



| Program Name | Session Name | Age Range | Day | Time | Member Fee | Program Participant Fee |
|-------------------------------|--|-----------|-------------|---------------------|------------|-------------------------|
| Active Older Adults | | | | | | |
| | Brown Bag 'n Learn (10/21/2019) | 50 to 105 | Mon. | 11:00 AM - 12:15 PM | \$0.00 | \$0.00 |
| | Brown Bag 'n Learn (10/24/2019) | 50 to 105 | Thurs. | 11:00 AM - 12:15 PM | \$0.00 | \$0.00 |
| | Brown Bag 'n Learn (11/18/2019) | 50 to 105 | Mon. | 11:00 AM - 12:15 PM | \$0.00 | \$0.00 |
| | Brown Bag 'n Learn (11/21/2019) | 50 to 105 | Thurs. | 11:00 AM - 12:15 PM | \$0.00 | \$0.00 |
| | Lunch 'n Learn (10/21/2019) | 50 to 105 | Mon. | 11:00 AM - 12:15 PM | \$5.00 | \$10.00 |
| | Lunch 'n Learn (10/24/2019) | 50 to 105 | Thurs. | 11:00 AM - 12:15 PM | \$5.00 | \$10.00 |
| | Lunch 'n Learn (11/18/2019) | 50 to 105 | Mon. | 11:00 AM - 12:15 PM | \$5.00 | \$10.00 |
| | Lunch 'n Learn (11/21/2019) | 50 to 105 | Thurs. | 11:00 AM - 12:15 PM | \$5.00 | \$10.00 |
| Adaptive Music Classes | | | | | | |
| | Age 7 & up | 7 to 18 | Sat. | 11:45 AM - 12:15 PM | \$20.00 | \$40.00 |
| | Parent & Me Music Class (Age 2-6) | 2 to 6 | Sat. | 11:00 AM - 11:30 AM | \$20.00 | \$40.00 |
| Art/Craft Classes | | | | | | |
| | Quilting Club | 14 to 100 | Tues. Sat. | 10:00 AM - 2:00 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 |
| Cheerleading | | | | | | |
| | Pre-K - 3rd - Wednesday | 3 to 9 | Wed. | 5:30 PM - 6:15 PM | \$40.00 | \$80.00 |
| | 4th Grade - 8th Grade - Wednesday | 9 to 12 | Wed. | 6:30 PM - 7:15 PM | \$40.00 | \$80.00 |
| | Pre-K - 3rd - Saturday | 3 to 9 | Sat. | 10:30 AM - 11:15 AM | \$40.00 | \$80.00 |
| | 4th Grade - 8th Grade - Saturday | 9 to 12 | Sat. | 11:30 AM - 12:15PM | \$40.00 | \$80.00 |
| Club Pulse | | | | | | |
| | Fall | 11 to 18 | Mon. - Fri. | 3:00 PM - 6:00 PM | \$15.00 | \$15.00 |
| Cooking Classes | | | | | | |
| | High 5! - 5 Ingredient Dishes | 14 to 114 | Wed. | 6:00 PM - 8:00 PM | \$45.00 | \$90.00 |
| | Holiday Baking with Kiz | 14 to 114 | Tues. | 6:00 PM - 8:00 PM | \$45.00 | \$90.00 |
| | Kids Baking | 8 to 13 | Mon. | 6:00 PM - 8:00 PM | \$45.00 | \$90.00 |
| | Cupcake Seminars (Oct 5, Nov 2, Dec 7) | 11 to 114 | Sat. | 11:00 AM - 1:00 PM | \$10.00 | \$10.00 |



Active Older Adults

Brown Bag 'n Learn (10/21/2019, 10/24/2019) - Bring your own lunch and enjoy this month's luncheon presenter at NO CHARGE; Members ONLY. Samantha Anderson, of Banker's Life, will present on the upcoming 2020 Medicare changes.

Brown Bag 'n Learn (11/18/2019, 11/21/2019) - Bring your own lunch and enjoy this month's luncheon presenter at NO CHARGE; Members ONLY. November is Alzheimer's Awareness Month. Tammy Tinsly and Emily Osborn from Chapman Place, a memory and senior care facility, will present "Understanding Alzheimer's and Dementia."

