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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
Assessments	Body Composition Analysis With the guidance of a Wellness Coach, yo	11 to 100 u will receive your bo	ody fat percentage	No Time Specified baseline to assist you wi	\$0.00 th future hea	\$0.00 Ith and wellness goals.
	Fitness Assessment A one-on-one assessment with a Wellness hip ratio, cardivascular assessment, muscu				\$0.00 od pressure, b	\$0.00 ody composition, waist to
Blood Pressure Self Monitoring Program	BPSM Program Participants will work with trained healthy encouraged to: self measure BP, attend 2 will include access to HabitNu which is a fe	personalized consulta	ations per month, a	attend monthly nutrition	education ser	ninars. The \$40.00 fee
Gymnastics	Gymnastics (Beginner) - Thursday 5:45pm Gymnastics (Beginner) - Thursday 6:30pm Enroll your child in our gymnastics prograr round offs, back walkovers, and back tucks	n 6 to 18 m that focuses on tur			\$39.00 \$39.00 lence, student	\$86.00 \$86.00 ts may learn cartwheels,
Little Ones Move & Groove	Little Ones Move and Groove- Fri. 10:00an This class will get your toddler up and mov and more! Come and see what a blast you only program.	ving!! Program includ				
Personal Training	Personal Training Packages Start your workout off right by working on your health and wellness goals.	e-on-one with a certi	fied personal train	· · · · · · · · · · · · · · · · · · ·	See Branch gram will be o	,
Personal Training Consultation	Whitley County Y (Columbia City)	18 to 118		No Time Specified	\$0.00	\$0.00
	Register for a personal trainer to contact y	ou to set up an initia	l appointment to e	xplore personal training	or continue o	n your training journey!





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Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B	Parent/Child Swim Lessons- Sat. 9:00am Parent/Child Swim Lessons- Sat. 9:30am This class introduces basic skills to parents ar and back floats, treading and swimming.	0 to 3 1 to 3 nd children. Skills	Sat. Sat. presented are per	9:00 AM - 9:25 AM 9:30 AM - 10:00 AM formed with support or as	\$33.00 \$33.00 ssistance for	\$74.00 \$74.00 blowing bubbles, front
Swim Lessons - Adaptive	Adaptive Swim- Saturday 11:00am This class, designed for participants with spec positive about themselves in a safe & relaxed		Sat. us on basic water s	11:00 AM - 11:30 AM skills & water adjustment.	\$40.00 Participants	\$80.00 s learn to feel more
Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, M	Preschool Swim- Saturday 09:00am Preschool Swim- Wednesday 6:00pm This class teaches the most elementary aqual	3 to 5 3 to 5 tic skills, which ch	Sat. Wed. ildren continue to l	9:00 AM - 9:30 AM 6:00 PM - 6:30 PM build on as they progress	\$33.00 \$33.00 through the	\$74.00 \$74.00 preschool levels.
Swim Lessons - Age 6-12yrs (1-3 Water Acclimation,	M School Age Swim- Saturday 9:30am This class teaches the most elementary aqual	6 to 12 tic skills, which ch	Sat. ildren continue to l	9:30 AM - 10:00 AM build on as they progress	\$33.00 through the	\$74.00 learn-to-swim levels.
Swim Lessons - Age 6-12yrs (1-5 Water Acclimation,	M School Age Swim- Sat. 10:10am (4-6; Stroke Introduction and Stroke Development)	6 to 12	Sat.	10:10 AM - 10:55 AM	\$39.00	\$86.00
Swim Lessons - Private Swim Lessons	School Age Swim- Wednesday 6:40pm This class teaches the most elementary aqual	6 to 12 tic skills, which ch	Wed. ildren continue to l	6:40 PM - 7:25 PM build on as they progress	\$39.00 through the	\$86.00 learn-to-swim levels.
	Private Lessons - 3 sessions Register your toddler for this exciting tumblin	g class and have t	them spring in to c	· · · · · · · · · · · · · · · · · · ·	\$75.00 e tumbling	\$150.00 will be taught by our
Toddler Tumbling	Toddler Tumbling- Thursday 4:00pm Toddler Tumbling- Thursday 4:30pm Register your toddler for this exciting tumblin enthusiastic instructor.	3 to 5 3 to 5 g class and have t	Thurs. Thurs. them spring in to c	4:00 PM - 4:30 PM 4:30 PM - 5:00 PM onfidence. Age appropriat	\$33.00 \$33.00 te tumbling	\$74.00 \$74.00 will be taught by our
Wellness Center & Equipment Orientations	Wellness Center Orientation Let us help you discover the Y as we show yo overall knowledge of the Wellness Center.	u around the Well	ness Center. This i	No Time Specified ncludes familiarity with ca	\$0.00 ardio and st	\$0.00 rength equipment and
Wellness For Life Coaching Program	2024 A 30-45 minute meeting with a wellness coar their membership to help them with their hea			r explore and identify all t		N/A ey can get involved with

950 East Van Buren Street, Columbia City, IN 46725 **260.244.9622**







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Wellness Consultation						
	2023 Wellness Consultation			No Time Specified	\$0.00	\$0.00
	2024 Wellness Consultation			No Time Specified	\$0.00	\$0.00
Youth Fit	A 30-45 minute meeting with a wel their membership to help them with					ey can get involved with
	Youth Fit	11 to 15		No Time Specified	\$0.00	\$0.00
	Open to members 11-14 years of ag cardiovascular area and Cybex area advanced training area is only allow	(or Express depending on	height), wellr	ness center rules and basic exe	rcise guidelii	nes. Free weight and