NILES FAMILY FITNESS CENTER
SPRING 2017
FITNESS & PROGRAM GUIDE

WELCOME TO THE NILES FAMILY FITNESS CENTER

PROGRAM REGISTRATION BEGINS
MONDAY, FEBRUARY 6TH

Any person entering any of the fitness center areas must pay the appropriate fees even if they are not participating.

HOLIDAY HOURS:

April 16	Easter	Closed
May 29	Memorial Day	Closed

SAVE THE DATE

INTELLIGENTSIA CUP POWERED BY SRAM

Thursday, July 20, 2017
Holiday Inn Express
Niles Cycling Classic & Block Party

FITNESS CENTER HOURS:

Monday - Thursday	5:30 AM - 10:00 PM
Friday	5:30 AM - 9:00 PM
Saturday - Sunday	7:00 AM - 5:00 PM

CLUBHOUSE HOURS:

Monday - Friday	8:30 AM -12:30 PM
Monday & Thursday	5:00 PM - 8:00 PM
Saturday	9:00 AM - 1:00 PM

MEMBERSHIP PRICES

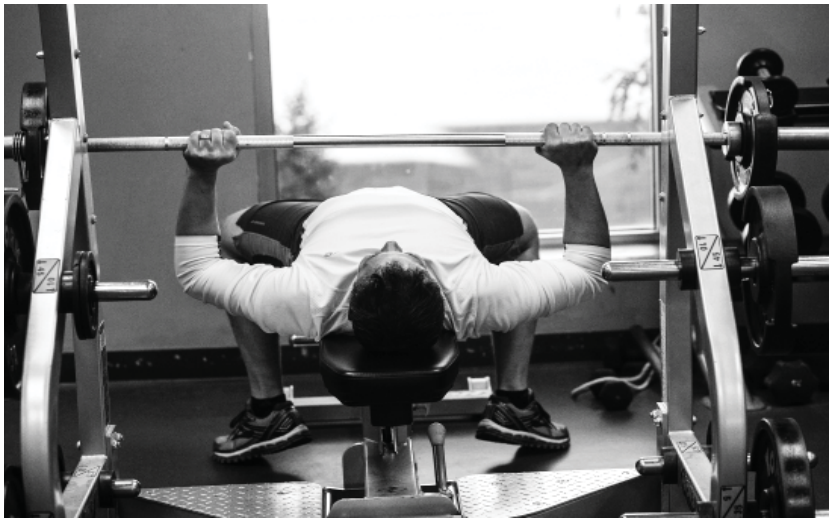
Membership Type	Resident Monthly/Annual	Non-Resident Monthly / Annual
Individual Adult (27 - 61)	$33 / $369	$44 / $499
Young Adult (19-26)	$24 / $269	$33 / $379
Family Additional Adult	$22 / $239	$28 / $319
Senior (62 & over)	$24 / $269	$33 / $379
Family Additional Senior	$20 / $219	$26 / $289
Youth (14-18)	$219	$289
Family Additional Youth	*$17 / $189	*$22 / $249
Child (3-13) GYM/POOL	$99	$129
Child Additional	*$6 / $69	*$8 / $89
Niles Corporate Account		$33 / $389
1 Month (Pay As You Go) 18yrs	$49	$59
3 Month (18yrs +)	$139	$159

*MUST BE CONNECTED TO AN ADULT OR SENIOR MEMBERSHIP

YOUR MEMBERSHIP INFORMATION

YOUR ANNUAL MEMBERSHIP ENTITLES YOU TO:

- > **30 day money back guarantee (annual memberships only)**
- > **no enrollment fees**
- > **certified staff**
- > **use of all areas of the facility**
- > **JUMP START COACHING APPOINTMENT**
- > **free daily lockers & towel service**
- > **locker rental available to annual members**
- > **25 free weekly group exercise classes**
- > **17 free weekly aquacize classes**
- > **early program registration**
- > **discounts on all programs**
- > **discounts on childcare**
- > **refer-a-friend membership extension**
- > **membership extensions for illness only**
- > **early renewal promotions**
- > **kids classes offered while you work out**



MEMBERSHIP GUIDELINES:

> Proof of residency is required to receive resident rates.

> Primary member is either an Adult or Senior Member. The Adult must always appear first on the membership application.

> Additional family discounted fees only apply with purchase of a Primary Membership and to members of the same household.

> Youth and Child Memberships are not considered Primary Memberships.

> Niles Corporate Account: Business must be located in Niles w/valid Business License or Member of the Niles Chamber of Commerce.

> Must have Annual/Ongoing Membership to receive member rates.

> Must have Adult Annual/Ongoing Membership to receive membership rates on adult classes and programs.

> Niles Family Fitness Center reserves the right to change membership status at any time when family members age changes, address changes and/or family members are removed from the application.

> Annual Memberships can only be cancelled due to relocation or illness. Proof is required.

> Ongoing Agreement: This is an Annual Membership, after twelve months, the membership will automatically con tinue on a month-to-month basis until cancelled by member. To activate my membership I will be charged a $20 activation fee. (non-refundable) and one month prorated/full payment.

> All Ongoing Memberships must be tied to an Adult , Young Adult or Senior Membership. Youth and Child Members cannot have their own Ongoing Membership.

> Annual/Ongoing Memberships can be suspended for a minimum of 3 months for illness only. Dr's note is required.

