



Whitley County Family YMCA

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Winter I - 2021 Program Listing
Winter I Session (1/4/21-2/21/21)
Registration (Mbr. 12/7/20, Prog. Part. 12/14/20)

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
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
Little Ones Move & Groove						
	Friday 10:00am	0 to 3	Fri.	10:00 AM - 10:30 AM	\$0.00	\$56.00
New Member Receptions						
	01/04/2021		Mon.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	01/21/2021		Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	02/01/2021		Mon.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	02/18/2021		Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	12/07/2020		Mon.	5:30 PM - 6:00 PM	\$0.00	\$0.00
	12/17/2020		Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
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
	Personal Training - 20 sessions				\$700.00	n/a
	Personal Training 101				\$80.00	n/a
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 (Parent/Child) (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.	9:35 AM - 10:05 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	\$25.00	\$55.00
Swim Lessons - Private Swim Lesson Packages						
	7 sessions				\$94.00	\$144.00



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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.

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.

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.

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.
Personal Training 101 Fitness assessment and 3 personal training visits

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 (Parent/Child) (1-3 Water Acclimation, Movement and Stamina)

PARENT MUST BE IN THE WATER WITH THE CHILD! 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)

PARENT MUST BE IN THE WATER WITH THE CHILD FOR LEVELS 1 & 2! 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 - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Adaptive	Saturday 11:15am	3 to 21	Sat.	11:15 AM - 12:00 PM	\$28.00	\$62.00
Teen & Adult Swim Lessons	Saturday	18 to 100	Sat.	11:00 AM - 12:00 PM	\$31.00	\$67.00
Toddler Tumbling	Thursday 4:15pm Thursday 4:45pm	3 to 5 3 to 5	Thurs. Thurs.	4:15 PM - 4:45 PM 4:45 PM - 5:15 PM	\$25.00 \$25.00	\$56.00 \$56.00
Training - CPR/AED/O2/First Aid	Blended (12/07/2020)	16 to 100	Mon.	3:00 PM - 8:00 PM	\$100.00	\$140.00
Volunteering	Community Harvest (12/16/20) Community Harvest (01/06/21) Community Harvest (01/13/21) Community Harvest (02/03/21) Community Harvest (02/17/21)		Wed. Wed. Wed. Wed. Wed.	1:00 PM - 3:00 PM 9:30 AM - 12:00 PM 1:00 PM - 3:00 PM 9:30 AM - 12:00 PM 1:00 PM - 3:00 PM	\$0.00 \$0.00 \$0.00 \$0.00 \$0.00	\$0.00 \$0.00 \$0.00 \$0.00 \$0.00
Wellness Center & Equipment Orientations	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness Consultation	2021 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	2021 WFL 2.0			No Time Specified	\$99.00	\$99.00
Youth Basketball	Grades PreK-K Grades 1 & 2 Grades 3 & 4 Grades 5 & 6			No Time Specified No Time Specified No Time Specified No Time Specified	\$40.00 \$50.00 \$50.00 \$50.00	\$80.00 \$90.00 \$90.00 \$90.00
Youth Fit	2021 Youth Fit	11 to 15		No Time Specified	\$0.00	\$0.00



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Swim Lessons - Adaptive

This class introduces basic skills in a safe environment.

Teen & Adult Swim Lessons

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.

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/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.

Volunteering

Volunteer at Community Harvest Food Bank stocking shelves in the pantry.

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 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.

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 Basketball

Join our youth basketball league which encompasses player development through practice and games play in a 7-week season. Each child will receive a team tee-shirt and will be placed on a team lead by a volunteer coach.

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.



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