



Jackson R. Lehman Family YMCA

Winter I - 2018 Program Listing

Winter I Session (1/7/2019-2/24/2019)

Registration (Mbr. 12/3/2018) Prog. Part. (12/10/2018)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
	Luncheon 12/14/2018	50 to 105	Fri.	12:15 PM - 1:45 PM	\$0.00	\$0.00
Art/Craft Classes						
	Floral Design Class - 12/15/2018		Sat.	10:00 AM - 11:00 AM	\$15.00	\$20.00
Cooking Classes						
	Souper Salad	14 to 100	Tues.	6:00 PM - 8:00 PM	\$45.00	\$90.00
Dance Classes						
	Beginning Ballet	7 to 117	Mon.	6:15 PM - 7:15 PM	\$175.00	\$195.00
	Creative 1 & 2	5 to 6	Mon.	5:30 PM - 6:15 PM	\$140.00	\$160.00
	Fun N' Dance	3 to 4	Mon.	5:00 PM - 5:30 PM	\$140.00	\$160.00
Homeschool Programs						
	Grades 4-8 (Gym)	9 to 13	Wed.	1:00 PM - 1:45 PM	\$28.00	\$62.00
	Grades 4-8 (Swim)	9 to 13	Wed.	2:00 PM - 2:45 PM	\$28.00	\$62.00
	Grades K-3 (Gym)	4 to 9	Wed.	2:00 PM - 2:45 PM	\$28.00	\$62.00
	Grades K-3 (Swim)	4 to 9	Wed.	1:00 PM - 1:45 PM	\$28.00	\$62.00
	High School (Gym)	14 to 19	Wed.	11:00 AM - 11:45 AM	\$28.00	\$62.00
	High School (Swim)	14 to 19	Wed.	12:00 PM - 12:45 PM	\$28.00	\$62.00
New Member Receptions						
	12/11/2018	1 to 100	Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	12/20/2018	1 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	12/27/2018	1 to 100	Thurs.	1:00 PM - 1:30 PM	\$0.00	\$0.00
	01/10/2019	1 to 100	Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	01/15/2019	1 to 100	Tues.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	01/17/2019	1 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	01/24/2019	1 to 100	Thurs.	1:00 PM - 1:30 PM	\$0.00	\$0.00
	02/07/2019	1 to 100	Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	02/19/2019	1 to 100	Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	02/21/2019	1 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
Parents Night Out						
	12/07/2018	4 to 11	Fri.	6:00 PM - 10:00 PM	\$15.00	\$25.00
	1/4/2019	4 to 11	Fri.	6:00 PM - 10:00 PM	\$15.00	\$25.00
Saturday Night Fever-Teens						
	1/27/2019	6th-12th grade	Sat.	6:00 PM - 9:00 PM	\$0.00	\$0.00
Special Events						
	Cookies with St. Nick-12/15/18	1 to 100	Sat.	10:00 AM-12:00 PM	\$0.00	\$0.00



Active Older Adults

Join us for a combined luncheon, celebrating the Christmas season. There is no charge for this luncheon. The Jackson R. Lehman Y will provide the main dish and water. We are asking for members to bring a dish to share. This is broken down by last name: A-I, bring a vegetable dish; J-Q, bring a salad; R-Z, bring a dessert. In addition, we will have demonstrations of some of our Active Older Adult group exercise classes by your peers, as well as some activities you can do at your seat.

Art Classes

Join us in a hands on class as you learn how to make your own flower arrangements for the holiday season with the previous owner of Crossroads Flowers.

Cooking Classes

Souper Salad- Winter brings cold weather, cozy blankets and a warm bowl of soup and salad. Who says salads are just for summer time? Join Chef Ali as she teaches you hands on how to make fresh soups and stews such as a Hearty Harvest Stew. Learn to pair the soups and stews with delicious and nutritious winter salads such as Apple Cranberry Bacon Candied Walnut Salad.

Dance Classes

Beginning Ballet - Designed for beginning dancers ages 7 and up. Class instruction focuses on teaching correct body alignment, terminology and technique. Through proper body alignment and technique students gain physical strength, flexibility, stamina and agility.

Creative 1 & 2 - Designed for beginning dancers ages 5 & 6. Creative movement allows children to gain an understanding of dance history and different cultures, while increasing their listening skills. It expands children's creative skills and increases their self-esteem through self-expression. Children learn body and spatial awareness, control, balance, and coordination. As they progress, they will gain physical strength, flexibility, stamina, and agility while developing locomotor movement. Sometimes it is hard for observers to see the concepts being learned as children leap and zigzag through the studio, however, important concepts are being conveyed to your child. The concepts of Space, Time, Force, Body, Movement, and Form are the concepts they will take with them through their dance training. Through it all, the primary goal is to instill a love of dance they will take with them through their lives.

