



Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
	Bingo w/Move Campers (7/30/21)	55 to 117	Fri.	11:00 AM - 1:00 PM	\$0.00	\$0.00
	Game Club	55 to 117	Tues.	1:00 PM - 3:00 PM	\$0.00	\$0.00
	Luncheon (07/22/21)	55 to 117	Thurs.	11:30 AM - 1:00 PM	\$0.00	\$0.00
	Luncheon (08/19/21)	55 to 117	Thurs.	11:30 AM - 1:00 PM	\$0.00	\$0.00
Adaptive Events						
	Sensory Friendly Splash Pad Event (7/24/21-7/31/21)	All	Sat.	10:00 AM - 11:00 AM	\$0.00	\$10.00
Adult Basketball						
	Tuesdays 6:00	18 to 118	Tues.	6:00 PM - 8:30 PM	\$0.00	\$0.00
	Wednesdays 5:00	18 to 118	Wed.	5:00 AM - 8:00 AM	\$0.00	\$0.00
	Thursdays 6:00	18 to 118	Thurs.	6:00 PM - 8:30 PM	\$0.00	\$0.00
	Fridays 5:00	18 to 118	Fri.	5:00 AM - 8:00 AM	\$0.00	\$0.00
	Sundays 12:00	18 to 118	Sun	12:00 PM - 1:45 PM	\$0.00	\$0.00
Adult Volleyball						
	Friday	18 to 118	Fri.	6:00 PM - 8:45 PM	\$0.00	\$0.00
	Sunday	18 to 118	Sun.	2:00 PM - 5:00 PM	\$0.00	\$0.00
Assessments						
	Blood Pressure Assessment	15 to 115		No Time Specified	\$0.00	\$0.00
	Body Composition	15 to 115		No Time Specified	\$0.00	\$20.00
	Fitness Assessment	15 to 115		No Time Specified	\$0.00	\$50.00
Badminton						
	Wednesday	16 to 116	Wed.	6:30 PM - 9:00 PM	\$0.00	\$0.00
	Saturday	16 to 116	Sat.	4:30 PM - 6:30 PM	\$0.00	\$0.00
Blood Pressure Self Monitoring Program						
	BPSM Program	18 to 118		No Time Specified	\$30.00	\$30.00
Cheerleading						
	Grades 3-6	7 to 12	Tues.	5:00 PM - 5:45 PM	\$35.00	\$70.00
Guitar Lessons						
	Saturday	5 to 105	Sat.	10:00 AM - 10:45 AM	\$75.00	\$125.00
Gymnastics-Parent/Child						
	Monday	0 to 2	Mon.	4:00 PM - 4:30 PM	\$21.00	\$48.00
	Friday	0 to 2	Fri.	9:30 AM - 10:00 AM	\$21.00	\$48.00
Gymnastics-Pre School						
	Friday	3 to 5	Fri.	10:15 AM - 10:45 AM	\$21.00	\$48.00
	Monday	3 to 5	Mon.	4:45 PM - 5:15 PM	\$21.00	\$48.00
Gymnastics-School Age						
	Level I - Friday	5 to 10	Fri.	11:00 AM - 11:30 AM	\$21.00	\$48.00
	Level I - Monday	5 to 10	Mon.	5:30 PM - 6:00 PM	\$21.00	\$48.00
	Level II - Monday	5 to 11	Mon.	6:15 PM - 6:45 PM	\$21.00	\$48.00
Karate						
	Adaptive (Ages 7-13)	7 to 13	Wed.	4:30 PM - 5:00 PM	\$21.00	\$48.00
	Beginner (Age 5-8)	5 to 8	Thurs.	5:00 PM - 5:45 PM	\$24.00	\$52.50
	Beginner (Age 9+)	9 to 18	Thurs.	6:00 PM - 6:45 PM	\$24.00	\$52.50
	Intermediate (Age 9+)	9 to 18	Thurs.	7:00 PM - 7:45 PM	\$24.00	\$52.50



Active Older Adults

Bingo w/Move Campers -Please join us for a afternoon of Bingo fun with our MOVE campers. Snacks are welcome.
Game Club - Game Club, join us for a afternoon of fun & games. Decks of cards and games will be provided. If you wish to bring in a game please do so along with a snack.
Luncheon - Please join Story Point for a presentation and complementary Lunch.
Luncheon - Please join us for our August AOA Luncheon

Adaptive Events

Join us for a fun-filled morning at the Parkview YMCA Splash Pad. Specifically designed for individuals with intellectual, developmental and physical disabilities, this event gives families an opportunity to create lasting memories and have family fun all in a sensory-friendly environment.

