons are taught by certified YMCA swim instructors. All levels welcome.

- Classes are taught from **8:15 to 8:45 a.m.**
- Classes occur **Monday through Thursday.** You must register for **all four days.**
- Lessons are only available on weeks your child is attending camp. Make-up lessons are not available.
- Lessons available weeks **2-10** only.
- Drop your camper off as usual in the fun zone and the aquatic staff will pick up the campers for swimming every morning before 8 a.m.
- Each week will be available for **\$38** for Y members and **\$57** for program members.

Register your camper(s) early as space fills up quickly. For your convenience, you can register for all weeks of the summer at one time.

Space is limited and classes will close two weeks prior to their start date. Sign up early and don't miss out!

If you have any questions regarding our swim programs, please do not hesitate to contact our Aquatics Director at 847.410.5301 for more information.

EXTENDED CARE SPORTS & ENRICHMENT PROGRAMS

Looking to add some extra fun to your kids' schedules this summer? Try our exciting Extended Care Sports & Enrichment Programs! These camps are held at the Lattof YMCA, and are offered in 4-day sessions, Monday, Tuesday, Thursday and Friday during extended care. They do not run on Wednesday field trip days.

These enrichment programs will be available at the time of registration and must be paid in full at registration. We reserve the right to cancel Specialty Enrichment Camps due to low enrollment.

Programs include Sports, Art & Crafts, Science and Nature, Technology and Performing Arts.
Fee: \$25 M/\$50 NM



2018 YMCA Summer Overnight Camp
**FUN & ADVENTURE
START HERE**
ymcachicago.org/overnightcamp

Are you looking for an overnight resident camp experience for your child or your family this summer? The YMCA of Metro Chicago has four resident camps and one family camp that are as beautiful as they are life changing.

YMCA CAMP DUNCAN

Since 1921, Camp Duncan traditions get new meaning each summer in safe, quality camping programs for boys and girls ages 7 to 15 and Teen Adventure Camps for 15 to 17 year olds. We gear all activities to the developmental level of the campers. Camp Duncan is a co-ed, summer resident camp located near Fox Lake, Illinois, on 300 acres.

YMCA CAMP MACLEAN

YMCA Camp Maclean focuses on character development and developing positive relationships between youth. Located one mile east of Burlington, Wisconsin and 20 minutes from Lake Geneva, Camp Maclean is a beautiful camp for your child or teen to enjoy summer. With over 150 acres of woods, fields and lakefront property, our campers keep busy with a host of activities including swimming, climbing, boating, kayaking, archery, hiking, and much more. Camp MacLean offers timeless and ever popular camp programs, including sing-alongs, campfires and campouts for boys and girls 7 to 16 years old.

YMCA CAMP PINEWOOD

Creating memories since 1925, Camp Pinewood is an outstanding opportunity for your child to make new friends, develop independence, build self-esteem, master new skills, and experience new adventures. In a safe and encouraging environment, camp focuses on the values of honesty, caring, respect, and responsibility. With personalized programming for ages 5 to 17, our private lakeside setting in the beautiful Manistee National Forest, convenient Chicago-land bus stops, and family camps, we have endless opportunities for campers to unplug, laugh, explore, and participate in the rich tradition of our Piney' Wood Hills home

YMCA FAMILY CAMP NAWAKWA

At YMCA Family Camp Nawakwa, we believe the time you spend with your family and loved ones is special. Nestled between two crystal-clear lakes near Lac du Flambeau, Wisconsin, our 180 acres of pristine forest, and lakes are teeming with wildlife and picturesque views. Open year-round, there's endless opportunity for families to explore, learn new skills and make lasting memories together. For decades, we've been the destination for families to grow together and it's easy to see why, when you visit us at www.nawakwa.com and secure your space today to begin a new family tradition.

YMCA CAMP INDEPENDENCE

We are named for the character building that starts the minute campers arrive. Camp Independence is a special place for campers age seven and up with spina bifida. Here, kids become a community as they learn both how to be more independent and how to contribute to a group. We teach self-reliance, a love for nature, and the development of attitudes and practices that build character. Our counselors are dedicated to making sure camp is an amazing experience for every camper.



Non-Profit Org.
U.S. Postage

PAID

Phoenix, AZ
Permit No. 1816

LATTOF YMCA

300 E. Northwest Highway
Des Plaines, IL 60016

GET CONNECTED    

CHG0010



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**CLICK A
PROGRAM TO
REGISTER!**

**NEVER STOP
THRIVING**

**JOIN
ONLINE**

Save up to 50% off
most programs

**2018
WINTER/SPRING
PROGRAMS**

LATTOF YMCA
lattofymca.org

WHAT'S INSIDE

LATTOF YMCA 2018 WINTER/SPRING PROGRAMS

- | | | | |
|---|------------------------------|----|----------------------------|
| 3 | MEMBERSHIP | 10 | SPORTS |
| 4 | FAMILY PROGRAMS | 12 | ADVENTURE |
| 5 | EARLY EDUCATION & CHILD CARE | 13 | FITNESS |
| 7 | SWIMMING | 15 | TRAININGS & CERTIFICATIONS |

WELCOME TO THE YMCA!

We're the nation's leading nonprofit committed to strengthening communities. At the Y, we empower people and communities to learn, grow and thrive. With a focus on character development, academic readiness, violence prevention, fitness and healthy living, we strive to nurture the potential of every youth and teen, improve the health of our communities and support our neighbors.

View and register for our programs at register.ymcachicago.org

TAKE A CLASS WITH US!

SESSION DATES

Winter **W** (6 weeks) January 8–February 18

Spring 1 **S1** (8 weeks) February 19–April 15

Spring 2 **S2** (8 weeks) April 16–June 10

REGISTRATION DATES

Member registration for all three sessions opens December 11

Winter non-member registration opens December 18

Spring 1 non-member registration opens February 5

Spring 2 non-member registration opens April 9

*Registration for Adventure programs begins: January 21 (Spring 1) and March 19 (Spring 2)

In addition to the classes listed in this guide, we offer a number of free classes (for members) and events. For our most up-to-date program schedule, as well as downloadable group fitness, swim and gym schedules, visit our website at lattofymca.org. All class times, dates and prices are subject to change.

You can register online, in-person or by phone. We're here to help, so if you have any questions about our offerings or the registration process, contact us at 847.296.3376.



LATTOF YMCA

300 E. Northwest Highway
Des Plaines, IL 60016
Lattofymca.org
Facebook.com/LattofYMCA
847.296.3376

Facility Hours

Monday-Friday: 5 a.m.-10 p.m.

Saturday: 6 a.m.-6 p.m.

Sunday: 7 a.m.-6 p.m.

