



**Jackson R. Lehman Family 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

Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Active Older Adults</b>					
<b>Luncheon (01/15/2024)</b>	55 to 105	Mon.	12:15 PM - 1:30 PM	\$0.00	\$0.00
<b>Luncheon (02/19/2024)</b>	55 to 105	Mon.	12:15 PM - 1:30 PM	\$0.00	\$0.00
Join us for our Christmas celebration as we provide lunch and entertainment to celebrate the holiday season					
<b>Adaptive &amp; Inclusive Sports</b>					
<b>Adaptive Basketball - Blackhawk Christian HS</b>	5 to 10	Sat.	No Time Specified	\$40.00	\$80.00
YMCA basketball league inclusive to all. Y-Ball encompasses player development through practice and gameplay, all teams will have a range from beginner to intermediate. Our adaptive basketball program will play at Blackhawk Christian Intermediate School gym. We will provide an inclusive program that attempts to meet the participants in their needs while providing an opportunity for community and personal growth. It will only be a weekly one-hour commitment on Saturday.					
<b>Art/Craft Classes</b>					
<b>Acrylic Painting 1/20</b>	16 to 101	Sat.	2:00 PM - 4:00 PM	\$20.00	\$40.00
<b>Acrylic Painting 2/10</b>	16 to 101	Sat.	2:00 PM - 4:00 PM	\$20.00	\$40.00
Start with a blank canvas and leave with a completed painting! In this one time class, you will follow along with an art instructor and create a beautiful acrylic painting. This class is for all levels of artistic abilities, even the absolute beginner. All materials provided.					
<b>Crochet Class 1/8</b>	16 to 110	Fri.	5:15 PM - 7:00 PM	\$50.00	\$85.00
Whether you are a complete beginner or have some experience with crochet, this is the class for you. Every Friday for 6 weeks we get together to learn how to read patterns, create stitches and be inspired by all the the different work people are creating! If there is a particular pattern you would like to learn, I am happy to teach it to you. However, I will have plenty of patterns to choose from, ranging from beginner to advanced. All skill levels are invited!					
<b>Sketchbook Exploration</b>	13 to 101	Fri.	3:30 PM - 5:00 PM	\$40.00	\$80.00
Join our homeschool community and enjoy some great art and craft activities. We will work on a variety of projects each week, developing new skills while having fun.					
<b>Assessments</b>					
<b>Body Composition</b>	15 to 115		No Time Specified	\$0.00	\$0.00
Assess percent body fat. Futrex method utilized					
<b>Fitness Assessment</b>	15 to 115		No Time Specified	\$0.00	\$0.00
Assess your current fitness level by participating with a variety of screening tools.					
<b>Blood Pressure Self Monitoring Program</b>					
<b>BPSM Program</b>	18 to 118		No Time Specified	\$40.00	\$40.00
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.					



