



# Jorgensen 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
Active Older Adults						
Location: Teaching Kitchen	Lunch & Learn (12/07/2023)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
	Connect over lunch while you enjoy hearing presentations on topics relevant to those ages 55 and over.					
Location: Meet at Jorgensen	Silver Linings Outing - Fantasy of Lights/C	18 to 110	Mon.	6:00 PM - 8:00 PM	\$5.00	\$10.00
	Join us as we drive through Franke Park in Fort Wayne and view the holiday lights display. We will then head to Coney Island for a quick treat to end the evening, before we head back to Jorgensen Family YMCA.					
Adaptive & Inclusive Sports						
Location: Gym	Adaptive Basketball (PreK - 8th grade)	4 to 13	Sat.	1:00 PM - 2:00 PM	\$20.00	\$40.00
	The goal of this program is to help participants learn and grow skills in a way best suited for them. Participants will learn skills pertaining to volleyball, but also how to be a team player. This program encourages players to learn and grow in a fun environment!					
Art/Craft Classes						
Location: Youth Room	Y Stitch	8 to 110	Tues.	11:30 AM - 12:30 PM	\$41.00	\$91.00
	Knitting at every level! Whether or not you are an experienced knitter or you've never picked up a pair of needles, this class is for you. Come join our community atmosphere! Each participant can choose a project based on their skill level and receive guidance needed to complete it. You can review the basics, learn a new technique, or bring along any personal projects you need help with, and Jennifer will answer all of your questions! Let's have fun together and share in the joy of knitting!No class 1/3					
Blood Pressure Self Monitoring Program						
Location: MES/COACH Office	BPSM Program	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.					
Cooking Classes						
Location: Teaching Kitchen	Cooking Class (Age 8-12) - 01/16/2024	8 to 12	Wed.	5:00 PM - 7:00 PM	\$20.00	\$40.00
Location: Teaching Kitchen	Cooking Class (Age 8-12) - 02/06/2024	8 to 12	Wed.	5:00 PM - 7:00 PM	\$20.00	\$40.00
	Kids cooking classes help teach lifelong lessons like basic cooking principles and techniques but also help children to explore and discover new foods and understand the importance of proper nutrition and diverse diets.					
Location: Teaching Kitchen	Cooking Essentials (Age 11-18)	12 to 18	Wed.	3:00 PM - 5:00 PM	\$100.00	\$175.00
	Teens will learn the essentials in cooking. This class will meet each week during this session where the kids will build upon the skills they learned the week before. At the end of this class, the kids will know how to go from a recipe to putting food on a table.					
Location: Teaching Kitchen	Gingerbread Houses - 12/12/2023	6 to 18	Tues.	5:00 PM - 7:00 PM	\$20.00	\$40.00
	Kids will be creating Gingerbread "masterpieces" in this holiday kids cooking class					
Crafty Kids						
Location: SACC Learning Lab	Crafty Kids- Ages 3-6	3 to 6	Tues.	9:30 AM - 10:30 AM	\$41.00	\$91.00
	This program is designed to give preschool children an opportunity for fun, learning, and creativity. Theme based activities include games, songs, crafts, stories, and more.					



