



For a better us.®

FIND YOUR PASSION. FIND YOUR Y.

At the Y, you'll find more than just a place to work out. With opportunities to connect with neighbors and give back to your community, you'll discover a greater sense of purpose, too.



GREATER JOLIET AREA YMCA
2022 Welcome Guide



THERE'S A Y IN EVERY COMMUNITY 2022 SESSION CALENDAR

WINTER SESSION 1

January 3–February 6

Registration Begins:
Facility Members Saturday, December 4
Open Registration Saturday, December 11

WINTER SESSION 2

February 7–March 13

Registration Begins:
Facility Members Saturday, December 4
Open Registration Saturday, January 22

SPRING SESSION 1

March 14–April 24

Registration Begins:
Facility Members Saturday, February 12
Open Registration Saturday, February 26

SPRING SESSION 2

April 25–May 29

Registration Begins:
Facility Members Saturday, February 12
Open Registration Saturday, April 9

SUMMER SESSION 1

June 6–July 10

Registration Begins:
Facility Members Saturday, April 30
Open Registration Saturday, May 21

SUMMER SESSION 2

July 11–August 14

Registration Begins:
Facility Members Saturday, April 30
Open Registration Saturday, June 25

FALL SESSION 1

August 29–October 2

Registration Begins:
Facility Members Saturday, July 30
Open Registration Saturday, August 13

FALL SESSION 2

October 3–November 6

Registration Begins:
Registration Begins:
Open Registration Saturday, September 17

FALL SESSION 3

November 7–December 18

Registration Begins:
Facility Members Saturday, July 30
Open Registration Saturday, October 22

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27*	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7*	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Summer Camp Registration Begins March 5 (all members)
Modified class schedule the week of March 28

APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18*	19	20	21	22	23
24	25	26	27	28	29	30

Kid Zone Registration Begins April 9 (all members)

MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31*				

Modified class schedule the week of Memorial Day

JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Modified class schedule the week of Memorial Day

JULY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5*	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22*	23	24	25	27	27
28	29	30	31			

Summer Spruce Up will begin August 14 and end August 28

SEPTEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Modified class schedule the week of Labor Day

OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31*					

NOVEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Modified class schedule the week of Thanksgiving

DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Modified class schedule during Christmas Break

KEY: ■ Session Begins □ Session Ends ■ Holiday Closings ■ Holiday Hours (Open until 1 p.m.) ★ Aquatics Early Bird Discount Ends

STRONG COMMUNITIES START HERE

When you join the Y, you're not just a member of a facility; you are part of a cause. With a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, membership at the Y gives you and your family the opportunity to learn, grow, and thrive.

JOIN ONE, AND HAVE ACCESS TO ALL

Your membership provides benefits at the following locations:

C.W. AVERY FAMILY YMCA

15120 Wallin Drive | Plainfield, IL 60544 | Phone: (815) 267-8600 | Fax: (815) 267-8601

AMENITIES

- Indoor Waterpark
- Eight-Lane Pool
- Gymnasium
- Indoor Running Track
- Wellness Center & Weight Room
- Group Cycling Room
- Activity Center
- Supervised Playroom
- Multi-Purpose Rooms
- Aerobics and Dance Studios
- Softball Field
- Soccer Field
- Outdoor Track

HOURS:	YEAR ROUND	
	MON-FRI	5 a.m.–10 p.m.
	SAT	6 a.m.–6 p.m.
	SUN	7 a.m.–4 p.m.

