Caylor-Nickel YMCA

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Summer II - 2020 Program Listing

Summer II Session (7/20-8/30)
Registration (Mbr. 7/6) (Prog. Part. 8/13)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
All Abilities Summer Series						
	1st Child	5 to 12	Tues.	10:00 AM - 12:30 PM	$20.00	$20.00
	Additional Child	5 to 12	Tues.	10:00 AM - 12:30 PM	$8.00	$8.00
Assessments						
	Body Composition			No Time Specified	$0.00	$0.00
	Fitness Assessment			No Time Specified	$0.00	$0.00
Gymnastics Private Lessons						
	7 sessions				$90.00	$140.00
Martial Arts						
	Tang Soo Do	6 to 106	Tues. Thurs.	6:45 PM - 7:45 PM	$54.00	$114.00
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	
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
Private Music Lessons						
	1 session				$30.00	$55.00
	3 sessions				$65.00	$130.00
	7 sessions				$120.00	$180.00
Pom Class						
	Thursday	5 to 25	Sat.	10:30 AM - 11:30 AM	$10.00	$10.00

Register Online at
fwymca.org

550 West Dustman Rd.
Bluffton, IN 46714
260.565.9622

All Abilities Summer Series

Assessments

Body Composition -
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.

Gymnastics Private Lessons

Come as a newbie or as an experienced tumbler and have an instructor give you one on one attention to better your skills. These are 30 min individual (private) lessons. Instructors are willing to work with days and times!

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.

Personal Training Packages

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

Private Music Lessons

For all skill levels and ages! Learn from a musically trained instructor how to play guitar (both electric and acoustic), ukulele, or your own vocal chords! Offered by appointment at a time that fits your schedule. Student must provide their own instrument.

Pom Class

Join the YMCAs pom class, that combines music, rhythm, cheer, dance and creativity. Participants will learn upbeat and exciting routines while making friends and working together as a team. No experience necessary. This class is designed for all abilities. We will perform during intermission at one of our Dream Team T-ball games this summer.

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Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Saturday 9:45am	0 to 3	Sat.	9:45 AM - 10:15 AM	$21.00	$48.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Saturday 10:30am	0 to 3	Sat.	10:30 AM - 11:00 AM	$21.00	$48.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday 9:00am	3 to 5	Sat.	9:00 AM - 9:30 AM	$21.00	$48.00
	Thursday 4:30pm	3 to 5	Thurs.	4:30 PM - 5:00 PM	$21.00	$48.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday 9:00am	3 to 5	Sat.	9:00 AM - 9:30 AM	$21.00	$48.00
	Thursday 4:30pm	3 to 5	Thurs.	4:30 PM - 5:00 PM	$21.00	$48.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Saturday 9:00am	3 to 5	Sat.	9:00 AM - 9:30 AM	$21.00	$48.00
	Thursday 4:30pm	3 to 5	Thurs.	4:30 PM - 5:00 PM	$21.00	$48.00
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Saturday 9:45am	6 to 12	Sat.	9:45 AM - 10:30 AM	$24.00	$52.50
	Thursday 5:15pm	6 to 12	Thurs.	5:15 PM - 6:00 PM	$24.00	$52.50
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Saturday 9:45am	6 to 12	Sat.	9:45 AM - 10:30 AM	$24.00	$52.50
	Thursday 5:15pm	6 to 12	Thurs.	5:15 PM - 6:00 PM	$24.00	$52.50
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Saturday 9:45am	6 to 12	Sat.	9:45 AM - 10:30 AM	$24.00	$52.50
	Thursday 5:15pm	6 to 12	Thurs.	5:15 PM - 6:00 PM	$24.00	$52.50
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Saturday 10:45am	6 to 12	Sat.	10:45 AM - 11:30 AM	$24.00	$52.50
	Thursday 6:00pm	6 to 12	Thurs.	6:00 PM - 6:45 PM	$24.00	$52.50

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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: 6 months-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".

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.

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Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Saturday 10:45am	6 to 12	Sat.	10:45 AM - 11:30 AM	$24.00	$52.50
	Thursday 6:00pm	6 to 12	Thurs.	6:00 PM - 6:45 PM	$24.00	$52.50
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
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
YMCA Race Series						
	2020 Race Series			No Time Specified	$0.00	$0.00
Youth Fit						
	YouthFit	11 to 14		No Time Specified	$0.00	$0.00

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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
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					

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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

Swim Lessons - Private Swim Lesson Packages

Private Swim - Private swim lessons 1 on 1 with an instructor
Private Swim Adaptive - 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 them with their health and wellness goals. Take the member to their next step at the Y.

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.

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.