> Ongoing Memberships can be cancelled after the 12 month contract has been fufilled and 10 days prior to your processing date. Re-activation of Ongoing Membership will be charged 1 month (non-refundable)and $20 activation fee (non-refundable). If contract has been cancelled prior to 12 months then re-activation of memberhip must be paid in full

FACILITY INFORMATION

847-588-8400

THE NILES FAMILY FITNESS CENTER OFFERS:

- > 5,000-sq. ft. fitness facility
- > State-of-the-art Cardiovascular Training Equipment
- > Paramount Selectorized Strength Training Equipment
- > Free Weights: 5 lbs. to 100 lbs.
- > 1,800 sq. ft. Fitness Studio
- > 2 Gymnasiums
- > Indoor Track
- > 25 Yard Lap Pool
- > A Zero Depth Pool
- > Interactive Water Spray Play Features
- > Swim Channel of Swirling Water
- > 100 foot Water Slide
- > Whirlpool
- > Dry Sauna
- > Men's, Women's and Family Locker Rooms
- > Secure Childcare Area
- > Coffee and Smoothie Cafe
- > TV Lounge with Free WiFi / Study Area

GENERAL MEMBERSHIP AND REGISTRATION INFORMATION:

Register Early: A lot of planning goes into creating quality recreational experiences for our participants. If you are interested in a class, please sign up early to ensure that your class is not cancelled. Classes with insufficient registration will be cancelled 1 week before class starts.

Playroom: The playroom is open to children ages 3 mos. & over. Reservations must be made in advance for children under 1 year of age. To ensure the safety of all children, we reserve the right to limit the number of children in attendance.
Please Note: Unused punches are non-refundable.

Swim Lesson Registration: If registered for one swim lesson, participant may not be able to be wait listed for other swim lessons.
Swim lesson participants can only be placed on the wait list for one swim lesson per session.

24 Hour Cancellation Policy: Appointments cancelled with less than 24 hours notice will be charged the full fee.

Special Programs: NFFC offers special programs for every member of the family, every season of the year. Programs range from parent-tot activities to basketball skills instruction. Program brochures can be picked up at the front desk or viewed on our website at www.nilesfitness.com. Register Early!

Your Kids Can Play While You Workout: We've scheduled some of our funtastic programs to correspond with our more popular aerobics classes. Now you and your child can attend class at the same time. Our instructors will even escort your children to and from the Clubhouse. A half-hour in the Clubhouse is included in all Funtastic class fees.

Satisfaction Guaranteed: The Niles Family Fitness Center is committed to providing quality programs to our participants. If you feel a program did not meet your expectations due to the quality of instruction or program content, please contact the program supervisor.

Refunds and Cancellations: If insufficient enrollment causes a class to be cancelled, we will refund your class fee in full. All other refunds will be issued at the discretion of the program supervisor. Refunds will not be issued after 2 classes.

Photo Policy: On occasion, the Niles Family Fitness Center staff may take pictures of participants in our programs, classes or events. Please be aware that these pictures are for Niles Family Fitness Center use only, most likely in future catalogs, brochures, pamphlets, flyers or our Facebook Page.

Massage Therapy: Provided by Deana Tokarz. Appointments can be made by contacting Deana at 847-217-2264. She is available evenings and weekends. Fees: Member $55 per hour, Non-Member $65.00 per hour

Gift Cards: Niles Family Fitness Center gift cards make the perfect gift for any occasion. Gift cards can be purchased for any amount and can be used towards the purchase of Niles Family Fitness Center memberships, program registration, merchandise or other services.

TRAINING INFORMATION AND OPTIONS

NILES FAMILY FITNESS TRAINING TEAM

Cathy Fay:
Cathy has been working at the Niles Family Fitness Center since it opened in 1998 and is currently the fitness/aquatics coordinator. She has a Master of Science Degree in cardiac rehabilitation and exercise physiology. She administers fitness assessments, body composition evaluations and monitors blood pressure. Cathy develops individual training prescriptions for our members at any fitness level.

Danielle Desherow:
Danielle has over 25 years of experience in training individuals and groups and is our Group Exercise Coordinator. She holds certifications from the American College of Sports Medicine in Personal Training, AFAA Personal Training and Group Exercise, Spinning, Balanced Body Pilates and TRX. She develops programs and trains participants of all levels, including student athletes.

Karen Papucci:
Karen has over a decade of experience training on land and water. She holds certifications from AFAA as a Personal Trainer and Group Exercise Instructor, Spinning, Yoga, TRX, and Water Exercise. She has experience in teen, student athlete and senior functional training. She customizes personal training programs based on the individual's needs and goals. She administers fitness assessments and body composition evaluations.

Wayne Guccione:
Wayne is a professional trainer and consultant with over 30-years experience who specializes in teaching beginners. He focuses on strength training with an emphasis on safety and injury prevention as well as community education. He holds a Master of Science degree in Exercise Physiology and Cardiac Rehabilitation.

**********CANCELLATION POLICY ********
If you need to cancel a scheduled session we require 24 hour notice.

PERSONAL TRAINING OPTIONS (Fitness and/or Pool Area)
To schedule or cancel an appointment please call 847-588-8412.
All training sessions must be arranged and paid in advance.
A variety of equipment is used: weights, kettlebells, BOSU, and TRX suspension training.

	1 HOUR SESSION	5 (1) HOUR SESSIONS	10 (1) HOUR SESSIONS
Private (1 Person)	**$60 Member $70 Non-Member**	**$275 Member $325 Non-Member**	**$530 Member $630 Non-Member**
Partner (2 Person)	**$40 Member per person $45 Non-Member per person**	**$185 Member per person $218 Non-Member per person**	**$350 Member per person $400 Non-Member per person**
Partner (3+Person)	**$30 Member per person $40 Non-Member per person**	**$135 Member per person $175 Non-Member per person**	**$250 Member per person $300 Non-Member per person**

PILATES REFORMER & CHAIR TRAINING OPTIONS
To Schedule an appointment call our Group Exercise Coordinator, Danielle Desherow at 847-588-8410
Trainer: Danielle
Per Class Drop In: $32 Member/$35 Non-Member

	1 HOUR SESSION	5 (1) HOUR SESSIONS	10 (1) HOUR SESSIONS
Private (1 Person)	**$60 Member $70 Non-Member**	**$275 Member $325 Non-Member**	**$530 Member $630 Non-Member**
Semi-Private (2 Person)	**2 clients will utilize reformers for this workout for 45 minutes (5 sessions)**	**$149 Member per person $164 Non-Member per person**	

GROUP/SPECIALTY FITNESS CARD OPTIONS

The group fitness classes on the following page are *included* with all memberships.
No advanced registration is required.