Y Kids Zone Drop-In Child Care

Drop-in child care is offered to anyone needing a safe, fun, and engaging place for their child (ages 6 weeks to 8 years old) while they are utilizing the YMCA facilities. Maximum time allowed is two hours per day, but less than 10 hours weekly. Our Y Kids Zone has been recently updated and is full of activities that will help your child learn and grow as they play.

For more information, please contact Susie Wapniarski at swapniarski@ymcachicago.org.

Monday-Thursday: 8:30 a.m.-Noon
and 4:30-8 p.m.

Friday-Sunday: 8:30 a.m.-Noon

Special Events at the Y

Community Appreciation Day:

Saturday, February 10 • 10 a.m.-noon

Camp Open House:

Saturday, March 24 • 10 a.m.-noon

Healthy Kids Day:

Friday, April 20 • 5:30-7 p.m.

Meet the Camp Staff:

Thursday, May 31 • 5:30-7 p.m.

Adventure Night, School Days Out, Winter and Spring Break Camp:

Visit us online for details!

MEMBERS
RECEIVE UP TO

50%
OFF

MOST PAID PROGRAMS AND
ENJOY ADVANCE REGISTRATION
PRIVILEGES!

JOIN
NOW!

We know how difficult it can be to find balance in life. That's why the Y provides programs and resources to help individuals, families and communities learn, grow and thrive. With a focus on developing youth, supporting our neighbors, and improving health and well-being, your participation won't just bring meaningful change into your own life, but into your community as well.

Join the Y today by visiting our website below.
lattofymca.org/join

CELEBRATE WITH US!

Let us host your Birthday, Bar/Bat Mitzvah, or Graduation party. Join us for your next field trip or corporate event, and experience our adventure themed team building activities at the Y. We offer Maze, Climbing, Sports and High Ropes Parties. For more information on rentals, contact Jill Parisi at jparisi@ymcachicago.org or 847.410.5289.

FAMILY PROGRAMS

KIDS' NIGHT OUT

Looking to have a special night out with your special someone or friends without guilt? The Y offers Kids' Night Out each month to help you get the special time you need while your child has a great time playing and meeting new friends. Kids will have a ball as they rock climb, explore in the maze, swim, play group games and best of all...eat pizza! That's right, we even feed them! Cheaper than a babysitter and definitely more fun! Let your kids spend the second Friday night of each month at the Y!

CLASS	AGE	DAY(S)	TIME	FEES M/NM
Kids' Night Out				
	5+	2nd Friday	6-10PM	\$18/\$36

FAMILY GAME NIGHT

Join us on the third Friday of the month for a themed Family Game Night. Invite your family and friends to join us for family night at the Y.

CLASS	AGE	DAY(S)	TIME	FEES M/NM
Family Game Night				
	ALL	3rd Friday	6-7:30PM	Free for Members

FAMILY OPEN CLIMB

Think you have rock climbing potential? You do! Join us on the fourth Friday of the month for open climb in the Adventure Center. Our certified belayers will support you every step of the way. Weekly instructional classes are available as well. Open climb night is the perfect opportunity to see if climbing is your destiny!

CLASS	AGE	DAY(S)	TIME	FEES M/NM
Open Climbing Night - Individual Pass				
	ALL	4th Friday	6-8PM	\$3/\$6
Open Climbing Night - Family Pass				
	ALL	4th Friday	6-8PM	\$7/\$15

SKI/SNOWBOARDING DAY TRIPS

Join us for youth and family ski/snowboarding outings to local areas. Enjoy our group rates that make it affordable to take the family out for these amazing snow sports. Our group rates include lift tickets, equipment rental and lessons. Let it snow! Email dquinlan@ymcachicago.org to get on the mailing list today!





EARLY EDUCATION & CHILD CARE

INFANT & PRESCHOOL ENRICHMENT

You and Me Playtime Meet new friends while exploring a variety of equipment. Bring your child and come crawl, slide, climb, ride and socialize. This is a semi-structured class held in our Adventure Center.

I Do It! Is your child looking for the freedom to explore his or her surroundings? Children will learn to play, share and socialize with others their own age. Parent must be available for toilet needs.

Stay and Learn This introduction to a young preschool setting allows your child to explore areas that will enhance his or her fine motor, gross motor, sensory and cognitive development. Parent must be available for toilet needs.

Sensory Makes Sense Delve into your senses with your little one. Each class focuses on a new sensory experience.

ALL Strengthen your child's readiness skills through Art, Language and Literacy.

STEM Our young learners will explore, discover and imagine their world through the use of Science, Technology, Engineering and Math.

Gym and Swim The children will have 30 minutes of gym time for gross motor activities and group games followed by swim lessons. Pick up from the pool. Participants must be potty trained.

Hero Academy Through stories, songs, art projects, games and on-site visitors, your child will learn how to harness the abilities of heroes and heroines. Children will receive training while building character as we explore real and fictional heroes. Each week, the participants will master a new skill. The class is held in our youth development center. Join the next generation of heroes.

ENRICHMENT BUNDLES

Our enrichment bundles combine our toddler classes or preschool classes into one package. A \$5 discount for each bundled enrichment class will be applied.

INFANT & PRESCHOOL ENRICHMENT

[Click to Register](#)

CLASS	AGE	DAY(S)	TIME	FEES M/NM
You and Me Play Time				
	0-5	F	10:30-11:15AM	Free/\$2 S1 S2 W
I Do It! (Bundle)				
	2-3	Tu,Th	9:15-10:15AM	\$28/\$37 W \$45/\$54 S1 S2
Stay and Learn (Bundle)				
	2-3	Tu,Th	10:30-11:30AM	\$28/\$37 W \$45/\$54 S1 S2
Sensory Makes Sense (Parent/Tot)				
	2-4	Sa	10:30-11:15AM	\$22/\$31 W \$35/\$44 S1 S2
ALL (Bundle)				
	3-5	M,W,F	9:15-10:15AM	\$28/\$37 W \$45/\$54 S1 S2
STEM (Bundle)				
	3-5	M,W,F	10:30-11:30AM	\$28/\$37 W \$45/\$54 S1 S2
Gym and Swim (Bundle)				
	3-5	M	11:30AM-12:30PM	\$19/\$28 W \$30/\$39 S1 S2
Hero Academy				
	3-6	Sa	9:30-10:15AM	\$22/\$31 W \$35/\$44 S1 S2

AFTER SCHOOL & ENRICHMENT PROGRAMS

Kindergarten Club Get your child acclimated for all-day school. We are offering morning enrichment activities for your kindergartner. There will be field games, science experiments, art and other activities to enhance his or her learning. Rock climbing, swimming, gym and our indoor soccer field will be used weekly. Help your children ease their transition from a half-day of school to a full day of fun! To inquire about transportation options or for more information, contact Susie Wapniarski at swapniarski@ymcachicago.org.