Lunch 'n Learn (10/21/2019, 10/24/2019) - Samantha Anderson, of Banker's Life, will present on the upcoming 2020 Medicare changes.

Lunch 'n Learn (11/18/2019, 11/21/2019) - November is Alzheimer's Awareness Month. Tammy Tinsly and Emily Osborn from Chapman Place, a memory and senior care facility, will present "Understanding Alzheimer's and Dementia."

Adaptive Music Classes

This therapeutic music class is specifically designed for those with developmental and intellectual disabilities. Participants will engage in therapeutic music-making experiences in a sensory-friendly environment. Participants will also learn social skills and work to increase focus on tasks.

Art/Craft Classes

Join us on a fabulous adventure of sewing every 2nd Tuesday and 3rd Saturday of the month! This class is for any skill level. The instructor will furnish all fabric for the face quilt and the following items are required for you to participate: 1 1/2 yards of solid color fabric, rotary cutter, 42 inches square of cotton batting, cutting board, sewing machine, safety pins, scissors

Assessments

Blood Pressure Assessment - Free blood pressure screen in the wellness center at the Jackson R Lehman 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.

Cheerleading

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. 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. Please have your child wear comfortable clothing and socks. Your child will receive a T-shirt by the second session.

Club Pulse

A positive place for pre-teen and teens to come together to fellowship and gain new experiences. With stem programming, career exploration and field trips, we have partnered with PFW, Ivy Tech, and Indiana Tech to explore various careers and college readiness. (Register for each week of attendance)

Cooking Classes

High 5! - 5 Ingredient Dishes - High 5!- 5 INGREDIENT DISHES LESS IS MORE - We will focus on the true tastes of foods by using a few ingredients. Flavorful and easy to prepare, these recipes will make weeknight dinner stress -free and delicious. During this class you will have a hands on approach to make these simple and easy meals.

Holiday Baking with Kiz - Holiday Baking With Kiz- Tis The Season-The holidays are upon us and desserts are always center of attention for any get together. Let Kizmet Byrd help you get in the spirit of the season by helping you prepare scrumptious cakes, candies, cookies, pies, and tarts. You'll be the shining star this holiday season. Each participant will receive recipe binders and cookie making it. Pre-registration required.

Kids Baking - Kids Baking Cookie Edition- This class will focus on fun, kid-friendly cookie recipes. We will make no-bakes cookies, drop cookies and bar cookies, including brownies. This seven-week course is for beginning kid bakers. Kids will learn to follow a recipe, including preparation, measurement of ingredients, and proper mixing techniques. Each week students will leave the class with a cookie batter ready to bake at home!!!

Cupcake Seminars- Come bake with Chef Malila Smiley, owner of Dreamie Pastries as you learn to make some of her favorite fun flavors!



Jackson R. Lehman Family YMCA

Fall II - 2019 Program Listing

Fall II Session (10/28-12/15)
 Registration (Mbr. 10/14) (Prog. Part. 10/21)

