



Jorgensen Family YMCA

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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
Active Older Adults						
	Lunch & Learn (06/01/2023)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
	Lunch & Learn (07/06/2023)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
Adaptive & Inclusive Sports						
	T-Ball/Coach Pitch Baseball (PreK - 8th grade)	4 to 18	Tues.	6:00 PM - 8:00 PM	\$20.00	\$40.00
Art/Craft Classes						
	Crafting 101 - Knitting (6/17/2023)	10 to 110	Sat.	9:00 AM - 12:00 PM	\$32.50	\$73.00
	Crafting 101 - Knitting (7/15/2023)	10 to 110	Sat.	9:00 AM - 12:00 PM	\$32.50	\$73.00
Coach Pitch Baseball						
	Grades 1st - 2nd	6 to 7	Thurs.	7:00 AM - 8:00 PM	\$35.00	\$70.00
Cooking Classes						
	Adult Cooking Class (Age 18-118) - June 21st	18 to 118	Wed.	6:00 PM - 8:00 PM	\$20.00	\$40.00
	Family Cooking Class - June 28th	8 to 118	Wed.	6:00 PM - 8:00 PM	\$20.00	\$40.00
	Kids Cooking Class (Age 8-12) - July 5th	8 to 12	Wed.	5:00 PM - 7:00 PM	\$20.00	\$40.00
	Kids Cooking Class (Age 8-12) - June 7th	8 to 12	Wed.	5:00 PM - 7:00 PM	\$20.00	\$40.00
	Teen Cooking Class (Age 12-18) - July 12th	12 to 18	Wed.	5:00 PM - 7:00 PM	\$20.00	\$40.00
	Teen Cooking Class (Age 12-18) - June 14th	12 to 18	Wed.	5:00 PM - 7:00 PM	\$20.00	\$40.00
Crafty Spanish						
	Crafty Spanish- Ages 3-6	3 to 6	Tues.	9:30 AM - 10:30 AM	\$32.50	\$73.00
Hobby Clubs						
	Lip Balm - June 13th	6 to 106	Tues.	5:30 PM - 7:00 PM	\$12.50	\$17.50
	Family Gardening Club (family registration)	6 to 106	Thurs.	5:30 PM - 6:30 PM	\$20.00	\$40.00
	Finger Knitting- June 27th	6 to 106	Tues.	5:30 PM - 7:00 PM	\$6.00	\$13.50
	Pot Holder Weaving- June 6th	6 to 106	Tues.	5:30 PM - 7:00 PM	\$6.00	\$13.50
	Rag Rug Weaving- July 11th	6 to 106	Tues.	5:30 PM - 7:00 PM	\$6.00	\$13.50
	Sugar Scrubs- June 20th	14 to 104	Tues.	5:30 PM - 7:00 PM	\$15.00	\$20.00
Judo						
	Ages 5-8	5 to 8	Fri.	5:00 PM - 5:30 PM	\$34.00	\$76.00
Karate						
	Adult Karate	7 to 12	Wed.	7:30 PM - 8:30 PM	\$43.00	\$97.00
	Age 4-6 (5:30pm)	4 to 6	Wed.	5:30 PM - 6:00 PM	\$34.00	\$76.00
	Age 4-6 (6:00pm)	4 to 6	Wed.	6:00 PM - 6:30 PM	\$34.00	\$76.00
	Age 4-6 (6:00pm)	4 to 6	Wed.	6:00 PM - 6:30 PM	\$34.00	\$76.00
	Age 7-12 (6:30pm)	7 to 12	Wed.	6:30 PM - 7:30 PM	\$43.00	\$97.00
Martial Arts						
	Adult Jiu Jitsu	18 to 99	Fri.	5:45 PM - 6:45 PM	\$43.00	\$97.00



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Active Older Adults

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

Adaptive & Inclusive Sports

The goal of this program is to help participants learn and grow skills in a way best suited for them. Participants will learn skills pertaining to baseball, but also how to be a team player. This program encourages players to learn and grow in a fun environment!

Art/Craft Classes

Knitting at Every Level: Whether you've never picked up a pair of needles, or you've been knitting for years, this is the class for you. Each participant can choose a project based on their skill level and receive the guidance needed to complete it. You can review the basics, learn a new technique, or bring along any personal projects you need help with, and Jennifer will answer all of your questions! Let's have fun together and share in the joy of knitting!

Coach Pitch Baseball

This program is designed to teach young players the fundamentals of the game. Players will learn how to catch, throw, and bat in a fun team atmosphere!

Cooking Classes

Adult Cooking Class: Release your inner chef in our cooking classes or take charge of your health with our nutrition classes and services. Our recreational hands-on cooking classes and workshops offer delicious, locally inspired, healthy food in a social environment. Not only will you walk away with delicious food, but you will walk away with cooking skills as we focus on technique.

