



# WE BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES

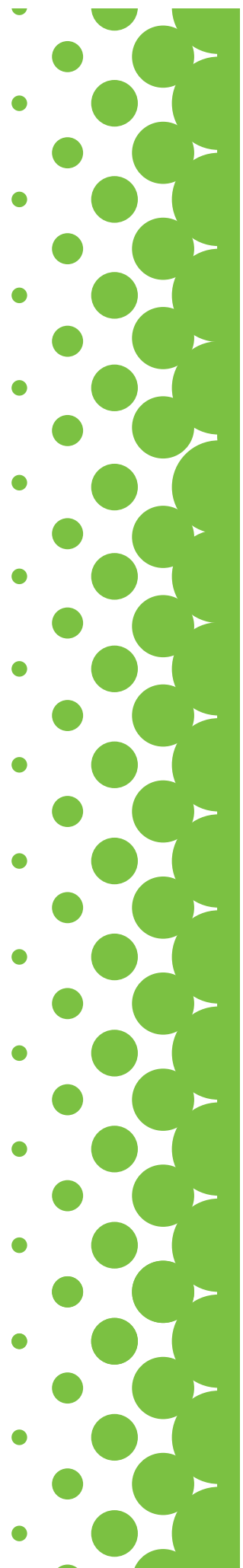


WE ARE THE YMCA.  
WE CARE ABOUT YOUR CHILDREN



**TRI-TOWN  
YMCA**

*Spring/Summer*  
2 0 1 0





## **TRI-TOWN YMCA** THE DIFFERENCE

### Tri-Town Does Not Charge Membership Dues

Instead the Tri-Town YMCA collaborates with our local schools, park districts, churches, and others to bring our programs to the community at the lowest cost possible.

### Staff-to-Child Ratios Ensure Ample Attention and a Safe Environment

That means a greater number of adults dedicated to supporting, encouraging, and developing your children. Along with peace of mind for you.

### Most Programs Located in Local Schools Making a Convenient, Affordable Choice

We work closely with the schools, although we are not a school program. We are a charitable organization with a mission dedicated to the development of healthy mind, body, and spirit for all.

### No One Excluded Because of Inability to Pay

Our goal is to ensure that our services are accessible to all members of the community. The criteria for eligibility are based on family situation and income. Rates are assessed using a sliding scale and based on a percentage of program fees. We have the discretion to take into account additional factors such as family illness, care of aging parents, single parent families, etc. Funds are donated through our Strong Kids Campaign and are dependent on the availability of those funds. Call us. We really do care.

### A Friendly, Caring Atmosphere, and a Whole Lot of Fun

We believe we all need a place to belong – a place where we genuinely care about one another. A place where we pull together and treat each other with kindness, open communication, and support. We welcome and include people of all backgrounds, races, religions, ages and abilities. We value community. The Tri-Town YMCA nurtures children, supports families and strengthens society.

### Developing Character and Values Along the Way

This is reflected on a day to day basis throughout our programs in the character building skits performed by the children during camp, the recognition given to children noticed making the right choices in the Y's Kids program, and the Everyone Plays – Everyone Wins attitude in our Youth Sports programs.

## **WE ARE THE YMCA. WE CARE ABOUT YOUR CHILDREN**

### OFFICE HOURS & LOCATION

Monday - Friday  
9:00 am – 4:30pm

p 630-629-9622  
f 630-629-4636

email: [info@tritownymca.org](mailto:info@tritownymca.org)

1464 S. Main Street Entrance #7  
Lombard, IL 60148

Located adjacent to Manor Hill School on Main Street, just south of Roosevelt Rd

[www.tritownymca.org](http://www.tritownymca.org)



# Spring ADVENTURE CAMP

The perfect solution to winter and spring break boredom! Also a helpful alternative for parents who have hectic holiday schedules. Activities include arts and crafts, games, sports and a unique Adventure Trip each day! Be sure to pre-register.

