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Table with columns: Program Name, Session Name, Age Range, Day, Time, Member Fee, Program Participant Fee. Rows include Active Older Adults, Adaptive & Inclusive Sports, Blood Pressure Self Monitoring Program, Gymnastics, Home School Programs, Judo, Karate, Martial Arts, and Masters Adult Swim.



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Active Older Adults

Lunch & Learn: Connect over lunch while you enjoy hearing presentations on topics relevant to those ages 55 and over.

Botanical Conservatory: Join us as we experience the colors, fragrance, and unique setting of a variety of beautiful gardens. The conservatory has three indoor gardens, four outdoor gardens, and changing showcases each year. Let's explore the wonders of nature at the Conservatory gardens.

LC Nature Park: Let's explore together more than 200 acres of native Indiana landscape at LC Nature Park, where herds of bison and elk graze the restored grasslands, wildflowers bursts into bloom, and we can experience the magic of nature together. We will join a private safari wagon tour to observe the beautiful landscape. Bring a sack lunch to enjoy the scenery with a picnic.

FW Philharmonic: Join us as we listen to the Fort Wayne Philharmonic as they preform at Crescendo Coffee & More. It will be the perfect way to grab some coffee, a breakfast sandwich, and a pastry and enjoy fantastic friends and melodious music!

Adaptive & Inclusive Sports

Adaptive Tennis is an exciting sport combining team play and individual skill. This program is designed to help others become better players, improve sports awareness, and bring fun and excitement to all. This program encourages fair play, positive competition, and family involvement.

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.

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.

Judo: Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from swim lessons, tumbling lessons, sports instruction, and for the older students, a strength training component.

Strength & Wellness: Come learn the importance of exercise and nutrition as we focus on our overall health. Students will also be taught how to build strength using a safe and effective plan. Each student will be given a personal workout log to track their progress.

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

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 Chaipetta 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.

Martial Arts

Self Defense: Sensei Dave Larsen is a Second Degree Brown Belt and earned his USJA coaching certificate in 2008. The initial focus of this class will be quick techniques to disengage/disable and escape. You will learn to be more aware of self and surroundings, to maintain personal space and avoid situations, use control techniques to de-escalate and to disengage so you can flee. In addition, general strikes, blocks, and kicks will be taught with the opportunity for individuals to learn more advanced techniques once basic skills are mastered.

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.



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Table with columns for program name, location, date, age range, day, time, price, and total cost. Includes sections for Parents Night Out, Personal Training, Personal Training Consultation, Pre Employment Transition Services, Swim Lessons (A-Water Discovery, A&B Water Discovery & Exploration, B-Water Exploration, Adaptive), and Swim Lessons (1-Water Acclimation).



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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 eating, swimming, playing, and getting messy with an art project.

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

Start your fitness journey with a plan customized to your fitness goals and ability! YMCA members can register here for a FREE, one-on-one initial appointment with a personal trainer.

Pre Employment Transition Services

Pre-ETS provides resources for students with disabilities to enhance their hard and soft skills, explore employment and education options, and participate in on-site job training. This is an opportunity to ensure students have access to meaningful career planning to help with the seamless movement from high school to employment or post-secondary training.

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) (A&B Water Discovery & Exploration)

Parent and Child Stage A & B (Water Discovery & Exploration) Recommended ages: 6months-3 years Parents accompany children in this stage, which in this combined class parents first work with their children to introduce them to the aquatic environment then work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Monkey crawl.

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

"Parent and Child Stage B (Water Exploration) Recommended ages: 6months-3 years In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Monkey crawl."

Swim Lessons - 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 - 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 glide, "Swim, float, swim".



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

Location: Indoor Pool	Monday 4:00pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$28.00	\$62.00
	Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$28.00	\$62.00
	Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$28.00	\$62.00
	Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$23.00	\$52.00
	Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$23.00	\$52.00
	Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$23.00	\$52.00
	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$23.00	\$52.00
	Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$28.00	\$62.00
	Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$28.00	\$62.00
	Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$28.00	\$62.00
	Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$28.00	\$62.00
	Wednesday 7:00pm	3 to 5	Wed.	7:00 PM - 7:30 PM	\$28.00	\$62.00

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

Location: Indoor Pool	Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$28.00	\$62.00
	Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$23.00	\$52.00
	Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$23.00	\$52.00
	Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 PM	\$23.00	\$52.00
	Tuesday 6:10pm	3 to 5	Tues.	6:10 PM - 6:40 PM	\$28.00	\$62.00
	Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$28.00	\$62.00