Extreme Afternoons The afternoon is filled with child-directed activities, homework help, creative arts and more. Participants will have the opportunity to rock climb, swim and play in the gym/fieldhouse. Weekly enrichment activities will be included. Snack is provided. Bus service can be provided if there are at least 5 children attending the program per day from a specific school. Extreme afternoons are not held on days when there is a half-day or no school. School Day Out Programs are available. To inquire for transportation or for more information, contact Susie Wapniarski at swapniarski@ymcachicago.org.

Spanish Youth will gain hands-on experience with another language through games, songs and activities.

Artists in Action Children will discover famous artists by painting, stamping, squeezing, pouring, molding, and pounding their way through projects. They will explore a variety of non-toxic materials and use their imagination to create masterpieces.

AFTER SCHOOL & ENRICHMENT

[Click to Register](#)

CLASS	AGE	DAY(S)	TIME	FEES M/NM
Kindergarten Club				
	5-6	M-F	PM	Call for Info
Extreme Afternoons - After School Program				
	5-11	M-F	3-6PM	Call For Info
NEW DAY & TIME! Spanish				
	5-11	W	5-5:45PM	\$38/\$76 W \$51/\$102 S1 S2
Artists in Action				
	5-11	Th	5-5:45PM	\$51/\$102 W S1 S2

SCHOOL DAYS OUT

Looking for a child care option when your kids are out of school due to a school holiday, weather closing or winter or spring break? When school's out, the Y is there to keep kids safe and engaged in fun, healthy activities. Our School Days Out options are designed to engage children in healthy physical activity and foster positive social interactions. Our programs offer the highest-quality instruction and supervision, provided by trained and qualified staff members.

On the following days when District 62 and 57 are out of session, the Lattof Y will have programming from 7:30 a.m. to 6 p.m. 10 children must be in attendance to run programming. Enrollment fills fast and may close when enrollment is met. To register for a School Days Out, visit our website or call 847.296.3376.

Ages 5-12 7:30AM-6PM \$35 M/\$55 NM

2017-18 SCHOOL DAYS OUT PROGRAMS	
DATE	ADVENTURE CENTER
Wed 12/27/17	Winter Break
Thurs 12/28/17	Winter Break
Fri 12/29/17	Winter Break
Tues 1/2/18	Winter Break
Wed 1/3/18	Winter Break
Thurs 1/4/18	Winter Break
Fri 1/5/18	Winter Break
Mon 1/15/18	MLK
Mon 2/19/18	President's Day
Mon 3/26/18	Spring Break
Tues 3/27/18	Spring Break
Wed 3/28/18	Spring Break
Mon 3/29/18	Spring Break
Mon 3/30/18	Spring Break
Mon 4/16/18	Non Attendance Day

School closed due to bad weather? No problem. The Y has you covered. We offer School Days Out programs when schools close due to bad weather (contingent upon our ability to stay open). Be sure to check our website and Facebook page, or call us for details.





SWIMMING

Swimming is a life skill as well as great exercise and a challenging sport. The Y offers swim lessons for all ages, lap swimming, family open swim, competitive swimming, synchronized swimming and water fitness classes. Swim lessons focus on water safety, having fun while learning, building character and increasing self-confidence. Look for new adventure programming in the pool including log rolling and kayaking.

To register, just sign your child up for the appropriate age range below (Parent/Child, Preschool or School Age). On the first day of class, instructors will determine the starting "stage" for your child and place them into the appropriate lesson group. From there, children progress at their own pace. (No make-up lessons available.)

PARENT/CHILD SWIM LESSONS

(Ages 6 Months to 3 Years)

Stage A: Swim Starters: Water Discovery

- Encourages appropriate parent expectations
- Introduces basic aquatic safety to parents
- Provides an opportunity to build the parent/child relationship

Stage B: Swim Starters: Water Exploration

- Encourages children to explore their aquatic environment with parents' help
- Introduces basic water skills such as kicking, breath control, and body control
- Encourages children to move in response to visual and verbal cues
- Uses toys, flotation devices and interaction with other children
- Introduces basic aquatic safety to parents
- Provides an opportunity to build the parent/child relationship

PARENT/CHILD SWIM LESSONS

Ages 6M-3Y

[Click to Register](#)

DAY	TIME	PRICES M/NM
M*	5:45-6:15PM	\$66/\$98 W \$88/\$132 S1 \$77/\$116 S2
Tu	10:30-11AM	\$66/\$98 W \$88/\$132 S1 S2
W	5-5:30PM	\$66/\$98 W \$88/\$132 S1 S2
Th	10:30-11AM	\$66/\$98 W \$88/\$132 S1 S2
Sa	9-9:30AM	\$66/\$98 W \$88/\$132 S1 S2
	9:45-10:15AM	\$66/\$98 W \$88/\$132 S1 S2
	10:30-11AM	\$66/\$98 W \$88/\$132 S1 S2

*No class May 28.

PRESCHOOL SWIM LESSONS

(Ages 3-5)

Stage 1: Water Acclimation

- Encourages children to explore their aquatic environment with instructors' help
- Teaches basic aquatic and boating safety, and how to exit in the event of falling into a body of water

Stage 2: Water Movement

- Focuses on body position and control, forward movement and directional change
- Encourages children to propel themselves and glide through water
- Teaches basic water safety skills in the form of jump, push, turn and grab, and swim-float-swim

Stage 3: Water Stamina

- Teaches rotary movement with breathing in the form of side-glide recovery position
- Encourages forward movement on the front and back and swimming longer distances
- Teaches safety techniques in deep water and how to swim to safety

Stage 4: Stroke Introduction

- Teaches the front crawl, back crawl and butterfly strokes
- Teaches safety techniques in deep water

PRESCHOOL SWIM LESSONS: STAGES 1-4

Ages 3-5

[Click to Register](#)

DAY	TIME	PRICES M/NM
M*	4:30-4:55PM	\$66/\$98 W \$88/\$132 S1 \$77/\$116 S2
	5-5:40PM	\$66/\$98 W \$88/\$132 S1 \$77/\$116 S2
	5:45-6:25PM	\$66/\$98 W \$88/\$132 S1 \$77/\$116 S2
	6:30-7:10PM	\$66/\$98 W \$88/\$132 S1 \$77/\$116 S2
Tu	9-9:30AM	\$66/\$98 W \$88/\$132 S1 S2
	4:30-5:10PM	\$66/\$98 W \$88/\$132 S1 S2
	5:15-5:55PM	\$66/\$98 W \$88/\$132 S1 S2
W	4:30-4:55PM	\$66/\$98 W \$88/\$132 S1 S2
	5-5:40PM	\$66/\$98 W \$88/\$132 S1 S2
	5:45-6:25PM	\$66/\$98 W \$88/\$132 S1 S2
Th	9-9:30AM	\$66/\$98 W \$88/\$132 S1 S2
	4:30-4:55PM	\$66/\$98 W \$88/\$132 S1 S2
	5-5:40PM	\$66/\$98 W \$88/\$132 S1 S2
Sa	5:45-6:25PM	\$66/\$98 W \$88/\$132 S1 S2
	9-9:40AM	\$66/\$98 W \$88/\$132 S1 S2
	9:45-10:25AM	\$66/\$98 W \$88/\$132 S1 S2
	10:30-11:10AM	\$66/\$98 W \$88/\$132 S1 S2

*No class May 28.

