



Jackson R. Lehman Family YMCA

Summer II - 2019 Program Listing

Summer II Session (7/15-8/25)
Registration (Mbr. 7/1) (Prog. Part. 7/8)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
	Allen County Courthouse	55 to 105	Tues.	11:30 AM - 12:30 PM	\$2.00	\$2.00
	Lunch 'n Learn (07/15/2019)	50 to 105	Mon.	11:00 AM - 12:15 PM	\$5.00	\$10.00
	Lunch 'n Learn (07/18/19)	50 to 105	Mon.	11:00 AM - 12:15 PM	\$5.00	\$10.00
	Lunch 'n Learn (08/19/2019)	50 to 105	Mon.	11:00 AM - 12:15 PM	\$5.00	\$10.00
	Lunch 'n Learn (08/22/2019)	50 to 105	Thurs.	11:00 AM - 12:15 PM	\$5.00	\$10.00
Adult Basketball						
	Open Basketball			No Time Specified	\$0.00	\$0.00
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
Cooking Classes						
	Back to Basics: A Healthy Cooking Journey On a Budget		Tues.	6:00 PM - 8:00 PM	\$45.00	\$90.00
	Sensational Salads		Thurs.	6:00 PM - 8:00 PM	\$45.00	\$90.00
	Parent/Child Cooking Class	5 to 12	Mon.	2:00 PM - 3:30 PM	\$45.00	\$90.00
Cheer						
	PreK & K		Wed	5:00 PM - 5:30 PM	\$40.00	\$80.00
	PreK & K		Sat.	10:00 AM - 10:30 AM	\$40.00	\$80.00
	Grades 1 & 2		Wed.	5:30 PM - 6:15 PM	\$40.00	\$80.00
	Grades 1 & 2		Sat.	10:30 AM - 11:15 AM	\$40.00	\$80.00
	Grades 3 - 6		Wed	6:15 PM - 7:00 PM	\$40.00	\$80.00
	Grades 3 - 6		Sat.	11:15 AM - 12:00 PM	\$40.00	\$80.00
	Grades 7 & 8		Sat.	12:15 PM - 1:00 PM	\$40.00	\$80.00



Active Older Adults

Allen County Courthouse - 715 S. Calhoun St, Fort Wayne. We have the opportunity to view the restorations that were done to this building in 2002. This time of day allows the group to go inside a courtroom during its lunch recess. The Allen County Courthouse is recognized as a National Historic Landmark for its original murals and sculptures, scagliola faux marbling, unique tile floor designs and abundant stained glass. Because preservation of the Courthouse continues and financial support is still required to ensure its future, we will be collecting a \$2 per person suggested donation, to be given to the Allen County Courthouse Preservation Trust. NO cameras or cell phones are allowed in the courthouse. We will meet in the Rotunda, upstairs. Transportation and parking will be on your own. If you are interested in carpooling, leave your phone number and email with Denise Hentz. You will be informed of others interested in carpooling.
Lunch 'n Learn (07/15/2019, 07/18/19) - "Parkview TherapyONE physical therapists will present "Dry Needling: Innovative Treatment for Pain and Injury Recovery," along with a demonstration!"

Lunch 'n Learn (08/19/2019) - Stryker, a medical devices and medical equipment production company located in Warsaw, Indiana, is bringing an orthopedic surgeon (or 2) to present the latest advances in joint pain, including a robotic arm for total knee, partial knee, and total hip replacement.

Lunch 'n Learn (08/22/2019) - Chad Ford, independent fire investigator with EFI Global, will present on "Fire Safety." Just in time for the Holidays!

Adult Basketball

Members who play basketball who would be interested in participating in a league

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 - 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.

Cooking Classes

Back to Basics: A Healthy Cooking Journey On A Budget- Our busy lives can lead to getting a meal on the table, the quickest way possible. Though we want the most healthiest meal options for our families, we sometimes rely on quick fix meals that lack healthy ingredients. What if you could make meals that were healthful, flavorful, and economical? Our instructor, Kizmet Byrd is here to help. She'll teach you how to cook meals that are quick to the table and budget friendly .

