Jorgensen Family YMCA

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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	Program Participant Fee
Adult Climb						
	Rock Wall Adult Climb	18 to 116	Mon.	7:00 PM - 10:00 PM	$0.00	$30.00
Assessments						
	Body Composition			No Time Specified	$0.00	$0.00
	Fitness Assessment			No Time Specified	$0.00	$0.00
Childwatch / Kids Club						
	2020 Kids Club	5 to 12	Mon. Tues. Wed. Thurs	5:00 PM - 7:00 PM	$0.00	$0.00
Cooking Classes						
	Junior Chef Academy- Level 1	6 to 9	Tues.	5:15 PM - 6:15 PM	$50.00	$100.00
	Junior Chef Academy- Level 2	9 to 12	Mon.	5:15 PM - 6:15 PM	$50.00	$100.00
	Mommy & Me Baking Special	4 to 80	Sat.	9:00 AM - 11:00 AM	$10.00	$20.00
Gymnastics-Little Bodies in Motion						
	Thursday 05:55 pm	3 to 3	Thurs.	5:55 PM - 6:25 PM	$25.00	$56.00
	Thursday 09:55 am	3 to 3	Thurs.	9:55 AM - 10:25 AM	$25.00	$56.00
Gymnastics-Parent/Child						
	Thursday 10:35 am	1 to 2	Thurs.	10:35 AM - 11:05 AM	$25.00	$56.00
Gymnastics-Pre School						
	Thursday 05:15 pm	4 to 5	Thurs.	5:15 PM - 5:45 PM	$25.00	$56.00
	Thursday 09:15 am	4 to 5	Thurs.	9:15 AM - 9:45 AM	$25.00	$56.00
Gymnastics-School Age						
	Level 1 Tuesday 05:15 pm	5 to 18	Tues.	5:15 PM - 6:00 PM	$28.00	$62.00
	Level 2 Tuesday 06:05 pm	5 to 18	Tues.	6:05 PM - 6:50 PM	$28.00	$62.00
	Level 3 Tuesday 06:55 pm	5 to 18	Tues.	6:55 PM - 7:40 PM	$28.00	$62.00
High School Sports						
	Intramural Basketball		Mon. Tues. Wed. Thurs	No Time Specified	$35.00	$35.00
Home School Programs						
	Age 5-8 (Gym)	5 to 8	Tues.	1:00 PM - 1:30 PM	$25.00	$56.00
	Age 6 & up (Youth Yoga)	6 to 18	Tues.	12:20 PM - 12:50 PM	$5.00	$10.00
	Age 6-8 (Fundamental Gymnastics)	6 to 8	Tues.	3:00 PM - 3:30 PM	$25.00	$56.00
	Age 6-8 (Martial Arts-Judo)	6 to 8	Tues.	1:40 PM - 2:10 PM	$25.00	$56.00
	Age 6-8 (Swim)	6 to 8	Tues.	2:20 PM - 2:50 PM	$25.00	$56.00
	Age 9-11 (Gym)	9 to 11	Tues.	1:40 PM - 2:10 PM	$25.00	$56.00
	Age 9-11 (Martial Arts-Judo)	9 to 11	Tues.	1:00 PM - 1:30 PM	$25.00	$56.00
	Age 9-11 (Swim)	9 to 11	Tues.	3:00 PM - 3:30 PM	$25.00	$56.00
	Age 9-12 (Fundamental Gymnastics)	9 to 12	Tues.	2:20 PM - 2:50 PM	$25.00	$56.00
	Age 12 & Up (Gym)	12 to 18	Tues.	2:20 PM - 2:50 PM	$25.00	$56.00
	Age 12 & up (Martial Arts-Judo)	12 to 18	Tues.	12:20 PM - 12:50 PM	$25.00	$56.00
	Age 12 & Up (Strength & Wellness)	12 to 18	Tues.	1:00 PM - 1:30 PM	$25.00	$56.00
	Age 12 & Up (Swim)	12 to 18	Tues.	1:40 PM - 2:10 PM	$25.00	$56.00
	Age 12 and up (Nutrition)	12 to 18	Tues.	3:00 PM - 3:30 PM	$25.00	$56.00

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Adult Climb

Adult climb mixes the basics with the advanced and allows participants to learn how to use the climbing equipment and safety along with various climbing techniques.

