

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
	Breakfast & Learn (11/12/19)	50 to 100	Tues.	9:30 AM - 10:30 AM	\$0.00	\$0.00
	Game Club	55 to 117	Mon.	11:00 AM - 1:00 PM	\$0.00	\$0.00
	Halloween Bingo	50 to 100	Thurs.	10:30 AM - 11:30 AM	\$0.00	\$0.00
	Luncheon (10/17/19) - Humana	55 to 117	Thurs.	12:30 PM - 2:00 PM	\$0.00	\$0.00
	Luncheon (11/21/19) - Volunteer	50 to 100	Thurs.	12:30 PM - 1:30 PM	\$0.00	\$0.00
	Recapture Your Youth	50 to 100	Tues.	9:30 AM - 12:00 PM	\$0.00	\$0.00
Adult Basketball						
	Fridays 5:00	18 to 118	Fri.	5:00 AM - 8:00 AM	\$0.00	\$0.00
	Thursdays 12:00	18 to 118	Thurs.	12:00 PM - 2:00 PM	\$0.00	\$0.00
	Thursdays 6:00	18 to 118	Thurs.	6:00 PM - 8:30 PM	\$0.00	\$0.00
	Tuesdays 12:00	18 to 118	Tues.	12:00 PM - 2:00 PM	\$0.00	\$0.00
	Tuesdays 6:00	18 to 118	Tues.	6:00 PM - 8:30 PM	\$0.00	\$0.00
	Wednesdays 5:00	18 to 118	Wed.	5:00 AM - 8:00 AM	\$0.00	\$0.00
Adult Rock Climbing						
	Wednesday	16 to 116	Wed.	7:00 PM - 10:00 PM	\$0.00	\$20.00
	Wednesday	16 to 116	Wed.	7:00 PM - 10:00 PM	\$0.00	\$20.00
Adult Volleyball						
	2019 Volleyball	18 to 118	Sun.	2:00 PM - 5:00 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						
	2019 Badminton	16 to 116	Wed.	6:30 PM - 8:30 PM	\$0.00	\$0.00
Blood Pressure Self Monitoring Program						
	2019 BPSM Program	18 to 118		No Time Specified	\$30.00	\$30.00
Childwatch / Kids Club						
	2019 Childwatch & Kids Club			No Time Specified	\$0.00	\$0.00
Cooking Classes						
	Youth Chef Academy	11 to 18	Wed.	6:00 PM - 8:00 PM	\$35.00	\$75.00
Event Volunteer						
	2019 Event Volunteers			No Time Specified	\$0.00	\$0.00
	Halloween Spooktacular (10/25/19)		Fri.	5:00 PM - 7:00 PM	\$0.00	\$0.00
	Turkey Trot (11/28/19)		Thurs.	6:00 AM - 9:00 AM	\$0.00	\$0.00
Family First Friday						
	11/01/2019 (Nerf Night)	0 to 99	Fri.	6:00 PM - 8:00 PM	\$0.00	\$0.00

Active Older Adults

Breakfast & Learn (11/12/19) - with Dave Collins all your electronic needs
Game Club - Join fellow members for an afternoon of fun and games of your choice. Cards and limited board games will be provided. Please feel free to bring your own games.
Halloween Bingo - Bingo your day away with friends, a lite snack and costume dress up optional
Luncheon (10/17/19) - Humana - Join Dave Schmille with Humana Health Insurance to learn about the Medicare advantage plan for 2020. October 17, 2019 12:30-2pm.
Luncheon (11/21/19) - FW Volunteer Info
Recapture Your Youth - Join us at the YMCA for a breakfast to reconnect with the facility, staff and programs.

Adult Basketball

Pick-up full-court games. Participants 18+ only.

Adult Rock Climbing

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

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 to cook simple dishes and travel to culinary destinations for a real world look at being a chef. Wednesdays 6pm - 8pm. Open to 6th-12th. Pre-registration required. Session based class.

Event Volunteer

2019 Event Volunteers
Halloween Spooktacular (10/25/19) - Decorate a bench and pass out candy to trick or treaters. Must supply own candy.
Turkey Trot (11/28/19) - Help with stations during our annual Turkey Trot event.