NON-MEMBERS: GROUP "EX" EXPRESS CARD OPTIONS

NOW INCLUDES ALL GROUP EXERCISE, SPINNING, AND SPECIALTY CLASSES

10 CLASS EXPRESS CARD: $80 Resident ($8.00 per class)
$89 Non-Resident ($8.90 per class)

20 CLASS EXPRESS CARD: $154 Resident ($7.70 per class)
$162 Non-Resident ($8.10 per class)

30 CLASS EXPRESS CARD: $222 Resident ($7.40 per class)
$231 Non-Resident ($7.70 per class)

DAILY DROP IN CLASS FEES
"Single Class $10 Resident / $11 Non-Resident

ANNUAL MEMBERS ONLY

Annual memberships include 25 group exercise classes and 17 Aqua Classes per week. We offer up to 10 Specialty classes per week, such as TRX, Pilates Barre Fusion, Yoga Balance and Boot Camp.

Member Specialty Drop In: $8 per class

MEMBER SPECIALTY (5) CLASS CARD: $35 (members only)
MEMBER SPECIALTY (10) CLASS CARD: $69 (members only)

GROUP FITNESS SCHEDULE

BODY FLEX Increase lean muscle mass and boost your resting metabolic rate with this strength training class. Use hand weights, body bars, exercise balls, and floor exercises to develop a toned, strong body.

BOSU & DRILLS This class challenges your balance while taking cardiovascular drills that target glutes and thighs, and core strengthening exercises which will challenge your abs, back and waist.
Level: Intermediate to Advanced

CARDIO FUSION Try this Tabata style high intensity workout that includes core strengthening and a stretch
Level: Intermediate to Advanced

CORE & STRENGTH This class will focus on overall body strengthening, including the core muscles. Strength training will increase lean muscle mass and raise the body's resting metabolism.
Level: Beginner to Advanced

HEART RATE UP & PUMP Get your heart rate up with this variety of high intensity, aerobics, cardiovascular drills and some light muscle conditioning. A perfect class for beginners and advanced participants because you can work at your own pace. Level: Beginner to Advance

LITE & FIT Perfect for the mature adult. Work at your own pace, a combination of low impact (with some high intensity) aerobics. May include basic step, stability ball work, body toning with ab and back strengthening. Level: Beginner to Intermediate

STEP, DRILLS & STRETCH: This 60-minute class includes STEP combinations, high intensity conditioning drills and a Yoga inspired stretch. PLEASE ARRIVE 5 MINUTES EARLY TO SET UP.
Class Level: Intermediate to Advanced

STRETCH In this 45 min. class we will warm up with large movement dynamic stretching, followed by some balance exercises, and static stretching. Class also includes low back and abdominal stretching.

YOGA It's time to work your mind and body! Get a good workout, stretch and soothe your mind. **Please arrive early to class. Entering class late is a disruption to others.**

ZUMBA A Latin inspired dance class designed for everyone. This group exercise class features salsa, meringue, cumbia and even belly dancing to target glutes, legs, arms, abs and the most important muscle...the heart.

ZUMBA GOLD This class takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Enjoy zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

YOGA Marty	MON.	7:50-8:55 AM
BOSU & DRILLS Danielle	MON.	9:15-10:05 AM
LITE & FIT Karen	MON.	10:10-11:05 AM
ZUMBA FAMILY CLASS Cynthia	MON.	6:00-6:55 PM
YOGA Joe	MON.	5:15-6:15 PM
BODY FLEX Nicole	MON.	6:30-7:30 PM
BODY FLEX Danielle	TUES.	10:05-11:00 AM
CARDIO FUSION Marimel	TUES.	6:00-7:00 PM
YOGA Lucien	TUES.	7:00-8:10 PM
YOGA Amy C.	WED.	8:00-9:10 AM
ZUMBA GOLD Duvia	WED.	10:15-11:10 AM
CARDIO FUSION Kristen	WED.	9:15-10:10 AM
HEART RATE UP & PUMP Karen	WED.	5:25-6:25 PM
BODY FLEX Danielle	THURS.	10:05-11:00 AM
ZUMBA Debbie	THURS.	6:00-6:55 PM
CORE & STRENGTH Donna/Julie	THURS.	6:20 -7:05 PM
YOGA Lucien	THURS.	6:45-7:55 PM
STRETCH Regina	FRI.	8:00-8:45 AM
ZUMBA Kristen	FRI.	9:20-10:10 AM
LITE & FIT Susan	FRI.	10:15-11:10 AM
YOGA Regina W.	FRI.	10:10-11:20AM
BODY FLEX Danielle	SAT.	9:05-10:00 AM
STEP, DRILLS & STRETCH: Michelle	SAT.	10:15-11:25 AM
ZUMBA Cynthia	SUN.	8:40 -9:40 AM
YOGA Donna/Megan	SUN.	10:45-11:45 AM

PILATES MAT & REFORMER 847-588-8400

Classes that DO NOT meet our minimum enrollment one week before 1st class will be cancelled.

