



Parkview Family YMCA

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Fall 1 - 2023 Program Listing

Fall 1 Session 9/11-10/29

Registration Mbr. 8/14, Prog. Part. 8/21

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
	Game Club	10 to 117	Tues.	11:00 AM - 1:00 PM	0	0
	Hearing Center Luncheon (8/17/23)	10 to 117	Thurs.	11:30 AM - 12:30 PM	0	0
	National Senior Day Carnival (8/21/23)	50 to 117	Mon.	1:00 PM - 3:00 PM	0	0
	PBS Tour (8/23/23)	30 to 117	Wed.	10:00 AM - 11:30 AM	0	0
	White Elephant Bingo (08/30/23)	10 to 117	Wed.	10:30 AM - 11:30 AM	0	0
	Fort Wayne Muesum of Art Tour (9/6/23)	30 to 117	Wed.	1:00 PM - 2:30 PM	13	13
	FW Philharmonic (9/20/23)	0 to 117	Wed.	11:30 AM - 12:30 PM	0	0
Adult Basketball						
	Fridays 5:00	18 to 118	Fri.	5:00 AM - 8:00 AM	0	0
	Thursdays 6:00	18 to 118	Thurs.	6:00 PM - 8:30 PM	0	0
	Tuesdays 6:00	18 to 118	Tues.	6:00 PM - 8:30 PM	0	0
	Wednesdays 5:00	18 to 118	Wed.	5:00 AM - 8:00 AM	0	0
Adult Volleyball						
	Friday	18 to 118	Fri.	6:00 PM - 8:45 PM	0	0
	Sunday	18 to 118	Sun.	2:00 PM - 5:00 PM	0	0
Assessments						
	Blood Pressure Assessment	15 to 115		No Time Specified	0	0
	Body Composition	15 to 115		No Time Specified	0	20
	Fitness Assessment	15 to 115		No Time Specified	0	50
Badminton						
	Saturday	16 to 116	Sat.	4:30 PM - 6:30 PM	0	0
	Wednesday	16 to 116	Wed.	6:00 PM - 9:00 PM	0	0
Blood Pressure Self Monitoring Program						
	BPSM Program	18 to 118		No Time Specified	40	40
Cooking Classes						
	Youth Chef Academy @ Covenant UMC	11 to 18	Wed.	6:15 PM - 8:00 PM	65	145
Dance Classes (with FW Ballet)						
	Adult (16+) Ballet	16 to 100	Wed.	7:15 PM - 8:15 PM	\$170.00	\$190.00
	Beginning Ballet (Ages 7-15)	7 to 15	Wed.	6:15 PM - 7:15 PM	\$170.00	\$190.00
	Creative I & II (Ages 5&6)	5 to 6	Wed.	5:30 PM - 6:15 PM	\$140.00	\$160.00
	Dance Around the World (Ages 3&4)	3 to 4	Wed.	5:00 PM - 5:30 PM	\$140.00	\$160.00
Gymnastics-Parent/Child						
	Friday	0 to 2	Fri.	9:30 AM - 10:00 AM	\$30.00	\$67.50
	Monday	0 to 2	Mon.	4:00 PM - 4:30 PM	\$30.00	\$67.50
	Tuesday	0 to 2	Tues.	4:00 PM - 4:30 PM	\$30.00	\$67.50
Gymnastics-Pre School						
	Friday	3 to 4	Fri.	10:15 AM - 10:45 AM	\$30.00	\$67.50
	Monday	3 to 4	Mon.	4:45 PM - 5:15 PM	\$30.00	\$67.50
	Tuesday	3 to 4	Tues.	4:45 PM - 5:15 PM	\$30.00	\$67.50



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Active Older Adults

Fort Wayne Museum of Art Tour: We will meet and tour the Fort Wayne Museum of Art. 311 E Main St, Fort Wayne, IN 46802

Fort Wayne Philharmonic: Please join us as we listen to a beautiful story by the FW Philharmonic

Game Club: Please join us for Game Club. Available are some playing cards and game. Other games are welcome. Open to all ages. You bring your own snacks.

