



Parkview Family YMCA

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Fall I - 2020 Program Listing

Fall I Session (9/14-11/1)
Registration (Mbr. 8/17) (Prog. Part. 8/24)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Adult Volleyball						
	Sunday	18 to 118	Sun.	2:00 PM - 5:00 PM	\$0.00	\$0.00
	Friday	18 to 118	Fri.	5:00 PM - 9:00 PM	\$0.00	\$0.00
Assessments						
	Blood Pressure Assessment	15 to 115		No Time Specified	\$0.00	\$0.00
	Body Composition	15 to 115		No Time Specified	\$0.00	\$20.00
	Fitness Assessment	15 to 115		No Time Specified	\$0.00	\$50.00
Badminton						
	Saturday	16 to 116	Sat.	3:30 PM - 6:00 PM	\$0.00	\$0.00
	Wednesday	16 to 116	Wed.	6:00 PM - 9:00 PM	\$0.00	\$0.00
Blood Pressure Self Monitoring Program						
	2020 BPSM Program	18 to 118		No Time Specified	\$30.00	\$30.00
Childwatch / Kids Club						
	2020 Childwatch & Kids Club			No Time Specified	\$0.00	\$0.00
Cooking Classes						
	Youth Chef Academy @ Covenant UMC	11 to 18	Wed.	6:00 PM - 8:00 PM	\$75.00	\$140.00
Dance Classes						
	Beginning Ballet	7 to 18	Wed.	6:15 PM - 7:15 PM	\$170.00	\$190.00
	Creative I & II	5 to 6	Wed.	5:30 PM - 6:15 PM	\$140.00	\$160.00
	Dance Around the World	4 to 4	Wed.	5:00 PM - 5:30 PM	\$140.00	\$160.00
Family First Friday						
	09/04/2020 (Adaptive Games)	0 to 99	Fri.	6:30 PM - 7:30 PM	\$0.00	\$0.00
	10/02/2020 (Nerf Night)	0 to 99	Fri.	6:30 PM - 7:30 PM	\$0.00	\$0.00
Friday Night Live						
	09/18/2020 (Dodgeball)	11 to 18	Fri.	7:00 PM - 10:00 PM	\$0.00	\$0.00
	10/16/2020 (Halloween Party)	11 to 18	Fri.	7:00 PM - 10:00 PM	\$0.00	\$0.00
Fueling Your Faith Retreat @ Camp Potawatami						
	09/27/2020	16 to 116	Sun.	1:00 PM - 7:00 PM	\$25.00	\$40.00
Guitar Lessons						
	Saturday	5 to 105	Sat.	10:00 AM - 10:45 AM	\$75.00	\$125.00
Gymnastics-Parent/Child						
	Monday	0 to 2	Mon.	4:00 PM - 4:30 PM	\$25.00	\$56.00
Gymnastics-Pre School						
	Monday	3 to 4	Mon.	4:30 PM - 5:00 PM	\$25.00	\$56.00
Gymnastics-School Age						
	Level I (Monday 5:00pm)	5 to 10	Mon.	5:00 PM - 5:30 PM	\$25.00	\$56.00
	Level II	5 to 10	Mon.	5:30 PM - 6:00 PM	\$25.00	\$56.00



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.

Childwatch / Kids Club

Sign up for Child Watch and Kids Club to receive a monthly newsletter and up to date information from the Child Watch Department

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. Students will learn also learn culinary business, customer service, wait staff basics and behind the house operations. This 14-week class will culminate with a student led community dinner/fundraiser. Wednesday's 6pm to 8pm. Open to 6th-12th. Pre-registration required. Registration is for Fall 1 & 2. Class will run from Sept 16-Dec16, 2020. Community Dinner will be Dec 20th. 2020.

Dance Classes

Beginning Ballet - 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 creathrough 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.

Creative I & II - Creative movement 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.

Fun'n'Dance - Creative movement 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.

Family First Friday

The 1st Friday of every month, we invite your family to join us for an evening of games, activities, and fun! Only 1 family member needs to register.

Friday Night Live

Join us for a night of games, food, prizes and more! Come with a swim suit just in case. All activities are supervised by a Y staff member.

Fueling Your Faith Retreat @ Camp Potawatami

****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.

Guitar Lessons

Guitar lessons are taught in a friendly and relaxed group environment with experienced instructors from Discount Guitar. 6 lessons in total

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!