Assessments

Body Composition - This 10-minute analysis includes a measurement of body fat percentage and a result report.
Fitness Assessment - A one-on-one assessment with a wellness coach that measures your resting heart rate, blood pressure, body composition, waist to hip ratio, cardiovascular and muscular endurance, and flexibility.

Childwatch / Kids Club

Kids Club runs Mon-Thur 5pm-7pm for grades K-5. Parents must be in the building. Each week provides a different theme with activities, crafts, and more. Free event!

Cooking Classes

Junior Chef Academy- Level 1 - This jump start cooking series is for kids ages 6-9. In this 7 week session, children will build basic culinary skills, incorporating nutrition and fun food experiments. Includes chef hat, apron, progress reports and a kid-prepared recipe showcase at the end of the session.
Junior Chef Academy- Level 2 - This jump start cooking series is designed for kids ages 9-12. In this 7 week session, children will build basic culinary skills, incorporating nutrition and fun food experiments. Includes chef hat, apron, progress reports and a kid-prepared recipe showcase at the end of the session.

Mommy & Me Baking Special - Spend some quality time with your little one for Mothers Day! This one time, 2-hour baking class is a perfect celebration of mom, where families will learn to bake and decorate a special treat for mom to enjoy.

Gymnastics-Little Bodies in Motion

Focus is on large and small motor skills, coordination, and balance. Kids will enjoy rolling, running, hopping, skipping, jumping, and learning basic tumbling moves.

Gymnastics-Parent/Child

In this teacher-guided class, the parent will help the child practice basic stretching, use large motor skills, and learn body awareness. A wonderful time to play, laugh and enjoy a unique experience

Gymnastics-Pre School

This class will introduce your child to tumbling and is designed for fitness and age-appropriate skill development including forward and backward rolls, cartwheels, bridges, and balancing.

Gymnastics-School Age

Level 1 - This class will introduce your child to tumbling and is designed for fitness and age-appropriate skill development including forward and backward rolls, cartwheels, bridges, and balancing.
Level 2 - This is the 2nd developmental level of the YMCA Progressive Gymnastic Program. Focus is on candlestick to stand, back roll tuck, handstand roll, hurdle cartwheel, round off, and bridge from standing position.

Level 3 - In addition to building on the previous level, participants work on increasing flexibility while preparing to learn more advanced skills.

High School Sports

High School basketball league open to Homestead high school students only. Players are responsible for creating their own teams. To reserve a team spot in this session contact Matt_Lindelien@fwymca.org
A League for upperclassmen & more skilled players. B League for lower classmen and less skilled players

Home School Programs

(Gym) -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. Our goal is to create a fun and safe environment for our participants to engage in physical activity.
(Youth Yoga) This class will include lots of movement and focus on breath, meditations, and other prayerful and playful activities to connect youth with themselves and God.
(Fundamental Gymnastics) This class will introduce your child to tumbling and is designed for fitness and age-appropriate skill development including forward and backward rolls, cartwheels, bridges,
(Martial Arts-Judo) Sensei Dave Larsen is a Second Degree Brown Belt and earned his USJA coaching certificate in 2008. Dave has been trained and mentored for 19 years by 5th Dan Fred Chaippetta of the Mountain Storm Judo Club in Bluffton, Indiana and received the 2010 Virgil Bowels Award in recognition of his leadership and support of the Sport of Judo. Dave is eager to apply traditional Kodokan Judo teaching techniques to help your children learn and embody the YMCA goals of developing their Body, Mind, and Spirit.
(Swim) The Y's Safety Around Water program teaches children of all ages and from all backgrounds that water can be fun, not scary. Knowing how to be safe around water is one of the most important life skills we can teach our children. It gives them confidence. And it can save their lives.

(Nutrition) This course will follow the American Council on Exercise's Operation FitKids curriculum. This curriculum was designed to provide participants to gain more knowledge regarding ways to feel good in body and mind by learning the importance of making healthy food choices.

