



**MCGAW YMCA**

# **SPRING PROGRAM GUIDE**

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**MARCH–JUNE 2021**

**REGISTRATION NOW OPEN!**

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# membership

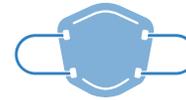
## WELCOME TO THE MCGAW YMCA!

When you become a member of the McGaw Y, you become part of a special community that values caring, honesty, respect and responsibility. We support and encourage each other in a welcoming, inclusive environment and we help promote growth in mind, body and spirit throughout Evanston.

## HEALTH & SAFETY AT MCGAW

The Y continues to take advanced measures to keep all members and staff safe in our facilities. We will continue to follow the guidance from the CDC, IDPH, DCEO, and the City of Evanston Health Department in order to plan a safe and healthy environment as allowed under state and local restrictions.

Masks must be worn at all times at McGaw YMCA and program participation size will be limited as we operate at a reduced capacity for your safety. We will update our website and communicate with all program participants as guidelines and requirements change.



FACE COVERINGS  
REQUIRED AT ALL TIMES



PHYSICALLY DISTANT  
MACHINES



MERV-17 AIR FILTERS  
as used in operating rooms



ENHANCED  
CLEANING



## BECOME A MEMBER

McGaw Y members enjoy many perks which are highlighted throughout this guide. Not a member yet? Our doors are always open, allowing you to stop by for a tour at your convenience.

### START YOUR MEMBERSHIP JOURNEY TODAY!

- **IN PERSON** at 1000 Grove Street
- **ONLINE** at [www.mcgawymca.org](http://www.mcgawymca.org)
- **VIA PHONE** at 847-475-7400

#### MEMBER PERKS:

- Priority McGaw Y program registration
- Discounted rates on ALL McGaw Y programs, including swim lessons, day camp, Camp Echo, and Children's Center programs
- No contract to join, no annual fee
- Memberships for all family types
- FREE parking
- Flexible payment structure (monthly draft, semi-annually or annually)
- Fee assistance is available on all membership types, based on income and household size.
- State-of-the-art fitness facilities and amenities
- Indoor heated swimming pools
- Unlimited free group and water exercise classes at all fitness levels
- Free SMART START new member experience
- Up to 2 hours of FREE childcare during your workout\* (temporarily suspended due to COVID-19)
- Membership privileges all Ys in Illinois and across the country (returning soon!)

\*Family Membership only



## FITNESS & WELLNESS

**AGE:** 18 years–Adult

### ACTIVE8 HEALTHY WEIGHT LOSS PROGRAM

1WAWLP08

**8 weeks, April 5–May 30**

**\$299 M** by March 15

**\$329 M** by March 29

Join McGaw's 8-week "Active8" Healthy Weight Loss Program designed to inspire a healthier YOU. Through group accountability and personalized education and instruction, the Y's weight loss program helps you achieve your goals by making small, sustainable changes to your daily behaviors. Learn how to eat healthier, move more and lose weight in this comprehensive program including weekly weigh-ins, weekly workouts and healthy living workshops, personal training, individual nutrition coaching, and the encouragement of teammates to share in the journey.

#### MEMBER PERK!

#### FREE GROUP EXERCISE CLASSES

Members have access to over 40 FREE group exercise classes weekly in person and online, including Zumba, yoga, cycling, strength training and more! In-person and virtual group exercise reservations can be made on McGaw MindBody Online. Visit [www.mcgawymca.org/adults/group-class/](http://www.mcgawymca.org/adults/group-class/) for details.



### NUTRITION COACHING

**In-Person or Virtual**

At the Y, we care about your holistic health and we know that how you fuel your body is just as important as your physical activity. Our Registered Dietitian supports your wellness journey with individual nutrition counseling and education – setting small, achievable goals to create lasting change with both virtual and in-person appointments.

[mcgawymca.org/adults/nutrition/](http://mcgawymca.org/adults/nutrition/)

### PERSONAL TRAINING

**In-Person or Virtual**

Let a fitness expert guide you! Our trainers work with you at McGaw or in a virtual setting to set realistic goals and help you safely improve your strength, weight, endurance and overall health. Get a personalized plan that makes sense for you, whether you're just starting out, want to try a new challenge or need some extra support and encouragement.

