Whitley County Family YMCA

Fall I - 2019 Program Listing
Fall I Session (9/9-10/27)
Registration (Mbr. 8/12) Prog. Part. (8/19)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Assessments						
	Body Composition Analysis	11 to 100		No Time Specified	$0.00	$0.00
	Fitness Assessment	11 to 100		No Time Specified	$0.00	$0.00
Blood Pressure Self Monitoring Program						
	BPSM Program	18 to 100		No Time Specified	$30.00	$30.00
Fueling Your Faith Retreat @ Camp Potawotami (9/28-9/29)						
	Saturday - Sunday	15 to 115	Sun. Sat.	7:00 PM - 7:00 PM	$40.00	$40.00
	Sunday - All Day	15 to 115	Sun.	9:00 AM - 7:00 PM	$30.00	$30.00
	Sunday - PM Only	15 to 115	Sun.	1:00 PM - 7:00 PM	$25.00	$25.00
Gymnastics						
	Advanced	6 to 18	Thurs.	7:00 PM - 7:45 PM	$28.00	$62.00
	Beginner	6 to 18	Thurs.	5:30 PM - 6:15 PM	$28.00	$62.00
	Intermediate	6 to 18	Thurs.	6:15 PM - 7:00 PM	$28.00	$62.00
Little Ones Move & Groove						
	Thursday 9:00 am	0 to 3	Thurs.	9:00 AM - 9:30 AM	$0.00	$56.00
	Thursday 10:00 am	0 to 3	Thurs.	10:00 AM - 10:30 AM	$0.00	$56.00
MOPS (Mothers of Preschoolers)						
Second Monday's Sept-May	Child Registration		Mon.	9:30 AM - 11:30 AM	$0.00	$0.00
	Mom Registration		Mon.	9:30 AM - 11:30 AM	$0.00	$0.00
New Member Receptions						
	08/15/2019		Thurs.	9:30 AM - 10:00 AM	$0.00	$0.00
	09/02/2019		Mon.	5:30 PM - 6:00 PM	$0.00	$0.00
	09/19/2019		Thurs.	9:30 AM - 10:00 AM	$0.00	$0.00
	10/07/2019		Mon.	5:30 PM - 6:00 PM	$0.00	$0.00
	10/17/2019		Thurs.	9:30 AM - 10:00 AM	$0.00	$0.00
Nutritional Programs						
	Lifestyle Change Coaching	11 to 100		No Time Specified	$300.00	$300.00
	Nutrition Coaching	11 to 100		No Time Specified	$125.00	$125.00
	Whole Living Health Coaching	11 to 100		No Time Specified	$300.00	$300.00
Personal Training Packages						
	Fit 30 - 1 session				$20.00	n/a
	Fit 30 - 4 sessions				$80.00	n/a
	Fit 30 - 6 sessions				$120.00	n/a
	Partner Training - 1 session				$25.00	n/a
	Partner Training - 4 sessions				$100.00	n/a
	Partner Training - 6 sessions				$150.00	n/a
	Partner Training - 8 sessions				$200.00	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

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Assessments

Body Composition Analysis - With the guidance of a Certified Personal Trainer, you will receive your body fat percentage baseline to assist you with future health and wellness goals.
Fitness Assessment - A one-on-one assessment with a Certified Personal Trainer which includes the following: Resting heart rate and blood pressure, body composition, waist to hip ratio, cardivascular assessment, muscular strength, muscular endurance and flexibility tests.

Blood Pressure Self Monitoring Program

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. During this time, participants will be encouraged to self-measure their blood pressure at least 2 times a month; attend 2 personalized consultations per month; and attend monthly nutrition education seminars.

Fueling Your Faith Retreat @ Camp Potawotami (9/28-9/29)

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 overnight option includes family activities, Sunday morning chapel, a brief time of teaching, and lots of retreat time with different optional activities to choose from as well as snacks and breakfast, lunch, and dinner Sunday! A confirmation packet with more detailed information will be sent out through email closer to the event.

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 all day option includes Sunday morning chapel, a brief time of teaching, and lots of retreat time with different optional activities to choose from as well as snacks and lunch, and dinner Sunday! A confirmation packet with more detailed information will be sent out through email closer to the event.

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 option includes a brief time of teaching, and lots of retreat time with different optional activities to choose from as well as snacks and dinner! A confirmation packet with more detailed information will be sent out through email closer to the event.

Gymnastics

Enroll your child in our gymnastics program that focuses on tumbling techniques. In addition to self-confidence, students may learn cartwheels, round offs, back walkovers, and back tucks. Students will also work with limited gymnastics equipment.

