



Parkview Family YMCA

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Spring - 2023 Program Listing

Spring Session 4/10-5/28

Registration Mbr. 3/27, Prog. Part. 4/3

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adult Luncheons (Parkview Branch)						
	Luncheon (05/10/23)	55 to 117	Wed.	11:00 AM - 12:00 PM	\$0.00	\$0.00
Active Older Adults						
	Game Club	10 to 117	Tues.	11:00 AM - 1:00 PM	\$0.00	\$0.00
	Presentation (Eric Wood- Neighborhood Link) - 04/19/2023	50 to 117	Wed.	10:30 AM - 11:30 AM	\$0.00	\$0.00
	Presentation (Hearing) - 04/13/2023	50 to 117	Thurs.	10:30 AM - 11:30 AM	\$0.00	\$0.00
	Presentation (Loving Care Home) - 03/27/2023	50 to 117	Thurs.	10:30 AM - 11:30 AM	\$0.00	\$0.00
	Spring Bingo (04/26/2023)	10 to 117	Wed.	10:30 AM - 11:30 AM	\$0.00	\$0.00
Adaptive Events						
	Adaptive Spring Break Camp	6 to 14	Thurs.	9:00 AM - 12:00 PM	\$20.00	\$40.00
Adult Basketball						
	Fridays 5:00	18 to 118	Fri.	5:00 AM - 8:00 AM	\$0.00	\$0.00
	Thursdays 6:00	18 to 118	Thurs.	6:00 PM - 8:30 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 Volleyball						
	Sunday	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						
	Saturday	16 to 116	Sat.	4:30 PM - 6:30 PM	\$0.00	\$0.00
	Wednesday	16 to 116	Wed.	6:00 PM - 9:00 PM	\$0.00	\$0.00
Blood Pressure Self Monitoring Program						
	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
Cooking Classes						
	Youth Chef Academy @ Covenant UMC	11 to 18	Mon.	6:15 PM - 8:00 PM	\$65.00	\$145.00
eSports League						
	Madden (Grades 6-12)		Wed.	5:30 PM - 7:30 PM	\$60.00	\$120.00
	NBA2K (Grades 6-12)		Wed.	5:30 PM - 7:30 PM	\$60.00	\$120.00
	Rocket League (Grades 6-12)		Wed.	5:30 PM - 7:30 PM	\$60.00	\$120.00
	Smash Bros. (Grades 6-12)		Wed.	5:30 PM - 7:30 PM	\$60.00	\$120.00
Gymnastics-Parent/Child						
	Friday	0 to 2	Fri.	9:30 AM - 10:00 AM	\$30.00	\$67.50
Gymnastics-Pre School						
	Friday	3 to 4	Fri.	10:15 AM - 10:45 AM	\$30.00	\$67.50
Gymnastics-School Age						
	Level I - Friday	5 to 10	Fri.	11:00 AM - 11:30 AM	\$30.00	\$67.50



Active Older Adult Luncheons (Parkview Branch)

Please join us for a lunch & learn with Thompson Dental Group. Complementary lunch will be provide on the number of persons that sign up.

Active Older Adults

Game Club: Please join us for Game Club. Available are some playing cards and game. Other games are welcome. Open to all ages. You bring your own snacks.

Presentation, Eric Wood from NeighborLink: Please join us for a presentation with Eric Wood Director of NeighborLink. Find out about ways to volunteer in you community.

Presentation (Hearing): Please join us for a presentation on hearing.

Presentation (Loving Home Care): Please join us for a presnetation from Loving Care Home. Loving Care Homes will gives us all the tools and infromation to make it possible for us to stay in our homes as we age.

Spring Bingo: Please bring something from your home as a prize from someone's. BINGO!

Adaptive Events

Come join our Adaptive Kids Day Out, specifically designed for individuals with physical, developmental and intellectual disabilities! Participants are encouraged to invite siblings or peers to join. Participants will enjoy planned activities, such as swimming, Bang the Drum, arts & crafts, & more!

Adult Basketball

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

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. The \$40.00 fee will include access to HabitNu which is a fee app/website to take control of your health, track your blood pressure, food choices, and more.

Cooking Classes

Held at Covenant United Methodist Church. Learn the basics of cooking quick, simple meals. Lessons on kitchenware, safety, cleanliness and ingredient reading will set the tone for the course. Open to 6th-12th aged-children. Pre-registration required. 7 classes total.

eSports League

Electronic Sports, or Esports, takes on the form of organized, multiplayer online video game competitions and is one of the fastest growing trends for youth engagement. Through the Y's Esports program, teens are welcome to be who they are, excel at what they love, and develop the social, strategic and problem-solving skills necessary to grow into thriving adults all in a safe, moderated and inclusive environment. Program will meet at the Parkview Family YMCA

Gymnastics-Parent/Child

Designed for ages walking-2 yrs. Adults and kids have fun moving to the music. Focus is on very basic large motor skills, coordination and general body awareness. Parents participate in class. 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.