Hearing Center Luncheon (8/17/23): Please join us for a complementary luncheon and presentation with the hearing center.

National Senior Day Carnival: Please join us for a free and open to the public day of carnival games and put a pie in your favorite director's face!

PBS Tour (8/23/23): Join us for a FREE guided behind the scenes tour of how PBS runs. Please meet at the front doors of PBS: 2501 E Coliseum Blvd, Fort Wayne, IN 46805

White Elephant Bingo: Join us for a morning of friendship and bingo. Please bring something from your home as a prize for others to win!

Adult Basketball

Pick-up full-court games. Participants 18+ only.

Adult Volleyball

Pick-up volleyball games. Participants 18+ only.

Assessments

Blood Pressure Assessment: Free blood pressure screen in the wellness center at the Parkview YMCA.

Body Composition: Assess percent body fat. Futrex method utilized

Fitness Assessment: Assess your current fitness level by participating with a variety of screening tools.

Badminton

Pick-up badminton matches. Participants 16 years+ only.

Blood Pressure Self Monitoring Program

Participants will work with trained healthy heart ambassadors for the duration of a 4 month program. During this time participants will be encouraged to: self measure BP, attend 2 personalized consultations per month, attend monthly nutrition education seminars. The \$40.00 fee will include access to HabitNu which is a fee app/website to take control of your health, track your blood pressure, food choices, and more.

Cooking Classes

Held at Covenant United Methodist Church. Learn the basics of cooking quick, simple meals. Lessons on kitchenware, safety, cleanliness and ingredient reading will set the tone for the course. Open to 6th-12th grade, aged 11-18 years old children. Pre-registration required. 7 classes total.

Dance Classes (with FW Ballet)

Adult (16+) Ballet: It's never too late to experience the exquisite joy of dance. Open classes allow teens and adults to achieve the grace and discipline they covet within a positive and encouraging environment — and at times, allow an escape from the demands of our busy lives.

Beginning Ballet (Ages 7-15): 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. Fort Wayne Ballet provides curriculum and instruction in the art of dance. Through developmentally appropriate programming, children as young as three can experience the joy of creative movement. Learning dance expands a child's creative skills and increases their self-esteem through self-expression.

Creative I & II (Ages 5&6): Designed for beginning dancers ages 3-6. 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. Fort Wayne Ballet provides curriculum and instruction in the art of dance. Through developmentally appropriate programming, children as young as three can experience the joy of creative movement. Learning dance expands a child's creative skills and increases their self-esteem through self-expression.

Dance Around the World (Ages 3&4): Designed for beginning dancers ages 3-6. 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. Fort Wayne Ballet provides curriculum and instruction in the art of dance. Through developmentally appropriate programming, children as young as three can experience the joy of creative movement. Learning dance expands a child's creative skills and increases their self-esteem through self-expression.

Gymnastics-Parent/Child

Designed for ages walking-2 yrs. Adults and kids have fun moving to the music. Focus is on very basic large motor skills, coordination and general body awareness. Parents participate in class. Welcome to the Parkview Family YMCA Gymnastics program! Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. Our Gymnastics program meets in room BCD located down the hallway left of the main lobby. BCD will be the third door on the left. Children should dress in comfortable, loose fitting clothes. We look forward to seeing you and your child during the first week of class!

Gymnastics-Pre School

Designed for 3-4 yrs. Focus is on large and small motor skills, coordination and general body awareness. Kids have fun rolling, running, hopping, skipping, jumping and galloping. Welcome to the Parkview Family YMCA Gymnastics program! Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. Our Gymnastics program meets in room BCD located down the hallway left of the main lobby. BCD will be the third door on the left. Children should dress in comfortable, loose fitting clothes. We look forward to seeing you and your child during the first week of class!



