



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FRESH STARTS AND ENDLESS OPPORTUNITIES

Program Guide | January - April 2025
TWO RIVERS YMCA
TwoRiversYMCA.org



TAKE THE YMCA WITH YOU WHEREVER YOU GO!

FREE with your YMCA membership

INTRODUCING YMCA360

We know life gets busy! That's why we're excited to provide our members with YMCA360: **A Virtual Fitness option offering on-demand, livestream workouts and more.** This platform allows you to workout from home when you need to, or workout while away on vacation. Anytime you want to workout with the Y! You can access YMCA360 on your phone, on the web or on Apple TV or Roku TV. And best of all: **It's free for our members.**

HOW TO START:

Download the YMCA360 app on your phone, Apple TV, Roku or Android TV.

- Type in your zip code and choose your membership branch.
- Type in your email address associated with your membership and get your verification code.
- Now you're ready to workout!

Join YMCA360 for the following and more:



APP ICON



AVAILABLE ON MOBILE • WEB • APPLE TV • ROKU • ANDROID TV

ABOUT OUR PROGRAM GUIDE

We worked hard to continue to develop new programs for all our members. As our program guide continues to grow, we know it is sometimes challenging to find programs for your family when organized by activity rather than age. We have aligned our program guide to be organized by age. We believe this is an easier way to search through a wide variety of program offerings in one section rather than looking through the entire guide.

PROGRAM CALENDAR

Most programs are offered monthly except for Youth Sports Leagues and other seasonal academies and clinics.

JANUARY 2025						
S	M	T	W	T	F	S
			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 2025						
S	M	T	W	T	F	S
						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 2025						
S	M	T	W	T	F	S
						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					

APRIL 2025						
S	M	T	W	T	F	S
		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			



Monthly Sessions First Day



Monthly Sessions Last Day



Holiday, Building Hours may vary

MONTHLY MEMBERSHIP FEES

(unchanged since September 1, 2011)

Membership Category Fee	Monthly Fee	One-Time Activation
Individual Individual adult 19 and older	\$37	\$37
Additional Adults Each additional adult living at the same private residence when added to an Individual membership.	\$12	\$12
Additional Children Includes all children living at the same private residence through age 23 when added to an Individual membership.	\$11	\$11
Youth/Student 50% Subsidy Individual youth 18 and under	\$18.50	n/a
Senior Individual 15% Subsidy Individual adult 65 or older	\$31.50	\$31.50

Please provide a 30 day notice to make a change or cancellation to your membership.

NO CONTRACT

YMCA Membership is month to month, unless you choose to pay annually. A 30 Day written notice is required to stop bank draft payments or cancel your membership.

INCOME-BASED MEMBERSHIP

Income-based pricing is available and may result in a rate lower than listed above. It is our goal that no one be denied YMCA services due to an inability to pay. Please visit our website for more information on income-based pricing and to use the rate calculator to find your estimated rate.

PAYMENT OPTIONS

The screenshot shows a digital form for calculating membership rates. It includes dropdown menus for 'Number of Persons in Household' (set to 1), 'Membership Type' (set to Adult Individual Membership), and 'Annual Household Income' (set to \$32,001 - \$6,000). Below these fields, the text 'Your Rate (per month):' is displayed in blue, followed by a blue box containing the calculated rate: '\$ 35.15'.

Monthly fees may be automatically deducted from your checking or savings account via an EFT Bank Draft. If you wish to use a Credit or Debit Card a \$2.95 process fee will be added to your monthly rate.

DIGITAL MEMBERSHIP CARD AND PIN NUMBER

Membership pin numbers will be issued when proof of residence is provided. Download the YMCA 360 App to access your digital membership card to scan.

JOIN FEE

This non-refundable activation fee is charged to new members and renewing members who have let their membership lapse for a period greater than 30 days. This fee helps cover administrative cost for new and renewing memberships.

PROOF OF RESIDENCE

Proof of residence must be provided for all individuals 16 years and older. Sources include driver's license or government issued photo identification including residency. All other members and prospective members may be asked at any time for proof of residence.

MEMBER PROGRAM REGISTRATION

To receive the member price for programs, membership must be valid the entire session.

EARN FREE MEMBERSHIP

Current Two Rivers YMCA members can earn a FREE month of membership by referring a friend to join the Y! When a new member mentions your name at the time of registration, the activation fee is waived for them and you receive a free month's membership. Some restrictions apply.

GUEST PASSES

Adult members may bring a guest at any time. Each Membership Unit receives 2 FREE Guest passes each year. Guest passes may also be purchased, sales are subject to the availability of each branch and may be limited at the discretion of YMCA staff. Photo ID required for those 16+ years old.

Youth Guest Pass - \$8 (Waiver Required)

Adult Guest Pass (18+) - \$14

Family Guest Pass - \$20

(Family consists of two adults and dependents.)

NATIONWIDE MEMBERSHIP

Your Two Rivers YMCA membership is accepted at any YMCA that participates in the Nationwide Membership program. Actual facilities, hours, programs and membership amenities may differ among YMCAs. Visits to other YMCA's are limited to 7 times a month.

THE Y@WORK AND CORPORATE WELLNESS CHALLENGES

Better health improves the quality of life for employees and cuts down on injury, illness and absenteeism. Healthy employees are critical to an employer's bottom line.

We partner with employers to provide customized wellness plans. For more information contact the Two Rivers YMCA Branch location nearest your place of employment.

LOCKERS*

You may use the lockers on a day-to-day basis free of charge. However, any items left overnight will be confiscated and unauthorized locks will be cut off. Ask one of our membership staff about monthly rental options at your branch.

HOLD POLICY

Membership may be put on hold up to four months per year with a \$5 per month processing fee. Hold must be initiated in advance and may only be initiated once annually. Payment for locker rental is still required.

LOST AND FOUND

All items turned in to "Lost and Found" will be held for 30 days. After that, they will be disposed of or given to charity.

STRONG KIDS ANNUAL CAMPAIGN

CHANGING LIVES DEVELOPING POTENTIAL

YOUR MEMBERSHIP HELPS IMPROVE YOURSELF. YOUR DONATION HELPS TO IMPROVE YOUR COMMUNITY.

Our Strong Kids Annual Fundraising Campaign makes possible what membership fees do not. Your donations support critical programs that ensure every child, family and individual that passes through our doors has the opportunity to learn, grow, and thrive.

Why “STRONG KIDS”? Strong kids lead to strong adults, families and communities. The Strong Kids Annual Campaign is a fund that makes membership and programming possible for all, regardless of circumstance.

Some of the programs that the Strong Kids fund supports include:

- Swim lesson scholarships
- LIVESTRONG at the YMCA
- Nourish Food Program
- Youth & teen mentoring programs
- Income-based membership assistance
- Preschool scholarships
- Childcare scholarships
- And more...

One of our YMCA's three pillars is Social Responsibility. We accomplish this by working side-by-side with our neighbors making sure that everyone, regardless of age, income, or background has the opportunity to be healthy, confident, connected, and secure.

Thanks to donations from generous individuals like you, the Two Rivers YMCA is able to provide countless opportunities to youth, families, teens, adults, and seniors right here in our community. For more information on the Strong Kids Annual Campaign visit: TwoRiversYMCA.org/donate to learn how you can make a difference in our communities.

GLOBAL DIVERSITY, EQUITY AND INCLUSION

TOGETHER, WE MAKE OUR COMMUNITY STRONGER



To remain relevant to the people we serve and help our communities become stronger, safer and more cohesive, we need to lead with equity.

That means working to identify and remove the barriers that have historically prevented some of us from thriving, while ensuring that each individual can access the unique support they need to reach their full potential with dignity.

Our equity strategy is a long-term pathway to help bring to life our enhanced 'for all' commitment: equity for all.

For a better us.®

VOLUNTEERING

MAKE A DIFFERENCE AT THE Y



One of the **GREATEST** gifts you can give is your **TIME**.

We rely on volunteers in all areas of the Y—from youth sports coaches to special events and childcare programs, and more! Every hour you give helps create a stronger community and brighter futures.

Whether it's sharing your skills, lending a hand, or leading a team, there's a role for you.

Join us today and **be part of something bigger**—volunteer at the Y and transform lives, starting with your own!!

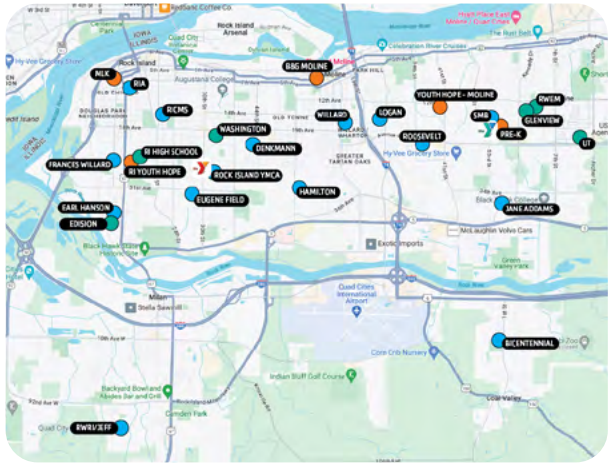
Apply online at [TwoRiversYMCA.org](https://www.tworiversymca.org)

NOURISH FOOD PROGRAM

A YOUTH NUTRITION COLLABORATIVE

ADDRESSING YOUTH HEALTH AND HUNGER

The purpose of Nourish is to provide free, nutritious meals to youth in our community. Through collaboration with area organizations the project aims to dramatically reduce hunger and increase the health and well-being of youth in the Quad Cities.



In 2023 over 208,000 FREE meals were provided to almost 4,000 area youth at 33 different sites across the Illinois Quad Cities.

By taking the lead in this essential program we have more say in the nutritional value of the meals we serve and ensure every child under our care has the opportunity to learn, grow and thrive.

YMCA MISSION

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

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*Ages are meant to be a guide, each program and discipline varies and some overlap will occur in offerings for age groups, you may see listings in multiple age groups.

PROGRAM REGISTRATION IS EASY!

Register Online: [TwoRiversYMCA.org](https://www.TwoRiversYMCA.org)

Scan the QR Code: Use your phone's camera to scan the QR Code

Register by Phone: Call 309.797.3945

Have payment & Program Guide handy!

Register in Person: Walk-ins always welcome.