[mcgawymca.org/adults/personal-training/](http://mcgawymca.org/adults/personal-training/)

### PILATES REFORMER

**In-Person**

Pilates Reformer personal training in our personal Pilates Studio can help you make the most of your time at the Y. An experienced instructor works with you on various Pilates equipment, which can dramatically transform the way your body looks, feels and performs. It builds strength without excess bulk, increases body awareness, and improves flexibility and posture.

[mcgawymca.org/adults/pilates/](http://mcgawymca.org/adults/pilates/)

## YOUTH SPORTS

**AGE:** 3–5 years

### SPORTS OF ALL SORTS

1SYSPORT

**SESSION 1, 2 & 3**

**Saturdays, 11:45 a.m.**

**\$55 M (\$75 NM)**

This class introduces kids to a variety of sports including soccer, basketball, t-ball, floor hockey, and more! Kids will stay active, develop basic skills for a variety of sports, and learn the benefits of teamwork in a safe and clean environment.

**GRADE:** 1st–5th grade

### BASKETBALL SKILLS & DRILLS

1SYBBSDG

**SESSION 1, 2 & 3**

**Thursdays, 4:45 p.m. OR**

**Saturdays, 12:45 p.m.**

**\$55 M (\$75 NM)**

McGaw basketball clinics teach young people the basics of the sport (shooting, dribbling, and passing) while also helping them stay active and build teamwork and leadership skills in a safe and clean environment.

### INDOOR SOCCER

1SYSOC

**SESSION 1, 2 & 3**

**Saturdays, 11:45 a.m.**

**\$55 M (\$75 NM)**

In this fun and engaging introduction to soccer, players will learn the fundamentals of passing, dribbling, stopping and scoring in a safe and clean environment.

### INDOOR FOOTBALL SKILLS & DRILLS

1SYFLFG

**SESSION 1, 2 & 3**

**Wednesdays, 5:45 p.m.**

**\$55 M (\$75 NM)**

McGaw football clinics teach young people the basics of the sport (receiving, passing, running and fun defensive drills) while also helping them stay active and build teamwork skills in a safe and clean environment. Scrimmaging will be limited indoors, but fun competitions will take place with modified rules for each age group.

**GRADE:** 2nd–5th grade

### LIGHTS OUT VOLLEYBALL CLINIC

1SYVB25

**SESSION 1, 2 & 3**

**Wednesdays, 4:45 p.m.**

**\$55 M (\$75 NM)**

A beginner's volleyball clinic for youth in grades 2–5 to learn volleyball fundamentals, teamwork, and agility. Instruction is provided by Lights Out Volleyball in partnership with the McGaw Y, with a focus on the importance of movement and the fun of competition. Lights Out Volleyball is a non-profit organization that offers introductory and high-level instruction by professional players to elementary and high school youth (grades 2–12) across Chicago and metro Chicagoland.

**GRADE:** 3rd–5th grade

### INDOOR LACROSSE SKILLS & DRILLS

1SYLAX35

**SESSION 1 & 2**

**Wednesdays, 4:45 p.m.**

**\$55 M (\$75 NM)**

McGaw Lacrosse clinics teach young people the basics of the sport with an emphasis on teaching the skills of passing, catching and cradling. Speed and agility will also be developed in a safe and fun learning environment.

**GRADE:** 6th–8th grade

### FNL BASKETBALL LEAGUE

1SYBBL

**9 weeks, March 5–April 30**

**Fridays, 6:45 p.m.**

**\$95 M (\$135 NM)**

The McGaw Friday Night League (FNL) will combine fundamental skill drills and games, followed by round-robin style inter-squad scrimmages each night. Basketball fundamentals and the core values of sportsmanship, team play and leadership will be developed in a fun environment.

