



# Central Branch YMCA

## Fall II - 2017 Program Listing

Fall II Session (10/30-12/17)

Registration (Mbr. 10/16) (Prog. Part. 10/23)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Adult Basketball</b>						
	Men's League	19 to 107	Sun. Tues.	No Time Specified	\$350.00	\$350.00
<b>Family Game Night</b>						
	December		Fri.	6:00 PM - 8:00 PM	\$0.00	\$0.00
<b>Middle School Programs</b>						
	Middle School Dodge Ball Tournament		Sat.	6:30 PM - 9:00 PM	\$5.00	\$5.00
<b>New Member Receptions</b>						
	December 22		Fri.	10:30 AM - 11:15 AM	\$0.00	\$0.00
	December 4		Mon.	6:30 PM - 7:15 PM	\$0.00	\$0.00
	November 24		Fri.	10:30 AM - 11:15 AM	\$0.00	\$0.00
	November 6		Mon.	6:30 PM - 7:15 PM	\$0.00	\$0.00
	October 20		Fri.	10:30 AM - 11:15 AM	\$0.00	\$0.00
	Spanish - December 30		Sat.	9:00 AM - 9:45 AM	\$0.00	\$0.00
	Spanish - November 25		Sat.	9:00 AM - 9:45 AM	\$0.00	\$0.00
	Spanish - October 28		Sat.	9:00 AM - 9:45 AM	\$0.00	\$0.00
<b>Parents Night Out</b>						
	December	4 to 12	Fri.	6:00 PM - 10:00 PM	\$15.00	\$30.00
	November	4 to 12	Fri.	6:00 PM - 10:00 PM	\$15.00	\$30.00
	October	4 to 12	Fri.	6:00 PM - 10:00 PM	\$15.00	\$30.00
<b>Special Events</b>						
	Dive-in with Santa		Sat.	10:00 AM - 12:00 PM	\$0.00	\$0.00
	YMCA International Conference		Sun. Fri. Sat.	8:00 AM - 5:00 PM	\$150.00	\$150.00
	YMCA International Dinner		Sat.	6:00 PM - 11:00 PM	\$40.00	\$40.00
<b>Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)</b>						
	Friday 5:45	3 to 5	Fri.	5:45 PM - 6:15 PM	\$22.00	\$50.00
	Sunday 1:00	3 to 5	Sun.	1:00 PM - 1:30 PM	\$22.00	\$50.00
	Tuesday 6:00	3 to 5	Tues.	6:00 PM - 6:30 PM	\$22.00	\$50.00
<b>Swim Lessons - Age 3-5yrs (1-Water Acclimation)</b>						
	Friday 5:45	3 to 5	Fri.	5:45 PM - 6:15 PM	\$22.00	\$50.00
	Sunday 1:00	3 to 5	Sun.	1:00 PM - 1:30 PM	\$22.00	\$50.00
	Tuesday 6:00	3 to 5	Tues.	6:00 PM - 6:30 PM	\$22.00	\$50.00
<b>Swim Lessons - Age 3-5yrs (2-Water Movement)</b>						
	Friday 5:45	3 to 5	Fri.	5:45 PM - 6:15 PM	\$22.00	\$50.00
	Sunday 1:00	3 to 5	Sun.	1:00 PM - 1:30 PM	\$22.00	\$50.00
	Sunday 2:30	3 to 5	Sun.	2:30 PM - 3:00 PM	\$22.00	\$50.00
	Tuesday 6:00	3 to 5	Tues.	6:00 PM - 6:30 PM	\$22.00	\$50.00



### Adult Basketball

### Family Game Night

Bring your entire family and enjoy a night of fun playing games or making crafts in the lobby of the Central Branch YMCA.

### Middle School Programs

Bring your team and test your skills against the rest! Don't feel like playing dodge ball? Come root on your favorite team, eat pizza, hang out with your friends, and listen to music.

### New Member Receptions

### Parents Night Out

Let the YMCA entertain your child while you enjoy a night out! Activities include a pizza dinner, gym games, crafts, swimming and a movie & popcorn. Please see the registration form for more details about what to bring and what to expect.

### Special Events

**Dive In With Santa** - Come enjoy a magical afternoon filled with games, songs and activities that bring this wonderful season to life. Bring your children to meet and take pictures with Santa Claus, decorate Christmas cookies and enjoy arts and crafts. And don't forget to bring your little ones' letter for Santa.

**YMCA International Conference** - This year the YMCA of Valparaiso, Chile and its International Committee, along with the YMCA of Great Fort Wayne, are organizing the VII Conference of Valparaiso Partners, around the topic "Strengthening the Christian Mission in International Service". Your participation as a partner YMCA is considered critical as we strive to strengthen our fraternal ties, solidarity and cooperation so that we may live out the Mission of the YMCA. Hotel prices is not included in the registration fee.

**YMCA International Dinner** - Learn about the Y's International work and how we support our International partners. in addition to enjoying several international cuisines all before dancing the night away. Proceeds will benefit social programs of our international YMCA's partners.

### Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Monkey crawl.

### Swim Lessons - Age 3-5yrs (1-Water Acclimation)

In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim".

### Swim Lessons - Age 3-5yrs (2-Water Movement)

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Swim Lessons - Age 3-5yrs (3-Water Stamina)</b>						
	Friday 5:45	3 to 5	Fri.	5:45 PM - 6:15 PM	\$22.00	\$50.00
	Friday 7:20	3 to 5	Fri.	7:20 PM - 7:50 PM	\$22.00	\$50.00
	Sunday 1:00	3 to 5	Sun.	1:00 PM - 1:30 PM	\$22.00	\$50.00
	Sunday 2:30	3 to 5	Sun.	2:30 PM - 3:00 PM	\$22.00	\$50.00
	Tuesday 6:00	3 to 5	Tues.	6:00 PM - 6:30 PM	\$22.00	\$50.00
<b>Swim Lessons - Age 3-5yrs (4-Stroke Introduction)</b>						
	Friday 6:30	3 to 5	Fri.	6:30 PM - 7:10 PM	\$22.00	\$50.00
	Sunday 1:40	3 to 5	Sun.	1:40 PM - 2:20 PM	\$22.00	\$50.00
	Tuesday 6:00	3 to 5	Tues.	6:00 PM - 6:40 PM	\$22.00	\$50.00
<b>Swim Lessons - Age 6-12yrs (1-Water Acclimation)</b>						
	Friday 6:30	6 to 12	Fri.	6:30 PM - 7:10 PM	\$22.00	\$50.00
	Sunday 1:40	6 to 12	Sun.	1:40 PM - 2:20 PM	\$22.00	\$50.00
	Tuesday 6:40	6 to 12	Tues.	6:40 PM - 7:20 PM	\$22.00	\$50.00
<b>Swim Lessons - Age 6-12yrs (2-Water Movement)</b>						
	Friday 6:30	6 to 12	Fri.	6:30 PM - 7:10 PM	\$22.00	\$50.00
	Sunday 1:40	6 to 12	Sun.	1:40 PM - 2:20 PM	\$22.00	\$50.00
	Tuesday 6:40	6 to 12	Tues.	6:40 PM - 7:20 PM	\$22.00	\$50.00
<b>Swim Lessons - Age 6-12yrs (3-Water Stamina)</b>						
	Friday 6:30	6 to 12	Fri.	6:30 PM - 7:10 PM	\$25.00	\$55.00
	Sunday 1:40	6 to 12	Sun.	1:40 PM - 2:20 PM	\$25.00	\$55.00
	Sunday 2:30	6 to 12	Sun.	2:30 PM - 3:10 PM	\$25.00	\$55.00
	Tuesday 6:40	6 to 12	Tues.	6:40 PM - 7:20 PM	\$25.00	\$55.00
<b>Swim Lessons - Age 6-12yrs (4-Stroke Introduction)</b>						
	Friday 7:20	6 to 12	Fri.	7:20 PM - 8:00 PM	\$25.00	\$55.00
	Sunday 2:30	6 to 12	Sun.	2:30 PM - 3:10 PM	\$25.00	\$55.00
<b>Swim Lessons - Age 6-12yrs (5-Stroke Development)</b>						
	Friday 7:20	6 to 12	Fri.	7:20 PM - 8:00 PM	\$25.00	\$55.00
<b>Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)</b>						
	Friday 7:20	6 to 12	Fri.	7:20 PM - 8:00 PM	\$25.00	\$55.00



### Swim Lessons - Age 3-5yrs (3-Water Stamina)

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

### Swim Lessons - Age 3-5yrs (4-Stroke Introduction)

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

### Swim Lessons - Age 6-12yrs (1-Water Acclimation)

In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim".

### Swim Lessons - Age 6-12yrs (2-Water Movement)

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll

### Swim Lessons - Age 6-12yrs (3-Water Stamina)

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

### Swim Lessons - Age 6-12yrs (4-Stroke Introduction)

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

### Swim Lessons - Age 6-12yrs (5-Stroke Development)

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. Skills taught include: Endurance, Front crawl, Back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

### Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly



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	Friday 7:20	3 to 5	Fri.	7:20 PM - 7:50 PM	\$22.00	\$50.00
	Sunday 1:00	3 to 5	Sun.	1:00 PM - 1:30 PM	\$22.00	\$50.00
	Sunday 2:30	3 to 5	Sun.	2:30 PM - 3:00 PM	\$22.00	\$50.00
	Tuesday 6:00	3 to 5	Tues.	6:00 PM - 6:30 PM	\$22.00	\$50.00
<b>Swim Lessons - Age 3-5yrs (4-Stroke Introduction)</b>						
	Friday 6:30	3 to 5	Fri.	6:30 PM - 7:10 PM	\$22.00	\$50.00
	Sunday 1:40	3 to 5	Sun.	1:40 PM - 2:20 PM	\$22.00	\$50.00
	Tuesday 6:00	3 to 5	Tues.	6:00 PM - 6:40 PM	\$22.00	\$50.00
<b>Swim Lessons - Age 6-12yrs (1-Water Acclimation)</b>						
	Friday 6:30	6 to 12	Fri.	6:30 PM - 7:10 PM	\$22.00	\$50.00
	Sunday 1:40	6 to 12	Sun.	1:40 PM - 2:20 PM	\$22.00	\$50.00
	Tuesday 6:40	6 to 12	Tues.	6:40 PM - 7:20 PM	\$22.00	\$50.00
<b>Swim Lessons - Age 6-12yrs (2-Water Movement)</b>						
	Friday 6:30	6 to 12	Fri.	6:30 PM - 7:10 PM	\$22.00	\$50.00
	Sunday 1:40	6 to 12	Sun.	1:40 PM - 2:20 PM	\$22.00	\$50.00
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	Friday 6:30	6 to 12	Fri.	6:30 PM - 7:10 PM	\$25.00	\$55.00
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	Sunday 2:30	6 to 12	Sun.	2:30 PM - 3:10 PM	\$25.00	\$55.00
	Tuesday 6:40	6 to 12	Tues.	6:40 PM - 7:20 PM	\$25.00	\$55.00
<b>Swim Lessons - Age 6-12yrs (4-Stroke Introduction)</b>						
	Friday 7:20	6 to 12	Fri.	7:20 PM - 8:00 PM	\$25.00	\$55.00
	Sunday 2:30	6 to 12	Sun.	2:30 PM - 3:10 PM	\$25.00	\$55.00
<b>Swim Lessons - Age 6-12yrs (5-Stroke Development)</b>						
	Friday 7:20	6 to 12	Fri.	7:20 PM - 8:00 PM	\$25.00	\$55.00
<b>Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)</b>						
	Friday 7:20	6 to 12	Fri.	7:20 PM - 8:00 PM	\$25.00	\$55.00



### Swim Lessons - Age 3-5yrs (3-Water Stamina)

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

### Swim Lessons - Age 3-5yrs (4-Stroke Introduction)

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### Swim Lessons - Age 6-12yrs (1-Water Acclimation)

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### Swim Lessons - Age 6-12yrs (2-Water Movement)

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll

### Swim Lessons - Age 6-12yrs (3-Water Stamina)

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

### Swim Lessons - Age 6-12yrs (4-Stroke Introduction)

In stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

### Swim Lessons - Age 6-12yrs (5-Stroke Development)

### Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Swim Lessons - Teen &amp; Adult</b>						
	Adult	13 to 99	Wed.	7:30 PM - 8:15 PM	\$25.00	\$55.00
<b>Swim Lessons - Adaptive</b>						
	Sunday	2 to 99	Sun.	12:00 PM - 1:00 PM	\$25.00	\$55.00
<b>Training - Safe Sitter Babysitting</b>						
	November	11 to 15	Tues.	6:15 PM - 8:00 PM	\$65.00	\$90.00
<b>Volunteering</b>						
	Habitat Build Day - 10/25/17	16 to 100	Wed.	7:45 AM - 4:00 PM	\$0.00	\$0.00
	Habitat Build Day - 10/28/17	16 to 100	Sat.	7:45 AM - 4:00 PM	\$0.00	\$0.00
	Habitat Build Day - 11/8/17	16 to 100	Wed.	7:45 AM - 4:00 PM	\$0.00	\$0.00
	Habitat Build Day - 11/9/17	16 to 100	Thurs.	7:45 AM - 4:00 PM	\$0.00	\$0.00
	Treasure House	4 to 100	Tues.	1:00 PM - 3:00 PM	\$0.00	\$0.00
<b>Y Zone</b>						
	November	11 to 15	Sat.	6:30 PM - 9:00 PM	\$5.00	\$5.00



### Swim Lessons - Teen & Adult

This program creates a welcoming environment that is designed to help adults begin to swim.

### Swim Lessons - Adaptive

Designed for individuals with special needs. In a safe and relaxed environment, participants with all abilities have the opportunity to learn to swim, practice water safety skills, and expand their aquatic education.

### Training - Safe Sitter Babysitting

This course will teach potential babysitters how to care for a choking infant or child, basic First Aid, personal safety for the babysitter, injury prevention, how to care for children (feeding, diapering, etc.), preventing problem behavior, behavior management, ethics and babysitting as a business.

### Volunteering

Habitat - Join up to 10 members on a Habitat house build at Fullers Landing, no experience is needed, all training and supplies are provided, including lunch. House building site is at Fullers Landing, 4308 West Cook Road, FW IN 46818. Please wear appropriate work clothes for either outdoor or indoor work.

Treasure House - Volunteer with the Rescue Mission at Treasure House, their thrift store which supports the mission. Open to members and non-members of all ages over age 4.

### Y Zone

The Y is all yours! Bring all your friends swim, play basketball, dodgeball or soccer. Challenge someone to top your skills at a game of ping pong or racquetball. Tumbling mats are available if you want to show off your moves. We will provide pizza, music and a lot of fun.