



# BELONGING

BEGINS WITH US AT THE WEST COOK YMCA



# THE Y IS WHERE YOU

## **CONNECT WITH YOUR NEIGHBORS.**

Your children not only learn to swim at the Y, it is where childhood friends grow up together to compete on the swim team. It is where you join a group fitness class and walk out with other members to go get coffee in the member lounge. It is where you are greeted every Tuesday at 6:00 am as you step on the treadmill by the same member each week.

## **FEEL A SENSE OF BELONGING.**

When you feel connected, you feel like you belong. The Y becomes the place where you feel comfortable to build relationships and make friends with your neighbors.

## **ACHIEVE YOUR GOALS.**

It is where you become confident in setting and achieving your goal. It is where your instructor, your friends, and the Y support you in achieving your health and well-being goals.

## **FIND YOUR COMMUNITY.**

When you join the Y, you find your community. It is where stories are written through the friendships and camaraderie found at the Y.

**Choose the Y because it is the missing piece to your health and wellbeing journey.**





# IMPACTING OUR COMMUNITY

As a member of the Y, together, we are addressing the needs of our community through a focus on youth achievement and community health and wellness.

**\$1.5M** in financial assistance provided since 2014.

**967** youth gained confidence in the water through aquatic programs.

“Water safety is one of the most valuable life lessons and I am rest assured that my children have complete knowledge of what to do in a crisis, that is priceless.” — Swim Access Parent

**227** individuals reduced their risk of chronic disease through one of 6 chronic disease prevention programs.

“There were many benefits to the Diabetes Prevention Program. I learned how to make healthy food choices, eat more protein, and begin daily exercises. I also lost weight and made new friends.” —DPP Participant

**219** students engaged in enrichment activities to improve their math, literacy, and social emotional skills.

“The staff is caring, understanding and knowledgeable about the cognitive and social development of children. They are also very good at talking to parents and listening to their comments and feedback. Every day they have smiles on their faces and they are very positive”. —Program Parent

**THE Y IS COMMITTED TO ADDRESSING THE NEEDS OF OUR COMMUNITY. LEARN MORE AT [WESTCOOKYMCA.ORG/STRATEGIC-PLAN](http://WESTCOOKYMCA.ORG/STRATEGIC-PLAN)**





## TOUR AND FIND YOUR Y TODAY.

### FIND YOUR PASSION. FIND YOUR Y.

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

### TAKE A TOUR TODAY.

Stop in for a tour and we will show you all that the Y has to offer to meet your needs. Tour guides are available by reservation. Make your reservation today at [westcookymca.org/tours](https://westcookymca.org/tours).

### COMPLIMENTARY AMENITIES

- Child Watch
- Coffee
- Fitness Consultation
- Group Fitness
- Guest Passes
- Mobile App
- Pickleball
- Towels
- YMCA360 On Demand
- Water Fitness
- Wellness Center Orientations
- Yoga

### FACILITIES

- Basketball Gyms
- Indoor 25 Yard Pool
- Indoor Track
- Locker Rooms & Spas, Steam Room, and Saunas
- Personal Training Studio
- Pickleball Courts
- Racquetball Courts
- Wellness Center with Cardio, Cycling, and Strength Equipment

**TOUR THE Y.  
MAKE YOUR RESERVATION TODAY AT  
[WESTCOOKYMCA.ORG/TOURS](https://westcookymca.org/tours)**





## YOUTH PROGRAMMING

We are committed to nurturing the full potential of all youth through the character development of Caring, Honesty, Respect, and Responsibility.

**AFTER-SCHOOL SIGNATURE PROGRAM:** Focused on academic supports, social-emotional development, and physical and enrichment activities in partnership with the school district.

**POWER SCHOLARS ACADEMY:** A summer learning loss prevention program focused on boosting literacy and math skills.

**ESPORTS:** Youth are welcome to be who they are, excel at what they love, and develop the social, strategic and problem-solving skills through organized online video game competitions.

**SAFETY AROUND WATER:** Teaches drowning prevention for children of all ages and from all backgrounds that water should be fun, not feared, as long as you know how to stay safe in and around water.

**SWIM LESSONS:** Focused on vital water safety skills and stroke development through a progressive swim lesson curriculum.

**AQUATIC PATHWAY PROGRAMS:** Specialized tracks focused on building leadership, recreation, and competition and continue to cultivate passion in aquatic programming beyond swim lessons.

