



## WEST COOK YMCA

April 14, 2016

Dr. Carol Kelley, Superintendent  
Oak Park School District 97  
970 Madison Street  
Oak Park, IL 60302

Dear Dr. Kelley:

The West Cook YMCA was recently awarded a grant from the Women Leaders in Philanthropy (WLIP), a giving group of Oak Park-River Forest Community Foundation, to provide youth from Oak Park and River Forest with scholarships to YMCA programs.

The West Cook YMCA is committed to increasing access to youth development activities for all youth helping to ensure their physical, social-emotional and cognitive development. This grant opportunity allows the Y to provide youth who may not otherwise be able to participate because of financial need with quality out-of-school time programming for at least 50% off the cost.

We understand that school personnel (teachers, social workers, coaches, etc.) often have a greater understanding of the individual needs of your students and their families. We request your assistance in identifying and referring youth that may qualify to receive a scholarship. In order to qualify a youth must:

- Be an Oak Park or River Forest Resident
- Be between the ages of 3-17
- Have Financial Need – the funds are designated to expand opportunity for youth who otherwise wouldn't have the chance to participate because of financial constraints

**Enclosed is a menu of spring and summer programs that will be available through this scholarship program. If you choose to participate in this program, at least \$2,200.00 will be set aside for youth in your district.**

**Please confirmation of your commitment to help identify and refer students by April 25, 2016.** If you agree to participate, we will provide updated information on session and program dates. Additionally, we request that all referrals be made to Kyle Hartje, Member Engagement Director at [khartje@westcookymca.org](mailto:khartje@westcookymca.org) or (708) 434 3218 by May 16, 2016.

Thank you for helping us make these programs more accessible to those who otherwise could not participate. If there are any questions or additional information is needed, please feel free to reach out to me at (708) 434 0200 or via email.

Sincerely,



**Phillip Jiménez**  
President and CEO

## Elementary School Age Program Offerings - West Cook YMCA 2016 WLIP Scholarships

	Program	Age	Description of Program	Non-Member Price	YMCA Member Price	Scholarship Participant Price
Sports/Athletics	Fit Kids 6 Sessions	6-15yrs	FitKids is Personal training... but for kids! We empower youth to achieve better health or fundamental sports skills through fun games and fitness activities. The emphasis is on FUN, while experiencing all the benefits of a one-on-one workout. FitKids includes an initial consultation with parents to determine fitness or sport skill goals, as well as a periodic evaluation of progress.	\$660.00	\$330.00	\$165.00
	Young Ballers Skills and Drills 9-11yrs	9-11yrs	Build on fundamental skills though high intensity, challenging drills for intermediate to elite athletes to take their game to the next level. Skills include game time situations, making moves off the dribble, and finishing at the basket	\$85.00	\$45.00	\$22.50
	Biddy Ballers	3-5yrs	Shoot and score with Biddy Ball for your child. This program is designed to teach the basketball basics of passing, dribbling, shooting, defense, and teamwork in a fun and entertaining instructional class setting. Sign up and enjoy your future star as they develop their basketball skills while taking their interest and game to the next level.	\$80.00	\$40.00	\$20.00
	Young Ballers Skills and Drills 6-8yrs	6-8yrs	Build on fundamental skills though high intensity, challenging drills for intermediate to elite athletes to take their game to the next level. Skills include game time situations, making moves off the dribble, and finishing at the basket	\$80.00	\$40.00	\$20.00
	Little Kickers	3-8yrs	Little Kickers is a beginner soccer program for ages 3-8. Our instructors will teach your child the basic skills of soccer, including passing, dribbling, and agility all through fun games and supervised play.	\$80.00	\$40.00	\$20.00
	Basketball Strength and Conditioning Clinics	10-16yrs	Strength and conditioning for Basketball Players. Get ready for the basketball season with sport specific drills to improve hand and foot speed, agility, power, strength and conditioning. Stay ahead of the pack by training with our seasoned trainers to develop the tools to help you take your game to the next level.	\$60.00	\$30.00	\$15.00
	Cross Training Strength and Conditioning Clinics	10-16yrs	Athletes- boost your performance, whether you play football, baseball, soccer, volleyball or tennis. This program will help you run faster, jump higher, increase power, strength and condition. Let our trained specialist unlock your potential with our strength and conditioning program for all athletes.	\$60.00	\$30.00	\$15.00