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

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Judo						
	Ages 5-8	5 to 8	Fri.	5:00 PM - 5:30 PM	$30.00	$45.00
	Ages 9-12	9 to 12	Fri.	5:45 PM - 6:30 PM	$35.00	$55.00
Karate						
	Age 4-6	4 to 6	Wed.	6:00 PM - 6:30 PM	$35.00	$65.00
	Age 7-12	7 to 12	Wed.	6:30 PM - 7:30 PM	$45.00	$75.00
Masters Adult Swim						
	Evening Session Masters 2020	18 to 118	Tues. Thurs. Sat.	7:15 PM - 8:30 PM	$30.00	$45.00
	Morning Session Masters 2020	18 to 118	Tues. Thurs. Sat.	6:00 AM - 7:15 AM	$30.00	$45.00
New Member Receptions						
	05/13/2020	18 to 100	Wed.	6:00 PM - 6:30 PM	$0.00	$0.00
	05/28/2020	18 to 100	Thurs.	6:00 PM - 6:30 PM	$0.00	$0.00
OWLS						
	Luncheon (05/13/2020)	40 to 100	Wed.	12:00 PM - 2:00 PM	$5.00	$5.00
Parents Night Out						
	04/25/2020 (Adaptive)	4 to 12	Sat.	6:00 PM - 9:00 PM	$15.00	$25.00
	05/01/2020	4 to 12	Fri.	6:00 PM - 10:30 PM	$15.00	$25.00
	05/15/2020	4 to 12	Fri.	6:00 PM - 10:30 PM	$15.00	$25.00
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
Preschool Gym & Play						
	Age 3-5	3 to 5	Mon.	9:30 AM - 10:15 AM	$31.00	$67.00
Preschool Music						
	Ages 4 - 6	4 to 6	Thurs.	9:00 AM - 9:30 AM	$25.00	$55.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Saturday 10:10 am	0 to 3	Sat.	10:10 AM - 10:40 AM	$21.00	$48.00
	Wednesday 05:20 pm	0 to 3	Wed.	5:20 PM - 5:50 PM	$25.00	$56.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Saturday 10:50 am	0 to 3	Sat.	10:50 AM - 11:20 AM	$21.00	$48.00
	Wednesday 04:40 pm	0 to 3	Wed.	4:40 PM - 5:10 PM	$25.00	$56.00

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Judo

Sensei Dave Larsen is a Second Degree Brown Belt and earned his USJA coaching certificate in 2008. Dave has been trained and mentored for 19 years by 5th Dan Fred Chaippetta of the Mountain Storm Judo Club in Bluffton, Indiana and received the 2010 Virgil Bowels Award in recognition of his leadership and support of the Sport of Judo. Dave is eager to apply traditional Kodokan Judo teaching techniques to help your children learn and embody the YMCA goals of developing their Body, Mind, and Spirit.

Karate

Sensei Basche is a 5th degree black belt and has over 25 years of experience in a variety of martial arts styles. His philosophy focuses, not only on the physical benefits of martial arts, but also on the spiritual discipline, self-control, and respect necessary to produce well rounded students.

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. Masters Tue/Thur 715P-830PM Evenings & Sat 715A-830AM

New Member Receptions

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. Masters Tue/Thur 715P-830PM Evenings & Sat 715A-830AM

OWLS

Join us for a catered lunch to enjoy food and fellowship with friends.

Parents Night Out

Let the YMCA entertain your child while you enjoy a night out! Activities include a pizza dinner, gym games, swimming, and a movie & popcorn. Please send a duffle bag for each child with the following: towel, plastic bag for wet item, underwear, blanket, & pillow for movie time. Children should arrive with their swimmsuit on under their clothes and should wear gym shoes with socks. This program is specifically designed to be inclusive for those of all abilities. Enjoy a respite night on us!

Personal Training Packages

Personal Training 101 - Fitness assessment and 3 personal training visits. ONE TIME PURCHASE ONLY.
Personal Training - Develop your own personal exercise program while working with a certified trainer

Preschool Gym & Play

Preschoolers, let's explore movement together! This early childhood movement class is designed provide developmentally appropriate physical activity experiences, allowing children an opportunity 60 minutes of physical activity. This class is designed to foster the development of knowledge and skill in six main movement exploration categories (Movement Concepts, Balance, Loco-motor, Manipulative, Health & Nutrition, and Social & Emotional Development).

Preschool Music

This seven week music class is offered to kids ages 4-6 years old. This group music lesson is a fun-filled class including singing, movement, notation, rhythm, and keyboard playing. The goal of the program is to help children grow in pitch and rhythm skills, critical listening skills, keyboard playing, and creative listening skills. This class utilizes many different types of teaching and learning techniques including instruction, hands on keyboard playing and fun activities, music note identification, listening to classical music, using imagination, and so much more.

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

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.

Swim Lessons - Age 6mos-3yrs (Parent/Child) (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 float, Back tow, Monkey crawl.

