



Jackson R. Lehman Family YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Summer I - 2023 Program Listing

Summer I Session 6/5-7/16
Registration Mbr. 5/15, Prog. Part. 5/22

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Assessments						
	Body Composition	15 to 115		No Time Specified	\$0.00	\$0.00
	Fitness Assessment	15 to 115		No Time Specified	\$0.00	\$0.00
Blood Pressure Self Monitoring Program						
	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
Cooking Classes						
	Desayuno 6/6	8 to 14	Tues.	6:30 PM - 7:15 PM	\$20.00	\$40.00
	Dessert Sushi For Kids 6/10	6 to 10	Sat.	11:00 AM - 11:45 AM	\$20.00	\$40.00
	Doll Me Up! 6/17	10 to 16	Sat.	1:30 PM - 3:30 PM	\$20.00	\$40.00
	The Painless Cake Pop! 7/8	13 to 18	Sat.	2:00 PM - 4:00 PM	\$20.00	\$40.00
Healthy Kids Club						
	Healthy Kids Club ages 7-10- June	7 to 10	Mon. Tues. Wed.	9:00 AM - 11:00 AM	\$30.00	\$60.00
Lifestyle Coaching						
	Lifestyle Coaching Packages- 1 session			No Time Specified	\$0.00	\$0.00
	Lifestyle Coaching Packages- 3 sessions			No Time Specified	\$149.00	\$224.00
Masters Adult Swim						
	Masters 2023 (AM)	18 to 118	Mon. Wed. Fri.	5:45 AM - 7:00 AM	\$30.00	\$40.00
	Masters 2023 (PM)	18 to 118	Mon. Wed.	6:45 PM - 8:00 PM	\$30.00	\$40.00
New Member Receptions						
	New Member Reception-06/06/2023		Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	New Member Reception-06/15/2023		Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	New Member Reception-07/11/2023		Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
Nutrition Seminar						
	BPSM Dash Diet (06/27/2023)	18 to 118	Tues.	6:00 PM - 7:00 PM	\$0.00	\$0.00
Parents Night Out						
	06/16/2023	4 to 12	Fri.	6:00 PM - 10:00 PM	\$20.00	\$25.00



Jackson R. Lehman Family YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Summer I - 2023 Program Listing

Summer I Session 6/5-7/16
Registration Mbr. 5/15, Prog. Part. 5/22

Assessments

Body Composition: Assess percent body fat. Futrex method utilized

Fitness Assessment: Assess your current fitness level by participating with a variety of screening tools.

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

Desayuno: Do you know what people eat for breakfast in Spanish speaking countries? Let's explore!

Dessert Sushi for Kids: Sweet, fun and colorful dessert sushi rolls that will make any kids mouth water.

Doll Me Up: In this class, we will be learning how to make a doll cake! We will be making a dress for a Barbie doll, I will be teaching you how to decorate a cake to give a doll a new dress. You will also learn how to make different buttercream flowers to add to the cake to make it beautiful! You will also learn different ways to decorate the dress for different styles.

The Painless Cake Pop: Do you love cake pops but struggle with them falling off the stick? In this class, you will learn the secret to cakesicles! We will work together on using chocolate to line the mold, baking the cake and making a yummy cake pop filling! We will also decorate them for the fun of summer!

Healthy Kids Club

This program will include a variety of fitness, wellness and nutrition activities geared to promote the importance of overall health. Students will receive a gift upon registration.

Lifestyle Coaching

Check out "Coaching for a Healthy Body, Mind, and Soul" here at the YMCA to turn your health and wellness goals into lasting change! This coaching opportunity will provide you with a safe space to set and reach your goals in health, relationships, career, faith, and more! You will meet with Matt Bruce, an integrative health coach with a background in mental health & wellness, spiritual leadership and nutritional training.

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.

New Member Receptions

This is a thirty minute presentation designed to help our members understand all the YMCA has to offer. Includes membership information, how to register for programs, locations in our association, and more information about any program we offer.

Nutrition Seminar

BPSM Dash Diet: This seminar will focus on the Dash Diet that can help lower blood pressure

Parents Night Out

Need an evening out without the kids? Let us provide dinner and entertain your 4 to 12 year old while you have an evening out. We will have fun swimming, playing in the gym and getting messy with an art project. Children will be separated into age appropriate groups.