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Cheerleading						
	Grades 4-8	10 to 14	Thurs.	5:30 PM - 6:00 PM	\$33.00	\$74.00
	Welcome to the Jackson R. Lehman Cheerleading program, this class is designed for ages 10-14 years old. Our goal is to create a fun and safe environment that allow children to focus on learning. Our Cheerleading program will teach your child the fundamentals of cheer through basic stunts, jumps, motions, and cheers. The session will end with a performance at Y-Ball. Please have your child wear comfortable clothing and socks.					
	Grades K-3	5 to 9	Thurs.	5:00 PM - 5:30 PM	\$33.00	\$74.00
	Welcome to the Jackson R. Lehman Cheerleading program, this class is designed for ages 5-9 years old. Our goal is to create a fun and safe environment that allow children to focus on learning. Our Cheerleading program will teach your child the fundamentals of cheer through basic stunts, jumps, motions, and cheers. The session will end with a performance at Y-Ball. Please have your child wear comfortable clothing and socks.					
Cooking Classes						
	Cooking for Kids 2/4	6 to 10	Sat.	11:00 AM - 11:45 AM	\$20.00	\$40.00
	Come make nutritious and delicious pinwheel rolls.					
	Puppy Chow 1/14	8 to 15	Sun.	12:30 PM - 1:30 PM	\$20.00	\$40.00
	Learn to make an easy festive holiday treat!					
	Red Velvet Brownies - Valentine's Day 2/13	8 to 15	Tues.	4:00 PM - 6:00 PM	\$20.00	\$40.00
	It's Valentines Day, what says this better than heart shaped Red Velvet Brownie cookies! We will together make a red velvet cookie base, stuff it with a brownie and shape them into a heart!					
	Traditional Indian Cooking 2/17	18 to 100	Sat.	12:00 PM - 2:00 PM	\$20.00	\$40.00
	Join Dr. Rama Cousik in an inclusive program and learn to cook vegetarian and vegan dishes from India! A published author will teach a variety of rice, rotis to dal, and curries, these dishes are a sensory delight. Learn how to adapt the recipes for learners of all levels!					
Dance Classes (w/FW Ballet)						
	Beginner Tap	7 to 10	Mon.	7:15 PM - 8:00 PM	\$140.00	\$160.00
	Tap classes are the alternative dance class Fort Wayne Ballet recommends first for students because it strengthens students sense of rhythm, versatility, and teaches control of the ankles and feet.					
	Beginning Ballet (Ballet 1A)	7 to 10	Mon.	6:15 PM - 7:15 PM	\$170.00	\$190.00
	Designed for beginning dancers ages 7-10. 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. As they progress, they will gain physical strength, flexibility, stamina, and agility while developing locomotor movement. Sometimes it is hard for observers to see the concepts being learned as children leap and zigzag through the studio, however, important concepts are being conveyed to your child. The concepts of Space, Time, Force, Body, Movement, and Form are the concepts they will take with them through their dance training. Through it all, the primary goal is to instill a love of dance they will take with them through their lives.					



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Dance Classes (w/FW Ballet)						
	<b>Creative I &amp; II (5 &amp; 6 year olds)</b>	5 to 6	Mon.	5:30 PM - 6:15 PM	\$140.00	\$160.00
	Designed for beginning dancers ages 5 & 6. 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. As they progress, they will gain physical strength, flexibility, stamina, and agility while developing locomotor movement. Sometimes it is hard for observers to see the concepts being learned as children leap and zigzag through the studio, however, important concepts are being conveyed to your child. The concepts of Space, Time, Force, Body, Movement, and Form are the concepts they will take with them through their dance training. Through it all, the primary goal is to instill a love of dance they will take with them through their lives.					
	<b>Dance Around the World (3 &amp; 4 year olds)</b>	3 to 4	Mon.	5:00 PM - 5:30 PM	\$140.00	\$160.00
	Designed for beginning dancers ages 3 & 4. 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. As they progress, they will gain physical strength, flexibility, stamina, and agility while developing locomotor movement. Sometimes it is hard for observers to see the concepts being learned as children leap and zigzag through the studio, however, important concepts are being conveyed to your child. The concepts of Space, Time, Force, Body, Movement, and Form are the concepts they will take with them through their dance training. Through it all, the primary goal is to instill a love of dance they will take with them through their lives					
Gymnastics-Parent/Child						
	<b>Friday</b>	0 to 2	Fri.	8:30 AM - 9:00 AM	\$33.00	\$74.00
	<b>Tuesday</b>	0 to 2	Tues.	5:15 PM - 5:45 PM	\$33.00	\$74.00
	Designed for ages walking-2 yrs. Adults and kids have fun moving to the music. Focus is on very basic large motor skills, coordination and general body awareness. Parents participate in class. Need a minimum of 5 registrants to run the class.					
Gymnastics-Pre School						
	<b>Friday</b>	3 to 5	Fri.	9:00 AM - 9:30 AM	\$33.00	\$74.00
	<b>Thursday</b>	3 to 5	Thurs.	6:00 PM - 6:30 PM	\$33.00	\$74.00
	<b>Tuesday</b>	3 to 5	Tues.	6:00 PM - 6:30 PM	\$33.00	\$74.00
	Designed for 3-5 yrs. Focus is on large and small motor skills, coordination and general body awareness. Kids have fun rolling, running, hopping, skipping, jumping and galloping. Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. Children should dress in comfortable, loose fitting clothes. We look forward to seeing you and your child during the first week of class!					
Gymnastics-School Age						
	<b>Thursday</b>	6 to 10	Thurs.	6:45 PM - 7:15 PM	\$33.00	\$74.00
	<b>Tuesday</b>	6 to 10	Tues.	6:45 PM - 7:15 PM	\$33.00	\$74.00
	Designed for beginning level gymnastics. Focus is on fitness and basic skill development. The skills taught are forward and backward rolls, basic cartwheels, bridges and balancing. Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. Children should dress in comfortable, loose fitting clothes. We look forward to seeing you and your child during the first week of class!					