Gymnastics-Pre School

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.

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.



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Registration Mbr. 3/27, Prog. Part. 4/3

Home School Programs						
	Age 11-17 (Gym)	11 to 17	Wed.	11:00 AM - 11:30 AM	\$30.00	\$67.50
	Age 11-17 (Swim)	11 to 17	Wed.	11:40 AM - 12:10 PM	\$30.00	\$67.50
	Age 3-5 (Gym)	3 to 5	Wed.	9:50 AM - 10:20 AM	\$30.00	\$67.50
	Age 3-5 (Swim)	3 to 5	Wed.	10:30 AM - 11:00 AM	\$30.00	\$67.50
	Age 6-10 (Swim)	6 to 10	Wed.	11:05 AM - 11:35 AM	\$30.00	\$67.50
	Age 6-10 (Gym)	6 to 10	Wed.	10:25 AM - 10:55 AM	\$30.00	\$67.50
Karate						
	Adaptive (Ages 7-13)	5 to 13	Wed.	5:00 PM - 5:30 PM	\$30.00	\$67.50
	Beginner (Age 5-8)	5 to 8	Thurs.	5:00 PM - 5:45 PM	\$35.00	\$78.50
	Beginner (Age 9+)	9 to 18	Thurs.	6:00 PM - 6:45 PM	\$35.00	\$78.50
	Intermediate (Age 9+)	9 to 18	Thurs.	7:00 PM - 7:45 PM	\$35.00	\$78.50
National Day of Prayer						
	May 4, 2023 Everyone is Welcome	5 to 100	Thurs.	10:00 AM - 2:00 PM	\$0.00	\$0.00
New Member Receptions						
	04/03/2023	18 to 100	Mon.	10:00 AM - 10:30 AM	\$0.00	\$0.00
	04/19/2023	18 to 100	Wed.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	05/01/2023	18 to 100	Mon.	10:00 AM - 10:30 AM	\$0.00	\$0.00
	05/17/2023	18 to 100	Wed.	5:30 PM - 6:00 PM	\$0.00	\$0.00
Parents Night Out						
	05/12/2023	4 to 10	Fri.	6:00 PM - 9:00 PM	\$20.00	\$25.00
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Parkview Y (Northwest Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
Piano						
	Beginning Piano	8 to 117	Tues.	4:45 PM - 5:30 PM	\$77.00	\$111.00
Pickleball						
	Monday	18 to 118	Mon.	6:00 PM - 9:00 PM	\$0.00	\$0.00
	Tuesday	18 to 118	Tues.	8:30 AM - 11:30 AM	\$0.00	\$0.00
	Thursdays	18 to 118	Thurs.	8:30 AM - 11:30 AM	\$0.00	\$0.00
	Friday	18 to 118	Fri.	8:00 AM - 11:00 AM	\$0.00	\$0.00
	Friday	18 to 118	Fri.	6:00 PM - 9:00 PM	\$0.00	\$0.00
Running Programs						
	Youth Running Club (Grade 2-5)	7 to 12	Sun.	3:00 PM - 4:00 PM	\$31.00	\$67.00
Safe at Home						
	04/12/2023 (Grades 4-6)		Wed.	12:30 PM - 2:00 PM	\$20.00	\$30.00
	04/15/2023 (Grades 4-6)		Sat.	1:00 PM - 2:30 PM	\$20.00	\$30.00
	05/10/2023 (Grades 4-6)		Wed.	12:30 PM - 2:00 PM	\$20.00	\$30.00
Spanish Classes						
	Beginner Spanish (Ages 3+)	3 to 100	Sat.	10:00 AM - 10:45 AM	\$54.00	\$95.00
	Intermediate-Advanced Spanish	8 to 100	Sat.	10:50 AM - 11:35 AM	\$54.00	\$95.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & E)						
	Saturday 09:00am	0 to 3	Sat.	9:00 AM - 9:30 AM	\$30.00	\$67.50
	Thursday 4:00pm	0 to 3	Thurs.	4:00 PM - 4:30 PM	\$30.00	\$67.50
	Thursday 4:40pm	0 to 3	Thurs.	4:40 PM - 5:10 PM	\$30.00	\$67.50
	Tuesday 4:40pm	0 to 3	Tues.	4:40 PM - 5:10 PM	\$30.00	\$67.50



Home School Programs

Swim: This course is for all home schoolers who are interested in swim lessons after their home school gym time. NO swim lessons the week of April 3rd-9th

Gym: Participants engage in physical education activities that help them build self-confidence, gain team building strategies, socialize with other homeschoolers all while having fun in a safe environment. Our goal is to create a fun and safe environment for our participants

Karate

Adaptive: This program is specifically designed for individual learning for those with physical, developmental and intellectual disabilities. Classes will be capped at 5 per class to focus on direct interaction. Participants will learn practical skills for personal protection, self-confidence, and physical conditioning through modeling, imitation, and goal setting.