Family First Friday

The 1st Friday of every month, we invite your family to join us for an evening of games, activities, snacks, and fun! Nerf Night: Please bring a Nerf gun. Nerf bullets provided (regular size). Only 1 family member needs to register.

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Financial Fitness						
	Fall II	18 to 118	Tues.	6:15 PM - 8:00 PM	\$50.00	\$100.00
Friday Night Live						
	10/18/2019 (Halloween Party)	11 to 18	Fri.	7:00 PM - 10:00 PM	\$0.00	\$0.00
	11/15/2019 (Nerf Wars)	11 to 18	Fri.	7:00 PM - 10:00 PM	\$0.00	\$0.00
Guitar Lessons						
	Saturday	5 to 105	Sat.	10:00 AM - 10:45 AM	\$75.00	\$125.00
	Wednesday	5 to 105	Wed.	5:00 PM - 5:45 PM	\$75.00	\$125.00
Gymnastics-Bodies in Motion						
	Friday	3 to 4	Fri.	10:00 AM - 10:30 AM	\$25.00	\$56.00
	Monday	3 to 4	Mon.	4:30 PM - 5:00 PM	\$25.00	\$56.00
	Tuesday	3 to 4	Tues.	10:00 AM - 10:30 AM	\$25.00	\$56.00
Gymnastics-Mom & Me						
	Friday	0 to 2	Fri.	9:30 AM - 10:00 AM	\$25.00	\$56.00
	Monday	0 to 2	Mon.	4:00 PM - 4:30 PM	\$25.00	\$56.00
	Tuesday	0 to 2	Tues.	9:30 AM - 10:00 AM	\$25.00	\$56.00
Gymnastics-School Age						
	Level I (Friday 10:30am)	5 to 10	Fri.	10:30 AM - 11:00 AM	\$25.00	\$56.00
	Level I (Monday 5:00pm)	5 to 10	Mon.	5:00 PM - 5:30 PM	\$25.00	\$56.00
	Level I (Monday 5:30pm)	5 to 10	Mon.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Level II (Monday 6:00pm)	5 to 10	Mon.	6:00 PM - 6:30 PM	\$25.00	\$56.00
Holiday Events						
	Afternoon with Santa (12/8/19)	0 to 100	Sun.	2:00 PM - 5:00 PM	\$0.00	\$0.00
	Halloween Spooktacular (10/25/19)	0 to 99	Fri.	5:00 PM - 7:00 PM	\$0.00	\$0.00
Home School Programs						
	Aqe 11-17 (Gym)	11 to 17	Wed.	11:15 AM - 12:00 PM	\$28.00	\$62.00
	Aqe 11-17 (Swim)	11 to 17	Wed.	12:10 PM - 12:55 PM	\$28.00	\$62.00
	Aqe 3-5 (Gym)	3 to 5	Wed.	9:35 AM - 10:20 AM	\$28.00	\$62.00
	Aqe 3-5 (Swim)	3 to 5	Wed.	10:30 AM - 11:15 AM	\$28.00	\$62.00
	Aqe 6-10 (Gym)	6 to 10	Wed.	10:25 AM - 11:10 AM	\$28.00	\$62.00
	Aqe 6-10 (Swim)	6 to 10	Wed.	11:20 AM - 12:05 PM	\$28.00	\$62.00
Karate						
	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						
	10/22/2019	18 to 100	Tues.	6:00 PM - 7:00 PM	\$0.00	\$0.00
	10/29/2019	18 to 100	Tues.	6:00 PM - 7:00 PM	\$0.00	\$0.00
	11/06/2019	18 to 100	Wed.	7:00 PM - 8:00 PM	\$0.00	\$0.00
	11/18/2019	18 to 100	Mon.	6:00 PM - 7:00 PM	\$0.00	\$0.00
	11/25/2019	18 to 100	Mon.	6:00 PM - 7:00 PM	\$0.00	\$0.00
Nutrition Seminar						
	Dietary Approaches to Stop Hypertension	18 to 118	Tues.	6:00 PM - 7:00 PM	\$0.00	\$0.00

Financial Fitness

Our Financial Fitness class provides an overview of budgeting, purchasing a house, buying insurance, getting out of debt, planning for future goals and finding accountability. The first 5 weeks will provide financial overviews and lessons. Weeks 6 & 7 participants will be able to meet one on one with the instructor. Child Care will be provided for children ages 6 weeks to 10 years old.

