



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 100		No Time Specified	\$30.00	\$30.00
Dance Classes						
	Creative I & II (Ages 5-6)	5 to 6	Mon.	4:30 PM - 5:00 PM	\$140.00	\$160.00
	Dance Around the World (Age 4)	4 to 4	Mon.	4:00 PM - 4:30 PM	\$140.00	\$160.00
Fueling Your Faith Retreat @ Camp Potawatomi						
	09/27/2020	16 to 116	Sun.	1:00 PM - 7:00 PM	\$25.00	\$40.00
Gymnastics						
	Advanced	6 to 18	Thurs.	7:00 PM - 7:45 PM	\$28.00	\$62.00
	Beginner	6 to 18	Thurs.	5:30 PM - 6:15 PM	\$28.00	\$62.00
	Intermediate	6 to 18	Thurs.	6:15 PM - 7:00 PM	\$28.00	\$62.00
Home School Programs						
	Age 5-8 (Gym)	5 to 8	Thurs.	3:00 PM - 3:30 PM	\$25.00	\$56.00
	Age 5-8 (Swim)	5 to 8	Thurs.	2:00 PM - 2:30 PM	\$25.00	\$56.00
	Age 9-12 (Gym)	9 to 12	Thurs.	2:00 PM - 2:30 PM	\$25.00	\$56.00
	Age 9-12 (Swim)	9 to 12	Thurs.	3:00 PM - 3:30 PM	\$25.00	\$56.00
Little Ones Move & Groove						
	Friday 10:00 am	0 to 3	Fri.	10:00 AM - 10:30 AM	\$0.00	\$56.00
New Member Receptions						
	08/20/2020		Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	09/08/2020		Tues.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	09/17/2020		Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	10/05/2020		Mon.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	10/15/2020		Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
Nutritional Programs						
	Lifestyle Change Coaching	11 to 100		No Time Specified	\$300.00	\$300.00
	Nutrition Coaching	11 to 100		No Time Specified	\$125.00	\$125.00
	Whole Living Health Coaching			No Time Specified	\$300.00	\$300.00
Rise Up						
	Couple Registration	15 to 115	Mon.	6:30 PM - 8:00 PM	\$100.00	\$120.00
	Individual Registration	15 to 115	Mon.	6:30 PM - 8:00 PM	\$70.00	\$90.00



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 the four-month program. During this time, participants will be encouraged to self-measure their blood pressure at least 2 times a month: attend 2 personalized consultations per month: and attend monthly nutrition education seminars.

Dance Classes

Creative movement allows children to gain an understanding of dance history and different cultures while increasing their listening skills. It expands children's creative skills and increases their self-esteem through self-expression. Children learn body and spatial awareness, control, balance, and coordination. The primary goal is to instill a love of dance they will take with them throughout their lives.

Fueling Your Faith Retreat @ Camp Potawatami

****RETREAT WILL TAKE PLACE AT YMCA CAMP POTAWOTAMI**** Join staff, members, and friends from the community for this popular Christian Emphasis event designed to refresh you in spirit, mind and body. This afternoon retreat includes a brief time of devotion, prayer and worship followed by lots of retreat time with different optional activities to choose from as well as snacks and dinner! Kids age 4-15 can participate in free supervised activities during the retreat and will rejoin the group for dinner. A confirmation packet with more detailed information will be sent out through email closer to the event.

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.

Homeschool Programs

Participants engage in physical education activities that help them build self-confidence, gain team building strategies, socialize with other homeschoolers all while having fun in a safe environment. Our goal is to create a fun and safe environment for our participants to engage in physical activity.

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. Receive a \$30 My Y Rewards Card for attending that can be used toward any YMCA program.

Nutritional Programs

Lifestyle Change Coaching - This 3 month program is ideal for the fitness enthusiast as it combines nutritional education and personal training. This weekly program provides 60 min. sessions on whole food nutrition education, kitchen pantry basics, meal planning and behavioral techniques. You will also receive customized workout sessions to keep you motivated to reach your weight management goals.

Nutrition Coaching - A three (3) month program for those seeking nutrition knowledge. This weekly program provides 30 minute sessions with a Certified Fitness Nutrition Specialist focusing on whole food education, kitchen pantry basics, meal planning, and behavioral techniques to keep you motivated to reach your weight management goals.

Whole Living Health Coaching - This 3 month program is ideal for those seeking improved health and well-being. This weekly program provides 45 min. sessions on whole food nutrition education, kitchen pantry basics, meal planning and lifestyle strategies to keep you motivated to reach your health and wellness goals. This program can be purchased as Individual or small group up to 4 people. Additional programs benefits: free health assessment, free grocery store tour, and free access to the Resource Library (books & recipes).

Rise Up



Do you wish your relationship with others, God and/or your self was better? Do you want to know your sweet spot in this life? Then, the Rise Up Commitment is for you. Taking 10 weeks to rise up to your full potential will change everything about your life. Your mental, physical, spiritual, and relational health will thank you for making a commitment to you!

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Saturday 9:00am (Age 6mos-17mos)	0 to 2	Sat.	9:00 AM - 9:25 AM	\$25.00	\$56.00
	Saturday 9:30am (Age 18mos - 3yrs)	1 to 3	Sat.	9:30 AM - 9:55 AM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement and Stamina)						
	Saturday 09:00am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
	Saturday 09:35am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
Swim Lessons - Age 6-12yrs (1-5 Water Acclimation, Mvmt, Stamina, Stroke Intro & Development)						
	Saturday 10:10am	6 to 12	Sat.	10:10 AM - 10:50 AM	\$28.00	\$62.00
Toddler Tumbling						
	Thursday 04:45 pm	3 to 5	Thurs.	4:45 PM - 5:15 PM	\$25.00	\$56.00
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	2020 Wellness Consultation			No Time Specified	\$0.00	\$0.00
Wellness for Life 2.0						
	2020 WFL 2.0			No Time Specified	\$99.00	\$99.00
Youth Fit						
	Youth Fit 2020	11 to 15		No Time Specified	\$0.00	\$0.00
Youth Flag Football League						
	Pre-K & K			No Time Specified	\$40.00	\$80.00
	Grades 1 - 2			No Time Specified	\$50.00	\$90.00
	Grades 3 - 5			No Time Specified	\$50.00	\$90.00
Youth Volleyball						
	Grades 3 - 6	8 to 12	Wed.	5:15 PM - 6:00 PM	\$25.00	\$56.00



Whitley County Family YMCA

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Fall I - 2020 Program Listing
Fall I Session (9/14-11/1)
Registration (Mbr. 8/17, Prog. Part. 8/24)

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.

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 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.

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.

Youth Flag Football League

Join our youth flag football league which will focus on skill development, as well as practice and game play. Ages PK-5th grade. Practices begin the week of September 7th and season games run September 19th-October 31st.

Youth Volleyball

Core skill development is the focus of this volleyball program as well as game situation drills that are a good lead in for those who want to pursue playing for a school or club volleyball team.



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