



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST. SUMMMER. EVER.

SUMMER I & II 2019 PROGRAM GUIDE

SUMMER I SESSION

JUNE 3 – JULY 14

Member Registration:

May 20 – June 2

Program Participant Registration:

May 27 – June 2

SUMMER II SESSION

JULY 15 – AUGUST 25

Member Registration:

July 1 – July 14

Program Participant Registration:

July 8 – July 14

Fall Soccer

Early Bird Registration

June 17 – July 15

Flag Football

Early Bird Registration

July 22 – August 18



WHITLEY COUNTY FAMILY YMCA

950 East van Buren Street, Columbia City, IN 46725

P: (260) 244-9622 fwymca.org •



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Erica Miller
District Executive Director

Everyone Belongs to the Y!

At the Y, you're not just a member of a facility; you're part of something greater. You are part of a cause. With a shared commitment to nurturing the potential of kids, improving health and well-being and giving back and supporting our neighbors, your membership gives you and our community the opportunity to learn, grow and thrive.

MEMBERSHIP INFORMATION

MEMBERSHIP TYPE	MONTHLY	ANNUAL
K-12 Youth (Through High School)	\$19.00	\$228.00
College Student (Full time through age 25)	\$19.00	\$228.00
Adult (Age 18+)	\$49.00	\$588.00
1 Adult Household (1 Adult & their dependents)	\$57.75	\$693.00
Household (2 Adults & their dependents)	\$74.00	\$888.00
Senior (Age 65+)	\$45.75	\$549.00
Senior Household (2 Adults age 65+ & their dependents)	\$59.75	\$717.00

An adult add-on option is available on all memberships except students for an additional \$25 per month. Add-on member must reside in the same household as the primary member. Limit one adult add-on per membership. The enrollment fee for all memberships (except students) is \$75. The student enrollment fee is \$15. Memberships can be paid monthly or in one annual lump sum.

YMCA Facility Amenities

	Aerobics Room	Cardio Room	Child Watch Room	Classrooms	Climbing Wall	Cycling Room	Dance Studio	Game Room	Gymnasium	Health Center	Indoor Pool	Indoor Track	Kids' Gym	Locker Rooms	Racquetball Courts	Sauna	Sensory Room	Soccer Fields	Steam Room	Teaching Kitchen	Water Slide	Weight Room	Wellness Center	Whirlpool
Caylor-Nickel Foundation Family YMCA (260) 565-9622 550 W. Dustman Rd. Bluffton, IN 46714	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Central Branch YMCA (260) 422-6486 1020 Barr St., Fort Wayne, IN 46802	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Jackson R. Lehman Family YMCA (260) 755-4949 5680 YMCA Park Drive West Fort Wayne, IN 46835	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Jorgensen Family YMCA (260) 432-8953 10313 Aboite Ctr. Rd. Fort Wayne, IN 46804	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Parkview Family YMCA (260) 497-9996 10001 Dawsons Creek Blvd. Fort Wayne, IN 46825	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Renaissance Pointe Family YMCA (260) 447-4567 2323 Bowser Ave. Fort Wayne, IN 46803	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Skyline YMCA (260) 755-4900 838 S. Harrison St. Fort Wayne, IN 46802	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Whitley County Family YMCA (260) 244-9622 950 E. Van Buren St. Columbia City, IN 46725	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

