



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Your guide to everything at the Y!



PROGRAM GUIDE SPRING 2025

JANUARY - MAY

Bloomington-Normal YMCA
202 Saint Joseph Drive
Bloomington, IL 61701
Visit bnymca.org



WELCOME TO THE Y!

A MESSAGE FROM OUR CEO

As we step into 2025, I want to thank you for being part of the YMCA family and for trusting us to support you on your journey to health, wellness, and connection. Each year, we strive to grow alongside you, ensuring we remain a pillar of strength, encouragement, and community in Bloomington-Normal.

This year, we're thrilled to introduce our 2025 Program Guide—a comprehensive resource highlighting our diverse offerings for individuals and families of all ages. From youth development programs to swim lessons in our newly rebranded Swim School curriculum, from group fitness classes to opportunities for volunteering and community engagement, there's truly something for everyone.

Our mission is to help you set and achieve your goals, and this guide is designed to help you map out a meaningful and fulfilling year with the Y. You'll notice new program enhancements, expanded schedules, and initiatives to better serve your needs, reflecting our commitment to continuously evolve and improve.

We invite you to explore the guide, try something new, and connect with us in fresh ways. Whether you're a longtime member or joining us for the first time, know that we are here to support you every step of the way. Together, let's make 2025 a year of progress, growth, and community.

Thank you for letting us be part of your story!



A handwritten signature in white ink, appearing to read 'B.J. Wilken'.

B.J. Wilken
Chief Executive Officer &
Executive Director



OUR HISTORY

In McLean County, we've been listening and responding to our community for over 167 years. The Y brings people together. We connect people of all ages and backgrounds to bridge gaps in community needs. The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive.

Collectively, the YMCA is the largest nonprofit organization in the United States impacting the lives of more than 20 million individuals annually through the mobilization of more than 600,000 volunteers and more than 15,000 staff members. Locally, the Bloomington-Normal YMCA directly impacts the lives of approximately 13,000 individuals annually and provides financial assistance to the community in the way of membership, program and facility usage in the amount of \$250,000 annually.

In August 2022, the Bloomington-Normal YMCA opened a brand new state-of-the-art facility in partnership with Easterseals Central Illinois and OSF St. Joseph Medical Center. This partnership creates a community center that unites all, regardless of age, abilities, limitations, faith, ethnicity or financial status.

BLOOMINGTON-NORMAL YMCA 2024 ANNUAL REPORT



13,173

INDIVIDUALS
POSITIVELY
IMPACTED
BY THE YMCA
in 2024



3,012

Community Members
Provided With
Financial Assistance



1,942

Youth Taught
Teamwork Through
Sports and Play

700



Kids Taught Life-Saving
Safety Around Water
Skills

OUR MISSION

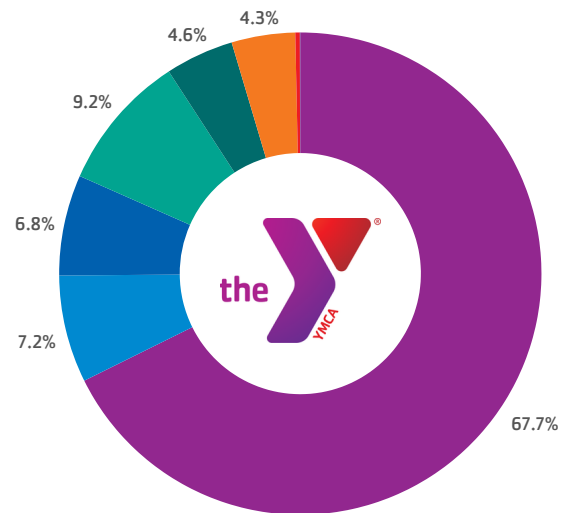
To put Christian principles into practice through programs, services and relationships that build a healthy spirit, mind and body for all.

OUR VISION

The Bloomington-Normal YMCA will be a leader in strengthening our community through youth development, healthy living and social responsibility.

BLOOMINGTON-NORMAL YMCA MEMBERSHIP DEMOGRAPHICS

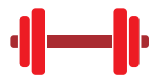
- Caucasian/White
- Hispanic
- Unspecified
- African American/Black
- Other
- Asian/Pacific Islander
- Native American
- Alaskan Native



338

Kids Served In Out
of School Time
Programs

712



Older Adults Cared For
Each Week Through
Wellness Classes



512

Volunteers Mobilized to
Lead, Support and Give
Through YMCA Programs



\$370,861

Raised for the 2024 YMCA's Strong Kids Campaign

39

Community Events
Hosted Under Our Roof



ABOUT OUR PROGRAM GUIDE

Welcome to the Bloomington–Normal YMCA Program Guide! At the Y, we’re committed to helping individuals and families of all ages thrive in spirit, mind, and body. Inside, you’ll find a wide range of programs designed to support wellness, foster connections, and inspire growth. From fitness classes and youth activities to family events and ForeverWell programs, there’s something for everyone. Let’s grow stronger together!

- You will find the categories as follows:
 - Tots (Ages 0-5)
 - Youth (Ages 5-13)
 - Teens (Ages 13-17)
 - Adults (Ages 18+)
 - Older Adults (Ages 55+)
 - Families (All Ages)
- Ages are meant to be a guide, each program and discipline varies.
- Some overlap will occur in offerings for age groups and you may see listings in multiple age groups.