Sensational Salads- Come expand your knowledge and eat healthier at the same time. You will learn to make a variety of salads. From fruit salads to salads that can be a full meal. Also learn how to make your own croutons and salad dressings at a fraction of the cost you pay at the grocery store and without all the additives. This class will help you to be a healthier you.

Parent and Child Cooking Class- This class is a great way to create family memories through the art of cooking. While teaching your child basic cooking skills, Chef Meghann will guide you on how to make healthy snacks, lunches, and a variety of breakfasts options.

Cheer

Welcome to the Jackson R. Lehman Cheerleading program. Our goal is to create a fun and safe environment that allow children to focus on learning. Our Beginner 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 their set of poms during their first session and will receive a t-shirt.



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Kids Club						
	2019 Kids Club			No Time Specified	\$0.00	\$0.00
New Member Receptions						
	07/11/2019	1 to 100	Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	07/16/2019	1 to 100	Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	07/18/2019	1 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	07/25/2019	1 to 100	Thurs.	12:30 PM - 1:00 PM	\$0.00	\$0.00
	08/08/2019	1 to 100	Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	08/20/2019	1 to 100	Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	08/22/2019	1 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
Nutrition Coaching						
	Nutrition Coaching 101				\$80.00	\$80.00
	Nutrition Coaching - 1 session				\$40.00	\$40.00
	Nutrition Coaching - 5 sessions				\$195.00	\$195.00
	Nutrition Coaching - 10 sessions				\$370.00	\$370.00
	Nutrition Coaching - 20 sessions				\$700.00	\$700.00
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
Parents Night Out						
	07/05/2019	4 to 11	Fri.	6:00 PM - 10:00 PM	\$15.00	\$25.00
	08/02/2019	4 to 11	Fri.	6:00 PM - 10:00 PM	\$15.00	\$25.00
Pickleball						
	Pickleball			No Time Specified	\$0.00	\$0.00
Saturday Night Fever						
	Grades 6-12 - 07/27/2019	11 to 18	Sat.	6:00 PM - 9:00 PM	\$0.00	\$0.00
Special Events						
	Animal Care and Control Service Project	5 to 105	Tues.	9:00 AM - 11:00 AM	\$0.00	\$0.00



Incentive Programs

It's summer time! Join us for our summer wellness challenge for June and July. From June 1st through July 31st, fill out your 30 day fitness challenge sheet: Register at the front desk starting June 1st Pick up your tracking sheet at the front desk the day you register Turn in your completed card at the end of each month to the front desk for prizes Open to all ages! Questions? Please see the Member Services Desk.

Kids Club

Children who plan to participate in Kids Club activities through Childwatch

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.

Nutrition Coaching

Nutrition Coaching 101 - Meet with our Registered Dietitian for nutritional coaching for optimal health.

Personal Training Packages

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

Parents Night Out

Need an evening out without the kids? Let us provide dinner and entertain your 4 to 11 year old while you have an evening out. We will have fun swimming, playing in the gym and getting messy with an art project. Children will be separated into age appropriate groups. Send them with swim gear on under play clothes. Send a towel and clean change of clothes (clearly labeled). Please note, young children must be potty trained.

Pickleball

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

Saturday Night Fever

Come hang out with your friends during Saturday Night Fever. We will be eating delicious food, playing dodge ball, swimming, playing group games and video games. Bring your friends and have some fun.

Special Events

In conjunction with The Volunteer Center, we will be making small, No-Sew Fleece Tie Blankets, Toys for Cats and Dogs, and Milk Bone Sandwiches as snacks for dogs in our City of Fort Wayne Animal Care and Control facility. Patterns and instructions are provided. Camille Garrison, of The Volunteer Center, will also be on hand to help provide direction. Bring fabric scissors, if you have them. The following materials will be needed and can be dropped off at the Front Desk: Fleece material (Both solid and fun patterns are welcome. We will be using squares of either 18" or 24" for blankets and 6" x 1" strips for toys; Peanut Butter & Milk Bones (for dog snacks); Masking Tape (for marking cut lines on fleece); and Plastic Freezer Bags (for treats).