Beyond Pilates
This class takes you Beyond Pilates mat work into resistance and core work. Class includes balance and coordination moves, posture and stretching, along with some rhythm, rolling and relaxation exercises.
7 weeks NO CLASS MAY 29TH
LOCATION: Multi A+B
Drop In Fees: Member $8/ Resident $10/Non-Resident $11

CLASS	TIME	SESSION I	SESSION II	FEES
Beyond Pilates Susan	9:10-9:55 AM	February 27th-April 10th	April 17th-June 6th	$45 Member $52 Non-Member

PILATES BARRE FUSION
We will combine Pilates mat exercises with barre exercises that stengthen arms, legs back and glutes. Class will include balance and posture exercises. **7 Weeks** There is a 6-7 person minimum per class

CLASS	TIME	SESSION I	SESSION II	FEES
Barre Fusion Danielle	6:30-7:20 PM Wednesday	March 1st-April 12tth	April 19th-May 31st	$45 Member $52 Non-Member
Barre Fusion Danielle	8:10-8:55 AM Thursday	March 2nd-April 13th	April 20th-June 6th	$45 Member $52 Non-Member

JOIN A REFORMER CLASS
4 PERSON/45 MIN PILATES REFORMER CLASSES
5 WEEKS

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
11:15 -12:00 PM	9:10-9:55 AM	4:35-5:20 PM 7:30-8:15 PM	10:00-10:45 PM
5:20 -6:05 PM		5:30-6:15 PM	10:50-11:35 PM

Per 5 Week Session: $132 Member/ $150 Non-Member
Per Class Drop In: $30 Member/$35 Non-Member
For Registration Information Contact Danielle @ 847-588-8410 or dld@vniles.com

SPECIALTY FITNESS PROGRAMS

AQUA FOR HEALTH (Water Class)
Do you have aches and pains, Fibromyalgia, back problems, or arthritis? Are you done with rehab and gradually want to get back to exercising? Do you want to improve your flexibility, muscle strength and balance?
If yes then this is the class for you. **6 weeks**

YOGA BALANCE
Help increase your flexibility and strength while improving balance and coordination. **7 weeks**

BOOT CAMP
Step up your workout routine with a fast paced class with plenty of cardio drills, kettlebell and free weight training to fight the boredom of your usual routine, something for all ages. **7 weeks**

CLASS	TIME	SESSION I	SESSION II	FEE
Yoga Balance Karen	10:15-11:00 am Tuesday	February 28th-April 11th	April 18th-June 6th	$45 Member $52 Non-Member
Aqua For Health	10:15-11:00 am Tuesday	March 7th-April 11th	April 25th-May 30th	$40 Member $44 Non-Member
Aqua For Health	10:15-11:00 am Thursday	March 9th-April 13th	April 27th-June 1st	$40 Member $52 Non-Member
Boot Camp Karen	5:20-6:15 pm Thursday	March 2nd-April 13th	April 20th-June 1st	$45 Member $52 Non-Member

SPINNING/TRX CLASSES

TRX SUSPENSION TRAINING: A new way to train - you will use your own bodyweight to build true functional strength, improve flexibility, balance, and core stability all at once. **7 Weeks**

TRX MEDLEY: Class will start with 25 minutes of suspension training followed by 25 minutes of either Spinning or Yoga.
NO CLASS MAY 29TH

TRX CHALLENGE: This fast paced class will utilize TRX Straps along with other equipment for a full body strength and cardio workout.

CLASS	TIME	SESSION I	SESSION II	FEE
TRX Marimel	**NEW!!!!! 6:30-7:10 am Monday**	**February 27th-April 10th**	**April 17th-June 5th**	**$45 Member $52 Non-Member**
TRX MEDLEY Karen	**11:30-12:20 PM Monday**	**February 27th-April 10th**	**April 17th-June 5th**	**$45 Member $52 Non-Member**
TRX Danielle	**8:20-9:00 AM Tuesday**	**February 28th-April 11th**	**April 18th-June 6th**	**$45 Member $52 Non-Member**
TRX Karen	**5:40-6:20 PM Tuesday**	**February 28th-April 11th**	**April 18th-June 6th**	**$45 Member $52 Non-Member**

INDOOR CYCLING

Spinning is indoor cycling to motivating music. Spinning is appealing to a wide audience because everyone rides at his or her own pace in a team atmosphere. Classes are 45-50 minutes in length (unless otherwise noted).

Class type varies monthly. Please see membership services for monthly schedule or on the web at www.nilesfitness.com

> Reservations are necessary
> Please sign up at the front desk, you will receive a pass for admittance
> You must arrive 10 minutes early before class if this is your first spin class

DAY	TIME
Monday	8:30 AM - 9:05 AM **EXPRESS**
Tuesday	9:00 AM & 7:15 PM
Wednesday	6:30-7:00 PM **EXPRESS**
Thursday	9:00 AM & 7:15 PM
Friday	11:30 AM
Saturday	8:00 AM
Sunday	7:35 AM

FOR ANNUAL MEMBERS ONLY

FREEDOM PASS: $80.00
6 Months of Unlimited Spinning Classes

Renew your Freedom Pass early and the next one is only $75.00

DANIELLE DESHEROW
ACSM & AFAA Personal Trainer,
Pilates Reformer/Chair
Small Group & Private Sessions

BEAU DESHEROW
AFAA Personal Trainer
Athletic Coach
Small Group & Private Sessions

MARIMEL LIM
ACSM & AFAA Personal Trainer
AFFA Group Exercise
Small Group & Private Sessions

MEET THE TEAM

WAYNE GUCCIONE,
Exercise Physiologist
Small Group & Private Sessions

REGINA WADIA
Yoga & Stretch,
Small Group & Private Sessions

KAREN PAPUCCI
AFAA Personal Trainer
AFFA Group Exercise
Small Group & Private Sessions

Small Group and Private Fitness Class Training

Take your workout to the next level! Let us customize a small group class or private session for you. We offer small group or private sessions in any format with any instructor you choose. (Strength training, Yoga, Pilates, Cardio & Strength drills, stretching, Zumba etc.)
Contact our Group Exercise Coordinator at 847-588-8410 to schedule your session.

