Skyline 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 PASSAGES) (6/22/19)	5 to 105	Sat.	10:00 AM - 12:00 PM	$0.00	$0.00
Assessments						
	Body Composition Analysis			No Time Specified	$0.00	$20.00
	Fitness Assessment			No Time Specified	$0.00	$50.00
New Member Receptions						
	05/21/2019		Tues.	5:00 PM - 5:30 PM	$0.00	$0.00
	06/11/2019		Tues.	12:00 PM - 12:30 PM	$0.00	$0.00
	06/18/2019		Tues.	5:00 PM - 5:30 PM	$0.00	$0.00
Nutrition Coaching						
	Nutrition Coaching - 1 session				$50.00	n/a
	Nutrition Coaching - 3 sessions				$140.00	n/a
	Nutrition Coaching - 6 sessions				$275.00	n/a
Personal Training Packages						
	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
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						
	Precor Preva Orientation			No Time Specified	$0.00	$0.00
	Wellness Center Orientation			No Time Specified	$0.00	$0.00
Wellness Consultation						
	Wellness Consultation			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
YMCA Race Series						
	2019 Race Series			No Time Specified	$0.00	$0.00
Youth Fit						
	Youthfit 2019	11 to 14		No Time Specified	$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.

Assessments

Body Composition Analysis - This 10-minute analysis includes a measurement of body fat percentage and a result report. Mon- Sat, By Appointment
Fitness Assessment - This 30 to 45-minute assessment includes heart rate and blood pressure, body composition, strength, endurance, flexibility and cardiovascular testing.

New Member Receptions

This 30-40 minute program will enable you to maximize your membership and find out more about the variety of programs offered at the Y. You will receive a special gift for attending this program.

Nutrition Coaching

Julie Connolly, RD and Wellness Coach at Skyline can work one-on-one with you to help achieve your nutrition goals. Please contact the Senior Program Director to continue the registration process.

Personal Training Packages

Personal Training 101 - Session includes 3 training sessions. This is an introductory package and may be purchased only once.
Personal Training -

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

Precor Preva Orientation - This is a 10-15 minute orientation on the use of the Preva system with our Precor Exercise Equipment. Participants will receive a key fob to access their accounts following the session.
Wellness Center Orientation - This 45-minute to an hour long session will introduce the member to the Wellness Center and our Wellness Center Equipment.

Wellness Consultation

This 30-45 minute session with a Wellness Coach will allow you to explore and identify all the ways you can get involved with your membership to help with your health and wellness goals. We will also help identify next steps for you in your wellness journey.

Wellness for Life 2.0

Wellness for Life 2.0 is the next step for those who have completed Wellness For Life. The program will have continued focuses on lifestyle changes and will have components such as habits and trigger points. The 6-session program will consist of 4 one-on-one meetings with a Wellness 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.

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 program is for those between 11 and 15 years of age. Consists of two 1-on-1 sessions with a Wellness Staff Member. Must complete in order to have access to the Wellness Center