



Jackson R. Lehman Family YMCA

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Fall I - 2022 Program Listing

Fall I Session 9/12-10/30  
Registration Mbr. 8/15, Prog. Part. 8/22

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Assessments</b>						
	Body Composition	15 to 115		No Time Specified	\$0.00	\$0.00
	Fitness Assessment	15 to 115		No Time Specified	\$0.00	\$0.00
<b>Blood Pressure Self Monitoring Program</b>						
	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
<b>Cheerleading</b>						
	Grades 4-8	9 to 14	Thurs.	5:30 PM - 6:00 PM	\$40.00	\$77.50
	Grades K-3	5 to 8	Thurs.	5:00 PM - 5:30 PM	\$40.00	\$77.50
<b>Coaching for a Healthy Body, Mind and Soul</b>						
	1 session	18 to 118		No Time Specified	\$49.00	\$75.00
	3 sessions	18 to 118		No Time Specified	\$139.00	\$209.00
<b>Cooking Classes</b>						
	Express Meals for Busy Families (09/17/2022)	14 to 114	Sat.	9:00 AM - 11:30 AM	\$20.00	\$40.00
	Freedom (09/13/2022)	8 to 12	Tues.	5:00 PM - 6:00 PM	\$20.00	\$40.00
	Instant Pot Dinners (10/15/2022)	14 to 114	Sat.	9:00 AM - 11:30 AM	\$20.00	\$40.00
	Traditional Indian Cooking (09/30/2022)	14 to 114	Fri.	6:30 PM - 8:30 PM	\$20.00	\$40.00



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#### **Assessments**

**Body Composition:** Assess percent body fat. Futrex method utilized

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

#### **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.

#### **Cheerleading**

Welcome to the Jackson R. Lehman Cheerleading program. Our goal is to create a fun and safe environment that allow children to focus on learning. Our Cheerleading program will teach your child the fundamentals of cheer through basic stunts, jumps, motions, and cheers. The session will end with a performance at Y-Ball. Please have your child wear comfortable clothing and socks.

#### **Coaching for a Healthy Body, Mind and Soul**

Most people quit on their New Year's Resolutions by January 19th, according to a study by the Strava fitness app. Don't join the crowd of those who give up on their goals! Check out "Coaching for a Healthy Body, Mind, and Soul" here at the YMCA to turn your New Year's Resolutions into lasting change! This coaching opportunity will provide you with a safe space to set and reach your goals in health, relationships, career, faith, and more! You will meet with Matt Bruce, an integrative health coach with a background in mental health & wellness, spiritual leadership, and nutritional training.

#### **Cooking Classes**

**Express Meals for the Busy Family-** Are you always on the go? This two seminar class will help that busy family on the go. You will learn healthy express meals ready in 30 minutes. A must have in any home.

**Freedom:** Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua all celebrate their independence on Sept 15th. Let's learn about the similarities and differences between these Spanish speaking countries. Do you think they eat similar things? And do they celebrate with fireworks like we celebrate the 4th of July?

**Instant Pot Class-**Instant- Pot Dinners- Mix it, set it, forget it! Join chef Kizmet Byrd in the kitchen learning all the latest and greatest tips, using your Instant-Pot. You'll learn to make breakfast, lunch, dinner, and appetizer recipes, that are delicious, and so easy to assemble.

**Traditional Indian Cooking-** Join Dr. Rama Cousik in an inclusive program and learn to cook vegetarian and vegan dishes from India! A published author will teach a variety of rice, rotis to dal, and curries, these dishes are a sensory delight. Learn how to adapt the recipes for learners of all levels!