FAMILIES

FAMILIES INCLUDES:

- **Birthday Party Rentals**
- **Kids Adventure Center**
- **Childcare**

PRESCHOOL / CHILDCARE

MOLINE-EAST MOLINE YMCA



Our DCFS-licensed Early Childhood Learning Center prepares children ages 2 to 5 for kindergarten by focusing on academic, social-emotional, and motor skill development.

At the Two Rivers YMCA Preschool, we go beyond the basics with indoor and outdoor playgrounds, swim time and lessons, Spanish lessons, and more!

Partnering with parents, our nurturing and qualified staff provide a structured and creative program to support your child's social, mental, physical, and spiritual growth.

CLASSES, RATES, HOURS

2 Year Olds Class

\$140 - 2 days per week (Tuesday, Thursday)

\$181 - 3 days per week (Monday, Wednesday, Friday)

\$260 - 5 days per week (Monday - Friday) + FREE Y Membership for your preschooler!

3-5 Year Olds Class

\$122 - 2 days per week (Tuesday, Thursday)

\$171 - 3 days per week (Monday, Wednesday, Friday)

\$215 - 5 days per week (Monday - Friday) + FREE Y Membership for your preschooler!

*A \$110 non-refundable registration fee is required at time of registration.

Preschool Hours:

Monday through Friday, 6:30am - 5:30pm

Contact the Preschool at 309.797.8925

KIDS ADVENTURE CENTER Moline–East Moline YMCA and Rock Island YMCA

The Kids Adventure Center provides child care service for YMCA members while they are working out. We provide a fun, exciting, and positive experience for children in a safe, secure environment. Our friendly, qualified staff are here to care for your children. Parent or guardian must remain in the building. Limited to 8 hours per week, 2 hours per day. Socks required. Large play structure is for ages 6–12 years.

Fee: \$10/month as a Membership Add-on
or \$5/child per visit if not set up as a Membership Add-On

Visit TwoRiversYMCA.org for available hours at your desired location.



Photo: Kids Adventure Center at Rock Island YMCA

FAMILY TIME KIDS ADVENTURE CENTER

Our Kids Adventure Center offers an exciting and interactive “Play Time” program for families to enjoy quality bonding experiences. Join us for a fun-filled adventure where children and parents can explore, play, and create memorable moments together in a safe and nurturing environment. *\$5 per child per visit for Nationwide Members

Location	Days	Time	Member
MOLINE-EAST MOLINE	Monday	3:15-3:45	FREE
	Friday	11:15-11:45	FREE
ROCK ISLAND	Daily	12:00-3:00	FREE

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

FAMILIES

FAMILIES



BEFORE & AFTER SCHOOL CHILDCARE A NURTURING ENVIRONMENT FOR CHILDREN

Our program focuses on youth development because we believe your child deserves the opportunity to discover who they are and what they can achieve. The Y is guided by four core values: caring, honesty, respect, and responsibility. We will work with you everyday to help your children have fun while realizing their potential.

Our before and after care sites are available to students in the Illinois Quad Cities area through school districts and delivered and administered by the Two Rivers YMCA.

SCHOOLS OUT CLUB HERE FOR YOU WHEN SCHOOL IS OUT

Children from all school districts can enjoy a day at the Y when school is not in session due to school holidays, seasonal breaks, intersessions, and institute days.

The Y provides care at our facility for these special days in an environment that is safe and children can learn practical and social skills under the leadership of our staff. We will keep your children busy with sports, arts, crafts, games, swimming, service learning, and field trips.

If the Y facility is closed for any reason, the SOC program will not be available. For participants enrolled in our Before and After School programs, half day programs are offered at school sites on early dismissal days. We must have five children registered to hold the program.

Scan the QR code for more information:



BIRTHDAY PARTY RENTALS

CELEBRATE THOSE MILESTONES

We offer a variety of rooms and activity rentals to suit your party needs.

ADVENTURE CENTER PARTY

Our most popular party rental includes two hours in the Adventure Center party room and a party pro to help with set-up, tear-down, and party monitoring. You provide your own food, activities, and decorations.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE	Friday	5:30-7:30	\$199	\$399
	Saturday	1:00-3:00	\$199	\$399
	Sunday	1:00-3:00	\$199	\$399
ROCK ISLAND	Contact us for day and time availability at this location.		\$199	\$399

*Prices listed for 25 person; \$10/per person above 25

FAMILY/THERAPY POOL

Our most popular party rental includes two hours in the Adventure Center party room and a party pro to help with set-up, tear-down, and party monitoring. You provide your own food, activities, and decorations.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE	Contact us for availability		\$199	\$399
	Additional 16-24 People		\$100	

DANCE ROOM

75 min supervised dance room time and 45 min lobby time (12 children)

Location	Days	Time	Member	Community
KEWANEE	Contact us for availability		\$100	\$200

LARGE BASKEBALL GYM

75 min supervised gym time and 45 min lobby time (12 children)

Location	Days	Time	Member	Community
KEWANEE	Contact us for availability		\$70	\$140

SMALL BASKEBALL GYM

75 min supervised gym time and 45 min lobby time (12 children)

Location	Days	Time	Member	Community
KEWANEE	Contact us for availability		\$55	\$110

LAP POOL and LOBBY

1 Hour pool time and 45 min pool lobby time.

Location	Days	Time	Member	Community
KEWANEE	Contact us for availability		\$100	\$200

TUMBLING and TRAMPOLINE CENTER

75 min supervised gym time and 45 min lobby time (12 children)

Location	Days	Time	Member	Community
KEWANEE	Contact us for availability		\$100	\$200

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

FAMILIES

PARENT / CHILD



**PARENT/CHILD (0-2 Years)
INCLUDES:**

- **Tumbling**
- **NinjaZone**
- **Swim Lessons**

NINJA ZONE

TURNING ENERGY INTO AMBITION

Baby NINJA (Walkers – 2 years) NinjaZone is the next big movement in kids’ athletics. Ninjas are channeling their energy through a fusion of obstacle training, martial arts, gymnastics and freestyle movement. This program is transforming the way that kids move. Ninja Zone shirt and headband required for participation. Available for purchase at the Membership Desk at the Rock Island YMCA.

Location	Days	Time	Member	Community
Rock Island	Wednesday	10:30-11:00	\$25	\$50
	Wednesday	5:00-5:30	\$25	\$50



FAMILY TIME

KIDS ADVENTURE CENTER

Our Kids Adventure Center offers an exciting and interactive “Play Time” program for families to enjoy quality bonding experiences. Join us for a fun-filled adventure where children and parents can explore, play, and create memorable moments together in a safe and nurturing environment. Parents required to stay with their children.

Location	Days	Time	Member
Moline-East Moline	Monday	3:15-3:45	FREE
	Friday	11:15-11:45	FREE
ROCK ISLAND	Daily	12:00-3:00	FREE

TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

Parent / Child Tumbling (Ages 18mo-3) This class requires parent participation, which allows bonding time, as well as focus on motor skills. Toddlers will take turns learning colors, counting, log rolls, forward rolls, beginning trampoline skills and many more age appropriate activities.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	6:15-6:45	\$25	\$50
	Tuesday	10:15-10:45	\$25	\$50
	Thursday	4:45-5:15	\$25	\$50
Kewanee	Tuesday	6:15-7:00	\$20	\$40

Tumble Tot / Beginning Tumbling (Ages 2-4) This class will contain various skills and levels progressing at their own rate. Students will learn tuck, pike and straddle positions, along with forward rolls.

Location	Days	Time	Member	Community	
Rock Island	Wednesday	4:00-4:30	\$25	\$50	
Kewanee	2-3 Years	Wednesday	4:45-5:30	\$25	\$50
		Thursday	5:00-5:45	\$25	\$50



SWIM LESSONS

6 MONTH - 3 YEARS

Parent / Child – A (Ages 6mo–2) Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Location	Days	Time	Member	Community
Moline–East Moline (Family/Therapy Pool)	Tuesday	5:30–6:00	\$25	\$50
	Thursday	5:30–6:00	\$25	\$50
	Saturday	8:30–9:00	\$25	\$50
KEWANEE	Saturday	11:00–11:30	\$25	\$50

Parent / Child – B (Ages 2–3) In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Location	Days	Time	Member	Community
Moline–East Moline (Family/Therapy Pool)	Tuesday	6:00–6:30	\$25	\$50
	Thursday	6:00–6:30	\$25	\$50
	Saturday	9:00–9:30	\$25	\$50
KEWANEE	Saturday	11:00–11:30	\$25	\$50



PARENT / CHILD

PRESCHOOL



PRESCHOOL (3-5 Years) INCLUDES:

- **Dance**
- **Tumbling**
- **STEAM**
- **Swim Lessons**

NINJA ZONE

TURNING ENERGY INTO AMBITION

Lil NINJA (Ages 3-5) Ninjas are channeling their energy through a fusion of obstacle training, martial arts, gymnastics and freestyle movement. Ninja Zone shirt and headband required for participation. Available for purchase at the Membership Desk at the Rock Island YMCA.

Location	Days	Time	Member	Community
Rock Island	Tuesday	4:30-5:15	\$25	\$50
	Friday	5:30-6:15	\$25	\$50
	Saturday	11:30-12:15	\$25	\$50

Future Warriors (Ages 3-5) In this high energy class learn the basic martial arts moves, balance and agility through fun and interactive games. Each session is packed with activities that build coordination, strength and confidence, while encouraging teamwork and respect.

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	4:45-5:15	\$25	\$50
	Wednesday	11:15-11:45	\$25	\$50
	Saturday	8:30-9:00	\$25	\$50

SPORTS EXPERIENCES

READY, SET, PLAY

Sports of all Sorts (Ages 3-5) These classes keep children moving and engaged and send them home with new skills from a different sport each class.

Location	Days	Time	Member
Moline-East Moline	Mondays	12:00-12:30	FREE
Rock Island	Mondays	4:15-4:45	FREE

Soccer Basics (Ages 3-5) Through age-appropriate activities and games, young children will develop basic motor skills, teamwork, and a love for the beautiful game of soccer in a safe and supportive environment.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday in February	5:00-5:45	\$25	\$50
	Mondays	5:00-5:45	\$25	\$50
Rock Island	Saturdays	10:30-11:15	\$25	\$50

Football Basics (Ages 5+) Our football fundamentals program for preschool and early elementary kids is a fantastic way to introduce young athletes the excitement of football.