| Program Name | Session Name | Age Range | Day | Time | Member Fee | Program Participant Fee |
|-----------------------------------|---------------------------------|-----------|----------------|---------------------|------------|-------------------------|
| Gymnastics-Parent/Child | | | | | | |
| | Saturday | 0 to 2 | Sat. | 12:30 PM - 1:00 PM | \$25.00 | \$56.00 |
| Gymnastics-Pre School | | | | | | |
| | Saturday | 3 to 5 | Sat. | 1:00 PM - 1:30 PM | \$25.00 | \$56.00 |
| | Wednesday | 3 to 5 | Wed. | 9:45 AM - 10:15 AM | \$25.00 | \$56.00 |
| Gymnastics-School Age | | | | | | |
| | Monday | 6 to 10 | Mon. | 5:15 PM - 5:45 PM | \$25.00 | \$56.00 |
| Home School Programs | | | | | | |
| | Grades K-3 (Gym) | 4 to 9 | Thurs. | 12:00 PM - 12:45 PM | \$28.00 | \$62.00 |
| | Grades K-3 (Swim) | 5 to 8 | Thurs. | 11:00 PM - 11:45 PM | \$28.00 | \$62.00 |
| | Grades 4-8 (Gym) | 9 to 14 | Thurs. | 10:00 AM - 10:45 AM | \$28.00 | \$62.00 |
| | Grades 4-8 (Swim) | 9 to 12 | Thurs. | 12:00 PM - 12:45 PM | \$28.00 | \$62.00 |
| | High School (Gym) | 14 to 19 | Thurs. | 11:00 AM - 11:45 AM | \$28.00 | \$62.00 |
| | High School (Swim) | 13 to 18 | Thurs. | 10:00 AM - 10:45 AM | \$28.00 | \$62.00 |
| Incentive Programs | | | | | | |
| | 8 Week Challenge | 11 to 100 | | No Time Specified | \$0.00 | \$0.00 |
| Martial Arts | | | | | | |
| | Hung Ga | 6 to 10 | Thurs. | 5:00 PM - 6:00 PM | \$35.00 | \$70.00 |
| Masters Adult Swim | | | | | | |
| | Masters 2019 | 18 to 118 | Mon. Wed. Fri. | 5:45 AM - 7:00 AM | \$30.00 | \$40.00 |
| New Member Receptions | | | | | | |
| | 10/15/2019 | 1 to 100 | Tues. | 6:00 PM - 6:30 PM | \$0.00 | \$0.00 |
| | 10/17/2019 | 1 to 100 | Thurs. | 7:00 PM - 7:30 PM | \$0.00 | \$0.00 |
| | 10/24/2019 | 1 to 100 | Thurs. | 12:30 PM - 1:00 PM | \$0.00 | \$0.00 |
| | 11/14/2019 | 1 to 100 | Thurs. | 9:30 AM - 10:00 AM | \$0.00 | \$0.00 |
| | 11/19/2019 | 1 to 100 | Tues. | 6:00 PM - 6:30 PM | \$0.00 | \$0.00 |
| | 11/21/2019 | 1 to 100 | Thurs. | 7:00 PM - 7:30 PM | \$0.00 | \$0.00 |
| Personal Training Packages | | | | | | |
| | 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 |



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

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

JRL YMCA Home School Swim program is offered to home school children.

Incentive Programs

Join our 8-week challenge! You'll earn points by doing cardio exercise, lifting weights or participating in any of our group exercise classes. Register at our membership desk starting September 1st!
*Register online or at the front desk September 1st, *Pick up your tracking cards at the front desk, *Complete and turn in your card by October 26th to be eligible for prizes!

Martial Arts

Come Learn Hung Ga Martial Arts from Sifu Jason Goree. Sifu Jason has been studying and teaching Martial Arts for over 30 years. Learn the basics of the Hung Ga style and progress and experience the benefits that come along with learning a variety of Martial Arts Disciplines.

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.

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.

Personal Training Packages

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



Jackson R. Lehman Family YMCA

Fall II - 2019 Program Listing

Fall II Session (10/28-12/15)
Registration (Mbr. 10/14) (Prog. Part. 10/21)

