



Jorgensen Family YMCA

Summer - 2019 Program Listing

Summer Session (6/3-7/14)

Registration (Mbr. 5/20) Prog. Part. (5/27)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Adaptive Arts						
	Inclusive Arts and Crafts (LOCATED AT 5 to 105		Sat.	10:00 AM - 12:00 PM	\$0.00	\$0.00
Adult Climb						
	Rock Wall Adult Climb	16 to 116		No Time Specified	\$0.00	\$0.00
Assessments						
	Blood Pressure Assessment	15 to 115		No Time Specified	\$0.00	\$0.00
	Body Composition			No Time Specified	\$0.00	\$0.00
	Fitness Assessment			No Time Specified	\$0.00	\$0.00
Coach Pitch Baseball						
	Grade 1 and 2		Mon. Tues. Wed. Thur	No Time Specified	\$40.00	\$80.00
	Pre K and K	4 to 6	Mon. Tues. Wed. Thur	No Time Specified	\$40.00	\$80.00
Dive In Movie						
	Outdoor Pool - Incredibles 2 (6/21/19)		Fri.	8:15 PM - 11:30 PM	\$1.00	\$3.00
	Outdoor Pool - Tangled (7/12/19)		Fri.	8:15 PM - 11:30 PM	\$1.00	\$3.00
English Classes						
	ESL Class	16 to 100	Wed.	6:00 PM - 7:30 PM	\$0.00	\$0.00
Judo						
	Ages 5-8	5 to 8	Fri.	5:00 PM - 5:30 PM	\$21.00	\$48.00
	Ages 9-12	9 to 12	Fri.	5:45 PM - 6:30 PM	\$24.00	\$52.50
Kids Club						
	2019 Kids Club	5 to 12	Mon. Tues. Wed. Thur	5:00 PM - 7:00 PM	\$0.00	\$0.00
Masters Adult Swim						
	Evening Session Masters 2019 (June)	18 to 118	Tues. Thurs. Sat.	7:15 PM - 8:15 PM	\$30.00	\$75.00
	Evening Session Masters 2019 (July)	18 to 118	Tues. Thurs. Sat.	7:15 PM - 8:15 PM	\$30.00	\$75.00
	Morning Session - Masters 2019 (June)	18 to 118	Tues. Thurs. Sat.	6:00 AM - 7:15 AM	\$30.00	\$75.00
	Morning Session - Masters 2019 (July)	18 to 118	Tues. Thurs. Sat.	6:00 AM - 7:15 AM	\$30.00	\$75.00
New Member Receptions						
	05/30/2019	18 to 100	Thurs.	6:30 PM - 7:00 PM	\$0.00	\$0.00
	06/11/2019	18 to 100	Tues.	10:00 AM - 10:30 AM	\$0.00	\$0.00
	07/09/2019	18 to 100	Tues.	10:00 AM - 10:30 AM	\$0.00	\$0.00
	6/27/2019	18 to 100	Thurs.	6:30 PM - 7:00 PM	\$0.00	\$0.00
OWLS						
	Euchre Mondays	40 to 100	Mon.	9:00 AM - 11:00 AM	\$0.00	\$0.00



Adaptive Arts

Through this inclusive partnership with Passages, families will creatively express themselves together and enjoy art exploration through painting and stitching. This class is designed to be inclusive for those of all abilities. Families are encouraged to bring a donation for the Passages Bridge 333 art studio. Examples include: clean bed sheets, embroidery floss, buttons, costume jewelry, and leftover craft supplies.

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

Blood Pressure Assessment - Free blood pressure screen in the wellness center at the Jorgensen YMCA.

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.

Coach Pitch Baseball

Instructional baseball program for boys and girls entering grade 1 or 2. Program will include both practice and games play. Weeknights (No Fridays); Evenings, 5:30 pm or later

Dive In Movie

Join us at our Outdoor Pool for an after hours swim, good food, popcorn and a Movie! Incredibles 2! Swimming | 8:15p-9:30pm & Movie Time | 9:45-11:30pm What to Bring: Bathing Suit and a Towel, Blankets or Sleeping Bag (optional) Admission \$1 per person Children 5 and under are free. EVENT is open to Members and their Guests. Please register early as space is limited. Parents must accompany children 5 and under in the pool at all times. Additional snacks will be available for purchase. **Please register all those planning to attend**

English Classes

This class is for those whose native language is not English, and are at an intermediate/advanced language level. This class will give you the chance to increase your ability to speak and understand the English language. Each class varies in content to promote conversation using articles, worksheets on idioms/slang and various other tools. Free child care is provided

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.