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Fall 1 Session 9/11-10/29

Registration Mbr. 8/14, Prog. Part. 8/21

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant
Gymnastics-School Age						
	Level I - Friday	5 to 10	Fri.	11:00 AM - 11:30 AM	\$30.00	\$67.50
	Level I - Monday	5 to 10	Mon.	5:30 PM - 6:00 PM	\$30.00	\$67.50
	Level I - Tuesday	5 to 10	Tues.	5:30 PM - 6:00 PM	\$30.00	\$67.50
	Level II - Monday	5 to 10	Mon.	6:15 PM - 6:45 PM	\$30.00	\$67.50
	Level II - Tuesday	5 to 10	Tues.	6:15 PM - 6:45 PM	\$30.00	\$67.50
Home School Programs						
	Age 11-17 (Gym)	11 to 17	Wed.	11:15 AM - 12:00 PM	\$35.00	\$78.50
	Age 3-5 (Gym)	3 to 5	Wed.	9:35 AM - 10:20 AM	\$35.00	\$78.50
	Age 6-10 (Gym)	6 to 10	Wed.	10:30 AM - 11:10 AM	\$35.00	\$78.50
Karate						
	Adaptive (Ages 7-13)	7 to 13	Wed.	4:15 PM - 4:45 PM	\$30.00	\$67.50
	Beginner (Age 5-8)	5 to 8	Thurs.	5:00 PM - 5:45 PM	\$35.00	\$78.50
	Beginner (Age 9+)	9 to 18	Thurs.	6:00 PM - 6:45 PM	\$35.00	\$78.50
	Intermediate (Age 6+)	6 to 18	Thurs.	7:00 PM - 7:45 PM	\$35.00	\$78.50
New Member Receptions						
	08/16/2023	18 to 100	Wed.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	09/11/2023	18 to 100	Mon.	10:00 AM - 10:30 AM	\$0.00	\$0.00
	09/20/2023	18 to 100	Wed.	5:30 PM - 6:00 PM	\$0.00	\$0.00
Nutrition Seminar						
	Food for Thought- August 24th	10 to 118	Thurs.	10:00 AM - 11:00 AM	\$0.00	\$0.00
	Reducing Sodium Intake (09/07/2023)	18 to 118	Thurs.	10:00 AM - 11:00 AM	\$0.00	\$0.00
Parents Night Out						
	Parents Night Out- 9/8/2023	4 to 10	Fri.	6:00 PM - 9:00 PM	\$20.00	\$25.00
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Parkview Y (Northwest Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
Piano						
	Piano	8 to 117	Tues.	4:30 PM - 5:15 PM	\$90.00	\$130.00
Pickleball						
	Friday	18 to 118	Fri.	8:00 AM - 11:00 AM	\$0.00	\$0.00
	Monday	18 to 118	Mon.	6:00 PM - 9:00 PM	\$0.00	\$0.00
	Thursdays	18 to 118	Thurs.	8:30 AM - 11:30 AM	\$0.00	\$0.00
	Tuesday	18 to 118	Tues.	8:30 AM - 11:30 AM	\$0.00	\$0.00
Running Programs						
	Youth Running Club (Grade 2-5)	7 to 12	Sun.	3:00 PM - 4:00 PM	\$31.00	\$67.00
	Intermediate-Advanced Spanish	8 to 100	Sat.	10:50 AM - 11:35 AM	\$54.00	\$95.00
Spanish Classes						
	Beginner Spanish (Ages 3+)	3 to 100	Sat.	10:00 AM - 10:45 AM	\$54.00	\$95.00
	Intermediate-Advanced Spanish	8 to 100	Sat.	10:50 AM - 11:35 AM	\$54.00	\$95.00



Gymnastics-School Age

Level I: Designed for beginning level gymnastics. Our focus is on fitness and basic skill development. The skills are forward and backward rolls, basic cartwheels, bridges and balancing. Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastic movements. Our Gymnastics program meets in room BCD located down the hallway left of the main lobby. BCD will be the third door on the left. Children should dress in comfortable, loose-fitting clothes. We look forward to seeing you and your child the first week of class!

Level II: Focus is on conditioning, back roll tuck, handstand roll, hurdle cartwheel, round off, and bridge from standing position. Welcome to the Parkview Family YMCA Gymnastics program! Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. Our Gymnastics program meets in room BCD located down the hallway left of the main lobby. BCD will be the third door on the left. Children should dress in comfortable, loose fitting clothes. We look forward to seeing you and your child during the first week of class!