Fun N' Dance - Designed for beginning dancers ages 3 & 4. Creative movement allows children to gain an understanding of dance history and different cultures, while increasing their listening skills. It expands children's creative skills and increases their self-esteem through self-expression. Children learn body and spatial awareness, control, balance, and coordination. As they progress, they will gain physical strength, flexibility, stamina, and agility while developing locomotor movement. Sometimes it is hard for observers to see the concepts being learned as children leap and zigzag through the studio, however, important concepts are being conveyed to your child. The concepts of Space, Time, Force, Body, Movement, and Form are the concepts they will take with them through their dance training. Through it all, the primary goal is to instill a love of dance they will take with them through their lives.

Homeschool Programs

YMCA Home School Swim or Gym program is offered to home school children.

New Member Receptions

This is a thirty minute presentation designed to help our members understand all the YMCA has to offer. Includes membership information, how to register for programs, locations in our association, and more information about any program we offer.

Parents Night Out

Need an evening out without the kids? Let us provide dinner and entertain your 4 to 11 year old while you have an evening out. We will have fun swimming, playing in the gym and getting messy with an art project. Children will be separated into age appropriate groups. Send them with swim gear on under play clothes. Send a towel and clean change of clothes (clearly labeled). Please note, young children must be potty trained. Registration deadline is Wednesday prior to event.

Saturday Night Fever-Teens

Come hang out with your friends during Saturday Night Fever! We will be eating delicious food, playing dodge ball, basketball, swimming, playing group games and video games. Bring your friends and have some fun in a safe environment here at the Y!

Special Event

Come enjoy a morning filled with magic that will bring this wonderful season to life! Bring your children to meet and take pictures with St. Nick, eat Christmas cookies and children can write letters to Santa! All ages welcome!



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Saturday 09:15 am	0 to 3	Sat.	9:15 AM - 9:45 AM	\$25.00	\$56.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Thursday 05:00 pm	0 to 3	Thurs.	5:00 PM - 5:30 PM	\$25.00	\$56.00
	Tuesday 05:00 pm	0 to 3	Tues.	5:00 PM - 5:30 PM	\$25.00	\$56.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Saturday 10:00 am	0 to 3	Sat.	10:00 AM - 10:30 AM	\$25.00	\$56.00
Swim Lessons - Age 3 yrs (1-Water Acclimation)						
	Saturday 09:15 am	3 to 3	Sat.	9:15 AM - 9:45 AM	\$25.00	\$56.00
	Saturday 10:00 am	3 to 3	Sat.	10:00 AM - 10:30 AM	\$25.00	\$56.00
	Tuesday 04:15 pm	3 to 3	Tues.	4:15 PM - 4:45 PM	\$25.00	\$56.00
	Tuesday 05:00 pm	3 to 3	Tues.	5:00 PM - 5:30 PM	\$25.00	\$56.00
	Tuesday 05:45 pm	3 to 3	Tues.	5:45 PM - 6:15 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday 10:45 am	3 to 5	Sat.	10:45 AM - 11:15 AM	\$25.00	\$56.00
	Thursday 05:00 pm	3 to 5	Thurs.	5:00 PM - 5:30 PM	\$25.00	\$56.00
	Thursday 05:45 pm	3 to 5	Thurs.	5:45 PM - 6:15 PM	\$25.00	\$56.00
	Thursday 09:45 am	3 to 5	Thurs.	9:45 AM - 10:15 AM	\$25.00	\$56.00
	Tuesday 04:15 pm	3 to 5	Tues.	4:15 PM - 4:45 PM	\$25.00	\$56.00
	Tuesday 05:45 pm	3 to 5	Tues.	5:45 PM - 6:15 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday 10:45 am	3 to 5	Sat.	10:45 AM - 11:15 AM	\$25.00	\$56.00
	Thursday 04:30 pm	3 to 5	Thurs.	4:30 PM - 5:00 PM	\$25.00	\$56.00
	Thursday 05:00 pm	3 to 5	Thurs.	5:00 PM - 5:30 PM	\$25.00	\$56.00
	Thursday 06:30 pm	3 to 5	Thurs.	6:30 PM - 7:00 PM	\$25.00	\$56.00
	Thursday 09:45 am	3 to 5	Thurs.	9:45 AM - 10:15 AM	\$25.00	\$56.00
	Tuesday 04:15 pm	3 to 5	Tues.	4:15 PM - 4:45 PM	\$25.00	\$56.00
	Tuesday 05:45 pm	3 to 5	Tues.	5:45 PM - 6:15 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Thursday 06:30 pm	3 to 5	Thurs.	6:30 PM - 7:00 PM	\$25.00	\$56.00
	Thursday 10:00 am	3 to 5	Thurs.	10:00 AM - 10:30 AM	\$25.00	\$56.00
	Thursday 10:30 am	3 to 5	Thurs.	10:30 AM - 11:00 AM	\$25.00	\$56.00
	Tuesday 04:15 pm	3 to 5	Tues.	4:15 PM - 4:45 PM	\$25.00	\$56.00
	Tuesday 5:45 pm	3 to 5	Tues.	5:45 PM - 6:15 PM	\$25.00	\$56.00



Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Wall grab.