Fee: $60 Member / $66 Non-Member (3 to 6 participants)
Private instruction (1) session $60 Member / $70 Non-Member
Private instruction (5) sessions $275 Member / $325 Non-Member

TWEEN YOGA 8-13 years
Learn yoga poses and breathing techniques which strengthen and stretch the mind and body. Yogis will gain tools to calm anxious minds during the adolescent years.

TIME	SESSION I	SESSION II	FEES
Thursday 5:15-6:00 PM	**March 2nd-April 13th**	**April 20h-May 25th**	**$36 Member $46 Non-Member**

FRIDAY NIGHT FUN 5-12 YEARS
Parents, treat your kids to a night out. Join our enthusiastic staff for an evening filled with swimming, gym, crafts, snack and more!
6:00-9:00 PM
$10 Member/$15 Non-Member

FEB.17TH MAR 17TH
APRIL 7TH MAY 12TH

BASKETBALL SKILLS DEVELOPMENT CAMP

The coaching staff of Crossover Skills Academy possesses over 50 years of High School coaching experience at some of the top programs in the Chicagoland area. Through their extensive coaching careers, Crossover Skills Academy has identified several deficiencies in young basketball players and developed a program to address those deficiencies. This program is a skill development camp that will focus on improving your athlete's overall basketball game and prepare him or her for the next level of competition. This camp will cover ball handling, shooting mechanics, passing, and play making.
This camp is open to boys and girls. 6 Weeks

TIME	Date	FEES
Saturday 10:15-11:15 AM	**February 25th-April 1st**	**$125 Member $140 Non-Member**

HAVE YOUR BIRTHDAY PARTIES WITH US!
SWIM, GYM, SCIENCE OR RUBBER BAND BRACELETS

Fridays 4-6 pm or 6:30-8:30 pm Saturdays/Sundays 12-2 pm or 2:00-4:30

Party Package Includes:
Up to 15 children
2 hours in length
Private room
Colored Tablecloths, Punch, 6" white plates, cups, napkins, forks & spoons

Package Prices:
$179 Members
$199 Non-Members

CALL 847-588-8400 FOR RESERVATION DETAILS

LEARN TO SWIM INFORMATION

GROUP LESSONS: $54 Member / $69 Non-Member
SWIM CLUB PROGRAM AGES: 7-15: $45 Member / $55 Non-Member (Each Day Pricing Monday or Thursday)

NO REFUNDS GIVEN AFTER COMPLETION OF FIRST SWIM CLASS
NO MAKE-UP LESSONS

	SESSION I	SESSION 11
Member Registration	Wednesday, Feburary 22nd	Wednesday, April 19th
Open Registration	Tuesday, Feburary 28th	Tuesday, April 25th
Registration closes	Sunday, March 5th	Sunday, April 30th

GENERAL INFORMATION **IN PERSON & ONLINE REGISTATION ONLY NO PHONE IN MAIL OR FAX**

Each lesson lasts 35 minutes. Please make sure your child is dressed and ready for class at least 5 minutes prior to your class start time. The Niles Family Fitness Center's goal is a ratio of 1:5. Although this is our goal, occasionally the ratio may be higher due to unforeseen circumstances. The Niles Family Fitness Center offers three locker rooms for meeting the needs of our member's or guests. Due to the limited size of the Family Locker Room, we ask that if your child is capable of changing on their own, please allow them to do so in the designated men's or women's locker room. Additional space is also available in both the men's and women's locker rooms for changing small children. No strollers are allowed on the pool deck.

LEARN TO SWIM PLACEMENT TESTING **Placement Test Fee: $5.00**

In order to ensure that your child is in the appropriate class,
ALL NEW PARTICIPANTS in the Learn To Swim program must attend a Placement Test. Children will be tested on their swimming skills and advised to which class level to register for.
Participation in this class does not guarantee your child a spot in the Learn To Swim program.

	SESSION I	SESSION II	TIME
Wednesday	Feburary 22nd	April 19th	5:00 pm – 7:00 pm
Saturday	Feburary 25th	April 22nd	9:00 am – 11:00 am
Tuesday	Feburary 28th	April 25th	5:00 pm – 7:00 pm
Wednesday	March 1st	April 26th	5:00 pm – 7:00 pm

PRIVATE / SEMI-PRIVATE LESSONS

It's never too late for anyone to learn to swim.
Private lessons are offered for individuals of any age that prefer one-on-one instruction.

Private: $20 Member / $25 Non-Member

Semi-Private: $13 per person Member / $16 per person Non-Member

(Semi-private lessons are for two participants of similar abilities. You must provide both participants for these lessons)

All Lessons are 30 minutes in length-3 Lesson minimum

LEARN TO SWIM INFORMATION 847-588-8400

IN PERSON & ONLINE REGISTRATION ONLY. NO PHONE IN, MAIL OR FAX

	SESSION I	SESSION II
Member Registration	Wednesday, Feburary 22nd	Wednesday, April 19th
Open Registration	Tuesday, Feburary 28th	Tuesday, April 25th
Registration closes	Sunday, March 5th	Sunday, April 30th

PARENT-TOT: 6 months - 3 years

Parents will accompany their child in the water. Primary focus is to help the child adapt to the water through games and songs. *Skills Taught*: Blowing bubbles, floating / kicking submerging face, passing and jumping into the water.

TINY TINY TOTS: 1- 3 years

Parents will accompany their child in the water for at least the 1st 3 classes (Progression is based on whether the parent is in the pool after the 3rd class and the child's overall adaptation to the water and the class environment.) *Skills Taught*: Floating / kicking on front and back, alternating arms on front, water entry by self, and submerging face.

TINY TOTS: 3 - 5 years

The purpose of this class is to teach children how to become independent in the water while beginning to work on the basic skills of swimming and water safety. *Skills Taught:* Submerging face, floating / kicking on front and back, and alternating arms on front.

LEVEL 1

Skills taught in this level will provide a basic introduction to developing proper strokes. *Skills Taught:* Front and Back floats, glides on front and back, kicking on front and back, alternating arms for front crawl and back crawl, and water adaptation.

