

Schedule of Programs



SPRING SESSION 2016 | JANUARY - MAY | REGISTRATION IS ONGOING | REGISTER AT THE MEMBERSHIP SERVICES DESK

After School Programming (Ages 6 – 14)

Homework Help / Tutoring – Staff and volunteers will offer support and assistance to students.

Open Recreation – Providing a variety of recreational activities and sports programming. Youth and teens will have access to the gym, computer lab, fitness center (age appropriate), game room and teen lounge.

Kid's Café – providing participants with a warm healthy meal.

We are an Action For Children provider.

Monday - Friday 3:00 – 6:00 pm

Saturday Tutoring 9:00 – 12:00

Sports Leagues

The YMCA's four core values – caring, honesty, respect and responsibility – are infused into sports leagues so that youth learn the value of sportsmanship and healthy competition, rather than rivalry. Our programs encourage team building, individual development, positive self-image and a sense of fair play and mutual respect for others. Composed of elementary, high school and adult leagues.

INCLUDES: Cheerleading, Dance, Volleyball and Basketball.

Call for Dates, Times and Fees

Open Gym

Adults & Teens will have access to the Kelly Hall YMCA gymnasium during scheduled hours. Join in on a game of pick-up basketball.

Monday – Thursday

Adults: 12:00 – 2:30 p.m.*

Monday, Wednesday and Friday

Teens: 6:00 – 8:00 p.m.*



Active Older Adults

Our Active Older Adults participate in a variety of activities including Fitness classes, Computer Access, Bible Study, Lunch, Socializing, Volunteering and Field Trips

Tuesday's 10:00 am – 1:00 pm

Fitness Center

Adults and seniors will have access to the center's fitness center during scheduled hours.

Monday – Friday 12:00 – 8:00 pm

Life Long Learning Center

Computer access provided to the World Wide Web for email, faxing, job searching, researching and educational purposes.

Monday – Thursday

2:30 – 3:30 *

NorthWestern Medicine

Northwestern Medicine is proud to partner with Kelly Hall YMCA to improve health in the Humboldt Park community. Northwestern offers trusted health resources and programs that will help you and your family members take action and improve your health today! Community wellness programs include:

- Fitness Classes (including Line Dancing, Hip-Hop Aerobics, Boot Camp and Stepper's Class)
- Nutrition & Cooking Classes
- Education Events (including Diabetes 101)
- Health Screenings (including blood pressure, diabetes, and weight assessments)

Call For Dates and Times

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After-School Matters Programs

We offer 3 After-School Matters Programs: Sports Officiating, Spoken Word Academy and Word Choice Café cooking class. **Register at**

www.afterschoolmatters.org

Food Pantry

The Archdiocese of Chicago and the Greater Chicago Food Depository distribute food to area residents at Kelly Hall YMCA.

Archdiocese of Chicago

Tuesday 8:30 am – 10:30 am

Greater Food Depository

1st Saturday 8:30 am – 11:00 am

Mentoring

Youth participants and adult volunteer mentors are matched together as "Y-Pals". The adult mentor will work with the parents to provide individual tutoring, support, new experiences and companionship as well as modeling healthy behavior and choices for youth. The program is designed to make a positive impact in a child's life.

One hour a week

YMCA Achievers

A development program for youth from 7th – 12th grades, this program fosters the academic, personal and career development of youth including college visits and career seminars.

Monday & Wednesday 4:30 – 6:00 pm

Contact Ms. Tracey at 773-886-1220 for information

**All schedules are subject to change without notice.*