SCHOOL AGE SWIM LESSONS

(Ages 6-12)

Stage 1: Water Acclimation

- Encourages children to explore their aquatic environment with instructors' help
- Teaches basic aquatic and boating safety, and how to exit in the event of falling into a body of water

Stage 2: Water Movement

- Focuses on body position and control, forward movement and directional change.
- Encourages children to propel themselves and glide through water
- Teaches basic water safety skills in the form of jump, push, turn and grab, and swim-float-swim

Stage 3: Water Stamina

- Teaches rotary movement with breathing in the form of side-glide recovery position
- Encourages forward movement on the front and back and swimming longer distances
- Teaches safety techniques in deep water and how to swim to safety

Stage 4: Stroke Introduction

- Teaches the front crawl, back crawl and butterfly strokes
- Teaches safety techniques in deep water

Stage 5: Stroke Development

- Teaches stamina in the front crawl and back crawl strokes
- Teaches the breaststroke and butterfly strokes
- Teaches endurance techniques for deep-water safety

Stage 6: Stroke Mechanics

- Teaches endurance in all the major competitive strokes
- Teaches skills related to competitive swimming like racing starts and flip turns
- Enhances skills and builds endurance in deep water

SCHOOL AGE SWIM LESSONS

Ages 6-12

[Click to Register](#)

SCHOOL AGE BASICS: STAGES 1-3

DAY	TIME	PRICES M/NM
M*	4:30-4:55PM	\$66/\$98 \$88/\$132 \$77/\$116
	5-5:40PM	\$66/\$98 \$88/\$132 \$77/\$116
	5:45-6:25PM	\$66/\$98 \$88/\$132 \$77/\$116
Tu	4:30-5:10PM	\$66/\$98 \$88/\$132
	5:15-5:55PM	\$66/\$98 \$88/\$132
W	4:30-4:55PM	\$66/\$98 \$88/\$132
	5-5:40PM	\$66/\$98 \$88/\$132
	5:45-6:25PM	\$66/\$98 \$88/\$132
Th	4:30-4:55PM	\$66/\$98 \$88/\$132
	5-5:40PM	\$66/\$98 \$88/\$132
	5:45-6:25PM	\$66/\$98 \$88/\$132
Sa	9-9:40AM	\$66/\$98 \$88/\$132
	9:45-10:25AM	\$66/\$98 \$88/\$132
	10:30-11:10AM	\$66/\$98 \$88/\$132

*No class May 28.

SCHOOL AGE STROKES: STAGES 4-6

[Click to Register](#)

DAY	TIME	PRICES M/NM
M*	5-5:40PM	\$66/\$98 \$88/\$132 \$77/\$116
	5:45-6:25PM	\$66/\$98 \$88/\$132 \$77/\$116
	6:30-7:10PM	\$66/\$98 \$88/\$132 \$77/\$116
Tu	4:30-5:10PM	\$66/\$98 \$88/\$132
	5:15-5:55PM	\$66/\$98 \$88/\$132
W	5-5:40PM	\$66/\$98 \$88/\$132
	5:45-6:25PM	\$66/\$98 \$88/\$132
	6:30-7:10PM	\$66/\$98 \$88/\$132
Th	5-5:40PM	\$66/\$98 \$88/\$132
	5:45-6:25PM	\$66/\$98 \$88/\$132
Sa	9-9:40AM	\$66/\$98 \$88/\$132
	9:45-10:25AM	\$66/\$98 \$88/\$132
	10:30-11:10AM	\$66/\$98 \$88/\$132

*No class May 28.

TEEN SWIM LESSONS

(Ages 12-17)

Teen Swim Lessons For preteen and teenagers, a foundation of water safety and drowning prevention is made by teaching water adjustment and skill readiness in an environment that is age appropriate. Skills are based on the new youth program and is progression based.

TEEN SWIM LESSONS

[Click to Register](#)

DAY	TIME	PRICES M/NM
W	6:30-7:10PM	\$66/\$98 \$88/\$132

ADULT SWIM LESSONS

(Ages 18+)

Adult Beginner For adults who have little-to-no swim experience. The instructor will work with adults both as a group and one-on-one. Participants will learn to swim basic front crawl, elementary backstroke, floating and proper breathing techniques.

Adult Intermediate For adults who have experience with swimming, but need to work on endurance. Participants should be comfortable in the water, be able to float on their front and back, and swim 25 feet front crawl and back crawl. Participants will learn how to swim proper front crawl, back crawl, sidestroke and breaststroke.

Adult Stroke Clinic For those who already swim and want to improve their strokes, this class will work on stroke techniques and training tips that will make your strokes more efficient and increase your stamina. This class is also recommended for triathletes.

ADULT SWIM LESSONS

[Click to Register](#)

CLASS	DAYS	TIME	PRICES M/NM
Beginner			
	Th	6:45-7:25PM	\$66/\$98 \$88/\$132
Intermediate			
	Th	7:30-8:10PM	\$66/\$98 \$88/\$132
Stroke Clinic			
	Sa	8-8:40PM	\$66/\$98 \$88/\$132

PRIVATE & SEMIPRIVATE LESSONS

We offer private and semi-private lessons for swimmers 3 years of age and older. For more information about our private lessons, contact Josh Martin at 847.410.5287 or email jmartin@ymcachicago.org.

SYNCHRONIZED SWIMMING

Synchronized swimming combines music, dance and swimming into the ultimate team sport. Swimmers form close friendships with their teammates as they train, travel and compete together. Each swimmer's training will challenge her physically, while the artistic side of the sport provides an outlet for creative expression. The goal for all team members is to reach their potential while having fun!

Beginner Synchro For swimmers who can swim one length of front and back crawl and have passed the Level 3. Participants will learn synchro skills like somersaults, sharks, dolphins, kips, ballet legs, sidestroke and breaststroke.

SYNCHRONIZED SWIMMING

[Click to Register](#)

CLASS	AGE	DAY	TIME	PRICES M/NM
Beginner Synchro				
	6-12	Tu	5:20-6PM	\$66/\$98 \$88/\$132

AQUASPRITES SYNCHRONIZED SWIM TEAM



(Ages 6-18)

All participants must be current YMCA members.

Season: September - final show in August.

