



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Fall I - 2020 Program Listing
Fall I Session (9/14-11/1)
Registration (Mbr. 9/17) (Prog. Part. 9/24)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
Assessments						
	Body Composition			No Time Specified	\$0.00	\$0.00
	Fitness Assessment			No Time Specified	\$0.00	\$0.00
Dance Classes						
	Age 4 - Dance Around the World	4 to 4	Wed.	5:00 PM - 5:30 PM	\$140.00	\$160.00
	Age 5 & 6 - Creative I & II	5 to 6	Wed.	5:30 PM - 6:15 PM	\$140.00	\$160.00
	Age 7+ Beginning Ballet	7 to 17	Wed.	6:15 PM - 7:15 PM	\$175.00	\$195.00
Dancing with Diverse-Abilities						
	09/12/20 Clinic	6 to 14	Sat.	1:00 PM - 3:00 PM	\$2.00	\$2.00
Fueling Your Faith Retreat @ Camp Potawotami						
	09/27/2020	16 to 116	Sun.	1:00 PM - 7:00 PM	\$25.00	\$40.00
Home School Programs						
	Home School PE (1st child)	6 to 13	Tues.	10:15 AM - 12:15 PM	\$25.00	\$35.00
	Home School PE (Additional Child)	6 to 13	Tues.	10:15 AM - 12:15 PM	\$5.00	\$8.00
Martial Arts						
	Tang Soo Do	6 to 106	Tues. Thurs.	6:45 PM - 7:45 PM	\$62.00	\$134.00
New Member Receptions						
	2020 Member Receptions			No Time Specified	\$0.00	\$0.00
Nutrition Coaching						
	Nutrition Coaching 101				\$60.00	
	Partner Nutrition Coaching - 1 session				\$50.00	
	Partner Nutrition Coaching - 6 sessions				\$300.00	



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Fall I - 2020 Program Listing
Fall I Session (9/14-11/1)
Registration (Mbr. 9/17) (Prog. Part. 9/24)

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.

Dance Classes

Dance Around the World, Creative I & II - 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. The primary goal is to instill a love of dance they will take with them throughout their lives.

Beginning Ballet - Class instruction focuses on teaching correct body alignment, terminology, and technique through which students will gain physical strength, flexibility, stamina, and agility.

Dancing with Diverse-Abilities

Through a partnership with the Fort Wayne Dance Collective, Dancing with Diverse-Abilities is for children with varying physical, developmental and intellectual disabilities. This upbeat student centered program will have participants learning and creating their own dance moves, exploring with props and expressing themselves creatively. These classes promote health and wellness, while empowering students to explore movement and music in ways that are stimulating, creative and fun!

Fueling Your Faith Retreat @ Camp Potawotami

****RETREAT WILL TAKE PLACE AT YMCA CAMP POTAWOTAMI**** Join staff, members, and friends from the community for this popular Christian Emphasis event designed to refresh you in spirit, mind and body. This afternoon retreat includes a brief time of devotion, prayer and worship followed by lots of retreat time with different optional activities to choose from as well as snacks and dinner! Kids age 4-15 can participate in free supervised activities during the retreat and will rejoin the group for dinner. A confirmation packet with more detailed information will be sent out through email closer to the event.

Home School Programs

Physical Education class (gym & pool) with the possible addition of art for homeschool children age 6-13

Martial Arts

Martial arts is about personal development, not combat and should be thought of as a tool for physical, emotional, and spiritual well-being. What students will learn: how to block punches and kicks, how to strike using punches, elbows, kicks, knees, and chops, how to throw and take down opponents, and how to perform traditional, rather OLD, hyungs (kata, forms).

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.

Nutrition Coaching

Nutrition Coaching 101 - Your first one hour visit will include a comprehensive evaluation and assessment including family, medical, nutrition, and health histories. From there, you will receive specific recommendations on protein, fat, and carbohydrates in your diet, how to eat on the run, understanding the nutrition label, supermarket shopping, and tips on eating out just to name a few. These sessions will be individually tailored to help you create and meet action-oriented goals you set together. May be purchased ONE TIME ONLY.

Partner Nutrition Coaching - Your first one hour visit will include a comprehensive evaluation and assessment including family, medical, nutrition, and health histories. From there, you will receive specific recommendations on protein, fat, and carbohydrates in your diet, how to eat on the run, understanding the nutrition label, supermarket shopping, and tips on eating out just to name a few. These sessions will be individually tailored to help you create and meet action-oriented goals you set together.