TOTS (AGES 0 – 5).....7

YOUTH (AGES 5 – 13).....10

TEENS (AGES 13 – 17).....18

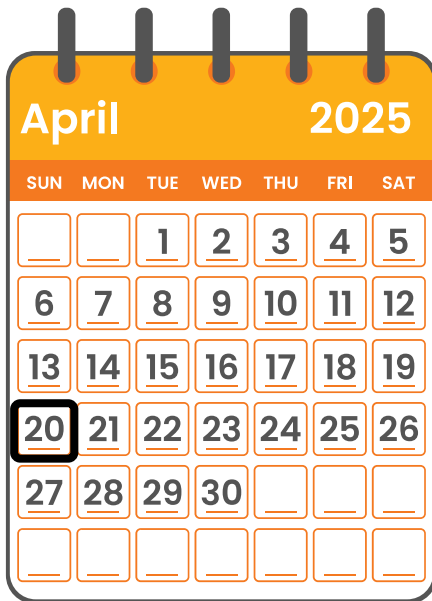
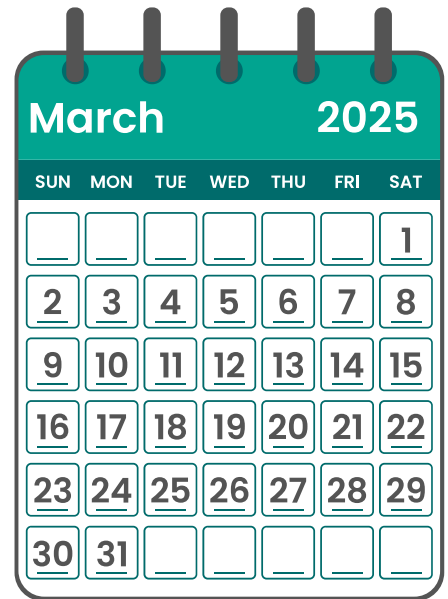
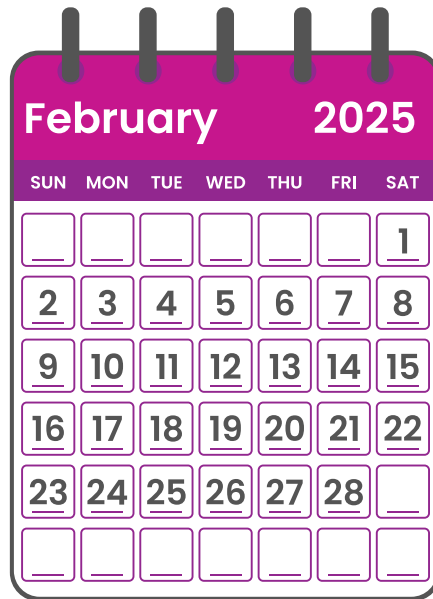
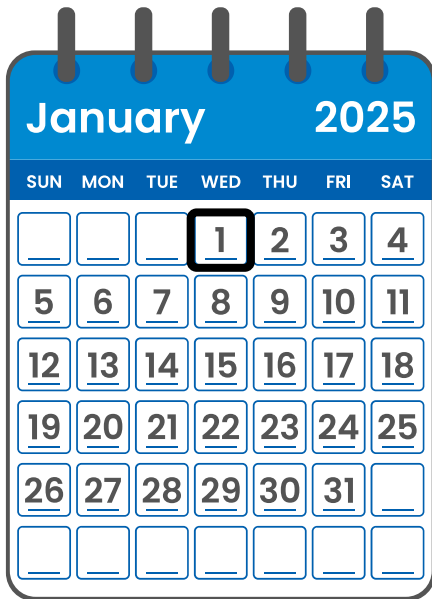
ADULTS (AGES 18+).....22

OLDER ADULTS (AGES 55+).....27

FAMILIES (ALL AGES).....32

EVENTS (ALL AGES).....37

PROGRAM CALENDAR



Holiday, building hours may change

STANDARD FACILITY HOURS:
 Monday - Friday | 5:00am - 9:00pm
 Saturday & Sunday | 6:00am - 8:00pm

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

MEMBERSHIP

*A one-time Join Fee that reflects the cost of the monthly membership rate will be applied at sign up.



\$ 57.00/mo

INDIVIDUAL MEMBERSHIP

One individual age 18-64 years old



\$ 84.00/mo

HOUSEHOLD MEMBERSHIP

Two or more individuals living in the same permanent residence



\$ 38.00/mo

INDIVIDUAL YOUTH MEMBERSHIP

One individual age 8-17. Does not receive discounts on programs



\$ 45.00/mo

INDIVIDUAL SENIOR MEMBERSHIP

One individual age 65 years and up

ACCESS FOR ALL

The Bloomington-Normal YMCA believes no one should be denied membership or program participation solely because of the inability to pay. Income-based applications are available at our front desk or online. Income-based assistance is granted based on available resources.

All applications are kept confidential.

What is the YMCA Financial Support Program?

The Bloomington-Normal YMCA provides scholarship assistance to individuals and families in need of financial support, allowing them to participate in membership and program activities. This support is funded by generous donations made the YMCA's annual Strong Kids Campaign.

How will the financial support amount be determined?

We use a sliding fee scale, based on total household income, number of dependents and special needs or circumstances; as well as the resources and program availability at our YMCA.

NOTE: Payment is made on a monthly basis. Participants are expected to notify the YMCA representative handling the Financial Support Program, if their financial situation changes. Scholarships must be approved prior to program registration and does not guarantee you a spot in the program.

How to apply:

1. Complete the financial support application form, (Scan QR code).
2. Submit completed forms along with all the following documentation:
 - Proof of income and/or assistance for all adults in household (examples are: most recent Federal 1040 tax returns, recent paycheck stub, proof of child support)
 - Include copies for all individuals contributing to household income
 - Proof of dependency for children/minors

FINANCIAL SUPPORT EXAMPLE

\$ 84.00/mo

Household Membership

Example of support:
Qualifies for 40%

Example member pays just
\$50.40 a month for a
Household Membership.





TOTS INCLUDES:

- Bitty Basketball
- Bitty Futsal
- Swim Lessons
- Parents' Night Out
- Piano Lessons
- Y Tots Play

TOTS

TOTS PROGRAMMING

Welcome to the Tots section of our program guide! We believe in building strong foundations for our youngest members. Our Tots programming, designed for ages 0–5. Whether it's splashing in swim lessons, kicking it in Bitty Futsal, or making new connections at Parents' Night Out, every moment is an opportunity to grow, learn, and thrive.



BITTY BASKETBALL

AGES: 3-5

Why not get your kiddos started in the world of basketball by learning to play from the organization that invented the game? Give your 3-5 year old child the chance to develop the basic skills of basketball in a non-competitive environment!

MEMBER COST: \$45

NONMEMBER COST: \$85

DATES: Saturdays 4/19/25 – 5/24/25

LOCATION: Shirk Sport Center

BITTY FUTSAL

AGES: 3-5

Come kick it at the Y with a fun, supportive and uplifting soccer program for kiddos ages 3-5! From May 24th - June 28th, we'll introduce your child to the world of soccer and help them learn to work as a team with their peers and help them develop their motor skills!

MEMBER COST: \$45

NONMEMBER COST: \$85

DATES: Saturdays 5/24/25 – 6/28/25

LOCATION: Shirk Sport Center



Y TOTS PLAY

AGES: 18mos – 4

Boost your child's social development with Y Tots Play! A fun 4-week program led by our wonderful Youth Development staff that will give children the opportunity to socialize with their peers and further develop their parallel and independent play!

MEMBER COST: \$30

NONMEMBER COST: \$75

DATES/TIMES: Tuesdays | 1:30pm – 3:30pm

LOCATION: PNC Play & Learn Center





PARENTS' NIGHT OUT

AGES: 3mos -12

Let us take care of the kiddos for an evening and enjoy a night to yourself with our Parents' Night Out program! Enjoy a night out while we give your kiddo a fun evening of activities like swimming, arts & crafts and a movie! Dinner included for kiddos 2yrs and up.

MEMBER COST: \$45

DATES: Third Friday of the Month | 4pm - 9pm

LOCATION: PNC Play & Learn Center

PIANO LESSONS

AGES: 4+

There are many benefits to learning to play an instrument, including increased hand-eye coordination, sharpened concentration, and more. Come express yourself through the wonderful world of music by learning to play piano at the Y! Lessons are offered in 30 minute increments.