LEVEL 2

This class will focus on getting children to have a basic understanding of how to swim front and back crawls. Skills Taught: Front and back floats, front and back glides, frontcrawl, backcrawl 10 yards, and rotary breathing.

LEVEL 2½

This class further builds on the front and back crawls taught in Level 2 while incorporating rotary breathing for frontcrawl and new strokes. *Skills Taught:* Frontcrawl 15 yards, backcrawl 15 yards, breaststroke kick 10 yards, streamline position for front and back, treading water and dolphin kick.

LEVEL 3

This class will focus on perfecting the front and back crawls while adding the element of endurance. Children will begin to develop the more advanced strokes. *Skills Taught:* Frontcrawl 25 yards, backcrawl 25 yards, breaststroke 15 yards, open turns, and treading water.

ADVANCED SKILLS

This class continues to work on previous skills while introducing more advanced strokes. Endurance is gradually increased at this level. *Skills Taught:* Front crawl 50 yards, back crawl 50 yards, breaststroke 25 yards, butterfly kick 25 yards, open turns, breaststroke speed turns, endurance and lifeguard rescues.

STROKE DEVELOPMENT

This class continues to work on previous skills while developing a greater level of endurance. *Skills Taught:* Front crawl 100 yards, back crawl 100 yards, breaststroke 50 yards, butterfly 25 yards, speed turns, and endurance.

STROKE REFINEMENT

This class will refine strokes to maximize the participants ability while building up endurance for swim club. *Skills Taught:* Frontcrawl 200 yards, backcrawl 200 yards, breaststroke 100 yards, butterfly 50 yards, flip turns and speed turns

SWIM CLUB AGES: 7-15

This class will teach different training techniques used for competitive swimming. This class will give the child the opportunity to experience what a practice for a swim team may be like.

Register for one or two days per week

AGES: 7-15 Requirements: 100 yds. Freestyle, 100yds. Backstroke, 50 yds. Breaststroke & 25yds fly. Must meet all requirements efficiently. Please bring goggles and a water bottle to class.

LEARN TO SWIM INFORMATION

IN PERSON & ONLINE REGISTRATION ONLY NO PHONE IN MAIL OR FAX

CLASS	DAY	TIME	SESSION I	SESSION II
PARENT TOT	Tues.	5:00 - 5:35 pm	March 7th - April 11th	May 2nd – June 6th
	Sat.	9:00 - 9:35 am	March 11th – April 15th	May 6th – June 10th
TINY TINY TOTS	Tues.	5:40 - 6:15 pm	March 7th - April 11th	May 2nd – June 6th
	Wed	5:00 - 5:35 pm	March 8th – April 12th	May 3rd – June 7tth
	Sat	9:40 -10:15 am	March 11th – April 15th	May 6th – June 10th
TINY TOTS	Tues.	6:20 - 6:55 pm	March 7th - April 11th	May 2nd – June 6th
	Wed.	5:40 - 6:15 pm	March 8th – April 12th	May 3rd – June 7tth
	Wed.	6:20 - 6:55 pm	March 8th – April 12th	May 3rd – June 7tth
	Sat.	10:20 -10:55 am	March 11th – April 15th	May 6th – June 10th
LEVEL 1	Tues.	5:00 - 5:35 pm	March 7th - April 11th	May 2nd – June 6th
	Tues.	5:40 - 6:15 pm	March 7th - April 11th	May 2nd – June 6th
	Wed.	5:00 - 5:35 pm	March 8th – April 12th	May 3rd – June 7tth
	Wed.	6:20 - 6:55 pm	March 8th – April 12th	May 3rd – June 7tth
	Sat.	9:00 - 9:35 am	March 11th – April 15th	May 6th – June 10th
	Sat.	9:40 - 10:15 am	March 11th – April 15th	May 6th – June 10th
LEVEL 2	Tues.	5:40 - 6:15 pm	March 7th - April 11th	May 2nd – June 6th
	Tues.	6:20 - 6:55 pm	March 7th - April 11th	May 2nd – June 6th
	Wed.	5:40 - 6:15 pm	March 8th – April 12th	May 3rd – June 7th
	Wed.	6:20 - 6:55 pm	March 8th – April 12th	May 3rd – June 7tth
	Sat.	9:00 - 9:35 am	March 11th – April 15th	May 6th – June 10th
	Sat.	10:20 -10:55 am	March 11th – April 15th	May 6th – June 10th
LEVEL 21/2	Tues.	6:20 - 6:55 pm	March 7th - April 11th	May 2nd – June 6th
	Wed.	5:00 - 5:35 pm	March 8th – April 12th	May 3rd – June 7tth
	Wed.	5:40 - 6:15 pm	March 8th – April 12th	May 3rd – June 7tth
	Sat.	9:40 - 10:15 pm	March 11th – April 15th	May 6th – June 10th
	Sat.	10:20 -10:55 pm	March 11th – April 15th	May 6th – June 10th
LEVEL 3	Tues.	5:00 - 5:35 pm	March 7th - April 11th	May 2nd – June 6th
	Wed.	5:40 - 6:15 pm	March 8th – April 12th	May 3rd – June 7tth
	Sat.	9:00 - 9:35 am	March 11th – April 15th	May 6th – June 10th
ADVANCED SKILLS	Tues.	6:20 - 6:55 pm	March 7th - April 11th	May 2nd – June 6th
	Wed.	5:00 - 5:35 pm	March 8th – April 12th	May 3rd – June 7tth
	Sat.	9:40 - 10:15 am	March 11th – April 15th	May 6th – June 10th
STROKE DEVELOPMENT	Tues.	5:40 - 6:15 pm	March 7th - April 11th	May 2nd – June 6th
	Sat.	10:20 -10:55 am	March 11th – April 15th	May 6th – June 10th
STROKE REFINEMENT	Tues.	5:00 - 5:35 pm	March 7th - April 11th	May 2nd – June 6th
	Wed.	6:20 - 6:55 pm	March 8th – April 12th	May 3rd – June 7tth
SWIM CLUB	Mon.	7:00-8:15 pm	March 6th – April 10th	May 1st – June 12th
	Thurs.	7:00-8:15 pm	March 9th – April 13th	May 4th – June 8th