Location	Age	Time	Member	Community
Moline-East Moline (Tuesdays in April)	5-7 Years	5:00-5:45	\$25	\$50

Preschool Hoops (Ages 3-5) Designed to introduce children to motor skill development with basketball themed activities. Players will learn basic terms and skills through drills and games.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday in April	5:00-5:45	\$25	\$50

QC RUSH Soccer League (Ages 4-14)

In partnership with QC Rush to operate the recreational spring soccer league. Come play in our soccer league to learn soccer skills and teamwork. Parents are encouraged to volunteer to coach a team. Practices times vary with games being played on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	April -May	\$49	\$98

DANCE

EXPRESS YOUR ARTISTIC STYLE

DANCE 1 Dancers will discover new ways to move their bodies by using ballet based exercises to develop strong muscles and coordination. This class introduces them to ballet studio etiquette, following instructions, and waiting patiently for their turn.

Location	Days	Time	Member	Community	
Moline-East Moline	3-5 Years	Monday	5:15-6:00	\$25	\$50
		Saturday	8:15-9:00	\$25	\$50
Rock Island	3-5 Years	Monday	5:15-5:45	\$25	\$50

HOMESCHOOL PROGRAMS

Home School PE (Ages 5-12) Give your kids the chance to stay active, build teamwork, and have fun in our dynamic PE class. From sports to fitness games, our program offers a variety of activities designed to keep your children moving and engaged.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	10:00-10:45	\$25	\$50
	Thursday	10:00-10:45	\$25	\$50
Rock Island	Tuesday	10:00-10:45	\$25	\$50
	Wednesday	10:00-10:45	\$25	\$50
	Thursday	10:00-10:45	\$25	\$50

Home School Arts & Crafts (Ages 5-12) Spark creativity and imagination! Participants will dive into a new and exciting craft project that encourages self-expression, fine motor skills, and artistic exploration.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	11:00-11:45	\$25	\$50
	Thursday	11:00-11:45	\$25	\$50
Rock Island	Tuesday	11:00-11:45	\$25	\$50
	Wednesday	11:00-11:45	\$25	\$50
	Thursday	11:00-11:45	\$25	\$50

Home School Swim Lessons (Ages 5-12) Dive into our Homeschool Swim Lessons. Our experienced instructors will guide them through personalized lessons that focus on safety, confidence, and skill development in the pool.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	9:15-10:00	\$25	\$50
	Wednesday	10:00-10:45	\$25	\$50

Home School Tumbling (Ages 5-12) Dive into our Homeschool Swim Lessons. Our experienced instructors will guide them through personalized lessons that focus on safety, confidence, and skill development in the pool.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	10:15-11:00	\$25	\$50

CHEER

RUMBLE, SHAKE, AND MAKE THE STANDS QUAKE!

Beginning Cheer 1 (3-5 Years) This introductory cheerleading class focuses on building confidence, coordination, and team spirit in a fun and supportive environment. Participants will learn basic cheerleading moves, chants, and routines tailored to their age group.

Location	Days	Time	Member	Community
Moline-East Moline	Monday	6:45-7:15	\$25	\$50
	Sunday	11:00-11:30	\$25	\$50

TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

Tumble Tot / Parent/Child (2-4 Years) This class will contain various skills and levels progressing at their own rate. Students will learn tuck, pike and straddle positions, along with forward rolls.

Location	Days	Time	Member	Community
Rock Island	Wednesday	4:00-4:30	\$25	\$50
Kewanee	Monday	4:45-5:30	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50

Super Tot / Tumbling 1 Designed for students with little to no experience. Students will learn tuck, pike, straddle positions along with forward, backward rolls, handstand and cartwheel drills.

Location	Days	Time	Member	Community	
Moline-East Moline	3-5 Years	Monday	4:45-5:15	\$25	\$50
		Tuesday	11:00-11:30	\$25	\$50
		Tuesday	6:15-6:45	\$25	\$50
		Thursday	5:30-6:00	\$25	\$50
		Saturday	9:15-9:45	\$25	\$50
		Sundays	10:15-10:45	\$25	\$50
Rock Island	4-6 Years	Thursday	4:15-5:00	\$25	\$50
Kewanee	4-5 Years	Thursday	5:30-6:30	\$25	\$50

FLIP TOPS TEAM TUMBLING & TRAMPOLINE PROGRAMS

Super Start (Ages 3-18) Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1&2 in the USA gymnastics program, learning progressions for advanced skills. Class meets 1x week for 90 minutes

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:30-7:00	\$39	\$78

Pre-Team (Ages 3-18) Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1 & 2 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Friday	5:30-7:00	\$49	\$98

Team Level 3-4 Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 3 through 5 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Monday & Thursday	4:30-6:30	\$100	Members Only

Team Level 5+ (Ages 3-18) Student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 6-10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Time	Member	Community
Kewanee	Monday & Wednesday	5:00-7:30	\$125	Members Only

*Opportunities to travel and compete in National Gymnastics Competitions within the Flip Tops Program



PRESCHOOL

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

SWIM LESSONS

MAKING WAVES, ONE LESSON AT A TIME

Parent / Child – B (Ages 2-3) In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Location	Days	Time	Member	Community
Moline-East Moline (Family/Therapy Pool)	Tuesday	6:00-6:30	\$25	\$50
	Thursday	6:00-6:30	\$25	\$50
	Saturday	9:00-9:30	\$25	\$50
KEWANEE	Saturday	11:00-11:30	\$25	\$50

Swim Lesson Experience (Ages 4-5) This class meets ONCE a week. The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level. Progress reports are given at the end of the course.

Location	Days	Time	Member	Community
Moline-East Moline (Family/Therapy Pool)	Monday	4:30-5:15	\$25	\$50
	Monday	5:30-6:15	\$25	\$50
	Monday	6:30-7:15	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50
	Saturday	11:00-11:45	\$25	\$50
Kewanee <small>*View online for specific Stage schedule availability.</small>	Tuesday	4:00-4:45	\$25	\$50
	Tuesday	5:00-5:45	\$25	\$50
	Tuesday	6:00-6:45	\$25	\$50
	Thursday	4:00-4:45	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50

Swim Lesson Academy (Ages 4-5) Classes meet TWICE a week, for those students looking for a little more individualized technique focus. This specialized program helps swimmers hone their skills. With our qualified and experienced staff, you'll learn sound stroke techniques, fundamental skills, and all the best strategies that will help you become a more efficient, confident swimmer. Progress reports are given at the end of the course.

Location	Days	Time	Member	Community
Moline-East Moline (Family/Therapy Pool)	T/TH	4:30-5:15	\$59	\$118
	T/TH	5:30-6:15	\$59	\$118
	T/TH	6:30-7:15	\$59	\$118

KIDS NIGHT OUT

A NIGHT FOR THE KIDS

Kids Night Out (Ages 3-12) Parents, enjoy the night to yourselves. Drop the kids off for an after-hours adventure throughout the Y! Our trained and certified staff will lead the kids through a night of fun activities and friends.

Location	Days	Time	Member	Community
Moline-East Moline	January 25	5:00-9:00	\$25	\$50
	February 22	5:00-9:00	\$25	\$50
	March 29	5:00-9:00	\$25	\$50
	April 26	5:00-9:00	\$25	\$50
Rock Island	January 3	4:30-8:30	\$25	\$50
	January 17	4:30-8:30	\$25	\$50
	February 7	4:30-8:30	\$25	\$50
	February 21	4:30-8:30	\$25	\$50
	March 7	4:30-8:30	\$25	\$50
	March 21	4:30-8:30	\$25	\$50
	April 4	4:30-8:30	\$25	\$50
	April 18	4:30-8:30	\$25	\$50



PRESCHOOL

ELEMENTARY

ELEMENTARY (6-10 Years) INCLUDES:

- **Youth Sports**
- **NinjaZone**
- **Martial Arts**
- **Tumbling**
- **Dance**
- **STEAM**
- **Kids Night Out**
- **Swim Lessons**

SPORTS EXPERIENCES

READY, SET, PLAY

Boxing Basics (Ages 6–10) This no contact beginner class will teach youth basic boxing moves while incorporating listening skills and a fun way to burn off some energy! Participants must take Level 1 before moving on to Level 2.

Location	Days	Level	Time	Member	Community
Rock Island	Wednesday	Level 1	5:00–5:45	\$25	\$50
	Thursday	Level 2	5:00–5:45	\$25	\$50

Soccer Basics (Ages 6–10) Through age-appropriate activities and games, young children will develop basic motor skills, teamwork, and a love for the beautiful game of soccer in a safe and supportive environment.

Location	Days	Time	Member	Community
Moline–East Moline	Wednesdays in February	6:00–6:45	\$25	\$50
Rock Island	Mondays	6:00–6:45	\$25	\$50
	Saturdays	11:30–12:15	\$25	\$50

Field Hockey This 4 week class will be an introduction into the world of field hockey. This includes going over the rules, learning positions and working on handling the ball and scoring. Great for players of all skill levels.

Location	Age	Time	Member	Community
Moline–East Moline (Mondays in March)	6–8 Years	5:00–5:45	\$25	\$50
	9–12 Years	6:00–6:45	\$25	\$50

Football Basics (Ages 5–12) Our football fundamentals program for preschool and early elementary kids is a fantastic way to introduce young athletes the excitement of football.

Location	Age	Time	Member	Community
Moline–East Moline (Tuesdays in April)	5–7 Years	5:00–5:45	\$25	\$50
	8–10 Years	6:00–6:45	\$25	\$50

Volleyball Basics (Ages 6–14) From learning proper serving techniques to mastering bumping and setting, participants will develop a solid foundation in all aspects of the game.

Location	Days	Time	Member	Community
Moline–East Moline (January Only)	6–8 Years	5:00–5:45	\$25	\$50
	9–12 Years	6:00–6:45	\$25	\$50

ELEMENTARY

HOMESCHOOL PROGRAMS

Homeschool PE (Ages 5–12) Give your kids the chance to stay active, build teamwork, and have fun in our dynamic PE class. From sports to fitness games, our program offers a variety of activities designed to keep your children moving and engaged.

