



Whitley County 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
Assessments						
	Body Composition Analysis	11 to 100		No Time Specified	\$0.00	\$0.00
	Fitness Assessment	11 to 100		No Time Specified	\$0.00	\$0.00
Blood Pressure Self Monitoring Program						
	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
Gymnastics						
	Gymnastics (Beginner) - Thursday 5:45pm	6 to 18	Thurs.	5:45 PM - 6:30 PM	\$29.00	\$65.00
	Gymnastics (Beginner) - Thursday 6:30pm	6 to 18	Thurs.	6:30 PM - 7:15 PM	\$29.00	\$65.00
Little Ones Move & Groove						
	Little Ones Move and Groove- Friday 10:00am to 3		Fri.	10:00 AM - 10:30 AM	\$0.00	\$0.00
New Member Receptions						
	05/16/2023		Tues.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	06/01/2023		Thurs.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	06/20/2023		Tues.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	07/06/2023		Thurs.	5:30 PM - 6:00 PM	\$0.00	\$0.00
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Whitley County Y (Columbia City)	18 to 118		No Time Specified	\$0.00	\$0.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Disc)						
	Parent/Child Swim Lessons- Saturday 9:00am to 3		Sat.	9:00 AM - 9:25 AM	\$25.00	\$56.00
	Parent/Child Swim Lessons- Saturday 9:30am to 3		Sat.	9:30 AM - 9:55 AM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement an						
	Preschool Swim- Saturday 09:00am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
	Preschool Swim- Saturday 09:35am	3 to 5	Sat.	9:35 AM - 10:05 AM	\$25.00	\$56.00
	Preschool Swim- Wednesday 6:00pm	3 to 5	Wed.	6:00 PM - 6:30 PM	\$25.00	\$56.00
Swim Lessons - Age 6-12yrs (1-5 Water Acclimation, Mvmt, Stami						
	School Age Swim- Saturday 10:10am	6 to 12	Sat.	10:10 AM - 10:55 AM	\$29.00	\$65.00
	School Age Swim- Wednesday 6:40pm	6 to 12	Wed.	6:40 PM - 7:25 PM	\$29.00	\$65.00
Swim Lessons - Adaptive						
	Adaptive Swim- Saturday 11:00am	3 to 21	Sat.	11:00 AM - 11:30 AM	\$25.00	\$56.00
	Adaptive Swim- Saturday 11:30am	3 to 21	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00



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Assessments

Body Composition Analysis: With the guidance of a Certified Personal Trainer, you will receive your body fat percentage baseline to assist you with future health and wellness goals.

Fitness Assessment: A one-on-one assessment with a Certified Personal Trainer which includes the following: Resting heart rate and blood pressure, body composition, waist to hip ratio, cardiovascular assessment, muscular strength, muscular endurance and flexibility tests.

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.

Gymnastics

Enroll your child in our gymnastics program that focuses on tumbling techniques. In addition to self-confidence, students may learn cartwheels, round offs, back walkovers, and back tucks. Students will also work with limited gymnastics equipment.

Little Ones Move & Groove

This class will get your toddler up and moving!! Program includes stretching, gymnastics, obstacle course, color and shape recognition, dancing and more! Come and see what a blast your toddler will have when they start moving and grooving! Parent participation is required.

New Member Receptions

Learn How to Maximize Your Membership! Are you new to the YMCA or wanting to learn more about what your membership has to offer? Join us for an upcoming Membership 101 session and learn about what the YMCA can offer you and how to connect with other members.

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!

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

This class introduces basic skills to parents and children. Skills presented are performed with support or assistance for blowing bubbles, front and back floats, treading and swimming.

Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement and Stamina)

This class teaches the most elementary aquatic skills, which children continue to build on as they progress through the preschool levels.

Swim Lessons - Age 6-12yrs (1-5 Water Acclimation, Mvmt, Stamina, Stroke Intro & Development)

This class teaches the most elementary aquatic skills, which children continue to build on as they progress through the learn-to-swim levels.

Swim Lessons - Adaptive

This class, designed for participants with special needs, will focus on basic water skills & water adjustment. Participants learn to feel more positive about themselves in a safe & relaxed environment.



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Swim Lessons - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Toddler Tumbling						
	Toddler Tumbling- Thursday 4:00pm	3 to 5	Thurs.	4:00 PM - 4:30 PM	\$25.00	\$56.00
	Toddler Tumbling- Thursday 4:30pm	3 to 5	Thurs.	4:30 PM - 5:00 PM	\$25.00	\$56.00
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	2023 Wellness Consultation			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 15		No Time Specified	\$0.00	\$0.00



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Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions

Toddler Tumbling

Register your toddler for this exciting tumbling class and have them spring in to confidence. Age appropriate tumbling will be taught by our enthusiastic instructor.

Wellness Center & Equipment Orientations

Let us help you discover the Y as we show you around the Wellness Center. This includes familiarity with cardio and strength equipment and overall knowledge of the Wellness Center.

Wellness Consultation

A 30-45 minute meeting with a wellness coach/director that will help the member explore and identify all the ways they can get involved with their membership to help them with their health and wellness goals. Take the member to their next step at the Y.

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

Open to members 11-14 years of age; Consists of a one on one session with a wellness team members to learn proper techniques in the cardiovascular area and Cybex area (or Express depending on height), wellness center rules and basic exercise guidelines. Free weight and advanced training area is only allowed for your ages 15 and up. Completion of this program is required before using the Wellness Center.