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<b>Dance Classes (w/FW Ballet)</b>						
Beginning Ballet (Ballet 1A)	7 to 10	Mon.	6:15 PM - 7:15 PM	\$170.00	\$190.00	
Creative I & II	5 to 6	Mon.	5:30 PM - 6:15 PM	\$140.00	\$160.00	
Dance Around the World	3 to 4	Mon.	5:00 PM - 5:30 PM	\$140.00	\$160.00	
Homeschool - Variety of Dance	5 to 10	Wed.	11:00 AM - 12:00 PM	\$70.00	\$80.00	
Tap	7 to 10	Mon.	7:15 PM - 8:00 PM	\$140.00	\$160.00	
<b>Grief Support</b>						
Grief Share	16 to 116	Thurs.	6:00 PM - 7:30 PM	\$20.00	\$20.00	
<b>Gymnastics-Parent/Child</b>						
Friday	0 to 2	Fri.	8:30 AM - 9:00 AM	\$30.00	\$67.50	
Tuesday	0 to 2	Tues.	5:15 PM - 5:45 PM	\$30.00	\$67.50	
<b>Gymnastics-Pre School</b>						
Friday	3 to 5	Fri.	9:00 AM - 9:30 AM	\$30.00	\$67.50	
Thursday	3 to 5	Thurs.	6:00 PM - 6:30 PM	\$30.00	\$67.50	
Tuesday	3 to 5	Tues.	6:00 PM - 6:30 PM	\$30.00	\$67.50	
<b>Gymnastics-School Age</b>						
Intermediate	6 to 10	Thurs.	7:30 PM - 8:00 PM	\$30.00	\$67.50	
Thursday	6 to 10	Thurs.	6:45 PM - 7:15 PM	\$30.00	\$67.50	
Tuesday	6 to 10	Tues.	6:45 PM - 7:15 PM	\$30.00	\$67.50	
<b>Home School Programs</b>						
Ages 3-5 (Gym)	3 to 5	Wed.	9:00 AM - 9:45 AM	\$35.00	\$78.50	
Ages 3-5 (Swim)	3 to 5	Mon.	11:00 AM - 11:45 AM	\$29.00	\$65.00	
Ages 5-7 (Gym)	5 to 7	Mon.	10:00 AM - 10:45 AM	\$35.00	\$78.50	
Ages 5-7 (Swim)	5 to 7	Wed.	10:00 AM - 10:45 AM	\$29.00	\$65.00	
Ages 8-11 (Gym)	8 to 11	Wed.	10:00 AM - 10:45 AM	\$35.00	\$78.50	
Ages 8-11 (Swim)	8 to 11	Mon.	10:00 AM - 10:45 AM	\$29.00	\$65.00	
<b>Martial Arts</b>						
Ages 5-7	5 to 7	Thurs.	5:00 PM - 6:00 PM	\$37.00	\$83.00	
Ages 8-12	8 to 12	Thurs.	6:00 PM - 7:00 PM	\$37.00	\$83.00	
Ages Teen & Adult	13 to 113	Thurs.	7:00 PM - 8:00 PM	\$37.00	\$83.00	



**Dance Classes (w/Fort Wayne Ballet)**

**Beginning Ballet:** Designed for beginning dancers ages 7 and up. 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.

**Creative I & II:** Designed for beginning dancers ages 5 & 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.

**Dance Around the World:** Designed for beginning dancers ages 3 & 4. 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.

**Homeschool-Variety of Dance:** Designed for kids ages 5-10, they will learn a variety of dance styles.

**Tap:** Designed for ages 7 and up. Need shoes.

**Grief Support**

**GriefShare:** GriefShare is a special weekly seminar and support group for those who have experienced the death of a loved one; it is designed to help you rebuild your life. This grief recovery program includes weekly video sessions, workbooks, discussion, and mutual support. The group will be led by St. Joe at the YMCA, experienced GriefShare facilitators. The cost is a flat fee of \$15 for all YMCA members and program participants. Scholarships available.

**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.

**Gymnastics-Pre School**

Designed for 3-5 yrs. Focus is on large and small motor skills, coordination and general body awareness. Kids have fun rolling, running, hopping, skipping, jumping and galloping. Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. 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**

**Intermediate:** By invitation only. This class is intended for those with Gymnastics experience and wanting to learn the next level items. Gymnastic instructors will be inviting previous participants to attend this class, we will host a try out at the end of August.

**Beginner:** 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. Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. 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**

**Gym:** Children engage in physical education activities that help build self-confidence, gain team building strategies and socialize with other homeschoolers while having fun!

**Swim:** Swim lessons for home school students in grades K-5. Will be split by age and ability.

**Martial Arts**

Join Sensei Dugan in a new martial arts program. Sensei is trained in several martial art practices. Dress code required: Black Karate pants with black shirt, no logos.



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Table with columns for program name, dates, ages, days, times, and costs. Includes sections like Masters Adult Swim, Music Therapy, New Member Receptions, Parents Night Out, Personal Training, Personal Training Consultation, Pickleball, Special Events, and Swim Lessons.



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#### **Masters Adult Swim**

Anyone over the age of 18 is invited to join the Masters Swim Program and become a USMS member. Programs are open to fitness, competitive, open water, and triathlon swimmers alike. Whether you have just taken your first strokes in a swim lesson, are trying to break a national record, or just want to stay fit, U.S. Masters Swimming provides a fun and friendly atmosphere for you to work toward your individual goals. You don't have to be racing the clock to experience the rewards and support found in U.S. Masters Swimming.