Adult Basketball

Pick-up full-court games. Participants 18+ only.

Adult Volleyball

Pick-up volleyball games. Participants 18+ only.

Assessments

Blood Pressure Assessment - Free blood pressure screen in the wellness center at the Parkview YMCA.
Body Composition - Assess percent body fat. Futrex method utilized
Fitness Assessment -Assess your current fitness level by participating with a variety of screening tools.

Badminton

Pick-up badminton matches. Participants 16 years+ only.

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.

Cheerleading

Our goal is to create a fun and safe environment that allow children to focus on learning. Our cheerleading program will teach your child the fundamentals of cheer through basic stunts, jumps, motions, and cheers. Date/time to be announced at a later time during your session. Our Cheerleading program meets in room BCD located down the hallway left of the main lobby. BCD will be the third door on the left. Make sure that you check your children in with the instructor and not just drop them off at the door.

Guitar Lessons

Guitar lessons are taught in a friendly and relaxed group environment with experienced instructors from Discount Guitar. 6 lessons in total

Gymnastics-Parent/Child

Designed for ages walking-2 yrs. Adults and kids have fun moving to the music. Focus is on very basic large motor skills, coordination and general body awareness. Parents participate in class. Welcome to the Parkview Family YMCA Gymnastics program! Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. Our Gymnastics program meets in room BCD located down the hallway left of the main lobby. BCD will be the third door on the left. Children should dress in comfortable, loose fitting clothes.

Gymnastics-Pre School

Designed for 3-4 yrs. Focus is on large and small motor skills, coordination and general body awareness. Kids have fun rolling, running, hopping, skipping, jumping and galloping. Welcome to the Parkview Family YMCA Gymnastics program! Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. Our Gymnastics program meets in room BCD located down the hallway left of the main lobby. BCD will be the third door on the left. Children should dress in comfortable, loose fitting clothes.

Gymnastics-School Age

Designed for beginning level gymnastics. Focus is on fitness and basic skill development. The skills taught are forward and backward rolls, basic cartwheels, bridges and balancing. Welcome to the Parkview Family YMCA Gymnastics program! Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. Our Gymnastics program meets in room BCD located down the hallway left of the main lobby. BCD will be the third door on the left. Children should dress in comfortable, loose fitting clothes.

Karate

Adaptive - This program is specifically designed for individual learning for those with physical, developmental and intellectual disabilities. Classes will be capped at 5 per class to focus on direct interaction. Participants will learn practical skills for personal protection, self-confidence, and physical conditioning through modeling, imitation, and goal setting.

Beginner - Classes are held in a non-competitive environment. Students develop balance, fitness, coordination, self-confidence and discipline while having fun. Welcome to the Parkview Family YMCA Martial Arts program. Our goal is to create a fun and safe environment that allow children to focus on learning. Our Martial Arts program meets in room BCD located down the hallway left of the main lobby. BCD will be the third door on the left. Make sure that you check your children in with the instructor and not just drop them off at the door. A uniform is not required during your child's first session. Please have your child wear comfortable, loose fitting clothes.

Intermediate - For children ages 9 and older who have successfully completed Beginner Karate and have received the instructor's approval.



Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
New Member Receptions						
	07/05/2021	18 to 100	Mon.	10:00 AM - 10:30 AM	\$0.00	\$0.00
	07/21/2021	18 to 100	Wed.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	08/02/2021	18 to 100	Mon.	10:00 AM - 10:30 AM	\$0.00	\$0.00
	08/18/2021	18 to 100	Wed.	5:30 PM - 6:00 PM	\$0.00	\$0.00
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
	Fit Pak 30 - 1 session				\$20.00	n/a
	Fit Pak 30 - 4 sessions				\$80.00	n/a
	Fit Pak 30 - 6 sessions				\$120.00	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
Piano						
	Beginning Piano 1:00pm	8 to 117	Sun.	1:00 PM - 1:45 PM	\$75.00	\$125.00
	Beginning Piano 2:00pm	8 to 117	Sun.	2:00 PM - 2:45 PM	\$75.00	\$125.00
Pickleball						
	Tuesdays	18 to 118	Tues.	8:30 AM - 11:30 AM	\$0.00	\$0.00
	Thursdays	18 to 118	Thurs.	8:30 AM - 11:30 AM	\$0.00	\$0.00
Spanish Classes						
	Adult Spanish	18 to 100	Sat.	10:00 AM - 10:45 AM	\$45.00	\$95.00
	Advanced Spanish (ages 8+)	8 to 100	Sat.	11:40 AM - 12:25 PM	\$45.00	\$95.00
	Beginner Spanish (Ages 3+)	3 to 17	Sat.	10:50 AM - 11:35 AM	\$45.00	\$95.00
String Lessons						
	Beginning Strings	8 to 117	Sun.	3:00 PM - 3:45 PM	\$75.00	\$125.00
	Advanced Strings	8 to 117	Sun.	4:00 PM - 4:45 PM	\$75.00	\$125.00
Swim Lessons - Age 6mos-18mos (Parent/Child) (A-Water Discovery)						
	Saturday 9:00am	0 to 2	Sat.	9:00 AM - 9:30 AM	\$21.00	\$48.00
	Saturday 10:20am	0 to 2	Sat.	10:20 AM - 10:50 AM	\$21.00	\$48.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Monday - Thursday 10:30 (07/19-07/29)	0 to 3	Mon. Tues. Wed. Thurs	10:30 AM - 11:00 AM	\$28.00	\$64.00
	Tuesday 6:40pm	0 to 3	Tues.	6:40 PM - 7:10 PM	\$21.00	\$48.00
	Thursday 6:40pm	0 to 3	Thurs.	6:40 PM - 7:10 PM	\$21.00	\$48.00
Swim Lessons - Age 19mos-3yrs (Parent/Child) (B-Water Exploration)						
	Saturday 09:40am	1 to 3	Sat.	9:40 AM - 10:10 AM	\$21.00	\$48.00
	Saturday 11:00am	1 to 3	Sat.	11:00 AM - 11:30 AM	\$21.00	\$48.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Monday - Thursday (07/19-07/29)	3 to 5	Mon. Tues. Wed. Thurs	11:00 AM - 11:30 AM	\$28.00	\$62.00
	Tuesday 4:40 pm	3 to 5	Tues.	4:40 PM - 5:10 PM	\$21.00	\$48.00
	Thursday 4:40pm	3 to 5	Thurs.	4:40 PM - 5:10 PM	\$21.00	\$48.00
	Saturday 09:40am	3 to 5	Sat.	9:40 AM - 10:10 AM	\$21.00	\$48.00



New Member Receptions

At the Y, we want to make sure you're able to take advantage of all of the benefits of your membership! After you have joined, you may register for our New Member Reception. In just 30 minutes, we'll help you discover the various programs we offer. Upon completion of the reception, you'll receive a \$30 Y Rewards Card! Visit or contact your branch's Member Services Desk for more information on upcoming reception dates or email us with the name of the branch you will visit most and we can assist you.

Personal Training Packages

Duo - Two individuals can work with a personal trainer during a session to develop their exercise programs
Fit Pak - 30 minute express personal training
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

Piano

This group music class is a fun-filled experience for beginner piano students to learn basic music notation, rhythm, and piano technique. The goal of the program is to help children find an effective and efficient way to begin music study. This class utilizes many different types of teaching and learning techniques including instruction, hands on and fun activities, and keyboard playing. All participants must supply their own 61 note Key Board and Headphones. Keyboard with batteries is recommended.

Pickleball

Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis, is the perfect way to get great exercise without overly taxing the body.