Camp Potawatomi (260) 351-2525 Toll Free: 1-800-966-9622 P.O. Box 38 South Milford, IN 46786	Youth Service Bureau (260) 449-7511 1117 South Clinton St. Fort Wayne, IN 46802	Childcare Services Branch (260) 449-8464 1025 West Rudisill Blvd. Box #7 Fort Wayne, IN 46802
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Caylor-Nickel Foundation Family Mon.-Thurs. - 5 a.m.-9 p.m. Fri. - 5 a.m.-9 p.m. Sat. - 7 a.m.-6 p.m. Sun. - 1 p.m.-6 p.m.	Jorgensen Family Mon.-Thurs. - 5 a.m.-10 p.m. Fri. - 5 a.m.-9 p.m. Sat. - 7 a.m.-6 p.m. Sun. - 10 a.m.-6 p.m.	Renaissance Pointe Family Mon.-Thurs. - 6 a.m.-8 p.m. Fri. - 6 a.m.-7 p.m. Sat. - 8 a.m.-6 p.m. Sun. - Noon - 5 p.m.	Whitley County Family Mon.-Thurs. - 5 a.m.-10 p.m. Fri. - 5 a.m.-9 p.m. Sat. - 7 a.m.-6 p.m. Sun. - Noon - 5 p.m.
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Central Mon.-Thurs. - 4 a.m.-10 p.m. Fri. - 4 a.m.-8 p.m. Sat. - 5 a.m.-6 p.m. Sun. - 12 p.m.-6 p.m.	Parkview Family Mon.-Fri. - 5 a.m.-10 p.m. Sat. - 6 a.m.-8 p.m. Sun. - Noon - 7 p.m.	Skyline Mon.-Fri. - 5 a.m.-8 p.m. Sat. - 7 a.m.-2 p.m. Sun. - Closed	Jackson R. Lehman Family Mon.-Thurs. - 5 a.m.-10 p.m. Fri. - 5 a.m.-9 p.m. Sat. - 7 a.m.-6 p.m. Sun. - Noon-6 p.m.
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BLOOM GATES SHIPMAN & WHITELEATHER, LLP



- John Whiteleather
- Timothy J. Bloom
- Matthew R. Shipman
- Elizabeth A. Deckard
- C. Kay Landwehr

119 South Main Street, Columbia City, Indiana (260) 248-8900

A MEMBERSHIP WITH BENEFITS

We're a community. Here, surrounded by friends as well as caring, knowledgeable staff, you can grow your spirit, mind and body in ways you never imagined. But since that's a little hard to quantify, here are some other great benefits to being a Y member:

- Unlimited access to seven state-of-the-art YMCA branches
- Free child care in our ChildWatch while you work out
- Unlimited participation in hundreds of free group exercise classes like Y-Cycling, Zumba® and AquaFit – every week for every fitness level!
- Free health and wellness consultations
- Professionally trained staff to support you in your Y experience
- Reduced rates on family programs, youth and adult sports, swim lessons, day camps, Camp Potawatomi and so much more!
- Personal strengthening courses like Dave Ramsey's "Financial Peace University" and the YMCA Diabetes Prevention Program
- Invitations to free community and social events
- Parent's Night Out events, where you can enjoy an evening out while your kids are having fun at the Y
- Youth programs such as karate, dance, art, and sports

CORPORATE MEMBERSHIPS

The Y's Corporate Membership Plan does more than provide membership cards. We create a partnership in well-being to provide a plan that offers a healthier workplace environment for you and your employees. By connecting with the Y, employees receive personalized service supporting them on their journey in getting active as they become engaged in a healthier lifestyle. For more information and rates, contact Natalie Woods, Corporate Membership Director, at (260) 918-2149.

MEMBER VS. PROGRAM PARTICIPANT FEES:

Our programs are listed under two different fee categories: member and program participants. Members join the Y and pay regular membership fees. They receive access to all facilities and all group exercise classes, free of charge. Members receive priority registration and reduced rates for other programs and also benefit from some programs and services not available to program participants.

Program participants enroll in a specific program(s), but do not pay a regular membership fee to use other areas of the facilities. (I.E., program participants may be enrolled in a dance class or sports league or may have child(ren) enrolled in a sports program or after school care program). Any questions about member and program participant fees may be directed to the Member Services desk.

FINANCIAL ASSISTANCE

We believe that no one should be turned away due to inability to pay. See the Member Services Desk at our Y or visit fwymca.org for more information on our financial assistance program.

FACILITY AGE POLICIES

Children under the age of 11 must be accompanied by an adult while in the facility. Children between the ages of 8 – 10 may be in the pool, track, youth activity area and the gym without supervision; however, a parent must still remain in the facility. The Y's Wellness Center is for members age 15 or older. Members ages 11-14 may take the Y's free YouthFit Course and, upon successful completion, use designated areas of the Wellness Center.