#### **Music Therapy**

**Age 2-5:** Children ages 2 to 5 sing, dance, and play instruments in these highly interactive group sessions. All experiences are designed to help your child explore and enhance their social, motor, and communication skills. The class is held by Aspire Music Therapy's board-certified music therapist.

**Homeschool:** Come join our music therapy homeschool group, perfect for ages 6-11. Groups are interactive and no music experience is required. These groups are great opportunities to not only learn about music, but also practice social skills, emotional expression, and more! All sessions are held by Aspire Music Therapy's board certified music therapist, Paige Stirratt.

#### **New Member Receptions**

This is a thirty minute presentation designed to help our members understand all the YMCA has to offer. Includes membership information, how to register for programs, locations in our association, and more information about any program we offer.

#### **Parents Night Out**

Need an evening out without the kids? Let us provide dinner and entertain your 4 to 12 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**

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!

#### **Pickleball**

**Pickleball Drills:** Are you looking to improve your skill level? This is a class for you. Donna Moore will run different drills that will improve your game and develop new skills.

**Tutu Tuesday:** Join us for our annual pickleball tournament to fundraise for the annual campaign!

#### **Special Events**

A night of enchantment. Join us for "fun"raising event full of dancing and food. Enjoy a fun raffle, crafts, and events for you and your little lady.

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

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) (A&B Water Discovery & Exploration)**

In this combined class parents first work with their children to introduce them to the aquatic environment then 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.



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**Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)**

Saturday 10:10am 0 to 3 Sat. 10:10 AM - 10:40 AM \$25.00 \$56.00

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

Saturday 09:30am 3 to 5 Sat. 9:30 AM - 10:00 AM \$25.00 \$56.00  
Saturday 10:50am 3 to 5 Sat. 10:50 AM - 11:20 AM \$25.00 \$56.00  
Thursday 5:30pm 3 to 5 Thurs. 5:30 PM - 6:00 PM \$25.00 \$56.00  
Tuesday 5:30pm 3 to 5 Tues. 5:30 PM - 6:00 PM \$25.00 \$56.00

**Swim Lessons - Age 3-5yrs (2-Water Movement)**

Saturday 10:10am 3 to 5 Sat. 10:10 AM - 10:40 AM \$25.00 \$56.00  
Saturday 11:30am 3 to 5 Sat. 11:30 AM - 12:00 PM \$25.00 \$56.00  
Thursday 6:10pm 3 to 5 Thurs. 6:10 PM - 6:40 PM \$25.00 \$56.00  
Tuesday 6:10pm 3 to 5 Tues. 6:10 PM - 6:40 PM \$25.00 \$56.00

**Swim Lessons - Age 3-5yrs (3&4-Water Stamina & Stroke Introduction)**

Saturday 10:50am 3 to 5 Sat. 10:50 AM - 11:20 AM \$25.00 \$56.00  
Saturday 11:30am 3 to 5 Sat. 11:30 AM - 12:00 PM \$25.00 \$56.00  
Thursday 6:10pm 3 to 5 Thurs. 6:10 PM - 6:40 PM \$25.00 \$56.00  
Tuesday 6:10pm 3 to 5 Tues. 6:10 PM - 6:40 PM \$25.00 \$56.00

**Swim Lessons - Age 6-12yrs (1-Water Acclimation)**

Saturday 09:30am 6 to 12 Sat. 9:30 AM - 10:15 AM \$29.00 \$65.00  
Thursday 5:30pm 6 to 12 Thurs. 5:30 PM - 6:15 PM \$29.00 \$65.00  
Tuesday 5:30pm 6 to 12 Tues. 5:30 PM - 6:15 PM \$29.00 \$65.00

**Swim Lessons - Age 6-12yrs (2-Water Movement)**

Saturday 09:30am 6 to 12 Sat. 9:30 AM - 10:15 AM \$29.00 \$65.00  
Thursday 5:30pm 6 to 12 Thurs. 5:30 PM - 6:15 PM \$29.00 \$65.00  
Tuesday 5:30pm 6 to 12 Tues. 5:30 PM - 6:15 PM \$29.00 \$65.00

**Swim Lessons - Age 6-12yrs (3-Water Stamina)**

Saturday 10:25am 6 to 12 Sat. 10:25 AM - 11:10 AM \$29.00 \$65.00  
Thursday 6:25pm 6 to 12 Thurs. 6:25 PM - 7:10 PM \$29.00 \$65.00  
Tuesday 6:25pm 6 to 12 Tues. 6:25 PM - 7:10 PM \$29.00 \$65.00