| Program Name | Session Name | Age Range | Day | Time | Member Fee | Program Participant Fee |
|--|---------------------|-----------|--------------|---------------------|------------|-------------------------|
| Pickleball | Pickleball | | | No Time Specified | \$0.00 | \$0.00 |
| Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery) | Saturday 9:15 am | 0 to 3 | Sat. | 9:15 AM - 9:45 AM | \$25.00 | \$56.00 |
| Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration) | Thursday 05:00 pm | 0 to 3 | Thurs. | 5:00 PM - 5:30 PM | \$25.00 | \$56.00 |
| | Thursday 09:15 am | 0 to 3 | Thurs. | 9:15 AM - 9:45 AM | \$25.00 | \$56.00 |
| | Tuesday 05:00 pm | 0 to 3 | Tues. | 5:00 PM - 5:30 PM | \$25.00 | \$56.00 |
| Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration) | Saturday 10:00 am | 0 to 3 | Sat. | 10:00 AM - 10:30 AM | \$25.00 | \$56.00 |
| Swim Lessons - Age 3 yrs (Parent/Child) (1-Water Acclimation) | Thursday 04:15 pm | 3 to 3 | Thurs. | 4:15 PM - 4:45 PM | \$25.00 | \$56.00 |
| | Tuesday 04:15 pm | 3 to 3 | Tues. | 4:15 PM - 4:45 PM | \$25.00 | \$56.00 |
| Swim Lessons - Age 3-5yrs (1-Water Acclimation) | Saturday 10:45 am | 3 to 5 | Sat. | 10:45 AM - 11:15 AM | \$25.00 | \$56.00 |
| | Thursday 10:00 am | 3 to 5 | Thurs. | 10:00 AM - 10:30 AM | \$25.00 | \$56.00 |
| | Thursday 4:15 pm | 3 to 5 | Thurs. | 4:15 PM - 4:45 PM | \$25.00 | \$56.00 |
| | Thursday 5:45 pm | 3 to 5 | Thurs. | 5:45 PM - 6:15 PM | \$25.00 | \$56.00 |
| | Tue/Thur 04:15 pm | 3 to 5 | Tues. Thurs. | 4:15 PM - 4:45 PM | \$50.00 | \$112.00 |
| | Tuesday 04:15 pm | 3 to 5 | Tues. | 4:15 PM - 4:45 PM | \$25.00 | \$56.00 |
| | Tuesday 05:45 pm | 3 to 5 | Tues. | 5:45 PM - 6:15 PM | \$25.00 | \$56.00 |
| Swim Lessons - Age 3-5yrs (2-Water Movement) | Saturday 10:45 am | 3 to 5 | Sat. | 10:45 AM - 11:15 AM | \$25.00 | \$56.00 |
| | Thursday 04:15 pm | 3 to 5 | Thurs. | 4:15 PM - 4:45 PM | \$25.00 | \$56.00 |
| | Thursday 10:00 am | 3 to 5 | Thurs. | 10:00 AM - 10:30 AM | \$25.00 | \$56.00 |
| | Tue/Thur 05:00 pm | 3 to 5 | Tues. Thurs. | 5:00 PM - 5:30 PM | \$50.00 | \$112.00 |
| | Tuesday 04:15 pm | 3 to 5 | Tues. | 4:15 PM - 4:45 PM | \$25.00 | \$56.00 |
| Swim Lessons - Age 3-5yrs (3-Water Stamina) | Saturday 10 am | 3 to 5 | Sat. | 10:00 AM - 10:30 AM | \$25.00 | \$56.00 |
| | Thursday 04:15 pm | 3 to 5 | Thurs. | 4:15 PM - 4:45 PM | \$25.00 | \$56.00 |
| | Tuesday 04:15 pm | 3 to 5 | Tues. | 4:15 PM - 4:45 PM | \$25.00 | \$56.00 |
| Swim Lessons - Age 6-12yrs (1-Water Acclimation) | Saturday 11:30 am | 6 to 12 | Sat. | 11:30 AM - 12:15 PM | \$28.00 | \$62.00 |
| | Thursday 05:45 pm | 6 to 12 | Thurs. | 5:45 PM - 6:30 PM | \$28.00 | \$62.00 |
| | Tuesday 05:45 pm | 6 to 12 | Tues. | 5:45 PM - 6:30 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 6-12yrs (2-Water Movement) | Saturday 11:30 am | 6 to 12 | Sat. | 11:30 AM - 12:15 PM | \$28.00 | \$62.00 |
| | Thursday - 05:45 pm | 6 to 12 | Thurs. | 5:45 PM - 6:30 PM | \$28.00 | \$62.00 |
| | Thursday - 05:45 pm | 6 to 12 | Thurs. | 5:45 PM - 6:30 PM | \$28.00 | \$62.00 |
| | Tuesday - 05:45 pm | 6 to 12 | Tues. | 5:45 PM - 6:30 PM | \$28.00 | \$62.00 |



Pickleball

Perfect for a new member who plans to participate in pickleball at JRL

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

Parent and Child Stage A (Water Discovery) Recommended ages: 6months-3 years 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)

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

Parent and Child Stage B (Water Exploration) Recommended ages: 6months-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 yrs (Parent/Child) (1-Water Acclimation)

Preschool Level, Swim Basics, Stage 1 (Water Acclimation) Recommended ages: 3 years old. In stage 1, 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.

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

Preschool Level, Swim Basics, Stage 1 (Water Acclimation) Recommended ages: 3-5 years old. In stage 1, 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.

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 falling into a body of water.