Location	Days	Time	Member	Community
Moline–East Moline	Monday	10:00–10:45	\$25	\$50
	Thursday	10:00–10:45	\$25	\$50
Rock Island	Tuesday	10:00–10:45	\$25	\$50
	Wednesday	10:00–10:45	\$25	\$50
	Thursday	10:00–10:45	\$25	\$50

Homeschool Arts & Crafts (Ages 5–12) Spark creativity and imagination! Participants will dive into a new and exciting craft project that encourages self-expression, fine motor skills, and artistic exploration.

Location	Days	Time	Member	Community
Moline–East Moline	Monday	11:00–11:45	\$25	\$50
	Thursday	11:00–11:45	\$25	\$50
Rock Island	Tuesday	11:00–11:45	\$25	\$50
	Wednesday	11:00–11:45	\$25	\$50
	Thursday	11:00–11:45	\$25	\$50

Homeschool Swim Lessons (Ages 5–12) Dive into our Homeschool Swim Lessons. Our experienced instructors will guide them through personalized lessons that focus on safety, confidence, and skill development in the pool.

Location	Days	Time	Member	Community
Moline–East Moline	Wednesday	9:15–10:00	\$25	\$50
	Wednesday	10:00–10:45	\$25	\$50

Homeschool Tumbling (Ages 5–12) Dive into our Homeschool Swim Lessons. Our experienced instructors will guide them through personalized lessons that focus on safety, confidence, and skill development in the pool.

Location	Days	Time	Member	Community
Moline–East Moline	Wednesday	10:15–11:00	\$25	\$50

SPORTS LEAGUES AND ACADEMY

Recreational sports leagues are community-based athletic programs designed for individuals of various ages and skill levels who want to enjoy sports in a fun and relaxed environment. These leagues typically emphasize participation, sportsmanship, and social interaction, offering a wide range of sports such as soccer, basketball, volleyball, and more.

Youth Basketball League (Ages 6-12)

Pass, dribble, shoot! Learn the fundamentals of basketball while strengthening coordination. Develop skills in dribbling, passing and shooting while in a game atmosphere. No weekly practices during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	January - February	\$49	\$98

Youth Volleyball League (Ages 7-12)

This will be a 6-week league that is designed to help athletes develop volleyball skills as well as teamwork. Practices vary depending on team placement. Games will take place on Saturdays at the Moline-East Moline YMCA.

Location	SEASON	Member	Community
Moline-East Moline	February - April	\$49	\$98

Basketball Academy (Ages 6-12)

This basketball academy will meet twice a week for four weeks. The first 3 weeks will work on developing skills and teamwork. Our final week will split into 3 on 3 teams for a March Madness style tournament on Saturday morning.

Location	SEASON	Member	Community
Moline-East Moline	T/TH	\$59	\$118

QC RUSH Soccer League (Ages 4-14)

In partnership with QC Rush to operate the recreational spring soccer league. Come play in our soccer league to learn soccer skills and teamwork. Parents are encouraged to volunteer to coach a team. Practices times vary with games being played on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	April -May	\$49	\$98

ELEMENTARY

NINJA ZONE

TURNING ENERGY INTO AMBITION

Ninja (Ages 6-11) NinjaZone is the next big movement in kids' athletics. Ninjas are channeling their energy through a fusion of obstacle training, martial arts, gymnastics and freestyle movement. This program is transforming the way that kids move. Ninja Zone shirt and headband required for participation. Available for purchase at the Membership Desk at the Rock Island YMCA.

Location	Days	Time	Member	Community
Rock Island	Friday	4:30-5:15	\$25	\$50
	Saturday	10:30-11:15	\$25	\$50

Future Warrior 2 (Ages 6-8) In this high energy class learn the basic martial arts moves, balance and agility through fun and interactive games. Each session is packed with activities that build coordination, strength and confidence, while encouraging teamwork and respect.

Location	Days	Time	Member	Community
Moline-East Moline	Tuesday	5:30-6:15	\$25	\$50
	Saturday	11:00-11:45	\$25	\$50

MARTIAL ARTS

FOCUS, DETERMINATION, SKILL

Tae Kwon Do (Ages 6+) Taekwondo is a martial art and combat sport that originates from Korea and focuses on high-intensity, dynamic kicking and striking techniques. Emphasizes discipline, respect, as well as mental and physical strength.

Location	Days	Time	Member	Community
Kewanee	Monday	7:00-8:00	\$25	\$60
	Wednesday	7:00-8:00	\$25	\$50

Hapkido (Ages 6+) one of the youngest of the Oriental Martial Arts, has been evolving in Korea over the past 600 years. This style draws upon many of the underlying techniques of the more traditional martial arts. Hapkido is a combination of judo and karate. A mixture which helps students achieve a true balance of action, mediation, speed and power.

Location	Days	Time	Member	Community
Kewanee	Monday	8:00-9:00	\$25	\$50

Advanced Martial Arts (Ages 6+) This class is for Advanced students who have demonstrated a higher skill level than the basic/intermediate level, have taken Tae Kwon Do, Hapkido or have instructor approval.

Location	Days	Time	Member	Community
Kewanee	Wednesday	6:30-7:00	\$25	\$50

Judo (Ages 8-12) Judo is a special martial art and Olympic sport! Participants will develop coordination, discipline, self-esteem & group cooperation. Consists mainly of throwing, grappling, safe falling and rolling.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	7:00-7:45	\$25	\$50

DANCE

EXPRESS YOUR ARTISTIC STYLE

DANCE 2 This class is to teach dance skills that range from tap, ballet, jazz, and hip hop. A choreographed dance will be put together, making progress each month.

Location	Days	Time	Member	Community	
Moline-East Moline 6-8 Years	Monday	6:15-7:00	\$25	\$50	
	Saturday	9:15-10:00	\$25	\$50	
Rock Island	6-8 Years	Monday	6:00-6:45	\$25	\$50
	9-11 Years	Monday	7:00-7:45	\$25	\$50

Ballet 1 This class offers a perfect introduction to the world of ballet for beginners. This class focuses on the fundamentals, including basic positions, alignment, and simple choreography.

Location	Days	Time	Member	Community
Rock Island	Wednesday	4:00-4:45	\$25	\$50

Ballet 2 is designed for intermediate to advanced dancers looking to refine their skills and deepen their ballet technique. This class builds on the fundamentals learned in Ballet and introducing more complex combinations with increased focus on balance and control.

Location	Days	Time	Member	Community
Rock Island	Wednesday	5:00-5:45	\$25	\$50

CHEER

RUMBLE, SHAKE, AND MAKE THE STANDS QUAKE!

Cheer 2 (6-8 Years) This introductory cheerleading class focuses on building confidence, coordination, and team spirit in a fun and supportive environment. Participants will learn basic cheerleading moves, chants, and routines tailored to their age group.

Location	Days	Time	Member	Community
Moline-East Moline	Sundays	1:15-2:00	\$25	\$50

ELEMENTARY

TUMBLING FLIPPING, TWISTING, EXCELLENCE.

Tumbling 2/3 Designed for students with little to no experience. Students will learn tuck, pike, straddle positions along with forward, backward rolls, handstand and cartwheel drills.

Location	Days	Time	Member	Community	
Moline-East Moline	Monday	5:30-6:15	\$25	\$50	
	Thursday	6:00-6:45	\$25	\$50	
	Saturday	10:00-10:45	\$25	\$50	
	Sunday	12:45-1:30	\$25	\$50	
Rock Island	4-6 Years	Thursday	4:15-5:00	\$25	\$50
	7-9 Years	Thursday	5:15-6:00	\$25	\$50

HUGS Tumbling (Ages 3+) The HUGS program allows an option for athletes with special needs the opportunity to learn tumbling and trampoline in a safe and supportive setting.

Location	Days	Time	Member	Community
Kewanee	TBD	TBD	\$20	\$40

ACADEMY CLASSES

Tumble Academy (Ages 6-12) Meets TWICE per week and focuses on quicker advancements and higher level skills and connections

Location	Days	Time	Member	Community
Moline-East Moline	T/TH	6:45-7:30	\$59	\$118

Pre-Rec (Ages 6-7) Instructors will implement stations to focus on flexibility, endurance, strength, discipline. Will start progressions and put together routines. Works on tumbling, trampoline and double mini.

Location	Days	Time	Member	Community
Kewanee	Tuesday	4:30-6:00	\$39	\$78
	Wednesday	5:00-6:30	\$39	\$78

Rec 8+ (Ages 8+) Class is for the older student with little to some experience who do not want to join the competition circuit. Will learn tumbling, trampoline and double mini. Instructors will implement stations to focus on flexibility, endurance, strength, discipline. Will start progressions and put together routines.

Location	Days	Time	Member	Community
Kewanee	Monday	5:00-7:00	\$49	\$98
	Tuesday	5:00-7:00	\$49	\$98

FLIP TOPS

TEAM TUMBLING & TRAMPOLINE PROGRAMS

Superstars (Ages 3-18) Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1&2 in the USA gymnastics program, learning progressions for advanced skills. Class meets 1x week for 90 minutes

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:30-7:00	\$39	\$78

Pre-Team (Ages 3-18) Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1 & 2 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Friday	5:30-7:00	\$49	\$98

Team Level 3-4 Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 3 through 5 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Monday & Thursday	4:30-6:30	\$100	Members Only

Team Level 5+ (Ages 3-18) Student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 6-10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Time	Member	Community
Kewanee	Monday & Wednesday	5:00-7:30	\$125	Members Only

*Opportunities to travel and compete in National Gymnastics Competitions within the Flip Tops Program

ELEMENTARY

STEAM

SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

Lego Club (Ages 6-14) A Lego Club is a creative and educational gathering where children, often with shared interests, come together to build and play with Lego bricks. In these clubs, kids engage in imaginative and hands-on activities, fostering problem-solving skills, teamwork, and a love for constructing with these iconic building blocks.

Location	Days	Time	Member	Community
Rock Island	Monday	5:30-6:15	\$25	\$50

Arts and Crafts Through a variety of fun and engaging activities, young artists will explore different materials and techniques, developing their artistic skills while expressing their unique ideas.