Family Cooking Class: Cooking and eating together as family has its advantages. Families build stronger bonds and engage with each other when sitting down for a meal. Spend time together in spite of the challenges that your family currently faces.

Kids Cooking Class: Kids cooking classes help teach lifelong lessons like basic cooking principles and techniques but also help children to explore and discover new foods and understand the importance of proper nutrition and diverse diets.

Teen Cooking Class: Join us for the chance to hone your culinary skills! Participants will learn basic kitchen skills while also whipping up easy-to-make meals. Staff will assist participants with kitchen gadgets and teach basic nutrition, safe food and knife handling, and proper cleaning. Once the meal is completed, participants are encouraged to enjoy their creation while making friends.

Crafty Spanish

A class designed to give kids ages 3-6 an opportunity for fun, learning, and creativity. Participants will get a chance each week to create awesome craft while also learning basic Spanish. Your child will leave with a craft to take home and some new knowledge of some Spanish words.

Hobby Clubs

Lip Balm Making: Come learn a new hobby! No experience needed!

Family Gardening Club: Come join us for our garden to table gardening program for families with the Pizza Garden! This 8 week session in June and July! This course will teach families how to grow some ingredients to make pizza and how to prepare a pizza from scratch.

Finger Knitting: Learn how to finger knit chains of yarn and turn them into bracelets, necklaces, headbands and more. All you need is a ball of yarn, your fingers, and your imagination!

Pot Holder Weaving/Rag Rug Weaving: Come learn a new hobby! No experience needed!

Sugar Scrubs: Come learn a new hobby! No experience needed! We will provide the jars, labels and all of the ingredients you can choose.

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

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.



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Masters Adult Swim						
	Evening Masters Swim Team 2023	18 to 118	Tues. Thurs. Sat.	7:00 PM - 8:15 PM	\$30.00	\$40.00
	Morning Masters Swim Team 2023	18 to 118	Tues. Thurs. Sat.	6:00 AM - 7:15 AM	\$30.00	\$40.00
New Member Receptions						
	05/18/2023	18 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	06/15/2023	18 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
Parents Night Out						
	Parent's Night Out- July 7th	4 to 11	Fri.	6:30 PM - 9:00 PM	\$20.00	\$25.00
	Parent's Night Out- June 9th	4 to 11	Fri.	6:30 PM - 9:00 PM	\$20.00	\$25.00
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Jorgensen Y (Southwest Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
Pre Employment Transition Services						
	2023	14 to 22		No Time Specified	\$0.00	\$0.00
Preschool Music						
	Preschool Music- Thursday	3 to 6	Thurs.	9:30 AM - 10:30 AM	\$32.50	\$73.00
Special Events						
	Canvas & Cookies (6/29/2023)	9 to 99	Thurs.	6:00 PM - 8:00 PM	\$25.00	\$30.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Monday 4:40pm	0 to 3	Mon.	4:40 PM - 5:10 PM	\$30.00	\$67.50
	Saturday 09:30am	0 to 3	Sat.	9:30 AM - 10:00 AM	\$25.00	\$56.00
	Saturday 10:10am	0 to 3	Sat.	10:10 AM - 10:40 AM	\$25.00	\$56.00
	Saturday 11:30am	0 to 3	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00
	Wednesday 5:20pm	0 to 3	Wed.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Tuesday 5:00pm	0 to 3	Tues.	5:00 PM - 5:30 PM	\$30.00	\$67.50
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Monday 5:20pm	0 to 3	Mon.	5:20 PM - 5:50 PM	\$30.00	\$67.50
	Saturday 10:50am	0 to 3	Sat.	10:50 AM - 11:20 AM	\$25.00	\$56.00
	Wednesday 4:40pm	0 to 3	Wed.	4:40 PM - 5:10 PM	\$30.00	\$67.50



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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.

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.

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. Children will be separated into age appropriate groups.

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!

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.

Preschool Music

This group music class is a fun-filled class including singing, movement, notation, rhythm. The goal of the program is to help children grow in rhythm skills, critical listening skills, and creative listening skills. This class utilizes many different types of teaching and learning techniques including instruction, hands on and fun activities, listening to a variety of music, using imagination, and so

Special Events

Join us for this fun night painting and cookies! This class will be taught by a local artist and teacher. Cookies and Canvas is for anyone ages 9 to 99! We will be learning about perspective and color theory in this class. Register in-house for a discount off the price for a family member to paint with you!

