Jorgensen Family YMCA

Summer II - 2019 Program Listing

Summer II Session (7/15-8/25)
Registration (Mbr. 7/1) Prog. Part. (7/8)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Adaptive Events						
	Teen Social	13 to 25	Sat.	6:30 PM - 8:00 PM	$0.00	$0.00
Adaptive Sports						
	Soccer Ages 4-10	4 to 10	Wed.	6:00 PM - 6:45 PM	$35.00	$70.00
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
Crafty Spanish						
	Monday	3 to 6	Mon.	10:00 AM - 10:45 AM	$24.00	$52.50
Dive In Movie						
	Outdoor Pool - Tangled		Fri.	8:15 PM - 11:30 PM	$1.00	$3.00
Judo						
	Ages 5-8 - 05:00 pm	5 to 8	Fri.	5:00 PM - 5:30 PM	$21.00	$48.00
	Ages 9-12 - 05:45 pm	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. Thurs.	9:00 AM - 11:00 AM	$0.00	$0.00
	2019 Kids Club	5 to 12	Mon. Tues. Wed. Thurs.	5:00 PM - 7:00 PM	$0.00	$0.00
Masters Adult Swim						
	Evening Session Masters 2019	18 to 118	Tues. Thurs. Sat.	7:15 PM - 8:15 PM	$30.00	$75.00
	Morning Session - Masters 2019	18 to 118	Tues. Thurs. Sat.	6:00 AM - 7:15 AM	$30.00	$75.00
New Member Receptions						
	07/09/2019	18 to 100	Tues.	10:00 AM - 10:30 AM	$0.00	$0.00
	07/25/2019	18 to 100	Thurs.	6:30 PM - 7:00 PM	$0.00	$0.00
	08/13/2019	18 to 100	Tues.	10:00 AM - 10:30 AM	$0.00	$0.00
OWLS						
	08/14/2019 Luncheon	40 to 100	Wed.	12:00 PM - 2:00 PM	$5.00	$5.00
	Euchre Mondays	40 to 100	Mon.	9:00 AM - 11:00 AM	$0.00	$0.00

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Adaptive Events

Summer Pool Party designed to meet the needs of individuals with disabilities. Swimming, dancing, food, board games and fun! donations will be collected for the local animal shelter (ex: pet food, cleaning supplies)

Adult Sports

This adaptive soccer program is designed for children with physical, intellectual and developmental disabilities who struggle or need help with organized soccer and learning skills! 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.

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.

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.

Dive In Movie

Join us at our Outdoor Pool for an after hours swim, good food, popcorn and a Movie! Tangled! 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**

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 Chaippetta 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-

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

Luncheon: Join us for a catered lunch to enjoy food and fellowship with friends.
Euchre: Join us every Monday from 9-11am in the youth room. All levels of competition are welcome. Coffee and light snacks provided.

Jorgensen Family YMCA

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Summer II Session (7/15-8/25)
Registration (Mbr. 7/1) Prog. Part. (7/8)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Parents Night Out						
	07/19/2019	4 to 12	Fri.	6:00 PM - 10:30 PM	$15.00	$25.00
	08/02/2019	4 to 12	Fri.	6:00 PM - 10:30 PM	$15.00	$25.00
	08/16/2019	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
SPARK Kids						
	Thursday	3 to 6	Thurs.	9:30 AM - 10:10 AM	$24.00	$52.50
Special Events						
	Back To School Night at the Outdoor Pool		Sat.	6:30 PM - 8:30 PM	$1.00	$3.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Monday 04:40 pm	0 to 3	Mon.	4:40 PM - 5:10 PM	$21.00	$48.00
	Saturday 09:30 am	0 to 3	Sat.	9:30 AM - 10:00 AM	$21.00	$48.00
	Saturday 10:10 am	0 to 3	Sat.	10:10 AM - 10:40 AM	$21.00	$48.00
	Wednesday 05:20 pm	0 to 3	Wed.	5:20 PM - 5:50 PM	$21.00	$48.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Monday 05:20 pm	0 to 3	Mon.	5:20 PM - 5:50 PM	$21.00	$48.00
	Saturday 10:50 am	0 to 3	Sat.	10:50 AM - 11:20 AM	$21.00	$48.00
	Wednesday 04:40 pm	0 to 3	Wed.	4:40 PM - 5:10 PM	$21.00	$48.00
Swim Lessons - Age 3-5yrs (Parent/Child) (1-Water Acclimation)						
	Saturday 11:30 am	3 to 5	Sat.	11:30 AM - 12:00 PM	$21.00	$48.00

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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 swimmsuit 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

SPARK Kids

Using SPARK (Sports, Play & Active Recreation for Kids) curriculum, this class will provide children ages 3-6 with high energy, rhythmic, engaging activities that foster social and motor development and enhance school readiness skills

Special Events

Join us at our Outdoor Pool for an after hours swim, games, music, and oodles of noodles and soak up those last few moments of sunshine and summertime before school starts! Swimming | 630p-830pm What to Bring: Bathing suit, a towel and your "back to school" face 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. Refreshments will be available for purchase. We will be accepting school supply donations at check-in for our Back-to-School Backpack drive.