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Dance Classes (w/FW Ballet)</b>						
<i>Location: Dance Room</i>	Ballet I (ages 7-10)	7 to 10	Tues.	6:15 PM - 7:15 PM	\$170.00	\$190.00
	Class instruction focuses on teaching correct body alignment, terminology and technique. Through proper body alignment and technique students gain physical strength, flexibility, stamina and agility. Fort Wayne Ballet provides curriculum and instruction in the art of dance. Through developmentally appropriate programming, children as young as three can experience the joy of creative movement. Learning dance expands a child's creative skills and increases their self-esteem through self-expression. There are two 14-week sessions offered during the school year. Session 1 (Tue)   September 12th-December 12th Session 2 (Tue)   February 6th-May 14th (No classes the week of April 1 -6, 2024) due to Spring Break.) End of the Year Showcase Continuing Rehearsals To Be Announced**					
	**Students must participate in both 14-week sessions to be eligible for the End of the Year Showcase at the end of May. This is a showcase performance for all levels at the Auer Academy of Fort Wayne Ballet and the YMCA locations. If participating, please mark your calendars for the continuing rehearsals in April/May (listed above) and the following performance dates: Mandatory Dress Rehearsal   Wednesday, May 24th Primary Showcase   Thursday, May 30th @ 6pm					
	DRESS CODE: All participants are required to follow Fort Wayne Ballet dress code.					
<i>Location: Dance Room</i>	Creative I & II (ages 5 & 6)	5 to 6	Tues.	5:30 PM - 6:15 PM	\$140.00	\$160.00
	Dance Around The World (ages 3 & 4)	3 to 4	Tues.	5:00 PM - 5:30 PM	\$140.00	\$160.00
	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. Fort Wayne Ballet provides curriculum and instruction in the art of dance. Through developmentally appropriate programming, children as young as three can experience the joy of creative movement. Learning dance expands a child's creative skills and increases their self-esteem through self-expression. There are two 14-week sessions offered during the school year. Session 1 (Tue)   September 12th-December 12th Session 2 (Tue)   February 6th-May 14th (No classes the week of April 1-6, 2024 due to Spring Break.) End of the Year Showcase Continuing Rehearsals** To Be Announced					
	**Students must participate in both 14-week sessions to be eligible for the End of the Year Showcase at the end of May. This is a showcase performance for all levels at the Auer Academy of Fort Wayne Ballet and the YMCA locations. If participating, please mark your calendars for the continuing rehearsals in April/May (listed above) and the following performance dates: Mandatory Dress Rehearsal   Wednesday, May 24th					
<i>Location: Dance Room</i>	Momentum (ages 9-12)	9 to 12	Wed.	5:00 PM - 6:00 PM	\$170.00	\$190.00
	Participants will be introduced the joy of movement without having to focus strictly on ballet technique. This is a more relaxed environment and get:					



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High School Sports						
Location: Jorgensen Gym	Intramural Basketball - Underclassmen (F 16 to 19		Mon. Tues. Wed. Thur.	3:00 PM - 5:00 PM	\$40.00	\$40.00
Location: Jorgensen Gym	Intramural Basketball - Upperclassmen (J 16 to 19		Mon. Tues. Wed. Thur.	3:00 PM - 5:00 PM	\$40.00	\$40.00
Location: Jorgensen Gym	Intramural basketball is open to Freshman - Sophomore. Manditory meeting 1/3/2023. MUST ATTEND TO PLAY!					
Home School Programs						
Location: Jorgensen Gym A	Age 12 & up (Gym)	12 to 18	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
Location: Jorgensen Gym A	Age 12 & up (Gym)	12 to 18	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
	Participants engage in physical education activities that help children build self-confidence, gain team building strategies, socialize with other home schoolers all while having fun in a safe environment. Our goal is to create a fun and safe environment for our participants to engage in physical activity.					
Location: Aerobics Studio	Age 12 & up (Strength & Wellness)	12 to 18	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
Location: Aerobics Studio	Age 12 & up (Strength & Wellness)	12 to 18	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
	Come learn the importance of exercise and nutrition as we focus on our are overall health. Students will also be taught how to build strength using a safe and effective plan. Each student will be given a personal workout log to track their progress.					
Location: Indoor Pool	Age 12 & up (Swim)	12 to 18	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
Location: Indoor Pool	Age 12 & up (Swim)	12 to 18	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
	The Y?s Safety Around Water program teaches children of all ages and from all backgrounds that water can be fun, not scary. Knowing how to be safe around water is one of the most important life skills we can teach our children. It gives them confidence. And it can save their lives.					
Location: SACC Wellness	Age 12 & up - Judo	12 to 18	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
	Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from swim lessons, tumbling lessons, sports instruction, and for the older students, a strength training component.					
Location: Teaching Kitchen	Age 3-5 (Arts and Craft)	3 to 5	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
Location: Teaching Kitchen	Age 3-5 (Arts and Craft)	3 to 5	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
	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.					
Location: SACC Wellness	Age 3-5 (Fundamental Gymnastics)	3 to 5	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
Location: SACC Wellness	Age 3-5 (Fundamental Gymnastics)	3 to 5	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
	Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from swim lessons, tumbling lessons, sports instruction, and for the older students, a strength training component.					
Location: Jorgensen Gym A	Age 3-5 (Gym)	3 to 5	Tues.	2:20 PM - 2:50 PM	\$32.00	\$72.00
Location: Jorgensen Gym A	Age 3-5 (Gym)	3 to 5	Tues.	2:20 PM - 2:50 PM	\$32.00	\$72.00
	Participants engage in physical education activities that help children build self-confidence, gain team building strategies, socialize with other home schoolers all while having fun in a safe environment. Our goal is to create a fun and safe environment for our participants to engage in physical activity.					