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 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)

School Age, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 6 - 12 years old 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)

School Age, Swim Basics Stage 2 (Water Movement) Recommended ages: 6 - 12 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 falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll



| Program Name | Session Name | Age Range | Day | Time | Member Fee | Program Participant Fee |
|--|--|-----------|-----------|---------------------|------------|-------------------------|
| Swim Lessons - Age 6-12yrs (3-Water Stamina) | | | | | | |
| | Saturday 09:00 am | 6 to 12 | Sat. | 9:00 AM - 9:45 AM | \$28.00 | \$62.00 |
| | Saturday 10:30 am | 6 to 12 | Sat. | 10:30 AM - 11:15 AM | \$28.00 | \$62.00 |
| | Thursday - 05:00 pm | 6 to 12 | Thurs. | 5:00 PM - 5:45 PM | \$28.00 | \$62.00 |
| | Tuesday - 05:00 pm | 6 to 12 | Tues. | 5:00 PM - 5:45 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 6-12yrs (4-Stroke Introduction) | | | | | | |
| | Saturday 09:00 am | 6 to 12 | Sat. | 9:00 AM - 9:45 AM | \$28.00 | \$62.00 |
| | Thursday 05:50 pm | 6 to 12 | Thurs. | 5:50 PM - 6:35 PM | \$28.00 | \$62.00 |
| | Tuesday 05:50 pm | 6 to 12 | Tues. | 5:50 PM - 6:35 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 6-12yrs (5&6 Stroke Development & Mechanics) | | | | | | |
| | Saturday 10:45 am | 6 to 12 | Sat. | 10:45 AM - 11:30 AM | \$28.00 | \$62.00 |
| Swim Lessons - Age 13-16yrs (1-3 Water Acclimation thru Stamina) | | | | | | |
| | Tuesday - 06:45 pm | 13 to 16 | Tues. | 6:45 PM - 7:30 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 13-16yrs (4-6 Stroke Intro thru Mechanics) | | | | | | |
| | Thursday 06:45 pm | 13 to 16 | Thurs. | 6:45 PM - 7:45 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 17yrs & Up (1-3 Water Acclimation thru Stamina) | | | | | | |
| | Tuesday - 07:45 pm | 17 to 100 | Tues. | 7:45 PM - 8:30 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 17yrs & Up (4-6 Stroke Intro thru Mechanics) | | | | | | |
| | Thursday 07:45 pm | 17 to 100 | Thurs. | 7:45 PM - 8:30 PM | \$28.00 | \$62.00 |
| Swim Lessons - Adaptive | | | | | | |
| | Friday | 5 to 100 | Fri. | 6:00 PM - 6:45 PM | \$28.00 | \$62.00 |
| Swim Lessons - Conditioning | | | | | | |
| | Age 6+ (Friday) | 6 to 113 | Fri. | 5:30 PM - 6:30 PM | \$31.00 | \$67.00 |
| | Age 6+ (Monday & Wednesday) | 6 to 113 | Mon. Wed. | 5:30 PM - 6:30 PM | \$62.00 | \$134.00 |
| | Age 6+ (Monday) | 6 to 113 | Mon. | 5:30 PM - 6:30 PM | \$31.00 | \$67.00 |
| | Age 6+ (Wednesday) | 6 to 113 | Wed. | 5:30 PM - 6:30 PM | \$31.00 | \$67.00 |
| Swim Lessons - Private Swim Lesson Packages | | | | | | |
| | 3 sessions | | | | \$60.00 | \$120.00 |
| | 7 sessions | | | | \$94.00 | \$144.00 |
| Swimming With Special Needs | | | | | | |
| | Swim Team (MUST ATTEND OPEN TRYOUTS 10/6 BEFORE REGISTERING) | 8 to 108 | Sun. | 2:00 PM - 2:45 PM | \$28.00 | \$62.00 |



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, crab". 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)

School Age, Swim Strokes Stage 5 (Stroke Development) Recommended ages: 6- 12 years old 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

Swim Lessons - Age 13-16yrs (1-3 Water Acclimation thru Stamina)

Teens, Swim Basics, Stage 1 thru 3 (Water Acclimation thru Water Stamina) Recommended ages: 13-16 years old. Students in this level will increase comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Also students will be encouraged forward movement in water and will develop intermediate self-rescue skills.