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.

Guitar Lessons

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

Gymnastics-Bodies in Motion

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-Mom & Me

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-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!

Holiday Events

Afternoon with Santa - Meet Santa, make a Christmas craft, bounce in the bounce house and enjoy some Christmas cookies. Only 1 family member needs to register per family.
Halloween Spooktacular - Trick or Treat at our bench stations, bounce in the bounce house and play games for prizes! Event will be indoors

Home School Programs

Participants engage in physical education activities that help children build self-confidence, gain team building strategies, socialize with other home schoolers all while having fun in a safe environment. Welcome to the Parkview Family YMCA Home School Gym program. Our goal is to create a fun and safe environment for our participants to engage in physical activity. Our Home School 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. Please make sure that children have used the restroom and have their shoes tied so that they are ready

Karate

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.

New Member Receptions**Nutrition Seminar**

Nutrition Education Seminars.

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Parents Night Out						
	11/08/2019	4 to 10	Fri.	6:00 PM - 10:00 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						
	Ages 8+ 3:00 pm	8 to 117	Sun.	3:00 PM - 3:45 PM	\$35.00	\$80.00
	Ages 8+ 4:00 pm	8 to 117	Sun.	4:00 PM - 4:45 PM	\$35.00	\$80.00
Pickleball						
	Thursdays	18 to 118	Thurs.	8:30 AM - 11:30 AM	\$0.00	\$0.00
	Tuesdays	18 to 118	Tues.	8:30 AM - 11:30 AM	\$0.00	\$0.00
	Wednesday	18 to 118	Wed.	10:30 AM - 12:30 AM	\$0.00	\$0.00
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	Mon.	6:15 PM - 7:00 PM	\$45.00	\$95.00
	Preschool	3 to 5	Fri.	5:00 PM - 5:45 PM	\$45.00	\$95.00
SPARK Kids						
	Fall II	3 to 7	Mon. Wed.	11:00 AM - 11:30 AM	\$0.00	\$0.00
String Lessons						
	Advanced Strings	8 to 117	Sun.	5:00 PM - 5:45 PM	\$35.00	\$80.00
	Beginning Strings	8 to 117	Sun.	2:00 PM - 2:45 PM	\$35.00	\$80.00
Swim Lessons - Age 6mos-18mos (Parent/Child) (A-Water Discovery)						
	Saturday 9:00am	0 to 2	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
	Saturday 11:30 am	0 to 2	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00
	Thursday 10:00am	0 to 2	Thurs.	10:00 AM - 10:30 AM	\$25.00	\$56.00
	Tuesday 4:40pm	0 to 2	Tues.	4:40 PM - 5:10 PM	\$25.00	\$56.00
Swim Lessons - Age 19mos-3yrs (Parent/Child) (B-Water Exploration)						
	Saturday 9:40am	2 to 3	Sat.	9:40 AM - 10:10 AM	\$25.00	\$56.00
	Saturday 11:00 am	2 to 3	Sat.	11:00 AM - 11:30 AM	\$25.00	\$56.00
	Thursday 10:00am	2 to 3	Thurs.	10:00 AM - 10:30 AM	\$25.00	\$56.00
	Thursday 6:40pm	2 to 3	Thurs.	6:40 PM - 7:10 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (Parent/Child) (1-Water Acclimation)						
	Saturday 10:20am	3 to 5	Sat.	10:20 AM - 10:50 AM	\$25.00	\$56.00
	Thursday 5:20pm	3 to 5	Thurs.	5:20 PM - 5:50 PM	\$25.00	\$56.00
	Tuesday 5:20pm	3 to 5	Tues.	5:20 PM - 5:50 PM	\$25.00	\$56.00

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, rock wall climbing, 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). If your child would like to climb the rock wall they will need closed toed shoes. Please note, young children must be potty trained. Registration deadline is Wednesday prior to event.

