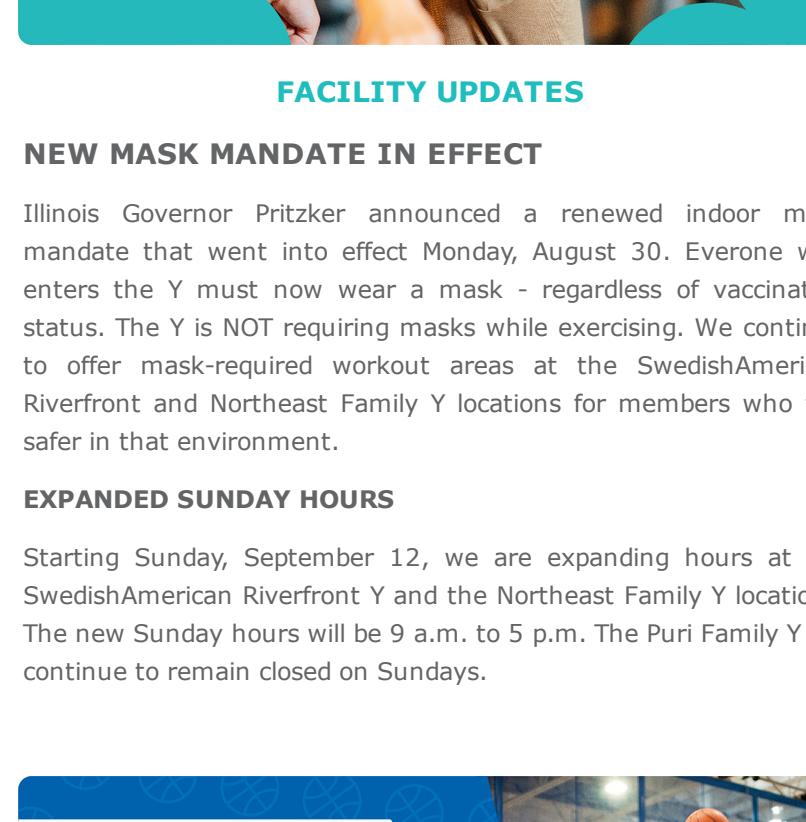




Y NEWS NOW MEMBER NEWSLETTER



FACILITY UPDATES

NEW MASK MANDATE IN EFFECT

Illinois Governor Pritzker announced a renewed indoor mask mandate that went into effect Monday, August 30. Everyone who enters the Y must now wear a mask - regardless of vaccination status. The Y is NOT requiring masks while exercising. We continue to offer mask-required workout areas at the SwedishAmerican Riverfront and Northeast Family Y locations for members who feel safer in that environment.

EXPANDED SUNDAY HOURS

Starting Sunday, September 12, we are expanding hours at the SwedishAmerican Riverfront Y and the Northeast Family Y locations. The new Sunday hours will be 9 a.m. to 5 p.m. The Puri Family Y will continue to remain closed on Sundays.



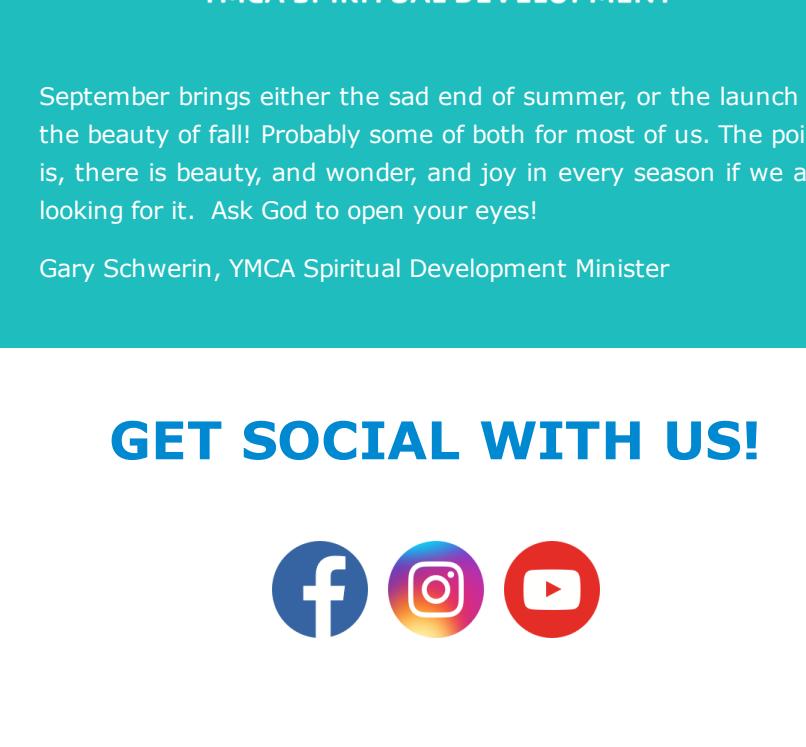
JR. NBA IS COMING BACK!