Beginner: 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.

Intermediate: For children 6 years and older who have completed beginning Karate and have received instructor approval. 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.

National Day of Prayer

Prayer Walk and Worship! Prayer Walk & Worship- Come visit the Pavilion to partake in the National Day of Prayer! You will embark on a short journey using the Puffer belly trail to worship the Lord while enjoying His beautiful creation. There will be Prayer Stops along the trail to help guide you in prayer and worship. Enjoy a light snack at the Pavilion either before, after, or during your worship! Participants of all ages are encouraged and welcome!

New Member Receptions

At the Y, we want to make sure you're able to take advantage of all of the benefits of your membership! After you have joined, you may register for our New Member Reception. In just 30 minutes, we'll help you discover the various programs we offer. Upon completion of

Parents Night Out

Need an evening out without the kids? Let us provide pizza and entertain your 4 to 10 year old while you have an evening out. We will have fun eating, swimming, coloring, and watching a movie with popcorn. Send them with swim gear on under play clothes. Send a towel

Personal Training

Start your workout off right by working one-on-one with a certified personal trainer. An individualized program will be designed to help reach your health and wellness goals.

Personal Training Consultation

Register for a personal trainer to contact you to set up an initial appointment to explore personal training or continue on your training journey!

Piano

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

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.

Running Programs

The program is for grades 2nd-5th to help with conditioning and practice of running. Running will be mostly on the indoor track of the YMCA for Winter Sessions but will move outdoor as the weather permits. The non-competitive program will have experienced coaches

Safe at Home

Students will learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies.

Spanish Classes

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

Intermediate-Advanced Spanish: Improve your Spanish speaking skills with others in a fun interactive group setting.

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

In stage B, parents work with their children to get introduced to the water and 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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Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday 09:40am	3 to 5	Sat.	9:40 AM - 10:10 AM	\$30.00	\$67.50
	Thursday 5:20pm	3 to 5	Thurs.	5:20 PM - 5:50 PM	\$30.00	\$67.50
	Thursday 6:00pm	3 to 5	Thurs.	6:00 PM - 6:30 PM	\$30.00	\$67.50
	Tuesday 5:20pm	3 to 5	Tues.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday 10:20am	3 to 5	Sat.	10:20 AM - 10:50 AM	\$30.00	\$67.50
	Thursday 4:00pm	3 to 5	Thurs.	4:00 PM - 4:30 PM	\$30.00	\$67.50
	Thursday 4:40pm	3 to 5	Thurs.	4:40 PM - 5:10 PM	\$30.00	\$67.50
	Tuesday 6:00pm	3 to 5	Tues.	6:00 PM - 6:30 PM	\$30.00	\$67.50
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Saturday 11:00am	3 to 5	Sat.	11:00 AM - 11:30 AM	\$30.00	\$67.50
	Thursday 5:20pm	3 to 5	Thurs.	5:20 PM - 5:50 PM	\$30.00	\$67.50
	Tuesday 6:40pm	3 to 5	Tues.	6:40 PM - 7:10 PM	\$30.00	\$67.50
Swim Lessons - Age 3-5yrs (4-Stroke Introduction)						
	Thursday 6:00pm	3 to 5	Thurs.	6:00 PM - 6:30 PM	\$30.00	\$67.50
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Saturday 09:00am	6 to 12	Sat.	9:00 AM - 9:30 AM	\$35.00	\$78.50
	Tuesday 4:40pm	6 to 12	Tues.	4:40 PM - 5:25 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (1&2 -Water Acclimation & Movement)						
	Thursday 4:00pm	6 to 12	Thurs.	4:00 PM - 4:45 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Saturday 09:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$35.00	\$78.50
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$35.00	\$78.50
	Thursday 4:55pm	6 to 12	Thurs.	4:55 PM - 5:40 PM	\$35.00	\$78.50
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Saturday 09:00am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$35.00	\$78.50
	Thursday 5:50pm	6 to 12	Thurs.	5:50 PM - 6:35 PM	\$35.00	\$78.50
	Tuesday 4:40pm	6 to 12	Tues.	4:40 PM - 5:25 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Saturday 09:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$35.00	\$78.50
	Thursday 4:45pm	6 to 12	Thurs.	4:45 PM - 5:30 PM	\$35.00	\$78.50
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$35.00	\$78.50
	Thursday 5:45pm	6 to 12	Thurs.	5:45 PM - 6:30 PM	\$35.00	\$78.50
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$35.00	\$78.50
Swim Lessons - Teen & Adult						
	Monday 7:00pm	13 to 114	Mon.	7:00 PM - 7:45 PM	\$35.00	\$78.50
Swim Lessons - Adaptive						
	Sunday 4:30pm	3 to 99	Sun.	4:30 PM - 5:00 PM	\$30.00	\$67.50
	Sunday 5:00pm	3 to 99	Sun.	5:00 PM - 5:30 PM	\$30.00	\$67.50
Swim Lessons - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00