Jackson R. Lehman Family YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Summer I - 2023 Program Listing

Summer I Session 6/5-7/16
Registration Mbr. 5/15, Prog. Part. 5/22

Personal Training						
Personal Training Packages				No Time Specified	See Branch N/A	
Personal Training Consultation						
Jackson R. Lehman Y (Northeast Fort Wayne)		18 to 118	No Time Specified	\$0.00	\$0.00	
Pickleball						
Pickleball Drills (06/13/2023)		Tues.	1:00 PM - 2:30 PM	\$0.00	\$0.00	
Pickleball Drills (07/11/2023)		Tues.	1:00 PM - 2:30 PM	\$0.00	\$0.00	
Swim Lessons - Age 6mos-3yrs (Parent/Child)						
A&B Water Discovery & Exploration						
Saturday 9:30am		0 to 3	Sat.	9:30 AM - 10:00 AM	\$25.00	\$56.00
Tuesday and Thursday 5:30pm 6/6-6/22		0 to 3	Tues. Thurs.	5:30 PM - 6:00 PM	\$25.00	\$56.00
Tuesday and Thursday 5:30pm 7/11-7/27		0 to 3	Tues. Thurs.	5:30 PM - 6:00 PM	\$25.00	\$56.00
Wednesday 9:00am 6/6-6/22		0 to 3	Wed.	9:00 AM - 9:30 AM	\$12.50	\$28.00
Wednesday 9:00am 7/11/7/27		0 to 3	Wed.	9:00 AM - 9:30 AM	\$12.50	\$28.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
Saturday 10:10am		3 to 5	Sat.	10:10 AM - 10:40 AM	\$25.00	\$56.00
Tuesday and Thursday 5:30pm 6/6-6/22		3 to 5	Tues. Thurs.	5:30 PM - 6:00 PM	\$25.00	\$56.00
Tuesday and Thursday 5:30pm 7/11-7/27		3 to 5	Tues. Thurs.	5:30 PM - 6:00 PM	\$25.00	\$56.00
Wednesday 9:45am 6/6-6/22		3 to 5	Wed.	9:45 AM - 10:15 AM	\$12.50	\$28.00
Wednesday 9:45am 7/11-7/27		3 to 5	Wed.	9:45 AM - 10:15 AM	\$12.50	\$28.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
Saturday 10:50am		3 to 5	Sat.	10:50 AM - 11:20 AM	\$25.00	\$56.00
Tuesday and Thursday 6:10pm 6/6-6/22		3 to 5	Tues. Thurs.	6:10 PM - 6:40 PM	\$25.00	\$56.00
Tuesday and Thursday 6:10pm 7/11-7/27		3 to 5	Tues. Thurs.	6:10 PM - 6:40 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs 3 & 4-Water Stamina & Stroke Introduction						
Saturday 11:30am		3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00
Tuesday and Thursday 6:10pm 6/6-6/22		3 to 5	Tues.	6:10 PM - 6:40 PM	\$25.00	\$56.00
Tuesday and Thursday 6:10pm 7/11-7/27		3 to 5	Tues.	6:10 PM - 6:40 PM	\$25.00	\$56.00
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
Saturday 09:30am		6 to 12	Sat.	9:30 AM - 10:15 AM	\$29.00	\$65.00
Tuesday and Thursday 5:30pm 6/6-6/22		6 to 12	Tues. Thurs.	5:30 PM - 6:15 PM	\$29.00	\$65.00
Tuesday and Thursday 5:30pm 7/11-7/27		6 to 12	Tues. Thurs.	5:30 PM - 6:15 PM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (2-Water Movement)						
Saturday 09:30am		6 to 12	Sat.	9:30 AM - 10:15 AM	\$29.00	\$65.00
Tuesday and Thursday 5:30pm 6/6-6/22		6 to 12	Tues. Thurs.	5:30 PM - 6:15 PM	\$29.00	\$65.00
Tuesday and Thursday 5:30pm 7/11-7/27		6 to 12	Tues. Thurs.	5:30 PM - 6:15 PM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
Saturday 10:25am		6 to 12	Sat.	10:25 AM - 11:10 AM	\$29.00	\$65.00
Tuesday and Thursday 6:25pm 6/6-6/22		6 to 12	Tues. Thurs.	6:25 PM - 7:10 PM	\$29.00	\$65.00
Tuesday and Thursday 6:25pm 7/11-7/27		6 to 12	Tues. Thurs.	6:25 PM - 7:10 PM	\$29.00	\$65.00



Jackson R. Lehman Family YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Summer I - 2023 Program Listing

Summer I Session 6/5-7/16
Registration Mbr. 5/15, Prog. Part. 5/22

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!

Pickleball

Are you looking to improve your skill level? This is a class for you. Donna Moore will run different drills that will improve your game and develop new skills.

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

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 3-5yrs (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 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)

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&4-Water Stamina & Stroke Introduction)

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

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

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)

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 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, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".