Running Programs

The program is for kids entering grades 2nd-5th to help with conditioning and practice of running. Running will be outside on the trail but will be on the indoor track of the YMCA in adverse weather. The non-competitive program will have experienced coaches that will supervise running, stretching, and running games.

Spanish Classes

Adult - Learn the basics of beginners Spanish, with other adults. Classes are taught in a fun environment with interactive activities.
Advanced - Advanced Spanish is meant for those that are more experienced than beginner and are able to understand and speak Spanish with some confidence. Instructor approval, is necessary. Classes are taught in a fun environment with interactive activities.
Beginner - Learn the basics of beginners Spanish. Classes are taught in a fun environment with interactive activities

String Lessons

Beginning - This class is for students who have never played or who need to work in Songs for the Young Violinist. (No previous experience)
Advanced - This class is for students who have completed Songs for the Young Violinist and who have begun reading music.

Swim Lessons - Age 6mos-18mos (Parent/Child) (A-Water Discovery)

Parent and Child Stage A (Water Discovery) Recommended ages: 6months-18 months. 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)

Parent and Child Stage B (Water Exploration) Recommended ages: 6 months-3 years In stage B, parents work with their children to get introduced to the water and 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 19mos-3yrs (Parent/Child) (B-Water Exploration)

Parent and Child Stage B (Water Exploration) Recommended ages: 19 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 (1-Water Acclimation)

In this class parents work with their children to develop comfort with underwater exploration and learn to safely enter and exit the water. This class will also focus on body position, forward movement, and swimming safely from farther distances. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim".



Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Monday - Thursday (07/19-07/29)	3 to 5	Mon. Tues. Wed. Thurs	11:30 AM - 12:00 PM	\$28.00	\$64.00
	Tuesday 5:20pm	3 to 5	Tues.	5:20 PM - 5:50 PM	\$21.00	\$48.00
	Thursday 5:20pm	3 to 5	Thurs.	5:20 PM - 5:50 PM	\$21.00	\$48.00
	Saturday 10:20am	3 to 5	Sat.	10:20 AM - 10:50 AM	\$21.00	\$48.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Monday - Thursday (07/19-07/29)	3 to 5	Sat.	11:00 AM - 11:30 AM	\$28.00	\$64.00
	Tuesday 6:00pm	3 to 5	Tues.	6:00 PM - 6:30 PM	\$21.00	\$48.00
	Thursday 6:00pm	3 to 5	Thurs.	6:00 PM - 6:30 PM	\$21.00	\$48.00
	Saturday 11:00am	3 to 5	Sat.	11:00 AM - 11:30 AM	\$21.00	\$48.00
Swim Lessons - Age 3-5yrs (4-Stroke Introduction)						
	Saturday 09:00am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$21.00	\$48.00
Swim Lessons - Age 6-12yrs (1&2 -Water Acclimation & Movement)						
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$24.00	\$52.50
	Thursday 5:35pm	6 to 12	Thurs.	5:35 PM - 6:20 PM	\$24.00	\$52.50
	Saturday 09:00am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$24.00	\$52.50
	Saturday 09:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$24.00	\$52.50
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$24.00	\$52.50
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$24.00	\$52.50
	Thursday 5:35pm	6 to 12	Thurs.	5:35 PM - 6:20 PM	\$24.00	\$52.50
	Thursday 6:30pm	6 to 12	Thurs.	6:30 PM - 7:15 PM	\$24.00	\$52.50
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$24.00	\$52.50
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Tuesday 4:40pm	6 to 12	Tues.	4:40 PM - 5:25 PM	\$24.00	\$52.50
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$24.00	\$52.50
	Thursday 4:40pm	6 to 12	Thurs.	4:40 PM - 5:25 PM	\$24.00	\$52.50
	Thursday 6:30pm	6 to 12	Thurs.	6:30 PM - 7:15 PM	\$24.00	\$52.50
	Saturday 09:00am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$24.00	\$52.50
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$24.00	\$52.50
	Thursday 5:35pm	6 to 12	Thurs.	5:35 PM - 6:20 PM	\$24.00	\$52.50
	Saturday 09:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$24.00	\$52.50
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$24.00	\$52.50
Swim Lessons - Adaptive						
	Sunday 4:30pm	3 to 99	Sun.	4:30 PM - 5:15 PM	\$24.00	\$52.50
Swim Lessons - Private Swim Lesson Packages						
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00
Training - Lifeguarding						
	August (Blended)	15 to 100	Sun. Sat.	9:00 AM - 5:00 PM	\$175.00	\$245.00