GALOWICH FAMILY YMCA

749 Houbolt Road | Joliet, IL 60431 | Phone: (815) 744-3939 | Fax: (815) 729-9628

AMENITIES

- Six-Lane Pool
- Gymnasium
- Wellness Center & Weight Room
- Healthy Living Corridor
- Outdoor Track
- Softball Fields
- Fitness Studio
- Supervised Playroom

HOURS:	YEAR ROUND	
	MON-FRI	5 a.m.–8 p.m.
	SAT	7 a.m.–3 p.m.
	SUN	Closed

MORRIS COMMUNITY YMCA

320 Wauponsee Street | Morris, IL 60450 | Phone: (815) 513-8080 | Fax: (815) 941-2092

AMENITIES

- Wellness Center and Weight Room
- Aerobics Studio
- Multi-Purpose Room
- Supervised Playroom
- Community Space
- Locker Rooms

HOURS:	YEAR ROUND	
	MON-FRI	5 a.m.–9 p.m.
	SAT	5 a.m.–8 p.m.
	SUN	7 a.m.–3 p.m.

In partnership with
MORRIS HOSPITAL
HEALTHCARE CENTERS



» A PLACE WHERE YOU BELONG

At the YMCA, you belong to a place where parents find a safe, positive environment for children to learn good values, social skills and behaviors; families come together to have fun and spend quality time with each other; children and teens play, learn who they are, and what they can achieve, and are accepted; and adults connect with friends, pursue interests, and learn how to live healthier. But most importantly, you'll find a place where you belong.

WHERE GREAT THINGS HAPPEN EVERY DAY

The Greater Joliet Area YMCA offers several membership categories to meet the needs of the communities we serve.

MEMBERSHIP TYPES

FAMILY

- Family Plus
- Family
- One Adult Family



ADULT

- Two Adult
- Adult (26+)



YOUTH

- Young Adult (19-25 years old)
- Youth (0-18 years old)



PROVIDING OPPORTUNITIES FOR ALL

At the Y, no one is turned away due to the inability to pay. To learn more about the Y's financial assistance program, please visit www.jolietymca.org.

YMCA FACILITY MEMBER BENEFITS

A member's home branch designation and subsequent monthly membership rate will be determined by which branch the member uses most frequently.

- Unlimited use of the Greater Joliet Area YMCA's three YMCA locations, all equipped with free Wi-Fi.
- Access to two indoor pools and our family aquatic center, all fully programmed with activities for the entire family, including family swim time, swim lessons, aquatic fitness programs and lap lane access.
- Access to three wellness centers, all equipped with state-of-the-art cardio and strength equipment.
- Free fitness orientations and access to free group exercise classes seven days a week. (Programs vary by location.)
- Priority registration on all programs, including summer day camps, swim lessons and youth sports leagues.
- Lower rates and significant cost-savings on YMCA programs.
- Access to the YMCA On the Go App.
- Limited guest privileges for friends and family.
- Quality child care while you exercise. (Family Memberships)
- Access to more than 2,700 YMCAs nationwide, at no extra charge, through our Nationwide Membership program. Simply present your active YMCA membership card and photo ID at the Y you are visiting and enjoy free access. Some restrictions may apply, so be sure to contact the Y you are visiting for details.
- Opportunity to participate in employer fitness reimbursement programs. To learn more, please contact your employer.
- No long-term contracts to sign, with a variety of payment options to choose from, including monthly, semi-annual and annual bank drafts, or credit/debit card payments.

Programs and amenities vary by location.

Membership Fees

Membership fees are payable through a monthly electronic withdrawal from a valid checking account, debit card, or credit card on the 15th or 28th of each month. Those who prefer to pay their membership fees semi-annually or annually may do so by cash, check, or debit/credit card. Membership fees are nonrefundable. Membership monthly payments are ongoing until cancelled in writing by the primary member, no less than 10 days prior to the scheduled payment date.

Member Code of Conduct

In support of our Christian character values of caring, honesty, respect and responsibility, all members are expected to behave appropriately while using YMCA facilities and abide by the Member Code of Conduct and Discipline Policy. Those who choose to act inappropriately, as defined by YMCA staff, may be asked to leave the building. Repeat offenses may lead to a membership suspension or revocation of all privileges.

ALL TOGETHER BETTER

Share the Y experience with your friends and family.