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

In this class students work to develop comfort with underwater exploration and learn to safely enter and exit the water. This class will also focus on body position, forward movement, and swimming safely from farther distances. Skills taught include: Submerging, Front

Swim Lessons - Age 3-5yrs (2-Water Movement)

In this class parents work with their children to develop comfort with underwater exploration and learn to safely enter and exit the water. This class will also focus on body position, forward movement, and swimming safely from farther distances. Skills taught include:

Swim Lessons - Age 3-5yrs (3-Water Stamina)

In this class, children develop comfort with underwater exploration and learn to safely enter and exit the water. This class will also focus on body position, forward movement, and swimming safely from farther distances. Skills taught include: Submerging, Front glide,

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

Swim Lessons - Age 6-12yrs (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. This stage lays the foundation that allows for a student's future progress in swimming. students focus on body position and control,

Swim Lessons - Age 6-12yrs (1&2 -Water Acclimation & 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. This stage lays the foundation that allows for a student's future progress in swimming. students focus on body position and control,

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. This stage lays the foundation that allows for a student's future progress in swimming. students focus on body position and control,

Swim Lessons - Age 6-12yrs (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,

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

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,

Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)

In Stage 6, 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.

Swim Lessons - Teen & Adult

This class is designed for adults who want to learn the basic fundamentals of swimming, water orientation, and safety.

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

Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions



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Training - Lifeguarding						
	April (3,5,7,8)	15 to 99	Mon. Wed. Fri. Sat.	10:00 AM - 5:00 PM	\$175.00	\$245.00
	May (6,7,13,14)	15 to 99	Sun. Sat.	10:00 AM - 5:00 PM	\$175.00	\$245.00
Training - Safe Sitter Babysitting						
	05/13/2023	11 to 14	Sat.	9:00 AM - 2:30 PM	\$72.00	\$100.00
Wellness Center & Equipment Orientations						
	Member Wellness Orientations	15 to 115		No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	Wellness Consultation	16 to 116		No Time Specified	\$0.00	\$0.00
Wellness For Life Coaching Program						
	2023			No Time Specified	\$0.00	N/A
Y Buddies Participant						
	2023	8 to 108		No Time Specified	\$0.00	\$0.00
Y Buddies Volunteer						
	2023	18 to 118		No Time Specified	\$0.00	\$0.00
Youth Fit						
	Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00
Youth Soccer ***Rate Increases 4/1/2023						
	Ages 3-4 (Parent&Child)	3 to 4	Fri.	12:00 PM - 12:45 PM	\$30.00	\$60.00
	Grades PreK-K	4 to 7	Sat.	9:00 AM - 1:00 PM	\$40.00	\$80.00
	Grades 1 & 2	6 to 9	Sat.	9:00 AM - 1:00 PM	\$40.00	\$80.00
	Grades 3 & 4	8 to 11	Sat.	9:00 AM - 1:00 PM	\$50.00	\$100.00
	Grades 5 & 6	10 to 12	Sat.	9:00 AM - 1:00 PM	\$50.00	\$100.00



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Training - Lifeguarding

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 personnel take over. Successful completion of this course includes certification in Lifeguarding, CPR/AED, Emergency Oxygen, and First Aid.

Training - Safe Sitter Babysitting

Course will teach potential babysitters how to care for children. CPR included, but will not be certified

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 their next step at the Y.

Wellness For Life Coaching Program

A 30-45 minute meeting with a wellness coach/director that will help you explore and identify all the ways you can get involved with your membership to help with your health and wellness goals. Take yourself to their next step at the Y.

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!

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.

Youth Soccer ***Rate Increase 4/1

Ages 3-4: YMCA parent/child soccer league is an instructional introductory program for 3 to 4 year olds. This program will be a 7-week program that will give participants a chance to learn the basics of soccer as well as gameplay in a fun non-competitive setting.