



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER



Every day at the Y, members count on our guidance and resources to maintain or improve their health and well-being. Supported by Wellness Coaches, they're participating in group exercise classes, staying active in our pools and learning about good nutrition. They're developing friendships with others who share common passions, goals and interests.

It's happening every day at the Y - people are getting stronger and living better. **JOIN US!**

QuadCitiesYMCA.org

TWO RIVERS YMCA, Moline 797-3945
SCOTT COUNTY FAMILY YMCA 322-7171
Bettendorf, Davenport, Maquoketa

Join the Y between November 25 and December 2, 2011 and choose:

NO ACTIVATION FEE
(a value up to \$60)

- or -

\$50 GIFT CARD

(usage restrictions apply, for details logon to QuadCitiesYMCA.org)

ADD SOME CLASS TO YOUR WORKOUTS

Land group exercise classes are free at your Quad Cities YMCA, and a fun and exciting way to get moving. We've got the Les Mills® classes you want to get your cardio on or to stretch and tone core muscle groups. Join the Zumba® party and move your body to a Latin beat. Yoga, Pilates, Kickboxing and more - we've got all the classes you crave at a variety of times to fit your schedlue, and all free for YMCA members.

HEALTHY, ACTIVE HOLIDAY FUN at the Two Rivers YMCA

CHRISTMAS BREAK SPORTS CAMPS

Mini-sports camp for ages 3 to 6 features Indoor Soccer, Basketball and Kickball. Youth Sports Camp for ages 7 to 12 features Basketball, Volleyball and Indoor Hockey.

Schedule: December 27-29

Ages 3-6: 9:00-9:45 am

Ages 7-12: 10:00-10:45 am

Fee: \$10 Members / \$20 Communitiy

Location: Small Gym

ZUMBATOMIC SUPER SILLY DANCE PARTY

Let your child wiggle and groove to some up-beat music and cool dance moves. Crazy mix-match clothes are encouraged to make sure this dance party is the super silliest! Two age-appropriate parties:

Ages 3-6: TU December 27th
11:00-11:45 am

Ages 7-15: TH December 29th
11:00-11:45 am

Fee: \$5 Members / \$10 Community

Location: TBA

ZUMBA NEW YEAR'S EVE BASH

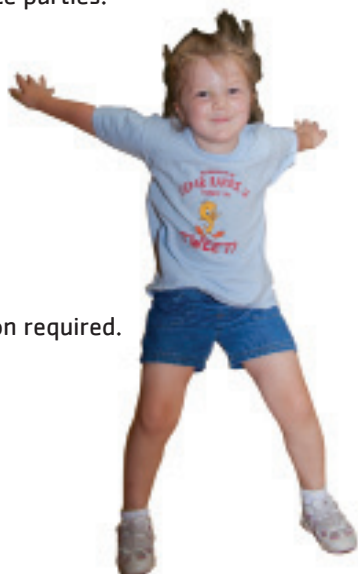
Ring in the New Year Zumba style! Registration required.

Age: 14 and older

Schedule: December 31
12:00-2:00 pm

Fee: Members FREE / Community \$5

Location: Studio



LIVESTRONG®

PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG at the YMCA is a FREE program tailored to fit the specific needs of adult cancer survivors who would like to improve their quality of life before, during, and after treatment. We offer a 12 week program that meets twice a week. Our certified instructors and personal trainers have undergone specialized training in the elements of rehabilitative exercise and supportive cancer care. LIVESTRONG at the YMCA program participants receive a 12 week membership for their entire household.

PROGRAM GOALS

- Increase flexibility and endurance
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and prevent unwanted weight changes
- Develop an on-going physical fitness program, not only as part of recovery, but as a way of life.

For more information on the LIVESTRONG at the YMCA program contact:

IL Quad Cities Jen Foley 797-3945 ext 229

IA Quad Cities Renee Schwartz 359-3734 ext 607



EVERYONE IS WELCOME

At the Y, we make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Ask about our membership and program participation scholarships. Join the Y and become part of a community committed to help you learn new things and make new friends at any stage of your life.