



**Caylor-Nickel YMCA**

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## Summer I - 2023 Program Listing

Summer I Session 6/5-7/16  
Registration Mbr. 5/15, Prog. Part. 5/22

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Healthy Kids Club</b>						
	Healthy Kids Club ages 7-10- July	7 to 10	M, T, W, Th, F	9:00 AM - 11:00 AM	\$30.00	\$60.00
	Healthy Kids Club ages 7-10- June	7 to 10	M, T, W, Th, F	9:00 AM - 11:00 AM	\$30.00	\$60.00
<b>Lunch &amp; Learn</b>						
	05/16/2023 - Memories in Motion	55 to 155	Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
	06/20/2023 - Humana	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	\$83.00
<b>New Member Receptions</b>						
	06/01/2023		Thurs.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	07/06/2023		Thurs.	5:30 PM - 6:00 PM	\$0.00	\$0.00
<b>Personal Training</b>						
	Personal Training Packages			No Time Specified	See Branch	N/A
<b>Personal Training Consultation</b>						
	Caylor-Nickel Branch (Bluffton)	18 to 118		No Time Specified	\$0.00	\$0.00
<b>Swim Clinic</b>						
	Swim Clinic- Age 13-17 (Beginner)	13 to 17	Mon. Tues. Wed.	15:00 PM - 5:30 PM	\$16.50	\$37.00
	Swim Clinic- Age 13-17 (Intermediate)	13 to 17	Mon. Tues. Wed.	15:45 PM - 6:30 PM	\$19.00	\$43.00
	Swim Clinic- Age 13-17 (Stroke Development)	13 to 17	Mon. Tues. Wed.	16:45 PM - 7:30 PM	\$19.00	\$43.00
	Swim Clinic- Age 18+ (Beginner)	18 to 100	Mon. Tues. Wed.	15:00 PM - 5:30 PM	\$16.50	\$37.00
	Swim Clinic- Age 18+ (Intermediate)	18 to 100	Mon. Tues. Wed.	15:45 PM - 6:30 PM	\$19.00	\$43.00
	Swim Clinic- Age 18+ (Stroke Development)	18 to 100	Mon. Tues. Wed.	16:45 PM - 7:30 PM	\$19.00	\$43.00
	Swim Clinic- Age 6-12 (Beginner)	6 to 12	Mon. Tues. Wed.	15:00 PM - 5:30 PM	\$16.50	\$37.00
	Swim Clinic- Age 6-12 (Intermediate)	6 to 12	Mon. Tues. Wed.	15:45 PM - 6:30 PM	\$19.00	\$43.00
	Swim Clinic- Age 6-12 (Stroke Development)	6 to 12	Mon. Tues. Wed.	16:45 PM - 7:30 PM	\$19.00	\$43.00
<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 (1-2 Water Acclimation &amp; Movement)</b>						
	Friday	3 to 5	Fri.	10:00 AM - 10:30 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



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### Healthy Kids Club

This program will include a variety of fitness, wellness and nutrition activities geared to promote the importance of overall health. Students will receive a gift upon registration.

### Lunch & Learn

**Memories in Motion:** Hear about fun bus trips and day trips around the area and around the world!

**Humana:** Enjoy lunch and a presentation

### 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.

### Personal Training

Start your workout off right by working one-on-one with a certified personal trainer. An individualized program will be designed to help reach your health and wellness goals.

### Personal Training Consultation

Register for a personal trainer to contact you to set up an initial appointment to explore personal training or continue on your training journey!

### Swim Clinic

**Beginner:** This is for anyone just starting out. You will learn water safety, getting comfortable in the water and basic swim techniques.

**Intermediate:** This clinic is for those who can swim but want to improve their ability, technique, and stamina.

**Stroke Development:** This clinic is for those who want to learn breaststroke or butterfly, improve their stamina, and learn drills that help them swim longer and better.

### 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)

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".



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Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Saturday	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
Swim Lessons - Age 6-12yrs (1-2 Water Acclimation & Movement)						
	Friday	6 to 12	Fri.	6:45 PM - 7:30 PM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Saturday	6 to 12	Sat.	10:45 AM - 11:30 AM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Saturday	6 to 12	Sat.	10:45 AM - 11:30 AM	\$29.00	\$65.00
Swim Lessons - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Training - Safe Sitter Babysitting						
	05/20/2023	11 to 15	Sat.	9:00 AM - 2:30 PM	\$65.00	\$90.00
Tumbling Classes						
	Clinic (Age 3-5)	3 to 5	M, T, W, Th, F	4:45 PM - 5:30 PM	\$24.00	\$54.00
	Clinic (Age 5+ Beginner)	5 to 18	M, T, W, Th, F	5:45 PM - 6:30 PM	\$24.00	\$54.00
	Clinic (Instructor Approval Intermediate)	5 to 18	M, T, W, Th, F	6:45 PM - 7:30 PM	\$24.00	\$54.00
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness For Life Coaching Program						
	2023			No Time Specified	\$0.00	N/A
Y Buddies Participant						
	2023	8 to 108		No Time Specified	\$0.00	\$0.00
Y Buddies Volunteer						
	2023	18 to 118		No Time Specified	\$0.00	\$0.00
Youth Fit						
	2023 Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00



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### 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.

### 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 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 - Private Swim Lessons

Private Lessons - 3 Sessions

### 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. Please bring a sack lunch.

### Tumbling Classes

These week long clinics introduce your student to tumbling and in the instructor approved intermediate class they will improve and learn more skills!

### 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.

### Wellness For Life Coaching Program

A 30-45 minute meeting with a wellness coach/director that will help you explore and identify all the ways you can get involved with your membership to help with your health and wellness goals. Take yourself to their next step at the Y.

### Y Buddies Participant/Volunteer

Y Buddies is a program that connects individuals with physical, developmental and intellectual disabilities with volunteers to participate together in programs, classes and activities at the Y!

### Youth Fit

Open to ages 11-14 and consists of two one-on-one training sessions with a Wellness Staff member to learn proper cardiovascular, strength, and flexibility training.



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