MEMBER COST: \$80

NONMEMBER COST: \$175

LOCATION: Conference Room



Piano Lessons w/ Mr. Jake

Wednesdays | 4:30pm - 6:30pm

Saturdays | 1pm - 3pm

Piano Lessons w/ Ms. Lauren

Fridays | 4:30pm - 8pm

Saturdays | 9am - 12:30pm



SPLASH & SOAR SWIM SCHOOL

AGES: 3mos+

Our Swim School is proud to implement the Starfish Aquatics curriculum, a globally recognized program designed to make learning to swim safe, fun, and effective for all ages. This innovative approach focuses on building confidence, essential swim skills, and water safety from the start. With a clear, learner-focused progression, our lessons ensure every participant advances at their own pace while developing a lifelong love for swimming.

DATES/TIMES: Tuesdays - Thursdays | 4pm - 6:45pm

Saturdays | 8:30am - 11:15am

Sundays | 9:30am - 12:15pm

FRIDAYS
COMING
SOON!

Discover our Parent/Baby and Parent/Toddler swim levels on page 17.

YOUTH



YOUTH INCLUDES:

- Falcons Swim Team
- FLYERS Basketball League
- Girls on the Run
- Healthy Kids U
- Total Body: Youth Strength
- Swim Lessons
- School Break Days
- Y Pals After School Care
- Early Outs with Y Pals
- Piano Lessons
- Y Clubs: Esports
- Y Art

YOUTH PROGRAMMING

Welcome to the Youth section of our program guide! The YMCA is committed to helping kids ages 5–13 build confidence, explore their interests, and develop lifelong skills. From swim lessons and team sports to creative arts programs, our offerings inspire growth in mind, body, and spirit.



FALCONS SWIM TEAM

AGES: 6-18

Swim competitively in practices and meets at the Y and around the McLean County area! This program will give your child the foundation for future success in the world of swimming through guidance from our expert coaches.

AGE-BASED COST STRUCTURE:

8yrs & Under: \$75/mo | 9 – 12yrs: \$95/mo

13 – 18yrs without Dryland: \$95/mo

13 – 18yrs with Dryland: \$115/mo

FLYERS BASKETBALL

GRADES 4 - 9

Our FLYERS Basketball League is a travel basketball program that gives kiddos the chance to play in a more competitive-focused environment with committed athletes than our traditional Youth Basketball League can provide, allowing them to compete against teams in the Central Illinois and Suburban Chicago areas.

CLUB FEE: \$200

DATES: To be determined by Coach

THIS PROGRAM HAS BEEN PAUSED.



GIRLS ON THE RUN

GRADES: 3 - 6

Through a partnership with our good friends at Girls on the Run of Springfield, IL., the Bloomington-Normal YMCA is now providing a mentorship program for girls in grades 3rd–6th that will increase not only their physical fitness by getting them ready to run a 5k, but will increase their confidence and their social and emotional skills!

COST: \$50-\$125 *financial support available*

DAYS: Mondays & Wednesdays

TIME: 5:45pm - 7pm





HEALTHY KIDS U

AGES: 8 - 18

Healthy Kids U is a wellness program designed for people ages 8 to 18 and runs in partnership with OSF Healthcare to help children and their families become healthier through the development of better habits like increased exercise, better sleep and improved nutrition, under the guidance of our certified personal trainers!

MEMBER COST: FREE

DATES: To be determined by Trainer & family

LOCATION: Dobski Wellness Floor

TOTAL BODY: YOUTH STRENGTH

AGES: 8 - 13

Getting youth involved in physical activity and teaching proper gym etiquette, this youth group fitness class gives them a space to safely be active! A Parent/Guardian needs to be in the building during the time of class!

COST: Included with Membership!

DATES: Tuesdays & Thursdays

TIME: 4:30pm - 5:15pm



SPLASH & SOAR SWIM SCHOOL

AGES: 3mos+

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DATES/TIMES: Tuesdays - Thursdays | 4pm - 6:45pm

Saturdays | 8:30am - 11:15am

Sundays | 9:30am - 12:15pm

FRIDAYS
COMING
SOON!

Discover our NEW Splash & Soar Swim School on pages 16 & 17.





SCHOOL BREAK DAYS

GRADES: K - 5

When school is out, fun is in at the Y! Following the Unit 5 academic calendar, our School Break days are offered for children in grades K-5th on days when school is not in session in order to provide children a safe and uplifting place to have fun and interact with their peers.

MEMBER COST: \$35

NONMEMBER COST: \$50

LOCATION: Bloomington-Normal YMCA

JANUARY 2025

2nd, 3rd, 6th, & 20th

FEBRUARY 2025

14th, 17th, & 18th

MARCH 2025

24th - 28th

APRIL 2025

18th & 21st

Y PALS

GRADES K - 5

AFTER-SCHOOL CARE

Looking for an after-school program that works with you to provide the best possible care without straining your wallet? With our Y PALS program, we aim to help you focus on the important things in life, like your child's safety and their growth into the best version of themselves.

REGISTRATION FEE: \$50

UNIT 5 RATES:

5 Days: \$65/member | \$90/nonmember
4 Days: \$52/member | \$72/nonmember
3 Days: \$39/member | \$54/nonmember
2 Days: \$26/member | \$36/nonmember
1 Day: \$18/member | \$25/nonmember

UNIT 5 LOCATIONS

Cedar Ridge Elementary School
Northpoint Elementary School
Carlock Elementary School
Towanda Elementary School

EARLY OUTS WITH Y PALS

GRADES: K - 5

Our Y Pals After School Enrichment Program offers care on early dismissal days! Kiddos who are registered for Y Pals at Towanda, Fox Creek, Cedar Ridge, Northpoint or Olympia North can join us for the Y Pals experience on days when school lets out early!



OLYMPIA RATES:

5 Days: \$80/member | \$110/nonmember
4 Days: \$64/member | \$88/nonmember
3 Days: \$48/member | \$66/nonmember
2 Days: \$32/member | \$44/nonmember
1 Day: \$19/member | \$26/nonmember

OLYMPIA LOCATIONS

Olympia North Elementary
Olympia West Elementary

Y PALS OPEN ENROLLMENT: August 2024 - May 2025



PIANO LESSONS

AGES: 4+

There are many benefits to learning to play an instrument, including increased hand-eye coordination, sharpened concentration, and more. Come express yourself through the wonderful world of music by learning to play piano at the Y! Lessons are offered in 30 minute increments.

