



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Spring - 2020 Program Listing

Spring Session (4/13-5/31)

Registration (Mbr. 3/30) (Prog. Part. 4/6)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
Assessments						
	Body Composition			No Time Specified	\$0.00	\$0.00
	Fitness Assessment			No Time Specified	\$0.00	\$0.00
Cooking Classes						
	Cooking Essentials (05/20/20)	11 to 99	Wed.	6:00 PM - 8:00 PM	\$10.00	\$15.00
Friday Night Live						
	05/01/2020	11 to 18	Fri.	7:00 PM - 10:00 PM	\$0.00	\$2.00
	05/15/2020	11 to 18	Fri.	7:00 PM - 10:00 PM	\$0.00	\$2.00
Gymnastics Private Lessons						
	7 sessions				\$90.00	\$140.00
Home School Programs						
	Home School PE (1st child)	6 to 13	Tues.	10:15 AM - 12:15 PM	\$25.00	\$35.00
	Home School PE (Additional Child)	6 to 13	Tues.	10:15 AM - 12:15 PM	\$5.00	\$8.00
New Member Receptions						
	2020 Member Receptions			No Time Specified	\$0.00	\$0.00
Nutrition Coaching						
	Nutrition Coaching 101				\$60.00	
	Partner Nutrition Coaching - 1 session				\$50.00	
	Partner Nutrition Coaching - 6 sessions				\$300.00	



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Spring - 2020 Program Listing
Spring Session (4/13-5/31)
Registration (Mbr. 3/30) (Prog. Part. 4/6)

Assessments

Body Composition -

Fitness Assessment - In your road map to fitness, consider this the starting point. This one-on-one assessment with wellness staff includes resting heart rate, blood pressure, and body composition, cardiovascular endurance assessment, muscular strength, muscular endurance, and flexibility assessments. You will be contacted after registering to set up a date and time.

Cooking Classes

This course will teach you how to prepare a meal not using a recipe.

Friday Night Live

Teen Night for grades 6-12. Activities will be planned

Gymnastics Private Lessons

Come as a newbie or as an experienced tumbler and have an instructor give you one on one attention to better your skills. These are 30 min individual (private) lessons. Instructors are willing to work with days and times!

Home School Programs

Physical Education class (gym & pool) with the possible addition of art for homeschool children age 6-13

New Member Receptions

This is a 30 minute program that enables you to maximize your membership and find out more about the variety of programs offered at the Y. You receive a \$30 YRewards card, which is good for any program when you come to this reception. You will be contacted by a staff member after you

Nutrition Coaching

Nutrition Coaching 101 - Your first one hour visit will include a comprehensive evaluation and assessment including family, medical, nutrition, and health histories. From there, you will receive specific recommendations on protein, fat, and carbohydrates in your diet, how to eat on the run, understanding the nutrition label, supermarket shopping, and tips on eating out just to name a few. These sessions will be individually tailored to help you create and meet action-oriented goals you set together. May be purchased ONE TIME ONLY.

Partner Nutrition Coaching - Your first one hour visit will include a comprehensive evaluation and assessment including family, medical, nutrition, and health histories. From there, you will receive specific recommendations on protein, fat, and carbohydrates in your diet, how to eat on the run, understanding the nutrition label, supermarket shopping, and tips on eating out just to name a few. These sessions will be individually tailored to help



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Spring - 2020 Program Listing

Spring Session (4/13-5/31)

Registration (Mbr. 3/30) (Prog. Part. 4/6)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
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
	Group Training (2 people) - 1 session				\$66.00	n/a
	Group Training (2 people) - 6 sessions				\$120.00	n/a
	Group Training (3 people) - 6 sessions				\$80.00	n/a
	Group Training (4 people) - 6 sessions				\$60.00	n/a
Private Music Lessons						
	1 session				\$30.00	\$55.00
	3 sessions				\$65.00	\$130.00
	7 sessions				\$120.00	\$180.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Saturday - 09:45 pm	0 to 3	Sat.	9:45 AM - 10:15 AM	\$25.00	\$56.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Saturday - 10:30 am	0 to 3	Sat.	10:30 AM - 11:00 AM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday - 09:00 am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday - 09:00 am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Saturday - 09:00 am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Saturday - 09:45 am	6 to 12	Sat.	9:45 AM - 10:30 AM	\$28.00	\$62.00



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Spring - 2020 Program Listing

Spring Session (4/13-5/31)

Registration (Mbr. 3/30) (Prog. Part. 4/6)

Personal Training Packages

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

Personal Training - 1 session

Group Training (2 people) - 1 session

Private Music Lessons

For all skill levels and ages! Learn from a musically trained instructor how to play guitar (both electric and acoustic), ukulele, or your own vocal chords! Offered by appointment at a time that fits your schedule. Student must provide their own instrument.

