



**Whitley County 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 Analysis	11 to 100		No Time Specified	\$0.00	\$0.00
	Fitness Assessment	11 to 100		No Time Specified	\$0.00	\$0.00
<b>Christian Emphasis Programs</b>						
	Mighty Method	15 to 115	Mon.	6:00 PM - 8:00 PM	\$70.00	\$90.00
<b>Gymnastics</b>						
	Beginner - Thursday 5:45pm	6 to 18	Thurs.	5:45 PM - 6:30 PM	\$35.00	\$78.50
	Beginner - Thursday 6:30pm	6 to 18	Thurs.	6:30 PM - 7:15 PM	\$35.00	\$78.50
<b>Little Ones Move &amp; Groove</b>						
	Friday 10:00am	0 to 3	Fri.	10:00 AM - 10:30 AM	\$0.00	\$0.00
<b>New Member Receptions</b>						
	08/16/2022		Tues.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	09/01/2022		Thurs.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	09/20/2022		Tues.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	10/06/2022		Thurs.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	10/18/2022		Tues.	9:30 AM - 10:00 AM	\$0.00	\$0.00
<b>Personal Training</b>						
	Personal Training Packages			No Time Specified	See Branch	N/A
<b>Personal Training Consultation</b>						
	Whitley County Y (Columbia City)	18 to 118		No Time Specified	\$0.00	\$0.00
<b>Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&amp;B Water Discovery &amp; Exploration)</b>						
	Saturday 9:00am	0 to 3	Sat.	9:00 AM - 9:25 AM	\$30.00	\$67.50
	Saturday 9:30am	0 to 3	Sat.	9:30 AM - 9:55 AM	\$30.00	\$67.50
<b>Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement and Stamina)</b>						
	Saturday 09:00am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$30.00	\$67.50
	Saturday 09:35am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$30.00	\$67.50
	Wednesday 5:30pm	3 to 5	Wed.	5:30 PM - 6:00 PM	\$30.00	\$67.50
<b>Swim Lessons - Age 6-12yrs (1-5 Water Acclimation, Mvmt, Stamina, Stroke Intro &amp; Development)</b>						
	Saturday 10:10am	6 to 12	Sat.	10:10 AM - 10:55 AM	\$35.00	\$78.50
	Wednesday 6:10pm	6 to 12	Wed.	6:10 PM - 6:55 PM	\$35.00	\$78.50
<b>Swim Lessons - Adaptive</b>						
	Saturday 11:00am	3 to 21	Sat.	11:00 AM - 11:30 AM	\$30.00	\$67.50
<b>Swim Lessons - Private Swim Lessons</b>						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00



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#### **Assessments**

**Body Composition:** 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 Assessments:** 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, cardiovascular

#### **Christian Emphasis Programs**

Do you wish your relationship with others, God and/or yourself was better? Do you want to know your sweet spot in this life? Then, the Mighty Method, formerly Rise Up Commitment, is for you. Taking 10 weeks to rise up to your full potential will change everything about your life. Your mental, physical, spiritual, and relational health will thank you for making a commitment to you!

#### **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

#### **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

#### **New Member Receptions**

Learn How 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

#### **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 you 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!

#### **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 - Adaptive**

This class, designed for participants with special needs, will focus on basic water skills & water adjustment. Participants learn to feel more positive about themselves in a safe & relaxed environment.

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

Private lessons are offered for those who prefer one-on-one learning at their own pace. To request private swim lessons inquire at the Membership Services Desk. There are 3 lessons, 30 minutes each.



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<b>Toddler Tumbling</b>						
	Thursday 4:00pm	3 to 5	Thurs.	4:00 PM - 4:30 PM	\$30.00	\$67.50
	Thursday 4:30pm	3 to 5	Thurs.	4:30 PM - 5:00 PM	\$30.00	\$67.50
<b>Training - CPR/AED/O2/First Aid</b>						
	Blended (09/03/2022)	16 to 100	Sat.	9:00 AM - 1:00 PM	\$100.00	\$140.00
<b>Wellness Center &amp; Equipment Orientations</b>						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
<b>Wellness Consultation</b>						
	2022 Wellness Consultation			No Time Specified	\$0.00	\$0.00
<b>Whitley County Swim Team</b>						
	Blue (Mod 4 slots)	5 to 18		No Time Specified	\$280.00	\$280.00
	Green (Advanced 5 slots)	5 to 18		No Time Specified	\$280.00	\$280.00
	High School Swimmer	14 to 18		No Time Specified	\$100.00	\$100.00
	Red (Beginner 2 slots)	5 to 18		No Time Specified	\$200.00	\$200.00
	Yellow (Novice 3 slots)	5 to 18		No Time Specified	\$225.00	\$225.00
<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 15		No Time Specified	\$0.00	\$0.00
<b>Youth Flag Football League</b>						
	Pre-K & K			No Time Specified	\$40.00	\$80.00
	Grades 1-2			No Time Specified	\$50.00	\$90.00
	Grades 3-5			No Time Specified	\$50.00	\$90.00



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**Toddler Tumbling**

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

**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

**Wellness Center & Equipment Orientations**

Let us help you discover the Y as we show you around the Wellness Center. This includes familiarity with cardio and strength equipment and overall knowledge of the Wellness Center.

**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

**Whitley County Swim Team**

YMCA Swim Leagues are competitive programs that focus on the development of all ages and abilities. Our trained coaches work to improve swimmers' skill level, endurance and to promote a healthy

**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

**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**

Open to members 11-14 years of age; Consists of a one on one session with a wellness team members to learn proper techniques in the cardiovascular area and Cybex area (or Express depending on

**Youth Flag Football League**

Flag Football is 4 and up. Participants will work on the basics of throwing and catching while building teamwork skills.