MEMBER COST: \$80

NONMEMBER COST: \$175

LOCATION: Conference Room



Piano Lessons w/ Mr. Jake

Wednesdays | 4:30pm - 6:30pm

Saturdays | 1pm - 3pm

Piano Lessons w/ Ms. Lauren

Fridays | 4:30pm - 8pm

Saturdays | 9am - 12:30pm



Y ART

GRADES 3-9

Y Art is a 4-week program allowing kids a space to express their creativity! Creating art has numerous benefits for the development of children, including project and time management skills, hand-eye coordination, and improved attention to detail!

MEMBER COST: \$30

NONMEMBER COST: \$75

DATES/TIMES: Tuesdays | 5pm - 6:30pm

LOCATION: Teen/Intergen Room

Y CLUBS: ESPORTS FOR ALL

GRADES 3 - 5

Esports for all is a 4-week program encouraging friendly competition while boosting your child's critical thinking and problem solving skills, all while improving their ability to collaborate with their peers!

MEMBER COST: \$30

NONMEMBER COST: \$75

DATES/TIMES: Thursdays | 5pm - 6:30pm

LOCATION: Teen/Intergen Room



PARTNER:

SOAR
Special Opportunities
Available in Recreation



BIRTHDAY RENTALS

ALL AGES

Need a place to host your child's next birthday? Look no further than the YMCA! We offer a wide variety of party bundles that will enable your child to have the experience that best suits them, whether they want to swim with their friends, play around in the gym, or have fun out on the playground!

Discover a full price list and additional information regarding facility rentals on page 36.



Coming to the Y on a regular basis has been such a positive activity for our family. We all do cardio, swim, and our daughter also participates in the Art Club. We jump started our fitness journey about a year and a half ago, but it truly jump started a new era for our family!

-Kari S., YMCA Member since 2023



the **Y** YMCA

SAVE THE DATE!

SUMMER CAMP REGISTRATION OPENS EARLY FOR YMCA MEMBERS ONLY ON MARCH 1st

the **Y** YMCA

IRON COYOTE CHALLENGE PARK

NEW IN 2025!

YMCA MEMBERS RECEIVE 50% OFF ADMISSION & 10% OFF PARTY RENTALS AT IRON COYOTE CHALLENGE PARK!

WELCOME TO THE NEW SPLASH & SOAR SWIM SCHOOL

Our newly rebranded Splash & Soar Swim School is proud to implement the Starfish Aquatics Institute (SAI) curriculum, a globally recognized program designed to make learning to swim safe, fun, and effective for all ages. This innovative approach focuses on building confidence, essential swim skills, and water safety from the start. With a clear, learner-focused progression, our lessons ensure every participant advances at their own pace while developing a lifelong love for swimming.



PRIVATE SWIM LESSONS

Our Swim School takes a customized and personalized approach to private swim lessons. Goals are established on the first lesson by the parent and instructor so that the instructor can tailor the lesson plan to meet those goals. From water safety, to learning the strokes, to getting a workout in, private swim lessons can accommodate it all.

*All sessions are 30 minutes in length.

1 LESSON/WEEK

MEMBER: \$37.80 | NONMEMBER: \$75.60

2 LESSONS/WEEK

MEMBER: \$32.40 | NONMEMBER: \$64.80

3 LESSONS/WEEK

MEMBER: \$27.00 | NONMEMBER: \$54.00

GROUP SWIM LESSONS

Group swim lessons are the perfect way to jump into our Splash & Soar Swim School at a lower cost. With a student to instructor ratio of 6 to 1, our group lessons are designed to be efficient but still provide quality connections and water safety instruction from our SAI Certified Swim Instructors.



1 LESSON/WEEK

MEMBER: \$17.00 | NONMEMBER: \$34.00

2 LESSONS/WEEK

MEMBER: \$14.00 | NONMEMBER: \$28.00

3 LESSONS/WEEK

MEMBER: \$10.00 | NONMEMBER: \$34.00

GROUP LESSONS ARE HELD DURING THE FOLLOWING TIMES:

Tuesdays - Thursdays | 4pm - 6:45pm Saturdays | 8:30am - 11:15am Sundays | 9:30am - 12:15pm

*All sessions are 30 minutes in length

QUESTIONS? Contact the Office of Aquatics to get started!

FRIDAYS COMING SOON!

LEVEL UP YOUR SWIM SKILLS

Our comprehensive swim program is designed to help swimmers of all ages and abilities thrive in the water. From the playful Guppy learning the basics to the agile Frog mastering advanced techniques, each level—Jellyfish, Axolotl, Seahorse, Pufferfish, and Sting Ray—builds essential skills in a safe and supportive environment. Dive in with us and discover a journey of growth, fun, and aquatic adventure!

SPLASH & SOAR SWIM SCHOOL LEVELS



Parent/Baby - GUPPY (Ages: 6 mos - 18 mos)

The Guppy Level introduces our youngest swimmers and their parents to the water in a safe, nurturing environment.



Parent/Toddler - JELLYFISH (Ages: 18mos - 36 mos)

The Jellyfish Level is designed for toddlers and their parents to explore the water together while building confidence and basic swim skills.



Level 1 - AXOLOTL | FOCUS: Readiness, water acclimation & safety

Just like this unique amphibian, swimmers at this level are learning to feel comfortable and confident as they take their first steps in the water.



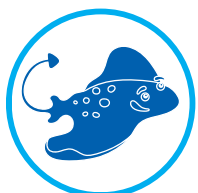
Level 2 - SEAHORSE | FOCUS: Body position & air exchange

Building confidence with foundational swimming techniques, steady like a seahorse in the current.



Level 3 - PUFFERFISH | FOCUS: Forward movement & direction change

Developing stroke mechanics and endurance, adaptable and buoyant like a pufferfish.



Level 4 - STING RAY | FOCUS: Streamlines & side breathing position

Refining strokes and increasing distance, smooth and agile like a stingray gliding through the water.



Level 5 - FROG | FOCUS: Water competence

Advanced swimming skills, focusing on strength and precision, leaping forward like a frog.

Expand your swim skills with our Stroke School! Visit bnymca.org today!

Email: aquatics@bnymca.org Phone: 1.309.827.6233 Website: www.bnymca.org

TEENS



TEENS INCLUDES:

- Falcons Swim Team
- FLYERS Basketball League
- Healthy Kids U
- Swim Lessons
- Piano Lessons
- Y Art
- Y Teens: Esports
- Lifeguard Certification

TEEN PROGRAMMING

Welcome to the Teens section of our program guide! From fitness classes and volunteer opportunities to sports leagues and college prep, we provide the tools and space for teens to explore their passions, develop new skills, and connect with their community.



FALCONS SWIM TEAM

AGES: 6-18

Swim competitively in practices and meets at the Y and around the McLean County area! This program will give your child the foundation for future success in the world of swimming through guidance from our expert coaches.