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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 3-5yrs (Parent/Child) (1-Water Acclimation)						
	Saturday 11:30 am	3 to 5	Sat.	11:30 AM - 12:00 PM	$21.00	$48.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday 09:30 am	3 to 5	Sat.	9:30 AM - 10:00 AM	$21.00	$48.00
	Saturday 10:10 am	3 to 5	Sat.	10:10 AM - 10:40 AM	$21.00	$48.00
	Saturday 10:50 am	3 to 5	Sat.	10:50 AM - 11:20 AM	$21.00	$48.00
	Saturday 11:30 am	3 to 5	Sat.	11:30 AM - 12:00 PM	$21.00	$48.00
	Wednesday 04:00 pm	3 to 5	Wed.	4:00 PM - 4:30 PM	$25.00	$56.00
	Wednesday 04:40 pm	3 to 5	Wed.	4:40 PM - 5:10 PM	$25.00	$56.00
	Wednesday 05:20 pm	3 to 5	Wed.	5:20 PM - 5:50 PM	$25.00	$56.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday 09:30 am	3 to 5	Sat.	9:30 AM - 10:00 AM	$21.00	$48.00
	Saturday 10:10 am	3 to 5	Sat.	10:10 AM - 10:40 AM	$21.00	$48.00
	Saturday 10:50 am	3 to 5	Sat.	10:50 AM - 11:20 AM	$21.00	$48.00
	Saturday 11:30 am	3 to 5	Sat.	11:30 AM - 12:00 PM	$21.00	$48.00
	Wednesday 04:00 pm	3 to 5	Wed.	4:00 PM - 4:30 PM	$25.00	$56.00
	Wednesday 04:40 pm	3 to 5	Wed.	4:40 PM - 5:10 PM	$25.00	$56.00
	Wednesday 05:20 pm	3 to 5	Wed.	5:20 PM - 5:50 PM	$25.00	$56.00
	Wednesday 07:00 pm	3 to 5	Wed.	7:00 PM - 7:30 PM	$25.00	$56.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Saturday 09:30 am	3 to 5	Sat.	9:30 AM - 10:00 AM	$21.00	$48.00
	Saturday 10:10 am	3 to 5	Sat.	10:10 AM - 10:40 AM	$21.00	$48.00
	Wednesday 04:40 pm	3 to 5	Wed.	4:40 PM - 5:10 PM	$25.00	$56.00
Swim Lessons - Age 3-5yrs (4-Stroke Introduction)						
	Saturday 10:50 am	3 to 5	Sat.	10:50 AM - 11:20 AM	$21.00	$48.00
	Wednesday 05:20 pm	3 to 5	Wed.	5:20 PM - 5:50 PM	$25.00	$56.00
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Saturday 09:30 am	6 to 12	Sat.	9:30 AM - 10:15 AM	$24.00	$52.50
	Saturday 10:25 am	6 to 12	Sat.	10:25 AM - 11:10 AM	$24.00	$52.50
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 PM	$24.00	$52.50
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	$28.00	$62.00
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	$28.00	$62.00
	Wednesday 07:00 pm	6 to 12	Wed.	7:00 PM - 7:45 PM	$28.00	$62.00
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Saturday 09:30 am	6 to 12	Sat.	9:30 AM - 10:15 AM	$24.00	$52.50
	Saturday 10:25 am	6 to 12	Sat.	10:25 AM - 11:10 AM	$24.00	$52.50
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 PM	$24.00	$52.50
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	$28.00	$62.00
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	$28.00	$62.00
	Wednesday 07:00 pm	6 to 12	Wed.	7:00 PM - 7:45 PM	$28.00	$62.00

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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".

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

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)

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)

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 3-5yrs (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 (1-Water Acclimation)

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)