**COMPETITIVE SWIM TEAM:** Developing and growing quality, character-driven athletes in a supportive team environment.

**25% OFF FIRST MONTH  
OF SWIM LESSONS FOR NEW FAMILIES.  
LEARN MORE AT [WESTCOOKYMCA.ORG/AQUATICS](https://westcookymca.org/aquatics)**





## ADULT PROGRAMMING

We are committed to helping each individual achieve their health and wellness goals and become their best self.

**FITNESS CONSULTATION:** Meet with a personal trainer who will provide a fitness assessment and wellness center orientation.

**DIGITAL ACCESS:** On-demand and live-streaming programs, goal setting, workout logs, and so much more through the Mobile App and YMCA360.

**CYCLING:** Climb, sprint, and train as you create muscle tone in your legs and improve your heart and lung function.

**WATER EXERCISE:** Shallow and deep water classes that provide resistance to improve cardiovascular ability, strength, balance, and flexibility.

**YOGA:** Yoga is a holistic practice, uniting the body, mind, and spirit through practicing physical poses (asana) and connecting with your breath (pranayama).

**GROUP FITNESS:** Designed to be a supportive environment and have a shared experience with your fellow members through fitness programs.

**PERSONAL TRAINING:** Individualized guidance to help you meet your health and wellness goals with certified personal trainers.

**PICKLEBALL:** Combines elements of badminton, tennis, and ping pong and is played with solid paddles and a perforated ball similar to a wiffle ball on a short solid court with a low net.

**INTRODUCTORY PERSONAL TRAINING PACKAGE FOR MEMBERS: SAVE 50% ON YOUR FIRST 3 SESSIONS. LEARN MORE AT [WESTCOOKYMCA.ORG/PT](https://westcookymca.org/pt)**





## OLDER ADULT PROGRAMMING

Programs designed and curated for adults ages 62+ to help you live more fully, no matter your activity level or background.

**GROUP FITNESS:** Modified complimentary classes focused on stability, movement, strength, and cardio with certified instructors.

**HEALTHY AGING PROGRAM:** Complimentary program with personalized wellness coaching, fitness programming, health literacy events, and opportunities for enrichment and social engagement.

**RENEWACTIVE:** Through select UnitedHealthcare Medicare plans, members have access to the West Cook YMCA— all at no additional cost.

**OLDER ADULT CONSULTATION:** Meet with a personal trainer who will provide a fitness assessment and wellness center orientation.

**SWIM LESSONS:** It's never too late to learn to swim or refine your strokes with a certified swim instructor.

**WATER EXERCISE:** Shallow and Deep Water classes that provide water resistance to improve cardiovascular ability, strength, balance, and flexibility.

**YOGA:** Modified Yoga classes focused on uniting the body, mind, and spirit through practicing physical poses (asana) and connecting with your breath (pranayama).

**RAPID RESPONSE SCHOLARSHIPS AVAILABLE.  
LEARN MORE AT [WESTCOOKYMCA.ORG/RRS](https://www.westcookymca.org/rrs)**





## COMMUNITY HEALTH & WELLNESS

In communities across the nation, the Y is a leading voice on health and well-being. Since 2007, the Y movement has driven innovation in prevention and control of chronic disease to save lives and reduce healthcare spending. With support from the Centers for Disease Control and Prevention (CDC), the Y delivers tangible results in evidence-based chronic disease prevention and control.

As a community-facing organization, the Y's mission has long focused on helping people to live their healthiest lives and reach their full potential in spirit, mind, and body, acknowledging that individual "health" is influenced by a range of interconnected environmental, social, and biological factors.

### PROVEN PROGRAMS

This is what the YMCA does: we invest in proven programs to prevent and control chronic disease by supporting people with physical activity, improved nutrition and peer support. We can improve health outcomes, we can reduce health spending, and we can reduce health disparities among at-risk populations.

**REDUCE YOUR RISK FOR CHRONIC DISEASE. COMPLETE A SELF-REFERRAL FORM FOR A FREE WELLNESS PROGRAM.**

**ALL CHRONIC DISEASE PROGRAMS ARE COMPLIMENTARY FOR MEMBERS.**



## BLOOD PRESSURE SELF-MONITORING PROGRAM

Personalized one-on-one support for developing a blood pressure self-monitoring routine, tips for maintaining a healthy heart, and nutrition education seminars.