Gymnastics-School Age

Designed for beginning level gymnastics. Focus is on fitness and basic skill development. The skills taught are forward and backward rolls, basic cartwheels, bridges and balancing. 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 I Session (9/14-11/1)

Registration (Mbr. 8/17) (Prog. Part. 8/24)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Home School Programs						
	Age 11-17 (Gym)	11 to 17	Wed.	11:15 AM - 12:00 PM	\$28.00	\$62.00
	Age 11-17 (Swim)	11 to 17	Wed.	12:10 PM - 12:55 PM	\$28.00	\$62.00
	Age 3-5 (Gym)	3 to 5	Wed.	9:35 AM - 10:20 AM	\$28.00	\$62.00
	Age 3-5 (Swim)	3 to 5	Wed.	10:30 AM - 11:15 AM	\$28.00	\$62.00
	Age 6-10 (Gym)	6 to 10	Wed.	10:25 AM - 11:10 AM	\$28.00	\$62.00
	Age 6-10 (Swim)	6 to 10	Wed.	11:20 AM - 12:05 PM	\$28.00	\$62.00
Karate						
	Adaptive (Ages 7-13)	7 to 13	Tues.	4:15 PM - 4:45 PM	\$25.00	\$56.00
	Beginner (Age 5-8)	5 to 8	Thurs.	5:00 PM - 5:45 PM	\$28.00	\$62.00
	Beginner (Age 9+)	9 to 18	Thurs.	6:00 PM - 6:45 PM	\$28.00	\$62.00
	Intermediate	6 to 18	Thurs.	7:00 PM - 7:45 PM	\$28.00	\$62.00
New Member Receptions						
	08/19/2020	18 to 100	Wed.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	09/08/2020	18 to 100	Tues.	10:00 AM - 10:30 PM	\$0.00	\$0.00
	09/16/2020	18 to 100	Wed.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	10/05/2020	18 to 100	Mon.	10:00 AM - 10:30 PM	\$0.00	\$0.00
	10/21/2020	18 to 100	Wed.	5:30 PM - 6:00 PM	\$0.00	\$0.00
Nutrition Seminar						
	Dietary Approaches to Stop Hypertension (09/03/20)	18 to 118	Thurs.	12:30 PM - 1:30 PM	\$0.00	\$0.00
	Reducing Sodium Intake (10/01/20)	18 to 118	Thurs.	12:30 PM - 1:30 PM	\$0.00	\$0.00
Parents Night Out						
	09/11/2020	4 to 10	Fri.	6:00 PM - 9:00 PM	\$15.00	\$15.00
	10/09/2020	4 to 10	Fri.	6:00 PM - 9:00 PM	\$15.00	\$15.00
Personal Training Packages						
	Duo Personal Training - 1 session				\$70.00	n/a
	Duo Personal Training - 5 sessions				\$345.00	n/a
	Duo Personal Training - 10 sessions				\$690.00	n/a
	Duo Personal Training - 20 sessions				\$1,380.00	n/a
	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
Piano						
	Beginning Piano	8 to 117	Sun.	2:00 PM - 2:45 PM	\$75.00	\$125.00
Pickleball						
	Thursdays	18 to 118	Thurs.	9:30 AM - 11:30 AM	\$0.00	\$0.00
	Tuesdays	18 to 118	Tues.	9:30 AM - 11:30 AM	\$0.00	\$0.00
	Wednesday	18 to 118	Wed.	10:30 AM - 12:30 AM	\$0.00	\$0.00
Running Programs						
	X-Country Team (Grades 2-5)		Tues. Thurs.	5:15 PM - 6:00 PM	\$30.00	\$60.00
Spanish Classes						
	Age 13 - Adult	13 to 113	Mon.	7:15 PM - 8:00 PM	\$45.00	\$95.00
	Grades K - 6	6 to 12	Tues.	6:15 PM - 7:00 PM	\$45.00	\$95.00
	Pre-K	3 to 5	Fri.	5:00 PM - 5:45 PM	\$45.00	\$95.00
String Lessons						
	Beginning Strings	8 to 117	Sun.	3:00 PM - 3:45 PM	\$75.00	\$125.00
	Advanced Strings	8 to 117	Sun.	4:00 PM - 4:45 PM	\$75.00	\$125.00



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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. We do not want them to come in with sandals or boots and have a hard time participating. Please make sure that children have used the restroom and have their shoes tied so that they are ready for class! They may also bring a water bottle to class. This course is for all home schoolers who are interested in swim lessons after their home school gym time.

Karate

Adaptive - This program is specifically designed for individual learning. Classes will be capped at 5 per class to focus on direct interaction. Giovanna Folio 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 - Classes are held in a non-competitive environment. Students develop balance, fitness, coordination, self-confidence and discipline while having fun. Welcome to the Parkview Family YMCA Martial Arts program. 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 - For children 6 years and older who have completed beginning Karate and have received instructor approval. Welcome to the Parkview Family YMCA Martial Arts program. 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.