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

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Wall grab. 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 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 yrs (1-Water Acclimation)

Preschool Level, Swim Basics, Stage 1 (Water Acclimation) Recommended ages: 3 years old. In stage 1, 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.

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

Preschool Level, Swim Basics, Stage 1 (Water Acclimation) Recommended ages: 3-5 years old. In stage 1, 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.

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

Preschool Level, Swim Basics Stage 2 (Water Movement) Recommended ages: 3-5 years old. 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.

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".



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Saturday 11:30 am	6 to 12	Sat.	11:30 AM - 12:15 PM	\$28.00	\$62.00
	Thursday 05:45 pm	6 to 12	Thurs.	5:45 PM - 6:30 PM	\$28.00	\$62.00
	Thursday 06:45 pm	6 to 12	Thurs.	6:45 PM - 7:30 PM	\$28.00	\$62.00
	Tuesday 06:00 pm	6 to 12	Tues.	6:00 PM - 6:45 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Saturday 11:30 am	6 to 12	Sat.	11:30 AM - 12:15 PM	\$28.00	\$62.00
	Thursday 04:30 pm	6 to 12	Thurs.	4:30 PM - 5:15 PM	\$28.00	\$62.00
	Tuesday 06:00 pm	6 to 12	Thurs.	6:00 PM - 6:45 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Saturday 09:00 am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$28.00	\$62.00
	Saturday 10:30 am	6 to 12	Sat.	10:30 AM - 11:15 AM	\$28.00	\$62.00
	Thursday 05:00 pm	6 to 12	Thurs.	5:00 PM - 5:45 PM	\$28.00	\$62.00
	Thursday 05:45 pm	6 to 12	Thurs.	5:45 PM - 6:30 PM	\$28.00	\$62.00
	Tuesday 05:00 pm	6 to 12	Tues.	5:00 PM - 5:45 PM	\$28.00	\$62.00
	Tuesday 06:30 pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Saturday 09:00 am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$28.00	\$62.00
	Saturday 10:30 am	6 to 12	Sat.	10:30 AM - 11:15 AM	\$28.00	\$62.00
	Thursday 05:00 pm	6 to 12	Thurs.	5:00 PM - 5:45 PM	\$28.00	\$62.00
	Tuesday 05:00 pm	6 to 12	Tues.	5:00 PM - 5:45 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (5&6 Stroke Development & Mechanics)						
	Saturday 10:45 am	6 to 12	Sat.	10:45 AM - 11:30 AM	\$28.00	\$62.00
	Thursday 06:00	6 to 12	Thurs.	6:00 PM - 6:45 PM	\$28.00	\$62.00
	Tuesday 6:00 pm	6 to 12	Tues.	6:00 PM - 6:45 PM	\$28.00	\$62.00
Swim Lessons - Age 13-16yrs (1-3 Water Acclimation thru Stamina)						
	Monday 06:30 pm	13 to 16	Mon.	6:30 PM - 7:15 PM	\$28.00	\$62.00
Swim Lessons - Age 13-16yrs (4-6 Stroke Intro thru Mechanics)						
	Thursday 07:00 pm	13 to 16	Thurs.	7:00 PM - 7:45 PM	\$28.00	\$62.00
Swim Lessons - Age 17yrs & Up (1-3 Water Acclimation thru Stamina)						
	Monday 6:30 pm	17 to 100	Mon.	6:30 PM - 7:15 PM	\$28.00	\$62.00
	Thursday 8:00pm	17 to 100	Mon.	8:00 PM - 8:45 PM	\$28.00	\$62.00
Swim Lessons - Age 17yrs & Up (4-6 Stroke Intro thru Mechanics)						
	Thursday 07:00 pm	17 to 100	Thurs.	7:00 PM - 7:45 PM	\$28.00	\$62.00



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

School Age, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 6 - 12 years old 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)

School Age, Swim Basics Stage 2 (Water Movement) Recommended ages: 6 - 12 years old 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&6 Stroke Development & Mechanics)

School Age, Swim Strokes Stage 5 (Stroke Development) Recommended ages: 6- 12 years old 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. In stage 6 (Stroke Mechanics), 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

Swim Lessons - Age 13-16yrs (1-3 Water Acclimation thru Stamina)

Teens, Swim Basics, Stage 1 thru 3 (Water Acclimation thru Water Stamina) Recommended ages: 13-16 years old. Students in this level will increase comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Also students will be encouraged forward movement in water and will develop intermediate self-rescue skills.