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Mon-Thur 8:30 AM (7/8-7/18)	0 to 3	Mon. - Thurs.	8:30 AM - 9:00 AM	\$28.00	\$64.00
	Mon-Thur 8:30 AM (7/22-8/1)	0 to 3	Mon. - Thurs.	8:30 AM - 9:00 AM	\$28.00	\$64.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Mon-Thur 9:15 am (7/8-7/18)	3 to 5	Mon. - Thurs.	9:15 AM - 9:45 AM	\$28.00	\$64.00
	Mon-Thur 9:15 am (7/22-8/1)	3 to 5	Mon. - Thurs.	9:15 AM - 9:45 AM	\$28.00	\$64.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Mon-Thur 09:15 am (7/8-7/18)	3 to 5	Mon. -Thurs.	9:15 AM - 9:45 AM	\$28.00	\$64.00
	Mon-Thur 9:15 am (7/22-8/1)	3 to 5	Mon. - Thurs.	9:15 AM - 9:45 AM	\$28.00	\$64.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Mon - Thur 08:30 am (7/8-7/18)	3 to 5	Mon. - Thurs.	8:30 AM - 9:00 AM	\$28.00	\$64.00
	Mon - Thur 08:30 am (7/22-8/1)	3 to 5	Mon. - Thurs.	8:30 AM - 9:00 AM	\$28.00	\$64.00
	Mon-Thur 09:30 am (7/8-7/18)	3 to 5	Mon. - Thurs.	9:30 AM - 10:00 AM	\$28.00	\$64.00
	Mon-Thur 09:30 am (7/22-8/1)	3 to 5	Mon. - Thurs.	9:30 AM - 10:00 AM	\$28.00	\$64.00
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Mon-Thur 9:00 am (7/8-7/18)	6 to 12	Mon. - Thurs.	9:00 AM - 9:45 AM	\$32.00	\$70.00
	Mon-Thur 9:00 am (7/22-8/1)	6 to 12	Mon. - Thurs.	9:00 AM - 9:45 AM	\$32.00	\$70.00
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Mon-Thur 08:30 am (7/8-7/18)	6 to 12	Mon. - Thurs.	8:30 AM - 9:15 AM	\$32.00	\$70.00
	Mon-Thur 08:30 am (7/22-8/1)	6 to 12	Mon. - Thurs.	8:30 AM - 9:15 AM	\$32.00	\$70.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Mon-Thurs 09:15 am (7/8-7/18)	6 to 12	Mon. - Thurs.	9:15 AM - 10:00 AM	\$32.00	\$70.00
	Mon-Thurs 09:15 am (7/22-8/1)	6 to 12	Mon. - Thurs.	9:15 AM - 10:00 AM	\$32.00	\$70.00
Swim Lessons - Age 6-12yrs (5&6 Stroke Development & Mechanics)						
	Mon-Thurs 10:15 am (7/8-7/18)	6 to 12	Mon. - Thurs.	10:15 AM - 11:00 AM	\$32.00	\$70.00
	Mon-Thurs 10:15 am (7/22-8/1)	6 to 12	Mon. - Thurs.	10:15 AM - 11:00 AM	\$32.00	\$70.00
Swim Lessons - Private Swim Lesson Packages						
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00



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

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 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 (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)

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 - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Training - Lifeguarding						
	Lifeguarding (Blended Learning) (7/31-8/3)	15 to 99	Tues. Wed. Thurs.	9:00 AM - 5:00 PM	\$175.00	\$245.00
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
Wellness Programs						
	Group Exercise Classes			No Time Specified	\$0.00	\$0.00
Y-Ambassador						
	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

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.

Wellness Programs

Perfect for a new member who plans to participate in land or aqua group exercise classes.

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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