### PROGRAM GOALS:

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

### ELIGIBILITY:

- At least 18 years old, and
- Diagnosed with hypertension or currently taking antihypertensive medication
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

**PROGRAM LENGTH:** 4 months

### LEARN MORE:

[westcookymca.org/bpsm](http://westcookymca.org/bpsm)

**BLOOD PRESSURE  
SELF-MONITORING PROGRAM  
SELF REFERRAL FORM:**







## DIABETES PREVENTION PROGRAM

Help those at high risk adopt and maintain healthy lifestyles and reduce their chances of developing type 2 diabetes. Fully recognized by the CDC and proven to reduce risk of type 2 diabetes by 58%.

### PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to at least 150 minutes per week

### ELIGIBILITY:

- At least 18 years old
- Overweight (BMI  $\geq 25$ ) AND
- Diagnosed with prediabetes via one of three blood tests or previous diagnosis of gestational diabetes
- Not diagnosed with T1 or T2 diabetes
- Not pregnant

If blood test not available, can qualify based on risk factors.

**PROGRAM LENGTH:** 12 months

### LEARN MORE:

[westcookymca.org/dpp](http://westcookymca.org/dpp)

**DIABETES PREVENTION PROGRAM SELF REFERRAL FORM:**



## WEIGHT LOSS PROGRAM

Designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable healthy habits.

### PROGRAM GOALS:

- Introduce behaviors that lead to sustained weight loss
- Develop personalized plans to incorporate those behaviors into their lifestyle

### ELIGIBILITY:

- Must be at least 18 years old, and
- Desire a healthier weight

Not intended for individuals with specialized needs due to chronic disease or onset of a chronic disease.

**PROGRAM LENGTH:** 3 months

### LEARN MORE:

[westcookymca.org/weightloss](http://westcookymca.org/weightloss)

**WEIGHT LOSS PROGRAM SELF REFERRAL FORM:**





## JOIN TODAY. WE ALL BELONG HERE.

### THE Y IS FOR ALL.

The West Cook YMCA understands that health and wellness is different for each person. Our staff are committed and ready to help you reclaim your health, whether it is in person or from the comfort of your home through YMCA360 and our mobile app that gives you access to thousands of on-demand and live-streaming fitness content.

### 4 WAYS TO JOIN OR REGISTER

1. Call 708-383-5200
2. Email [memberservices@westcookymca.org](mailto:memberservices@westcookymca.org)
3. In-Person at 255 S. Marion St., Oak Park
4. Online at [westcookymca.org/join](https://westcookymca.org/join)

### JOIN ONLINE

1. Visit [westcookymca.org/join](https://westcookymca.org/join)
2. Click "Sign Up" in the top right of the embeddable page
3. Select your membership type
4. Click Next
5. Sign up with your email and information
6. Add Promo Code: `joinonline`
7. Pay for Membership

### DOWNLOAD MOBILE APP

Download the app 24-48 hours after you join and have access to class schedules, YMCA360, workout logs, and so much more. Visit: [westcookymca.org/app](https://westcookymca.org/app)

**JOIN ONLINE TODAY AT [WESTCOOKYMCA.ORG/JOIN](https://westcookymca.org/join)  
AND RECEIVE \$0 JOINER FEE AND  
50% OFF FIRST MONTH.**





**JOIN ONLINE  
AT WESTCOOKYMCA.ORG/JOIN  
AND RECEIVE \$0 JOINER FEE AND  
50% OFF FIRST MONTH.**

## **MAXIMIZE YOUR MEMBER EXPERIENCE**

### **HOURS OF**

#### **OPERATIONS**

Mon.-Fri. 6:00a-8:00p  
Sat. 8:00a-6:00p  
Sun. 10:00a-6:00p

### **VISIT US ONLINE**

Download the current schedules, register for programs online, and learn about the impact your Y has on our community and more!

### **GET CONNECTED**

Ensure we have your email address on file to receive informative emails, follow us on Facebook, and download the mobile app to receive the latest news, upcoming events, and program information.

### **ATTEND YOUR COMPLIMENTARY FITNESS ASSESSMENT**

Work one-on-one with a certified trainer to create a plan that is tailored to your specific needs. Make your reservation online today.



**WEST COOK YMCA**  
255 S. Marion St.  
Oak Park, IL 60302



Addressee  
Street Address  
City, State Zip