MILITARY OUTREACH INITIATIVE

We understand that military families are under enormous strain. The Y proudly offers memberships to eligible military families and personnel to provide extra support during a time when loved ones are deployed away from home. For more information about eligibility requirements please contact the front desk at the Member Services desk or go to MilitaryOneSource.mil.

GUESTS ARE WELCOME!

One of the benefits of having a membership to the YMCA of Greater Fort Wayne includes being able to bring a non-member friend to the Y as a guest. Guests are welcome to visit three times per calendar year.

The following guest rates apply:

- First visit is complimentary
- Second and third visits: \$5 for students through age 25; \$10 for one adult; \$15 for families

A member may be accompanied by two individual guests or one family during a visit. A family guest pass is at least one guest parent, guardian or grandparent present with dependent children. For additional guests, please check with your branch Membership Director in advance of your visit.

We ask members to be responsible for their guests:

- Members age 16 and over can bring a guest. Guests age 16 and over must bring photo ID for safety reasons. We are committed to providing a safe and welcoming environment for all. Behavior contrary to our mission and core values may result in loss of membership and guest privileges.

NATIONWIDE MEMBERSHIP

Traveling, working in another region, exploring...sometimes, it's just more convenient for members to use a Y in a different location. Now, full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout the nation, at no extra charge!

CHANGES IN SCHEDULES

We do our best to present accurate information and schedules to our members. Sometimes the information in the program guide will have an unforeseen change in a class schedule, fee, program description, etc. We apologize for any inconvenience caused by these adjustments. Updated schedules are located at the Member Services desk and online at www.fwymca.org.

VOLUNTEER OPPORTUNITIES

At the Y, you will make a connection that counts. By becoming a volunteer, you join hundreds of families and individuals of all ages dedicated to helping promote youth development, healthy living and social responsibility. Volunteering for the Y is fun, rewarding and gives you a sense of belonging. You can make a positive impact in the lives of others.

TEST. MARK. PROTECT. SWIM SAFETY INITIATIVE

Test.Mark.Protect Initiative ensures all children are protected while swimming in Y pools. Through this initiative, all YMCA branches in Allen, Wells and Whitley counties will require children under 14 years old to take and pass a lifeguard - monitored swim test. Upon passing the test, swimmers will be given a green wristband to wear while in the pool. Swimmers who do not pass the test, or do not wish to take it, will be required to wear a life jacket for protection or have an adult present within reach.

A MOBILE APP FOR YOU

To find the most up-to-date facility hours, group exercise schedules or facility closings just download our YMCA app. Go to fwymca.org/app or scan this QR code to download.



PROGRAM REGISTRATION

Register for programs online at fwymca.org under the Program Registration tab or stop by the Y.

RENTALS

We are the perfect place for your next birthday party or school field trip. The pool, gym, community room, and climbing rock wall are available for rent. Call or stop by the Y for more details.

FACILITY HOLIDAY HOURS AND CLOSINGS

Our Y will be closed on Memorial Day and Fourth of July.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child

CHILDCARE Child Watch

For your convenience, drop off your child in the Child Watch center while you work out. Child Watch is free to members with a Household or 1 Adult Household membership. This is a members-only service with a 2-hour daily maximum.

Monday-Friday	8 a.m. - Noon, 3:30 - 8 p.m.
Saturday	8 a.m. - Noon
Sunday	Noon - 3 p.m.

Ages 6 weeks-8 years old are welcome to come and play.

Kid's Club

Kid's Club is an extension of Child Watch offering supervised gym time, swimming, and enrichment activities for the older age children between Kindergarten-5th grade. The schedule of activities for each week will be posted.

Ages: Kindergarten-5th Grade
Summer Hours Begin June 4- August 9
Monday-Friday 8:30a.m.-12:00p.m.
Monday-Thursday 4:00 p.m. - 7:30p.m.

This is a members-only service with a 2-hour daily maximum.

Armstrong Early Learning Center

The facility provides a perfect setting to meet children's developmental needs. The layout and décor of the spacious rooms will provide a learning environment that is simple and orderly, enabling the teachers to observe the children so they can properly assist in their developmental growth following our Reggio Emilia philosophy. Learning materials will support children's curiosity in an environment that encourages them to explore big ideas in a meaningful way. Full-day infant through preschool care is available part-time and full-time for children 6 weeks to age 6.
Monday-Friday, 6:30 a.m. - 6 p.m.