**Fee:** \$39 per day    Pick up and drop off: Manor Hill School  
**Extended Care:** 7:00am - 9:00am    \$7 per day  
 4:00pm - 6:00pm    \$7 per day

DATE		TIME	LOCATION	MIN/MAX
Monday	March 29	9:00am - 4:00pm	Laser Tag at Laser X	8/30
Tuesday	March 30	9:00am - 4:00pm	Bowling at Brunswick	8/30
Wednesday	March 31	9:00am - 4:00pm	Enchanted Castle	8/30
Thursday	April 1	9:00am - 4:00pm	Brookfield Zoo	8/30
Friday	April 2	9:00am - 4:00pm	Movie at AMC	8/30

## BEFORE & AFTER SCHOOL CARE

Working together with Lombard District 44 and Villa Park District 45, we offer kids before and after school programs in area schools. Children are encouraged to be creative, to develop new skills/interests and to have fun in a safe and caring environment. Daily activities may include group games, homework/reading, arts/crafts, outdoor play, and nutritious snacks. Families can join anytime throughout the year.

Call Jeanne at (630) 629-9622

## Parents, Pizza & PARACHUTE PARTY

Parents and kids are all invited to join us for an end of the school year party. Enjoy a pizza dinner and fun games including our giant, multi-colored parachute. This will be a good opportunity for parents to get to know each other and make some fun summer plans for the kids as school is coming to a close. Mrs. Jennifer Buchanan, Ardmore Site Director told us they may even be planning a mini performance for this fun night. Sign up early!



DATE		TIME	LOCATION
Tuesday	May 18	5:30pm - 7:00pm	Ardmore School - Entrance #11 225 S. Harvard, Villa Park
<b>COST</b>		<b>OR</b>	
\$10 per adult & \$5 per child			\$8 per adult & \$4 per child with a donation of gently used educational toys, sports equipment, or art supplies

All participants must pre-register



# Summer Camp KICKOFF

Thank you Enchanted Castle for Supporting Tri-Town's youth program!

This winter get out of the house and come to the YMCA's 2010 camp registration kick-off. There will be games, food, and tons of fun! Stop by our summer camp table and register your child for the YMCA's 2010 summer camp. Bring the kids and let them play while you get all the information on our summer camp programs. You can also find us on the web at [www.tritownymca.org](http://www.tritownymca.org).

## ENCHANTED CASTLE

1103 N Main St. (at Roosevelt & Main St.)  
Lombard, IL

630-953-7860 | [www.enchanted.com](http://www.enchanted.com)

DATE	TIME	LOCATION	FEE	REFRESHMENTS
Tuesday March 2	6:30pm - 8:30pm	The Enchanted Castle	None	Hot Dog, Chips & Drink

### INTERESTED IN VOLUNTEERING AS A CAMP COUNSELOR?

Learn more about how you can qualify to volunteer for the YMCA by calling Chuck at 630-629-6922.

Teens – Check out our *Counselor in Training* program on the Lombard Park District website [www.lombardparks.com](http://www.lombardparks.com)

## Guides & Princesses PARENT/CHILD PROGRAM

For 40 years, our Y Guides and Princesses programs have provided families with a unique opportunity to create an atmosphere of fun, while spending quality time together. The program focus is to foster parent/child relationships, but parents find they also form lifelong friendships with other parents as well. Each group enjoys a small group meeting and an exciting yet age appropriate outing each month. Registration is accepted any time throughout the year. For more information, call Chuck at the Tri-Town YMCA, 630-629-9622.

#### FEES

\$11 per person for Nation dues; \$25 per family administration fee



**Summer Camp** Campers have been experiencing our Day Camp programs for 40 summers, and we have planned another fun-packed summer for 2010! Our camps provide a safe, enriching environment, while offering a variety of stimulating activities. Campers spend time at local forest preserves participating in camp games, crafts, nature activities, hiking, and boating. They'll also enjoy local water parks, and field trip adventures!

## REGISTRATION

We encourage early registration, as many sessions fill quickly. There is a \$25 non-refundable deposit per session, per child, due at the time of registration. We cannot hold a spot for a camper unless we receive the deposit.

Financial assistance is available to qualifying families.

Please call the Tri-Town YMCA, 630-629-9622, or check our website [www.tritownymca.org](http://www.tritownymca.org), for more information, a camp brochure and registration materials.

# Adventure Trails DAY CAMP

Entering Grades 1 - 5

Campers are grouped together by age. They may request to be in a group with a same-aged friend. Fee includes a camp t-shirt to be worn on field trip days.

