



BELONGING

BEGINS WITH US AT THE WEST COOK YMCA



LEARN MORE AT
[WESTCOOKYMCA.ORG/120YEARS](https://westcookymca.org/120years)



WHY WE ALL BELONG HERE.

YESTERDAY. TODAY. TOMORROW.

SERVING OUR COMMUNITY FOR 120 YEARS

Since December 31, 1902, the West Cook YMCA has been providing programs and services to address the needs of our community from serving as a refuge for young men, to physical education and housing, to providing childcare and teaching swim lessons, to becoming a leader in chronic disease prevention and addressing the Achievement Gap in our students.

When you give to the West Cook YMCA, you impact our community today and tomorrow.

100% of your tax-deductible donation goes directly to providing scholarships to children, adults, and seniors- your friends and neighbors- transforming their lives through access to health screenings, chronic disease prevention programs, after-school programs, swim lessons, homeless prevention for residents, and Y memberships that can open the door to help each person become their best self.



**TOUR THE Y.
MAKE YOUR RESERVATION TODAY AT
WESTCOOKYMCA.ORG/TOURS**



TOUR AND FIND YOUR Y TODAY.

FIND YOUR PASSION. FIND YOUR Y.

At the Y, you will find more than just a place to work out. With opportunities to connect with neighbors and give back to your community, while discovering a greater sense of purpose.

TAKE A TOUR TODAY.

Stop in for a tour and we will show you all that the Y has to offer to meet your needs. Tour guides are available by reservation. Make your reservation today at westcookymca.org/tours.

COMPLIMENTARY AMENITIES

Child Watch
Coffee
Fitness Consultation
Group Fitness
Guest Passes
Mobile App
Pickleball
Towels
Y360 On Demand
Water Fitness
Wellness Center Orientations
Yoga

FACILITIES

Basketball Gyms
Indoor 25 Yard Pool
Indoor Track
Locker Rooms & Spas, Steam Room, and Saunas
Personal Training Studio
Pickleball Courts
Racquetball Courts
Wellness Center with Cardio, Cycling, and Strength Equipment



**25% OFF FIRST MONTH
OF SWIM LESSONS FOR NEW FAMILIES.
QUESTIONS? AQUATICS@WESTCOOKYMCA.ORG**



YOUTH PROGRAMMING

We are committed to nurturing the full potential of all youth through the character development of Caring, Honesty, Respect, and Responsibility.

AFTER-SCHOOL SIGNATURE PROGRAM: Focused on academic supports, social-emotional development, and physical and enrichment activities in partnership with the school district.

POWER SCHOLARS ACADEMY: A summer learning loss prevention program focused on boosting literacy and math skills

ESPORTS: Youth are welcome to be who they are, excel at what they love, and develop the social, strategic and problem-solving skills through organized online video game competitions.

SAFETY AROUND WATER: Teaches children of all ages and from all backgrounds that water should be fun, not feared, as long as you know how to stay safe in and around water.

SWIM LESSONS: Focused on vital water safety skills and stroke development through a progressive swim lesson curriculum.

AQUATIC PATHWAY PROGRAMS: Specialized tracks focused on building leadership, recreation, and competition and continue to cultivate passion in aquatic programming beyond swim lessons.

COMPETITIVE SWIM TEAM: Developing and growing quality, character-driven athletes in a supportive team environment.



**INTRODUCTORY PERSONAL TRAINING PACKAGE FOR
MEMBERS: SAVE 50% ON YOUR FIRST 3 SESSIONS.
QUESTIONS? FITNESS@WESTCOOKYMCA.ORG**



ADULT PROGRAMMING

We are committed to helping each individual achieve their health and wellness goals and become their best self.

FITNESS CONSULTATION: Meet with a personal trainer who will provide a fitness assessment and wellness center orientation.

DIGITAL ACCESS: On-demand programs, goal setting, workout logs, and so much more through the Mobile App and Y360.

CYCLING: Climb, sprint, and train as you create muscle tone in your legs and improve your heart and lung function.