AGE-BASED COST STRUCTURE:

8yrs & Under: \$75/mo | 9 - 12yrs: \$95/mo

13 - 18yrs without Dryland: \$95/mo

13 - 18yrs with Dryland: \$115/mo

FLYERS BASKETBALL

GRADES 4 - 9

Our FLYERS Basketball League is a travel basketball program that gives kiddos the chance to play in a more competitive-focused environment with committed athletes than our traditional Youth Basketball League can provide, allowing them to compete against teams in the Central Illinois and Suburban Chicago areas.

CLUB FEE: \$200

DATES: To be determined by Coach

THIS PROGRAM HAS BEEN PAUSED.



HEALTHY KIDS U

AGES: 8 - 18

Healthy Kids U is a wellness program designed for people ages 8 to 18 and runs in partnership with OSF Healthcare to help children and their families become healthier through the development of better habits like increased exercise, better sleep and improved nutrition, under the guidance of our certified personal trainers!

MEMBER COST: FREE

DATES: To be determined by Trainer & family

LOCATION: Dobski Wellness Floor





SPLASH & SOAR SWIM SCHOOL

AGES: 3mos+

Our Swim School is proud to implement the Starfish Aquatics curriculum, a globally recognized program designed to make learning to swim safe, fun, and effective for all ages. This innovative approach focuses on building confidence, essential swim skills, and water safety from the start. With a clear, learner-focused progression, our lessons ensure every participant advances at their own pace while developing a lifelong love for swimming.

DATES/TIMES: Tuesdays - Thursdays | 4pm - 6:45pm
 Saturdays | 8:30am - 11:15am
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Discover our NEW Splash & Soar Swim School on pages 16 & 17.



PIANO LESSONS

AGES: 4+

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MEMBER COST: \$80
NONMEMBER COST: \$175
LOCATION: Conference Room



Piano Lessons w/ Mr. Jake
 Wednesdays | 4:30pm - 6:30pm
 Saturdays | 1pm - 3pm

Piano Lessons w/ Ms. Lauren
 Fridays | 4:30pm - 8pm
 Saturdays | 9am - 12:30pm

the Y **IRON COYOTE CHALLENGE PARK**

NEW IN 2025!

YMCA MEMBERS RECEIVE 50% OFF ADMISSION AT IRON COYOTE!



Y ART

GRADES: 3 - 9

Y Art is a 4-week program allowing kids a space to express their creativity! Creating art has numerous benefits for the development of children, including project and time management skills, hand-eye coordination, and improved attention to detail!

MEMBER COST: \$30

NONMEMBER COST: \$75

DATES/TIMES: Tuesdays | 5pm - 6:30pm

LOCATION: Teen/Intergen Room

Y TEENS: ESPORTS FOR ALL

GRADES 6 - 9

Esports for all is a 4-week program encouraging friendly competition while boosting your child's critical thinking and problem solving skills, all while improving their ability to collaborate with their peers!

MEMBER COST: \$30

NONMEMBER COST: \$75

DATES/TIMES: Fridays | 5pm - 7pm

LOCATION: Teen/Intergen Room



LIFEGUARD CERTIFICATION

AGES: 15+

Our blended learning American Red Cross lifeguard certification provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

COST: \$300

LOCATION: Bloomington-Normal YMCA



UPCOMING SESSION DATES

JANUARY 2025
17th - 19th

FEBRUARY 2025
21st - 23rd

MARCH 2025
14th - 16th

APRIL 2025
4th - 6th

MAY 2025
16th - 18th

For more information regarding lifeguard certification through the Y, visit www.bnymca.org.

ADULTS



ADULTS INCLUDES:

- Adult 5v5 Basketball League
- Open-Play Pickleball
- Coed Volleyball League
- Adult Basketball Open Gym
- Aqua Fitness Classes
- Group Fitness Classes
- Wellness Start-Up
- Personal Training
- Yoga Privates

ADULT PROGRAMMING

Welcome to the Adults section of our program guide! From group exercise classes and personal training to social events and educational workshops, there's something for everyone. Join us in prioritizing health and happiness at every stage of life!



ADULT 5v5 BASKETBALL **AGES: 18+**

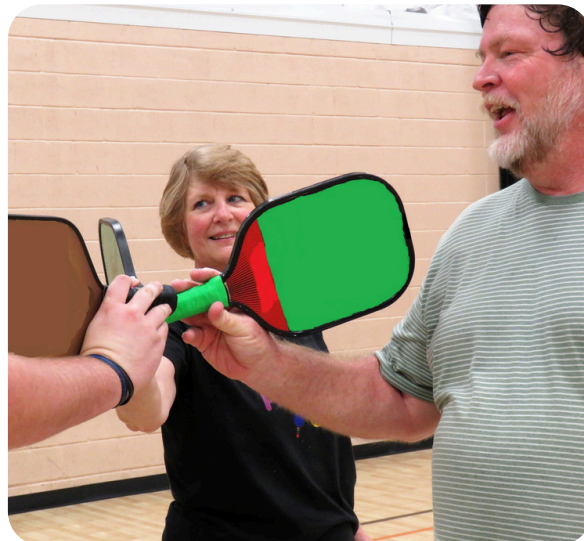
This 20-minute game-only league allows you to enjoy a quick one-game-per-night experience allowing you to either get a team together and play against others in your community OR sign up as a free agent and make new friends by joining an existing team!

MEMBER COST: \$50/person
NONMEMBER COST: \$100/person
DATES: Wednesdays | 03/19/25 - 05/07/25
LOCATION: Shirk Sport Center

OPEN-PLAY PICKLEBALL **ALL AGES**

Hit the kitchen with a friend or family and get ready for some pickleball action! Did you know you can reserve a pickleball court during the week with ease? Simply use our app to secure your spot and get ready for some fun on the court. Download now and make your next match a breeze!

MEMBER COST: FREE
DATES: M/T/W/TH/F
TIMES: Mornings Only
LOCATION: Shirk Sport Center



CO-ED VOLLEYBALL **AGES: 18+**

Bump, set and spike your way to victory with our Adult Volleyball League! Grab 5 friends or sign up as a free agent and get assigned to an existing team, then join us in the Shirk Sport Center for a fun and friendly volleyball league!

MEMBER COST: \$35/person
NONMEMBER COST: \$70/person
DATES: Thursdays | 04/03/25 - 05/08/25
LOCATION: Shirk Sport Center



BASKETBALL OPEN GYM **AGES: 18+**

Join us for some casual fun on the hardwood with our Adult Basketball Open Gym! People ages 18 and up are welcome to join us in the Shirk Sport Center to enjoy an open-gym style basketball program where you get to pick how you enjoy the sport you love, whether you're de-stressing by shooting hoops after a long day or looking to play a pick-up game.