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

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Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Saturday 09:30 am	6 to 12	Sat.	9:30 AM - 10:15 AM	$24.00	$52.50
	Saturday 10:25 am	6 to 12	Sat.	10:25 AM - 11:10 AM	$24.00	$52.50
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 PM	$24.00	$52.50
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	$28.00	$62.00
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	$28.00	$62.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Saturday 09:30 am	6 to 12	Sat.	9:30 AM - 10:15 AM	$24.00	$52.50
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	$28.00	$62.00
	Wednesday 07:00 pm	6 to 12	Wed.	7:00 PM - 7:45 PM	$28.00	$62.00
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 PM	$24.00	$52.50
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	$28.00	$62.00
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Saturday 10:25 am	6 to 14	Sat.	10:25 AM - 11:10 AM	$24.00	$52.50
	Wednesday 05:15 pm	6 to 14	Wed.	5:15 PM - 6:00 PM	$28.00	$62.00
Swim Lessons - Age 9 -14yrs - POOLIGANS						
	Friday 06:00 pm	9 to 14	Fri.	6:00 PM - 6:45 PM	$28.00	$62.00
Swim Lessons - Adaptive						
	Sunday 05:15 pm	6 to 12	Sun.	5:15 PM - 6:00 PM	$24.00	$52.50
Swim Lessons - Private Swim Lesson Packages						
	Private Lessons - 3 sessions				$60.00	$120.00
	Private Lessons - 7 sessions				$94.00	$144.00
	Semi-Private Lessons - 3 sessions				$90.00	$180.00
	Semi-Private Lessons - 7 sessions				$145.00	$215.00
Teen & Adult Swim Lessons						
	Thursday 08:30 pm - Beginner	16 to 115	Thurs.	8:30 PM - 9:15 PM	$28.00	$62.00
	Thursday 08:30 pm - Intermediate	16 to 115	Thurs.	8:30 PM - 9:15 PM	$28.00	$62.00
Teen Leaders Club						
	Grades 6-12	12 to 18	Wed.	5:00 PM - 6:30 PM	$0.00	$0.00
Training - Lifeguarding						
	04/17-04/26	15 to 99	Sun. Fri. Sat.	No Time Specified	$175.00	$245.00
	05/08-05/17 (Blended)	15 to 99	Sun. Fri. Sat.	No Time Specified	$175.00	$245.00
	05/18-05/22 (Blended)	15 to 99	Mon. Tues. Wed. Thurs	10:00 AM - 5:00 PM	$175.00	$245.00

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Swim Lessons - Age 6-12yrs (3-Water Stamina)

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)

Swimmers focus on perfecting their strokes and further increasing their endurance. Swimmers are introduced to competitive swimming skills of flip turns, and individual medleys, and learn about heart rates and developing good health habits. Pre-requisites: Pass Flying Fish or ability to perform these skills: Front and back crawl (100 yards), breaststroke, elementary backstroke, sidestroke (50 yards), Butterfly (25 yards), and tread water for 6 minutes. This session is a five (5) week session due to the holidays.

Swim Lessons - Age 9 -14yrs - POOLIGANS

Pooligans is a new and exciting program developed with a focus on having fun in the water. Participants will learn pool games and skills like, Water polo, Water Quidditch, crazy relay races, Aqua Zumbaa, Volleyball and synchronized swimming to name a few. Skills taught such as sculling, changing direction in the water, treading water, dribbling, passing and shooting a ball in water, aquatic fitness, following rules, teamwork and new friendships.

Swim Lessons - Adaptive

This class is designed for participants who have special needs, focusing on basic water skills and water adjustment to help gain confidence in the water and improve kicking and stroking ability. Participants will learn to feel more positive about themselves in a safe and relaxed environment that promotes success mixed with fun and play.

Swim Lessons - Private Swim Lesson Packages

Private- Personal Attention To Your Needs-Private lessons are offered for those who prefer one-on-one learning at their own pace. To request private swim lessons please inquire at the Member Services Desk. You will be contacted by the aquatics department when an instructor matching your requirements has been found

Semi-Private - Personal Attention To Your Needs- Semi-Private lessons are offered for those who want to take swim lessons with a family member. To request semi-private swim lessons please inquire at

Teen & Adult Swim Lessons

This program creates a welcoming environment that is designed to help adults learn to swim. They will work on comfort in the water, fundamental swimming skills, floating, submerging, recovery, building confidence in and around water, and introduction to stroke development.

Teen Leaders Club

The YMCA Leaders Club, for youth in grades 6-12, teaches teens leadership training and emphasizes the importance of social responsibility and service to others. With adult advisers, teens have role models and mentors who positively impact their lives as they grow in their desire and ability to be a positive force in the community.