SUMMER CAMP - Kids Entering Kindergarten - 5th Grade

This is the traditional YMCA day camp where every child is encouraged to use their imagination, explore the outdoors, and create lifelong friendships. Our goal is that every child will have a fun, entertaining summer experience while being introduced to a variety of new activities, challenges, and friends! Campers will participate in weekly field trips and other special events throughout summer. Summer camp is an unforgettable experience that will give each camper memories that will last a lifetime. Register online at fwymca.org
Weekly camp sessions run from June 4th through August 9th
Day Camp 8:30AM to 4:30PM
Extended care begins at 6:30a.m. ends at 6:30p.m.
Available at no extra charge
Fee per week: Full time: 4-5 days/week, Part time: 1-3 days/week
Members: Full-time rate \$130/week Part-time rate \$84/Week
Program Participants: Full-time rate \$165/week Part-time rate \$105/Week
\$15 non-refundable deposit per weekend registered. When you are registered for full time, full fee is required, no matter how many days your child attends that week. You may go from part time to full time if needed. The fee difference is expected to be paid at time of change.

Leaders in Training (L.I.T.) - Tweeners Entering Grades 6, 7 & 8

Are you a leader? L.I.T. camp provides pre-teens and teens a sense of leadership through learning about themselves and others while assisting counselors with camp activities. Training sessions will include team building, communication skills, child development, age specific programs, and community service projects. Register online at fwymca.org
Members: Full-time \$130/week Part-time \$84/week
Program Participants: Full-time \$165/week Part-time \$105/week

Teen Leader's Club

Teen Leader's Club is an opportunity for teens, grades 6-10, to learn about leadership, get involved with the community, and have fun with peers.
When: Every other Monday
Time: 6:30p.m.-7:30p.m. in the Community Room at the YMCA.

SWIM, SPORTS, AND PLAY Youth Swim Lessons

The YMCA has a long history of teaching swim lessons. In fact, the Y is credited for being first to develop a group swim instruction program in 1906. We have come a long way since that first group lesson, and we're excited to present the latest upgrades to you. Our new swim curriculum is based on extensive research, and we look forward to seeing swimmers advance more quickly through the stages. The fun fish names we previously used to identify the different levels have been replaced with names that more closely relate to the skills we will be working on in each stage. In stages 1-3, our certified swim instructors facilitate activities that focus on building confidence in the water, instilling good water safety habits and personal growth. In stages 4-6, instructors help swimmers

build confidence in deep water as well as work on stroke techniques. And swim stages A and B give our youngest friends, infants and toddlers, an opportunity to get comfortable in the water with a parent or guardian.

This exciting new curriculum helps each participant experience a sense of accomplishment after each lesson and build relationships with other swimmers in their class. We hope you enjoy these latest swim lesson upgrades. If you have any questions, please let us know. Thank you for participating in our aquatics programs.

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 months-3 years

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

* Families take a variety of forms so we define parent to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

A: WATER DISCOVERY
Saturdays 9 - 9:20 a.m.
Saturdays 9:30 - 9:50 a.m.
Member: \$21

3 years-5 years

Recommended skills for all to have around water. Students learn personal water safety and achieve basic swimming competency by learning benchmark skills. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, refine skills and improve stamina.

1. Water Acclimation
2. Water Movement
Wednesdays
Saturdays
Member: \$21

5 years-12 years

Recommended skills for all to have around water. Students learn personal water safety and achieve basic swimming competency by learning benchmark skills. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, refine skills and improve stamina.