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)

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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Monday 04:00 pm	3 to 5	Mon.	4:00 PM - 4:30 PM	$21.00	$48.00
	Monday 04:40 pm	3 to 5	Mon.	4:40 PM - 5:10 PM	$21.00	$48.00
	Monday 05:20 pm	3 to 5	Mon.	5:20 PM - 5:50 PM	$21.00	$48.00
	Monday 07:00 pm	3 to 5	Mon.	7:00 PM - 7:30 PM	$21.00	$48.00
	Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	$21.00	$48.00
	Saturday 10:10 am	3 to 5	Sat.	10:10 AM - 10:40 AM	$21.00	$48.00
	Saturday 10:50 am	3 to 5	Sat.	10:50 AM - 11:20 AM	$21.00	$48.00
	Saturday 11:30 am	3 to 5	Sat.	11:30 AM - 12:00 PM	$21.00	$48.00
	Wednesday 04:00 pm	3 to 5	Wed.	4:00 PM - 4:30 PM	$21.00	$48.00
	Wednesday 04:40 pm	3 to 5	Wed.	4:40 PM - 5:10 PM	$21.00	$48.00
	Wednesday 05:20 pm	3 to 5	Wed.	5:20 PM - 5:50 PM	$21.00	$48.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Monday 04:00 pm	3 to 5	Mon.	4:00 PM - 4:30 PM	$21.00	$48.00
	Monday 04:40 pm	3 to 5	Mon.	4:40 PM - 5:10 PM	$21.00	$48.00
	Monday 05:20 pm	3 to 5	Mon.	5:20 PM - 5:50 PM	$21.00	$48.00
	Saturday 09:30 am	3 to 5	Sat.	9:30 AM - 10:00 AM	$21.00	$48.00
	Saturday 10:10 am	3 to 5	Sat.	10:10 AM - 10:40 AM	$21.00	$48.00
	Saturday 10:50 am	3 to 5	Sat.	10:50 AM - 11:20 AM	$21.00	$48.00
	Saturday 11:30 am	3 to 5	Sat.	11:30 AM - 12:00 PM	$21.00	$48.00
	Wednesday 04:00 pm	3 to 5	Wed.	4:00 PM - 4:30 PM	$21.00	$48.00
	Wednesday 04:40 pm	3 to 5	Wed.	4:40 PM - 5:10 PM	$21.00	$48.00
	Wednesday 05:20 pm	3 to 5	Wed.	5:20 PM - 5:50 PM	$21.00	$48.00
	Wednesday 07:00 pm	3 to 5	Wed.	7:00 PM - 7:30 PM	$21.00	$48.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Monday 04:00 pm	3 to 5	Mon.	4:00 PM - 4:30 PM	$21.00	$48.00
	Monday 05:20 pm	3 to 5	Mon.	5:20 PM - 5:50 PM	$21.00	$48.00
	Saturday 09:30 am	3 to 5	Sat.	9:30 AM - 10:00 AM	$21.00	$48.00
	Saturday 10:10 am	3 to 5	Sat.	10:10 AM - 10:40 AM	$21.00	$48.00
	Wednesday 04:00 pm	3 to 5	Wed.	4:00 PM - 4:30 PM	$21.00	$48.00
	Wednesday 04:40 pm	3 to 5	Wed.	4:40 PM - 5:10 PM	$21.00	$48.00
Swim Lessons - Age 3-5yrs (4-Stroke Introduction)						
	Saturday 10:50 am	3 to 5	Sat.	10:50 AM - 11:20 AM	$21.00	$48.00
	Wednesday 05:20 pm	3 to 5	Wed.	5:20 PM - 5:50 PM	$21.00	$48.00

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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".

Swim Lessons - Age 6-12yrs (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.