If you refer a friend to the Y, he or she will receive a free gift and you will receive a free month's membership.

To learn more, stop by the Membership Desk during your next visit. Some restrictions may apply.



» WHAT YOU CAN DO AT THE Y

A Place For Everyone



If I am A baby I CAN...

- Enroll in parent/child swim classes
- Take parent & tot classes with an adult
- Swim with mom, dad, or an adult guardian in the pool
- Enjoy playtime and engagement activities in Kids Corner
- Have my birthday party at the Y
- Attend a community event with my family

If I am 2-5 yrs. old I CAN...

- Take a dance, tumbling, basketball, or enrichment class
- Enroll in swim lessons
- Swim with mom, dad, or an adult guardian in the pool
- Play sports at the Y
- Meet new friends at Parents' Night Out
- Enjoy playtime and engagement activities in Kids Corner
- Have a Y birthday party celebration
- Attend a community event with my family

If I am 6-12 yrs. old I CAN...

- Attend the Y's before and after school program
- Enroll in swim lessons
- Enroll in summer day camp
- Participate in summer sports and specialty camps
- Swim with mom, dad, or an adult guardian in the pool
- Take a dance, gymnastics, sports, or enrichment class
- Join the JETS Swim Team
- Join the Thrive Dance Team
- Celebrate my birthday at the Y
- Play on a youth sports team
- Take a private sports lesson
- Complete my first mini triathlon
- Hang out with friends in the Activity Center
- Meet new friends at Parents' Night Out
- Attend a community event with my family

If I am a teen I CAN...

- Work out in the wellness center without a parent
- Participate in group exercise classes
- Play sports at the Y
- Enroll in swim lessons
- Participate in college readiness programs
- Go on a college tour
- Join the JETS Swim Team
- Join the Thrive Dance Team
- Work at the Y
- Enjoy swimming in the pool with friends
- Become a Y volunteer to earn service hours
- Enjoy the FREE WiFi throughout the building

If I am an adult I CAN...

- Participate in a group exercise or water fitness class
- Work out with a personal trainer
- Join a walking or running club
- Take a swim lesson
- Workout in the Wellness Center
- Swim in the pool
- Volunteer on a committee, the Y Board, or help with fundraising
- Compete in my first mini triathlon
- Take a dance class
- Form a team and participate in an adult sports league or tournament
- Perfect my jump shot during open gym
- Participate in a fitness challenge
- Volunteer to coach a youth sports team
- Attend a lecture or wellness seminar
- Work at the Y
- Attend a community event
- Enjoy the FREE WiFi throughout the building
- Bring a guest for a FREE visit to the Y

If I am an active older adult I CAN...

- Enroll in a water fitness class
- Participate in a group exercise class
- Work out with a personal trainer
- Join a walking or running club
- Take a swim lesson
- Workout in the Wellness Center
- Swim in the pool
- Receive support through a medical wellness program
- Join a social club, like Fab 50
- Volunteer on a committee, the Y Board, or help with fundraising
- Volunteer in a YMCA program
- Attend a lecture or wellness seminar
- Attend a community event
- Enjoy the FREE WiFi throughout the building
- Bring a guest for a FREE visit to the Y

My family CAN...

- Swim in the pool
- Play a game of HORSE in the gym
- Attend family game night
- Compete in their first mini triathlon as a family
- Host a birthday party for family and friends
- Volunteer as a family at the Y or a special event
- Attend a community event



Programs vary by location.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

WHERE KIDS THRIVE

We believe the values and skills learned early on are vital building blocks for life. Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

EARLY CHILDHOOD PROGRAMS

Pint-Size Pupils Half-Day

Preschool Program

Offered at the C.W. Avery Family YMCA

Designed for preschool and kindergarten-aged children, the Y's Pint-Size Pupils Program will help your young learner develop to his or her fullest potential. Projects and lessons explore colors, shapes, alphabet, and numbers. Classes are small in size and incorporate bright colors, music, and interactive games to help our youngest members develop their socialization skills and academic concepts.