### SPORTS SPRING SESSION DATES

**SESSION 1: March 4–27**

**SESSION 2: April 7–May 1**

**SESSION 3: May 5–May 29**

## SPORTS

**ALL AGES**

### PRIVATE SPORTS COACHING

1PSPORT

**SMALL GROUP LESSONS**

**4 lessons | \$90 M (\$120 NM)**

**8 lessons | \$150 M (\$210 NM)**

**PRIVATE LESSONS**

**4 lessons | \$150 M (\$210 NM)**

**8 lessons | \$270 M (\$390 NM)**

Improve your game in basketball or lacrosse! Open to all ages, these individualized 45-minute lessons allow for one-on-one attention to your personal athletic goals.

### MEMBER PERK!

#### FAMILY GYM AND HOOPS RESERVATIONS

Members get exclusive access to family gym times and can make hoop reservations in the Sebring-Lewis Center. Open gym reservations are can be made on McGaw MindBody Online.

**AGE:** 14+ years

### PICKLEBALL

OPEN COURT RESERVATIONS

**Tuesdays:**

**10:45–11:30 a.m. and 11:45 a.m.–12:30 p.m.**

**Thursdays:**

**12:45–1:30 p.m. and 1:45–2:30 p.m.**

Members (ages 14 and up) can now reserve a 45-minute slot to play Pickleball in the Sebring-Lewis Center Gym! Reservations are required to participate and can be made up to seven days in advance. Masks must be worn at all times and youth program participation will be limited to adhere to current state and local health guidelines.

Pickleball is a fast-growing sport that combines elements of tennis, ping-pong and badminton and is played on a badminton-sized court. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Matches can be played by singles or doubles like tennis.



## YOUTH SWIM LESSONS

**AGE: 8–13 years**

### YOUTH SWIM LESSONS

\$64 M / CHILD

4-week sessions, 30-minute lessons

Lifelong swimmers start here! Our swim lessons encourage everyone to stay active and develop water safety skills that last a lifetime. When you swim with us, you gain confidence and build endurance in the water, plus have fun!

#### MINNOW

1AQMIN

Saturdays, 10–10:30 a.m. OR  
11:30 a.m. –12 p.m.

#### FISH

1AQFIS

Saturdays, 10–10:30 a.m. OR  
11:30 a.m. –12 p.m.

#### FLYING FISH & SHARK

1AQFLY

Saturdays, 10:45–11:15 a.m.

### AQUATICS SPRING SESSION DATES

SESSION 1: March 20–April 10

SESSION 2: April 17–May 8

SESSION 3: May 15–June 5



## PRIVATE LESSONS

**ALL AGES**

### PRIVATE SWIMMING LESSONS

ONE 30-MINUTE LESSON: \$55 M

FIVE 30-MINUTE LESSONS: \$250 M

Private swim lessons are intended for those who need individualized attention in their swimming skills and stroke development or are unable to participate in group lessons.

## MYST

MYST is a competitive swimming program oriented toward developing the whole swimmer. We believe there is more to competition than collecting trophies. The guiding philosophy of YMCA swimming is, "Everyone swims; everyone wins." This means we value participation as much as performance.



### MEMBER PERK!

#### FAMILY SWIM

Our members get exclusive access to open family swim times in our 4-lane pool. Family Swim reservations can be made on McGaw MindBody Online.

Go to [www.mcgawymca.org/myst](http://www.mcgawymca.org/myst) for more information about McGaw's swim team.

## SWIM LESSON SELECTOR: WHICH LEVEL IS THE STUDENT READY FOR?

### CAREGIVER & CHILD AGE: 6 MONTHS–3 YEARS

Is the student 2 years old and comfortable wearing a swim belt?

NOT YET

A / PARENT/CHILD

Is the student 3 years old and comfortable working with an instructor without a parent in the water?

NOT YET

B / SUNFISH

### PRESCHOOL AGE: 3–5 YEARS

Is the student 3 years old? Will the student go under water voluntarily and swim with limited flotation support (2 belt)?

NOT YET

1 / PIKE

Can the student do a front and back float on their own?

NOT YET

2 / EEL

Can the student swim 10–15 yards on their front and back without support?

NOT YET

3 / RAY

Can the student swim 15 yards of front crawl with side breathing and back crawl?

NOT YET

4 / STARFISH

### SCHOOL AGE AGE: 6–13 YEARS

Will the student go underwater voluntarily and swim with limited support?