1. Water Acclimation
2. Water Movement
3. Water Stamina
Wednesdays
Saturdays
Member: \$24

12+ years TEEN

1. Water Acclimation
2. Water Movement
3. Water Stamina
Wednesdays
Member: \$31
Students within each age group are taught the same skills, but start at the stage that corresponds to their development.
Please visit the Membership Services Desk or view the specific stages online at fwymca.org/swim_sports_play.php

Private Swim Lessons

Private lessons are offered for those who prefer one-on-one learning at their own pace. To request private swim lessons please inquire at the Member Services Desk. You will be contacted by the aquatics department when an instructor matching your requirements has been found.
Ages 3 and up Length: 7 lessons, 30 minutes each
Time set up between you and instructor
Member: \$94 Program Participant: \$144

Adaptive Swim Lessons

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.
Saturdays 11:15 a.m.-12:00 p.m.
Member: \$24 Program Participant: \$52.50

Fall Soccer

Boys and girls are invited to sign-up for our Soccer League. Soccer is so much more than a game. Soccer is a recreational and life skill development league where everyone plays and everyone wins.
Ages Pk-5th Grade
First Practice will be the week of August 5th
League play runs August 5th-September 28th
Schedules based on enrollment
Early Bird Registration June 17th-July 15th:
Member: \$34 Program Participant: \$68
Registration after July 15th (limited space):
Member: \$54 Program Participant: \$88

PARENT* & CHILD: STAGES A-B

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.
* Families take a variety of forms so we define parent to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

PRESCHOOL: STAGES 1-4

Recommended skills for all to have around water. Students learn personal water safety and achieve basic swimming competency by learning benchmark skills. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, refine skills and improve stamina.
3. Water Stamina
4. Stroke Introduction
9:30- 10 a.m. or 5:30 - 6 p.m.
9 -9:30 a.m. or 9:35 - 10:05 a.m.
Program Participant: \$48

SCHOOL AGE: STAGES 1-6

Recommended skills for all to have around water. Students learn personal water safety and achieve basic swimming competency by learning benchmark skills. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, refine skills and improve stamina.
4. Stroke Introduction
5. Stroke Development
6. Stroke Mechanics
6:10-6:50 p.m.
10:10-10:50 a.m.
Program Participant: \$52.50

ADULT: STAGES 1-6

4. Stroke Introduction
5. Stroke Development
6. Stroke Mechanics
7:00-8:00 p.m.
Program Participant: \$67
Students within each age group are taught the same skills, but start at the stage that corresponds to their development.
Please visit the Membership Services Desk or view the specific stages online at fwymca.org/swim_sports_play.php

Flag Football Soccer – Parent & Child Instructional League

This class introduces basic skills to parents and children ages 2-3 and will include the basics of passing, dribbling, throw ins and shooting on goal as well as the basic rules of soccer. The class will take place after Fall Soccer games on Saturday afternoons at 1:00 p.m. (time subject to change)

Ages 2-3 years
League runs August 17 – September 28
Member: \$31 Program Participant: 67

Flag Football

Join our Flag football program which will focus on skill development, as well as practice and game play.

Ages Pk-5th Grade

First practice will be the week of September 9th
League play runs September 9th-November 2nd
Schedules based on enrollment

Early Bird Registration July 22nd-August 18th:
Member: \$34 Program Participant: \$68
Registration after August 18th (limited space):
Member: \$54 Program Participant: \$88

Dance Classes

Traditional Dance: This class will teach the basics of traditional dance while providing exercise and fun.

Hip Hop: This class will teach the basics of Hip Hop dance while providing exercise and fun.

Ages 4 to 13 years - Tuesdays
Traditional Dance 5:30PM-6:15PM
Hip Hop 6:30PM-7:15PM
Member: \$24 Program Participant: \$52.50

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.

Ages 6 and up - Thursdays
Beginners 5:30 p.m., Intermediate 6:15 p.m., Advanced 7 p.m.
Member: \$24 Program Participant: \$52.50

Toddler Tumbling - Ages 3 - 5

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.

Thursday classes offered at 4:15 p.m. and 4:45 p.m.
Member: \$21 Program Participant: \$48

Little Ones Move and Groove - Ages 18 months - 3 yrs.

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.
Every Thursday 9 a.m. and 10 a.m.
Member: FREE Program Participant: \$48

FOR HEALTHY LIVING

Improving the nation's health and well-being

Youth Running Club

This non-competitive program is designed to help with the conditioning and practice of track and cross country running. A combination of outdoor and indoor running along with gym skills and drills will be utilized. Come dressed to exercise outdoors weather permitting or indoors on adverse weather days. Inside Track/Outside Trail weather permitting.