Our Pint-Size Pupils Program follows the Plainfield District 202 school calendar.

SCHOOL-AGE PROGRAMS

Summer Camp

At the Y, we provide safe, affordable, and fun camps for youth and teens in grades K-8. YMCA Summer Camps offer kids a chance to have fun while building a healthy spirit, mind, and body. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories.

YMCA summer camps are offered at a variety of locations throughout Will and Grundy Counties. DHS funds are accepted and financial assistance is also available.

- Day Camp
- Preschool Camp
- Specialty Camps
- Sports Camps

Registration for 2022 summer camp programs will begin on Saturday, March 5.

AMAZING LEARNING EXPERIENCES

The summer day camp environment provides a unique opportunity for teens to build leadership skills by gaining hands-on experience assisting our fantastic team of camp counselors with our summer campers. To learn more about the Y's Counselor in Training and Summer Camp Volunteer programs, please contact the Camp Director at your local YMCA branch.



FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

KID ZONE BEFORE AND AFTER SCHOOL YOUTH ENRICHMENT PROGRAM

We know that learning doesn't end when the school bell rings. The way children spend time before and after school can make a big difference in their personal development and a family's life balance.

To support area families, the Y partners with nearly a dozen local school districts to provide onsite before and after school care for elementary students during the academic school year. The Y's Kid Zone program runs Monday through Friday and coordinates with each school district's schedule. Students can also attend Day Out of School* programming at the YMCA on Institute Days and over holiday breaks.

DHS funds are accepted and financial assistance is also available.

*Programs vary by location.

TEEN PROGRAMS

Teen REACH

The Greater Joliet Area YMCA partners with Joliet Public Schools District 86 to offer a free after school program for students at the district's four junior high schools. Daily programming incorporates the YMCA's core values of caring, honesty, respect, and responsibility, and includes a resource-rich curriculum that provides students with academic support, life skills education, recreational opportunities, mentorship, STEM, and service learning activities.

In partnership with Joliet Public Schools District 86



Teen REACH is made possible thanks to a Department of Human Services grant from the State of Illinois.

LOVE WHERE YOU WORK



The Y is always looking to add talented, qualified, and positive part-time employees to our YMCA family. The Y is perfect for teens who are looking to enter the workforce for the very first time. All employees receive a FREE Y membership and enjoy a 25 percent discount on Y programs.

Teen Achievers

Teen Achievers provides area high school students with the guidance and support they need to discover their identities, embrace their passions, and become their best selves. Students learn to manage their stress, time, and emotions, and learn about the importance of making confident and wise decisions during their high school years. Through weekly conversations, informative guest speakers, and college visits, students learn about life after high school and receive the encouragement to, not just complete twelfth grade, but to be truly prepared for whatever comes next.

The Greater Joliet Area YMCA'S Teen Achievers program is currently offered onsite at the following area high schools:

- Joliet Central High School
- Joliet West High School
- Minooka Community High School
- Morris Community High School
- Plainfield Central High School
- Plainfield East High School
- Plainfield South High School



YOUTH AND FAMILY PROGRAMS

Kids Corner Supervised Playroom

Healthy parents are happy parents. Each of our YMCA locations offers free drop-in child care for up to two hours (per day, per child) while you make time for yourself to get fit. There is no need to call ahead. Parents must remain in the Y while their children are in our supervised playrooms.



For Kids Corner schedules, please stop by the Membership Desk or visit www.jolietymca.org.

Family Nights

Family nights are a great opportunity for families to spend quality time with each other, while also getting to know other Y members.



Kids Night Out

Each month, we invite kids, ages 4-12, to spend a Friday night at the Y, where they can play games and sports, watch movies, do crafts, and hang out with their favorite YMCA counselors. Advance registration is required.



