



**Caylor-Nickel YMCA**

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## Summer I - 2022 Program Listing

Summer I Session 6/6-7/17

Registration Mbr. 5/16, Prog. Part. 5/23

Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
<b>Assessments</b>						
	Body Composition			No Time Specified	\$0.00	\$0.00
	Fitness Assessment			No Time Specified	\$0.00	\$0.00
<b>Lunch &amp; Learn</b>						
	05/17/2022 - The Genealogy Center ( 55 to 155		Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
	06/21/2022 - Healthy Lifestyle Choice 55 to 155		Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
<b>Martial Arts</b>						
	Beginning JiuJitsu (Age 9+)	9 to 109	Tues.	6:45 PM - 7:45 PM	\$32.50	\$73.00
<b>New Member Receptions</b>						
	06/02/2022		Thurs.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	07/07/2022		Thurs.	5:30 PM - 6:00 PM	\$0.00	\$0.00
<b>Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)</b>						
	Saturday	0 to 3	Sat.	9:45 AM - 10:15 AM	\$25.00	\$56.00
<b>Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)</b>						
	Saturday	0 to 3	Sat.	10:30 AM - 11:00 AM	\$25.00	\$56.00
<b>Swim Lessons - Age 3-5yrs (1-Water Acclimation)</b>						
	Saturday	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
<b>Swim Lessons - Age 3-5yrs (2-Water Movement)</b>						
	Saturday	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
<b>Swim Lessons - Age 3-5yrs (3-Water Stamina)</b>						
	Saturday	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
<b>Swim Lessons - Age 6-12yrs (1-Water Acclimation)</b>						
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$29.00	\$65.00



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### Assessments

**Fitness Assessment** - In your road map to fitness, consider this the starting point. This one-on-one assessment with wellness staff includes resting heart rate, blood pressure, and body composition, cardiovascular endurance assessment, muscular strength, muscular endurance, and flexibility assessments. You will be contacted after registering to set up a date and time.

### Lunch & Learn

Come hear Curt Witcher share about the Allen County Public Library's Genealogy Center and resources for finding out more about your ancestors! Jane from the Purdue Extension Office will share about ways to make health living choices including nutrition, staying active, and more!

### Martial Arts

Instructor Jeff Moss will lead this beginner JiuJitsu class to stress five maxims: Character, sincerity, effort, etiquette and self-control. This class will also focus on: break falls, confidence, takedowns, grappling and fitness in a safe and fun environment

### New Member Receptions

This is a 30 minute program that enables you to maximize your membership and find out more about the variety of programs offered at the Y. You receive a \$30 YRewards card, which is good for any program when you come to this reception. You will be contacted by a staff member after you register to choose the date and time.

### 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) (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)

This stage lays the foundation that allows for a student's future progress in swimming. Skills taught include: Submerging, Front glide, Water exit,

### 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,

### 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	Participant Fee
<b>Swim Lessons - Age 6-12yrs (1-Water Acclimation)</b>						
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$29.00	\$65.00
<b>Swim Lessons - Age 6-12yrs (2-Water Movement)</b>						
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$29.00	\$65.00
<b>Swim Lessons - Age 6-12yrs (3-Water Stamina)</b>						
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$29.00	\$65.00
<b>Swim Lessons - Age 6-12yrs (4-Stroke Introduction)</b>						
	Saturday	6 to 12	Sat.	10:45 AM - 11:30 AM	\$29.00	\$65.00
<b>Swim Lessons - Age 6-12yrs (5-Stroke Development)</b>						
	Saturday	6 to 12	Sat.	10:45 AM - 11:30 AM	\$29.00	\$65.00
<b>Training - CPR/AED/O2/First Aid</b>						
	Blended (06/23/2022)	16 to 100	Thurs.	4:00 PM - 8:00 PM	\$100.00	\$140.00
<b>Wellness Center &amp; Equipment Orientations</b>						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
<b>Y Buddies Participant</b>						
	2022	8 to 108		No Time Specified	\$0.00	\$0.00
<b>Y Buddies Volunteer</b>						
	2022	18 to 118		No Time Specified	\$0.00	\$0.00
<b>YMCA Race Series</b>						
	2022 Race Series			No Time Specified	\$25.00	\$25.00
<b>Youth Fit</b>						
	2022 Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00



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### **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)**

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)**

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 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 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.

### **Training - CPR/AED/O2/First Aid**

This class combines online learning with in class learning. The purpose of the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers course is to teach those with a duty to act (professional rescuers and health care providers) the knowledge and skills needed to respond appropriately to breathing and cardiac emergencies until more advanced medical personnel take over. This includes the use of an automated external defibrillator (AED) to care for a victim experiencing cardiac arrest.

### **Wellness Center & Equipment Orientations**

Members are encouraged to schedule a FREE wellness orientation to learn proper use of the equipment as well as learn about the different services offered within the Wellness Center. You will be contacted after registering to set up a date and time.

### **Y Buddies Participant**

Connects individuals with physical, developmental and intellectual disabilities with volunteers to participate together in programs, classes and activities at the Y!

### **Y Buddies Volunteer**

Connects individuals with physical, developmental and intellectual disabilities with volunteers to participate together in programs, classes and activities at the Y!

### **YMCA Race Series**

Throughout 2022 complete any of the eligible races and earn Y swag and as a bonus when you complete the Race Series requirements you will earn the special YMCA Race Series Medal.

### **Youth Fit**

Consists of two one-on-one training sessions with a Wellness Staff member to learn proper cardiovascular, strength, and flexibility training. Completion is required prior to youth 11-14 utilizing the Wellness Center. You will be contacted by a staff member after you register to choose the date and time.