Little Ones Move & Groove

This class will get your toddler up and moving!! Program includes stretching, gymnastics, obstacle course, color and shape recognition, dancing and more! Come and see what a blast your toddler will have when they start moving and grooving! Parent participation is required.

MOPS (Mothers of Preschoolers)

MOPS is being hosted at the Whitley YMCA and children will be in fun rotations starting in childwatch

New Member Receptions

"Learn to Maximize Your Membership." Are you new to the YMCA or wanting to learn more about what your membership has to offer? Join us for an upcoming Membership 101 session and learn about what the YMCA can offer you and how to connect with other members. Receive a $30 My Y Rewards Card for attending that can be used toward any YMCA program. Offered third Thursday of the month at 9:30AM and the first Monday of the month at 5:30PM.

Nutritional Programs

Lifestyle Change Coaching - This 3 month program is ideal for the fitness enthusiast as it combines nutritional education and personal training. This weekly program provides 60 min. sessions on whole food nutrition education, kitchen pantry basics, meal planning and behavioral techniques. You will also receive customized workout sessions to keep you motived to reach your weight management goals.

Nutrition Coaching - A three (3) month program for those seeking nutrition knowledge. This weekly program provides 30 minute sessions with a Certified Fitness Nutrition Specialist focusing on whole food education, kitchen pantry basics, meal planning, and behavioral techniques to keep you motivated to reach your weight management goals.

Whole Living Health Coaching - This 3 month program is ideal for those seeking improved health and well-being. This weekly program provides 45 min. sessions on whole food nutrition education, kitchen pantry basics, meal planning and lifestyle strategies to keep you motived to reach your health and wellness goals. This program can be purchased as Individual or small group up to 4 people. Additional programs benefits: free health assessment, free grocery store tour, and free access to the Resource Library (books & recipes).

Personal Training Packages

Fit 30 - Half the time half the cost! 30 minute workout with a personal trainer
Partner Training - Two or more individuals can work with a personal trainer during a session to develop their exercise programs.
Personal Training - Individual 60 minute training sessions with a personal trainer.

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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Running Club						
	Youth Running Club	5 to 14	Mon.	6:00 PM - 7:00 PM	$31.00	$67.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Saturday 09:00 am		Sat.	9:00 AM - 9:25 AM	$25.00	$56.00
	Saturday 09:30 am	0 to 2	Sat.	9:30 AM - 9:50 AM	$25.00	$56.00
Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement and Stamina)						
	Saturday 09:00 am	3 to 5	Sat.	9:00 AM - 9:30 AM	$25.00	$56.00
	Saturday 09:35 am	3 to 5	Sat.	9:35 AM - 10:05 AM	$25.00	$56.00
	Wednesday 05:30 pm	3 to 5	Wed.	5:30 PM - 6:00 PM	$25.00	$56.00
	Wednesday 09:30 am	3 to 5	Wed.	9:30 AM - 10:00 AM	$25.00	$56.00
Swim Lessons - Age 6-12yrs (1-5 Water Acclimation, Mvmt, Stamina, Stroke Intro & Development)						
	Saturday 10:10 am	6 to 12	Sat.	10:10 AM - 10:55 AM	$28.00	$62.00
	Wednesday 06:10 pm	6 to 12	Wed.	6:10 PM - 6:50 PM	$28.00	$62.00
Swim Lessons - Teen & Adult						
	Wednesday	18 to 100	Wed.	7:00 PM - 8:00 PM	$31.00	$67.00
Swim Lessons - Private Swim Lesson Packages						
	7 sessions				$94.00	$144.00
Toddler Tumbling						
	Thursday 04:15 pm	3 to 5	Thurs.	4:15 PM - 4:45 PM	$25.00	$56.00
	Thursday 04:45 pm	3 to 5	Thurs.	4:45 PM - 5:15 PM	$25.00	$56.00
Training - CPR/AED/Oxygen						
	Blended CPR/AED/O2/ First Aid (08/13/2019)	16 to 100	Tues.	5:30 PM - 9:30 PM	$100.00	$140.00
	Blended CPR/AED/O2/ First Aid (08/24/2019)	16 to 100	Sat.	8:00 AM - 12:00 PM	$100.00	$140.00
	Blended CPR/AED/O2/ First Aid (09/21/2019)	16 to 100	Sat.	8:00 AM - 12:00 PM	$100.00	$140.00
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	$0.00	$0.00
Wellness Consultation						
	2019 Wellness Consultation			No Time Specified	$0.00	$0.00
Wellness for Life Coaching Program						
	3 sessions			No Time Specified	$0.00	$0.00
Wellness for Life 2.0						
	2019 WFL 2.0			No Time Specified	$99.00	$99.00

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Running Club

This non competitive program is designed to help with the conditioning and practice of track and cross country running. A combination of outdoor and indoor running along with gym skills and drills will be utilized. Come dressed to exercise outdoors, weather permitting, or indoors on adverse weather days. Inside Track/Outdoor Trails weather permitting.

