



FIND YOUR COMMUNITY. FIND YOUR Y.

Each day at our three YMCA facilities and at more than 50 program sites throughout our community, the Y's mission is making an impact. Kids of all ages are learning to swim and making new friends at summer camp and through our before and after school programs; seniors are experiencing community, connecting with neighbors once again, and becoming physically stronger; and teens are setting goals for their future while receiving college readiness and career training. Most importantly, our doors are open to everyone, regardless of age, income, or background. At the Y, no one is ever turned away due to the inability to pay.

C.W. AVERY FAMILY YMCA

15120 Wallin Drive | Plainfield, IL 60544
Phone: (815) 267-8600 | Fax: (815) 267-8601

AMENITIES

- Indoor Waterpark
- Eight-Lane Lap Pool
- Gymnasium
- Indoor Running Track
- Wellness Center
- Cycling Studio
- Engaging Youth Play Spaces
- Multi-Purpose Rooms
- Group Exercise Studios
- Softball Field
- Soccer Field
- Outdoor Track



HOURS

YEAR ROUND

MON.-FRI. 5 a.m. – 10 p.m.
SAT. 6 a.m. – 6 p.m.
SUN. 7 a.m. – 4 p.m.

HOURS

YEAR ROUND

MON.-FRI. 5 a.m. – 8 p.m.
SAT. 7 a.m. – 3 p.m.
SUN. Closed



GALOWICH FAMILY YMCA

749 Houbolt Road | Joliet, IL 60431
Phone: (815) 744-3939 | Fax: (815) 729-9628

AMENITIES

- Six-Lane Lap Pool
- Gymnasium
- Wellness Center
- Group Exercise Studio
- Engaging Youth Play Spaces
- Outdoor Track
- Softball Fields

MORRIS HOSPITAL YMCA

2200 W. Dupont Avenue | Morris, IL 60450
Phone: (815) 513-8080 | Fax: (815) 941-2092

AMENITIES

- Eight-Lane Lap Pool
- Gymnasium
- Wellness Center
- Group Exercise Studios
- Cycling Studio
- Healthy Eating Kitchen
- Engaging Youth Play Spaces
- Multi-Purpose Rooms
- Indoor and Outdoor Walking Tracks



HOURS

YEAR ROUND

MON.-FRI. 5 a.m. – 9 p.m.
SAT. 7 a.m. – 4 p.m.
SUN. 7 a.m. – 4 p.m.

GREATER JOLIET AREA YMCA

(815) SAY-YMCA | www.jolietymca.org





WHY THE Y

The Y is an association of people who have committed to put Christian principles into practice through programs that build healthy spirit, mind and body for all people, regardless of their ability to pay. We are a non-profit, charitable organization established to provide programs and services to youth, adults and families in order to strengthen the community. The YMCA is funded locally. Funds raised through contributions, endowments and membership fees are used to provide services in Will, Grundy and part of Kendall Counties.

EXPLORE THE Y

Updating Your Contact Information

We ask our members to notify us of any changes in their contact information, including email, phone or residential address. To update your contact information, please call (815) SAY-YMCA, use the "contact us" link on our website or stop by the Membership Desk during your next visit.

Credits and Refunds

Program fees are not refundable. Classes missed due to weather, holidays, illness, acts of God, or choice of participant cannot be made up, credited or refunded. If the YMCA cancels a program due to low enrollment, participants will be issued a refund or a credit for a future program. Members who withdraw from a program for medical reasons and present a physician's order will receive a credit for the remaining classes. When a class is cancelled by the Y, the class will either be rescheduled or a credit will be issued for the cancelled class. All credits are good for one year from the date issued. Members who withdraw from a class for non-medical reasons may be subject to a processing fee.

Insurance

The YMCA assumes no responsibility for personal injuries or loss/damage of personal property while individuals are using YMCA facilities. It is recommended that participants make provisions to provide this coverage through their family insurance program. Anyone engaging in new physical activity or who may have health-related issues should consult a physician prior to starting fitness routines.

Child Supervision*

Children under the age of ten must be supervised by an adult or family member at least sixteen years of age at all times when using YMCA facilities outside of a structured YMCA program. The Kids Corner Supervised Playroom is available during designated hours for Facility Members, ages six months through seven years old. The Activity Center is available during designated hours for Facility Members, ages seven through seventeen. The accompanying adult or family member must:

- Directly supervise any child under the age of eight at all times.
- Remain in the building in an accessible area for any child ages eight or nine.
- Directly supervise any child under the age of ten when using the pools.

***Note:** Amenities vary by branch. Please visit your local branch or www.jolietymca.org for current availability and hours.