**Fee:** \$130 per sessions 1-10  
\$135 per session 11

**Extended Care:** 7:00am - 9:00am and/or  
4:00pm - 6:00pm

**Extended Care Fees:** \$25 per week AM or PM  
\$50 per week both AM and PM



SESSION	DAYS	DATES	TIME	FIELD TRIP TO
1	Mon - Fri	6/7 - 6/11	9:00am - 4:00pm	Odyssey Fun World
2	Mon - Fri	6/14 - 6/18	9:00am - 4:00pm	Lincoln Park Zoo
3	Mon - Fri	6/21 - 6/25	9:00am - 4:00pm	Wild West Town
4	Mon - Fri	6/28 - 7/2	9:00am - 4:00pm	LegoLand Discovery
5	Mon - Fri	7/5 - 7/9	9:00am - 4:00pm	Cougars Game
6	Mon - Fri	7/12 - 7/16	9:00am - 4:00pm	Chinatown Chicago
7	Mon - Fri	7/19 - 7/23	9:00am - 4:00pm	DuPage County Fair
8	Mon - Fri	7/26 - 7/30	9:00am - 4:00pm	Airtastics
9	Mon - Fri	8/2 - 8/6	9:00am - 4:00pm	North Ave. Beach
10	Mon - Fri	8/9 - 8/13	9:00am - 4:00pm	Medieval Times
11	Mon - Fri	8/16 - 8/20	9:00am - 4:00pm	Enchanted Castle

*Note:* Field Trips are subject to change

Entering Grades 6 - 8

# Teen Trails DAY CAMP



Our older campers experience a more flexible schedule at camp. Activities are less structured and more flexible than in Adventure Trails, and are better suited for middle-school aged campers. They use the YMCA buses, which allows for more mini field trips. Session 8 has an overnight campout at Herrick Lake on Thursday night.

**Fee:** \$145 per sessions 1-7 & 9-11  
\$150 per session 8

**Extended Care:** 7:00am - 9:00am and/or 4:00pm - 6:00pm

**Extended Care Fees:** \$25 per week AM or PM  
\$50 per week both AM and PM

SESSION	DAYS	DATES	TIME	FIELD TRIP TO
1	Mon - Fri	6/7 - 6/11	9:00am - 4:00pm	Laser Tag / Bowling
2	Mon - Fri	6/14 - 6/18	9:00am - 4:00pm	Airtastics
3	Mon - Fri	6/21 - 6/25	9:00am - 4:00pm	Magic Waters
4	Mon - Fri	6/28 - 7/2	9:00am - 4:00pm	Great America
5	Mon - Fri	7/5 - 7/9	9:00am - 4:00pm	Chicago White Sox Game
6	Mon - Fri	7/12 - 7/16	9:00am - 4:00pm	Chinatown Chicago
7	Mon - Fri	7/19 - 7/23	9:00am - 4:00pm	Gymnastics Facility
8	Mon - Fri	7/26 - 7/30	9:00am - 4:00pm	Starved Rock
9	Mon - Fri	8/2 - 8/6	9:00am - 4:00pm	North Ave. Beach
10	Mon - Fri	8/9 - 8/13	9:00am - 4:00pm	Medieval Times
11	Mon - Fri	8/16 - 8/20	9:00am - 4:00pm	Enchanted Castle

**Note:** Field Trips are subject to change, including the day of the week

“ My daughter is 28 years old and we still enjoy many special memories formed during our 6 years in the Father/Daughter Indian Princesses program. We would not have the close bond we have today if it weren't for that program. All the fathers in our group, and many are still good friends to this day, feel the same. ”



# Water FITNESS

Open to swimmers and non-swimmers in a 3-5 Ft. depth pool, this class is easy on the entire body, without painful side effects that other sports can inflict. The water's buoyancy makes this an excellent therapy program. Lexington Square is located at 555 Foxworth Blvd. off of Finley Rd. just north of 22nd Street.