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) (B-Water Exploration)

Parent and Child Stage B (Water Exploration) Recommended ages: 6 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

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

Preschool Level, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 3 - 5 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

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. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll

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,

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



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Spring - 2020 Program Listing

Spring Session (4/13-5/31)

Registration (Mbr. 3/30) (Prog. Part. 4/6)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Saturday - 09:45 am	6 to 12	Sat.	9:45 AM - 10:30 AM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Saturday - 09:45 am	6 to 12	Sat.	9:45 AM - 10:30 AM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Saturday - 10:45 am	6 to 12	Sat.	10:45 AM - 11:30 AM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Saturday - 10:45 am	6 to 12	Sat.	10:45 AM - 11:30 AM	\$28.00	\$62.00
Swim Lessons - Private Swim Lesson Packages						
	1 session				\$24.00	\$48.00
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00
	1 session - Adaptive				\$5.00	\$10.00
	3 sessions - Adaptive				\$18.00	\$40.00
	7 sessions - Adaptive				\$25.00	\$55.00
Training - CPR/AED/O2/First Aid						
	05/04/2020	15 to 99	Mon.	4:30 PM - 9:00 PM	\$100.00	\$140.00
Training - Safe Sitter Babysitting						
	05/16/2020	11 to 14	Sat.	9:00 AM - 2:00 PM	\$60.00	\$90.00
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	2020 Wellness Consultation			No Time Specified	\$0.00	\$0.00
Wellness for Life Coaching Program						
	3 sessions				\$0.00	\$0.00



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Spring - 2020 Program Listing
Spring Session (4/13-5/31)
Registration (Mbr. 3/30) (Prog. Part. 4/6)

Swim Lessons - Age 6-12yrs (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, grab, turn, swim", Back float, Roll

Swim Lessons - Age 6-12yrs (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)

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, Breaststroke, Treading water, Backstroke, Roll, Tread water, "Swim, float, swim".

Swim Lessons - Age 6-12yrs (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, Roll, Tread water, "Swim, float, swim".

Swim Lessons - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an 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 (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

Training - Safe Sitter Babysitting

This course will teach potential babysitters how to care for a choking infant or child, basic first aid, personal safety for the babysitter, injury prevention, how to care for children (feeding, diapering, etc.), preventing problem behavior, behavior management, ethics and babysitting as a business.

Wellness Center & Equipment Orientations

Members are encouraged to schedule a FREE wellness orientation to learn proper use of the equipment as well as learn about the different services offered within the Wellness Center. You will be contacted after registering 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.



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Spring - 2020 Program Listing

Spring Session (4/13-5/31)

Registration (Mbr. 3/30) (Prog. Part. 4/6)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
Wellness for Life 2.0						
	2020 WFL 2.0			No Time Specified	\$99.00	\$99.00
Y Buddies Participant						
	2020	8 to 108		No Time Specified	\$0.00	\$0.00
Y Buddies Volunteer						
	2020	18 to 118		No Time Specified	\$0.00	\$0.00
YMCA Race Series						
	2020 Race Series			No Time Specified	\$0.00	\$0.00
Youth Fit						
	YouthFit	11 to 14		No Time Specified	\$0.00	\$0.00



Caylor-Nickel YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Spring - 2020 Program Listing

Spring Session (4/13-5/31)

Registration (Mbr. 3/30) (Prog. Part. 4/6)

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 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!

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!

YMCA Race Series

Throughout 2020 complete any of the eligible community races and earn special YMCA Medals and earn a Race Series shirt when you complete all requirements. The Race Series is Free but registration is required.

Youth Fit

Open to ages 11-14 and consists of two one-on-one training sessions with a Wellness Staff member to learn proper cardiovascular, strength, and flexibility training. Completion is required prior to youth 11-14 utilizing the Wellness Center. You will be contacted by a staff member after you register to choose the date and time.