the Y

Y NEWS NOW
MEMBER NEWSLETTER

SAY FLOODING UPDATE

The SwedishAmerican Riverfront YMCA had a pipe burst Saturday night in the women's locker room. The water damage impacted much of the first and second floors where the locker rooms, Kids' Care, OrthoIllinois and Subway restaurant are located. We brought in a professional crew to clean-up the facility and assess damage. We will reopen the branch on Wednesday, November 3rd, but there are some changes in operations to note. Our elevator is currently out of order. **Please click the image to read the full announcement with details on specific areas, including the accessible entrance.**

KIDS' CARE IS OPEN AT PURI

Kids' Care is open again at the Puri Family YMCA! We appreciate how patient our members have been during the past 18 months. We can't wait to see your kiddos back at this facility. The hours are noted below and be sure to check out the Kids' Care calendar for all the fun activities happening at all three locations.

Puri Family YMCA Kids' Care Hours

Monday - Saturday 8-11:30 a.m.
Monday - Thursday 4-7 p.m.
Sunday - Closed

RAKE & RUN

Come join us on Saturday, November 6th for the annual Rake 'n Run! Join us for a day of service to our community! We'll meet at the Puri Family YMCA and travel around Cherry Valley/Rockford to help fellow community members rake their leaves and share some love.Volunteers are encouraged to bring their own gloves, and rakes. We will have some available for use. Click the image above to register.

ANGEL TREE

The Y has partnered with Children's Home and Aid this holiday season. Stop by one of our 3 lobbies and grab a tag off our tree for a child in need. Tags can be picked up the week of November 8th and gifts need to be returned no later than December 1st. First come, first served.

CHRISTMAS TREE SALE

The annual Retired Men's Club Tree Sale will be back this year. The sale takes place at the Highcrest Shopping Center and starts November 20. Proceeds benefit the RMC and the YMCA Annual Campaign.

SWIM LESSONS

Swim lessons continue for the fall with our Fall 2 once-weekly session starting this week, and our next round of twice weekly lessons starting the week of 11/15! There is still time to register. We are adding classes all the time, and we notably just added new Preschool A and B options for our parent-child lessons.

LIFEGUARD CLASS

Planning to be a lifeguard over the summer? Get a headstart by getting certified over winter break! Our training process provides a 2-year YMCA Lifeguard certification as well as certification in Basic Life Support (1yr), Basic First Aid (2yr), and Emergency Oxygen (2yr). The class is open to members and non-members, and costs $235.

YOUR TIME FOR TAE KWON DO

Take lessons to fit your schedule! We are now offering private Tae Kwon Do lessons with our black belt instructor. Click to learn more!

PODCAST SEASON 2

Season 2 of Let's Be GR8S is now streaming! We have some amazing guests this season tackling topics that we all want to know about. Click the link above to listen or find us on Spotify or Apple Podcasts.

WE'RE THANKFUL FOR OUR STUDENTS

There are many ways we show our gratitude for our students at Judson University, including a 5% tuition discount and free, safe child care during class for YMCA members. See Tonya on the 3rd floor to learn how you can start your associate or bachelor's degree this month!

SPIRIT, MIND AND BODY
YMCA SPIRITUAL DEVELOPMENT

It may be NOvember, but God's word and his promises are always YES! Seek him, find him, rejoice!

Gary Schwerin, YMCA Spiritual Development Minister

GET SOCIAL WITH US!

UPDATES

HOLIDAY HOURS

Thanksgiving is Thursday, November 25. We will be open.

Branch Hours: 5am to Noon

Group Ex: Limited classes at SAY and NEB. Check schedules.

Kids' Care: 8:30-11:30am

Children's Learning Center Closed Thursday and Friday.

NOW HIRING

Imagine going to work knowing you are positively impacting the lives of those around you every day. Working at the Y, you'll discover more than a job! Click the image to learn more about open positions and to apply online today!

YOUTH

KIDS' NIGHT OUT

We are excited for the return of Kids' Night Out soon! Stay tuned for details and a special family newsletter!

NOVEMBER KIDS' CARE CALENDAR

Our Kids' Care team has laid out a fun month.. Click the image to check out the calendar of activities. You can view it online or print it to hang up at home.

WINTER BREAK CAMP

When School's Out Camp is in! Join us for a fun-filled week of Camp during winter break weeks. Activities will include active games, swimming, arts & crafts, STEM, and more! Click the picture above to register and secure your spot today! For information on financial assistance, please fill out this FORM.

ELVES WORKSHOP

Kiddos will love spending a Saturday at Camp Winnebago for our Elves Workshop, while you spend the afternoon relaxing or shopping! Workshop includes making and wrapping a gift for their grown-ups as well as other fun holiday activities & games. Click to learn more and register.

TEEN REACH

Calling all teens! Teen REACH is FREE program for youth after school this fall. Hang out with friends in a safe and fun environment while improving academics and life skills. Open to ages 6-17. Click to learn more and register.

FITNESS

BURN THE BIRD

Did you know that the average Thanksgiving meal can have up to 4,500 calories? Aim to burn an average of 180 daily calories between November 1 & 25 and be ready to dig in on Thanksgiving! This challenge is offered on the YMCA of Rock River Valley app. Download it free in your app store.

TRY A TRI!

The long, cold winter months are ahead of us, but we've got something fun and exciting to look forward to in February! The Y is hosting an indoor triathlon. 10-min swim, 30-min bike and 20-min run/walk. Not sure you're ready to take on a tri? We'll be offering a swimming training program to get you ready prior to race day. Look for more info coming soon and get ready to Try a Tri with the Y!

www.rockriverymca.org

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