NOT YET

1 / POLLIWOG

Can the student swim 15 yards on front and back without support?

NOT YET

2 / ADVANCED POLLIWOG

Can the student swim 25 yards front crawl with side breathing?

NOT YET

3 / GUPPY

Can the student swim 50 yards of front crawl, back crawl and beginning breaststroke?

NOT YET

4 / MINNOW

Can the student swim 100 yards front crawl, back crawl and breaststroke?

NOT YET

5 / FISH

Can the student swim 150 yards any stroke, butterfly and tread water for 10 minutes?

NOT YET

6 / FLYING FISH

Still not sure which lessons are right for you? Contact our Aquatics Department at 847-475-7400 x208.

## AMERICAN RED CROSS CERTIFICATIONS

**AGE:** 15 years–Adult

### POOL & WATERFRONT LIFEGUARD TRAINING: BLENDED LEARNING 1ARCLG

Sundays, March 14 & 21, 1–7pm  
 Sunday, March 28 & Saturday, April 3, 1–7pm  
 Sundays, April 11 & 18, 1–7pm  
 Sundays, April 25 & May 2, 1–7pm  
**\$350 M (\$430 NM)**

This American Red Cross course prepares participants for pool and waterfront lifeguarding. Participants learn teamwork, rescue and surveillance skills, first aid and CPR/AED responses. Participants must attend all class dates to be eligible for certification. Online learning required.

**AGE:** 17 years–Adult

### POOL & WATERFRONT LIFEGUARD REVIEW 1ARCLGR

Mondays at 12:00 p.m.  
 Tuesdays and Thursdays at 3:00 p.m.  
**\$200 M (\$250 NM)**  
 Calling current lifeguards! Get your certification renewed in this one-day class.



For more details, go to [www.mcgawymca.org/arc](http://www.mcgawymca.org/arc)



## CHILDREN'S CENTER

**At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success.**

That's why our early childhood, preschool and school age programs are staffed with teachers who understand the cognitive, physical, language and social development of children. We respect and nurture your child's need to feel connected and supported in exploring the world around them.

### THE CONTINUUM:

#### CONFIDENCE

Our programs are child-centered and developmentally appropriate to foster curiosity, creativity and self-esteem in all children. We engage children in physical and intellectual enrichments such as swimming, gym, art and music.

#### GROWTH

Our classrooms are intentionally designed to enhance the social, intellectual, emotional and physical growth of all children.

#### INDEPENDENCE

Our teachers encourage children to use critical thinking and problem-solving strategies to strengthen social skills and gain independence.



Northwestern

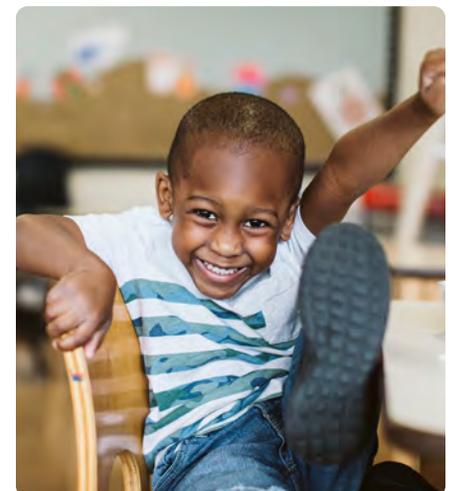
## EARLY CHILDHOOD EDUCATION **AGE:** 0–5 years

### FULL-DAY PROGRAM

Our Full-Day Program supports families year-round in a partnership to nurture children's development through play-based learning. Here, children from 0 to 5-years-old establish friendships that continue year-after-year and learning is a hands-on experience, ensuring children are ready for kindergarten.

### HEAD START AT FAMILY FOCUS

Our satellite center in partnership with Childcare Network of Evanston is located at 2010 Dewey Avenue. Our Head Start Program ensures all children ages 3–5 are ready for kindergarten by building curriculum around children's interests and developmental stages. Family members are valued as partners in supporting their children's learning and growth.



## FOLLOW US!



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[www.mcgawymca.org](http://www.mcgawymca.org)

# MCGAW YMCA

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