Y NEWS NOW
MEMBER NEWSLETTER

MASK POLICY UPDATED

Our region is now in phase 4 and that means masks are optional again while working out. We still have separate mask-required exercise areas for those who are not comfortable without a mask.

Masks Required:
Check-in and Check-out
Moving Around the Facility
Kids' Care
Pool Deck
Locker Rooms

Masks Optional:
Group Fitness Classes
While Exercising
Swimming

FEBRUARY EVENTS

February is Black History Month and we are planning some socially distanced celebrations at the SwedishAmerican Riverfront YMCA, 200 Y Boulevard.

February 19

5-5:45pm: 3D dancers performing

6:30-7pm: Tyrone Garrett (Tynacity) & Bon Cantina performance

February 26

Black History Month Fitness Celebration in the activity center - more details to come.

VIDEO LIBRARY STILL GROWING!

We continue to add new videos each week to our 815 YMCA on Demand fitness library. We still offer several live classes each week as well. Grab your member barcode number on your keytag and click the image above to access 815 YMCA on Demand.

SUMMER CAMP REGISTRATION

Looking ahead to warmer days and hopefully a normal summer. Camp Winnebago summer camp registration is now open! Click the image to secure your child's spot.

YMCA JR. ACHIEVERS

We're launching a new YMCA Jr. Achievers program to serve middle school students. The program will meet at Lutheran Church of the Good Shepherd across from West Middle Schools.

Achievers is a national academic achievement and career development initiative of the YMCA of the USA with a purpose to help youth set and pursue high educational and career goals, resulting in graduation and acceptance to an institution of higher learning.

Click to learn more!

APP VIDEO TIP

The YMCA of Rock River Valley app has so many great features to help keep you accountable and on track with workouts. Need some workout inspiration? Here is a quick tutorial on how to use our Workout of the Day feature.

NEED THE APP?

Just visit the app store on your device and search YMCA of Rock River Valley to download. It's FREE!

HERE'S WHY YOU'LL LOVE JUDSON!

Judson University's Rockford campus is located right here at the YMCA! Get free, safe child care during class and 5% off tuition. What's not to love? Start your application today in time for 2/16 (master's), 2/23 (bachelor's) or 3/22 (associate) classes. Find Tonya on the 3rd floor to get started.

SPIRIT, MIND AND BODY
YMCA SPIRITUAL DEVELOPMENT

February is about LOVE- but not just cupids and candy! "Love is patient and kind; it is not jealous or conceited or proud; love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs; love is not happy with evil, but is happy with the truth. Love never gives up; its faith, hope and patience never fail. Love is eternal." (1 Corinthians 13:4-8)

Gary Schwerin, YMCA Spiritual Development Minister

FITNESS

STRONG 2.0 - TIME TO LEVEL UP

We're launching the STRONG Challenge 2.0 on February 1! We are leveling up our commitment to 30 minutes of activity 5 days a week for 6 weeks. We have new weekly themes to help motivate and encourage you in 2021. Register through our app. Let's get STRONG together.

PERSONAL TRAINING PROMO

We are spreading the love with a pop-up promo! Take advantage of our 3 for $109 Personal Training Special from Thursday, 2/11 through Sunday, 2/14. Limit of 3 per member.

EQUIPMENT LOANS

Equipment Loan Program is back. We have limited availability of Les Mills, fitness, yoga and core kits available to loan. Equipment must be returned the week of 3/29. Click for details.

NEW EPISODES

The Y is on Spotify and Apple iTunes with our new podcast Let's Be GR815! We release a new healthy living podcast episode each Wednesday. Melissa Burns and Gina Karvelis chat about various topics, and bring in guests. Click the image to see all of the episodes.

AQUATICS

NEW SESSION

Group swim lessons are back! New this year is 4-week sessions with twice weekly classes. This is a great way to speed up the learning process. Next 4-week session starts February 15. Click to learn more and register today!

PRIVATE PROMO

Buy two sets of private swim lessons and get the third FREE! Each set consists of four 30-minute lessons. This promo lasts through March 31. Click to learn more and buy online.

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