Personal Training Packages

Duo Personal Training - 1 session - 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 - 1 session - Develop your own personal exercise program while working with a certified trainer

Piano

This 7 week piano class is offered to kids ages 8+. 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.

Spanish Classes

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

SPARK Kids

Using Sports, Play & Active Recreation for Kids this drop-in class will provide children with high energy, rhythmic, engaging activities that foster social and motor development. Open to all children ages 3-7. Open to children with all

String Lessons

Advanced Strings - Sundays for 7 weeks. This class is for students who have never played or who need to work in Songs for the Young Violinist. Advanced Strings: 5PM-545PM. This class is for students who have completed Songs for the Young Violinist and who have begun reading music.

Beginning Strings - Sundays for 7 weeks. This class is for students who have never played or who need to work in Songs for the Young Violinist. Beginners: 2:00-2:45 pm (No previous experience) \$35.00 (members). \$80.00 (program participants). Participants can be beginners or intermediate. 15 minute mini 1 on 1 sessions are included with the class.

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)

In this class parents work with their 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".

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday 9:00am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
	Saturday 10:20am	3 to 5	Sat.	10:20 AM - 10:50 AM	\$25.00	\$56.00
	Saturday 11:00 am	3 to 5	Sat.	11:00 AM - 11:30 AM	\$25.00	\$56.00
	Saturday 11:30 am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00
	Thursday 10:30am	3 to 5	Thurs.	10:30 AM - 11:00 AM	\$25.00	\$56.00
	Thursday 4:40pm	3 to 5	Thurs.	4:40 PM - 5:10 PM	\$25.00	\$56.00
	Thursday 5:20pm	3 to 5	Thurs.	5:20 PM - 5:50 PM	\$25.00	\$56.00
	Tuesday 04:40 pm	3 to 5	Tues.	4:40 PM - 5:10 PM	\$25.00	\$56.00
	Tuesday 5:20pm	3 to 5	Tues.	5:20 PM - 5:50 PM	\$25.00	\$56.00
	Tuesday 6:40pm	3 to 5	Tues.	6:40 PM - 7:10 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday 9:00am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
	Saturday 9:40am	3 to 5	Sat.	9:40 AM - 10:10 AM	\$25.00	\$56.00
	Saturday 11:00am	3 to 5	Sat.	11:00 AM - 11:30 AM	\$25.00	\$56.00
	Thursday 11:00am	3 to 5	Thurs.	11:00 AM - 11:30 AM	\$25.00	\$56.00
	Thursday 4:40pm	3 to 5	Thurs.	4:40 PM - 5:10 PM	\$25.00	\$56.00
	Thursday 6:00pm	3 to 5	Thurs.	6:00 PM - 6:30 PM	\$25.00	\$56.00
	Tuesday 6:00pm	3 to 5	Tues.	6:00 PM - 6:30 PM	\$25.00	\$56.00
	Tuesday 6:40pm	3 to 5	Tues.	6:40 PM - 7:10 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Saturday 9:40am	3 to 5	Sat.	9:40 AM - 10:10 AM	\$25.00	\$56.00
	Saturday 10:20am	3 to 5	Sat.	10:20 AM - 10:50 AM	\$25.00	\$56.00
	Thursday 11:30am	3 to 5	Thurs.	11:30 AM - 12:00 PM	\$25.00	\$56.00
	Thursday 11:30am	3 to 5	Thurs.	11:30 AM - 12:00 PM	\$25.00	\$56.00
	Thursday 6:00pm	3 to 5	Thurs.	6:00 PM - 6:30 PM	\$25.00	\$56.00
	Thursday 6:40pm	3 to 5	Thurs.	6:40 PM - 7:10 PM	\$25.00	\$56.00
	Tuesday 6:00pm	3 to 5	Tues.	6:00 PM - 6:30 PM	\$25.00	\$56.00
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Saturday 9:00am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$28.00	\$62.00
	Saturday 9:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$28.00	\$62.00
	Saturday 11:00am	6 to 12	Sat.	11:00 AM - 11:45 AM	\$28.00	\$62.00
	Thursday 04:40 pm	6 to 12	Thurs.	4:40 PM - 5:25 PM	\$28.00	\$62.00
	Thursday 6:30pm	6 to 12	Thurs.	6:30 PM - 7:15 PM	\$28.00	\$62.00
	Tuesday 04:40 pm	6 to 12	Tues.	4:40 PM - 5:25 PM	\$28.00	\$62.00
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Saturday 9:00am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$28.00	\$62.00
	Saturday 9:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$28.00	\$62.00
	Saturday 11:00 am	6 to 12	Sat.	11:00 AM - 11:45 AM	\$28.00	\$62.00
	Thursday 4:40pm	6 to 12	Thurs.	4:40 PM - 5:25 PM	\$28.00	\$62.00
	Thursday 5:35pm	6 to 12	Thurs.	5:35 PM - 6:20 PM	\$28.00	\$62.00
	Tuesday 4:40pm	6 to 12	Tues.	4:40 PM - 5:25 PM	\$28.00	\$62.00
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$28.00	\$62.00