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!

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-830A

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.

OWLS



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Summer Session (6/3-7/14)

Registration (Mbr. 5/20) Prog. Part. (5/27)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Parents Night Out						
	06/07/2019	4 to 12	Fri.	6:00 PM - 10:30 PM	\$15.00	\$25.00
	06/21/2019	4 to 12	Fri.	6:00 PM - 10:30 PM	\$15.00	\$25.00
Personal Training Packages						
	Duo Personal Training - 1 session				\$70.00	n/a
	Duo Personal Training - 5 sessions				\$345.00	n/a
	Duo Personal Training - 10 sessions				\$690.00	n/a
	Duo Personal Training - 20 sessions				\$1,380.00	n/a
	Group Training (4 people) - 1 session				\$80.00	n/a
	Group Training (4 people) - 5 sessions				\$395.00	n/a
	Group Training (4 people) - 10 sessions				\$790.00	n/a
	Group Training (4 people) - 20 sessions				\$1,580.00	n/a
	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
Pom Class						
	Poms Class	5 to 25	Thurs.	6:15 PM - 7:00 PM	\$20.00	\$40.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Monday 04:40 pm	0 to 3	Mon.	4:40 PM - 5:10 PM	\$17.50	\$40.00
	Saturday 09:30 am	0 to 3	Sat.	9:30 AM - 10:00 AM	\$17.50	\$40.00
	Saturday 10:10 am	0 to 3	Sat.	10:10 AM - 10:40 AM	\$17.50	\$40.00
	Wednesday 05:20 pm	0 to 3	Wed.	5:20 PM - 5:50 PM	\$17.50	\$40.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Monday 05:20 pm	0 to 3	Mon.	5:20 PM - 5:50 PM	\$17.50	\$40.00
	Saturday 10:50 am	0 to 3	Sat.	10:50 AM - 11:20 AM	\$17.50	\$40.00
	Wednesday 04:40 pm	0 to 3	Wed.	4:40 PM - 5:10 PM	\$17.50	\$40.00
Swim Lessons - Age 3-5yrs (Parent/Child) (1-Water Acclimation)						
	Saturday 11:30 am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$17.50	\$40.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Monday 04:00 pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$17.50	\$40.00
	Monday 04:40 pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$17.50	\$40.00
	Monday 05:20 pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$17.50	\$40.00
	Monday 07:00 pm	3 to 5	Mon.	7:00 PM - 7:30 PM	\$17.50	\$40.00
	Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$17.50	\$40.00
	Saturday 10:10 am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$17.50	\$40.00
	Saturday 10:50 am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$17.50	\$40.00
	Saturday 11:30 am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$17.50	\$40.00
	Wednesday 04:00 pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$17.50	\$40.00
	Wednesday 04:40 pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$17.50	\$40.00
	Wednesday 05:20 pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$17.50	\$40.00



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 swimsuit 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! Please send any questions to our Youth and Family Director, Zoe Lengacher at

Personal Training Packages

Duo - Two individuals can work with a personal trainer during a session to develop their exercise programs

Group - You and your partners get to train with a YMCA Personal Trainer. This includes any four individuals who want to train together with the same trainer

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

Pom Class

Join the YMCA's pom class that combines music, rhythm, cheer and creativity. Participants will learn upbeat and exciting routines, while making friends and working together as a team. No experience is necessary, so come one come ALL! This class is specifically designed for those with physical, developmental and intellectual disabilities. *Poms and shirts are provided

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

Parent and Child Stage A (Water Discovery) Recommended ages: 6months-3 years Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Wall grab.

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

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

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

Parent/Child 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".