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

In this class parents work with their children to develop comfort with underwater exploration and learn to safely enter and exit the water. This class will also focus on body position, forward movement, and swimming safely from farther distances. 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 (3-Water Stamina)

In this class parents work with their children to develop comfort with underwater exploration and learn to safely enter and exit the water. This class will also focus on body position, forward movement, and swimming safely from farther distances. 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 (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.

Swim Lessons - Age 6-12yrs (1&2 -Water Acclimation & Movement)

In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming. students focus on body position and control, directional change, and forward movement in the water. 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 (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.

Swim Lessons - Age 6-12yrs (5-Stroke Development)

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)

School Age, Swim Strokes Stage 6 (Stroke Mechanics) Recommended ages: 6 - 12 years old In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly

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 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 personnel 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 so please verify your email address when registering.



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Table with columns: Program Name, Session Name, Age Range, Day, Time, Member Fee, Program Participant Fee. Rows include Training - CPR/AED/O2/First Aid, Training - Safe Sitter Babysitting, Ukulele Lessons, Volunteer @ The Y, Wellness Center & Equipment Orientations, Wellness Consultation, Wellness for Life Coaching Program, Y Buddies Participant, Y Buddies Volunteer, Y Weight Loss Program, Youth Fit, Youth Flag Football, Youth Soccer.

*Registration starts 07/01/2021



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.

Training - Safe Sitter Babysitting

Course will teach potential babysitters how to care for children. 6 hour course. CPR included, but will not be certified

Ukulele Lessons

Ukulele lessons are taught in a friendly and relaxed group environment with experienced instructors from Discount Guitar. 6 lessons in total

Volunteer @ The Y

2021 Clean Up Crew - Volunteers will assist the Parkview YMCA in quarterly clean-ups of the new trail that will run along Dupont Rd between Lima and Coldwater Roads.

2021 Y Ambassador - Register to volunteer at the Y! We have many opportunities and various times available and are looking for volunteers!

2021 Y Readers - Register to volunteer at the Y! We have many opportunities and various times available and are looking for volunteers!

2021 Youth Sports Coach - Youth Sports Coaches will be assigned to a team that they will lead through a weekly practice and game. Youth Sports Coaches will be helping to teach children fundamentals of the sport as well as having good sportsmanship while role modeling good character. Sports available include: Soccer, Basketball, Volleyball & Flag Football

Wellness Center & Equipment Orientations

Learn how to use the equipment at the Parkview YMCA

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

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!

Y Weight Loss Program

Learn about the Y Weight Loss program and the components of the 12 weeks session along with the philosophy around this program to help you get on track towards a healthier you.

Youth Fit

Learn proper cardiovascular, strength, and flexibility training ages 11-14. Sign up at membership services. 2 visits to learn the equipment and proper exercise guidelines. Membership staff will sign up first visit on the outlook calendar.

Youth Flag Football

Our Youth Flag Football program is offered for PreK-6th grades. Grades PreK-2nd will have a 1/2 hour practice immediately followed by a 1/2 hour game each Saturday. Times may vary week to week. Grades 3rd-6th will have a 1 hour evening practice through the week and a game on Saturdays. Game times may vary week to week. Times will likely fall between 9am-1pm. All practices and games will be held at Praise Lutheran Church on Dupont Rd. Mouthguards are required. Focus is upon learning fundamental flag football skills as well as team work, sportsmanship, and self confidence. Early Bird Pricing: 7/1-7/31; Rates will increase 8/1.

Youth Soccer

Parkview Family YMCA outdoor soccer is a fundamental league for participants to enhance their soccer skills as well as build character. All practices and games will be held at Praise Lutheran Church on Dupont Road. Shinguards are required. All participants will enjoy equal playing time, positive coaching, balanced teams and fun! Early Bird Pricing: 5/1-5/31; Rates will increase 6/1.