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<b>Home School Programs</b>						
	<b>Ages 3-5 (Swim)</b>	3 to 5	Wed.	9:15 AM - 9:45 AM	\$33.00	\$74.00
	Swim lessons for home school students ages 3-5 years old. Will be split by age and ability.					
	<b>Ages 5-7 (Gym)</b>	5 to 7	Wed.	11:00 AM - 11:45 AM	\$35.00	\$78.50
	Children engage in physical education activities that help build self-confidence, gain team building strategies and socialize with other homeschoolers while having fun!					
	<b>Ages 5-7 (Swim)</b>	5 to 7	Wed.	10:00 AM - 10:45 AM	\$39.00	\$86.00
	Swim lessons for home school students ages 5-7. Will be split by ability.					
	<b>Ages 8-11 (Gym)</b>	8 to 11	Wed.	10:00 AM - 10:45 AM	\$39.00	\$86.00
	Children engage in physical education activities that help build self-confidence, gain team building strategies and socialize with other homeschoolers while having fun!					
	<b>Ages 8-11 (Swim)</b>	8 to 11	Wed.	11:00 AM - 11:45 AM	\$39.00	\$86.00
	Swim lessons for home school students ages 8-11. Will be split by ability.					
	<b>Arts and Crafts</b>	5 to 11	Thurs.	9:00 AM - 9:45 AM	\$35.00	\$78.00
	Join our homeschool community and enjoy some great art and craft activities. We will work on a variety of projects each week, developing new skills while having fun.					
	<b>Homeschool Art - Ages 8-12</b>	8 to 12	Tues.	10:15 AM - 11:15 AM	\$35.00	\$78.00
	Each week we will create beautiful works of art based on the elements of fine art and the principles of design, with an emphasis on individual creativity.					
	<b>Homeschool Literacy and Art Ages 4-7</b>	4 to 7	Tues.	9:00 AM - 10:00 AM	\$35.00	\$78.00
	Each class will begin with an art related story time followed by a fun art project! All art projects are based on the elements of fine art with an emphasis on individual creativity. This is so much more than craft time. It is purposeful art play. Parents are encouraged to stay and participate in this exciting art experience!					
	<b>Hungry Homeschoolers - Cooking for Kids</b>	8 to 12	Thurs.	10:00 AM - 11:00 AM	\$60.00	\$132.00
	Students will learn a variety of food preparation techniques, including cooking, baking, international recipes, and more.					