Location	Days	Time	Member	Community
Moline-East Moline (5-12 Years)	Monday	11:00-11:45	\$25	\$50
	Thursday	11:00-11:45	\$25	\$50
Rock Island (5-8 Years)	Monday	5:00-5:45	\$25	\$50
	Tuesday	5:00-5:45	\$25	\$50
	Wednesday	5:00-5:45	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50
	Friday	5:00-5:45	\$25	\$50

KIDS NIGHT OUT

A NIGHT FOR THE KIDS

Kids Night Out (Ages 3-12) Parents, enjoy the night to yourselves. Drop the kids off for an after-hours adventure throughout the Y! Our trained and certified staff will lead the kids through a night of fun activities and friends.

Location	Days	Time	Member	Community
Moline-East Moline	January 25	5:00-9:00	\$25	\$50
	February 22	5:00-9:00	\$25	\$50
	March 29	5:00-9:00	\$25	\$50
	April 26	5:00-9:00	\$25	\$50
Rock Island	January 3	4:30-8:30	\$25	\$50
	January 17	4:30-8:30	\$25	\$50
	February 7	4:30-8:30	\$25	\$50
	February 21	4:30-8:30	\$25	\$50
	March 7	4:30-8:30	\$25	\$50
	March 21	4:30-8:30	\$25	\$50
	April 4	4:30-8:30	\$25	\$50
	April 18	4:30-8:30	\$25	\$50

SWIM LESSONS

MAKING WAVES, ONE LESSON AT A TIME

Swim Lesson Experience (Ages 6-14) This class meets ONCE a week. The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level. Progress reports are given at the end of the course.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Monday	4:30-5:15	\$25	\$50
	Monday	5:30-6:15	\$25	\$50
	Monday	6:30-7:15	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50
	Saturday	11:00-11:45	\$25	\$50
Kewanee <small>*View online for specific Stage schedule availability.</small>	Tuesday	4:00-4:45	\$25	\$50
	Tuesday	5:00-5:45	\$25	\$50
	Tuesday	6:00-6:45	\$25	\$50
	Thursday	4:00-4:45	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50

Swim Lesson Academy Classes meet TWICE a week, for those students looking for a little more individualized technique focus. This specialized program helps swimmers hone their skills. With our qualified and experienced staff, you'll learn sound stroke techniques, fundamental skills, and all the best strategies that will help you become a more efficient, confident swimmer. Progress reports are given at the end of the course. Same instructor both days.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	T/TH	4:30-5:15	\$59	\$118
	T/TH	5:30-6:15	\$59	\$118
	T/TH	6:30-7:15	\$59	\$118

ELEMENTARY

ELEMENTARY

BEFORE & AFTER SCHOOL CHILDCARE

Our program focuses on youth development because we believe your child deserves the opportunity to discover who they are and what they can achieve. We provide a safe nurturing environment for children to learn, grow and develop social skills. The Y is guided by four core values: caring, honesty, respect, and responsibility. We will work with you everyday to help your children have fun while realizing their potential.

Our before and after care sites are available to students in the Illinois Quad Cities area through school districts and delivered and administered by the Two Rivers YMCA.

For enrollment information, contact your school's site supervisor during school registration or regular program hours or call the YMCA at 309.797.3945.

Grades: Elementary School Level
Hours: AM | 6:30am until morning bell
PM | school dismissal until 5:30 pm
(times and grade levels vary by school district)



Programs are located at your school:

EAST MOLINE / SILVIS

• Bowlesburg • George O Barr • Wells • Hillcrest • Ridgewood

MOLINE (K-5th only)

• Bicentennial • Butterworth • Franklin • Hamilton • Jane Addams
• Lincoln Irving • Logan • Roosevelt • Washington • Willard

ROCK ISLAND / MILAN

• Center For Math and Science • Denkmann • Earl Hanson
• Eugene Field • Jefferson • Ridgewood

SCHOOLS OUT CLUB

We're in when school is out!

Children from all school districts can enjoy a day at the Y when school is not in session due to school holidays, seasonal breaks, intersessions, and institute days.

The Y provides care at the Moline-East Moline YMCA and the Rock Island YMCA for these special days in an environment that is safe and children can learn practical and social skills under the leadership of our staff.

We will keep your children busy with sports, arts, crafts, games, swimming, service learning, and field trips.

Lunch is provided through the Nourish Program. We provide care, understanding, support, and guidance for the families that participate in School's Out Club.



SUMMER CAMP 2025



REGISTRATION
OPENS IN MARCH!

GREAT SUMMERS START HERE!

Days will be filled with:

- › **Fun camp activities** to engage brains
- › **Opportunities to explore**, develop new skills and try new things
- › **Plenty of physical activity** and games to keep bodies active
- › Campers develop **new friendships** and have tons of fun!



MIDDLE SCHOOL

MIDDLE SCHOOL (11-14 Years) INCLUDES:

- **Youth Sports**
- **Tumbling**
- **Swim Lessons**
- **Dance**
- **Martial Arts**
- **STEAM**
- **Kids Night Out**

SPORTS EXPERIENCES

READY, SET, PLAY

Volleyball Basics (Ages 6-14) From learning proper serving techniques to mastering bumping and setting, participants will develop a solid foundation in all aspects of the game.

Location	Days	Time	Member	Community
Moline-East Moline (January Only)	9-12 Years	6:00-6:45	\$25	\$50

Field Hockey This 4 week class will be an introduction into the world of field hockey. This includes going over the rules, learning positions and working on handling the ball and scoring. Great for players of all skill levels.

Location	Age	Time	Member	Community
Moline-East Moline (Mondays in March)	6-8 Years	5:00-5:45	\$25	\$50
	9-12 Years	6:00-6:45	\$25	\$50

SPORTS LEAGUES AND ACADEMY

Youth Basketball League (Ages 6-12)

Pass, dribble, shoot! Learn the fundamentals of basketball while strengthening coordination. Develop skills in dribbling, passing and shooting while in a game atmosphere. No weekly practices during the week, games occur on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	January - February	\$49	\$98

Youth Volleyball League (Ages 7-12)

This will be a 6-week league that is designed to help athletes develop volleyball skills as well as teamwork. Practices vary depending on team placement. Games will take place on Saturdays at the Moline-East Moline YMCA.

Location	SEASON	Member	Community
Moline-East Moline	February - April	\$49	\$98

Basketball Academy (Ages 6-12)

This basketball academy will meet twice a week for four weeks. The first 3 weeks will work on developing skills and teamwork. Our final week will split into 3 on 3 teams for a March Madness style tournament on Saturday morning.

Location	SEASON	Member	Community
Moline-East Moline	T/TH	\$59	\$118

QC RUSH Soccer League (Ages 4-14)

In partnership with QC Rush to operate the recreational spring soccer league. Come play in our soccer league to learn soccer skills and teamwork. Parents are encouraged to volunteer to coach a team. Practices times vary with games being played on Saturdays.

Location	SEASON	Member	Community
Moline-East Moline	April -May	\$49	\$98

MIDDLE SCHOOL

TUMBLING

FLIPPING, TWISTING, EXCELLENCE.

ACADEMY CLASSES

Tumble Academy (Ages 6-12) Meets TWICE per week and focuses on quicker advancements and higher level skills and connections

Location	Days	Time	Member	Community
Moline-East Moline	T/TH	6:45-7:30	\$59	\$118

Rec 8+ (Ages 8+) Class is for the older student with little to some experience who do not want to join the competition circuit. Will learn tumbling, trampoline and double mini. Instructors will implement stations to focus on flexibility, endurance, strength, discipline. Will start progressions and put together routines.

Location	Days	Time	Member	Community
Kewanee	Monday	5:00-7:00	\$49	\$98
	Tuesday	5:00-7:00	\$49	\$98

FLIP TOPS

TEAM TUMBLING & TRAMPOLINE PROGRAMS

Superstar (Ages 3-18) Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1&2 in the USA gymnastics program, learning progressions for advanced skills. Class meets 1x week for 90 minutes

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:30-7:00	\$39	\$78

Pre-Team (Ages 3-18) Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1 & 2 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Friday	5:30-7:00	\$49	\$98

Team Level 3-4 Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 3 through 5 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member
Kewanee	M/TH	4:30-6:30	\$100

Team Level 5+ (Ages 3-18) Student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 6-10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Time	Member
Kewanee	M/WED	5:00-7:30	\$125

*Opportunities to travel and compete in National Gymnastics Competitions within the Flip Tops Program

SWIM LESSONS

MAKING WAVES, ONE LESSON AT A TIME

Swim Lesson Experience (Ages 6–14) This class meets ONCE a week. The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level. Progress reports are given at the end of the course.

Location	Days	Time	Member	Community
Moline–East Moline (Lap Pool)	Monday	4:30–5:15	\$25	\$50
	Monday	5:30–6:15	\$25	\$50
	Monday	6:30–7:15	\$25	\$50
	Saturday	9:00–9:45	\$25	\$50
	Saturday	10:00–10:45	\$25	\$50
	Saturday	11:00–11:45	\$25	\$50
Kewanee <small>*View online for specific Stage schedule availability.</small>	Tuesday	4:00–4:45	\$25	\$50
	Tuesday	5:00–5:45	\$25	\$50
	Tuesday	6:00–6:45	\$25	\$50
	Thursday	4:00–4:45	\$25	\$50
	Thursday	5:00–5:45	\$25	\$50
	Saturday	9:00–9:45	\$25	\$50
	Saturday	10:00–10:45	\$25	\$50

Swim Lesson Academy Classes meet TWICE a week, for those students looking for a little more individualized technique focus. This specialized program helps swimmers hone their skills. With our qualified and experienced staff, you'll learn sound stroke techniques, fundamental skills, and all the best strategies that will help you become a more efficient, confident swimmer. Progress reports are given at the end of the course. Same instructor both days.

Location	Days	Time	Member	Community
Moline–East Moline (Lap Pool)	T/TH	4:30–5:15	\$59	\$118
	T/TH	5:30–6:15	\$59	\$118
	T/TH	6:30–7:15	\$59	\$118

Kraken Swim Team (Ages 16+) The team is open to any Y member ages 6–21 years of age, capable of swimming one full lap, front and back crawl. If not a current Y member, scholarships are available! USA Swimming Membership is optional, but STRONGLY recommended. USA Swimming meets do count toward YMCA qualifying times!

Location	Days	Time	Members
Kewanee	TBD	TBD	\$95/month

MIDDLE SCHOOL

DANCE EXPRESS YOUR ARTISTIC STYLE

DANCE This class is to teach dance skills that range from tap, ballet, jazz, and hip hop. A choreographed dance will be put together, making progress each month.

