



Whitley County Family YMCA

Fall II - 2019 Program Listing
 Fall II Session (10/28-12/15)
 Registration (Mbr. 10/14) Prog. Part. (10/21)

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
Gymnastics						
	Advanced	6 to 18	Thurs.	7:00 PM - 7:45 PM	\$28.00	\$62.00
	Beginner	5 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
Little Ones Move & Groove						
	Friday 10:00 am	1 to 3	Fri.	10:00 AM - 10:30 AM	\$0.00	\$56.00
	Friday 10:45 am	1 to 3	Fri.	10:45 AM - 11:15 AM	\$0.00	\$56.00
MOPS (Mothers of Preschoolers)						
	Child Registration		Mon.	9:30 AM - 11:30 AM	\$0.00	\$0.00
	Mom Registration		Mon.	9:30 AM - 11:30 AM	\$0.00	\$0.00
New Member Receptions						
	10/17/2019		Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	11/04/2019		Mon.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	11/20/2019		Wed.	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
Personal Training Packages						
	Fit 30 - 1 session				\$20.00	n/a
	Fit 30 - 4 sessions				\$80.00	n/a
	Fit 30 - 6 sessions				\$120.00	n/a
	Partner Training - 1 session				\$25.00	n/a
	Partner Training - 4 sessions				\$100.00	n/a
	Partner Training - 6 sessions				\$150.00	n/a
	Partner Training - 8 sessions				\$200.00	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
Races/Fun Runs						
	Pumpkin Pie Pedal - 8am start	11 to 100	Thurs.	No Time Specified	\$15.00	\$25.00
	Pumpkin Pie Pedal - 9am start	11 to 100	Thurs.	No Time Specified	\$15.00	\$25.00
	Turkey Trot		Thurs.	8:00 AM - 9:00 AM	\$20.00	\$30.00



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.

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.

MOPS (Mothers of Preschoolers)

MOPS is being hosted at the Whitley YMCA and children will be in fun rotations starting in childwatch.

New Member Receptions

Orientation

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).

Personal Training Packages

Fit 30 - Half the time half the cost! 30 minute workout with a personal trainer

Partner Training - Two or more individuals can work with a personal trainer during a session to develop their exercise programs.

Personal Training - Individual 60 minute training sessions with a personal trainer.

Races/Fun Runs

Pumpkin Pie Pedal - Prefer to bike verses run? Then come pedal for that Thanksgiving pumpkin! Register early to be guaranteed a spot in either the 8am, or 9am groups.

Register by November 3rd to get a t-shirt.

Turkey Trot - Come enjoy a family friendly 4 mile race on Thanksgiving morning (starting at 8am) to burn off those extra calories! Register by November 3rd to get a t-shirt.



Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Running Club						
	Adult Running Club	18 to 100	Tues.	No Time Specified	\$45.00	\$60.00
	Youth Running Club	5 to 14	Mon.	6:00 PM - 7:00 PM	\$31.00	\$67.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Saturday 09:00 am	0 to 2	Sat.	9:00 AM - 9:25 AM	\$25.00	\$56.00
	Saturday 09:30	2 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 09:00 am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
	Saturday 09:35 am	3 to 5	Sat.	9:35 AM - 10:05 AM	\$25.00	\$56.00
	Wednesday 05:30 pm	3 to 5	Wed.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Wednesday 09:30 am	3 to 5	Wed.	9:30 AM - 10:00 AM	\$25.00	\$56.00
Swim Lessons - Age 6-12yrs (1-5 Water Acclimation, Mvmt, Stamina, Stroke Intro & Development)						
	Saturday 10:10 am	6 to 12	Sat.	10:10 AM - 10:55 AM	\$28.00	\$62.00
	Wednesday 06:10 pm	6 to 12	Wed.	6:10 PM - 6:55 PM	\$28.00	\$62.00
Swim Lessons - Teen & Adult						
	Wednesday	18 to 100	Wed.	7:00 PM - 8:00 PM	\$31.00	\$67.00
Swim Lessons - Private Swim Lesson Packages						
	7 sessions				\$94.00	\$144.00
Toddler Tumbling						
	Thursday 04:15 pm	3 to 5	Thurs.	4:15 PM - 4:45 PM	\$25.00	\$56.00
	Thursday 04:45 pm	3 to 5	Thurs.	4:45 PM - 5:15 PM	\$25.00	\$56.00
Training - CPR/AED/Oxygen						
	Blended CPR/AED/O2/ First Aid (10/31/2019) 16 to 100		Thurs.	5:30 PM - 9:30 PM	\$100.00	\$140.00
	Blended CPR/AED/O2/ First Aid (11/10/2019) 16 to 100		Sun.	12:00 PM - 4:00 PM	\$100.00	\$140.00
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	2019 Wellness Consultation			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



Running Club

Join community mentor and newest Y employee, Tony DeWitt, in this engaging training plan to get you on track to complete your first 5k, half marathon or marathon. Adult Run Club will meet every Tuesday evening at 6:00PM at the entrance of the YMCA. This running club has an emphasis on trail running. We will be utilizing the trails throughout Morsches Park and Columbia City. Each participant will receive a t-shirt and running schedule.

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 - Teen & Adult

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 - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor

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.

Training - CPR/AED/Oxygen

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.

Wellness Center & Equipment Orientations

This is a one hour orientation to familiarize you with our strength and cardio equipment in the Wellness Center. Based off of your schedule. Register at the Membership Services desk.

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.

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.



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Wellness Programs						
	Floor Aerobics Punch Pass			No Time Specified	\$50.00	\$50.00
	Line Dancing Day Pass		Mon. Wed. Fri.	9:00 AM - 10:30 AM	\$1.00	\$1.00
	Line Dancing Punch Card		Mon. Wed. Fri.	9:00 AM - 10:30 AM	\$10.00	\$10.00
	Pickleball Punch Pass			1:00 PM - 2:00 PM	\$50.00	\$50.00
	Water Aerobics Punch Pass			No Time Specified	\$50.00	\$50.00
Volunteer Leaf Project						
	Leaf Raking 11/09 @ 9am	2 to 100	Sat.	No Time Specified	\$0.00	\$0.00
	Leaf Raking 11/11 @ 4pm	2 to 100	Mon.	No Time Specified	\$0.00	\$0.00
	Leaf Raking 11/13 @ 4pm	2 to 100	Wed.	No Time Specified	\$0.00	\$0.00
	Leaf Raking 11/15 @ 4pm	2 to 100	Fri.	No Time Specified	\$0.00	\$0.00
	Leaf Raking 11/16 @ 9am	2 to 100	Sat.	No Time Specified	\$0.00	\$0.00
YMCA Race Series						
	2019 Race Series			No Time Specified	\$0.00	\$0.00
Youth Fit						
	Youth Fit 2019	11 to 15		No Time Specified	\$0.00	\$0.00



Wellness Programs

10 class punch card. Check the group exercise schedule for times and dates of classes.

Whitley County Swim Team

Whitley County Volunteer Projects

Join the Whitley County Family YMCA this Fall for a day of service by raking leaves for our neighbors. Call some friends and get connected to a volunteer opportunity to serve a neighbor. If you have a rake and gloves please bring them.

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

Open to members 11-14 years of age and consists of two one on one sessions with a wellness professional 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 youth ages 15 and up. Completion of this program is required before using the Wellness Center independently.



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