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Summer II Session (7/15-8/25)
Registration (Mbr. 7/1) Prog. Part. (7/8)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Monday 04:15 pm	6 to 12	Mon.	4:15 PM - 5:00 PM	$24.00	$52.50
	Monday 05:15 pm	6 to 12	Mon.	5:15 PM - 6:00 PM	$24.00	$52.50
	Monday 07:00 pm	6 to 12	Mon.	7:00 PM - 7:45 PM	$24.00	$52.50
	Saturday 09:30 am	6 to 12	Sat.	9:30 AM - 10:15 AM	$24.00	$52.50
	Saturday 10:25 am	6 to 12	Sat.	10:25 AM - 11:10 AM	$24.00	$52.50
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 PM	$24.00	$52.50
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	$24.00	$52.50
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	$24.00	$52.50
	Wednesday 07:00 pm	6 to 12	Wed.	7:00 PM - 7:45 PM	$24.00	$52.50
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Monday 04:15 pm	6 to 12	Mon.	4:15 PM - 5:00 PM	$24.00	$52.50
	Monday 05:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	$24.00	$52.50
	Monday 07:00 pm	6 to 12	Mon.	7:00 PM - 7:45 PM	$24.00	$52.50
	Saturday 09:30 am	6 to 12	Sat.	9:30 AM - 10:15 AM	$24.00	$52.50
	Saturday 10:25 am	6 to 12	Sat.	10:25 AM - 11:10 AM	$24.00	$52.50
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 AM	$24.00	$52.50
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	$24.00	$52.50
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	$24.00	$52.50
	Wednesday 07:00 pm	6 to 12	Wed.	7:00 PM - 7:45 PM	$24.00	$52.50
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Monday 04:15 pm	6 to 12	Mon.	4:15 PM - 5:00 PM	$24.00	$52.50
	Monday 05:15 pm	6 to 12	Mon.	5:15 PM - 6:00 PM	$24.00	$52.50
	Saturday 09:30 am	6 to 12	Sat.	9:30 AM - 10:15 AM	$24.00	$52.50
	Saturday 10:25 am	6 to 12	Sat.	10:25 AM - 11:10 AM	$24.00	$52.50
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 AM	$24.00	$52.50
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	$24.00	$52.50
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	$24.00	$52.50
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Monday 04:15 pm	6 to 12	Mon.	4:15 PM - 5:00 PM	$24.00	$52.50
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	$24.00	$52.50
	Wednesday 05:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	$24.00	$52.50
	Wednesday 07:00 pm	6 to 12	Wed.	7:00 PM - 7:45 PM	$24.00	$52.50
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	$24.00	$52.50
	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	$24.00	$52.50
	Saturday 11:20 am	6 to 12	Sat.	11:20 AM - 12:05 PM	$24.00	$52.50
	Wednesday 04:15 pm	6 to 12	Wed.	4:15 PM - 5:00 PM	$24.00	$52.50

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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

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: 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-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.

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Summer II Session (7/15-8/25)
Registration (Mbr. 7/1) Prog. Part. (7/8)

Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Monday 5:15 pm	6 to 12	Mon.	5:15 PM - 6:00 PM	$24.00	$52.50
	Saturday 10:25 am	6 to 12	Sat.	10:25 AM - 11:10 AM	$24.00	$52.50
	Wednesday 5:15 pm	6 to 12	Wed.	5:15 PM - 6:00 PM	$24.00	$52.50
Swim Lessons - Age 9+yrs - POOLIGANS						
	Friday 6:00 pm	9 to 14	Fri.	6:00 PM - 7:00 PM	$24.00	$52.50
Swim Lessons - Teen & Adult						
	Thursday 08:30 pm - Beginner	16 to 115	Thurs.	8:30 PM - 9:15 PM	$24.00	$52.50
	Thursday 08:30 pm - Intermediate	16 to 115	Thurs.	8:30 PM - 9:15 PM	$24.00	$52.50
Swim Lessons - Adaptive						
	Sunday 05:15 pm	4 to 21	Sun.	5:15 PM - 6:00 PM	$24.00	$52.50
	Sunday 06:00 pm	4 to 21	Sun.	6:00 PM - 6:45 PM	$24.00	$52.50
Swim School - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	A-10:30 am (7/15/-7/25)	0 to 3	Mon. Tues. Wed. Thur	10:30 AM - 11:00 AM	$28.00	$64.00
	B-10:30 am (7/15-7/25)	0 to 3	Mon. Tues. Wed. Thur	10:30 AM - 11:00 AM	$28.00	$64.00
Swim School - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	C-10:30 am	0 to 3	Mon. Tues. Wed. Thurs.	10:30 AM - 11:00 AM	$28.00	$64.00
Swim School - Age 3-5yrs (1-Water Acclimation)						
	C-10:30 am	3 to 5	Mon. Tues. Wed. Thurs.	10:30 AM - 11:00 AM	$28.00	$64.00
	C-11:10 am	3 to 5	Mon. Tues. Wed. Thurs.	11:10 AM - 11:40 AM	$28.00	$64.00
	C-12:30 pm	3 to 5	Mon. Tues. Wed. Thurs.	12:30 PM - 1:00 PM	$28.00	$64.00
Swim School - Age 3-5yrs (2-Water Movement)						
	C-11:10 am	3 to 5	Mon. Tues. Wed. Thurs.	11:10 AM - 11:40 AM	$28.00	$64.00
	C-11:50 am	3 to 5	Mon. Tues. Wed. Thurs.	11:50 AM - 12:20 PM	$28.00	$64.00
	C-12:30 pm	3 to 5	Mon. Tues. Wed. Thurs.	12:30 PM - 1:00 PM	$28.00	$64.00
Swim School - Age 3-5yrs (3-Water Stamina)						
	C-11:50 am	3 to 5	Mon. Tues. Wed. Thurs.	11:50 AM - 12:20 PM	$28.00	$64.00
Swim School - Age 6-12yrs (1-Water Acclimation)						
	C-10:30 am	6 to 12	Mon. Tues. Wed. Thurs.	10:30 AM - 11:15 AM	$32.00	$72.00
	C-11:20 am	6 to 12	Mon. Tues. Wed. Thurs.	11:20 AM - 12:05 PM	$32.00	$70.00
Swim School - Age 6-12yrs (2&3-Water Movement & Stamina)						
	C-10:30 am	6 to 12	Mon. Tues. Wed. Thurs.	10:30 AM - 11:15 AM	$32.00	$70.00
	C-12:15 pm	6 to 12	Mon. Tues. Wed. Thurs.	12:15 PM - 1:00 PM	$32.00	$70.00