Mondays 6 - 7 p.m.
Member: \$31 Program Participant: \$67

Wellness Orientations

Join us in discovering with a wellness assistant the Y and everything we offer to get started on your journey. Sign up at Member Services Desk.

New Member Reception

"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.
Third Thursday of the Month at 9:30 a.m.
First Monday of the Month at 5:30 p.m.

FOR HEALTHY LIVING

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Fitness Assessments

This one on one assessment with a wellness professional includes resting heart rate and blood pressure, body composition, waist to hip ratio, cardiovascular assessment, muscular strength, muscular endurance and flexibility tests. Contact the membership desk to schedule an appointment.

Member: Free

Body Composition Analysis

Understanding the relationship between muscle and fat. Use as a tool to analyze your body fat vs. muscle. Gauge your progress every month to see results.

Member: Free

Wellness For Life Coaching

A complimentary program designed to provide support in your pursuit of healthier living. A YMCA Life Coach will meet with you in one-on-one sessions to help guide you in setting goals, provide support, resources and help you determine your personalized wellness program.

Register at the Membership Services Desk.

Member-Only Program: Free

Express Workout

This workout is designed for those on the go or someone that wants to incorporate a total body workout in less than thirty minutes. This circuit workout incorporates the use of our LifeFitness Resistance Machines and a timer to guide you when to start and stop each exercise. Ask a Wellness Assistant for assistance.

Personal Training

Start your exercise program off right by working one on one with a Certified Personal Trainer. An individualized program will be designed for you to help you reach your health and wellness goals. Package pricing available.

Member: \$40 per session

Group Personal Training

An Individual training sessions with a personal trainer.

60 minutes – 1 session \$40

Partner Personal Training

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

60 minutes – 1 session \$25

Fit 30

Personal training designed for those members that are looking for a jump start or new routine in 30 minutes. Purchase one or multiple.

Member: \$20

Personal Training 101 Program

This program is for those that are just beginning to incorporate exercise and the Y into their lifestyle or those members that are looking to expand their current routines. Program includes 3 training sessions with a Certified Personal Trainer.

Member Only: \$80

YouthFit Program

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.

Member: Free

EVIDENCE BASED HEALTH INITIATIVES LIVESTRONG® at the YMCA

This is a free, 12-week program designed to meet the needs of adults with cancer before, during and after treatment. It is a proven, evidence and research based program that empowers cancer survivors to take an active role in their own health by engaging in a strength and conditioning program. Focusing on health, rather than the disease, LIVESTRONG® at the Y helps cancer survivors move beyond illness to reclaim wellness in spirit, mind and body. This program is free and non-members will receive a complimentary membership during the 12 weeks. Register at the Membership Services desk today!

EnhanceFitness

EnhanceFitness is a proven community based senior fitness and arthritis management program. Its purpose is to help older adults become more active, energized and empowered for independent living. EnhanceFitness exercises focus on increasing cardiovascular endurance, strength, balance and flexibility which can help reduce arthritis symptoms.

Monday, Wednesday, & Friday 12:30-1:30 p.m.

Blood Pressure Self-Monitoring Program

Healthy Heart Ambassadors will train participants to properly use a self-monitoring blood pressure cuff and emphasize the value of regular self-monitoring. Ambassadors will also provide ongoing personalized support as they strive to achieve their program goals. Research shows that the simple process of checking and recording your blood pressure at least twice a month over four months may lower blood pressure in people with high blood pressure.

Those who complete the 4 month program will receive a \$30 Y-Reward card.

Fee: \$30.00 no monitor; \$50.00 with monitor

Pedaling for Parkinson's

Research conducted at the Cleveland Clinic showed 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace, optimally, 80-90 revolutions per minute. We do know that fast-paced cycling is changing the lives of an increasing number of participants who had no hope beyond medication and surgery to slow the progression of their disease. Register at the Membership Services Desk Today!

Group Exercise Classes

These group exercise classes are designed to keep fun and friendship in mind while accommodating all ability levels and busy schedules.