NO REFUNDS GIVEN AFTER COMPLETION OF
FIRST SWIM CLASS
NO MAKE-UP LESSONS

FUNTASTIC CHILDREN'S SPRING PROGRAMS

TUMBLE BEES 2-4 YEARS
Children will be introduced to basic tumbling skills by participating in activities that teach gross motor skills and organized movement. Class includes basic introduction to the balance beam, floor and horizontal bar.
PARENT/CHILD CLASS

ME TWO 2 YEARS
This class is offered either Mondays or Wednesdays to ease fears and encourage independence. Children will have fun in a semi-structured environment with art, activities, circle time and snack. Children do not need to be potty trained, but if they need to be changed you will be called back to NFFC to change them.
CHILD ONLY CLASS

JUST FOR ME 3-4 YEARS
This class is designed for those children who are ready to be on their own in a social preschool environment. Daily gym time and snacks are provided. This class is offered with a continuing curriculum until Spring 2017. Children do not need to be potty trained, but if they need to be changed you will be called back to NFFC to change them.
CHILD ONLY CLASS

MINI SPORTSTERS 2-4 YEARS
An introductory sports class for your active two, three or four year old. Try out a different sport each week. Have fun while getting fit.
PARENT/CHILD CLASS

EXPLORERS 2-3 YEARS
This class is a social experience for both you and your child. It is designed to be a beginning step into "On My Own" classes. Parents will help transition their child in our semi-structured classroom environment. Age appropriate activities, art exploration and circle time will be offered.
PARENT/CHILD CLASS

BODY FLEX KIDS 3-6 YEARS
Scheduled during Adult Body Flex,this high energy exercise class will get your child moving and grooving with the use of the Bosu, step, exercise balls and more! To cool down we will end class with kids yoga. Our instructor will escort your child to and from the playroom.
CHILD ONLY CLASS

RECIPE FOR FUN 3-6 YEARS
Learn to make simple recipes in this pint-sized cooking class. Measuring, mixing, pouring, and stirring are sure to keep our little chefs busy. Each chef will get to eat or take home their own creations.
CHILD ONLY CLASS

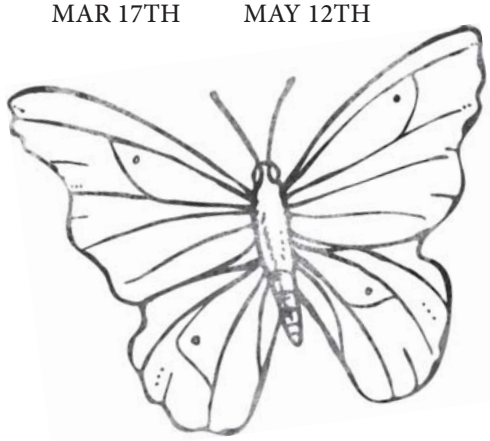
AQUA ANTICS 1-5 YEARS
Play group in the pool! This non-instructional swim class is designed to help your child become comfortable in the water. Come splash around while participating in active songs and circle fun. Water toys will be available.
PARENT/CHILD CLASS

TWEEN YOGA 8-13 years
Learn yoga poses and breathing techniques which strengthen and stretch the mind and body. Yogis will gain tools to calm anxious minds during the adolescent years.

SPECIAL EVENTS

FRIDAY NIGHT FUN 5-12 YEARS
Parents, treat your kids to a night out. Join our enthusiastic staff for an evening filled with swimming, gym, crafts, snack and more!
6:00-9:00 PM
$10 Member/$15 Non-Member

FEB.17TH	APRIL 7TH
MAR 17TH	MAY 12TH



CHILDCARE INFORMATION
Our playroom is open to children 3 months and up. If your child is 12 months or younger, we ask that you phone ahead to check availability at 847-588-8419. Please provide an infant carrier if needed.

Daily Fee: $6.00/child/visit (2 hour limit)

10 Visit Childcare Express Pass:
$34 Mem/$40 Non-Mem

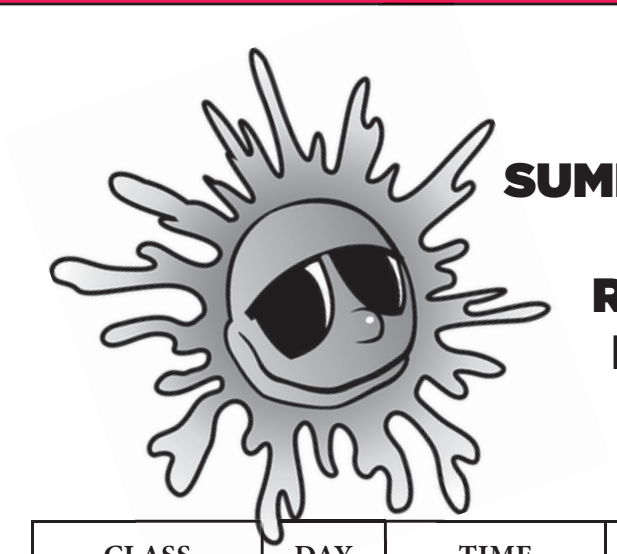
20 Visit Childcare Express Pass:
$63 Mem/$75 Non-Mem