Swim Lessons - Age 13-16yrs (4-6 Stroke Intro thru Mechanics)

Teens, Swim Strokes, Stage 4 thru 6 (Stroke introduction thru Stroke Mechanics) Recommended ages: 13-16 years old. Students in this level will be introduced to basic stroke technique in Front & Back Crawl, Treading Water, elementary backstroke. Once students pass stage 4 students will be introduced to Breaststroke and butterfly. Throughout these classes students will gain knowledge how to refine those strokes while building endurance so they can effectively make swimming a way of life.

Swim Lessons - Age 17yrs & Up (1-3 Water Acclimation thru Stamina)

Adult, Swim Basics, Stage 1 thru 3 (Water Acclimation thru Water Stamina) Recommended ages: 13-16 years old. Students in this level will increase comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Also students will be encouraged forward movement in water and will develop intermediate self-rescue skills.

Swim Lessons - Age 17yrs & Up (4-6 Stroke Intro thru Mechanics)

Adult, Swim Strokes, Stage 4 thru 6 (Stroke introduction thru Stroke Mechanics) Recommended ages: 13-16 years old. Students in this level will be introduced to basic stroke technique in Front & Back Crawl, Treading Water, elementary backstroke. Once students pass stage 4 students will be introduced to Breaststroke and butterfly. Throughout these classes students will gain knowledge how to refine those strokes while building endurance so they can effectively make swimming a way of life.



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Conditioning						
	Age 6-12 (Monday & Wednesday)	6 to 113	Mon. Wed.	5:30 PM - 6:30 PM	\$62.00	\$134.00
	Age 6-12 (Monday 05:30 pm)	6 to 113	Mon.	5:30 PM - 6:30 PM	\$31.00	\$67.00
	Age 6-12 (Wednesday 05:30 pm)	6 to 113	Wed.	5:30 PM - 6:30 PM	\$31.00	\$67.00
	Age 13+ (Monday & Wednesday)	13 to 113	Mon. Wed.	6:30 PM - 7:30 PM	\$62.00	\$134.00
	Age 13+ (Monday 06:30 pm)	13 to 113	Mon.	6:30 PM - 7:30 PM	\$31.00	\$67.00
	Age 13+ (Wednesday 06:30 pm)	13 to 113	Wed.	6:30 PM - 7:30 PM	\$31.00	\$67.00
Training - Lifeguarding						
	01/03/19 - 01/05/19 (Blending Learning)	15 to 99	Thurs. Fri. Sat.	No Time Specified	\$165.00	\$225.00
	12/27/18 - 12/29/18 (Blending Learning)	15 to 99	Thurs. Fri. Sat.	No Time Specified	\$165.00	\$225.00
Training - First Aid						
	12/19/2018	15 to 100	Wed.	8:00 AM - 10:00 AM	\$45.00	\$65.00
Youth Basketball						
	PreK & K (@ YMCA)		Sat.	9:00 AM - 1:00 PM	\$45.00	\$90.00
	Grades 1 & 2 (@ YMCA)		Sat.	9:00 AM - 1:00 PM	\$45.00	\$90.00
	Grades 3 & 4 (@ Blackhawk Middle School)		Sat.	9:00 AM - 1:00 PM	\$45.00	\$90.00
	Grades 5 & 6 (@ Jefferson Middle School)		Sat.	9:00 AM - 1:00 PM	\$45.00	\$90.00
	Grades 7 & 8 (@ Jefferson Middle School)		Sat.	9:00 AM - 1:00 PM	\$45.00	\$90.00



Swim Lessons - Conditioning

Swim Conditioning is a structured one hour coached swim workout focusing on improving swimming technique and endurance. Classes are modified for swimmers of all abilities. Lap

Training - Lifeguarding

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical personnel take over. Successful completion of this course includes certification in Lifeguarding, CPR/AED, Emergency Oxygen, and First Aid. Friday and Saturday 8 am - 6:30 pm and Sunday 12 pm - 6 pm

Training - First Aid

This is a class designed to help people prevent, prepare for and respond to land based first aid emergencies. Upon successful completion of this course participants will receive certification in American Red Cross First Aid.

Youth Basketball

YMCA basketball league for kids Pre K-8th grade. Y-Ball encompasses player development through practice and gameplay. Our Youth Basketball program is offered for PreK-8th grades. Game sites will vary depending on grade level. Grades PreK-2nd will have a 1/2 hour practice immediately followed by a 1/2 hour game each Saturday. Times may vary week to week. Grades 3rd-8th will have a 1 hour evening practice through the week and a game on Saturdays. Game times may vary week to week. 3rd-8th grade practice locations will differ from weekly game site.