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Lifestyle Coaching						
	Lifestyle Coaching Packages- 1 session			No Time Specified	\$0.00	\$0.00
	Lifestyle Coaching Packages- 3 sessions			No Time Specified	\$149.00	\$224.00
	Check out "Coaching for a Healthy Body, Mind, and Soul" here at the YMCA to turn your health and wellness goals into lasting change! This coaching opportunity will provide yCheck out "Coaching for a Healthy Body, Mind, and Soul" here at the YMCA to turn your health and wellness goals into lasting change! This coaching opportunity will provide you with a safe space to set and reach your goals in health, relationships, career, faith, and more! You will meet with Matt Bruce, an integrative health coach with a background in mental health & wellness, spiritual leadership and nutritional training.					
Martial Arts						
	Ages 5-7	5 to 7	Thurs.	5:00 PM - 5:45 PM	\$39.00	\$86.00
	Ages 8-12 - Beginner	8 to 12	Thurs.	5:45 PM - 6:30 PM	\$39.00	\$86.00
	Ages 8-12 - Intermediate	8 to 12	Thurs.	6:30 PM - 7:15 PM	\$39.00	\$86.00
	Ages Teen & Adult	13 to 113	Thurs.	7:15 PM - 8:15 PM	\$41.00	\$91.00
	Ages Teen & Adult	13 to 113	Tues.	7:00 PM - 8:00 PM	\$41.00	\$91.00
	Join Sensei Dugan in a new martial arts program. Sensei is trained in several martial art practices. Dress code required: Black Karate pants with black shirt, no logos.					
Masters Adult Swim						
	Masters 2024 (AM)	18 to 118	Mon. Wed. Fri.	5:45 AM - 7:00 AM	\$30.00	\$40.00
	Anyone over the age of 18 is invited to join the Masters Swim Program and become a USMS member. Programs are open to fitness, competitive, open water, and triathlon swimmers alike. Whether you have just taken your first strokes in a swim lesson, are trying to break a national record, or just want to stay fit, U.S. Masters Swimming provides a fun and friendly atmosphere for you to work toward your individual goals. you don't have to be racing the clock to experience the rewards and support found in U.S. Masters Swimming.					
	Masters 2024 (PM)	18 to 118	Mon. Wed.	6:45 PM - 8:00 PM	\$30.00	\$40.00
	Anyone over the age of 18 is invited to join the Masters Swim Program and become a USMS member. Programs are open to fitness, competitive, open water, and triathlon swimmers alike. Whether you have just taken your first strokes in a swim lesson, are trying to break a national record, or just want to stay fit, U.S. Masters Swimming provides a fun and friendly atmosphere for you to work toward your individual goals. you don't have to be racing the clock to experience the rewards and support found in U.S. Masters Swimming.					
Nutrition Seminar						
	BPSM Food Choices (02/20/24)	18 to 118	Tues.	6:00 PM - 7:00 PM	\$0.00	\$0.00
	This seminar will focus on foods that can lower your blood pressure.					
	BPSM Sodium Intake (01/30/2024)	18 to 118	Tues.	6:00 PM - 7:00 PM	\$0.00	\$0.00
	This seminar will focus on reducing Sodium Intake					
Parents Night Out						
	1/12/2024	4 to 12	Fri.	6:00 PM - 10:00 PM	\$20.00	\$25.00
	Need an evening out without the kids? Let us provide dinner and entertain your 4 to 12 year old while you have an evening out. We will have fun swimming, playing in the gym and getting messy with an art project. Children will be separated into age appropriate groups. Send them with swim gear on under play clothes. Send a towel and clean change of clothes (clearly labeled). Please note, young children must be potty trained. Registration deadline is Wednesday prior to event.					



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Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
	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.					
Personal Training Consultation						
	Jackson R. Lehman Y	18 to 118		No Time Specified	\$0.00	\$0.00
	Register for a personal trainer to contact you to set up an initial appointment to explore personal training or continue on your training journey!					
Pickleball						
	Pickleball Drills (01/09/2024)		Tues.	1:00 PM - 2:30 PM	\$0.00	\$0.00
	Pickleball Drills (02/13/24)		Tues.	1:00 PM - 2:30 PM	\$0.00	\$0.00
	Are you looking to improve your skill level? This is a class for you. Donna Moore will run different drills that will improve your game and develop new skills.					
Training - CPR/AED/O2/First Aid						
	CPR/AED Course (01/20/2024)	15 to 100	Sat.	9:00 AM - 12:30 PM	\$50.00	\$75.00
	CPR/AED Course (02/17/2024)	15 to 100	Sat.	9:00 AM - 12:30 PM	\$50.00	\$75.00
	This course will cover the basics of adult, child and infant CPR, use of an AED, and choking situations. Course includes a digital certification card. This course is designed as a community based course for the lay public including teachers, day care workers and those working in the general workfield.					
Wellness Center & Equipment Orientations						
	Wellness Orientations	15 to 115		No Time Specified	\$0.00	\$0.00
	Learn how to use the equipment at the Jackson Lehman YMCA. A staff member will contact you to set up a date and time.					
Wellness Consultation						
	Wellness Consultation			No Time Specified	\$0.00	\$0.00
	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						
	Wellness For Life Coaching			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 membership to help with your health and wellness goals. Take yourself to their next step at the Y.					
Youth Fit						
	Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00
	Learn proper cardiovascular, strength, and flexibility training ages 11-14. Sign up at membership services. 1 visit is required to learn the equipment and proper exercise guidelines.					