Swim Lessons - Age 3-5yrs (4-Stroke Introduction)

Location: Indoor Pool	Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$28.00	\$62.00
	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$23.00	\$52.00

Swim Lessons - Age 6-12yrs (1-Water Acclimation)

Location: Indoor Pool	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$32.00	\$72.00
	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
	Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$32.00	\$72.00
	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$26.00	\$59.00
	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$26.00	\$59.00
	Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$26.00	\$59.00
	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$32.00	\$72.00
	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$32.00	\$72.00

Swim Lessons - Age 6-12yrs (2-Water Movement)

Location: Indoor Pool	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$32.00	\$72.00
	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
	Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$32.00	\$72.00
	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$26.00	\$59.00
	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$26.00	\$59.00
	Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$26.00	\$59.00
	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$32.00	\$72.00
	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$32.00	\$72.00



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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, float, swim".

Swim Lessons - Age 3-5yrs (4-Stroke Introduction)

Preschool Level, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 3- 5 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 (1-Water Acclimation)

Learn to Swim, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 5 - 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 (2-Water Movement)

Learn to Swim, Swim Basics Stage 2 (Water Movement) Recommended ages: 5 - 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, push, turn, grab", Back float, Roll



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Swim Lessons - Age 6-12yrs (3-Water Stamina)						
Location: Indoor Pool	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$32.00	\$72.00
	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$26.00	\$59.00
	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$26.00	\$59.00
	Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$26.00	\$59.00
	Tuesday 5:00pm	6 to 12	Mon.	5:00 PM - 5:45 PM	\$32.00	\$72.00
	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$32.00	\$72.00
	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$32.00	\$72.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
Location: Indoor Pool	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$32.00	\$72.00
	Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$32.00	\$72.00
	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$26.00	\$59.00
	Tuesday 5:55pm	6 to 12	Tues.	5:55 PM - 6:40 PM	\$32.00	\$72.00
	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
Location: Indoor Pool	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$26.00	\$59.00
	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$32.00	\$72.00
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
Location: Indoor Pool	Saturday 11:10am	6 to 14	Sat.	11:10 AM - 11:55 AM	\$26.00	\$59.00
	Wednesday 5:15pm	6 to 14	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00
Swim Lessons - Age 9 -14yrs - POOLIGANS						
Location: Indoor Pool	Friday - 6:00pm	9 to 14	Fri.	6:00 PM - 6:45 PM	\$32.00	\$72.00
Swim Lessons - Teen & Adult						
Location: Indoor Pool	Beginner	16 to 115	Thurs.	8:00 PM - 8:30 PM	\$28.00	\$62.00
	Intermediate	16 to 115	Thurs.	8:00 PM - 8:30 PM	\$28.00	\$62.00
Swim Lessons - Private Swim Lessons						
Location: Indoor Pool	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Teen Leaders Club						
Location: Chapel or Youth Room	This is YOU	11 to 14	Fri.	3:30 PM - 5:00 PM	\$0.00	\$0.00
Teen Programs						
Location: Meet at Jorgensen Facility	Teen Service Day 04/13/2024	11 to 18	Sat.	9:00 AM - 12:00 PM	\$0.00	\$0.00
Location: Meet at Jorgensen Facility	Teen Service Day 04/27/2024	11 to 18	Sat.	9:00 AM - 12:30 PM	\$0.00	\$0.00
Location: Meet at Jorgensen Facility	Teen Service Day 05/18/2024	11 to 18	Sat.	9:00 AM - 12:30 PM	\$0.00	\$0.00
Location: Jorgensen Facility	Teen Takeover 04/13/2024	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
Location: Jorgensen Facility	Teen Takeover 05/18/2024	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
Location: Meet at Jorgensen	Teen Takeover Lazer X	11 to 18	Sat.	1:00 PM - 4:00 PM	\$10.00	\$15.00



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

Learn to Swim, Swim Basics Stage 3 (Water Stamina) Recommended ages: 5 - 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)

Learn to Swim, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 5- 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-Stroke Development)

Learn to Swim, Swim Strokes Stage 5 (Stroke Development) Recommended ages: 5- 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.

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.

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 - Teen & Adult

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.

Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions

Teen Leaders Club

Teens will be led through group activities, games, and discussions in a social-emotional small group setting led by a group facilitator. Teens will choose their own New Years' Resolution to focus on throughout the spring semester while attending the small group and the group will have discussions and guide each other through achieving their goals. The group will have a mental health topic to discuss each month and the group will have discussions about maintaining a positive mental health lifestyle. The group facilitator will act as a mentor for the teens and teens will be open to asking questions and having discussions with the group and group facilitator about real-world situations. Group sessions will be held one Friday a month after school and every meeting will be led with a game, mental health topic, and discussions about goals to meet by the end of the school year.

Teen Programs

Teen Service Day: The Teens will meet at the Jorgensen Family YMCA to volunteer in our community.

Teen Takeover: The teens are taking over the Jorgensen Family YMCA for a fun after hours event! We will have basketball, group games, and ice breakers. Video games will be available in the teen center. Pizza will be included for all those that are pre-registered. Space is limited!

Teen Takeover Lazer X: Join us for a Lazer X outing after our Teen Service Day activity. Spots are limited, Register today!



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Training - Lifeguarding						
Location: Teaching Kitchen	May (20, 21, 22, 23)	15 to 99	Mon. Tues. Wed. Thurs	10:00 AM - 5:00 PM	\$175.00	\$245.00
Location: Teaching Kitchen	May (4, 5, 11, 12)	15 to 99	Sun. Sat.	10:00 AM - 5:00 PM	\$175.00	\$245.00
Training - CPR/AED/O2/First Aid						
Location: Teaching Kitchen	Blended (04/06/2024)	15 to 100	Sat.	10:00 AM - 2:00 PM	\$100.00	\$140.00
Location: Teaching Kitchen	Blended (05/21/2024)	15 to 100	Tues.	4:00 PM - 8:00 PM	\$100.00	\$140.00
Training - Safe Sitter Babysitting						
Location: Admin Room	Safe Sitter- 04/13/2024	11 to 14	Sat.	9:00 AM - 2:30 PM	\$70.00	\$100.00
Wellness Center & Equipment Orientations						
Location: Meet at Wellness Desk	EGYM Orientation			No Time Specified	\$0.00	\$0.00
Location: Meet at Wellness Desk	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness For Life Coaching Program						
Location: Meet at Wellness Desk	2024			No Time Specified	\$0.00	N/A
Y Buddies Participant						
Location: Jorgensen Facility	2023-2024	8 to 108		No Time Specified	\$0.00	\$0.00
Y Buddies Volunteer						
Location: Jorgensen Facility	2023-2024	18 to 118		No Time Specified	\$0.00	\$0.00
Location: Jorgensen Facility	2024	18 to 118		No Time Specified	\$0.00	\$0.00
Youth Fit						
Location: Meet at Wellness Desk	2024 Youth Fit - Level 1 (Ages 9-10)	9 to 10		No Time Specified	\$0.00	\$0.00
Location: Meet at Wellness Desk	2024 Youth Fit - Level 2 (Ages 11-14)	11 to 14		No Time Specified	\$0.00	\$0.00
Youth Soccer						
Location: Indian Trails Park	Outdoor Soccer: Grades 1-2	6 to 8	Sat.	No Time Specified	\$40.00	\$80.00
Location: Indian Trails Park	Outdoor Soccer: Grades 3-4	8 to 10	Sat.	No Time Specified	\$50.00	\$100.00
Location: Indian Trails Park	Outdoor Soccer: Grades 5-6	10 to 12	Sat.	No Time Specified	\$50.00	\$100.00
Location: Indian Trails Park	Outdoor Soccer: PreK - K	4 to 5	Sat.	No Time Specified	\$40.00	\$80.00



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

Training - CPR/AED/Q2/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 arrest.

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

EGYM: Learn how to use our EGYM equipment in this 1-hour session.

Wellness Center Orientation: Learn how to use our Wellness Center equipment in this 1-hour session.

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

Level 1: This complimentary member only program will be for youth ages 9-10 years of age. This program will introduce Y Gym Etiquette, Warm up, Cardiovascular Exercise Equipment, Cool down and Flexibility Exercises.

Level 2: During Youth Fit 2 program, Y members 11-14 years of age will be introduced to aspects of the wellness center: Warm- Up, Cardiovascular Equipment, Cool Down, Muscular Strength on select equipment, Muscular Endurance, Flexibility, and Group Exercise class etiquette.

Youth Soccer

Youth Soccer is an exciting sport combing team play and individual skill. This program is designed to help students not only become better players but better people as well. This program encourages fair play, positive competition, and family involvement.