	Swim Team Clinics - Developmental	5-18yrs	Kids can sign up for a clinic focusing on either the Breast Stroke/Butterfly Stroke or Free Style/Back Stroke. Our Swim Team coaches will be helping all children, whether they are on our swim team or not, learn and practice these different strokes for a few days during our off-season.	\$60.00	\$60.00	\$30.00
	One-on-One Sports Training	10-15yrs	Focus on Sport-Specific training to enhance skill development. Receive on-on-one attention to focus on the athlete's needs and goals. Work with a trained professional to develop programs centered around increasing an athlete's skill set along with injury prevention and rehabilitation.	\$50.00	\$25.00	\$12.50
	Swim Team season- Developmental	5-18yrs	Our Long Course season runs from the end of April until July. The philosophy of the Competitive Swim Team is to help young people become champions of themselves and life through the sport of swimming. We believe this can be achieved by encouraging individuals to attain their own highest levels of personal development. By striving to achieve their own goals and helping their teammates to achieve theirs, we believe that every athlete participating on the team can become a champion.	N/A	\$320.00	\$160.00
Academic	Tutoring - 30 minute session	5-18yrs	Available in both 30 and 60 minute sessions, youth work with a qualified adult to assist them with their homework or specific topic	\$15.00	\$12.00	\$6.00
	Tutoring - 60 minute session	5-18yrs	Available in both 30 and 60 minute sessions, youth work with a qualified adult to assist them with their homework or specific topic	\$25.00	\$20.00	\$10.00
Enrichment/ Recreation	Y-Kids Before and After School Program month	K-12yrs	Providing a fun, semester-long program that is built around the full social-emotional, cognitive and physical development of each child	\$416.00	\$306.00	\$153.00
	1 Week-Long Session of Summer Day Camp	5-17yrs	Providing a fun, week long session program that is built around the full social-emotional, cognitive and physical development of each child	\$250.00	\$190.00	\$95.00
	Swim Lessons	3-17yrs	Each session is 1 class a week for 6-8 weeks and by the end of the four sessions of swim lessons, a participant will have learned to swim; life-long and life-saving skill.	\$106.00	\$53.00	\$26.50
	Season Pass to Fred Hampton Aquatic Center	3-17yrs	Providing unlimited summer access to our outdoor pool in Maywood including a shallow splash pool and waterslides, promoting active and healthy out of school time	\$40.00	\$40.00	\$20.00



## Middle School Age Program Offerings - West Cook YMCA 2016 WLIP Scholarships

		Program	Age	Description of Program	Non-Member Price	YMCA Member Price	Scholarship Participant Price
<b>Sports/Athletics</b>		Fit Kids - 6 Sessions	6-15yrs	FitKids is Personal training... but for kids! We empower youth to achieve better health or fundamental sports skills through fun games and fitness activities. The emphasis is on FUN, while experiencing all the benefits of a one-on-one workout. FitKids includes an initial consultation with parents to determine fitness or sport skill goals, as well as a periodic evaluation of progress.	\$660.00	\$330.00	\$165.00
		Young Ballers Skills and Drills	9-11yrs	Build on fundamental skills though high intensity, challenging drills for intermediate to elite athletes to take their game to the next level. Skills include game time situations, making moves off the dribble, and finishing at the basket	\$85.00	\$45.00	\$22.50
		Basketball Strength and Conditioning Clinics	10-16yrs	Strength and conditioning for Basketball Players. Get ready for the basketball season with sport specific drills to improve hand and foot speed, agility, power, strength and conditioning. Stay ahead of the pack by training with our seasoned trainers to develop the tools to help you take your game to the next level.	\$60.00	\$30.00	\$15.00
		Cross Training Strength and Conditioning Clinics	10-16yrs	Athletes- boost your performance, whether you play football, baseball, soccer, volleyball or tennis. This program will help you run faster, jump higher, increase power, strength and condition. Let our trained specialist unlock your potential with our strength and conditioning program for all athletes.	\$60.00	\$30.00	\$15.00
		One-on-One Sports Training	10-15yrs	Focus on Sport-Specific training to enhance skill development. Receive on-on-one attention to focus on the athlete's needs and goals. Work with a trained professional to develop programs centered around increasing an athlete's skill set along with injury prevention and rehabilitation.	\$50.00	\$25.00	\$12.50
		Swim Team Clinics - Advanced	5-18yrs	Kids can sign up for a clinic focusing on either the Breast Stroke/Butterfly Stroke or Free Style/Back Stroke. Our Swim Team coaches will be helping all children, whether they are on our swim team or not, learn and practice these different strokes for a few days during our off-season.	\$75.00	\$75.00	\$37.50
		Swim Team Season - Advanced	5-18yrs	Our Long Course season runs from the end of April until July. The philosophy of the Competitive Swim Team is to help young people become champions of themselves and life through the sport of swimming. We believe this can be achieved by encouraging individuals to attain their own highest levels of personal development. By striving to achieve their own goals and helping their teammates to achieve theirs, we believe that every athlete participating on the team can become a champion.	N/A	\$500.00	\$250.00

Academic	Tutoring - 30 minute session	5-18yrs	Available in both 30 and 60 minute sessions, youth work with a qualified adult to assist them with their homework or specific topic	\$15.00	\$12.00	\$6.00
	Tutoring - 60 minute session	5-18yrs	Available in both 30 and 60 minute sessions, youth work with a qualified adult to assist them with their homework or specific topic	\$25.00	\$20.00	\$10.00
Summer Enrichment/ Recreation	Y-Kids Before and After School Program month	K-12yrs	Providing a fun, semester-long program that is built around the full social-emotional, cognitive and physical development of each child	\$416.00	\$306.00	\$153.00
	1 Week-Long Session of Summer Day Camp	5-17yrs	Providing a fun, week long session program that is built around the full social-emotional, cognitive and physical development of each child	\$250.00	\$190.00	\$95.00
	Swim Lessons	3-17yrs	Each session is 1 class a week for 6-8 weeks and by the end of the four sessions of swim lessons, a participant will have learned to swim; life-long and life-saving skill.	\$106.00	\$53.00	\$26.50
	Season Pass to Fred Hampton Aquatic Center	3-17yrs	Providing unlimited summer access to our outdoor pool in Maywood including a shallow splash pool and waterslides, promoting active and healthy out of school time	\$40.00	\$40.00	\$20.00