Location	Days	Time	Member	Community	
Rock Island	9-11 Years	Monday	7:00-7:45	\$25	\$50

MARTIAL ARTS FOCUS, DETERMINATION, SKILL

Tae Kwon Do (Ages 6+) Taekwondo is a martial art and combat sport that originates from Korea and focuses on high-intensity, dynamic kicking and striking techniques. Emphasizes discipline, respect, as well as mental and physical strength.

Location	Days	Time	Member	Community
Kewanee	Monday	7:00-8:00	\$25	\$50
	Wednesday	7:00-8:00	\$25	\$50

Hapkido (Ages 6+) one of the youngest of the Oriental Martial Arts, has been evolving in Korea over the past 600 years. This style draws upon many of the underlying techniques of the more traditional martial arts. Hapkido is a combination of judo and karate. A mixture which helps students achieve a true balance of action, mediation, speed and power.

Location	Days	Time	Member	Community
Kewanee	Monday	8:00-9:00	\$25	\$50

Advanced Martial Arts (Ages 6+) This class is for Advanced students who have demonstrated a higher skill level than the basic/intermediate level, have taken Tae Kwon Do, Hapkido or have instructor approval.

Location	Days	Time	Member	Community
Kewanee	Wednesday	6:30-7:00	\$25	\$50

Judo (Ages 8+) Judo is a special martial art and Olympic sport! Participants will develop coordination, discipline, self-esteem & group cooperation. Consists mainly of throwing, grappling, safe falling & rolling.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday 8-12 Years	7:00-7:45	\$25	\$50
	Wednesday 13+ Years	8:00-8:45	\$25	\$50

Y-WINNERS YOUTH AFTER SCHOOL PROGRAM

We are always striving to improve programming for our youth. Through Y Winners we will have more direct supervision from leadership staff, personal check-ins and mentoring opportunities, daily food provided by our Nourish program, and a focus on character development.

Location	Days	Time	Member	Community
Moline-East Moline	M-F	After School - 6:00pm	\$10/month	\$28.50/month

STEAM

SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

Lego Club (Ages 6-14) A Lego Club is a creative and educational gathering where children, often with shared interests, come together to build and play with Lego bricks. In these clubs, kids engage in imaginative and hands-on activities, fostering problem-solving skills, teamwork, and a love for constructing with these iconic building blocks.

Location	Days	Time	Member	Community
Rock Island	Monday	5:30-6:15	\$25	\$50

Arts and Crafts Through a variety of fun and engaging activities, young artists will explore different materials and techniques, developing their artistic skills while expressing their unique ideas.

Location	Days	Time	Member	Community
Moline-East Moline (5-12 Years)	Monday	11:15-11:45	\$25	\$50
	Thursday	11:15-11:45	\$25	\$50

KIDS NIGHT OUT

A NIGHT FOR THE KIDS

Kids Night Out (Ages 3-12) Parents, enjoy the night to yourselves. Drop the kids off for an after-hours adventure throughout the Y! Our trained and certified staff will lead the kids through a night of fun activities and friends.

Location	Days	Time	Member	Community
Moline-East Moline	January 25	5:00-9:00	\$25	\$50
	February 22	5:00-9:00	\$25	\$50
	March 29	5:00-9:00	\$25	\$50
	April 26	5:00-9:00	\$25	\$50
Rock Island	Jan 3, 17	4:30-8:30	\$25	\$50
	Feb 7, 21	4:30-8:30	\$25	\$50
	March 7, 21	4:30-8:30	\$25	\$50
	April 4, 18	4:30-8:30	\$25	\$50

TWEEN NIGHT

A NIGHT FOR THE YOUTH


Middle School Students 10-14 Years Old Meet up with your friends for a fun after-hours night out at the Y! It's the perfect way to spend time with friends, make new ones, and enjoy all the fun the Y has to offer. This event is open to tweens who are looking for a night filled with activities, laughter, and memories.

Location	Days	Time	Member	Community
Moline-East Moline	January 18	5:00-9:00	\$25	\$50
	February 15	5:00-9:00	\$25	\$50

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

MIDDLE SCHOOL

HIGH SCHOOL



HIGH SCHOOL (15-18 Years) INCLUDES:

- Rowing
- Dance
- Tumbling
- Personal Training
- Tone It Up!
- Martial Arts
- Swim Lessons

YMCA QUAD CITIES ROWING

BASS STREET YMCA & SYLVAN BOATHOUSE



FITNESS / RECREATION TEAM (Ages 15-18) Emphasis is on rowing technique, boat handling, physical conditioning, teamwork and fun. This level also serves as preparation for the Competitive and Elite teams for those interested.

COMPETITIVE TEAM (Ages 15-18) YMCA Quad Cities Competitive Junior Rowers are exposed to the national rowing scene and many are recruited to row at the collegiate level, often with Division I scholarship offers.

ELITE TEAM (Ages 15-18) Elite level training builds off of the intense work ethic developed during participation at the Competitive level. Elite rowers work to fine tune every aspect of their training and competition down to the finest detail.

ROWING EXPERIENCES

LEARN TO ROW Join the group for an introduction to the sport of rowing. This month-long program will give you basic skills to move to the next level of our rowing program. This program is designed for juniors and adults that want to learn how to row. A swim test is required within the first week of the class to participate without a life jacket.

MASTER ROWER (Ages 18+) After completing the Learn to Row you are ready to become a Master Rower and member of our rowing program! Our Master Rower Liaison will help you continue your skill building and help you meet other rowers to make future rowing connections

HIGH SCHOOL

FLIP TOPS

TEAM TUMBLING & TRAMPOLINE PROGRAMS

Superstars (Ages 3-18) Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1&2 in the USA gymnastics program, learning progressions for advanced skills. Class meets 1x week for 90 minutes

Location	Days	Time	Member	Community
Kewanee	Wednesday	5:30-7:00	\$39	\$78

Pre-Team (Ages 3-18) Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 1 & 2 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Friday	5:30-7:00	\$49	\$98

Team Level 3-4 Class implements stations to emphasize flexibility, endurance, strength, balance, discipline while practicing tumbling, double mini and trampoline skills. Students will start working on levels 3 through 5 in the USA gymnastics program, learning progressions for advanced skills.

Location	Days	Time	Member	Community
Kewanee	Monday & Thursday	4:30-6:30	\$100	Members Only

Team Level 5+ (Ages 3-18) Student must be able to successfully complete a standing back tuck and round off back four handsprings. This class will master skills from level 6-10 from USA gymnastics while emphasizing flexibility, endurance and strength along with progressions. Will work on tumbling, double mini and trampoline.

Location	Days	Time	Member	Community
Kewanee	Monday & Wednesday	5:00-7:30	\$125	Members Only

*Opportunities to travel and compete in National Gymnastics Competitions within the Flip Tops Program

TUMBLING

FLIPPING, TWISTING, EXCELLENCE.



ACADEMY CLASSES

Rec 8+ (Ages 8+) Class is for the older student with little to some experience who do not want to join the competition circuit. Will learn tumbling, trampoline and double mini. Instructors will implement stations to focus on flexibility, endurance, strength, discipline. Will start progressions and put together routines.

Location	Days	Time	Member	Community
Kewanee	Monday	5:00-7:00	\$49	\$98
	Tuesday	5:00-7:00	\$49	\$98

HIGH SCHOOL

PERSONAL TRAINING

EXPERT ADVICE, MAXIMUM RESULTS

One-On-One Personal Training and Group Training Options

Whether you're trying to lose a few pounds, complete a triathlon, or just get healthier, our nationally certified personal trainers have the knowledge and skills to help you reach your goals. Let us tailor a program to your specific needs, wants and goals and provide the coaching and motivation you need to help you succeed.

TwoRiversYMCA.org/personaltraining or scan the QR Code.



IN BODY

GO BEYOND THE SCALE



The InBody Analysis provides a quick and easy, non-invasive body analysis report. Discover how much of your weight is actually bone, muscle, fat, and water. Learn how many calories your body needs. Complete the analysis multiple times throughout your wellness journey to track your progress and stay on goal!

ONE FREE WITH PERSONAL TRAINING PACKAGE

*or \$20/Members or \$40/Community

MARTIAL ARTS

FOCUS, DETERMINATION, SKILL

Tae Kwon Do (Ages 6+) Taekwondo is a martial art and combat sport that originates from Korea and focuses on high-intensity, dynamic kicking and striking techniques. Emphasizes discipline, respect, as well as mental and physical strength.

Location	Days	Time	Member	Community
Kewanee	Monday	7:00-8:00	\$25	\$50
	Wednesday	7:00-8:00	\$25	\$50

Hapkido (Ages 6+) one of the youngest of the Oriental Martial Arts, has been evolving in Korea over the past 600 years. This style draws upon many of the underlying techniques of the more traditional martial arts. Hapkido is a combination of judo and karate. A mixture which helps students achieve a true balance of action, mediation, speed and power.

Location	Days	Time	Member	Community
Kewanee	Monday	8:00-9:00	\$25	\$50

Advanced Martial Arts (Ages 6+) This class is for Advanced students who have demonstrated a higher skill level than the basic/intermediate level, have taken Tae Kwon Do, Hapkido or have instructor approval.

Location	Days	Time	Member	Community
Kewanee	Wednesday	6:30-7:00	\$25	\$50

Judo (Ages 13+) Judo is a special martial art and Olympic sport! Participants will develop coordination, discipline, self-esteem & group cooperation. Consists mainly of throwing, grappling, safe falling & rolling.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	8:00-8:45	\$25	\$50

GOLF LEARNING CENTER

POWERED BY TOPTRACER RANGE TECHNOLOGY

INDIVIDUAL GOLF LESSONS & MONTHLY LEAGUES

Our expert instructors will assess your current skill level, analyze your swing mechanics, and pinpoint areas for improvement. Whether you're a beginner looking to master the basics or a seasoned player striving to refine your technique, our program offers customized drills, personalized feedback, and targeted practice sessions to help you reach your full potential.

Call 309.277.1782 to schedule your lessons today!