Youth Sports Programs and Leagues

When kids play sports, they do more than just exercise. Besides being physically active, they develop higher self-esteem, perform better in school, and work better in groups. The Y's Youth Sports program teaches kids, ages 2-17, the fundamentals of the game while emphasizing the importance of teamwork. Above all, kids who participate in YMCA youth sports have a lot of fun.

- Youth Sports Leagues- Basketball, Soccer, Baseball, and Flag Football
- Summer Sports Camps
- Adaptive Sports Camps and Classes
- Classes, Private Lessons, and Specialized Training Opportunities

Programs vary by location.

IGNITE YOUR PASSION

At the Y, we are blessed with a supportive community of volunteers who donate their time and talents to coach in our youth sports leagues. All YMCA volunteers must complete background and reference checks before volunteering in Y programs. Make a difference in a child's life by signing up to volunteer as a coach in our youth sports leagues today!



YOUTH DANCE PROGRAMS

THRIVE Dance Team

Offered at the C.W. Avery Family YMCA

Open to dancers of all ages and abilities, THRIVE provides kids, ages 5-18, with the opportunity to learn and develop skills across various dance styles and perform at local community events. Highly skilled dancers also have the opportunity to audition for THRIVE's award-winning competition team.



Dance Classes

The Y also offers a variety of dance classes year-round for beginners and advanced performers. Current offerings include classes specializing in pre-ballet, ballet, tap, contemporary, hip-hop, and jazz.



FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

YOUTH AQUATICS PROGRAMS

As America's most trusted swim instructor, the Y is the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming—teaching more than one million kids a year swimming and water safety skills.

Youth Swim Lessons

YMCA youth swim lessons will help your kids stay fit, healthy, and strong when they spend time in the water. But, most importantly, they will gain confidence and learn vital water safety skills that will last them a lifetime.

- Year-round swim instruction for children 6 months and up
- Small class sizes- 4:1* student-to-instructor ratio
- Swim lesson options 7 days a week
- Private, group, and adaptive swim lessons

*For beginning swim lesson levels
Programs vary by location.

Safety Around Water Program

Through our Safety Around Water program, formerly known as Project SOAR, we partner with several local community agencies and schools to ensure that children in our community have the opportunity to learn to swim and enjoy recreation time at the Y. We also incorporate this innovative program into our day camp programs each summer.