Training - Lifeguarding

Interested in a great job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you?ll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Must be able to attend all class days and times to complete certification. MUST BE ABLE TO ATTEND BOTH WEEKENDS!!!!! Fri 4-9, Sat 10-6, Sun 10-5

This Blended Learning class has online portions that must be completed prior to in-class dates. The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical personal take over. Successful completion of this course includes certification in Lifeguarding, CPR/AED, Emergency Oxygen, and First Aid. The link for Blended Learning will be sent out after registration. Please verify your email address when signing up for this course. Please verify your email address when signing up for this course. Fri 4-9, Sat 10-6, Sun 10-5

Jorgensen Family 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	Program Participant Fee
Training - CPR/AED/O2/First Aid						
	05/13/2020	15 to 99	Wed.	10:30 AM - 3:00 PM	$100.00	$140.00
Training - Instructor						
	Lifeguard Instructor/Trainer Review (05/0	17 to 117	Sat.	9:00 AM - 5:00 PM	$200.00	$250.00
Training - Safe Sitter Babysitting						
	05/02/2020	11 to 14	Sat.	9:00 AM - 2:30 PM	$65.00	$90.00
Triathlons						
	15-30-45 Triathlon			No Time Specified	$15.00	$15.00
	Triathlon Training 2.0			No Time Specified	$30.00	$30.00
Volunteer @ The Y						
	Aquatics Volunteer			No Time Specified	$0.00	$0.00
	Child Care Volunteer			No Time Specified	$0.00	$0.00
	Childwatch Volunteer			No Time Specified	$0.00	$0.00
	Christian Emphasis Volunteer			No Time Specified	$0.00	$0.00
	Event Volunteer			No Time Specified	$0.00	$0.00
	Maintenance Volunteer			No Time Specified	$0.00	$0.00
	Member Marketing Volunteer			No Time Specified	$0.00	$0.00
	Wellness Volunteer			No Time Specified	$0.00	$0.00
	Y Ambassador			No Time Specified	$0.00	$0.00
Wellness Center & Equipment Orientations						
	2020			No Time Specified	$0.00	$0.00
Wellness for Life Coaching Program						
	3 sessions				$0.00	$0.00
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 2020			No Time Specified	$0.00	$0.00

10313 Aboite Center Road, Fort Wayne, IN 46804
260.432.8953

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 course is to teach those with a duty to act (professional rescuers) 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 - Instructor

This in-person Instructor/Instructor Trainer review course is the required course for all Lifeguarding Instructors and Instructor Trainers to re-certify. During this course, Lifeguarding Instructors and Instructor Trainers will participate in an in-water practice and polish skills session with their peers and a classroom-based review of Red Cross administrative policies and procedures.Lifeguarding Instructors and ITs may also choose to attend a brief "test out" session following this course to gain a basic-level Lifeguarding certification.

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.

Triathlons

Triathlon: Whatever your fitness level, our 15-30-45 Triathlon challenge is for you! This is a segment of our Incremental Triathlon Series. You have up to 2 months to complete the 15-30-45 mile segments. You'll track your distances and post them in our Wellness Floor for all to see and encourage. Not enough for you? Challenge yourself and encourage your friends to complete a double, triple or even quadruple distances. An exclusive prize are awarded to all finishers! Completion of all segment of the Incremental Triathlon Series will get you a discount code to the Jorgensen YMCA Spirit, Mind, and Body Sprint Triathlon.

Triathlon Training: Whatever your fitness level, our Triathlon Training 2.0 is for you! This is a segment of our Incremental Triathlon Series. You have up to 2 months of training workshops from locate triathletes as you continue to perfect you technique and learn tips in tricks about racing. Workshops will be held once a week on specific areas of triathlon training (Swimming, Cycling, Running, Transitions) An exclusive prize are awarded to all finishers! Completion of all segment of the Incremental Triathlon Series will get you a discount code to the Jorgensen YMCA Spirit, Mind, and Body Sprint Triathlon. clusive prize are awarded to all finishers! Completion of all segment of the Incremental Triathlon Series will get you a discount code to the Jorgensen YMCA Spirit, Mind, and Body Sprint Triathlon.

Volunteer @ The Y

Aquatics opportunities include swim lessons helpers, snack shack, or slide, Child care opportunities include homework helper, snack helper, or child mentor, Childwatch opportunities include Y reader or childwatch helper, Help update the prayer board, be a prayer partner, help with National Day of Prayer, Help keep the facility clean and in order, Use your creativity to update our bulletin boards and halls, Greet members as they enter and leave the facility, Engage other members by welcoming them to group exercise classes, Volunteer for any of our special events through out the year, including Easter eggstravaganza, pumpkin party, morning with santa, etc.

Wellness Center & Equipment Orientations

Learn how to use our Wellness Center equipment in this 1-hour session. You can register for this on line or in person at the Jorgensen Branch.

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 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

This is a two session program offered to those members ages 11-14 wanting to use the wellness center.