



Renaissance Pointe YMCA

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## Fall II - 2023 Program Listing

Fall II Session 10/30 - 12/17  
Registration Mbr. 10/16, Prog. Part. 10/23

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Christian Emphasis Programs</b>						
Keeping in touch with our Christian roots, the Renaissance Pointe YMCA is here to provide an convenient walk in entry and shallow depth warm water pool. We have worked with several large and small groups throughout the community, providing a safe and enjoyable space for every baptism.						
	Faith Based Baptism			No Time Specified	\$20.00	\$35.00
<b>Dance Classes</b>						
Join this fun group of Cultural Dancers as we explore the world of Mexican Folkloric Dance. You will learn of the rich traditions and folk tales told through the art of dance. Basic steps, styles, and rhythms of dance are taught through traditional Mexican Dance Techniques. Instructor Margarita has great experience leading through her group Los Ameneceres de Mexico throughout Fort Wayne, IN and welcomes ALL (young/ old, Male/ Female) to participate in this beautiful cultural dance artform. - Mondays 5-5:45pm.						
	Mexican Folkloric Dance - DROP IN SINGLE CLASS	4 to 104	Mon.	5:00 PM - 5:45 PM	\$3.00	\$5.00
<b>Home School Programs</b>						
Children engage in group swim that helps to build self-confidence, gain skills in the pool and socialize with other homeschoolers while having fun! No class October 3.						
	Age 3-5 (Swim)	3 to 5	Mon.	10:30 AM - 11:00 AM	\$30.00	\$67.50
	Age 6-12 (Swim)	6 to 12	Mon.	11:00 AM - 11:45 AM	\$35.00	\$78.50
<b>Music</b>						
Students learn proper vocal techniques pertaining to sound placement, breathing, posturing, ear training, rhythm, stylization, and general vocal expression. The goal of the program is to help the student find an effective and efficient way to explore their vocal instrument. Private lessons offer specialized training unique to the specific students needs. Lessons are 30 minutes in length, and run 1 day a week (4 weeks) 1 month session increments. Limited scholarship availability for those who qualify for the arts scholarship. Please contact Melisa McCann regarding qualifications.						
	Private Voice Lessons	8 to 100		No Time Specified	\$80.00	\$100.00
	Private Voice Lessons	8 to 100		No Time Specified	\$80.00	\$100.00
	Private Voice Lessons	8 to 100		No Time Specified	\$80.00	\$100.00
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<b>New Member Receptions</b>						
A gathering where new members can get to understand the YMCA and it members.						
	11/08/2023		Wed.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	12/13/2023		Wed.	6:00 PM - 6:30 PM	\$0.00	\$0.00
<b>Parents Night Out</b>						
Parents and caregivers enjoy a couple hours of free time while we entertain your children here at the Renaissance Pointe YMCA for a splashing themed Kids Night Out! Featuring swimming, water safety, games, music and PIZZA!						
	Pool Edition (10/27/2023)	5 to 13	Fri.	7:00 PM - 9:00 PM	\$15.00	\$25.00
	Pool Edition (11/17/2023)	5 to 13	Fri.	7:00 PM - 9:00 PM	\$15.00	\$25.00
	Pool Edition (12/22/2023)	5 to 13	Fri.	7:00 PM - 9:00 PM	\$15.00	\$25.00
<b>Personal Training</b>						
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 Packages			No Time Specified	See Branch	N/A
<b>Personal Training Consultation</b>						
Register for a personal trainer to contact you to set up an initial appointment to explore personal training or continue on your training journey!						
	Renaissance Pointe (Southeast Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00



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<b>Piano</b>						
Students learn music notation, rhythm, and piano technique. The goal of the program is to help the student find an effective and efficient way to study music. Private lessons offer different types of teaching and learning techniques including instruction, hands on activities, and keyboard playing. Lessons are 30 minutes in length, and run 1 day a week (4 weeks) 1 month session increments. Limited scholarship availability for those who qualify for the arts scholarship. Please contact Melisa McCann regarding qualifications.						
	Private Piano Lessons	8 to 100		No Time Specified	\$80.00	\$100.00
	Private Piano Lessons	8 to 100		No Time Specified	\$80.00	\$100.00
	Private Piano Lessons	8 to 100		No Time Specified	\$80.00	\$100.00
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	Private Piano Lessons	8 to 100		No Time Specified	\$80.00	\$100.00
	Private Piano Lessons	8 to 100		No Time Specified	\$80.00	\$100.00
<b>Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&amp;B Water Discovery &amp; Exploration)</b>						
Parents accompany child; introduces infants and toddler to aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.						
	Friday 5:00pm	0 to 3	Fri.	5:00 PM - 5:30 PM	\$30.00	\$67.50
	Saturday 09:30am	0 to 3	Sat.	9:30 AM - 10:00 AM	\$30.00	\$67.50
Accompanied by an adult; Infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision						
	Wednesday 5:30pm	0 to 3	Wed.	5:30 PM - 6:00 PM	\$30.00	\$67.50
<b>Swim Lessons - Adaptive</b>						
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.						
	Monday 5:00pm	0 to 100	Mon.	5:00 PM - 5:30 PM	\$30.00	\$67.50
	Monday 5:30pm	0 to 100	Mon.	5:30 PM - 6:00 PM	\$30.00	\$67.50
	Monday 6:00pm	0 to 100	Mon.	6:00 PM - 6:30 PM	\$30.00	\$67.50
	Monday 6:30pm	0 to 100	Mon.	6:30 PM - 7:00 PM	\$30.00	\$67.50
<b>Swim Lessons - Age 3-5yrs (1-4 Water Acclimation-Stroke Introduction)</b>						
Participants learn personal water safety and achieve basic swimming by learning bench mark skills						
	Wednesday 6:00pm	3 to 5	Wed.	6:00 PM - 6:30 PM	\$30.00	\$67.50
<b>Swim Lessons - Age 3-5yrs (1&amp;2-Water Acclimation &amp; Movement)</b>						
Participants learn personal water safety and achieve basic swimming by learning bench mark skills						
	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$30.00	\$67.50
	Saturday 10:05am	3 to 5	Sat.	10:05 AM - 10:35 AM	\$30.00	\$67.50
<b>Swim Lessons - Age 3-5yrs (3&amp;4-Water Stamina &amp; Stroke Introduction)</b>						
Participants learn personal water safety and achieve basic swimming by learning bench mark skills						
	Friday 6:00pm	3 to 5	Fri.	6:00 PM - 6:30 PM	\$30.00	\$67.50
	Saturday 10:05am	3 to 5	Sat.	10:05 AM - 10:35 AM	\$30.00	\$67.50
<b>Swim Lessons - Age 6-12yrs (1-3 Water Acclimation, Mvmt, Stamina)</b>						
Participants learn personal water safety and achieve basic swimming by learning bench mark skills						
	Thursday 5:30pm	6 to 12	Thurs.	5:30 PM - 6:15 PM	\$35.00	\$78.50
	Tuesday 5:30pm	6 to 12	Tues.	5:30 PM - 6:15 PM	\$35.00	\$78.50
	Wednesday 6:00pm	6 to 12	Wed.	6:00 PM - 6:45 PM	\$35.00	\$78.50



