



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A PERFECT FIT FOR THE HOLIDAYS

Winter Mini Session, Special Events & Promotions
PAV YMCA

SESSION DATES

December 26th - January 6th
Registration: Nov. 26th

HOLIDAY HOURS

Christmas Eve: 5:45am-Noon
Christmas Day: Closed
New Year's Eve: 5:45am-Noon
New Year's Day: 10:00am-Noon
(members only)

SPECIAL EVENTS & PROMOTIONS



CHRISTMAS TREE LOT: OPENS NOVEMBER 23RD

This year, your Christmas tree can be more than a place to hang lights and ornaments. It can be a symbol of your commitment to make your community stronger. A tree from the Pav YMCA helps support our mission, programs, and services. We work everyday to make sure everyone has the opportunity to learn, grow, and thrive. And we could not do this without your support.

Our lot is located behind the Y and is open:

Tuesday, Thursday & Friday (5:00 - 8:00pm)
Saturday (10:00am-4:00pm) and Sunday (12:00 - 4:00pm)



UPCOMING FAMILY EVENTS **FREE!**

Flick & Float	12/7 & 1/4	7:00pm
Family Zumba	12/19 & 1/16	5:30-6:15pm
Family Craft Days	12/22 & 1/26	12:00-2:00pm

UPCOMING SENIOR EVENTS **FREE!**

Senior Market	12/6 & 12/20	12:30-2:00pm
Senior Haircuts	Dec. 11th	5:00-7:00pm
Senior Movie Day	Dec. 12th	11:45am
Senior Cafe Closed	12/24, 12/25, 12/31 & 1/2	

A PERFECT FIT FOR THE HOLIDAYS 2018 PAV YMCA GIFT PACKAGES

1. Jingle All the Way

Purchase a 3-month family membership for \$200 and receive two personal training sessions, a fleece throw blanket, and two 7-day guest passes. No joiner's fee if person extends their membership. Some restrictions apply. Gift must be used by 6/30/19.

2. Fit and Festive

Purchase a 3-month adult membership for \$125 and receive one personal training session, a fleece throw blanket, and two 7-day guest passes. No joiner's fee if person extends their membership. Some restrictions apply. Gift must be used by 6/30/19.

3. Winter Wonderland

Purchase a \$100 gift certificate and receive a stainless steel travel mug and two 7-day guest passes.

4. Polar Express

Purchase a \$50-\$99 gift certificate and receive two 7-day guest passes.

Please see our front desk for more details.

'TIS THE SEASON

Join us for a day filled with holiday cheer! Our tree lot will be decked out, ready for you and your family to enjoy games, crafts, photo ops and more! Hot chocolate and snacks will be provided for everyone!

Saturday, December 1st
11:00am-1:00pm

FREE FOR ALL!



PAV YMCA SENIOR LUNCH CAFÉ

The Pav YMCA is home to our area's senior lunch program, providing a hot, nutritious lunch Monday-Friday from 11:00am-1:00pm for adults age 60+. The Y provides much more than a meal, our program gives older adults vital camaraderie and socialization that reduces isolation and increases their ability to live independently. A donation of \$3.00 per meal is suggested.

Questions? Contact Trina Valencia at 708.749.0606 ext. 351 or Kathy ext. 340 for more information.

The Pav YMCA does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; The U.S. Civil Rights Acts; Section 504 of the Rehabilitation Act; The Age Discrimination Act; The Age Discrimination in Employment Act; and the U.S. and Illinois Constitution. If you feel you have been discriminated against you have the right to file a complaint with the Illinois Department on Aging. For information, call 1-800-252-8966 (Voice and TDD) or contact the AgeOptions Civil Rights Coordinator at (708) 383-0258.

Funds (in whole/part) for this publication were provided through an award from Age Options through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act.

HAT, MITTEN & SCARF DRIVE DECEMBER 3RD - JANUARY 4TH



You can help us spread warmth in our community this holiday season by bringing in new or gently used hats, mittens or scarfs for our friends and neighbors in need. Items needed for children and adults. Drop your donations off at the front desk or hang them on our tree.

YOUTH PROGRAMMING

WINTER CAMP

This Holiday Season...When School's Out, We're In! Each day will have special themed activities. Campers are encouraged to dress up as the day's theme.

Join us for one day or a whole week of fun! Our camp runs from 9am-4pm and is for ages 5-14. Before care (6:30-9am) and aftercare (4-6pm) will be available for no additional charge.

Please send your camper with a lunch and their swimming gear each day.

Registration must be paid in full. All payments are nontransferable & nonrefundable. No exceptions will be made! For more information, contact Sabina Garcia at ext. 321. -Se habla español

Early Bird Registration: \$25/\$30 per Y day
Early Bird Registration: \$30/\$35 per Field Trip day
Registration after Dec.19: \$30/\$35 per Y day
Registration after Dec.19: \$35/\$40 per Field Trip day

Friday, December 21st: Christmas Spirit Day
Dress up in your best Christmas Spirit gear!

Wednesday, December 26th: Mismatch Day
Dress up in wild colors, mismatched shoes, different colored socks or patterns!

Thursday, December 27th: Field Trip Day
We will spend the day exploring the **Field Museum!**

Friday, December 28th: Rainbow Day
Wear as many colors of the rainbow as possible!