Swim Lessons - Age 13-16yrs (4-6 Stroke Intro thru Mechanics)

Teens, Swim Strokes, Stage 4 thru 6 (Stroke introduction thru Stroke Mechanics) Recommended ages: 13-16 years old. Students in this level will be introduced to basic stroke technique in Front & Back Crawl, Treading Water, elementary backstroke. Once students pass stage 4 students will be introduced to Breaststroke and butterfly. Throughout these classes students will gain knowledge how to refine those strokes while building endurance so they can effectively make swimming a way of life.

Swim Lessons - Age 17yrs & Up (1-3 Water Acclimation thru Stamina)

Adult, Swim Basics, Stage 1 thru 3 (Water Acclimation thru Water Stamina) Recommended ages: 17 and +. Students in this level will increase comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Also students will be encouraged forward movement in water and will develop intermediate self-rescue skills.

Swim Lessons - Age 17yrs & Up (4-6 Stroke Intro thru Mechanics)

Adult, Swim Strokes, Stage 4 thru 6 (Stroke introduction thru Stroke Mechanics) Recommended ages: 17 and up. Students in this level will be introduced to basic stroke technique in Front & Back Crawl, Treading Water, elementary backstroke. Once students pass stage 4 students will be introduced to Breaststroke and butterfly. Throughout these classes students will gain knowledge how to refine those strokes while building endurance so they can effectively make swimming a way of life.

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 - Conditioning

Swim Conditioning is a structured one hour coached swim workout focusing on improving swimming technique and endurance. Classes are modified for swimmers of all abilities. Lap swimmers are encouraged to participate. Must be able to swim 50 yards.

Swim Lessons - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor

Swimming With Special Needs

This swim team is specifically designed for those ages 8+ with developmental disabilities. Participants will learn a variety of skills related to competitive swim while building friendships. Snacks are provided. Participants should bring goggles and a towel.



Jackson R. Lehman Family YMCA

Fall II - 2019 Program Listing

Fall II Session (10/28-12/15)
Registration (Mbr. 10/14) (Prog. Part. 10/21)

| Program Name | Session Name | Age Range | Day | Time | Member Fee | Program Participant Fee |
|---|--|-----------|----------------|-------------------|------------|-------------------------|
| Training - Lifeguarding | | | | | | |
| | Lifeguarding (Blended Learning) | 15 to 99 | Sun. Fri. Sat. | No Time Specified | \$175.00 | \$245.00 |
| Training - CPR/AED/Oxygen | | | | | | |
| | Blended CPR/AED/O2/ First Aid (10/22/2019) | 16 to 100 | Tues. | 4:30 PM - 9:00 PM | \$100.00 | \$140.00 |
| | Blended CPR/AED/O2/ First Aid (11/14/2019) | 16 to 100 | Thurs. | 4:30 PM - 9:00 PM | \$100.00 | \$140.00 |
| | Blended CPR/AED/O2/ First Aid (11/26/2019) | 16 to 100 | Tues. | 4:30 PM - 9:00 PM | \$100.00 | \$140.00 |
| Wellness Center & Equipment Orientations | | | | | | |
| | 2019 JRL Orientations | 15 to 115 | | 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 | | | | \$0.00 | \$0.00 |
| Wellness for Life 2.0 | | | | | | |
| | 2019 WFL 2.0 | | | No Time Specified | \$99.00 | \$99.00 |
| Y-Ambassador (Volunteer) | | | | | | |
| | 2019 | | | No Time Specified | \$0.00 | \$0.00 |
| YMCA Race Series | | | | | | |
| | 2019 Race Series | | | No Time Specified | \$0.00 | \$0.00 |
| Youth Fit | | | | | | |
| | Youth Fit 2019 | 11 to 14 | | No Time Specified | \$0.00 | \$0.00 |



Training - Lifeguarding

The primary purpose of the newly revised Lifeguarding program is to train lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and Oxygen more. The new program reflects the latest Emergency Cardiovascular Care (ECC) science. This will be a blended learning course. Fri 29th & Sat 30th from 9 am to 5 PM -----Sun 1st from 12 pm to 6pm -----Sat 7th from 8 am to 6 pm -----Sun 8th from 12 pm to 6 pm

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

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

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-Ambassador

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

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

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.



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