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<b>Swim Lessons - Age 6-12yrs (1&amp;2 -Water Acclimation &amp; Movement)</b>						
Participants learn personal water safety and achieve basic swimming by learning bench mark skills.						
	Saturday 10:45am	6 to 12	Sat.	10:45 AM - 11:30 AM	\$35.00	\$78.50
<b>Swim Lessons - Age 6-12yrs (3&amp;4-Water Stamina &amp; Stroke Introduction)</b>						
Participants learn personal water safety and achieve basic swimming by learning bench mark skills.						
	Saturday 10:45am	6 to 12	Sat.	10:45 AM - 11:30 AM	\$35.00	\$78.50
<b>Swim Lessons - Age 6-12yrs (4-6 Stroke Intro, Development, Mechanics)</b>						
Participants learn personal water safety and achieve basic swimming by learning bench mark skills.						
	Thursday 5:00pm	6 to 12	Thurs.	5:00 PM - 5:45 PM	\$35.00	\$78.50
	Tuesday 5:00pm	6 to 12	Tues.	5:00 PM - 5:45 PM	\$35.00	\$78.50
<b>Swim Lessons - Family Lessons</b>						
Personal Attention To Your family Needs-Family lessons are offered for those who prefer learning as a family and at their own pace. To request family swim lessons please inquire at the Member Services Desk. You will be contacted by the aquatics department when an instructor matching your requirements has been found.						
	Family Swim Lessons			No Time Specified	\$188.00	\$288.00
<b>Swim Lessons - Private Swim Lessons</b>						
Private Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
<b>Swim Lessons - Teen &amp; Adult</b>						
Participants will learn and develop water skills, stroke technique and water safety						
	Adult (18+) - Thursday 6:15pm	18 to 100	Thurs.	6:15 PM - 7:00 PM	\$35.00	\$78.50
	Adult (18+) - Tuesday 6:15pm	18 to 100	Tues.	6:15 PM - 7:00 PM	\$35.00	\$78.50
	Aqe (13+) - Saturday 11:30am	13 to 100	Sat.	11:30 AM - 12:15 PM	\$35.00	\$78.50
	Teen (13-17) - Thursday 5:30pm	13 to 17	Thurs.	5:30 PM - 6:15 PM	\$35.00	\$78.50
	Teen (13-17) - Tuesday 5:30pm	13 to 17	Tues.	5:30 PM - 6:15 PM	\$35.00	\$78.50
<b>Swim Prep</b>						
Advanced swim lessons & Swim Team Prep Camp: for conditioning and focuses on stroke technique and prepares swimmers for swim clubs and teams. Able to swim a 25 forward crawl and backstroke and be green band approved; may have a basic understanding of additional strokes.						
	Barracuda Swim Prep (Monday & Thursday)	6 to 16	Mon. Thurs.	5:00 PM - 6:00 PM	\$74.00	\$166.00
	Barracuda Swim Prep (Monday)	6 to 16	Mon.	5:00 PM - 6:00 PM	\$37.00	\$83.00
	Barracuda Swim Prep (Thursday)	6 to 16	Thurs.	5:00 PM - 6:00 PM	\$37.00	\$83.00
<b>Training - CPR/AED/O2/First Aid</b>						
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.						
	Blended (11/02/2023)	15 to 100	Thurs.	4:00 PM - 8:00 PM	\$100.00	\$140.00
<b>Wellness Center &amp; Equipment Orientations</b>						
A staff member will contact you to set up a date and time for you to learn about all the Wellness Center has to offer!						
	2023			No Time Specified	\$0.00	\$0.00



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<b>Wellness For Life Coaching Program</b>						
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.						
	2023			No Time Specified	\$0.00	N/A
<b>Youth Fit</b>						
YouthFit consists of 2 one-on-one sessions with a Certified Personal Trainer to learn proper techniques, wellness center rules and basic exercise guidelines. Completion of this program is required before using the Wellness Center independently. For youth ages 11-14.						
	2023 Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00