Swimmers must have passed the equivalent of Swim Lesson Stage 3. The synchronized swim team is broken down into 3 levels based on age and skill level. The coaches will determine the appropriate team level for the swimmer. All teams practice Tuesdays and Thursdays beginning at 6 p.m. Intermediate and Advanced teams also practice on Saturdays beginning at 8:15 a.m.

MASTERS SYNCHRONIZED SWIM TEAM

Are you over 18 years of age and still want to compete? The Lattof YMCA is home to the AquaSprite Masters Synchronized Swim Team. Our season runs from late April through late October. Practices are on Tuesdays and Thursdays at 8 p.m.

CLASS	AGE	DAY(S)	TIME	FEES	M/NM
Masters Synchronized Swim Team					
	18+	Tu & Th	8-9:30PM	\$300/\$600	

NEPTUNES SWIM TEAM

(Ages 5-21)

All participants must be YMCA members.

Season: September 6 through championships in March.

Our Goal: Our swim team offers developmental instructions, skill-based training, advanced conditioning, and in-depth technique/analysis. We are part of the Chicago District Swim Conference, which includes YMCA teams and USA teams in the Chicagoland area. With YMCA Swimming and USA-certified coaches always on the pool deck, swimmers will receive the best and most innovative methods of instruction and training during their season.

Team Dynamic: Swimmers must have passed the equivalent of Stage 3 in the swim lesson curriculum. The swim team is broken down into groups based on skill and technique. The Head Coach will determine the appropriate practice group for each swimmer. Practice days and times vary with group assignment. If you're interested in learning more about our Neptunes Swim Team, please contact the Neptunes Head Coach at 847.410.5305.



MASTERS SWIM TEAM

Are you over 18 years of age and still want to compete? The Lattof YMCA is home to Illinois Masters. The team generally practices Monday, Wednesday, & Friday from 5:30 to 7 a.m. There is no official coach and there is no fee to this program. Participants are members of United States Masters Swimming: Lattof YMCA Masters (LATT). Lattof is home to a Masters swim meet each year in January and is sponsored by the Lattof YMCA Neptune Swim Team. Our meet for 2018 is Sunday, January 21. Please see our website lattofymca.org or usms.org for more information.

Turn to page 14 for a list of Adult Water Fitness Classes!

NEW FOR 2018

"PATRICK LIVES ON" LOG-ROLLING PROGRAM

See page 12 for additional details.



SPORTS

In YMCA sports, athletes are guaranteed to play at least 50 percent of game time, experience positive competition, fair play and fun family involvement.

TODDLER & PRESCHOOL SPORTS

Parent and Tot Tumbling Open to boys and girls ages 2-3. This is an introductory class to develop strength, flexibility, coordination and body awareness while learning gross motor skills for tumbling. Your little one will also learn tumbling vocabulary and how to participate in a tumbling class setting to set him or her up for success in tumbling classes to follow.

Young Beginner Tumbling Children will be introduced to most of the level 1 tumbling curriculum in a group of their peers. Some key skills that will be worked in this class include: rolls, handstands, cartwheels, and bridges.

Soccer Tots First and foremost this program is about fun! Your child will be introduced to the game of soccer through creative, high energy, and age appropriate activities. The goal of the soccer tot class is not to turn your child into the next soccer star, but to help them develop strong physical, social, and emotional skills on and off the field. In the 2-3 year olds class, a parent or guardian gets to join in the fun as this class is a parent participation class. For the 4-5 year olds, parents get to cheer from the sidelines. Classes will be held on our indoor turf soccer field! Shin guards/cleats not required.

INFANT & PRESCHOOL SPORTS

[Click to Register](#)

CLASS	AGE	DAY(S)	TIME	FEES M/NM
Parent and Tot Tumbling				
	2-3	Sa	9:30-10AM	\$48/\$96 W \$64/\$128 S1 S2
Young Beginner Tumbling				
	4-5	Th	5:30-6:15PM	\$60/\$120 W \$80/\$160 S1 S2
	4-5	Sa	9:30-10:15AM	\$60/\$120 W \$80/\$160 S1 S2
Parent and Soccer Tots				
	2-3	F	9:30-10:15AM	\$48/\$96 W \$64/\$128 S1 S2
	4-5	F	10:15-11AM	\$48/\$96 W \$64/\$128 S1 S2

YOUTH SPORTS

Youth Tennis Clinic This class will provide new and novice tennis players with more instruction on the game. Tennis stars will learn basic rules, etiquette, and tennis strokes.

Youth Basketball Class Did you know that the YMCA invented basketball? We continue to be committed to teaching your child the fundamentals of basketball, while training in a fun and friendly environment! Our clinics are focused on developing your child's skills and overall enjoyment for the sport of basketball.

[Click to Register](#)

CLASS	AGE	DAY(S)	TIME	FEES M/NM
Youth Tennis Clinic				
	5-8	M*	6-6:45PM	\$50/\$100 W \$80/\$160 S1 S2 \$70/\$140 S2
	9-15	M*	7-7:45PM	\$50/\$100 W \$80/\$160 S1 S2 \$70/\$140 S2
Youth Basketball Class				
	3-5	W	6-6:30PM	\$60/\$120 W \$80/\$160 S1 S2
	6-12	W	6:30-7:15PM	\$60/\$120 W \$80/\$160 S1 S2

*No class on May 28

YOUTH SPORTS LEAGUES

Youth Basketball Did you know that the YMCA invented basketball? We continue to be committed to teaching children the fundamentals of basketball, while competing in a fun and friendly environment! The Youth Basketball League is the perfect fit for you and your family. Our leagues are focused on developing your child's skills and overall enjoyment for the sport of basketball. All teams will be guaranteed one practice the week prior to the league start date. Grades 2 & 3 are coed, with Grades 4-8 having separate leagues for boys and girls.

Youth Volleyball Bump into the game! Join the Lattof YMCA Youth Volleyball League where participants will have the opportunity to explore interests through recreational and competitive play. All teams will have one set practice night per week and one game a week with a playoff tournament at the end of the year (8 games, plus playoffs). Practice schedules will be announced. All teams will be guaranteed one practice the week prior to the league start date. Youth and teens will concentrate on developing fundamentals and passion.

Youth Flag Football YMCA Flag Football is a recreational program designed for coed youngsters new to the sport of football as well as those not quite ready for tackle football. Our focus is on football education, participation, teamwork, and sportsmanship. Teams practice one night per week for an hour at Lattof YMCA. Games will be held on Saturdays at Lattof, Buehler and Foglia YMCA.