30 Visit Childcare Express Pass:
$87 Mem/$105 Non-Mem

Members Only 6 Month Freedom Pass
$179.00

www.nilesfitness.com

FUNTASTIC SPRING SCHEDULE



SUMMER CAMP INFORMATION ON THE BACK PAGE REGISTRATION BEGINS MONDAY MARCH 6TH

CLASS	DAY	TIME	SESSION I	SESSION II	FEES
TUMBLE BEES 2-4 yrs.	Mon.	9:00-9:45 am	February 27th-April 10th	April 17th-May 22nd	$36 Member $46 Non-Member
ME TWO 2 yrs	Mon.	10:00-11:15 am	February 27th-April 10th	April 17th-May 22nd	$48 Member $58 Non-Member
JUST FOR ME 3-4 yrs.	Mon.	10:00-12:00 pm	February 27th-April 10th	April 17th-May 22nd	$59 Member $69 Non-Member
MINI SPORTSTERS 2-4 yrs.	Wed.	9:00-9:45 am	March 1st-April 12th	April 19th-May 24th	$36 Member $46 Non-Member
ME TWO 2 yrs	Wed.	10:00-11:15 am	March 1st-April 12th	April 19th-May 24th	$48 Member $58 Non-Member
JUST FOR ME 3-4 yrs.	Wed.	10:00-12:00 pm	March 1st-April 12th	April 19th-May 24th	$59 Member $69 Non-Member
BODY FLEX KIDS 3-6 yrs	Thurs.	10:00-11:00 am	March 2nd-April 13th	April 20th-May 25th	$36 Member $46 Non-Member
TWEEN YOGA 8-13 yrs	Thurs.	5:15-6:00 pm	March 2nd-April 13th	April 20th-May 25th	$36 Member $46 Non-Member
EXPLORERS 2-3 yrs	Fri.	9:15 -10:00 am	March 3rd-April 7th*	April 21st-May 26th	$36 Member $46 Non-Member
RECIPE FOR FUN 3-6 yrs	Fri.	10:15-11:00 am	March 3rd-April 7th*	April 21st-May 26th	$36 Member $46 Non-Member

***NO CLASSES FRIDAY, APRIL 14TH**
FEES ARE PRORATED

SPRING BREAK MARCH 27TH-MARCH 31ST

DAILY FEES

Proof of residency is required to receive resident rates.
Children under 10 must be accompanied by an individual 14 years of age or older.

CLASSES

	MEMBER	RESIDENT	NON-RESIDENT
SPINNING	$6	$10	$11
GROUP FITNESS/AQUA	FREE	$10	$11
SPECIALTY FITNESS	$8	$10	$11

TRX, Bootcamp, Pilates Mat, Pilates Barre, Yoga Balance

Any person entering any of the fitness center areas must pay the appropriate fees even if they are not participating

		RESIDENT	NON-RESIDENT
POOL			
Youth	3-13	$4.00	$8.00
Adult	14 & Over	$5.00	$9.00
GYM (BASKETBALL ONLY)			
Youth	3-13	$4.00	$8.00
Adult	14 & Over	$6.00	$10.00
GYM/SWIM			
Youth	3-13	$5.00	$10.00
TRACK			
14 & Over		$1.00	$3.00
ADULT GUEST FEE:		$13.00	$13.00

Must be a guest of Fitness Center Member. Includes use of entire facility.

STAFF DIRECTORY

General Information	847-588-8400
Carl Maniscalco Director	847-588-8400
Linda Mathis Membership Coordinator	847-588-8402
Cathy Fay Fitness/Aquatics Coordinator	847-588-8404
Ernie Papucci Building Coordinator	847-588-8407
Danielle Desherow Group Exercise Coordinator	847-588-8410
Private Swim Lesson Info	**847-588-8413**

NILES FAMILY FITNESS CENTER

987 CIVIC CENTER DR.
NILES, IL 60714
847 - 588 - 8400

SUMMER CAMPS

Camp Little

Registration Begins Monday, March 6th

Ages 2-5 years 9:30-11:30am June 12th –Aug 4th

Fees:

Mondays	$130 mem/ $158 non-mem
Wednesdays	$130 mem/ $158 non-mem
Fridays	$130 mem/ $158 non-mem

Join us for a summer full of fun. In our pint sized camp, campers will enjoy a day filled with games, gym, arts & crafts, outside time, snack and more. Campers will be divided by age. Camp runs for 8 weeks. Choose 1, 2, or 3 days a week which ever fits your summer schedule. No single weeks.

Lunch N Fun

11:30-12:30pm

Those campers who are potty trained and want to extend their camp day may bring a sack lunch and stay an extra hour for lunch and fun.

Fees:

Mondays	$36 mem/ $44 non-mem
Wednesdays	$36 mem/ $44 non-mem
Fridays	$36 mem/ $44 non-mem

Campers ages 4-5 who wish to extend their camp day may sign up for one of our hands on learning classes. Campers will stay with the instructor during the 15 minute transition between Lunch N' Fun and class.

Please note: you do not need to be registered for camp to sign up for these classes.

Silly Science

Mondays 12:45-1:45pm

Session 1	6/12-7/3
Session 2	7/10-7/31

Fees:

$26 mem/ $33 non-mem

Recipe For Fun

Wednesdays 12:45-1:45pm

Session 1	6/14-7/5
Session 2	7/12-4/2

Fees:

$26 mem/ $33 non-mem

Summer Blast

Ages 6-10 years 9am-3pm Tues. and Thurs.

Session 1: June 13th –July 6th

No Camp July 4th

Session 2: July 11th - Aug 3th

Fees:
Session 1 (4 weeks)
$195 member
$230 non-member

Session 2 (4 weeks)
$220 member
$260 non-member

This summer, join us for a blast. Children will fill their day with games, crafts, outside activities, swimming, gym and more. Please bring a sack lunch, bathing suit and towel, sunscreen and a snack every day to class. Sign up with a friend.

For more information call 847-588-8400 or visit us at www.nilesfitness.com

987 Civic Center Dr. Niles, Illinois 60714
847-588-8400
www.nilesfitness.com