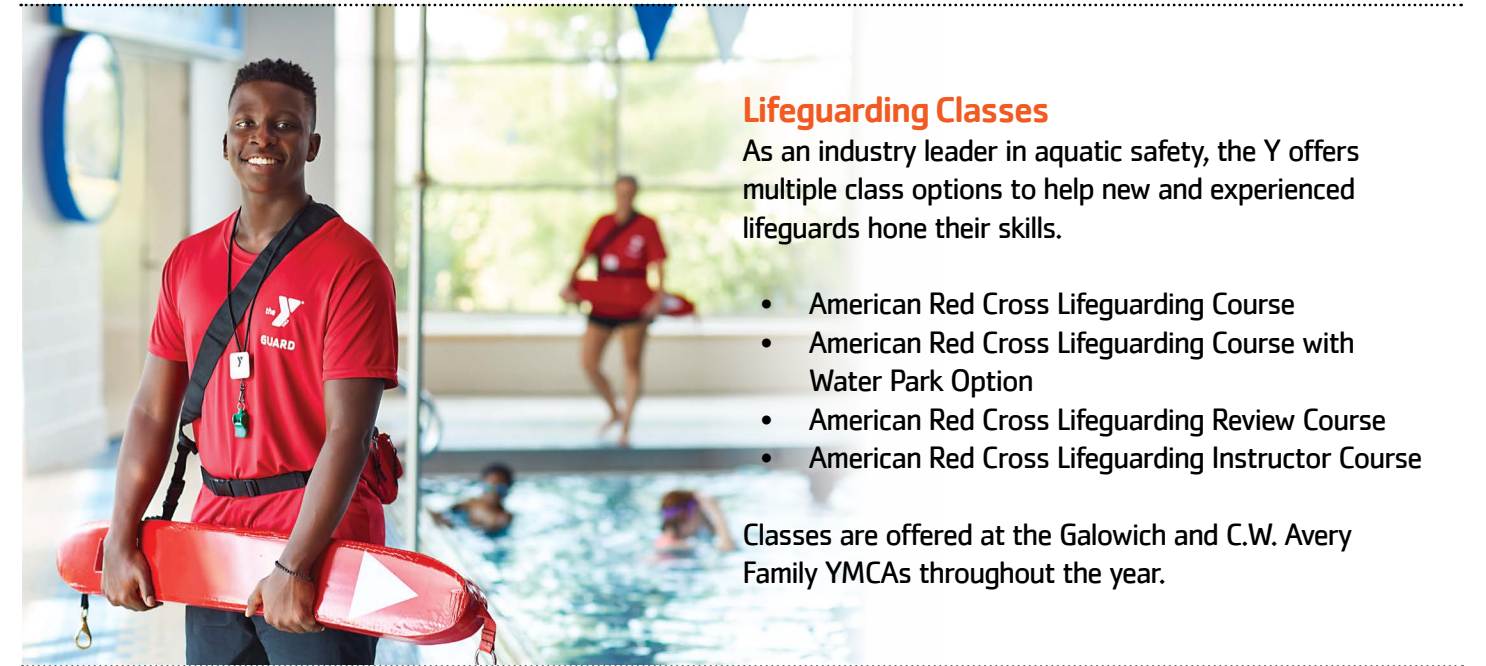


AMERICA'S MOST TRUSTED SWIM LESSON INSTRUCTOR
The Y has been teaching kids to swim for more than **100 years.**



GOGGLE UP

To determine which level your child should register for in our Swim Lesson Program, please schedule a swim level assessment by speaking to a member of our Aquatics Team. You can also use our online Swim Lesson Selector tool by visiting our website.



Lifeguarding Classes

As an industry leader in aquatic safety, the Y offers multiple class options to help new and experienced lifeguards hone their skills.

- American Red Cross Lifeguarding Course
- American Red Cross Lifeguarding Course with Water Park Option
- American Red Cross Lifeguarding Review Course
- American Red Cross Lifeguarding Instructor Course

Classes are offered at the Galowich and C.W. Avery Family YMCAs throughout the year.

JETS Swim Team

One of the area's most historic youth swimming clubs, the Joliet Y JETS Swim Team is a year-round competitive swimming program that offers instruction and training for swimmers, ages five and up. Swimmers of all ages learn the importance of teamwork, sportsmanship, and setting and achieving goals while developing their competitive swimming skills.

The JETS practice at the Galowich and C.W. Avery Family YMCAs. All JETS Swim Team participants must have a YMCA Facility Membership.



JETS CLINICS

This is great opportunity to learn more about the JETS and to meet the team and coaching staff. Clinics are held in the spring and fall.



FOR HEALTHY LIVING

Improving the nation's health and well-being

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun, and shared interests. As a result, millions of youth, adults, and families are receiving the support, guidance, and resources needed to achieve greater health and well-being for their spirit, mind, and body.

Free Fitness Orientations

Upon joining the Y, new members are encouraged to register for a free Fitness Orientation. During this 60-minute session, one of our friendly Y staff members will provide you with an introductory tour of our Wellness Center and demonstrate how to use our exercise equipment to maximize your workouts and ensure your safety.

Fitness Orientations are free to YMCA Facility Members. Appointments can be made online or by visiting the Membership Desk.

Group Exercise and Specialty Fitness Classes

Wellness is an overall feeling of health and wholeness. It's a sense of belonging. It's having the energy to live each day to the fullest. At the YMCA, our dedicated staff team will help you to achieve your health and wellness goals one day at a time.