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-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 (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 falling 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)

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. 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".

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Saturday 9:00am	6 to 12	Sat.	9:00 PM - 9:45 AM	\$28.00	\$62.00
	Saturday 9:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$28.00	\$62.00
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$28.00	\$62.00
	Thursday 04:40 pm	6 to 12	Thurs.	4:40 PM - 5:25 PM	\$28.00	\$62.00
	Thursday 5:35pm	6 to 12	Thurs.	5:35 PM - 6:20 PM	\$28.00	\$62.00
	Thursday 6:30pm	6 to 12	Thurs.	6:30 PM - 7:15 PM	\$28.00	\$62.00
	Tuesday 04:40 pm	6 to 12	Tues.	4:40 PM - 5:25 PM	\$28.00	\$62.00
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$28.00	\$62.00
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Saturday 9:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$28.00	\$62.00
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$28.00	\$62.00
	Thursday 4:40pm	6 to 12	Thurs.	4:40 PM - 5:25 PM	\$28.00	\$62.00
	Thursday 5:35pm	6 to 12	Thurs.	5:35 PM - 6:20 PM	\$28.00	\$62.00
	Tuesday 4:40pm	6 to 12	Tues.	4:40 PM - 5:25 PM	\$28.00	\$62.00
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Saturday 09:00am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$28.00	\$62.00
	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
	Thursday 6:30pm	6 to 12	Thurs.	6:30 PM - 7:15 PM	\$28.00	\$62.00
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$28.00	\$62.00
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Saturday 11:00am	6 to 12	Sat.	11:00 AM - 12:00 PM	\$31.00	\$67.00
	Thursday 6:30pm	6 to 12	Thurs.	6:30 PM - 7:30 PM	\$31.00	\$67.00
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:30 PM	\$31.00	\$67.00
Swim Lessons - Pre-Testing						
	Saturday, 10/19/2019 - 12:00 pm		Sat.	12:00 PM - 12:30 PM	\$0.00	\$0.00
	Saturday, 10/26/2019 - 12:00 pm		Sat.	12:00 PM - 12:30 PM	\$0.00	\$0.00
	Thursday, October 17, 2019 - 04:00 pm		Thurs.	4:00 PM - 4:30 PM	\$0.00	\$0.00
	Thursday, October 17, 2019 - 07:20 pm		Thurs.	7:20 PM - 7:50 PM	\$0.00	\$0.00
	Thursday, October 24, 2019 - 04:00 pm		Thurs.	4:00 PM - 4:30 PM	\$0.00	\$0.00
	Thursday, October 24, 2019 - 07:20 pm		Thurs.	7:20 PM - 7:50 PM	\$0.00	\$0.00
	Tuesday, October 15, 2019 - 04:00 pm		Tues.	4:00 PM - 4:30 PM	\$0.00	\$0.00
	Tuesday, October 15, 2019 - 07:20 pm		Tues.	7:20 PM - 7:50 PM	\$0.00	\$0.00
	Tuesday, October 22, 2019 - 04:00 pm		Tues.	4:00 PM - 4:30 PM	\$0.00	\$0.00
	Tuesday, October 22, 2019 - 07:20 pm		Tues.	7:20 PM - 7:50 PM	\$0.00	\$0.00