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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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Monday 04:00 pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$17.50	\$40.00
	Monday 04:40 pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$17.50	\$40.00
	Monday 05:20 pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$17.50	\$40.00
	Saturday 09:30 am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$17.50	\$40.00
	Saturday 10:10 am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$17.50	\$40.00
	Saturday 10:50 am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$17.50	\$40.00
	Saturday 11:30 am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$17.50	\$40.00
	Wednesday 04:00 pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$17.50	\$40.00
	Wednesday 04:40 pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$17.50	\$40.00
	Wednesday 05:20 pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$17.50	\$40.00
	Wednesday 07:00 pm	3 to 5	Wed.	7:00 PM - 7:30 PM	\$17.50	\$40.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Monday 04:00 pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$17.50	\$40.00
	Monday 05:20 pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$17.50	\$40.00
	Saturday 09:30 am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$17.50	\$40.00
	Saturday 10:10 am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$17.50	\$40.00
	Wednesday 04:00 pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$17.50	\$40.00
	Wednesday 04:40 pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$17.50	\$40.00
Swim Lessons - Age 3-5yrs (4-Stroke Introduction)						
	Saturday 10:50 am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$17.50	\$40.00
	Wednesday 05:20 pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$17.50	\$40.00
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Monday 04:15 pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$20.00	\$43.75
	Monday 05:15 pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$20.00	\$43.75
	Monday 07:00 pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$20.00	\$43.75
	Saturday 09:30 am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$20.00	\$43.75
	Saturday 10:25 am	6 to 12	Sat.	10:25 AM - 11:10 AM	\$20.00	\$43.75
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 PM	\$20.00	\$43.75
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$20.00	\$43.75
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$20.00	\$43.75
	Wednesday 07:00 pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$20.00	\$43.75
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Monday 04:15 pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$20.00	\$43.75
	Monday 05:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$20.00	\$43.75
	Monday 07:00 pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$20.00	\$43.75
	Saturday 09:30 am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$20.00	\$43.75
	Saturday 10:25 am	6 to 12	Sat.	10:25 AM - 11:10 AM	\$20.00	\$43.75
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 AM	\$20.00	\$43.75
	Wednesday 04:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$20.00	\$43.75
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$20.00	\$43.75
	Wednesday 07:00 pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$20.00	\$43.75



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: 6 - 12 years old In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim".

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

Learn to Swim, Swim Basics Stage 2 (Water Movement) Recommended ages: 6 - 12 years old In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Monday 04:15 pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$20.00	\$43.75
	Monday 05:15 pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$20.00	\$43.75
	Monday 07:00 pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$20.00	\$43.75
	Saturday 09:30 am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$20.00	\$43.75
	Saturday 10:25 am	6 to 12	Sat.	10:25 AM - 11:10 AM	\$20.00	\$43.75
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 PM	\$20.00	\$43.75
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$20.00	\$43.75
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$20.00	\$43.75
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Monday 04:15 pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$20.00	\$43.75
	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$20.00	\$43.75
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$20.00	\$43.75
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$20.00	\$43.75
	Wednesday 07:00 pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$20.00	\$43.75
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$20.00	\$43.75
	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$20.00	\$43.75
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 PM	\$20.00	\$43.75
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$20.00	\$43.75
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Monday 5:15 am	6 to 12	Mon.	5:15 PM - 6:00 PM	\$20.00	\$43.75
	Saturday 10:25 am	6 to 12	Sat.	10:25 AM - 11:10 AM	\$20.00	\$43.75
	Wednesday 5:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$20.00	\$43.75
Swim Lessons - Age 9+yrs - POOLIGANS						
	Friday 6:00 pm	9 to 14	Fri.	6:00 PM - 7:00 PM	\$20.00	\$43.75
Swim Lessons - Teen & Adult						
	Thursday 08:30 pm - Beginner	16 to 115	Thurs.	8:30 PM - 9:15 PM	\$20.00	\$43.75
	Thursday 08:30 pm - Intermediate	16 to 115	Thurs.	8:30 PM - 9:15 PM	\$20.00	\$43.75
Swim Lessons - Adaptive						
	Sunday 05:15 pm	4 to 21	Sun.	5:15 PM - 6:00 PM	\$20.00	\$43.75
	Sunday 06:00 pm	4 to 21	Sun.	6:00 PM - 6:45 PM	\$20.00	\$43.75
Swim School - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	A-10:30 am (6/3-6/13)	0 to 3	Mon. Tues. Wed. Thur	10:30 AM - 11:00 AM	\$28.00	\$64.00
	B-10:30 am (6/17-6/27)	0 to 3	Mon. Tues. Wed. Thur	10:30 AM - 11:00 AM	\$28.00	\$64.00



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

School Age Level, Swim Basics Stage 3 (Water Stamina) Recommended ages: 6 - 12 years old In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

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

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: 6- 12 years old Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. Skills taught include: Endurance, Front crawl, Back crawl, Resting stroke, Treading water, 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+yrs - 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 - 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 School - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)

Parents accompany children in stage A & B, 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. 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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Summer Session (6/3-7/14)