SWIM LESSONS

MAKING WAVES, ONE LESSON AT A TIME

Swim Lesson Experience (Ages 6-14) This class meets ONCE a week. The four competitive strokes are introduced. Students will work without flotation devices or goggles. Students will be evaluated and moved to the appropriate level. Progress reports are given at the end of the course.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Monday	4:30-5:15	\$25	\$50
	Monday	5:30-6:15	\$25	\$50
	Monday	6:30-7:15	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50
	Saturday	11:00-11:45	\$25	\$50
Kewanee <small>*View online for specific Stage schedule availability.</small>	Tuesday	4:00-4:45	\$25	\$50
	Tuesday	5:00-5:45	\$25	\$50
	Tuesday	6:00-6:45	\$25	\$50
	Thursday	4:00-4:45	\$25	\$50
	Thursday	5:00-5:45	\$25	\$50
	Saturday	9:00-9:45	\$25	\$50
	Saturday	10:00-10:45	\$25	\$50

Swim Lesson Academy Classes meet TWICE a week, for those students looking for a little more individualized technique focus. This specialized program helps swimmers hone their skills. With our qualified and experienced staff, you'll learn sound stroke techniques, fundamental skills, and all the best strategies that will help you become a more efficient, confident swimmer. Progress reports are given at the end of the course. Same instructor both days.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	T/TH	4:30-5:15	\$59	\$118
	T/TH	5:30-6:15	\$59	\$118
	T/TH	6:30-7:15	\$59	\$118

Adult Swim Lessons (Ages 15+)

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Tuesday	7:15-8:00	\$25	\$50
	Thursdays	7:15-8:00	\$25	\$50

ADVANCED SWIM 14+ YEARS OF AGE

Intermediate Masters Swim (Ages 14+)

This class is for advanced fitness and will train you to swim more efficiently. This class is ideal for those wanting to be swimming in Triathlons or up their swimming techniques. Each class is instructed and coached by Caleb Carlson, who was an Olympic trial swimmer.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Monday	7:15-8:00	\$25	\$50
	Wednesday	7:15-8:00	\$25	\$50

Masters Swim (Ages 16+)

Master Swim is open to adults 16 and older who are looking to improve their fitness through the sport of swimming. Workouts vary throughout the week and focus on speed, endurance, and technique. Each workout is coached by a former D-1 Olympic trial college swimmer Caleb Carlson who will provide tips and feedback to improve your swimming ability.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Monday	6:05-7:15	\$25	\$50
	Wednesday	6:05-7:15	\$25	\$50

Kraken Swim Team (Ages 16+) The team is open to any Y member ages 6-21 years of age, capable of swimming one full lap, front and back crawl. If not a current Y member, scholarships are available! USA Swimming Membership is optional, but **STRONGLY** recommended. USA Swimming meets do count toward YMCA qualifying times!

Location	Days	Time	Members
Kewanee	TBD	TBD	\$95/month

ADULTS/SENIOR

ADULT / SENIORS (18+ Years) INCLUDES:

- **YMCA 360**
- **MyZone**
- **Martial Arts**
- **Group Exercise**
- **Swim Lesson**
- **100 Mile Swim Club**
- **Chronic Disease Prevention**
- **Golf Learning Center**
- **Personal Training**

YMCA 360

EXPERIENCE THE YMCA LIKE NEVER BEFORE



Healthy Living for all. On all screens.

From yoga to youth sports, enjoy our exclusive collection of on-demand and livestream classes, on all your devices in cinematic 4K. Experience YMCA360, wherever you are and whenever you want, and experience healthy living for all.

Now available to all YMCA members, YMCA 360 brings to life the people, places and programs of the Y, and brings membership full-circle.



ADULTS/SENIOR

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

MYZONE KEWANEEYMCA

Myzone is an innovative wearable heart rate based system that uses wireless and cloud based technology to accurately and conveniently monitor physical activity. Available at the Kewanee YMCA only.

Myzone Benefits

- Track your heart rate, view your calories and effort in real time
- Set goals and compete with others by measuring effort levels
- Achieve Myzone status ranking based on effort not fitness
- Receive email workout summary
- Can be used during your individual workouts and group exercise classes by streaming live stats straight to your app and the YMCA TVs.
- The devices are also used extensively in conjunction with Personal Training and Small Group Training
- Stay motivated and inspired through regular Myzone branch challenges and social interactions via the app.
- Myzone devices can be purchased at the Membership Desk

FITNESS CLASSES ENERGETIC, MOTIVATING, TRANSFORMATIVE

Mommy and Me Stay active, bond, and have fun with your little one in our Mommy and Me Exercise Class! This class is designed for moms and their young children to move and groove together through fun, engaging routines. You'll enjoy a mix of cardio, strength, and flexibility exercises that incorporate your child into the workouts.

Location	Days	Time	Member	Community
Rock Island	Saturdays	9:00-9:45	\$25	\$50

STEAM SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

Arts and Crafts Through a variety of fun and engaging activities, young artists will explore different materials and techniques, developing their artistic skills while expressing their unique ideas.

Location	Days	Time	Member	Community
Rock Island	Monday	10:30-11:15	\$25	\$50
	Wednesday	10:30-11:15	\$25	\$50
	Friday	10:30-11:15	\$25	\$50

PICKLEBALL

READY, SET, PLAY

Pickleball Ready to experience the thrill of a sport that's taking the world by storm? Join us for Pickleball, where fun meets fitness in the most exciting way! Open play format, easy to join in even with no prior experience.

Location	Days	Time	Member
Moline-East Moline	M-F	7:00-10:00	FREE
	Sunday	2:00-4:30	FREE
Rock Island	M,W,F	8:30-10:30	FREE
Kewanee	M,W,F	10:00-12:00	FREE

MARTIAL ARTS

FOCUS, DETERMINATION, SKILL

Tae Kwon Do (Ages 6+) Taekwondo is a martial art and combat sport that originates from Korea and focuses on high-intensity, dynamic kicking and striking techniques. Emphasizes discipline, respect, as well as mental and physical strength.

Location	Days	Time	Member	Community
Kewanee	Monday	7:00-8:00	\$25	\$50
	Wednesday	7:00-8:00	\$25	\$50

Hapkido (Ages 6+) This style draws upon many of the underlying techniques of the more traditional martial arts. Hapkido is a combination of judo, karate and aikido. A mixture which helps students achieve a true balance of action, mediation, speed and power. Students start with learning basic techniques, with emphasis on how to properly execute them.

Location	Days	Time	Member	Community
Kewanee	Monday	8:00-9:00	\$25	\$50

Advanced Martial Arts (Ages 6+) This class is for Advanced students who have demonstrated a higher skill level than the basic/intermediate level, have taken Tae Kwon Do, Hapkido or have instructor approval.

Location	Days	Time	Member	Community
Kewanee	Wednesday	6:30-7:00	\$25	\$50

Judo (Ages 13+) Judo is a special martial art and Olympic sport! Participants will develop coordination, discipline, self-esteem & group cooperation. Consists mainly of throwing, grappling, safe falling & rolling.

Location	Days	Time	Member	Community
Moline-East Moline	Wednesday	6:00-6:45	\$25	\$50

ADULTS/SENIOR

LAND GROUP EXERCISE

Try our Group Fitness programs and gain self-confidence to initiate and sustain positive health habits. You'll be surrounded by a supportive community of instructors and fellow participants. Land Group Exercise classes are FREE for Members and open to ages 13 years and older.

CARDIO CLASSES

HIGH-ENERGY, SWEAT-PUMPING WORKOUTS

Les Mills BodyCombat Drawing from karate, boxing, taekwondo, capoeira, and muay thai, you'll punch, kick, strike, and kata your way through calories to superior cardio fitness.

Cardio Line Dance Embark on a dance journey learning diverse line dances to upbeat melodies, fostering a fun and social atmosphere while keeping the pace moderate and accessible to all!

Cardio Sculpt This is a 45 minute full body workout that synchronizes cardio, strength training, and core work to powerful, upbeat music!

Latin / Hip-Hop Dance Add flare to your fitness routine with mixed dance styles to keep your senses engaged all while improving heart and lung health, strengthening muscles and bones, challenging coordination, agility and flexibility!

Zumba This fitness program that combines Latin and international music with dance moves. The routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.

CROSS TRAINING CLASSES

COMBINATION OF CARDIO AND STRENGTH

Freestyle Cardio/Strength Full body exercises involving vigorous cardio while incorporating strength moves.

Get Fit Full body exercises involving cardio while incorporating strength moves. Whether you are new to exercise or have been working out for years, this class is for the health-seeker wanting a combination of mixed-impact cardio and functional strength.

Step and Strength An upbeat, energizing workout combining weight training and floor work with an emphasis on cardiovascular conditioning using a step. Please bring your own mat.

POWER X This 30 minute functional training class uses weights and floor space for a total body workout to build strength, endurance, and confidence.

YMCA 360

LIVE AND ON-DEMAND ANYWHERE ANYTIME

Experience The Y Like Never Before. Stream your favorite programs, classes and instructors. Anywhere. Anytime. **CLASS SCHEDULES** are available at TwoRiversYMCA.org or download the YMCA 360 App on any Apple, Android or Roku Device.

CYCLING CLASSES

SPIN, PEDAL, CLIMB

HIIT Cycle Cycle through bursts of high intensity cardio intervals in this 30 minute training that will drive your body to burn calories for hours after stepping off the bike. Water, towel and firm soled shoes recommended.

Studio Cycle Studio vibe with something for everyone presenting a 45 minute power packed mix of cardio + strength + endurance. Ride with varied resistance and speed to the beat of energizing music. Water, towel and firm soled shoes recommended.

STRENGTH CLASSES

MUSCLE-BUILDING, INTENSE, EMPOWERING

Core and More This class focuses on strengthening the abdominals, glutes, lower back, hips and shoulders, either as the primary or secondary muscles using resistance bands and weights in an express 30 minute format.

Les Mill BodyPump The original barbell class uses the rep effect (light weights with high repetitions) to strengthen your entire body.

Pilates A Pilates workout challenges not only your core strength but overall strength.

Power Pump Empower your body and mind with a 45-minute strength training class utilizing barbells, plated weights, and dumbbells, fostering confidence and resilience.

MIND & BODY CLASSES

CALM, FOCUSED, CENTERING

Les Mills BodyBalance Combining facets of Yoga, Tai Chi, and Pilates with powerful music and choreography to take you on a journey that builds flexibility and strength. By connecting breathing and body awareness you'll create harmony of spirit, mind, and body.