FREE for members! Class descriptions are updated each month and are available at the member service desk and online at fwymca.org. Classes include Zumba, Yoga, Silver Sneaker Classic, Silver Sneaker Circuit, Step n' Sculpt, Cycling, Tighten n' Tone, Aquafit, Boot Camp, Pound, and more.

Member: Free Program Participant: \$50/10 class punch card

Lifestyle Change Coaching

A 3 month program for those seeking nutrition knowledge. This weekly program provides 60 minute sessions with a Certified Fitness Nutrition Specialist focusing on whole food education, kitchen pantry basic, meal planning and behavioral techniques. This package also includes personal training sessions with an exercise program designed to fit your specific wellness goals.

Session/\$300

Whole Living Health Coaching

A 3 month program for those seeking improved health and well-being. This weekly program provides 45 minute sessions with a Certified Fitness Nutrition Specialist focusing on whole food education, kitchen pantry basic, meal planning and lifestyle strategies. This package also includes a grocery store tour and budgeting/financial tips.

Session/\$300

Nutrition Coaching

A 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.

Session/\$125

FAMILY TIME

Family Express

Bringing families together. Come to the Y and workout with your child age 8-11 in the Y Express Room. This is great family time as well as being active. 8-11 year old must be accompanied by a parent/guardian. Time: Open throughout the day

SPORTS AND RECREATION

Pickleball

Pickleball is a simple paddle game played using a slow-moving ball in the gym. Non YMCA member may buy a punch card to participate in pickle ball from 1p.m.-2p.m. Cost \$50.

Tuesday and Thursday 10:00 a.m. - 2:00 p.m.

Member: Free

GROUP INTERESTS

Line Dancing

Line Dancing is a fun way for members to learn organized dance moves with an emphasis on performance. Class is designed to accommodate all levels and ages.

Member: Free Program Participant: \$1/class

Adaptive Arts: Inclusive Arts & Crafts

Through this inclusive partnership with Passages, families will creatively express themselves together and enjoy art exploration through painting and stitching. This class is designed to be inclusive for those of all abilities. Families are encouraged to bring a donation for the Passages Bridge 333 art studio. Examples: clean bed sheets, embroidery floss, buttons, costume jewelry and leftover craft supplies. Register online at fwymca.org Ages 5+ Saturday, June 22 from 10:00AM-12:00PM Location: Passage Inc. 333 North Oak Street, Columbia City (Enter through East lower level doors)

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

Y on the Fly

Come play with us! We are taking the YMCA to Park Terrace Apartments. We are partnering with Columbia City United Methodist Church to provide food, fun, and faith on Friday afternoons. If you would like to volunteer contact Amanda Daniel at amanda_daniel@fwymca.org June 7, 14, 21, 28 1:00PM-2:30PM

Red Cross Blood Donation Drive

Every three seconds someone is in need of a transfusion. Help us help our community by donating.

July 16, October 15, and December 18

Register to donate and find specific times at redcrossblood.org

VOLUNTEER OPPORTUNITIES

At the Y you will make a connection that counts. By becoming a volunteer, you join hundreds of families and individuals of all ages dedicated to helping promote youth development, healthy living and social responsibility. Volunteer opportunities include: Childwatch, Wellness, Event Organization, Christian Emphasis team, and more. Contact Amanda Daniel for more information at amanda_daniel@fwymca.org

CPR/AED and First Aid Certifications

Learn the basic skills by doing these trainings offered throughout the year. All classes are blended learning and require online study before the in-class date. Red Cross: CPR/AED/02 and First Aid. Call (260) 244-9622 for class times and dates.

Member: \$100 Program Participant: \$140

QUESTIONS?

Do you have questions about our branches or programs, or have suggestions how we can improve our program guide? Contact us at hereforyou@fwymca.org and let us know!

CONNECT WITH US!



OUR MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind, and body for all."

YMCA Mission Partners provide financial resources to strengthen our community and move us all forward. The continued support of these companies allows the YMCA to carry out our mission; making a meaningful, enduring impact in our community. Thank you for your outstanding and generous support!

Mission Partners of Adult Programs and Corporate Wellness