YOUTH SPORTS LEAGUES

Winter: **W** Jan 13-Mar 17

Spring: **S** Apr 7-June 7

(Registration open January 15)

[Click to Register](#)

CLASS	GRADE	DAY(S)	TIME	FEES M/NM
Winter Youth Basketball League				
	K-1st	Sa	TBD	\$100/\$140
	2nd-3rd	Sa	TBD	\$100/\$140
	4th-5th	Sa	TBD	\$100/\$140
	6th-8th	Sa	TBD	\$100/\$140
Winter Youth Volleyball League				
	4th-5th	W	TBD	\$100/\$140
	6th-7th	W	TBD	\$100/\$140
Spring Youth Flag Football League				
	4th-5th	Sa	TBD	\$100/\$140
	6th-7th	Sa	TBD	\$100/\$140

CHALLENGER INDOOR YOUTH SOCCER LEAGUE

January 6 through March 2018

Our Challenger Indoor Soccer League is open to both boys' and girls' youth soccer travel teams. We have divisions for U8 through U14 with separate leagues for boys and girls. Boys' teams play primarily on Friday nights and Saturdays. Girls' teams play Sundays. All games are held on our indoor turf soccer field here at the Lattof YMCA. This is our 13th season with our Challenger league and the enthusiasm up and around the field is like nowhere else. League fees are \$950 per team and includes 9-10 regular season games plus the playoff celebration event that includes every team. Come play on our turf! Call the Y for more information on our Challenger league, or email Don Quinlan at dquinlan@ymcachicago.org.

TEEN SPORTS LEAGUES

Basketball Did you know that the YMCA invented basketball? We continue to be committed to teaching your child the fundamentals of basketball, while competing in a fun and friendly environment! The Y Youth Basketball League is the perfect fit for you and your family. Our leagues are focused on developing your child's skills and overall enjoyment for the sport of basketball. Teams will have experienced and trained coaches for all age levels. All teams will have at least one practice every other week on a weeknight and one game every weekend with a playoff tournament at the end of the season (8 games, plus playoffs). Boys play games on Saturdays and girls play on Sundays.

Volleyball Bump into the game! Join the Lattof YMCA youth volleyball where participants will have the opportunity to explore interests through recreational and competitive play. Players will concentrate on developing fundamentals and passion for the sport.

TEEN SPORTS LEAGUES

Winter:  Jan 13-Mar 17

Spring:  Apr 7-June 7 (Registration open January 15)

CLASS	AGE	DAY(S)	TIME	FEES M/NM
9-12 Grade Basketball League				
	14-18	W	TBD	\$120/\$160
6-8 Grade Volleyball League				
	11-14	Th	TBD	\$120/\$160
9-12 Grade Volleyball League				
	14-18	Th	TBD	\$120/\$160

[Click to Register](#)

YOUTH & TEEN HANDBALL

Handball Program Established in 1980, our program is known throughout the handball world. Handball develops tremendous hand-eye coordination, great footwork and balance. Beginning players will be challenged with fun drills to develop skills that are beneficial in every sport. We focus mainly on four-wall handball, but players learn one-wall and three-wall as well. Advanced players can compete in local, national and world competitions.

YOUTH & TEEN HANDBALL

CLASS	AGE	DAY(S)	TIME	FEES M/NM
Beginner/Intermediate Handball				
	10-15	Sa	4-5PM	Free/\$52
Handball Team				
	10-18	Sa	5-6PM	Free/\$52

[Click to Register](#)

Tumbling Lattof YMCA is excited to offer our newly enhanced tumbling program. The YMCA tumbling program focuses on the whole child. Our trained instructors will create a safe and FUN environment to provide your tumbler with the perfect atmosphere to build both skill and self confidence that they can carry with them throughout all aspects of their lives.

Private Lessons are offered to anyone 6 years or older. Private lessons are a great option for those who need or want a little extra help with a certain event or skill, as well as those who may just want some extra strength, conditioning or general training. Contact Alyssa Fogerty, 847.410.5278 or afogerty@ymcachicago.org.

ADULT SPORTS LEAGUES

Our adult sports are a great way to stay active and in shape while spending quality time with friends and neighbors.

Racquetball builds endurance, works all your muscles and is still appropriate for all skill levels and all ages. Racquetball is social, fun and definitely exciting!

Basketball This league plays on Sundays with games between 5 and 9 p.m. at the Lattof YMCA gym. Team registration is \$600 and is due by Sunday, January 7 in full. This league will follow IHSA rules with a few slight modifications. Reversible jerseys will be provided to each player.

Women's Indoor Soccer Indoor soccer league for women 21 years of age or older. League is designed for intermediate to advanced level players.

Adult Floor Hockey Play full court floor hockey Thursday nights. Bring your gear and join the fun.

Adult Pickleball Join the fun on Thursday mornings 8AM-10AM and enjoy the fabulous sport of pickleball.

ADULT SPORTS LEAGUES

[Click to Register](#)

CLASS	AGE	DAY(S)	TIME	FEES M/NM
Racquetball Leagues				
	18-75	TBD	TBD	\$25/\$50
Basketball Leagues				
	18+	Su	5-9PM	\$600 per team
Women's Indoor Soccer Leagues				
	21+	Th	7-10PM	\$500 per team
Adult Floor Hockey (Drop-in)				
	18+	Th	8:30-10PM	Free/\$10 per visit
Adult Pickleball (Drop-in)				
	18+	Th	8-10AM	Free/\$10 per visit



3x3 Basketball Tournament

Get your Basketball skills and friends ready for a good cause! Introducing our first ever Y-Scholarship 3x3 Basketball Fundraiser. Coming March 2018.



ADVENTURE

YOUTH ADVENTURE

New! - Little Climbers Do you have a little one that climbs everything? Let us introduce your child to the world of Adventure. We will play movement games, explore the wall and of course, get vertical. This class will encourage your child's gross and fine motor skills while promoting decision making and having fun!

Climbing - Ascenders This exciting class is designed to challenge all participants to step out of their comfort zone under the guidance of our climbing staff. Participants will learn basic climbing techniques. We will focus on goal setting and striving to achieve individual and team goals. These classes are progressively designed to challenge a variety of experience levels.

Climbing - Belayers This class is an introduction to basic climbing movement and belay techniques. This is a progressive class that takes participants from basic to intermediate skills of climbing. Participants will learn harness and belay set up, top rope belay techniques, knots, movement on the wall, bouldering, safety skills and goal setting. Upon completion of the belayer skills development program and belay test, climbers may progress to our Rock Solid program.

Climbing - Rock Solid This class is designed for those climbers who have successfully completed our belayer skills development program and belay test. Climbers will learn advanced foot placement, body movement, route climbing, as well as an intro to lead climbing, quick draws, lead belaying and top rope management. Climbers in the program have an opportunity to participate in our Adventure Demo Team.

Sky Walker High Ropes This awesome expedition class takes place in our Adventure Center up on our high ropes course. Participants will be presented with challenges on the Earthquake Bridge, Earthquake Tremor, Floating Beam, Loop Rope Bridge and so much more. Step out of your comfort zone and join us for the excitement and challenge of this unique program.