MEMBER COST: FREE
NONMEMBER COST: \$5
DATES/TIMES: Sundays | 2pm - 5pm
LOCATION: Shirk Sport Center



AQUA FITNESS CLASSES **AGES: 18+**

Get a workout that's safe on your joints and healthy on your heart with our Aqua Fit Classes! YMCA members get free access to our line-up of Aqua Fit classes, which take place in our state-of-the-art pools. Improve your strength, cardio and more by signing up for an Aqua Fit class in the Technogym app today!

FOR A FULL LIST OF AQUA FIT CLASSES, PLEASE VISIT PAGE 30.

GROUP FITNESS CLASSES **AGES: 18+**

Y Members are given free access to over 75 different fitness classes led by our wonderful instructors that take place throughout the Wellness Floor. Whether you're looking for a relaxing yoga workout, strength training, cardio, or anything you can think of, we've got a class for you! Sign-ups are done in the Technogym app to reserve your spot in advance of the class; all you have to do after that is show up and have fun!

For more information about MOSSA fitness classes, please visit page 31.



PERSONAL TRAINING

AGES: 18+

Getting started on a health journey can be a challenge; let our certified training team help you reach your fitness goals with our Personal Training program! Take your wellness to the next level with our one-on-one or partner training programs, where either you or you and a friend work with one of our personal trainers to develop a training program that goes beyond an exercise regimen and starts you down the path to a healthier lifestyle, including nutritional coaching, strength training, cardiovascular improvements and flexibility!



30 MINUTE SESSION RATES

1 Session:

\$35/member | \$50/nonmember

3 Sessions:

\$100/member | \$140/nonmember

6 Sessions:

\$175/member | \$270/nonmember

12 Sessions:

\$325/member | \$520/nonmember

60 MINUTE SESSION RATES

1 Session:

\$65/member | \$80/nonmember

3 Sessions:

\$190/member | \$235/nonmember

6 Sessions:

\$370/member | \$460/nonmember

12 Sessions:

\$725/member | \$890/nonmember

BENEFITS OF PERSONAL TRAINING



Accessible
for ALL levels



Expert
Guidance



Customized
Fitness Plan



Community
& Support



Improved
Results



Early last year, I decided to get back in shape but wanted a little help. So I decided to reach out to the trainers at the Y. I was set up with a trainer and have been working with him for 8 months. I have really enjoyed it and I have made more progress than I ever thought I could. I think I would have burnt out by now by myself. I have learned a lot from him and am still excited to be in the gym. I am probably in better shape now than when I was in my 20s.

-Tyler P., YMCA Member since 2022



ADULTS

WELLNESS START-UP

AGES: 18+

Are you ready to start your fitness journey, but are unsure of where to begin? YMCA Members can sign up for our Wellness Start-Up program, a free program that allows members to work with one of our personal trainers to get introduced to the equipment and various other wellness amenities, as well as to get you pointed in the right direction for your fitness goals if you need it!

MEMBER COST: FREE

DATES: To be determined by the Member



YOGA PRIVATES

AGES: 18+

Are you looking to improve your yoga technique, refine your skills, or work on specific poses? Yoga Privates is the program for you! Join us for a one-on-one or partner program that will help you build mobility, strength and confidence that uses our Personal Training model in the world of yoga to get you where you'd like to be on your health journey!

30 MINUTE SESSION RATES

1 Session:

\$35/member | \$50/nonmember

3 Sessions:

\$100/member | \$140/nonmember

6 Sessions:

\$175/member | \$270/nonmember

12 Sessions:

\$325/member | \$520/nonmember

60 MINUTE SESSION RATES

1 Session:

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3 Sessions:

\$190/member | \$235/nonmember

6 Sessions:

\$370/member | \$460/nonmember

12 Sessions:

\$725/member | \$890/nonmember



COOKING WITH NICOLETTE

From energizing breakfasts to hearty dinners, each recipe supports your wellness and fitness goals. Explore the videos and get inspired to create something amazing!

Visit www.bnymca.org/nourishment-for-you to learn more!





OLDER ADULTS INCLUDES:

- ForeverWell
- ForeverWell Events
- ForeverWell Fitness Classes

OLDER ADULTS

OLDER ADULT PROGRAMMING

Welcome to the Older Adults section of our program guide! We're dedicated to supporting the health, wellness, and community connections of individuals ages 55 and up. Whether you're looking to stay fit, make new friends, or explore new interests, our ForeverWell programming is here to help you live your best life!



FOREVERWELL

AGES: 55+

It can be difficult to find exercise classes or even community events that are specifically tailored to the wants/needs of an older population. The Y offers a solution with ForeverWell! ForeverWell exercise classes are tailor-made to work for people of all abilities by allowing the use of chairs or other support devices while the participant is exercising. The Y offers a wide range of events that fall under the ForeverWell umbrella that allow seniors in our community to connect with one another!

FOREVERWELL BINGO

Come enjoy some friendly competition and put your luck to the test! ForeverWell Bingo is hosted on a monthly basis and is a great opportunity to make some new connections within our YMCA community. No sign-up required; come as you are and have fun!



Check our website for monthly ForeverWell Bingo sessions!



FOREVERWELL CRAFT HOUR

Unleash your creativity and connect with others during this relaxing hour of crafting. ForeverWell Craft Hour was a hit in 2024. Keep an eye out for more crafting opportunities in 2025. All materials provided—just bring your imagination!

Check our website for all event updates.



Love the Y, keeps me healthy and makes me keep in good shape. That is important at my age.

—Barb F., YMCA Member since 2021





FOREVERWELL: ACTIVE INTERVALS

A low-impact class promoting flexibility, strength, and stamina, designed to support active aging and overall wellness using interval training.

MEMBER COST: FREE

DAYS/TIMES: T/TH | 9:30am

LOCATION: Dobski Wellness Floor

FOREVERWELL: CARDIO, BALANCE & STRENGTH

ForeverWell focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a ball. Often a chair is used for seated exercises or standing support.

MEMBER COST: FREE

DAYS/TIMES: M/W/F | 7:45am & 8:45am

LOCATION: Dobski Wellness Floor



FOREVERWELL: CHAIR YOGA

Chair yoga is a gentle form of yoga in which traditional yoga postures are performed seated in, or with the aid of a chair. This class is designed to help participants increase flexibility, range of motion, and mind/body connection!

MEMBER COST: FREE

DAYS/TIMES: T/TH | 8:35am

LOCATION: Dobski Wellness Floor



FOREVERWELL: INTENSE STRENGTH & BALANCE

Build strength and improve mobility for daily activities with hand weights, resistance bands, and stability balls. Chairs are available for seated exercises or standing support.

MEMBER COST: FREE

DAYS/TIMES: M/W/F | 9:00am

LOCATION: Dobski Wellness Floor



LOW IMPACT RESISTANCE WORKOUTS FOR ALL

The benefits of exercising in water are twofold, providing both lower impact and higher resistance than doing it on land. Get a full body workout that's safe for your joints and healthy for your heart.