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Fall I - 2020 Program Listing
Fall I Session (9/14-11/1)
Registration (Mbr. 9/17) (Prog. Part. 9/24)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
Parents Night Out						
	10/24/2020 (Adaptive)	5 to 25	Sat.	5:00 PM - 8:00 AM	\$5.00	\$5.00
Personal Training Packages						
	Personal Training 101				\$80.00	n/a
	Personal Training - 1 session				\$40.00	n/a
	Personal Training - 5 sessions				\$195.00	n/a
	Personal Training - 10 sessions				\$370.00	n/a
	Personal Training - 20 sessions				\$700.00	n/a
	Group Training (2 people) - 1 session				\$66.00	n/a
	Group Training (2 people) - 6 sessions				\$120.00	n/a
	Group Training (3 people) - 6 sessions				\$80.00	n/a
	Group Training (4 people) - 6 sessions				\$60.00	n/a
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Saturday	0 to 3	Sat.	9:45 AM - 10:15 AM	\$25.00	\$56.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Saturday	0 to 3	Sat.	10:30 AM - 11:00 AM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
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



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Fall I - 2020 Program Listing
Fall I Session (9/14-11/1)
Registration (Mbr. 9/17) (Prog. Part. 9/24)

Parents Night Out

Let the YMCA and Easter Seals ARC entertain your child while you enjoy a night out. Activities include pizza, games, swimming, movie and popcorn. This program is designed for participants of all abilities 5-25 and their siblings 5-14. So enjoy an evening of respite on us!

Personal Training Packages

Personal Training 101 - Fitness assessment and 3 personal training visits. ONE TIME PURCHASE ONLY.

Personal Training -

Group Training -

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

Parent and Child Stage A (Water Discovery) Recommended ages: 6months-3 years 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)

"Parent and Child Stage B (Water Exploration) Recommended ages: 6months-3 years 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)

Preschool Level, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 3 - 5 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 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. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll.

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

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



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Fall I - 2020 Program Listing
Fall I Session (9/14-11/1)
Registration (Mbr. 9/17) (Prog. Part. 9/24)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Saturday	6 to 12	Sat.	10:45 AM - 11:30 AM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Saturday	6 to 12	Sat.	10:45 AM - 11:30 AM	\$28.00	\$62.00
Swim Lessons - Private Swim Lesson Packages						
	1 session				\$24.00	\$48.00
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00
	1 session - Adaptive				\$5.00	\$10.00
	3 sessions - Adaptive				\$18.00	\$40.00
	7 sessions - Adaptive				\$25.00	\$55.00
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	2020 Wellness Consultation			No Time Specified	\$0.00	\$0.00
Wellness for Life Coaching Program						
	3 sessions				\$0.00	\$0.00



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Fall I - 2020 Program Listing
Fall I Session (9/14-11/1)
Registration (Mbr. 9/17) (Prog. Part. 9/24)

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)

School Age, Swim Basics Stage 3 (Water Stamina) Recommended ages: 6 - 12 years old 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)

School Age, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 6- 12 years old 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)

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.

Swim Lessons - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor

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.

Wellness Consultation

A 30-45 minute meeting with a wellness coach/director that will help the member explore and identify all the ways they can get involved with their membership to help

Wellness for Life Coaching Program

This is a free coaching program designed to support you in your pursuit of healthy living. You will meet with a Wellness Coach three times during the program and they will help guide you to set goals, provide support, offer resources and tools, and help you along your wellness journey at the Y. After registering you will be contacted to set up your first appointment.



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Fall I - 2020 Program Listing
Fall I Session (9/14-11/1)
Registration (Mbr. 9/17) (Prog. Part. 9/24)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
Wellness for Life 2.0						
	2020 WFL 2.0			No Time Specified	\$99.00	\$99.00
Y Buddies Participant						
	2020	8 to 108		No Time Specified	\$0.00	\$0.00
Y Buddies Volunteer						
	2020	18 to 118		No Time Specified	\$0.00	\$0.00
Youth Fit						
	YouthFit	11 to 14		No Time Specified	\$0.00	\$0.00



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Fall I - 2020 Program Listing
Fall I Session (9/14-11/1)
Registration (Mbr. 9/17) (Prog. Part. 9/24)

Wellness for Life 2.0

Wellness for life 2.0 is the ideal next step program for those who have completed the basic WFL package. This program will have continued focus on lifestyle changes but will add components such as habit triggers and mind focus. 4 sessions with a coach and 2 sessions with a Personal Trainer.

Y Buddies Participant

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!

Y Buddies 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. 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.