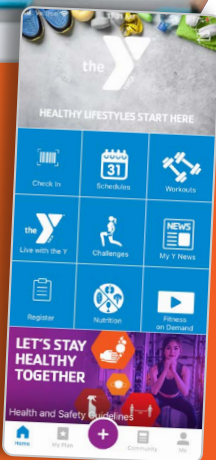
Class offerings and schedules vary by location. Please stop by the Membership Desk or visit www.jolietymca.org to view our fitness schedules.



STAY IN THE KNOW ON THE GO

Download the YMCA On the Go App today!

All YMCA Facility Members, ages 13 and up, receive free Basic Access included with their membership.



PERSONAL TRAINING

Whether you're just starting a fitness routine or looking to add a little variety to your exercise program, a YMCA personal trainer can help you to achieve your wellness goals. One-on-one or small group coaching enables our certified personal trainers to interact with members in creating a fitness program that meets their needs and offers direction, education, motivation, and support every step of the way.

COMMIT TO YOUR HEALTH
3 for \$99

Special offer for first-time personal training clients



Teen Wellness Center Certification Class

Teens, ages 13-15, who wish to have access to fitness and cardio equipment in our wellness centers are required to complete a Teen Wellness Center certification class. Members under the age of 16 are not allowed to use free weights or plate loaded equipment. To register for a Teen Wellness Center certification class, please visit the Membership Desk.



FOR HEALTHY LIVING

Improving the nation's health and well-being

Fitness Challenges

Throughout the year, the Y hosts fitness challenges to support members along their health and wellness journeys.

Medically-Based Fitness Classes

The YMCA offers classes and programs for those dealing with chronic disease, joint and injury rehabilitation, and stress. Whether you're learning how to combat a chronic illness, discovering a new exercise routine, or training for your first marathon, the Y is the place where you can become a healthier you.

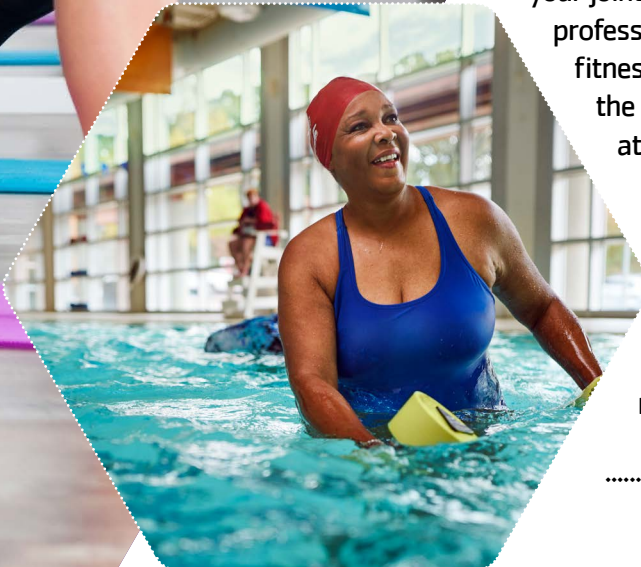


Adult Aquatics Programs

Swimming is one of the best aerobic exercises you can do to improve your overall health. Swimming exercises your heart, lungs, and muscles, and causes very little stress on your joints and tendons. Our expert aquatic professionals will help you change up your fitness routine by introducing you to one of the many water-based activities you'll find at the Y.

- Water Fitness Classes
- Adult Swim Lessons
- Masters Swim Team
- Aquatics Personal Training

Programs vary by location.



Adult Sports Programs

Members, ages 18 and up, are invited to participate in open gym and a variety of sports programs throughout the year, including basketball and pickleball. Programs vary by location.



Healthy Aging Programs

Being healthy is about more than just exercising your body. In order to embrace a healthy lifestyle, we must balance physical fitness with an equally strong mind and spirit. The Y is a place where people of all ages can make connections, improve their health, and pursue and achieve the balance needed to be healthy inside and out.