Child Abuse Prevention Policy

The Greater Joliet Area YMCA is mandated by state law to report any suspected cases of child abuse or neglect to the appropriate authorities for investigation.

Holidays

The YMCA prorates program fees for days when the buildings are closed for the following holidays: Easter, Independence Day, Thanksgiving, Christmas Day and New Year's Day. The Y closes at 1 p.m. on Memorial Day, Labor Day, Christmas Eve and New Year's Eve.

Cell Phone Use Policy

The use of cameras, video recorders, cell phones and/or any photographic devices is NOT ALLOWED in YMCA locker rooms, changing areas or restrooms. We also ask members to refrain from making or answering phone calls while using the Wellness Center.

We also ask members to please refrain from taking photos during classes and demonstrate good judgment and assess the situation/environment before taking photos at the YMCA. Please remember that it is important to obtain parental consent before taking photos/videos of minors. This is for the safety and privacy of all our members and participants.

No Smoking Policy

In the interest of the health and safety of our staff and members, it is the policy of the Greater Joliet Area YMCA to forbid all forms of tobacco in any YMCA facilities or on the grounds of any YMCA property. YMCA grounds include: facilities, parking lots, sidewalks, fields, parks, and paths. Tobacco products prohibited include, but are not limited to, lit or unlit cigarettes (clove, bidis, kreteks), e-cigarettes, cigars, cigarillos, pipes, hookah products; any smokeless, dissolvable, or inhaled tobacco products, including but not limited to dip, chew, snuff or snus; and all nicotine delivery devices that are not FDA approved as cessation products.

The Greater Joliet Area YMCA reserves the right to terminate facility privileges at any time for inappropriate behavior or conduct detrimental to its members or the organization.

Building & Room Schedules

The Y schedules rooms in the building to allow for classes and open times. You can find room schedules in the facility, in the YMCA On the Go App, or online at www.jolietymca.org.

Members can also access schedules and reserve spots for our free fitness classes through our YMCA On the Go app.

Fitness class attendance is eligible for points in our My Y Rewards Program. For more information on our fitness app or our rewards program, please visit www.jolietymca.org.

Locker Rooms

We encourage members to bring locks to secure their belongings while visiting the Y. Items may not be stored in lockers overnight. The Y does not provide towels. The Y is not responsible for lost or stolen items. Children up to the age of five may accompany a parent of the opposite sex into the locker room.

Private Locker Rooms*

Co-ed locker rooms or private changing areas are available for members with small children, members with special needs who require assistance, and those members who prefer more privacy.

Sauna & Steam Room*

Saunas and steam rooms are available for members ages 18 and over. Proper attire is required.

Wellness Center

The Wellness Center is available for members ages 16 and over. We ask that members be courteous and put away equipment when finished using it and refrain from talking on their cell phones while in the Wellness Center. Teens (ages 13-15), who have completed the Wellness Center Certification Class, may utilize the cardio and strength machines. For safety reasons, only members ages 16 and over may use the free weights. Food is not allowed in the Wellness Center.

Gym

Gym schedules are available at the branches and online at www.jolietymca.org. Times are subject to change due to programs, leagues or special events.

Open Gym: Members, ages eight and older, may participate in activities in the gym during designated times.

Adult Basketball: This time is set aside for adults ages 18 and over to play full court basketball.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER JOLIET AREA YMCA

Member Code of Conduct

CARING

- I will demonstrate **CARING** by adopting an attitude of service toward others.
- I will be **CARING** by displaying a friendly and positive attitude.

HONESTY

- I will always be **HONEST**.
- I will demonstrate **HONESTY** by not allowing others to use my membership card.

RESPECT

- I will **RESPECT** the YMCA's and other people's property.
- I will show **RESPECT** for the YMCA by leaving the facility, program areas and materials provided by the YMCA in the same condition that I found it.
- I will **RESPECT** the YMCA by engaging in positive, constructive and lawful activities and events.
- I will show **RESPECT** to all individuals by choosing appropriate language and behavior.
- I will **RESPECT** others by not harming anyone in a physical, mental, verbal or unlawful manner.
- I will show **RESPECT** for my fellow members and Y staff by not talking on my cell phone in the locker rooms, wellness center or any other program areas.
- I will show **RESPECT** by wearing appropriate attire. I will not wear clothing that displays inappropriate language, writing or pictures.
- I will show **RESPECT** by listening to music via earphones only, at an appropriate volume and with language that will not offend others around me.