WATER EXERCISE: Shallow and deep water classes that provide resistance to improve cardiovascular ability, strength, balance, and flexibility.

YOGA: Yoga is a holistic practice, uniting the body, mind, and spirit through practicing physical poses (asana) and connecting with our breath (pranayama).

GROUP FITNESS: Designed to be a supportive environment and have a shared experience with your fellow members through fitness programs.

PERSONAL TRAINING: Individualized guidance to help you meet your health and wellness goals with certified personal trainers.

PICKLEBALL: Combines elements of badminton, tennis, and ping pong and is played with solid paddles and a perforated ball similar to a wiffle ball on a short solid court with a low net.



**RAPID RESPONSE SCHOLARSHIPS AVAILABLE.
LEARN MORE AT [WESTCOOKYMCA.ORG/RRS](https://westcookymca.org/rrs)**



OLDER ADULT PROGRAMMING

Programs designed and curated for adults ages 62+ to help you live more fully, no matter your fitness level or background.

GROUP FITNESS: Modified complimentary classes focused on stability, movement, strength, and cardio with certified instructors.

HEALTHY AGING PROGRAM: Complimentary program with personalized wellness coaching, fitness programming, health literacy events, and opportunities for enrichment and social engagement.

RENEW ACTIVE: Through select UnitedHealthcare Medicare plans, members have access to the West Cook YMCA— all at no additional cost.

OLDER ADULT CONSULTATION: Meet with a personal trainer who will provide a fitness assessment and wellness center orientation.

SWIM LESSONS: It's never too late to learn to swim or refine your strokes with a certified swim instructor.

WATER EXERCISE: Shallow and Deep Water classes that provide water resistance to improve cardiovascular ability, strength, balance, and flexibility.

YOGA: Modified Yoga classes focused on uniting the body, mind, and spirit through practicing physical poses (asana) and connecting with our breath (pranayama).



**THE WEST COOK YMCA JOINS THE VILLAGE OF OAK PARK
AND OTHER COMMUNITY ORGANIZATIONS TO PROVIDE
TEMPORARY HOUSING TO MIGRANT FAMILIES.**



RESIDENCE PROGRAM

West Cook YMCA offers secure housing for men transitioning between housing, not wanting the commitment of an apartment or home, living temporarily in the community for school or employment, or simply desiring an affordable, safe place to live.

Rooms at the Y are available for as little as a week or for as long as desired. Rent is paid in advance on a weekly basis, and there are no long-term leases, contracts or security deposits. Any man aged 18 or older with income or other assets is welcome to apply for our residency program.

REQUIREMENTS FOR HOUSING ARE:

Males ages 18+, must net \$1,800 per month, provide proof of income (SSDI, SSI, 30-days of paycheck stubs, etc), and have no felonies.

Rooms are limited, so please stop in or call us at 708.383.5200 to check availability.

Each potential resident is required to complete an application.

LEARN MORE

westcookymca.org/residence-program



COMMUNITY HEALTH & WELLNESS

In communities across the nation, the Y is a leading voice on health and well-being. Since 2007, the Y movement has driven innovation in prevention and control of chronic disease to save lives and reduce healthcare spending. With support from the Centers for Disease Control and Prevention (CDC), the Y delivers tangible results in evidence-based chronic disease prevention and control.

As a community-facing organization, the Y's mission has long focused on helping people to live their healthiest lives and reach their full potential in spirit, mind, and body, acknowledging that individual "health" is influenced by a range of interconnected environmental, social, and biological factors.

PROVEN PROGRAMS

This is what the YMCA does: we invest in proven programs to prevent and control chronic disease by supporting people with physical activity, improved nutrition and peer support. We can improve health outcomes, we can reduce health spending, and we can reduce health disparities among at-risk populations.

REDUCE YOUR RISK FOR CHRONIC DISEASE. COMPLETE A SELF-REFERRAL FORM FOR A FREE WELLNESS PROGRAM.

**ALL CHRONIC DISEASE PROGRAMS
ARE COMPLIMENTARY
FOR MEMBERS.**



BLOOD PRESSURE SELF-MONITORING PROGRAM

Personalized one-on-one support for developing a blood pressure self-monitoring routine, tips for maintaining a healthy heart, and nutrition education seminars.

