



# Central Branch YMCA

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**Winter I - 2024 Program Listing**  
Winter I Session Jan. 8 - Feb. 25  
Registration Mbr. 12/4/23, Prog. Part. 12/11/23

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
	AOA Luncheon Enhancing friendships while having a nutritious and delicious ligh lunch in the way! These luncheons will take place 4 times per calendar year. Light lunch will be provided at a small fee. Expect good conversations and a fun time to take place at Central Branch. Please register online or at front desk.	60 to 105	Fri., Feb 26	12:00 PM - 1:00 PM	\$3.00	\$3.00
Assessments						
	Body Composition Body Composition This 10-minute analysis includes measurement of body fat percentage and a result report.	15 to 110 15 to 110		No Time Specified No Time Specified	\$0.00 \$0.00	\$0.00 \$0.00
	Body Composition and Fitness Assessment A 45-minute session to measure body fat percentage and asses heart rate and blood pressure, body composition, strength, endurance, flexibility and cardiovascular testing.	15 to 110		No Time Specified	\$0.00	\$0.00
	Fitness Assessment Fitness Assessment This 30 to 45-minute assessment includes heart rate and blood pressure, body composition, strength, endurance, flexibility and cardiovascular testing.	15 to 110 15 to 110		No Time Specified No Time Specified	\$0.00 \$0.00	\$0.00 \$0.00
Blood Pressure Self Monitoring Program						
	BPSM Program BPSM 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. The \$40.00 fee will include access to HabitNu which is a fee app/website to take control of your health, track your blood pressure, food choices, and more.	18 to 118 18 to 118		No Time Specified No Time Specified	\$40.00 \$40.00	\$40.00 \$40.00
Personal Training						
	Personal Training Packages Start your workout off right by working one-on-one with a certified personal trainer. An individualized program will be designed to help reach your health and wellness goals.			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Central Branch (Downtown Fort Wayne) Central Branch (Downtown Fort Wayne)  Register for a personal trainer to contact you to set up an initial appointment to explore personal training or continue on your training journey!	18 to 118 18 to 118		No Time Specified No Time Specified	\$0.00 \$0.00	\$0.00 \$0.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Friday 5:35pm In this combined class parents first work with their children to introduce them to the aquatic environment then 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.	0 to 3	Fri.	5:35 PM - 6:05 PM	\$30.00	\$67.50



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Swim Lessons - Adaptive						
	Sunday 12:10pm	5 to 99	Sun.	12:10 PM - 12:40 PM	\$30.00	\$67.50
	Sunday 12:45pm	5 to 99	Sun.	12:45 PM - 1:15 PM	\$30.00	\$67.50
	Designed for individuals with special needs. In a safe and relaxed environment, participants with all abilities have the opportunity to learn to					
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Friday 5:35pm	3 to 5	Fri.	5:35 PM - 6:05 PM	\$30.00	\$67.50
	Sunday 1:20pm	3 to 5	Sun.	1:20 PM - 1:50 PM	\$30.00	\$67.50
	Wednesday 5:35pm	3 to 5	Wed.	6:10 PM - 6:55 PM	\$30.00	\$67.50
	In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1.					
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Friday 5:35pm	3 to 5	Fri.	5:35 PM - 6:05 PM	\$30.00	\$67.50
	Sunday 1:20pm	3 to 5	Sun.	1:20 PM - 1:50 PM	\$30.00	\$67.50
	Wednesday 5:35pm	3 to 5	Wed.	5:35 PM - 6:05 PM	\$30.00	\$67.50
	In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice					
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Friday 6:10pm	3 to 5	Fri.	6:10 PM - 6:40 PM	\$30.00	\$67.50
	Wednesday 5:35	3 to 5	Wed.	5:35 PM - 6:10 PM	\$30.00	\$67.50
	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					
Swim Lessons - Age 3-5yrs (4-Stroke Introduction)						
	Friday 6:10pm	3 to 5	Fri.	6:10 PM - 6:40 PM	\$30.00	\$67.50
	Wednesday 5:35pm	3 to 5	Wed.	5:35 PM - 6:05 PM	\$30.00	\$67.50
	Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is					
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Friday 6:10pm	6 to 12	Fri.	6:10 PM - 6:55 PM	\$35.00	\$78.50
	Sunday 1:55pm	6 to 12	Sun.	1:55 PM - 2:40 PM	\$35.00	\$78.50
	Wednesday 6:10pm	6 to 12	Wed.	6:10 PM - 6:55 PM	\$35.00	\$78.50
	In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1.					



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Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Friday 6:10pm	6 to 12	Fri.	6:10 PM - 6:55 PM	\$35.00	\$78.50
	Sunday 1:55pm	6 to 12	Sun.	1:55 PM - 2:40 PM	\$35.00	\$78.50
	Wednesday 6:10pm	6 to 12	Wed.	6:10 PM - 6:55 PM	\$35.00	\$78.50
	In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice					
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Friday 7:00pm	6 to 12	Fri.	7:00 PM - 7:45 PM	\$35.00	\$78.50
	Sunday 2:45pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$35.00	\$78.50
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50
	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					
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Friday 7:00pm	6 to 12	Fri.	7:00 PM - 7:45 PM	\$35.00	\$78.50
	Sunday 2:45pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$35.00	\$78.50
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50
	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)						
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50
	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)						
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50
	Swimmers focus on perfecting their strokes and further increasing their endurance. Swimmers are introduced to competitive swimming skills of flip turns, and individual medleys, and learn about heart rates and developing good health habits.					
Swim Lessons - Teen & Adult						
	Tuesday 7:30pm	13 to 99	Tues.	7:30 PM - 8:00 PM	\$25.00	\$56.00
	This program creates a welcoming environment that is designed to help adults begin to swim. They will work on basic swimming skills,					
Private Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Teen Leaders Club						
	Grades 6-12	11 to 18	Thurs.	6:00 PM - 8:00 PM	\$0.00	\$0.00
	Leaders Club is an opportunity for teens to make new friends, gain confidence, learn about leadership and participate in service to others. This					
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
	This 45-minute to an hour long session will introduce the member to the Wellness Center and our Wellness Center Equipment.					



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Wellness Consultation						
	Wellness Orientation			No Time Specified	\$0.00	\$0.00
	Wellness Orientation			No Time Specified	\$0.00	\$0.00
	This 30-45 minute session with a Wellness Coach will allow you to explore and identify all the ways you can get involved with your membership					
Wellness For Life Coaching Program						
	2024			No Time Specified	\$0.00	N/A
	A 30-45 minute meeting with a wellness coach/director that will help you explore and identify all the ways you can get involved with your					
Youth Fit						
	2024 Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00
	Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00
	YouthFit consists of 2 one-on-one sessions with a Certified Personal Trainer to learn proper techniques, wellness center rules and basic exercise					