RESPONSIBILITY

- I will behave in a mature and **RESPONSIBLE** way, and **RESPECT** the rights and dignity of other members, YMCA staff and volunteers.
- I will always be **RESPONSIBLE** for all my actions, both good and bad, and I understand that my actions have consequences.
- I will be **RESPONSIBLE** for my own property. I will keep my belongings in my possession or secure them in a locker.
- I will demonstrate **RESPONSIBLE** by not taking photographs or videotaping in the locker rooms or restrooms.
- I will demonstrate **RESPONSIBLE** by not bringing alcohol, drugs, tobacco or other dangerous items to the YMCA.

Approved by the Metropolitan Board of Directors: 9/19/13

GREATER JOLIET AREA YMCA

749 Houbolt Road | Joliet, IL 60431
(815) SAY-YMCA | www.jolietymca.org



STAY IN THE KNOW ON THE GO

Introducing the
YMCA On the Go App



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Available NOW for download on Apple and Android devices

This new interactive tool is loaded with free workouts, on-demand videos, and nutrition tips. With just the click of a button, App users can also:

- **Scan in when visiting the Y**– Just open the App, scan your member barcode, which can be found on the back of your membership card/tag, and scan in at the membership desk each time you visit the Y.
- **Register for their favorite YMCA programs**– From the On the Go App, users can log in to the Y's membership database and register for swim lessons, youth sports, or their favorite specialty fitness classes.
- **Access updated fitness schedules.**
- **Reserve a spot in their favorite group exercise classes.** Reservations will open 24 hours prior to class time.
- **Simplify fitness tracking** by syncing the YMCA On the Go App to their Apple Health and Google Fit accounts.
- **Improve their overall health** by setting goals, meeting milestones, and tracking body metrics.
- **Celebrate progress along their health and wellness journey** by earning fitness points, badges, awards, and achievements.
- **Experience stronger connections** in the Y Community by taking part in discussion groups and fitness challenges.



DOWNLOAD THE ON THE GO APP TODAY

All YMCA Facility Members will receive Basic access to the On the Go App included with their YMCA membership. Community Members may pay a monthly fee to access content and all members can upgrade to a PRO account to access additional features.





MY GOALS MY MOTIVATION MY Y

Introducing the My Y Rewards Program

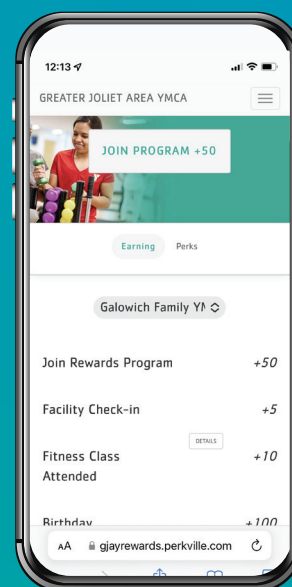
Because we know that healthy lifestyles are best achieved by nurturing our mind, body, and spirit, well-being and fitness at the YMCA is so much more than just working out. At the Y, you'll find countless opportunities to get moving, engage with your family, friends, and neighbors, and experience the joy of better health.

ENGAGE. EARN. REDEEM.

Greater Joliet Area YMCA Facility Members, ages 16 and up, are invited to enroll in the My Y Rewards Program. Designed to support you along your health and wellness journey, you'll earn points each time you check-in, take a class, or refer a friend to the Y. You can then redeem your points for fun Y swag and program and membership credits. And, the best part, it's FREE!

ENROLL TODAY

1. Visit <https://gjayrewards.perkville.com> or scan the QR code and click "Join Program."
2. Scroll down to "Don't have an account?" and click "JOIN."
3. Enter your email address and click "Sign Up." Please be sure to use the same email that's tied to your YMCA membership account in order to earn points.
4. Check your email for a confirmation message and click "Complete Registration."
5. Once you're redirected to the My Y Rewards site, enter your first and last name, create your password, and click "Sign Up."



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE GREAT THINGS HAPPEN EVERY DAY

2025 SESSION CALENDAR

WINTER SESSION 1 January 6–February 2

Registration Begins:

Facility Members Saturday, November 30
Open Registration Saturday, December 7

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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	

Winter 1 will be a modified 4-week session
Program/class fees will be adjusted accordingly

WINTER SESSION 2 February 3–March 9

Registration Begins:

Facility Members Saturday, November 30
Open Registration Saturday, January 18

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						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	

SPRING SESSION 1 March 10–April 20

Registration Begins:

Facility Members Saturday, February 8
Open Registration Saturday, February 22

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						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					

Summer Camp registration begins at 8 a.m.
on March 8 for Facility Members and at 8 a.m.
on March 15 for Community Members

Modified class schedule for Spring Break the
week of March 24 (Joliet/Morris) and the week
of March 31 (Plainfield)

SPRING SESSION 2 April 21–May 25

Registration Begins:

Facility Members Saturday, February 8
Open Registration Saturday, April 5

APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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			

Kid Zone registration begins at 8 a.m. on April 12
for Facility Members and at 8 a.m. on April 19 for
Community Members

MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				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

Modified class schedule the week of Memorial Day

SUMMER SESSION 1 June 2–July 6

Registration Begins:

Facility Members Saturday, April 26
Open Registration Saturday, May 17

JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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					

SUMMER SESSION 2 July 7–August 10

Registration Begins:

Facility Members Saturday, April 26
Open Registration Saturday, June 21

JULY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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		

AUGUST						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					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						

Summer Spruce Up will begin August 10
and end August 24



KEY

- Session Begins
- Session Ends
- Holiday Closings
- Holiday Hours
(Open until 1 p.m.)
- Aquatics Early Bird
Discount Ends

FALL SESSION 1 August 25–September 28

Registration Begins:

Facility Members Saturday, July 26
Open Registration Saturday, August 2

SEPTEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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				

Modified class schedule the week of Labor Day

FALL SESSION 2 September 29–November 2

Registration Begins:

Facility Members Saturday, July 26
Open Registration Saturday, September 13

OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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	

FALL SESSION 3 November 3–December 14

Registration Begins:

Facility Members Saturday, July 26
Open Registration Saturday, October 18

NOVEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						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						

Modified class schedule the week of Thanksgiving

DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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			

Modified class schedule during Christmas Break



GREATER JOLIET AREA YMCA

C.W. AVERY FAMILY YMCA | GALOWICH FAMILY YMCA | MORRIS HOSPITAL YMCA

(815) SAY-YMCA
www.jolietymca.org



» WHAT YOU CAN DO AT THE Y

A Place For Everyone



If I am A baby I CAN...

- Enroll in parent/child swim classes
- Take parent and tot classes with an adult
- Swim with mom, dad, or an adult guardian in the pool
- Enjoy playtime and engagement activities in Kids Corner
- Have my birthday party at the Y
- Attend a community event with my family



If I am 2–5 yrs. old I CAN...

- Take a sports, art, or enrichment class
- Enroll in swim lessons
- Swim with mom, dad, or an adult guardian in the pool
- Play sports at the Y
- Meet new friends at Kids' Night Out
- Enjoy playtime and engagement activities in Kids Corner
- Have a Y birthday party celebration
- Attend a community event with my family



If I am 6–12 yrs. old I CAN...

- Attend the Y's before and after school Kid Zone program
- Enroll in swim lessons
- Enroll in summer day camp
- Participate in summer sports and specialty camps
- Swim with mom, dad, or an adult guardian in the pool
- Take a sports, art, or enrichment class
- Join the JETS Swim Team
- Celebrate my birthday at the Y
- Play on a youth sports team
- Hang out with friends in the Activity Center
- Meet new friends at Kids' Night Out
- Attend a community event with my family



If I am a teen I CAN...

- Work out in the wellness center without a parent
- Participate in group exercise classes
- Play sports at the Y
- Enroll in swim lessons
- Participate in college readiness programs
- Go on a college tour
- Join the JETS Swim Team
- Work at the Y
- Enjoy swimming in the pool with friends
- Become a Y volunteer to earn service hours
- Enjoy the FREE WiFi throughout the building

If I am an adult I CAN...

- Participate in a group exercise or water fitness class
- Work out with a personal trainer
- Join a walking or running club
- Enroll in swim lessons
- Work out in the Wellness Center
- Swim in the pool
- Volunteer on a committee, the Y Council, or help with fundraising
- Form a team and participate in an adult sports league or tournament
- Perfect my jump shot during open gym
- Participate in a fitness challenge
- Volunteer to coach a youth sports team
- Attend a health and wellness seminar
- Work at the Y
- Attend a community event
- Enjoy the FREE WiFi throughout the building
- Bring a guest for a FREE visit to the Y

If I am an active older adult I CAN...

- Enroll in a water fitness class
- Participate in a group exercise class
- Work out with a personal trainer
- Join a walking or running club
- Enroll in swim lessons
- Work out in the Wellness Center
- Swim in the pool
- Receive support through a medical wellness prevention program
- Join a social club, like Fab 50
- Work at the Y
- Volunteer on a committee, the Y Council, or help with fundraising
- Volunteer in a YMCA program
- Attend a health and wellness seminar
- Attend a community event
- Enjoy the FREE WiFi throughout the building
- Bring a guest for a FREE visit to the Y



My family CAN...

- Swim in the pool
- Play a game of HORSE in the gym
- Attend a Family Night
- Host a birthday party for family and friends
- Volunteer as a family at the Y or a special event
- Attend a community event



Programs vary by location.