Mindful Yoga Yoga that focuses on basic moves that will improve your balance, strength, and flexibility.

Yoga Calm your mind and body as you increase flexibility and strength, relieve stress, and improve balance and core strength.

SILVER SNEAKERS

STRENGTH, BALANCE, MOBILITY

Silver Sneakers Classic Improve your strength, flexibility, balance, and endurance with this blend of physical activity, healthy lifestyle and socially oriented programming. Weights, tubing and ball are used for resistance. Seated or standing options.

Silver Sneakers Circuit SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

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

ADULTS/SENIOR

AQUATIC GROUP EXERCISE

Utilize the buoyant qualities of water to enhance physical fitness through exercise. Water exercise is ideal for increasing physical strength and endurance without putting stress and strain on joints. Swimmers and non-swimmers alike can take part.

CLASS SCHEDULES are available at TwoRiversYMCA.org or download the YMCA 360 mobile app.



DEEP WATER EXERCISE

No-impact deep water workout! Get a great cardio workout while you strengthen, tone, and increase flexibility. Intensity is easily adjusted for all levels of fitness.

SHALLOW / DEEP WATER EXERCISE

Come and join the fun! You will experience a wide variety of exercises that include dance, kickboxing, jogging, and toning. Intensity and impact can be varied on an individual basis.

BALANCE AND STRENGTH

This class is great for those with Parkinson's Disease, Multiple Sclerosis, Diabetics and anyone who wants a workout in the Lap pool.

AI CHI

The focus is on spirit, mind and body with flowing exercise and relaxation. Ai Chi uses a combination of deep breathing and slow broad movements of arms, legs and torso. The results are improved range of motion and overall mobility.

SLOW & EASY

This warm pool class brings you benefits from low impact exercises and stretches. Especially designed for those with limited joint motion, or cardio respiratory function.

ADVANCED SWIM

MAKING WAVES, ONE LESSON AT A TIME

Intermediate Masters Swim (Ages 14+)

This class is for advanced fitness and will train you to swim more efficiently. This class is ideal for those wanting to be swimming in Triathlons or up their swimming techniques. Each class is instructed and coached by Caleb Carlson, who was an Olympic trial swimmer.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Monday	7:15-8:00	\$25	\$50
	Wednesday	7:15-8:00	\$25	\$50

Masters Swim (Ages 16+)

Master Swim is open to adults 16 and older who are looking to improve their fitness through the sport of swimming. Workouts vary throughout the week and focus on speed, endurance, and technique. Each workout is coached by a former D-1 Olympic trial college swimmer Caleb Carlson who will provide tips and feedback to improve your swimming ability.

Location	Days	Time	Member	Community
Moline-East Moline (Lap Pool)	Monday	6:05-7:15	\$25	\$50
	Wednesday	6:05-7:15	\$25	\$50



100 MILE SWIM CLUB

Start tracking your yardage on January 1st, and see how fast you can hit 100 miles! Participants track their distance on charts provided and the Leaderboard will be updated weekly. The Club Members (who have hit 100 miles) will have their names displayed throughout the year.

ADULT SWIM LESSONS CONFIDENCE STARTS IN THE WATER

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE (Lap Pool)	Tuesday	7:15-8:00	\$25	\$50
	Thursdays	7:15-8:00	\$25	\$50

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

ADULTS/SENIOR

CHRONIC DISEASE PREVENTION

For more information please call 309.797.3945 or visit TwoRiversYMCA.org

LIVESTRONG AT THE YMCA

A FREE Fitness and health education program, due to generous donations to the Annual Campaign, tailored to fit the specific needs of adult cancer survivors who would like to improve the quality of their lives before, during, and after treatment. This 12-week program meets twice per week with certified instructors and personal trainers who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care. Medical release, intake and fitness assessment required.



Scan the QR Code for updated class schedules:

HOPE4LIFE CLUB

A nine-month household membership is available at a reduced fee immediately following completion of the LIVESTRONG at the YMCA program to further promote physical activity and socialization. After nine months, standard YMCA membership rates apply.



HEARTSMART CARDIAC PREVENTION

A cardiovascular disease prevention class designed for those who have been diagnosed with heart/vascular disease, stroke, who are at risk for or wish to prevent heart disease. This 45 minute session meets for blood pressure and heart rate monitoring along with focused strength training and cardiovascular routines conducted in a small group setting by specially trained instructors.

Location	Days	Time	Member	Community
MOLINE-EAST MOLINE	Monday & Wednesday	9:00-9:45	\$48	\$96



BODY IN MOTION 1

Designed to help adults with Parkinson's Disease or other movement disorders who would like to focus on gait, coordination, balance, and improve rigidity. Geared toward the individual who would benefit from a more modified plan due to increased frequency of balance, stability and fall risk concerns.

Location	Days	Time	Member
MOLINE-EAST MOLINE	Monday & Wednesday	10:00-10:45	\$48

BODY IN MOTION 2

Designed for adults with Parkinson's Disease or other movement disorders who wish to continue maintaining an active lifestyle through cardiovascular conditioning, strength, flexibility and balance. This program is designed for the lower fall risk participant to improve rigidity, posture, gait, balance, strength, and flexibility. Must be able to transition safely and move independently with or without a device.

Location	Days	Time	Member
MOLINE-EAST MOLINE	Tuesday & Thursday	9:15-10:00	\$48

HEALTHY BALANCE

A 6-week program designed to aid individuals in achieving their lifestyle goals by making small, modest changes to their daily behaviors to form sustainably, healthy habits. Classes are geared toward the participant who may have type 2 diabetes, pre-diabetes, or is motivated to lose weight in an encouraging environment. The program provides knowledge via resources, small group accountability and activities led by specially trained instructors.

Scan the QR Code for updated class schedules:



ADULTS/SENIOR

GOLF LEARNING CENTER POWERED BY TOPTRACER RANGE TECHNOLOGY

MONTHLY GOLF LEAGUES

Experience the thrill of golf year-round with our Indoor Golf League! Available on Fridays, Saturdays, and Sundays, this league offers golfers of all levels the chance to compete on some of the world's most famous courses—right from the comfort of our indoor golf simulator. Each month, participants will tackle multiple challenging courses, making every game a new adventure.

To join in the fun, simply call us to schedule your tee time. Whether you're looking to stay sharp during the off-season or just want to enjoy a few rounds with friends, our Indoor Golf League is the perfect way to keep your game in top form.

INDIVIDUAL GOLF LESSONS

Our expert instructors will assess your current skill level, analyze your swing mechanics, and pinpoint areas for improvement. Whether you're a beginner looking to master the basics or a seasoned player striving to refine your technique, our program offers customized drills, personalized feedback, and targeted practice sessions to help you reach your full potential.

\$50/hour Members or \$100/hour Community

Call 309.277.1782 to schedule your lessons today!

INDOOR SIMULATOR

Perfect your golf game year-round with our indoor golf simulator. Gather a few friends and hit unlimited golf balls while practicing your swing, putts, or even playing a full 18 holes on popular golf courses around the world. Ask about private parties, lessons and leagues. Call 309.277.1782 to reserve.



GOLF HITTING BAYS

Reserve a 1-hour time slot on one of our 2 heated covered hitting bays on your own or with up to 3 more friends. Powered by Toptracer Range, these bays provide the entertainment factor with skill-based games and competitions with friends. Call 309.277.1782 to reserve.

PERSONAL TRAINING

EXPERT ADVICE, MAXIMUM RESULTS

SMART START

For Two Rivers YMCA Members: Meet with a trainer to determine the best next step in your wellness journey. In this complimentary session, a personal trainer will help you maximize your results and customize a workout designed to help meet your specific fitness goals. Visit the membership desk to register.

Personal Training

One-On-One Personal Training and Group Training Options

Whether you're trying to lose a few pounds, complete a triathlon, or just get healthier, our nationally certified personal trainers have the knowledge and skills to help you reach your goals. Let us tailor a program to your specific needs, wants and goals and provide the coaching and motivation you need to help you succeed.

For more information visit
TwoRiversYMCA.org/personaltraining or scan the QR Code.



IN BODY

GO BEYOND THE SCALE



The InBody Analysis provides a quick and easy, non-invasive body analysis report. Discover how much of your weight is actually bone, muscle, fat, and water. Learn how many calories your body needs. Complete the analysis multiple times throughout your wellness journey to track your progress and stay on goal!

ONE FREE WITH PERSONAL TRAINING PACKAGE
*or \$20/Members or \$40/Community

ADULTS/SENIOR

LOCATIONS.....

MOLINE-EAST MOLINE YMCA



2040 53rd Street
Moline, IL 61265
309.797.3945



Monday-Thursday: 4:30am-10:00pm
Friday: 4:30am-9:00pm
Saturday: 6:00am-5:00pm
Sunday: 7:00am-5:00pm
*Hours listed for after Labor Day

ROCK ISLAND YMCA



2715 30th Street
Rock Island, IL 61201
309.506.4565



Monday-Thursday: 4:30am-10:00pm
Friday: 4:30am-9:00pm
Saturday: 6:00am-5:00pm
Sunday: 7:00am-5:00pm
*Hours listed for after Labor Day

KEWANEE YMCA



315 W. 1st Street
Kewanee, IL 61443
309.506.2193



Monday-Thursday: 5:00am-8:00pm
Friday: 5:00am-7:00pm
Saturday: 8:00am-3:00pm
Sunday: 12:00pm - 3:00pm
*Hours listed for after Labor Day

BASS STREET YMCA & SYLVAN BOAT HOUSE



1701 1st Avenue
Moline, IL 61265
309.517.7941

RIVERSIDE RIVERSLIDE



3300 5th Avenue
Moline, IL 61265
309.524.2428



Hours vary and are set by the Moline Parks and Recreation Department.

GOLF LEARNING CENTER



5507 22nd Avenue
Moline, IL 61265
309.277.1779



Seasonal hours vary.
Closed when temperatures fall below 50 degrees or for wet weather.

SPIRIT, MIND, & BODY CENTER



1811 53rd Street
Moline, IL 61265
309.797.3945

ADMINISTRATIVE OFFICES



2040 53rd Street
Moline, IL 61265
309.797.3945

*Branch hours are subject to change. All Two Rivers YMCA locations are closed on: Easter Sunday and Christmas Day; limited hours on: Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Eve, New Year's Eve, and New Year's Day.