Jackson R. Lehman Family YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Summer I - 2023 Program Listing

Summer I Session 6/5-7/16
Registration Mbr. 5/15, Prog. Part. 5/22

Swim Lessons - Age 6-12yrs (4-Stroke Introduction)							
	Saturday 10:25am	6 to 12	Sat.	10:25 AM - 11:10 AM	\$29.00	\$65.00	
	Tuesday and Thursday 6:25pm 6/6-6/22	6 to 12	Tues. Thurs.	6:25 PM - 7:10 PM	\$29.00	\$65.00	
	Tuesday and Thursday 6:25pm 7/11-7/27	6 to 12	Tues. Thurs.	6:25 PM - 7:10 PM	\$29.00	\$65.00	
Swim Lessons - Age 6-12yrs (5&6 Stroke Developme							
	Saturday 11:20am	6 to 12	Sat.	11:20 AM - 12:05 PM	\$29.00	\$65.00	
	Tuesday and Thursday 7:15pm 6/6-6/22	6 to 12	Tues. Thurs.	7:15 PM - 8:00 PM	\$29.00	\$65.00	
	Tuesday and Thursday 7:15pm 7/11-7/27	6 to 12	Tues. Thurs.	7:15 PM - 8:00 PM	\$29.00	\$65.00	
Swim Lessons - Adaptive							
	Tuesday and Thursday 6:50pm 6/6-6/22	4 to 100	Tues. Thurs.	6:50 PM - 7:25 PM	\$29.00	\$65.00	
	Tuesday and Thursday 6:50pm 7/11-7/27	4 to 100	Tues. Thurs.	6:50 PM - 7:25 PM	\$29.00	\$65.00	
Swim Lessons - Private Swim Lessons							
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00	
Training - CPR/AED/O2/First Aid							
	Blended (06/20/2023)	16 to 100	Tues.	4:30 PM - 8:30 PM	\$100.00	\$140.00	
	Blended (06/24/2023)	16 to 100	Sat.	9:00 AM - 1:00 PM	\$100.00	\$140.00	
Wellness Center & Equipment Orientations							
	Orientations	15 to 115		No Time Specified	\$0.00	\$0.00	
Wellness For Life Coaching Program							
	2023			No Time Specified	\$0.00	N/A	
Youth Fit							
	Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00	
Youth Soccer							
	PreK & K (Summer Outdoor @ Praise Park)	3 to 6	Sat.	9:00 AM - 3:00 PM	\$40.00	\$80.00	
	Grades 1 & 2 (Summer Outdoor @ Praise Park)	6 to 8	Sat.	9:00 AM - 3:00 PM	\$40.00	\$80.00	
	Grades 3 & 4 (Summer Outdoor @ Praise Park)	8 to 10	Sat.	9:00 AM - 3:00 PM	\$50.00	\$100.00	
	Grades 5 & 6 (Summer Outdoor @ Praise Park)	10 to 12	Sat.	9:00 AM - 3:00 PM	\$50.00	\$100.00	



Jackson R. Lehman Family YMCA

DOWNLOAD NOW!
YMCA Mobile App
fymca.org/app



Scan this QR code to download
our new mobile app!

Summer I - 2023 Program Listing

Summer I Session 6/5-7/16
Registration Mbr. 5/15, Prog. Part. 5/22

Swim Lessons - Age 6-12yrs (4-Stroke Introduction)

School Age, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 6- 12 years old Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

Swim Lessons - Age 6-12yrs (5&6 Stroke Development & Mechanics)

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. Skills taught include: Endurance, Front crawl, Back crawl, Resting stroke, Treading water, Breaststroke, Butterfly. In stage 6 (Stroke Mechanics), students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly

Swim Lessons - Adaptive

This class, designed for participants with special needs, will focus on basic water skills & water adjustment. Helping participants gain confidence in the water & improve kicking & stroking ability. Through participation in the program, participants learn to feel more positive about themselves in a safe & relaxed environment that promotes success mixed with fun & play.

Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions

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 arrest.

Wellness Center & Equipment Orientations

Learn how to use the equipment at the Jackson Lehman YMCA. A staff member will contact you to set up a date and time.

Wellness 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.

Youth Fit

Learn proper cardiovascular, strength, and flexibility training ages 11-14. Sign up at membership services. 1 visit is required to learn the equipment and proper exercise guidelines.

Youth Soccer

YMCA outdoor soccer is a fundamental league for participants to enhance their soccer skills as well as build character. All participants will enjoy equal playing time, positive coaching, balanced teams and fun!