Registration (Mbr. 5/20) Prog. Part. (5/27)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim School - Age 3-5yrs (1-Water Acclimation)						
	A-10:30 am (6/3-6/13)	3 to 5	Mon. Tues. Wed. Thur	10:30 AM - 11:00 AM	\$28.00	\$64.00
	A-11:10 am (6/3-6/13)	3 to 5	Mon. Tues. Wed. Thur	11:10 AM - 11:40 AM	\$28.00	\$64.00
	A-12:30 pm (6/3-6/13)	3 to 5	Mon. Tues. Wed. Thur	12:30 PM - 1:00 PM	\$28.00	\$64.00
	B-10:30 am (6/17-6/27)	3 to 5	Mon. Tues. Wed. Thur	10:30 AM - 11:00 AM	\$28.00	\$64.00
	B-11:10 am (6/17-6/27)	3 to 5	Mon. Tues. Wed. Thur	11:10 AM - 11:40 AM	\$28.00	\$64.00
	B-12:30 pm (6/17-6/27)	3 to 5	Mon. Tues. Wed. Thur	12:30 PM - 1:00 PM	\$28.00	\$64.00
Swim School - Age 3-5yrs (2-Water Movement)						
	A-11:10 am (6/3-6/13)	3 to 5	Mon. Tues. Wed. Thur	11:10 AM - 11:40 AM	\$28.00	\$64.00
	A-11:50 am (6/3-6/13)	3 to 5	Mon. Tues. Wed. Thur	11:50 AM - 12:20 PM	\$28.00	\$64.00
	A-12:30 pm (6/3-6/13)	3 to 5	Mon. Tues. Wed. Thur	12:30 PM - 1:00 PM	\$28.00	\$64.00
	B-11:10 am (6/17-6/27)	3 to 5	Mon. Tues. Wed. Thur	11:10 AM - 11:40 AM	\$28.00	\$64.00
	B-11:50 am (6/17-6/27)	3 to 5	Mon. Tues. Wed. Thur	11:50 AM - 12:20 PM	\$28.00	\$64.00
	B-12:30pm	3 to 5	Mon. Tues. Wed. Thur	12:30 PM - 1:00 PM	\$28.00	\$64.00
Swim School - Age 3-5yrs (3-Water Stamina)						
	A-11:50 am (6/3-6/13)	3 to 5	Mon. Tues. Wed. Thur	11:50 AM - 12:20 PM	\$28.00	\$64.00
	B-11:50 am (6/17-6/27)	3 to 5	Mon. Tues. Wed. Thur	11:50 AM - 12:20 PM	\$28.00	\$64.00
Swim School - Age 6-12yrs (1-Water Acclimation)						
	A-10:30 am (6/3-6/13)	6 to 12	Mon. Tues. Wed. Thur	10:30 AM - 11:15 AM	\$32.00	\$70.00
	A-11:20 am (6/3-6/13)	6 to 12	Mon. Tues. Wed. Thur	11:20 AM - 12:05 PM	\$32.00	\$70.00
	B-10:30 am (6/17-6/27)	6 to 12	Mon. Tues. Wed. Thur	10:30 AM - 11:15 AM	\$32.00	\$70.00
	B-11:20 am (6/17-6/27)	6 to 12	Mon. Tues. Wed. Thur	11:20 AM - 12:05 PM	\$32.00	\$70.00
Swim School - Age 6-12yrs (2&3-Water Movement & Stamina)						
	A-10:30 am (6/3-6/13)	6 to 12	Mon. Tues. Wed. Thur	10:30 AM - 11:15 AM	\$32.00	\$70.00
	A-12:15 pm (6/3-6/13)	6 to 12	Mon. Tues. Wed. Thur	12:15 PM - 1:00 PM	\$32.00	\$70.00
	B-10:30 am (6/17-6/27)	6 to 12	Mon. Tues. Wed. Thur	10:30 AM - 11:15 AM	\$32.00	\$70.00
	B-12:15 pm (6/17-6/27)	6 to 12	Mon. Tues. Wed. Thur	12:15 PM - 1:00 PM	\$32.00	\$70.00
Swim School - Age 6-12yrs (4&5-Stroke Introduction & Development)						
	A-11:20 am (6/3-6/13)	6 to 12	Mon. Tues. Wed. Thur	11:20 AM - 12:05 PM	\$32.00	\$70.00
	A-12:15 pm (6/3-6/13)	6 to 12	Mon. Tues. Wed. Thur	12:15 PM - 1:00 PM	\$32.00	\$70.00
	B-11:20 am (6/17-6/27)	6 to 12	Mon. Tues. Wed. Thur	11:20 AM - 12:05 PM	\$32.00	\$70.00
	B-12:15 pm (6/17-6/27)	6 to 12	Mon. Tues. Wed. Thur	12:15 PM - 1:00 PM	\$32.00	\$70.00
Swim Lessons - Private Swim Lesson Packages						
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00



Swim School - 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".