PROGRAM GOALS:

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

ELIGIBILITY:

- At least 18 years old, and
- Diagnosed with hypertension or currently taking antihypertensive medication
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

PROGRAM LENGTH: 4 months

LEARN MORE:

westcookymca.org/bpsm

**BLOOD PRESSURE
SELF-MONITORING PROGRAM
SELF REFERRAL FORM:**





DIABETES PREVENTION PROGRAM

Help those at high risk adopt and maintain healthy lifestyles and reduce their chances of developing type 2 diabetes. Fully recognized by the CDC and proven to reduce risk of type 2 diabetes by 58%.

PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to at least 150 minutes per week

ELIGIBILITY:

- At least 18 years old
- Overweight (BMI ≥ 25) AND
- Diagnosed with prediabetes via one of three blood tests or previous diagnosis of gestational diabetes
- Not diagnosed with T1 or T2 diabetes
- Not pregnant

If blood test not available, can qualify based on risk factors.

PROGRAM LENGTH: 12 months

LEARN MORE:

westcookymca.org/dpp

**DIABETES PREVENTION
PROGRAM SELF
REFERRAL FORM:**





WEIGHT LOSS PROGRAM

Designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable healthy habits.

PROGRAM GOALS:

- Introduce behaviors that lead to sustained weight loss
- Develop personalized plans to incorporate those behaviors into their lifestyle

ELIGIBILITY:

- Must be at least 18 years old, and
- Desire a healthier weight

Not intended for individuals with specialized needs due to chronic disease or onset of a chronic disease.

PROGRAM LENGTH: 3 months

LEARN MORE:

westcookymca.org/weightloss

**WEIGHT LOSS
PROGRAM SELF
REFERRAL FORM:**





JOIN ONLINE TODAY AT [WESTCOOKYMCA.ORG/JOIN](https://westcookymca.org/join)
AND RECEIVE \$0 JOINER FEE AND
50% OFF FIRST MONTH.



JOIN TODAY. WE ALL BELONG HERE.

THE Y IS FOR ALL.

The West Cook YMCA understands that health and wellness is different for each person. Our staff are committed and ready to help you reclaim your health, whether it is in person or from the comfort of your home through our Virtual Platform and our new mobile app that gives you access to hundreds of on-demand fitness content.

4 WAYS TO JOIN OR REGISTER

1. Call 708-383-5200
2. Email memberservices@westcookymca.org
3. In-Person at 255 S. Marion St., Oak Park
4. Online at westcookymca.org/join

JOIN ONLINE.

1. Visit westcookymca.org/join
2. Click "Sign Up" in the top right of the embeddable page
3. Select your membership type
4. Click Next
5. Sign up with your email and information
6. Add Promo Code: [joinonline](#)
7. Pay for Membership

DOWNLOAD MOBILE APP.

Download the app 24-48 hours after you join and have access to class schedules, Y360, workout logs, and so much more.

Visit: westcookymca.org/app



JOIN ONLINE
AT WESTCOOKYMCA.ORG/JOIN
AND RECEIVE \$0 JOINER FEE AND
50% OFF FIRST MONTH.

MAXIMIZE YOUR MEMBER EXPERIENCE

HOURS OF

OPERATIONS

Mon.-Fri. 6:00a-8:00p
Sat. 8:00a-6:00p
Sun. 10:00a-6:00p

GET CONNECTED

Ensure we have your email address on file to receive informative emails, follow us on Facebook, and download the mobile app to receive the latest news, upcoming events, and program information.

VISIT US ONLINE

Download the current schedules, register for programs online, and learn about the impact your Y has on our community and more!

ATTEND YOUR

COMPLIMENTARY FITNESS ASSESSMENT

Work one-on-one with a certified trainer to create a plan that is tailored to your specific needs. Make your reservation online today.



WEST COOK YMCA
255 S. Marion St.
Oak Park, IL 60302

Addressee
Street Address
City, State Zip