New Member Receptions

Take advantage of all of the benefits of your membership! In just 30 minutes, we'll help you discover the various programs we offer. Upon completion of the reception, you'll receive a \$30 Y Rewards Card! Stop by the Membership Services Desk for more information on upcoming reception dates.

Nutrition Seminar

Nutrition Education Seminars.

Nutrition Education Seminars.

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 swimming, playing in the gym and getting messy with an art project. Children will be separated into age appropriate groups. 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 Packages

Duo Personal Training - Two individuals can work with a personal trainer during a session to develop their exercise programs

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

Personal Training - Develop your own personal exercise program while working with a certified trainer

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.

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

For grades 2nd-5th to help with conditioning and practice of cross country running. Opportunities to compete in and around Fort Wayne. Parents will be responsible for minimal entry fees and transportation. August 18-October 1, 2020

Spanish Classes

Learn the basics of beginners Spanish. Classes are taught in a fun environment with interactive activities.

String Lessons

Beginning - This class is for students who have never played or who need to work in Songs for the Young Violinist. (No previous experience)

Advanced - This class is for students who have completed Songs for the Young Violinist and who have begun reading music.



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6mos-18mos (Parent/Child) (A-Water Discovery)						
	Saturday 09:00am	0 to 2	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
Swim Lessons - Age 19mos-3yrs (Parent/Child) (B-Water Exploration)						
	Saturday 11:00am	1 to 3	Sat.	11:00 AM - 11:30 AM	\$25.00	\$56.00
	Thursday 6:40pm A&B	1 to 3	Thurs.	6:40 PM - 7:10 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (Parent/Child) (1-Water Acclimation)						
	Thursday 5:20pm P/C 1-3	3 to 5	Thurs.	5:20 PM - 5:50 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday 11:00am P/C 1-3	3 to 5	Sat.	11:00 AM - 11:30 AM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday 09:40am P/C 1-3	3 to 5	Sat.	9:40 AM - 10:10 AM	\$25.00	\$56.00
	Thursday 6:00pm P/C 1-3	3 to 5	Thurs.	6:00 PM - 6:30 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Saturday 10:20am P/C 1-3	3 to 5	Sat.	10:20 AM - 10:50 AM	\$25.00	\$56.00
Swim Lessons - Age 6-12yrs (1-Water Acclimation & 2-Water Movement)						
	Saturday 09:00am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$28.00	\$62.00
	Saturday 09:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$28.00	\$62.00
	Thursday 5:35pm	6 to 12	Thurs.	5:35 PM - 6:20 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Saturday 09:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$28.00	\$62.00
	Thursday 5:35pm	6 to 12	Thurs.	5:35 PM - 6:20 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$28.00	\$62.00
	Thursday 5:35pm	6 to 12	Thurs.	5:35 PM - 6:20 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Saturday 11:00am	6 to 12	Sat.	11:00 AM - 11:45 AM	\$28.00	\$62.00
Swim Lessons - Adaptive						
	Sunday 4:00 pm	3 to 120	Sun.	4:00 PM - 4:45 PM	\$28.00	\$62.00
	Sunday 4:50pm	3 to 120	Sun.	4:50 PM - 5:35 PM	\$28.00	\$62.00
Swim Lessons - Private Swim Lesson Packages						
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00
Teen & Adult Swim Lessons						
	Adult Monday 7:00pm	14 to 114	Mon.	7:00 PM - 7:45 PM	\$28.00	\$62.00



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Swim Lessons - Age 6mos-18mos (Parent/Child) (A-Water Discovery)

Parent and Child Stage A (Water Discovery) Recommended ages: 6months-18 months. 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 19mos-3yrs (Parent/Child) (B-Water Exploration)

Parent and Child Stage B (Water Exploration) Recommended ages: 19 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 (Parent/Child) (1-Water Acclimation)

Parent and Child Swim Basics Stage 1 (Water Acclimation) Recommended ages: 3 - 5 years old. In this class parents work with thier children to develop comfort with underwater exploration and learn to safely enter and exit the 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 (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 Wintering 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 Wintering 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 Wintering 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/ Water Movement) Recommended ages: 6 - 12 years old In this class Students develop comfort with underwater exploration and learn to safely exit in the event of Wintering into a body of water in stage 1. 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)

School Age, Swim Basics Stage 2 (Water Movement) Recommended ages: 6 - 12 years old In this class Students develop comfort with underwater exploration and learn to safely exit in the event of Wintering into a body of water in stage 1. 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 (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)

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)

School Age, Swim Strokes Stage 6 (Stroke Mechanics) Recommended ages: 6 - 12 years old In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. Skills taught incldue: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly

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 - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor

Teen & Adult Swim Lessons

Adult - This class is designed for adults who want to learn the basic fundamentals of swimming, water orientation, and safety.