Home School Programs

Participants engage in physical education activities that help them build self-confidence, gain team building strategies, socialize with other homeschoolers all while having fun in a safe environment. Our goal is to create a fun and safe environment for our participants to engage in physical activity. Our Homeschool Gym program meets on Wednesdays in the gym on Court B. Make sure that you check your children in with the instructor and not just drop them off at the door. Please keep in mind that parents must remain in the building for children under the age of 11. Your children will be doing many physical activities so we want them to be comfortable. Please make sure your children are wearing comfortable clothing and gym shoes.

Karate

Adaptive (Ages 7-13): This program is specifically designed for individual learning. Classes will be capped at 5 per class to focus on direct interaction. Giovanna Follo is a 3rd Degree Karate Black Belt and Level 4 Super Kid certified instructor. Individuals will learn practical skills for personal protection, self-confidence, and physical conditioning through modeling, imitation, and goal setting.

Beginner (Age 5-8) and Beginner (Age 9+): Classes are held in a non-competitive environment. Students develop balance, fitness, coordination, self-confidence and discipline while having fun. Our goal is to create a fun and safe environment that allow children to focus on learning. Our Martial Arts program meets in room BCD located down the hallway left of the main lobby. BCD will be the third door on the left. Make sure that you check your children in with the instructor and not just drop them off at the door. Please keep in mind that parents must remain in the building for children under the age of 11. A uniform is not required during your child's first session. Please have your child wear comfortable, loose fitting clothes. If you are interested in buying a uniform for your child, you will want to talk with the instructor on the first night of class. They will be able to tell you where to purchase the uniform for an affordable price.

Intermediate (Age 6+): For children 6 years and older who have completed beginning Karate and have received instructor approval. Our goal is to create a fun and safe environment that allow children to focus on learning. Our Martial Arts program meets in room BCD located down the hallway left of the main lobby. BCD will be the third door on the left. Make sure that you check your children in with the instructor and not just drop them off at the door. Please keep in mind that parents must remain in the building for children under the age of 11. A uniform is not required during your child's first session. Please have your child wear comfortable, loose fitting clothes. If you are interested in buying a uniform for your child, you will want to talk with the instructor on the first night of class. They will be able to tell you where to purchase the uniform for an affordable price. We look forward to seeing your child during the first week of class!

New Member Receptions

At the Y, we want to make sure you're able to take advantage of all of the benefits of your membership! New members may register for our New Member Reception. In just 30 minutes, you'll discover the various programs we offer. You'll receive a \$30 Y Rewards Card! Visit or contact your branch's Member Services Desk for more information on upcoming reception dates or email us with the name of the branch you will visit most and we can assist.

Nutrition Seminar

Food for Thought- August 24th: Learn how to eat smart, with the right portion size and ingredients. Taste and test demos.

Reducing Sodium Intake (09/07/2023): This seminar will focus tips for how to reduce sodium intake and its importance on blood pressure management. This Seminar is a part of our Blood Pressure Self Monitoring Program but is open to all YMCA members to attend. This is an hour long discussion based nutrition seminar (no food demo).

Parents Night Out

Need an evening out without the kids? Let us provide dinner and entertain your 4 to 10 year old while you have an evening out. We will have fun eating, swimming, playing, watching a movie, and coloring. 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.

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!

Piano

This group music class is a fun-filled experience for beginner piano students to learn basic music notation, rhythm, and piano technique. The goal of the program is to help children find an effective and efficient way to begin music study. This class utilizes many different types of teaching and learning techniques including instruction, hands on and fun activities, and keyboard playing. All participants must supply their own 61 note Key Board and Headphones. Keyboard with batteries is recommended. You can rent from Sweetwater Sound 260-432-8176

Pickleball

Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis, is the perfect way to get great exercise without overly taxing the body.

Running Programs

The program is for grades 2nd-5th to help with conditioning and practice of running. Running will be mostly on the indoor track of the YMCA for Winter Sessions but will move outdoor as the weather permits. The non-competitive program will have experienced coaches that will supervise running, stretching, and running games. July 23-August 27, 2023 on Sundays from 3-4pm.