**Thanks to Lexington Square for the use of their pool**

**Fee:** \$45 per class during Spring  
\$60 per class during Summer

*Fee assistance for Tri-Town programs is available on a sliding scale.*

SESSION	DAYS	DATES	TIME	LOCATION	MIN/MAX
Spring	Mon	4/19 - 6/7	9:30am - 10:30am	Lexington Square	6/15
Spring	Mon	4/19 - 6/7	11:00am - 12:00pm	Lexington Square	6/15
Spring	Thurs	4/22 - 6/3	9:30am - 10:30am	Lexington Square	6/15
Spring	Thurs	4/22 - 6/3	11:00am - 12:00pm	Lexington Square	6/15
Summer	Mon	6/21 - 8/23	9:30am - 10:30am	Lexington Square	6/15
Summer	Mon	6/21 - 8/23	11:00am - 12:00pm	Lexington Square	6/15
Summer	Thurs	6/24 - 8/26	9:30am - 10:30am	Lexington Square	6/15
Summer	Thurs	6/24 - 8/26	11:00am - 12:00pm	Lexington Square	6/15



## Feeling Good LIGHT EXERCISE

**Ages 55+**

This is a slower paced coed fitness class designed for older adults, age 55 and up, who want to maintain flexibility and mobility without the faster rate of other fitness classes. No floor exercises are done. The class incorporates the use of chair exercises, exercise bands, light weights and stretching movements. This is an ongoing class.

First United Methodist Church kindly donates their space.

SESSION	TIME	LOCATION	FEE	MIN/MAX
Ongoing Mon, Wed, Fri	9:00am - 10:00am	First United Methodist Church 155 S. Main, Lombard	\$25 for 12 visits	6/15

SPRING / SUMMER 2010

## 2009 TRI-TOWN YMCA CORPORATE CHAMPION OF YOUTH AWARDS

On behalf of the Board of Directors of Tri-Town YMCA, we proudly presented two Corporate Champion of Youth Awards in 2009. The JCPenney Afterschool Fund and The Marketing Store have both demonstrated their deep commitment and support of our youth through their financial sponsorship, the volunteer support of many caring and enthusiastic employees, and the donation of in-kind supplies to enhance the effectiveness and enjoyment of our programs by the youth in our community. We are very fortunate to have such caring organizations within our community.



## Sunshine Calls TO BRIGHTEN YOUR DAY

YMCA staff and volunteers make daily phone calls to those who are living alone or are homebound. This program is designed to bring a little friendly conversation into each person's day to confirm that each person is well and needs no assistance. If help is needed, the YMCA can initiate the proper action. If you, or someone you know, would benefit from this program, please call us at 630-629-9622.

Persons wishing to participate as a volunteer in making Sunshine Calls or delivering books to homebound seniors should also contact the YMCA.

## FACILITY RENTAL FOR FAMILY GATHERINGS & MEETINGS

Enjoy having your next event at the Tri-Town YMCA. Our YMCA conference room and classroom are perfect for birthday parties, showers, family gatherings, and group meeting space. The combination of rooms is available for the same price. Families are allowed to bring their own food and drink, no alcohol is allowed. Maximum combined capacity is 60. Table seating for conferences up to 20. Call the YMCA to find out how we can help make your event a success. A security deposit is required.

### **Equipment Available for Use:**

TV with VCR/DVD Player/Overhead Projector,  
Wireless Internet Access, Dry Erase Whiteboard

### **Facility Rental Fees:**

Weekdays (Mon - Fri 9:00am - 4:00pm)

\$15 per hour, 2 hour min

Weekday Evenings (Mon - Thurs 6:30pm - 10:00pm)

\$25 per hour

Weekends (Fri evening - Sun)

\$25 per hour

# TRI-TOWN YMCA REGISTRATION

Name \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Participant's Name	Birth Date	Program Name	Session	Day/Time	Fee Paid

**Yes! I would like to help those who cannot afford the YMCA by making a tax-deductible contribution to the Annual Fund Drive Campaign.**

Total Fees \$ \_\_\_\_\_

Contribution \$ \_\_\_\_\_

Total Payment \$ \_\_\_\_\_

**Payment Method:**

Cash \_\_\_\_\_ Check \_\_\_\_\_ *Please make checks payable to Tri-Town YMCA* (\$20 fee for returned checks)  
 Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ Card# \_\_\_\_\_ Expiration Date \_\_\_\_\_

Authorized Signature \_\_\_\_\_ Date \_\_\_\_\_

**Release/Waiver:**

Participant or guardian assumes all risks of injury arising out of his or her presence on or about the premises or at another location, use or intended use of equipment and facilities, or his or her participation in the activities of the Tri-Town YMCA, an Illinois chartered not for profit corporation and does hereby for himself, herself, heirs, executors and administrators waive, release, and agree to hold free from all claims for damages the Tri-Town YMCA and its respective officers, directors, Trustees, Board of Directors, members, employees, or agents. I hereby allow the YMCA to take pictures (still or video) of myself and/or my children and grant permission for these images to be used in YMCA publications, publicity, or promotions. I have answered all above questions accurately, declare myself/family to be physically sound, having medical approval to engage in YMCA activities, have read the information above agreeing for myself and as a chosen representative for my family to the policies and procedures of the Tri-Town YMCA.