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, 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 include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly

Swim Lessons - Pre-Testing

Children will be tested on their comfort level while in the water, ability to float, move arms and legs, and make forward progress. No appointment is necessary, parents must come to the pool area and sign in at the table next to the pool. Instructors will test children on a first come first serve basis. Once the test is complete, parents will receive a blue slip listing the level their children have tested into. Parents may use the blue slip to register for swim lessons. Blue slips are valid for three months after they have been given out.

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Teen & Adult						
	Adult Beginner Monday 7:00pm	14 to 114	Mon.	7:00 PM - 7:45 PM	\$28.00	\$62.00
	Adult Beginner Monday 7:45pm	14 to 114	Mon.	7:45 PM - 8:30 PM	\$28.00	\$62.00
	Adult Beginner Thursday 12:00pm	14 to 114	Thurs.	12:00 PM - 12:45 PM	\$28.00	\$62.00
	Teen Wednesday 7:00pm	14 to 17	Wed.	7:00 PM - 7:45 PM	\$28.00	\$62.00
	Triathlete Swim Class	16 to 114	Wed.	7:45 PM - 8:30 PM	\$28.00	\$62.00
Swim Lessons - Adaptive						
	Sunday 6:00 pm	3 to 12	Sun.	6:00 PM - 6:45 PM	\$28.00	\$62.00
	Sunday 6:50pm	3 to 100	Sun.	6:50 PM - 7:35 PM	\$28.00	\$62.00
Swim Lessons - Private Swim Lesson Packages						
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00
Teen Life Skills						
	Exploring the World of Art	11 to 18	Thurs.	6:30 PM - 8:00 PM	\$35.00	\$70.00
Teen Programs						
	Basketball	11 to 18	Mon.	7:00 PM - 9:00 PM	\$0.00	\$0.00
	Six 33	11 to 15	Wed.	7:00 PM - 8:30 PM	\$0.00	\$0.00
	Teen Leaders Club	11 to 18	Sun.	5:00 PM - 6:30 PM	\$0.00	\$0.00
	Teen Night at the ROCK	11 to 18	Tues.	6:00 PM - 8:00 PM	\$28.00	\$56.00
	Volleyball	11 to 18	Mon.	5:00 PM - 7:00 PM	\$0.00	\$0.00
Training - CPR/AED/Oxygen						
	11/02/2019	15 to 100	Sat.	9:00 AM - 4:00 PM	\$80.00	\$120.00
	Blended CPR/AED/O2/ First Aid (10/24/2019)	16 to 100	Thurs.	12:00 PM - 4:30 PM	\$100.00	\$140.00
	Blended CPR/AED/O2/ First Aid (11/19/2019)	16 to 100	Tues.	12:00 PM - 4:30 PM	\$100.00	\$140.00
Training - First Aid						
	11/09/2019	15 to 100	Sat.	9:00 AM - 11:45 AM	\$45.00	\$65.00
Training - Safe Sitter Babysitting						
	11/16/2019	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
	Wednesday	5 to 117	Wed.	6:00 PM - 6:45 PM	\$75.00	\$125.00
Volunteer @ The Y						
	2019 Clean Up Crew			No Time Specified	\$0.00	\$0.00
	2019 Youth Sports Coach			No Time Specified	\$0.00	\$0.00
	2019-20 Homework Helpers			No Time Specified	\$0.00	\$0.00
	2019 Y Ambassador			No Time Specified	\$0.00	\$0.00
	2019 Y Buddies Volunteer	18 to 118		No Time Specified	\$0.00	\$0.00
	2019 Y Readers			No Time Specified	\$0.00	\$0.00
	2019 Youth Mentor			No Time Specified	\$0.00	\$0.00

Swim Lessons - Teen & Adult

Adult Beginner - This class is designed for adults who want to learn the basic fundamentals of swimming, water orientation, and safety.
Teen Wednesday - Program designed specifically for teens looking to better their swimming abilities.
Triathlete Swim Class - This class is designed for triathletes looking to develop efficient swimming techniques, pacing strategies, and endurance.