We are excited to get youth back on the court in league action! Jr. NBA is coming back! Players will have one practice a week at one of our branches and one game each Saturday morning at UW Sports Factory. ****COACHES NEEDED**** We promote playing time for all of our basketball participants. All of our participants will receive a replica NBA uniform, award, certificate, and have two in-house tournaments. Register today - the league starts in October!



THE DANIEL PLAN

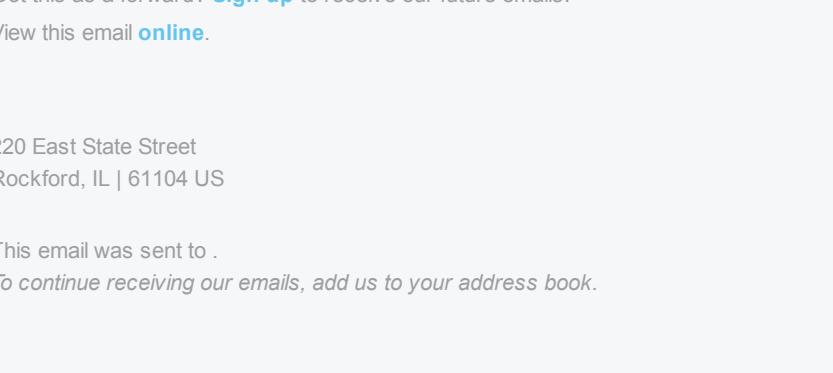
The Daniel Plan is far more than a diet. It is a lifestyle program based on biblical principles and five essential components: Food, Fitness, Focus, Faith, and Friends. This popular program returns to the YMCA in September. Click to learn more and register.



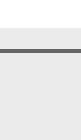
UNDERWATER HOCKEY FAMILY ADVENTURE CAMP

It's hockey, but underwater! Around the world Underwater Hockey is also known as Octopush. Try out this fun sport on Sundays from 2:45-3:30 in lanes 3-6 of the South (Cold) Pool at the SwedishAmerican Riverfront Y. We are seeking new players - 18 and over.

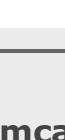
We are excited to host a family adventure camp weekend at Camp Winnebago! We'll have climbing, hiking, archery and more fun adventures! Mark your calendars for September 25-26. We'll share more exciting details soon, along with how to secure your family's campsite!



SPIRIT, MIND AND BODY YMCA SPIRITUAL DEVELOPMENT



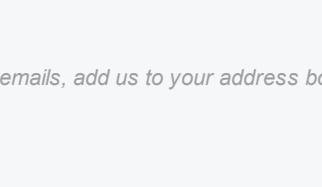
SPIRIT, MIND AND BODY YMCA SPIRITUAL DEVELOPMENT



September brings either the sad end of summer, or the launch of the beauty of fall! Probably some of both for most of us. The point is, there is beauty, and wonder, and joy in every season if we are looking for it. Ask God to open your eyes!