Spanish Classes

Beginner Spanish (Ages 3+): Learn the basics of beginners Spanish. Classes are taught in a fun environment with interactive activities.

Intermediate-Advanced Spanish: Improve your Spanish speaking skills with others in a fun interactive group setting.



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
String Lessons						
	Violin	8 to 117	Tues.	5:25 PM - 6:10 PM	\$90.00	\$130.00
Swim Lessons - Age 8mos-3yrs (Parent/Child) (A&B Water Discovery & Explor						
	Saturday 9:00am	0 to 3	Sat.	9:00 AM - 9:30 AM	\$30.00	\$67.50
	Thursday 4:00pm	0 to 3	Thurs.	4:00 PM - 4:30 PM	\$30.00	\$67.50
	Tuesday 4:40pm	0 to 3	Tues.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Swim Lessons - Adaptive						
	Sunday 4:30pm	3 to 99	Sun.	4:30 PM - 5:00 PM	\$30.00	\$67.50
	Sunday 5:00pm	3 to 99	Sun.	5:00 PM - 5:30 PM	\$30.00	\$67.50
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday 9:40am	3 to 5	Sat.	9:40 AM - 10:10 AM	\$30.00	\$67.50
	Thursday 4:40pm	3 to 5	Thurs.	4:40 PM - 5:10 PM	\$30.00	\$67.50
	Tuesday 5:20pm	3 to 5	Tues.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday 10:20am	3 to 5	Sat.	10:20 AM - 10:50 AM	\$30.00	\$67.50
	Thursday 5:20pm	3 to 5	Thurs.	5:20 PM - 5:50 PM	\$30.00	\$67.50
	Tuesday 6:00pm	3 to 5	Tues.	6:00 PM - 6:30 PM	\$30.00	\$67.50
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Saturday 11:00am	3 to 5	Sat.	11:00 AM - 11:30 AM	\$30.00	\$67.50
	Thursday 6:00pm	3 to 5	Thurs.	6:00 PM - 6:30 PM	\$30.00	\$67.50
	Tuesday 6:40pm	3 to 5	Tues.	6:40 PM - 7:10 PM	\$30.00	\$67.50
Swim Lessons - Age 3-5yrs (4-Stroke Introduction)						
	Thursday 5:50pm	3 to 5	Thurs.	5:50 PM - 6:10 PM	\$30.00	\$67.50
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Saturday 9:00am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$35.00	\$78.50
	Tuesday 4:40pm	6 to 12	Tues.	4:40 PM - 5:25 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (1&2 -Water Acclimation & Movement)						
	Thursday 4:00pm	6 to 12	Thurs.	4:00 PM - 4:45 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Saturday 9:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$35.00	\$78.50
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$35.00	\$78.50
	Thursday 4:55pm	6 to 12	Thurs.	4:55 PM - 5:40 PM	\$35.00	\$78.50
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Saturday 9:00am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$35.00	\$78.50
	Tuesday 4:40pm	6 to 12	Tues.	4:40 PM - 5:25 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Saturday 9:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$35.00	\$78.50
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$35.00	\$78.50
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$35.00	\$78.50
Swim Lessons - Teen & Adult						
	Monday 7:00pm	13 to 114	Mon.	7:00 PM - 7:45 PM	\$35.00	\$78.50



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String Lessons

This class is for students who have never played or who need to work in Songs for the Young Violinist. (No previous experience required) All participants must provide their own violin. They can be rented from Quinlin and Fabish (260) 482-9669 or Sweetwater sound.

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

In Stages A&B, parents work with their children to get introduced to the water and 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 - Adaptive

This class is designed for participants who have special needs, focusing on basic water skills and water adjustment to help gain confidence in the water and improve kicking and stroking ability. Participants will learn to feel more positive about themselves in a safe and relaxed environment that promotes success mixed with fun and play.