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

This class introduces basic skills to parents and children. Skills presented are performed with support or assistance for blowing bubbles, front and back floats, treading and swimming.

Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement and Stamina)

This class teaches the most elementary aquatic skills, which children continue to build on as they progress through the preschool levels.

Swim Lessons - Age 6-12yrs (1-5 Water Acclimation, Mvmt, Stamina, Stroke Intro & Development)

This class teaches the most elementary aquatic skills, which children continue to build on as they progress through the learn-to-swim levels.

Swim Lessons - Teen & Adult

This class introduces basic skills to parents and children. Skills presented are performed with support or assistance for blowing bubbles, front and back floats, treading and swimming.

Swim Lessons - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor

Toddler Tumbling

Register your toddler for this exciting tumbling class and have them spring in to confidence. Age appropriate tumbling will be taught by our enthusiastic instructor.

Training - CPR/AED/Oxygen

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

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.

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Wellness Programs						
	Floor Aerobics Punch Pass			No Time Specified	$50.00	$50.00
	Line Dancing Day Pass		Mon. Wed. Fri.	9:00 AM - 10:30 AM	$1.00	$1.00
	Line Dancing Punch Card		Mon. Wed. Fri.	9:00 AM - 10:30 AM	$10.00	$10.00
	Pickleball Punch Pass			1:00 PM - 2:00 PM	$50.00	$50.00
	Water Aerobics Punch Pass			No Time Specified	$50.00	$50.00
YMCA Race Series						
	2019 Race Series			No Time Specified	$0.00	$0.00
Youth Fit						
	Youth Fit 2019	11 to 15		No Time Specified	$0.00	$0.00
Youth Flag Football League						
	Prek-K			No Time Specified	$34.00	$68.00
	Grades 1-2			No Time Specified	$34.00	$68.00
	Grades 3-5			No Time Specified	$34.00	$68.00
Youth Soccer						
	PreK - K			No Time Specified	$34.00	$68.00
	Grades 1-2			No Time Specified	$34.00	$68.00
	Grades 3-5			No Time Specified	$34.00	$68.00
	Parent/Child - Ages 2-3		Sat.	No Time Specified	$25.00	$56.00

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Wellness Programs

Group Exercise Classes: These group exercise classes are designed to keep fun and friendship in mind while accommodating all ability levels and busy schedules. Class descriptions are updated each month and are available at the member service desk and online at fwymca.org. Classes include Zumba, Yoga, Silver Sneaker Classic/Circuit/Yoga, Step N' Sculpt, Tighten N' Tone, Aquafit, Pound, Boot Camp and more! Free for members. $50/10 Class Punch Card.

Line Dancing: Line Dancing is a fun way for members to learn oganized dance moves with an emphasis on performance. Class is designed to accommodate all levels and ages. Free for member. $1/class or $10/10 Class Punch Card

Pickleball: Pickleball is a simple paddle game played using a slow-moving ball in the gym. Non YMCA members may buy a punch card to participate in pickle ball from 1:00PM to 2:00PM on Tuesday and Thu

YMCA Race Series

Throughout 2019 complete any of the eligible community races and earn special YMCA Bronze, Silver, and Gold Medals and earn a Race Series shirt when you complete all requirements. The Race Series is Free but registration is required.

Youth Fit

Open to members 11-14 years of age and consists of two one on one sessions with a wellness professional to learn proper techniques in the cardiovascular area and Cybex (or Express Room depending on height and weight), wellness center rules and basic exercise guidelines. Free weight and advanced training area is only allowed for youh ages 15 and up. Completion of this program is required before using the Wellness Center independently.

Youth Flag Football League

Our fall flag football league is designed to provide a fun and educational experience for kids in Pre k-5th grade.

Youth Soccer

Come join our instructional introductory parent/child soccer program for 3 year olds!! This program will be a 7-week program. Program will be learning the basics of soccer, as well as game situations in a fun non-competitive setting. Parents participation is requested.