Signature of Adult Participant (18 years or older) or Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**MAIL TO:** Tri-Town YMCA, 1464 S. Main, Lombard, IL 60148 or **FAX TO:** (630) 629-4636

**HELP US WITH OUR GRANT REPORTING:** Do you earn ABOVE or BELOW (circle one) these guidelines:

Number of Persons in Family	Combined Family Income	Number of Persons in Family	Combined Family Income
1	\$21,660	5	\$51,580
2	\$29,140	6	\$59,060
3	\$36,620	7	\$66,540
4	\$44,100	8	\$74,020

Is anyone in the family: Disabled \_\_\_\_\_; English is not their primary language \_\_\_\_\_; At risk due to lack of insurance, transportation, high school diploma, or for mental illness, chemical dependency, social isolation \_\_\_\_\_

What is the race & sex of the participant(s)? \_\_\_\_\_ Thank you!

**Program Refunds:** Anyone withdrawing prior to the beginning of the session, will receive a refund, minus a \$5.00 service fee unless otherwise noted. Withdrawal, after the session begins, must be for a medical reason only, and will be pro-rated. A medical statement must be presented to receive a refund. We will provide a make-up class when possible, if the YMCA cancels the class. If we are unable to provide a make-up class a pro-rated refund will be given.

S P R I N G / S U M M E R 2 0 1 0



## REQUEST FOR REDUCTION OF FEES

It is the Tri-Town YMCA's goal that its services are accessible to all members of the community, and that no one is excluded because of the inability to pay. The criteria for eligibility are based on family situation and income. Staff will have the discretion to take into account additional factors such as family illness, care of aging parents, single parent families, etc. Changes in family size or income must be reported; not doing so or reporting false information could result in the cancellation of assistance. Rates are assessed using a sliding scale and are based on a percentage of program fees.

Funds are donated through the annual Strong Kids support campaign. The ability of Tri-Town YMCA to grant assistance is therefore dependent on the availability of those funds. All information obtained in this application will remain confidential.

Please complete the information below to help us evaluate your request:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name and Ages of Family Members (if applicable):

Name	Age
_____	_____
_____	_____
_____	_____

Home Address: \_\_\_\_\_ City: \_\_\_\_\_

State & Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Please list the activity that you are requesting fee reduction for :

Participant Name: \_\_\_\_\_

Program Name: \_\_\_\_\_ at regular cost of \$ \_\_\_\_\_

Note: Complete and attach registration form for the program for which you are applying.

Reason for Fee Reduction Request: \_\_\_\_\_

### Documentation of Income:

How many people live in your household? \_\_\_\_\_

What is the total annual income for your entire household? \_\_\_\_\_

What does this include? \_\_\_\_\_ Wages \_\_\_\_\_ Govt. Support \_\_\_\_\_ Child Support \_\_\_\_\_ Other \_\_\_\_\_

Please attach copies of the following items as proof of income:

\_\_\_\_\_ latest tax return IRS 1040 **and** \_\_\_\_\_ recent paycheck stub

**or** \_\_\_\_\_ Section 8 application **and** \_\_\_\_\_ Public Aid card

Statement by applicant: I certify that all information provided to the Tri-Town YMCA for reduction of fees is true. I understand that false information will make me ineligible. I understand that the decision to grant a fee reduction is at the sole discretion of the Y's board of managers or its designee.

Signature of applicant: \_\_\_\_\_ Date: \_\_\_\_\_

Or parent/guardian if applicant is a minor



If you could make a difference in the lives of the children in our community, would you?

It has been a real struggle raising my son without his mother. Financial problems have also forced us to change our living arrangements a number of times. My son was withdrawing from others and I became concerned. A health professional told me that a few weeks of YMCA summer camp would work wonders for him, and they were right. We are very thankful that there are people out there who donate to the Y to help others out.

Summer Camp Dad

One hundred years from now...