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

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. 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)

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)

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

Monday 4:00pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$30.00	\$67.50
Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Monday 7:00pm	3 to 5	Mon.	7:00 PM - 7:30 PM	\$30.00	\$67.50
Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$25.00	\$56.00
Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$25.00	\$56.00
Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$25.00	\$56.00
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00
Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$30.00	\$67.50
Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$30.00	\$67.50
Tuesday 6:10pm	3 to 5	Tues.	6:10 PM - 6:40 PM	\$30.00	\$67.50
Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$30.00	\$67.50
Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$30.00	\$67.50

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

Monday 4:00pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$30.00	\$67.50
Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$25.00	\$56.00
Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$25.00	\$56.00
Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$25.00	\$56.00
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00
Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$30.00	\$67.50
Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$30.00	\$67.50
Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Wednesday 7:00pm	3 to 5	Wed.	7:00 PM - 7:30 PM	\$30.00	\$67.50

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

Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$25.00	\$56.00
Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$25.00	\$56.00
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00
Tuesday 6:10pm	3 to 5	Tues.	6:10 AM - 6:40 AM	\$30.00	\$67.50
Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$30.00	\$67.50

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

Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00



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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-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".

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.



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

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$35.00	\$78.50
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$29.00	\$65.00
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$29.00	\$65.00
Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$29.00	\$65.00
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50

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

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$35.00	\$78.50
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$29.00	\$65.00
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$29.00	\$65.00
Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$29.00	\$65.00
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50

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

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$29.00	\$65.00
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$29.00	\$65.00
Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$29.00	\$65.00
Tuesday 5:00pm	6 to 12	Mon.	5:00 PM - 5:45 PM	\$35.00	\$78.50
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50

Swim Lessons - Age 6-12yrs (4-Stroke Introductio

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$35.00	\$78.50
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$29.00	\$65.00
Tuesday 5:55pm	6 to 12	Tues.	5:55 PM - 6:40 PM	\$35.00	\$78.50
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50



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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".

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

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.



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Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$78.50
	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$29.00	\$65.00
	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Saturday 11:10am	6 to 14	Sat.	11:10 AM - 11:55 AM	\$29.00	\$65.00
	Wednesday 5:15pm	6 to 14	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Swim Lessons - Age 9 -14yrs - POOLIGANS						
	Friday - 6:00pm	9 to 14	Fri.	6:00 PM - 6:45 PM	\$35.00	\$78.50
Swim Lessons - Teen & Adult						
	Beginner	16 to 115	Thurs.	7:45 PM - 8:15 PM	\$30.00	\$67.50
	Intermediate	16 to 115	Thurs.	7:45 PM - 8:15 PM	\$30.00	\$67.50
Swim Lessons - Adaptive						
	Sunday 4:30pm	3 to 99	Sun.	4:30 PM - 5:00 PM	\$35.00	\$78.50
	Sunday 5:10pm	3 to 99	Sun.	5:10 PM - 5:40 PM	\$35.00	\$78.50
	Sunday 5:50pm	3 to 99	Sun.	5:50 PM - 6:20 PM	\$35.00	\$78.50
Swim Lessons - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Teen Programs						
	Teen Service Day (5/20/2023)	11 to 18	Sat.	9:00 AM - 12:00 PM	\$0.00	\$5.00
	Teen Takeover (05/20/2023)	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
	Teen Takeover (06/17/2023)	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
	Teen Takeover (07/15/2023)	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
Training - Lifeguarding						
	May (22,23,24,25)	15 to 99	Mon. Tues. Wed. Thur:	10:00 AM - 5:00 PM	\$175.00	\$245.00
Training - CPR/AED/O2/First Aid						
	Blended (05/23/2023)	16 to 100	Tues.	4:30 PM - 8:30 PM	\$100.00	\$140.00
	Blended (06/22/2023)	16 to 100	Thurs.	4:30 PM - 8:30 PM	\$100.00	\$140.00



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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 (5-Stroke Developme

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

Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions

Teen Programs

Teen Service Day: We will leave from the Jorgensen YMCA to serve at Community Harvest Food Bank.

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

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.

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.



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Registration Mbr. 5/15, Prog. Part. 5/22

Wellness Center & Equipment Orientations						
	EGYM Orientation			No Time Specified	\$0.00	\$0.00
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness For Life Coaching Program						
	2023			No Time Specified	\$0.00	N/A
Youth Fit						
	2023 Youth Fit			No Time Specified	\$0.00	\$0.00
Youth Soccer						
	Grades 1st - 3rd	6 to 8	Wed.	6:00 PM - 7:00 PM	\$45.00	\$90.00
	Grades 4th - 6th	9 to 11	Wed.	7:00 PM - 8:00 PM	\$45.00	\$90.00
	Grades PreK - K	4 to 5	Wed.	5:00 PM - 6:00 PM	\$35.00	\$70.00
Youth T-Ball						
	Grades PreK - K	4 to 5	Thurs.	6:00 PM - 7:00 PM	\$35.00	\$70.00



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Summer I Session 6/5-7/16

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Wellness Center & Equipment Orientations

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

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 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

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

Youth Soccer

Youth Soccer is an exciting sport combining 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.

Youth T-Ball

This program is designed to teach young players the fundamentals of the game. Players will learn how to catch, throw, and bat in a fun team atmosphere!