Youth Adventure Demo Team Adventure Demo Team members must be enrolled in either the Rock Solid Climbing program or the Sky Walkers High Ropes program, or both. This is an adventure based leadership development program. Members will have an opportunity to assist with adventure based programs such as parties, school groups, camps, and special events. The Adventure Demo Team is a free program for Lattof YMCA members.

New! "Patrick Lives On" Log-Rolling Program For more information, contact Don Quinlan at dquinlan@ymcachicago.org.

Join us for the fascinating skill oriented world championship sport of log rolling. Log rolling is an awesome sport that develops footwork, balance, agility, quick thinking, and focus. Most of all, it's lots of fun!

Thanks to a grant from the Patrick Lives On Foundation, we have been gifted a state of the art log rolling system. Classes will be held in the shallow section of the Bruning Pool. Winter session bonus! All members of the winter session class will also receive a limited edition log rolling team T-shirt. Roll on!

ADVENTURE

[Click to Register](#)

CLASS	AGE	DAY(S)	TIME	FEES M/NM
Climbing - Little Climbers				
	3-5	Th	10:45-11:30AM	\$34/\$68 ^W \$46/\$92 ^{S1} \$50/\$100 ^{S2}
	3-5	Th	4:30-5:15PM	\$34/\$68 ^W \$46/\$92 ^{S1} \$50/\$100 ^{S2}
Climbing - Ascenders				
	6-12	M*	4:15-5:15PM	\$34/\$68 ^W \$46/\$92 ^{S1} \$40/\$80 ^{S2}
	6-12	M*	5:15-6:15PM	\$34/\$68 ^W \$46/\$92 ^{S1} \$40/\$80 ^{S2}
	6-12	Tu	4:30-5:30PM	\$34/\$68 ^W \$46/\$92 ^{S1} ^{S2}
	6-12	Tu	5:30-6:30PM	\$34/\$68 ^W \$46/\$92 ^{S1} ^{S2}
Climbing - Belayers				
	10-17	W	6:15-7:15PM	\$38/\$76 ^W \$50/\$100 ^{S1} ^{S2}
Climbing - Rock Solid				
	10-17	W	7:15-8:15PM	\$38/\$76 ^W \$50/\$100 ^{S1} ^{S2}
"Patrick Lives On" Log Rolling				
	8+	F	6:30-7:30PM	\$34/\$68 ^W \$46/\$92 ^{S1} ^{S2}
	8+	F	7:30-8:30PM	\$34/\$68 ^W \$46/\$92 ^{S1} ^{S2}
Sky Walker High Ropes				
	10-17	M*	7-8:30PM	\$38/\$76 ^W \$50/\$100 ^{S1} \$44/\$88 ^{S2}

*No class on May 28

ADULT ADVENTURE

Climbing - Adult This class provides an opportunity for adults to learn the fundamentals of climbing including: belaying, rope management, balance and form, hand and foot techniques, partner communication skills, environmental considerations and ethics. Participants will have the opportunity to take the Belay Skills Certification test. Once successfully completing the test, adults can attend Lattof's weekly adult open climb times.

ADULT ADVENTURE

[Click to Register](#)

CLASS	AGE	DAY(S)	TIME	FEES M/NM
Climbing - Adult				
	17+	M	7:15-8:15PM	\$39/\$78 ^W \$52/\$104 ^{S1} \$46/\$92 ^{S2}

FITNESS

Y WELLNESS CONSULTATIONS

A Y Wellness Consultation is a one-hour session where a trained YMCA professional will meet with you to identify your health, fitness and wellness goals. During this session your consultant will identify YMCA programs, classes, resources and services available that can help you meet your goals.

- Receive guidance specific to your goals, exercise experience, nutritional habits and personal predispositions
- Learn about the most common wellness myths and discover positive health habits
- Learn about programs offered at our Y that could help you in reaching your wellness goals
- Activities for the whole family

Try a FREE Y Wellness Consultation to get you moving on the right path to your fitness goals. Y Wellness Consultations can be scheduled at the membership desk, calling 847.296.3376 or calling the Health and Wellness Director at 847.410.5278

PERSONAL TRAINING

Achieve and exceed your health and fitness goals with the support and guidance of one of our nationally certified personal trainers. Our trainers will create a safe and effective exercise program that's customized for your personal health and fitness goals. At the YMCA, we believe being healthy and fit is a lifestyle and a journey, and we're here to help you every step of the way. Whether your goal is to lose weight, build core strength, run a marathon or simply live healthier, our trainers will help you get there. To learn more about our personal training options, schedule a free Y Wellness Consultation at the Member Services Desk, or call 847.296.3376.

Y MAXTRAINING SYSTEM®

This unique personal training methodology was designed with results in mind. The Y MaxTraining System® goes beyond personal training. It is a complete exercise and nutrition system customized to your goals, nutritional habits, health and fitness experience and predispositions.

Key Features:

- Weekly exercise plan for days without your trainer
- Nutritional assignments specific to your eating habits and preferences
- Progress monitoring and accountability
- Monthly weight goals
- Functional components to improve lower back and joint strength
- Very high rate of success, especially with individuals whose main goal is weight loss.

To learn more about the **Y MaxTraining System**, schedule a free Wellness Consultation at the Member Services Desk, or by calling 847.296.3376.

ADVANCED Y MAXTRAINING SYSTEM®

Take your training to the next level with the Advanced Y MaxTraining System®, a research-based system with a combination of multi-joint, compound and functional exercises that are reserved exclusively for individuals who take their training very seriously. It is a complete exercise and nutrition system customized to your goals, nutritional habits, health and fitness experience and predispositions.

Enhancements include:

- Supervised portion extended to 45 minutes
- Exercises in each portion focused on Full Body, Endurance/Volume, and Power

Also includes:

- A weekly exercise plan for days without your trainer
- Progress monitoring and accountability
- Monthly weight goals



FREE FITNESS CLASSES

Strive for progress, not perfection.

Are you looking to get healthy? Stay fit? Learn a new skill? Meet new friends? Improve how you feel about yourself? The Y is the place for you. We have a wide range of fitness programs and services for all levels of experience, including:

- Free wellness consultations
- A variety of cardio, strength, endurance, flexibility and water fitness classes (and most are free for members!)
- Personal and small group training
- Online, real-time group fitness schedules
- Friendly and knowledgeable fitness instructors
- Specialty classes for active older adults (62+)

For a full listing of our group fitness options, see our website's Programs > Fitness section.

YOUTH HEALTH AND WELLNESS

Now introducing FREE (with a membership) Group Fitness Yoga for kids 6-11! Check online to view our current days and times for classes: ymcachicago.org/lattof/programs/group-exercise-schedule.