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

In Stage 1, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. 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)

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 3-5yrs (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 (1-Water Acclimation)

In Stage 1, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. 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 (1&2 -Water Acclimation & Movement)

In Stage 1/2, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming. students focus on body position and control, directional change, and forward movement in the water. 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 - Age 6-12yrs (6-Stroke Mechanics)

In Stage 6, swimmers focus on perfecting their strokes and further increasing their endurance. Swimmers are introduced to competitive swimming skills of flip turns, and individual medleys, and learn about heart rates and developing good health habits.

Swim Lessons - Teen & Adult



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Fall 1 - 2023 Program Listing

Fall 1 Session 9/11-10/29
Registration Mbr. 8/14, Prog. Part. 8/21

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Private Lessons	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Teen Programs	Teen Leaders Club (Ages 11-18)	11 to 18	Mon.	5:00 PM - 7:00 PM	\$0.00	\$0.00
Training - Lifeguarding	August (19th, 20th, 26th, 27th) YMCA STAFF ONLY @ JRL September (16,17,23,24)	15 to 99 15 to 99	Sun. Sat. Sun. Sat.	10:00 AM - 5:00 PM 10:00 AM - 5:00 PM	\$175.00 \$175.00	\$245.00 \$245.00
Training - Safe Sitter Babysitting	Safe Sitter Class- 9/9/2023 (grades 6-8)	11 to 14	Sat.	9:00 AM - 2:30 PM	\$72.00	\$100.00
Wellness Center & Equipment Orientations	Member Wellness Orientations	15 to 115		No Time Specified	\$0.00	\$0.00
Wellness Consultation	Wellness Consultation	16 to 116		No Time Specified	\$0.00	\$0.00
Wellness For Life Coaching Program	2023			No Time Specified	\$0.00	N/A
Youth & Government	Ages 11-18	11 to 18	Thurs.	5:30 PM - 7:00 PM	\$0.00	\$30.00
Youth Fit	Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00
Youth Flag Football	PreK - K Grades 1 & 2 Grades 3 & 4 Grades 5 & 6	3 to 6	Sat. Sat. Sat. Sat.	No Time Specified No Time Specified No Time Specified No Time Specified	\$40.00 \$40.00 \$50.00 \$50.00	\$80.00 \$80.00 \$100.00 \$100.00



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Swim Lessons - Private Swim Lessons

Private swim lesson - 3 sessions

Teen Programs

Teen Leaders Club is an opportunity for youth to grow in their leadership through volunteering for the community, going on retreats, planning and organizing fundraisers. They will also focus on the YMCA's Mission and core values of honesty, respect, caring, and responsibility. Grades 6th thru 12th. This group meets every other Monday from 5-7p.

Training - Lifeguarding

This Blended Learning class has online portions that must be completed prior to in-class dates. 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 personal take over. Successful completion of this course includes certification in Lifeguarding, CPR/AED, Emergency Oxygen, and First Aid. The link for Blended Learning will be sent out a week before the start day of class. Please verify your email address when signing up for this course. You MUST attend all 4 days of class. This class will be held at the Jackson R. Lehman YMCA.

Training - Safe Sitter Babysitting

Course will teach potential babysitters how to care for children. 6 hour course. CPR included, but will not be certified.

Wellness Center & Equipment Orientations

Learn how to use the equipment at the Parkview YMCA

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

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.

Youth & Government

Indiana Youth and Government is an exciting opportunity for youth to step into the shoes of the individuals who run our State Government. This program provides middle and high school youth the opportunity to study and debate public issues, experience the judicial branch of our state government, write legislation and participate in a youth legislature. Grade 7th to 12th.

Youth Fit

Learn proper cardiovascular, strength, and flexibility training ages 11-14. Sign up at membership services. 2 visits to learn the equipment and proper exercise guidelines. Membership staff will sign up first visit on the outlook calendar.

Youth Flag Football

Our Youth Flag Football program is offered for PreK-6th grades. 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-6th will have a 1 hour evening practice through the week and a game on Saturdays. Game times may vary week to week. Times will likely fall between 9am-1pm. All practices and games will be held at Praise Lutheran Church on Dupont Rd. Mouth guards are required. Focus is upon learning fundamental flag football skills as well as team work, sportsmanship, and self confidence. Early Bird Pricing: 7/1-7/31; Rates will increase 8/1.