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Table with columns: Program Name, Session Name, Age Range, Day, Time, Member Fee, Program Participant Fee. Rows include Assessments, Blood Pressure Self Monitoring Program, Gymnastics, Little Ones Move & Groove, Personal Training, and Personal Training Consultation.



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Table with columns: Program Name, Session Name, Age Range, Day, Time, Member Fee, Program Participant Fee. Rows include Swim Lessons (Age 6mos-3yrs, Adaptive, Age 3-5yrs, Age 6-12yrs), Toddler Tumbling, Wellness Center & Equipment Orientations, and Wellness For Life Coaching Program.



Whitley County 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

| Program Name | Session Name | Age Range | Day | Time | Member Fee | Program Participant Fee |
|------------------------------|--|-----------|-----|-------------------|------------|-------------------------|
| Wellness Consultation | | | | | | |
| | 2023 Wellness Consultation | | | No Time Specified | \$0.00 | \$0.00 |
| | 2024 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. | | | | | |
| Youth Fit | | | | | | |
| | Youth Fit | 11 to 15 | | No Time Specified | \$0.00 | \$0.00 |
| | 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. | | | | | |