**Swim Lessons - Age 6-12yrs (4-Stroke Introduction)**

Saturday 10:25am 6 to 12 Sat. 10:25 AM - 11:10 AM \$29.00 \$65.00  
Thursday 6:25pm 6 to 12 Thurs. 6:25 PM - 7:10 PM \$29.00 \$65.00  
Tuesday 6:25pm 6 to 12 Tues. 6:25 PM - 7:10 PM \$29.00 \$65.00

**Swim Lessons - Age 6-12yrs (5&6 Stroke Development & Mechanics)**

Saturday 08:40am 6 to 12 Sat. 8:40 AM - 9:25 AM \$29.00 \$65.00  
Saturday 11:20am 6 to 12 Sat. 11:20 AM - 12:05 PM \$29.00 \$65.00  
Thursday 7:15pm 6 to 12 Thurs. 7:15 PM - 8:00 PM \$29.00 \$65.00



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**Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)**

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)**

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)**

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&4-Water Stamina & Stroke Introduction)**

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)**

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)**

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)**

School Age, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 6- 12 years old Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

**Swim Lessons - Age 6-12yrs (5&6 Stroke Development & Mechanics)**

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. In stage 6 (Stroke Mechanics), 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 include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly



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<b>Swim Lessons - Teen &amp; Adult</b>						
	Tuesday 7:15pm	13 to 113	Tues.	7:15 PM - 8:00 PM	\$29.00	\$65.00
<b>Swim Lessons - Adaptive</b>						
	Friday 6:00pm	4 to 100	Fri.	6:00 PM - 6:45 PM	\$29.00	\$65.00
<b>Swim Lessons - Private Swim Lessons</b>						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
<b>Training - CPR/AED</b>						
	ARC Rescuer - 9/24/22	13-100	Sat.	9:00 AM - 1:00pm	\$50.00	\$75.00
	ARC Rescuer - 10/22/22	13-100	Sat.	9:00 AM - 1:00pm	\$50.00	\$75.00
<b>Training - CPR/AED/O2/First Aid</b>						
	Blended (08/16/2022)	16 to 100	Tues.	4:30 PM - 8:30 PM	\$100.00	\$140.00
	Blended (09/08/2022)	16 to 100	Thurs.	4:30 PM - 8:30 PM	\$100.00	\$140.00
<b>Wellness Center &amp; Equipment Orientations</b>						
	Orientations	15 to 115		No Time Specified	\$0.00	\$0.00
<b>Wellness Consultation</b>						
	Wellness Consultation			No Time Specified	\$0.00	\$0.00
<b>Wellness For Life Coaching Program</b>						
	2022			No Time Specified	\$0.00	N/A
<b>YMCA Race Series</b>						
	2022 Race Series			No Time Specified	\$25.00	\$25.00
<b>Youth Fit</b>						
	Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00
<b>Youth Volleyball</b>						
	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



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#### **Swim Lessons - Teen & Adult**

This program creates a welcoming environment that is designed to help adults both begin to swim and also help adults who already swim work on technique. They will work on basic swimming skills, endurance, stroke development, and stroke technique.

#### **Swim Lessons - Adaptive**

This class, designed for participants with special needs, will focus on basic water skills & water adjustment. Helping participants gain confidence in the water & improve kicking & stroking ability. Through participation in the program, participants learn to feel more positive about themselves in a safe & relaxed environment that promotes success mixed with fun & play.

#### **Swim Lessons - Private Swim Lessons**

Private Lessons - 3 Sessions

#### **Training - CPR/AED**

This 4 hour session will provide the basics of CPR, and AED for Adults, Children and Infants. This course is suited for lay rescuers, those working in factories or business, and for those working in child care centers.

#### **Training - CPR/AED/O2/First Aid**

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.

#### **Wellness Center & Equipment Orientations**

Learn how to use the equipment at the Jackson Lehman YMCA. A staff member will contact you 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**

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.

#### **YMCA Race Series**

Throughout 2022 complete any of the eligible races and earn Y swag and as a bonus when you complete the Race Series requirements you will earn the special YMCA Race Series Medal.

#### **Youth Fit**

Learn proper cardiovascular, strength, and flexibility training ages 11-14. Sign up at membership services. 1 visit is required to learn the equipment and proper exercise guidelines.

#### **Youth Volleyball**

Our Youth Volleyball program is offered to grades 1st-8th. Volleyball practices and games are located in the gymnasium of the Jackson R. Lehman Family YMCA on Saturdays. Grades 1st-2nd will have 40 minutes to practice immediately followed by a 20 minute game. Grades 3rd-8th will have a half hour (30 minutes) practice immediately followed by a half-hour (30 minutes) game each Saturday for seven weeks. Games will be played between 9 AM-3:00 PM. Game times may vary weekly