



NEW MASK RULES

MASKS OPTIONAL

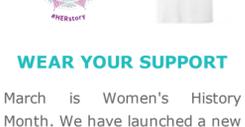
With the mask mandate being lifted on February 28 in Illinois, masks are now optional for staff and members at the Y throughout the facility - this includes in Kids' Care.



NO MORE POOL RESERVATIONS

POOL RESERVATIONS

Wednesday, March 2, will be the last day of pool reservations for: lap swim, water walking, and individual water exercise. A new schedule will be available on Thursday, March 3. The schedule will be visible online and on our app. Aqua Fitness classes will still have reservations required.



WEAR YOUR SUPPORT

March is Women's History Month. We have launched a new shirt design to celebrate. You can order a shirt or tank in adult sizes on our online store. Click the image to go to the site. We also have a youth t-shirt for those little women in our lives!



SHARE #HERSTORY

We want to lift up the women in our lives who have paved the way for generations to follow. This could be your mom, grandmother, daughter, friend, co-worker or any woman who has made a mark on your life. These women are part of our history and we want you to share #HERstory with us. We will display these stories in our branches during the month of March. Pick-up a sheet to fill out at our branches or [click here to download it now.](#)



NEW STANDING SKI ERGS

Check out this video! We have new Concept 2 Ski Ergs at the SAY and NEB branches. Originally designed as a training tool for cross country skiers, the Concept2 SkiErg® has been embraced by the fitness community for its ability to work legs, core and arms in a smooth, continuous motion. Great for all athletes at all levels—you don't have to be a skier to reap the benefits of the SkiErg's total body exercise.



DANIEL PLAN

The Daniel Plan is far more than a diet. It is a lifestyle program based on biblical principles and five essential components: Food, Fitness, Focus, Faith, and Friends. A new session is starting soon. Click to learn more and register.



JOHN MCGOVERN'S MAIN STREETS FEATURES ROWING

The full episode highlighting Rockford is now available online. This episode explores so many wonderful asset of our community - including the YMCA Rowing Crew and Head of the Rock Regatta. Click the image to check it out!



LIFEGUARD CLASS

Have you ever wanted to be a lifeguard? Here is your chance to get certified! Course provides 2 year YMCA Lifeguard certification as well as certification in Basic Life Support, Basic First Aid, and use of Emergency Oxygen. Must be 16 by the last day of class to register.



LIVESTRONG AT THE Y

LIVESTRONG at the YMCA assists those who are living with, through, or beyond cancer to regain strength and connect with other cancer survivors. Participants see improved fitness and quality of life, as well as significant decreases in cancer-related fatigue.



HEALTHY KIDS HEALTHY FAMILIES

We are excited to be able to bring back our Healthy Kids Healthy Families program, launching in March. This 12-week program is designed for children carrying excess weight who, along with their families, will learn how to incorporate healthy habits around nutrition and movement. Click to learn more.



SPRING BREAK CAMP

When school's out, camp is in! Camp is offered at Camp Winnebago, SwedishAmerican Riverfront YMCA and Northeast Family YMCA. Click to check dates. Financial assistance is available.



SUMMER CAMP

Help your child discover their best self this summer. Summer Camp registration is open. Click the image to get started.



SCHOLARSHIP OPPORTUNITIES

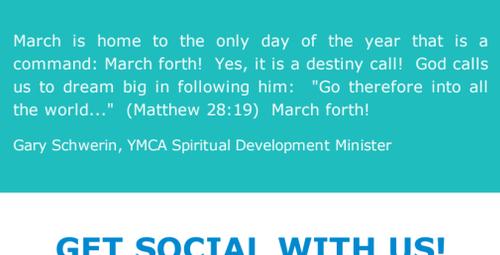
Scholarship Time! We are awarding a \$1,000 college scholarship to a teen between the ages of 16-19 in partnership with our sponsor Field. Click here to apply: www.rockriverymca.org/teenaward

Additionally, Judson University is offering a 2-year, fully-funded scholarship in the adult professional program located at their Rockford campus within the SwedishAmerican Riverfront YMCA. Deadlines are fast-approaching in March. Click here to apply: www.rockriverymca.org/Judsonscholarship



SPRING YOUR CAREER FORWARD

Earning your first (or next) degree from Judson can have a significant positive impact on your salary and job title. See Tonya on the 3rd floor to learn why and to sign up for March, April, or May classes. Plus, she has more info about perks for YMCA members.

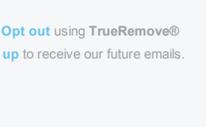


SPRIT, MIND AND BODY YMCA SPIRITUAL DEVELOPMENT

March is home to the only day of the year that is a command: March forth! Yes, it is a destiny call! God calls us to dream big in following him: "Go therefore into all the world..." (Matthew 28:19) March forth!

Gary Schwerin, YMCA Spiritual Development Minister

GET SOCIAL WITH US!



www.rockriverymca.org

FITNESS



TURN UP MASTER CLASS

Come dance it out with us at a Turn Up Master Class with Tanci, the CEO of Turn Up. Click to learn more.



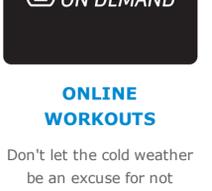
OPEN CLIMB

Fun for all ages and skill levels! Our climbing wall is open Tuesdays and Thursdays 4-7pm and Saturdays 9am-4pm.



HIKE AT CAMP

Signs of Spring are showing up all around Camp Winnebago! Come out for a guided tour or open hike on your own on March 19 from 12-4pm. We'll have a scavenger hunt for prizes. Free and open to the community. Click to learn more.



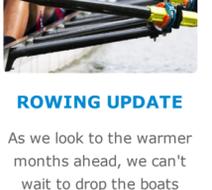
ONLINE WORKOUTS

Don't let the cold weather be an excuse for not exercising. As a Y member, you have access to our virtual platform, 815 YMCA On Demand. Simply login with your keycard number and let our instructors take you through workouts at home.



PERSONAL TRAINING

Schedule a one-time personal training session for just \$20 and see if you like how it fits! You'll be able to meet with a trainer, learn what personal training has to offer and how it can help you reach your goals.



ROWING UPDATE

As we look to the warmer months ahead, we can't wait to drop the boats back in the water. Mark your calendar for a Rowing Open House on April 2nd. More details to come soon!

YOUTH



SWIM LESSONS

Join us for our Spring 1 session the week of March 7! Spring 1 will be a 6-week session. Lesson times have increased to 40 minutes for all lessons except parent-child classes.



KIDS' NIGHT OUT

BOOK A SPOT!



MARCH KIDS' CARE CALENDAR



EASTER EGG HUNT

Mark your calendars for an Easter egg hunt at Camp Winnebago on April 9th. More details coming soon!



BOUNCE HOUSE

Bring your family by to bounce the night away! Now on Wednesdays and Fridays 4-8pm and Saturdays 10 am-5pm, our bounce houses are available for family use. Kids must have a parent present to bounce.



KARATE IS BACK

Okinawan Shorin-Ryu Shorinkan Karate lessons are back for adults and youth ages 10 and up taught by a 5th degree black belt. This style of Karate is open hand learning and self defense in the form of avoiding or escaping an attack.

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