Teen- Program designed specifically for teens looking to better their swimming abilities.



Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Teen Programs						
	Teen Leaders Club	11 to 18	Sun.	5:00 PM - 6:30 PM	\$0.00	\$0.00
Theatre						
	Pufferbelly Players Theater Troupe	11 to 18	Tues.	6:15 PM - 8:00 PM	\$75.00	\$140.00
Training - Lifeguarding						
	October	15 to 100	Sun. Fri. Sat.	No Time Specified	\$175.00	\$245.00
Training - Safe Sitter Babysitting						
	09/19/2020	11 to 14	Sat.	10:30 AM - 4:00 PM	\$60.00	\$90.00
Ukulele Lessons						
	Saturday	5 to 117	Sat.	11:00 AM - 11:45 AM	\$75.00	\$125.00
Volunteer @ The Y						
	2020 Y Ambassador			No Time Specified	\$0.00	\$0.00
	2020 Y Readers			No Time Specified	\$0.00	\$0.00
	2020 Youth Mentor			No Time Specified	\$0.00	\$0.00
	2020 Youth Sports Coach			No Time Specified	\$0.00	\$0.00
Wellness Center & Equipment Orientations						
	Member Wellness Orientations	15 to 115		No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	2020 Wellness Consultation	16 to 116		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	18 to 118		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
Yoga						
	Yoga Basics	15 to 117	Thurs.	9:15 AM - 10:45 AM	\$40.00	\$80.00
Youth & Government						
	Grades 7-12		Sun.	4:00 PM - 5:00 PM	\$0.00	\$10.00
Youth Fit						
	Youth Fit 2020	11 to 14		No Time Specified	\$0.00	\$0.00
Youth Flag Football (Registration 7/1/20-8/16/20) Season 9/12/20-10/24/20						
	PreK - K	4 to 6	Sat.	No Time Specified	\$40.00	\$80.00
	1st & 2nd Grade	6 to 8	Sat.	No Time Specified	\$40.00	\$80.00
	3rd & 4th Grade	8 to 10	Sat.	No Time Specified	\$50.00	\$90.00
	5th & 6th Grade	10 to 12	Sat.	No Time Specified	\$50.00	\$90.00
Youth Volleyball (Registration 9/7/20-10/4/20) Season 10/31/20-12/19/20						
	Grades 1 & 2		Sat.	9:00 AM - 3:00 PM	\$40.00	\$80.00
	Grades 3 & 4		Sat.	9:00 AM - 3:00 PM	\$40.00	\$80.00
	Grades 5 & 6		Sat.	9:00 AM - 3:00 PM	\$40.00	\$80.00
	Grades 7 & 8		Sat.	9:00 AM - 3:00 PM	\$40.00	\$80.00



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.

Theatre

Sing, dance and act! Join us for our first year of Pufferbelly Players. Participants will have a showcase of their talents on Dec 20th. This class is a 2 session based class and will run Sept 15-Dec 20th. Open to ages 11-18 or Grades 6-12th

Training - Lifeguarding

Interested in a great job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Must be able to attend all class days and times to complete certification. MUST BE ABLE TO ATTEND BOTH WEEKENDS!!!! Fri 5-9, Sat 9-5, Sun 9-5

Training - Safe Sitter Babysitting

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

Ukulele Lessons

Ukulele lessons are taught in a friendly and relaxed group environment with experienced instructors from Discount Guitar. 6 lessons in total

Volunteer @ The Y

Register to volunteer at the Y! We have many opportunities and various times available and are looking for volunteers!

Youth Sports Coaches will be assigned to a team that they will lead through a weekly practice and game. Youth Sports Coaches will be helping to teach children fundamentals of the sport as well as having good sportsmanship while role modeling good character. Sports available include: Soccer, Basketball, Volleyball & Flag Football

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

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!

Yoga

Get a fresh start with this -week class series exploring some common yoga poses. Perfect for new participants or those who wish to gain more confidence in their postures. Wear loose comfortable clothing. Bring a yoga mat, strap, blocks and a thick blanket. Class will meet September 10-October 29, 2020

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. Mouthguards are required. Focus is upon learning fundamental flag football skills as well as team work, sportsmanship, and self confidence. Rate will increase after July 31st.

Youth Volleyball

Learn the beginning basics of volleyball such as serving, setting, and passing. Our Youth Volleyball program is offered for 1st-8th grades. Volleyball practice/game location is held in the Gymnasium at the Parkview Family YMCA on Saturdays. All grades will have a 1/2 hour of practice immediately followed by a 1/2 hour game each Saturday. Times may vary week to week. Times will likely fall between 9am-3pm.