AQUABATA

Interval training in tabata format. Twenty second work cycle followed by 10 seconds of rest. Participants are encouraged to work at their own speed and level of intensity.

AQUA BLAST

30 minutes of aerobic fitness, using a whole body workout. 15 minutes of strength training. Accommodations for your personal fitness level are available.

AQUA FIT

Aqua Fit is a moderate impact class with suggested low-impact modifications when needed. A variety of moves utilize the water's resistance and waist-to-chest depth to improve cardio, strengthen major muscle groups and promote stability and improved balance.

AQUA JAM

This class uses great music and easy choreography to have fun and get a great full-body workout!

AQUA JAZZ

Using jazz and a variety of music to implement strength, core, and balance techniques in both deep and shallow water using a variety of equipment.

AQUA POWER

This high-energy, low-impact class is sure to create a big splash! Cardio Conditioning while the resistance of the water will assist you in strengthening and sculpting all major muscle groups. This class is designed to provide a vigorous full-body workout for all ages and fitness levels.

NEW! AQUA ZUMBA

Dive into Aqua Zumba, a fun, high-energy workout that blends the dance moves of Zumba with the low-impact benefits of water exercise. Perfect for all fitness levels, it's a splashy way to get fit and have fun!

CARDIO SPLASH

Focus is on aerobic fitness and muscular specific training. Every muscle group will be worked for 3-5 minutes with a cardio burst between sets. Options are provided to accommodate all fitness levels.

DEEP AQUA

Learn core balance and endurance with training to assist for knee, hip, ankle and shoulder issues with suspension in deeper water with flotation devices.

HYDRO POWER

A high-energy cardio workout that also uses resistance for strength training. Great for circulation and easy on joints. Fun and safe for all fitness levels.

WATER WARRIORS

Warrior workout... However, the workout is suitable for ALL levels since it includes dynamic range of motion (ROM), stretching, balance and muscle conditioning and relaxation!



LET'S MOVE!

The YMCA partners with MOSSA to deliver expert-crafted, inclusive fitness programs, inspiring members of all levels to achieve their wellness goals.



GROUP ACTIVE

Get all your fitness essentials—cardio, strength, balance, and flexibility—in one hour. Build strength and fitness with adjustable weights, body weight, and simple athletic moves, all set to energizing music. **ACTIVATE YOUR LIFE!**



GROUP BLAST

A dynamic cardio workout using The STEP with walking, running, jumping, and balance drills set to energizing music. With adjustable intensity, it's perfect for everyone—from beginners to athletes!



GROUP CENTERGY

Balance and Flex together in this invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.



GROUP CORE

Strengthen your core from shoulders to hips in just 30 minutes! Boost athletic performance, reduce back pain, and sculpt your abs with this fast, challenging workout.



GROUP FIGHT

A high-energy workout combining MMA moves, Muay Thai, battle ropes, tire jumps, and more. Train inside and outside the octagon to boost strength, focus, and precision. Release stress with Group Fight!



GROUP GROOVE

A fun, high-energy dance workout blending club, hip-hop, and Latin styles to the hottest hits. If you can move, you can groove!



GROUP POWER

Combine traditional strength exercises with functional training and athletic moves for a high-rep, results-driven workout. Set to dynamic music, it's strength training at its most fun!



R30

R30 is a 30-minute, easy-to-follow cardio workout on an adjustable bike, perfect for all fitness levels. Energizing music makes the time fly! Arrive 5 minutes early for your first class to set up your bike.

Discover even more group fitness classes by visiting bnymca.org

FAMILIES

FAMILIES INCLUDES:

- Child Watch/Kid Adventure
- Little Lifts
- Big Yogi, Little Yogi.
- Move for 2
- Parent/Child Swim Lessons
- Birthday Party Rentals
- Community Events
- Member Events

FAMILY PROGRAMMING

Welcome to the Families section of our program guide! We're proud to be a place where families can come together to learn, grow, and play. From parent-child activities and family swim times to special events and wellness programs, we offer something for every member of your family.



PNC PLAY & LEARN CENTER

AGES: 3mos - 9

The PNC Play & Learn Center, also referred to as Child Watch/Kid Adventure, is designed to provide a safe, structured environment that includes physical play, sports and games, homework help, and the ability to engage with mentors (Y staff) who embody the values of caring, honesty, respect, and responsibility. In Child Watch (ages 3mos - 3), children will enjoy STEM activities, crafts, and outdoor play on our inclusive playground. In Kid Adventure (ages 4-9), your children can test their skills on our ninja course and enjoy time outside in our playground that is designed to improve children's social and cognitive growth. In either space, your children will make friends, have fun, and be safe.

PNC PLAY & LEARN CENTER FAST FACTS

- Child Watch/Kid Adventure is open for kids aged 3 months - 9 years!
- Child Watch/Kid Adventure is included in YMCA household memberships.
- We do not allow food or drink in the Child Watch/Kid Adventure area other than water in closeable bottles.
- Kiddos in Kid Adventure are required to wear socks, as tennis shoes are not allowed in the Kid Adventure room.

PNC PLAY & LEARN CENTER OPERATING HOURS

MORNINGS

**Mondays - Saturdays
8:30am - 1:00pm**

*90 minute maximum time limit

EVENINGS

**Mondays - Fridays
4:30pm - 7:00pm**

*75 minute maximum time limit





PARENT/BABY SWIM LESSONS

AGES: 18+

Introduce your little one to the water in this fun, parent-child swim class. Build water confidence through songs, games, and gentle activities designed for bonding and early skill development.

This swim class is represented by the Guppy Swim Level in our Splash & Soar Swim School.

PARENT/TODDLER SWIM LESSONS

AGES: 18+

Help your toddler build water confidence in this engaging parent-child swim class. Through songs, games, and guided activities, toddlers will explore basic water skills and safety in a fun, supportive environment.

This swim class is represented by the Jellyfish Swim Level in our Splash & Soar Swim School.



SENSORY SWIM

As part of an effort to make our pools accessible to all, we'd like to invite our members to come participate in Sensory Swim! During this time, the recreation/therapy pool environment is modified in order to promote a more peaceful and less overwhelming experience for children and families who struggle with sensory issues.

MEMBER COST: Included with Membership
DATES/TIMES: Sundays | 2:45pm - 4:00pm
LOCATION: Rec/Therapy Pool



Our youngest started swim school in April and was terrified of the water. Fast forward to today and he is so excited to attend his lessons each week. He's really thriving!

-Sean L., Member since 2022



FAMILIES

BIRTHDAY RENTALS

Need a place to host your child's next birthday? Look no further than the YMCA! We offer a wide variety of different packages that will enable your child to have the experience that best suits them, whether they want to swim with their friends, play around in the gym, or have fun out on the playground!