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

School Age, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 6 - 12 years old In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim".

Swim School - Age 6-12yrs (2&3-Water Movement & Stamina)

School Age, Swim Basics Stage 2 (Water Movement) Recommended ages: 6 - 12 years old In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll
School Age, Swim Basics Stage 3 (Water Stamina) Recommended ages: 6 - 12 years old In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

Swim School - Age 6-12yrs (4&5-Stroke Introduction & Development)

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. School Age, Swim Strokes Stage 5 (Stroke Development) Recommended ages: 6- 12 years old Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. Skills taught include: Endurance, Front crawl, Back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

Swim Lessons - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor



Jorgensen Family YMCA

Summer - 2019 Program Listing

Summer Session (6/3-7/14)

Registration (Mbr. 5/20) Prog. Part. (5/27)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Teen Leaders Club						
	Grades 6 - 10	12 to 18		No Time Specified	\$0.00	\$0.00
Training - CPR/AED/Oxygen						
	Blended CPR/AED/O2/ First Aid (6/21/16 to 100		Fri.	5:30 PM - 9:00 PM	\$100.00	\$140.00
	Blended CPR/AED/O2/ First Aid (7/12/16 to 100		Fri.	5:30 PM - 9:30 PM	\$100.00	\$140.00
	CPR/AED/O2 (6/16/19)	16 to 100	Sun.	10:00 AM - 4:00 PM	\$80.00	\$120.00
Training - First Aid						
	06/23/2019	16 to 100	Sun.	3:00 PM - 6:00 PM	\$45.00	\$65.00
Training - Safe Sitter Babysitting						
	06/08/19	11 to 15	Sat.	9:00 AM - 2:30 PM	\$65.00	\$90.00
	07/13/19	11 to 15	Sat.	9:00 AM - 2:30 PM	\$65.00	\$90.00
Volunteering						
	Father's Day 5K Run/Walk/Ruck	14 to 99	Sat.	7:00 AM - 10:00 AM	\$0.00	\$0.00
Wellness Center Orientation						
	2019			No Time Specified	\$0.00	\$0.00
Wellness for Life 2.0						
	2019 WFL 2.0			No Time Specified	\$99.00	\$99.00
Wellness for Life Coaching Program						
	3 sessions				\$0.00	\$0.00
Y Buddies Participant						
	November - May	8 to 108		No Time Specified	\$0.00	\$0.00
Y Buddies Volunteer						
	November - May	18 to 118		No Time Specified	\$0.00	\$0.00
YMCA Race Series						
	2019 Race Series			No Time Specified	\$0.00	\$0.00
Youth Fit						
	Youthfit 2019			No Time Specified	\$0.00	\$0.00
Youth Soccer						
	Sporty Sprouts - Parent/Child age 3	3 to 3	Sat.	12:15 PM - 12:45 PM	\$40.00	\$80.00
	Sporty Sprouts - Age 4 & 5	4 to 5	Sat.	11:20 AM - 12:05 PM	\$40.00	\$80.00
	Sporty Sprouts - Age 6-8	6 to 8	Sat.	10:10 AM - 11:10 PM	\$40.00	\$80.00
	Sporty Sprouts - Age 6-8	6 to 8	Sat.	9:00 AM - 10:00 PM	\$40.00	\$80.00



Teen Leaders Club

Training - CPR/AED/Oxygen

Blended - 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.

CPR/AED/02- 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 - First Aid

This is a class designed to help people prevent, prepare for and respond to land based first aid emergencies. Upon successful completion of this course participants will receive certification in American Red Cross First Aid.

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.

Volunteering

Volunteer for the Father's Day 5K Run-Walk-Ruck in partnership with Associated Churches! Help with packet pick up, registration, kids activities, course marshal, set up and tear down and more.

Wellness Center Orientation

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 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.

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.

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 2019 complete any of the eligible community races and earn special YMCA Bronze, Silver, and Gold 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.

Youth Soccer

Come join our instructional introductory soccer program for 3 year olds!! This program will be a 7-week program. Program will be learning the basics of soccer, as well as game situations in a fun non-competitive setting.