Wednesday, January 2nd: Pajama Day!
Wear your most cozy pajamas to camp! Please leave your slippers at home and wear your regular shoes!

Thursday, January 3rd: Field Trip Day
We'll get our game on at **Hollywood Fun Park!**

Friday, January 4th: Disney Day
Dress up as your favorite Disney Character!

FAMILY FUN DAY

Come see all the Y has to offer you and your family! Join us for activities, group games, inflatables and more!

Saturday, Jan. 26th
10:00am-1:00pm

FREE FOR ALL!



AQUATICS

SAFETY AROUND WATER

Our Christmas gift to you this year is a **FREE** learn to swim program for all ages (adults welcome)! If you have never participated in a swim lesson at PAV YMCA you are eligible for this crash course in safety and swimming basics designed to give you the confidence to continue in group lessons.

Meets: 12/27, 12/28, 1/3 & 1/4 5:00-6:00pm

Cost: FREE

STROKES, STARTS, AND TURNS CLINIC

Is your swimmer looking for advanced instruction on competitive swimming? Open to swimmers on the swim team, looking to be ready to join, or those just aiming to gain more technical skill. This clinic will focus on essentials for competitive swimming of all 4 strokes from entry into the water to race finish.

Meets: 12/27, 12/28, 1/3 & 1/4 6:00-7:00pm

Cost: \$10/clinic or \$25/swimmer for all 4 clinics

DINNER WITH SANTA

WHEN:
Friday, Dec. 14th

TIME:
7:00pm

\$8/member

\$10/guest

Our annual dinner with Santa is a favorite family tradition. Enjoy a delicious pasta & pizza dinner while the jolly ol' elf himself meets each child for a photo & delivers a special present to those under 10.

For more information please contact Sabina Garcia at sgarcia@pavymca.org or 708.749.0606 ext. 321

Space is limited. Register by 12/12.

HEALTHY LIVING

WE WISH YOU A MERRY FITNESS!

This holiday season enjoy some of your favorite classic classes at a special holiday rate! Each of the listed classes will be **\$5** and run from **Wednesday, December 26th - Sunday, January 6th.**

*Minimum of 4 participants/class required to run.

Please contact the Health and Wellness Department at ext. 320 with any questions.

BELLY DANCING

An introduction to the world's oldest dance offering the basic repertoire of American Tribal style steps. Improve posture, flexibility, and confidence. No dance experience required.

Sat: 12:15-1:00pm

BODY BOOT CAMP

Strength, Resistance, and Interval Training are all used to keep your muscles guessing through this workout. Bring on the sweat as you shape it up!

Wed: 9:15-10:00am **Sat:** 7:45-8:30am
6:15-7:00pm

INDOOR CYCLING

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Class size is limited.

Wed: 6:00-6:45am **Sun:** 9:00-9:45am
Thur: 7:00-7:45pm

ULTIMATE SHAPE UP

Strengthen and tone all major muscle groups using the best weight room exercises. Lose the fat and gain the muscle!

Wed: 6:15-7:00pm **Sat:** 8:30-9:15am

LIGHT YOGA

Focus on breathing, meditation, relaxation, strengthening and improving flexibility in this lighter version of yoga. Instruction on beginning positions and movements is included.

Thur: 11:00am-12:00pm

PICK UP THE P.A.C.E.

P.A.C.E. stands for People with Arthritis Can Exercise. This adaptation of the Arthritis Foundation's low-impact, land-based class is designed to improve muscle strength and endurance, joint motion and posture and to learn correct body mechanics.

Thur: 10:00-10:45am

SILVER SHAKE & TWIST

Carry on dancing! This class keeps you moving for 45 minutes of low-impact dancing to your favorite songs.

Thur: 9:30-10:15am

SILVERSNEAKERS CLASSIC

Have fun and move through a variety of exercises designed to increase muscular strength, range of motion, and improve abilities for daily living and relaxation, all within a safe and positive environment. A chair is used for seated and/or standing support.

Wed: 7:15-8:00am **Fri:** 8:15-9:00am
8:15-9:00am
9:15-10:00am

SILVERSNEAKERS YOGA

Improve your flexibility, movement, balance and relaxation. A chair is used for seated and/or standing support.

Wed: 10:00-11:00am **Fri:** 9:15-10:00am

SILVERSNEAKERS CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with lower-impact aerobics choreography. A chair is available for seated and/or standing support.

Thur: 9:15-10:00am

BOOM- MOVE AND MUSCLE

BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts.

Thur: 8:05-9:05am

LATIN PARTNER DANCE- NEW!

Learn the contemporary Latin dances merengue, salsa, cha cha, bachata, and rumba in preparation for social dancing or dancing at a special event. A partner is not required to take the class since partners will rotate. Please bring either dance shoes, leather soled shoes, or socks for the class.

Sat: 9:30-10:15am

RED CROSS LIFEGUARDING AND LIFEGUARDING REVIEW CLASS

Receive or renew your lifeguarding certification over winter break! Prerequisites apply and must be completed successfully to enroll. Certification not guaranteed as scores must be passing to receive certification. Passing scores will result in certification valid for all of the following: Lifeguarding, First Aid, CPR, and AED.

Meets: 12/27, 12/28, 1/3, 1/4 12:00-5:00pm*
*less time if review

Cost: \$150/\$225

Contact our Aquatics Director, Paige Zick, at pzick@pavymca.org or ext. 323