REC/THERAPY POOL PARTY BUNDLE

- Non-Private access to the Rec/Therapy pool
- One of two Party Rooms
- Access to the patio

2 hr RATES

Member: \$250

Nonmember: \$350

2.5 hr RATES

2.5 hr Member: \$300

Nonmember: \$400



SPORTS CENTER PARTY BUNDLE

- Youth sized basketball court
- Basketballs, Volleyballs, or Pickleball materials
- One of two Party Rooms
- Access to the patio

2 hr RATES

Member: \$250

Nonmember: \$350

2.5 hr RATES

2.5 hr Member: \$300

Nonmember: \$400



POOL & SPORTS PARTY BUNDLE

- Youth sized basketball court & Rec/Therapy Pool Access
- Basketballs, Volleyballs, or Pickleball materials
- One of two Party Rooms
- Access to the patio

2 hr RATES

Member: \$350

Nonmember: \$400

2.5 hr RATES

2.5 hr Member: \$400

Nonmember: \$450



PLAYGROUND PARTY BUNDLE

- Private access to playground
- One of two Party Rooms
- Access to the patio
- Available after 1:00 pm on Saturdays and all day on Sundays

2 hr RATES

Member: \$150

Nonmember: \$300

2.5 hr RATES

Member: \$200

Nonmember: \$350

QUESTIONS? Contact Dani Freeman at danif@bnymca.org

MEMBERS ONLY EVENTS



PARENTS' NIGHT OUT

AGES: 3mos -12

Let us take care of the kiddos for an evening and enjoy a night to yourself with our Parents' Night Out program! Enjoy a night out while we give your kiddo a fun evening of activities like swimming, arts & crafts and a movie! Dinner included for kiddos 2yrs and up.

MEMBER COST: \$45

DATES: Third Friday of the Month | 4pm - 9pm

LOCATION: PNC Play & Learn Center

SAVE THE DATES FOR THESE UPCOMING MEMBER EVENTS!



Visit www.bnymca.org/events to view all member and community events.

COMMUNITY EVENTS

HEALTHY KIDS DAY

SAVE THE DATE!

FREE TO THE PUBLIC

DATE: Saturday, April 26th

TIME: 10:00am - 1:00pm

EVENTS

MEMBER PERKS

UNLOCK THE BENEFITS OF BELONGING!

AFFORDABLE FUN FOR THE WHOLE FAMILY: Enjoy access to local pools for just \$34!

The Bloomington-Normal YMCA is back this summer with affordable fun for the whole family! Get exclusive access to Bloomington Aquatics Season Passes and NEW THIS YEAR, Town of Normal Season Pool Passes for just \$34 per person, per pass. *Restrictions apply.

YMCA Member Exclusive passes will be available to purchase through the Bloomington-Normal YMCA in February 2025.

BALANCE, STRENGTH, AND FUN-TOGETHER! Special discounts at Iron Coyote for Y Members!

50% off admission, 10% off party rentals, and 10% off Ninja Classes at Iron Coyote Challenge Park for members of the Bloomington-Normal YMCA, the perks keep coming!

STAY CONNECTED WITH US! FOLLOW THE Y ON SOCIAL MEDIA



@bnymca

Bloomington-Normal YMCA
202 Saint Joseph Dr.
Bloomington, IL 61701
1.309.827.6233
bnymca.org

GLOSSARY

A		M	
Adult 5v5 Basketball League	23	Member Events	37
Adult Basketball Open Gym	24	Member Perks	38
Aqua Fitness Classes	30	Move for 2	34
B		P	
Big Yogi, Little Yogi.	24	Parent/Child Swim Lessons	25
Birthday Party Rentals	36	Parents' Night Out	9, 37
Bitty Basketball	8	Personal Training	25
Bitty Futsal	8	Piano Lessons	9, 14, 20
C		S	
Child Watch/Kid Adventure	33	School Break Days	13
Coed Volleyball League.....	23	Swim Lessons	9, 12, 16, 17, 20
Community Events	37	T	
E		Total Body: Youth Strength	12
Early Outs with Y Pals	13	W	
F		Wellness Start-Up	26
Falcons Swim Team	11, 19	Y	
FLYERS Basketball League	11, 19	Y Art	14, 21
ForeverWell	28, 29	Y Clubs: Esports For All	14, 21
G		Y Pals After School Care	13
Girls on the Run	11	Y Teens: Esports For All	14, 21
Group Fitness Classes	24, 31	Y Tots Play	8
H		Yoga Privates	26
Healthy Kids U	12		
L			
Lifeguard Certification	21		
Little Lifts	34		



To discover everything the Bloomington–Normal YMCA has to offer, please visit our website at www.bnymca.org.

LITTLE LIFTS

Are you looking for some family-friendly fitness fun to enjoy with your kiddos? Join us on the Wellness Floor for our Little Lifts class, where kids can enjoy the fun of a group fitness environment AND the wellness benefits of strength training alongside their parents for 30 minutes of family fun!

Keep an eye out on our special events calendar for the next Little Lifts session! Visit www.bnymca.org/events



BIG YOGI. LITTLE YOGI.

Yoga for all ages is here at the Y! Families are welcome to join us for Big Yogi, Little Yogi, a family-focused yoga class that lets families bring their kiddos to enjoy a bit of light exercise together!

Keep an eye out on our special events calendar for the next Big Yogi. Little Yogi. session! Visit www.bnymca.org/events.

MOVE FOR 2

Move for 2 is a total body fitness class designed specifically for prenatal mothers! Each 45 minute class will consist of chair exercises, strength training and stretching through yoga poses. A variety of equipment including dumbbells, mats, and bands will be used. All fitness and experience levels are welcome!

Visit www.bnymca.org for updates on upcoming sessions.



VOLUNTEER AT THE Y



Across our community, parents, teens, and individuals who want to give back and support their neighbors volunteer at the Y.

Visit www.bnymca.org/volunteer





TRI & SUCCEED

AT THE BLOOMINGTON-NORMAL YMCA



KIDS TRIATHLON

MONDAY, FEBRUARY 17, 2025

Ages 5-13 | 10am - 12pm

Visit bnymca.org to learn more.



The Bloomington-Normal YMCA is thrilled to announce the merger of two impactful community events, Healthy Kids Day and the annual JJ Swims Water Safety initiative with the Bloomington-Normal Chapter of Jack & Jill Swims of America, Inc. This dynamic collaboration aims to promote health, wellness, and water safety for children and families in our community.

FREE TO THE PUBLIC

DATE: Saturday, April 26, 2025

TIME: 10:00am - 1:00pm



ABOUT THIS PARTNERSHIP

The annual JJ Swims Water Safety Event focuses on safety in and around water and why swim lessons are important for all youth, but specifically children of color. Children of color are 5.5 times more likely to experience a drowning event than white children. While the goal of this event is to reduce these statistics, the Bloomington-Normal chapter of Jack & Jill of America, Inc.