Gary Schwerin, YMCA Spiritual Development Minister

GET SOCIAL WITH US!



www.rockrivervymca.org

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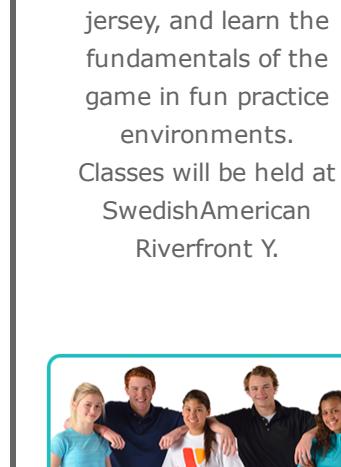
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YOUTH



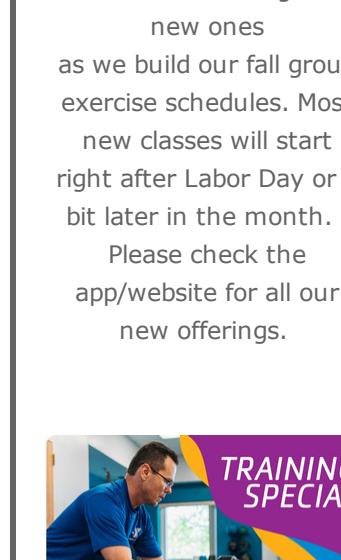
LITTLE HOOPERS

Jr NBA Little Hoopers for ages 3 & 4 is designed to give youth self-confidence and increased activity levels. Players receive an official reversible Jr. NBA jersey, and learn the fundamentals of the game in fun practice environments. Classes will be held at SwedishAmerican Riverfront Y.



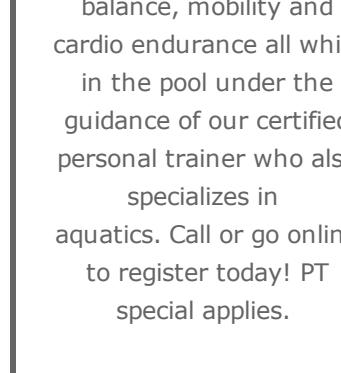
TEEN REACH

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.



STILL TIME TO REGISTER FOR THIS YEAR!

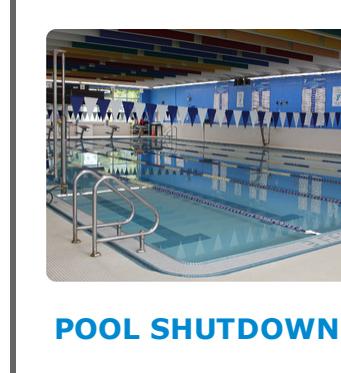
Excel after the Bell! The Kids' Time before & after school program takes place in 20 schools across the Rockford, Harlem, and Winnebago school districts. As students head back to school, there are still spots available!



SEPTEMBER KIDS' CARE CALENDAR

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

FITNESS

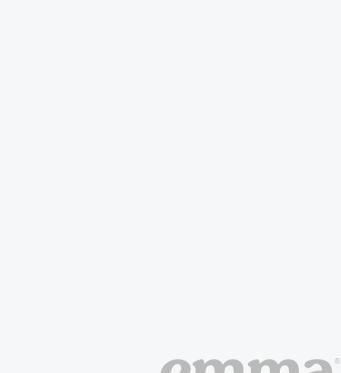


NEW CLASSES!

We are so excited to be bringing back some old favorites and adding some new ones

as we build our fall group exercise schedules. Most new classes will start right after Labor Day or a bit later in the month.

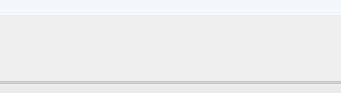
Please check the app/website for all our new offerings.



PT SPECIAL

It's back to school and back to fitness with our 3 for \$109 personal training special.

Our best pricing on personal training is back but just for a few days so take advantage of this special offer now and let one of our trainers help you get an A+ in fitness!



PT IN THE WATER!

We now offer aqua personal training. Work on improving strength, balance, mobility and cardio endurance all while in the pool under the guidance of our certified personal trainer who also specializes in aquatics. Call or go online to register today! PT special applies.

UPDATES

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!

POOL SHUTDOWNS

Our annual pool cleaning continues. The NEB pool will reopen on 9/5. The SAY North Pool will be closed starting 9/5 and tentatively reopens 9/19.

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