Kids Yoga Through a creative mix of music, stories and yoga-based games, your child will practice this fun yet challenging noncompetitive form of physical fitness. Your child will increase strength, flexibility, balance, concentration, focus, confidence and learn how to stay relaxed. Ages 6-11.

ADULT WOMEN'S INDOOR SOCCER LEAGUE

Thursday Nights! Contact the Front Desk for more information.

SPECIALTY FITNESS CLASSES

Looking for something special to mix up your current fitness routine? Try out one of these fee-based programs designed with you in mind! Reap the benefit of a small group.

Heavy Ropes and Kettlebell Bootcamp Carve out a toned body, build your cardiovascular and strength endurance with High Intensity Interval Training. Intensity is key in this high energy, fun workout! We will incorporate heavy ropes, kettlebells, body weight and cardio training to make you stronger and faster.

TRX Bootcamp Get mission-ready with TRX. Scalable to any fitness level, TRX Force combines proven world-class training tools with an innovative and integrated functional strength and mobility regimen to make you stronger, faster and more durable. TRX Bootcamp will incorporate other equipment in addition to TRX.

Self-Defense Get fit, learn practical self-defense and develop confidence and discipline. Students will learn the basics of striking, kicking and grappling for self-protection.

Power Kettlebell Different from KettleWorX, this kettlebell program focuses on power and Olympic weight lifting moves.

Small Group Training Looking for a more effective and individualized approach to group exercise? Sign up for our new small group training options! Work with our certified trainers in a small group setting to help you get or stay on track and reach your health and fitness goals.

SPECIALTY FITNESS CLASSES

Ages 18+

Click to Register

CLASS	DAY(S)	TIME	FEES M/NM
Heavy Ropes and Kettlebell Bootcamp			
	M	6-6:45AM	\$40/\$80 W \$64/\$128 S1 S2
TRX Bootcamp			
	M	7-7:45PM	\$50/\$100 W \$80/\$160 S1 \$70/\$140 S2
	W	6-6:45PM	\$60/\$100 W \$80/\$160 S1 S2
	Th	7-7:45PM	\$60/\$100 W \$80/\$160 S1 S2
Self-Defense			
	Th	7:30-8:30PM	\$60/\$120 W \$80/\$160 S1 S2
Power Kettlebell			
	W	6-7PM	\$60/\$120 W \$80/\$160 S1 S2
	F	10-11AM	\$60/\$120 W \$80/\$160 S1 S2

Small Group Training Days can vary, special with Alyssa Fogerty to discuss available times 847.410.578, afogerty@ymcachicago.org.

NEW IN 2018 - TRIATHLON TRAINING!

Whether you are training for an upcoming triathlon or just want to get in tri shape, this class is for you. Your coach will guide you through weekly workouts, help you with form and technique, and motivate you to perform better!

Click to Register

DAY(S)	TIME	FEES M/NM
Su	2-3:30PM	\$150 one S1 \$200 one S2

WATER FITNESS CLASSES

Click to Register

CLASS	DAY(S)	TIME	LOCATION
Arthritis Water Fitness			
	Tu, Th	12-1PM	Busse Pool
Deep Water Aerobics			
	Tu, Th	9:30-10:15AM	Bruning Pool
SilverSplash™			
	M,W,F	10-11AM	Bruning Pool
H2O Interval			
	M,W	8:30-9:15AM	Bruning Pool
	F	7:30-8:15AM	Bruning Pool



DEEP WATER CADENCE RUNNING

Deep Water Cadence Running is a deep-water running class that uses evidence-based, cadence-specific workouts to achieve peak athletic performance. Whether you're training for a run, recovering from an injury, or prone to injuries, deep water running is an impact-free way to engage your entire body while building up your endurance and cardiovascular conditioning.

[Click to Register](#)

DAY	TIME	M/NM
Tu	6:30-7:15AM	\$60/\$120 ^W \$80/\$160 ^{S1} ^{S2}
W	7:30-8:15PM	\$60/\$120 ^W \$80/\$160 ^{S1} ^{S2}
F	6:45-7:30PM	\$60/\$120 ^W \$80/\$160 ^{S1} ^{S2}

ACTIVE8

Fitness and Weight Loss Challenge Meet Your Weight Loss Goals in 2018!

This 8-week program challenges you to get fit for the New Year. We'll provide you with weekly inspirational emails detailing fitness and nutrition education. All participants that complete the challenge will receive a prize. The overall female and male winners will receive a \$100 YMCA program voucher (winners based on percentage of body weight loss).

Challenge Dates: January 14-March 10 (8 weeks)

Registration Dates: December 11-January 13

Cost: \$60M/\$90NM

During the challenge, you will receive:

- 60 minute orientation with initial weigh-in & waist measurement (offered 2 times)
- Weekly weigh-ins
- Weekly emails
- Exercise tracking sheet
- Challenge t-shirt
- 4 x 30-minute participant exclusive group training classes/week (participants choose 1 class time per week)

RING IN A NEW YOU IN 2018!
PARTICIPATE IN THE YMCA ACTIVE8 CHALLENGE!



TRAININGS & CERTIFICATIONS

AMERICAN RED CROSS LIFEGUARD TRAINING

Are you interested in becoming a lifeguard? Here's your chance! Upon successful completion of the class, you will receive certification in Lifeguarding, First Aid, & CPR/AED for Professional Rescuer; certification is good for 2 years. Participants must complete prerequisites, attend all classes, and pass written and practical exams to complete the class. No refunds will be given after prerequisite testing is complete. Participation does not guarantee certification. For dates and times, please call 847.296.3376.

Cost is \$200M/\$225NM (includes \$50 non-refundable fee)

Prerequisites must be met to take the class; prerequisite testing will be on the first day of class:

- Must be 15 years of age on or before the last day of class
- Swim 300 yards continuously
- Tread water for 2 minutes without using hands
- Swim & retrieve a 10 pound object from water 7-10 feet deep in less than 1 minute, 40 seconds

Class 1 (9 weeks): January 22-March 19
Monday nights - 7-10 p.m. Class 2 (1 week)
May 14-18 - Monday-Friday - 9 a.m.-4 p.m.

More classes will be added as needed. Please check our website for more details: lattof.org.



Non-Profit Org.
U.S. Postage
PAID
Phoenix, AZ
Permit No. 1816



LATTOF YMCA

300 E. Northwest Highway, Des Plaines, IL 60016

CHG0010

JOIN ONLINE!

BECOMING A MEMBER HAS NEVER BEEN EASIER!

Just visit ymcachicago.org/join, make a few clicks and save up to

50% OFF MOST PROGRAMS

CONVENIENTLY LOCATED NEAR YOU!



LATTOF YMCA

300 E. Northwest Highway
Des Plaines, IL 60016

lattofymca.org

facebook.com/LattofYMCA

847.296.3376

GET CONNECTED =