- Social Clubs
- Intergenerational Activities
- Employment and Volunteer Opportunities



LOVE WHERE YOU WORK

Working at the Y, you'll discover more than a job—you'll have the opportunity to make a lasting difference in the lives of those around you. No matter your role, you'll find satisfaction in knowing that your contributions are helping to support young people in your community and improve the health and well-being of your friends and neighbors.

If you are newly retired and seeking new challenges and a second career you will LOVE, the Y is for you!



FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

As a non-profit 501(c)(3) organization, the generosity of others is at the core of the Y's existence. The Greater Joliet Area YMCA embraces the Y's mission and furthers its cause thanks to the support of our members, staff, community partners, volunteers, and generous donors.

MISSION STRONG FUND

For more than 95 years, the Greater Joliet Area YMCA has worked hand-in-hand with our neighbors to bring about meaningful change in our community. Even during times of crisis, the Y has found ways to support children, families and seniors living in the communities we serve. But, we cannot do it alone.



As we continue to navigate through these challenging times, one thing has remained constant, and that is the Y's commitment to strengthening communities. By reimagining the ways in which we deliver services to the community, the Y has continued to provide opportunities for individuals of all ages to stay engaged and connected.

You can help to ensure the long-term sustainability of the YMCA by making a tax-deductible donation today. Your charitable gift, in any amount, will make a difference in the lives of people living in our community- your friends and neighbors.

MAKE A DONATION TODAY

Click here!

INSPIRING GENEROSITY

If you are looking to add a new t-shirt to your collection, be sure to stop by the Membership Desk and pick up a 2022 Mission Strong t-shirt by making a donation of \$25 or more to the YMCA Mission Strong Fund. Your donation will help to ensure that no one is turned away from the Y due to the inability to pay.



YMCA Gala

Since its inception, the Y's signature fundraising event has raised more than \$1.2 million to benefit families within our community. This elegant evening, held annually in February, celebrates charitable giving at the YMCA by showcasing the Y's impact in our community and the generous donors who help to make our mission come to life each and every day. Funds raised benefit the Y's scholarship assistance program, which helps to ensure that no one is turned away from the YMCA due to the inability to pay.



Sports League Sponsorships

The YMCA relies on the generosity of local businesses to help underwrite the costs of its youth sports leagues through team sponsorships. Show your support for the kids in our community by sponsoring a team today.



To learn more, visit www.jolietymca.org or speak to a member of the Sports Team at your local YMCA branch.

Shop with AmazonSmile and ShopRaise

You can support the Y while shopping online. Be sure to select the Y when shopping on Amazon or by downloading the ShopRaise App.



YMCA Mission Strong Classic

The Y will host its first annual Mission Strong Classic Golf Outing on Thursday, June 9, at 'The Creek' in Morris. Proceeds from this day on the course will benefit the Mission Strong Fund.



Matching Gifts

Many employers offer programs that match the charitable contributions made by their employees. Most of these programs match dollar for dollar, and some will even double or triple the amount of your gift! Larger businesses have even been known to provide a gift for employee volunteer hours, even for retirees.



FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

Volunteer Opportunities

Are you looking to take an active role in bringing about meaningful, enduring change right in your own neighborhood? The Y is for you! We are proud to say that volunteers play an important role in the success and quality of the programs we offer at the YMCA.



Volunteers at the Y:

- Lead our boards, committees, and branch councils
- Raise funds to ensure the Y is accessible to all members of our community
- Coach our youth sports teams
- Motivate and support young people in our day camp, before and after school, and teen programs
- Participate in opportunities to give back and support our neighbors through community service projects and events

The YMCA welcomes and appreciates anyone in high school or older who volunteers his or her time and expertise.

A background check must be completed before volunteers are allowed to participate in any Y program or activity.



**BRINGING THE
COMMUNITY
TOGETHER**



OUR MISSION:

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