Register Online at **fwymca.org**

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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), breastroke, 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.

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

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), breastroke, 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 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,

Jorgensen Family YMCA

Summer II - 2019 Program Listing

Summer II Session (7/15-8/25)
Registration (Mbr. 7/1) Prog. Part. (7/8)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim School - Age 6-12yrs (4&5-Stroke Introduction & Development)						
	C-11:20 am	6 to 12	Mon. Tues. Wed. Thurs.	11:20 AM - 12:05 PM	$32.00	$70.00
	C-12:15 pm	6 to 12	Mon. Tues. Wed. Thurs.	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
Training - Lifeguarding						
	Blended - August 1, 2, 3, 4	15 to 99	Sun. Mon. Fri. Sat.	10:00 AM - 5:00 PM	$175.00	$245.00
Training - CPR/AED/Oxygen						
	Blended CPR/AED/O2/ First Aid (7/12)	16 to 100	Fri.	5:30 PM - 9:00 PM	$100.00	$140.00
	CPR/AED/O2 (8/18)	16 to 100	Sun.	11:30 AM - 6:00 PM	$80.00	$120.00
Training - First Aid						
	08/25/2019	16 to 100	Sun.	3:00 PM - 6:00 PM	$45.00	$65.00
Training - Safe Sitter Babysitting						
	7/27/2019	11 to 15	Sat.	9:00 AM - 2:30 PM	$65.00	$90.00
Volunteer @ The Y						
	Aquatics Volunteer			No Time Specified	$0.00	$0.00
	Child Care Volunteer			No Time Specified	$0.00	$0.00
	Childwatch Volunteer			No Time Specified	$0.00	$0.00
	Christian Emphasis Volunteer			No Time Specified	$0.00	$0.00
	Event Volunteer			No Time Specified	$0.00	$0.00
	Maintenance Volunteer			No Time Specified	$0.00	$0.00
	Member Marketing Volunteer			No Time Specified	$0.00	$0.00
	Wellness Volunteer			No Time Specified	$0.00	$0.00
	Y Ambassador			No Time Specified	$0.00	$0.00
Wellness Center & Equipment Orientations						
	2019			No Time Specified	$0.00	$0.00
Wellness for Life Coaching Program						
	3 sessions				$0.00	$0.00
Wellness for Life 2.0						
	2019 WFL 2.0			No Time Specified	$99.00	$99.00

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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

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 personal take over. Successful completion of this course includes certification in Lifeguarding, CPR/AED, Emergency Oxygen, and First Aid. The link for Blended Learning will be sent out after registration. Please verify your email address when signing up for this course. Please verify your email address when signing up for this course.

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

Wellness Center & Equipment Orientations

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.

Jorgensen Family YMCA

Summer II - 2019 Program Listing

Summer II Session (7/15-8/25)
Registration (Mbr. 7/1) Prog. Part. (7/8)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Y Buddies Participant						
	2019	8 to 108		No Time Specified	$0.00	$0.00
Y Buddies Volunteer						
	2019	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

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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.