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 Lesson Packages

Private swim lessons 1 on 1 with an instructor

Teen Life Skills

Explore the world of art through various different types such as canvas art, jewelry making, theater and more. Expand your creativity and knowledge of art! Open to 6th - 12th graders. Pre-registration is required.

Teen Programs

Basketball Form a team and bring your A game to teen basketball night. Open to 6th-12th graders. Teams may be divided by age range if needed. Free for members. Pre-registration required. Session based activity. Every Monday, 7pm-9pm. Open to members only. ID may be required if asked.
Six 33 Each week, students gather for games, worship, teaching, and small group huddles. Sometimes there's even pizza! We focus on developing kids to live and lead like Jesus, and we have a TON OF FUN doing it. Ultimately, we want to see the fullness of God's kingdom experienced in our middle schools and in the lives of our teenagers in the greater Fort Wayne area. Program is open for 6th - 8th grade
Teen Leaders Club 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.
Teen Night at the ROCK Climb to new heights at the Rock Wall. Teens will learn life lessons based on the 40 core developmental assets and enjoy learning about rock wall techniques and strategies. Open to 6th thru 12th Grade.
Volleyball Form a team and bring your A game to teen volleyball night. Open to 6th-12th graders. Teams may be divided by age range if needed. Free for members. Pre-registration required. On Going activity. Every Monday, 5pm-7pm. Open to members only. ID may be required if asked.

Training - CPR/AED/Oxygen

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.

Training - First Aid

This is a class designed to help people prevent, prepare for and respond to land based first aid emergencies. Upon successful completion of this course participants will receive certification in American Red Cross First Aid.

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

Clean Up crew - Volunteers will assist the Parkview YMCA in quarterly clean-ups of the new trail that will run along Dupont Rd between Lima and Coldwater Roads.
Youth Sports Coach - 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
School Year Homework Helpers - Register to volunteer at the Y! We have many opportunities and various times available and are looking for volunteers!

Y-Ambassador

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

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!

Y Readers

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

Youth Mentor

Register to volunteer at the Y! We have many opportunities and various times available to work with the youth of the YMCA!



Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Wellness Center & Equipment Orientations						
	Member Wellness Orientations	15 to 115		No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	2019 Wellness Consultation	16 to 116		No Time Specified	\$0.00	\$0.00
Wellness for Life Coaching Program						
	3 sessions				\$0.00	\$0.00
Y Buddies Participant						
	2019	8 to 108		No Time Specified	\$0.00	\$0.00
YMCA Race Series						
	2019 Race Series			No Time Specified	\$0.00	\$0.00
Yoga						
	Breathing AM	15 to 117	Thurs.	9:30 AM - 10:30 AM	\$15.00	\$30.00
	Breathing PM	15 to 117	Thurs.	6:00 PM - 7:00 PM	\$15.00	\$30.00
Youth & Government						
	2019-2020 Youth and Government	11 to 18	Sun.	3:00 PM - 4:30 PM	\$0.00	\$10.00
Youth Fit						
	Youth Fit 2019	11 to 14		No Time Specified	\$0.00	\$0.00
Youth Volleyball						
	Grades 1 & 2		Sat.	9:00 AM - 3:00 PM	\$35.00	\$70.00
	Grades 3 & 4		Sat.	9:00 AM - 3:00 PM	\$35.00	\$70.00
	Grades 5 & 6		Sat.	9:00 AM - 3:00 PM	\$35.00	\$70.00
	Grades 7 & 8		Sat.	9:00 AM - 3:00 PM	\$35.00	\$70.00

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

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

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.

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!

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

Yoga

Breath is the heart of a yoga practice. This workshop will explore the power and wonder of the breath. November 7-November 21st.

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

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.