It will not matter what kind of house I lived in, How much money I had, Nor what my clothes looked like.

But the world may be A little better because I was important in the LIFE OF A CHILD.

- Anonymous

How can we be important in the lives of the children in our community? We can continue to support the many worthwhile programs offered through our YMCA. The Tri-Town YMCA has touched the lives of children and families in our community. One out of every ten children that participate in after-school care and camp at Tri-Town receive some level of financial assistance based on their ability to pay. In these tough times people need to depend on the YMCA more than ever.

There are many ways to give:

ONLINE at www.tritownymca.org

CALL 630-629-9622

MAIL your check payable to Tri-Town YMCA, 1464 S. Main Street, Lombard, IL 60148, or complete the pledge card below and we will follow your billing instructions.

VOLUNTEER to help us in the office, or with the kids (following a background check).

DONATE ITEMS we need such as gently used sports equipment, arts & crafts supplies, educational toys, or larger items like a computer or TV (See our website www.tritownYMCA.org).

LETS WORK TOGETHER NOW TO MAKE A DIFFERENCE IN THE LIFE OF A CHILD THAT WILL TOUCH THE FUTURE.



TRI-TOWN YMCA

TRI-TOWN YMCA 2010 STRONG KIDS CAMPAIGN SERVING LOMBARD, VILLA PARK AND OAKBROOK TERRACE

Yes, I'd like to support the 2010 TRI-TOWN YMCA STRONG KIDS CAMPAIGN and help build strong kids, strong families and strong communities. Please accept my pledge at this level:

- \$25 Friend of the YMCA
\$50 Community Builder
\$100 Century Club
\$250 Patron
\$500 Sponsor
\$1000 Benefactor
\$2500 Champion
Other

- Please check one:
\$ Payment enclosed Make check payable to Tri-Town YMCA
Bill me: Monthly Quarterly
Charge my: Mastercard Visa
Exp. Date Card#

Matching Gift:

Company Name

Please include your company form

Donor Signature

Please print

Donor Name

Address City

State Zip Phone

Your gift is tax deductible. Thank you!

Send to: Tri-Town YMCA 1464 S. Main Street, Lombard, IL 60148 630-629-9622



**TRI-TOWN  
YMCA**

1464 S. Main Street  
Lombard, IL 60148

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Astoria, IL 61501  
Permit No.9

## Spring FORWARD TO BETTER HEALTH

Try out exciting new ways for families to get fit while having fun. Take taste tests to discover new foods & drinks that taste good and are good for you. Free health screenings, giveaways, and more! Look for our children's table in the Cafe area of the store. Tri-Town is a proud partner of the FORWARD Coalition whose goal is to improve the health and wellbeing of the children and families in DuPage by reversing the obesity trend.

DATE	TIME	LOCATION
March 13 Saturday	10:00am - 2:00pm	Whole Foods Rice Lake Square on Butterfield Rd in Wheaton

## Food & Fun DAY

The West Suburban Dietetic Association of Illinois will be at our Manor Hill After School site (entrance #6 by the playground) at 1464 S. Main in Lombard to lead fun fitness activities and conduct healthy snack demonstrations for the kids. The demo will involve the children in making delicious and healthy snacks like fruit kabobs & veggie spreads. The children will also learn that fitness means fun as they move through fun stations with jump ropes, hula hoops, 3-legged races and more! We look forward to partnering with WSDA as they enlighten our children on the importance of sound eating and physical activity. Thanks to WSDA and The DuPage Community Foundation for making this program possible Call Jeanne at (630) 629-9622.

DATE	TIME
March 18 Thursday	3:30pm - 5:00pm

## Healthy Kids & Families FUN FAIR & WALK

Begin your adventure at Entrance #7 of Manor Hill School. As you move through the conference area, children's room, gym, and then outside to the playground and Four Seasons Park, your family will experience an obstacle course, leg assisted chin up bar challenge, and a 1/2 mile walk around the soccer field or lagoon, or the full mile walk around both. Either way your child can earn an 'I'm a Healthy Kid' rainbow ribbon, and you can learn about more ways to build strong kids, families, and communities!

DATE	TIME
April 10 Saturday	10:00am - 12:00pm

*Don't delay in marking your calendars now for these special events.*

Please check our website at [www.tritownymca.org](http://www.tritownymca.org) for updates

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