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<i>Location: Indoor Pool</i> <i>Location: Indoor Pool</i>	Age 3-5 (Swim)	3 to 5	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
	Age 3-5 (Swim)	3 to 5	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
	The Y's Safety Around Water program teaches children of all ages and from all backgrounds that water can be fun, not scary. Knowing how to be safe around water is one of the most important life skills we can teach our children. It gives them confidence. And it can save their lives.					
<i>Location: Teaching Kitchen</i> <i>Location: Teaching Kitchen</i>	Age 6-8 (Arts and Craft)	6 to 8	Tues.	11:40 AM - 12:10 PM	\$32.00	\$72.00
	Age 6-8 (Arts and Craft)	6 to 8	Tues.	11:40 AM - 12:10 PM	\$32.00	\$72.00
	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.					
<i>Location: SACC Wellness</i> <i>Location: SACC Wellness</i>	Age 6-8 (Fundamental Gymnastics)	6 to 8	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
	Age 6-8 (Fundamental Gymnastics)	6 to 8	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
	Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from swim lessons, tumbling lessons, sports instruction, and for the older students, a strength training component.					
<i>Location: Jorgensen Gym A</i> <i>Location: Jorgensen Gym A</i>	Age 6-8 (Gym)	6 to 8	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
	Age 6-8 (Gym)	6 to 8	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
	Participants engage in physical education activities that help children build self-confidence, gain team building strategies, socialize with other homeschoolers all while having fun in a safe environment. Our goal is to create a fun and safe environment for our participants to engage in physical activity.					
<i>Location: SACC Wellness</i> <i>Location: SACC Wellness</i>	Age 6-8 (Judo)	6 to 8	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
	Age 6-8 (Judo)	6 to 8	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
	Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from swim lessons, tumbling lessons, sports instruction, and for the older students, a strength training component.					
<i>Location: Indoor Pool</i> <i>Location: Indoor Pool</i>	Age 6-8 (Swim)	6 to 8	Tues.	2:20 PM - 2:50 PM	\$32.00	\$72.00
	Age 6-8 (Swim)	6 to 8	Tues.	2:20 PM - 2:50 PM	\$32.00	\$72.00
	The Y's Safety Around Water program teaches children of all ages and from all backgrounds that water can be fun, not scary. Knowing how to be safe around water is one of the most important life skills we can teach our children. It gives them confidence. And it can save their lives.					
<i>Location: SACC Wellness</i> <i>Location: SACC Wellness</i>	Age 9 & up (Judo)	9 to 17	Tues.	11:40 AM - 12:10 PM	\$32.00	\$72.00
	Age 9-11 (Judo)	9 to 17	Tues.	11:40 AM - 12:10 PM	\$32.00	\$72.00
	Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from swim lessons, tumbling lessons, sports instruction, and for the older students, a strength training component.					
<i>Location: Jorgensen Gym A</i> <i>Location: Jorgensen Gym A</i>	Age 9-11 (Gym)	9 to 11	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
	Age 9-11 (Gym)	9 to 11	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
	Participants engage in physical education activities that help children build self-confidence, gain team building strategies, socialize with other home schoolers all while having fun in a safe environment. Our goal is to create a fun and safe environment for our participants to engage in physical activity.					



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<i>Location: Teaching Kitchen</i>	Age 9-11 (Nutrition)	9 to 11	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
<i>Location: Teaching Kitchen</i>	Age 9-11 (Nutrition)	9 to 11	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
<i>Location: Indoor Pool</i>	Age 9-11 (Swim)	9 to 11	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
<i>Location: Indoor Pool</i>	Age 9-11 (Swim)	9 to 11	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
The Y's Safety Around Water program teaches children of all ages and from all backgrounds that water can be fun, not scary. Knowing how to be safe around water is one of the most important life skills we can teach our children. It gives them confidence. And it can save their lives.						
<b>Judo</b>						
<i>Location: SACC Wellness</i>	Ages 5-8	5 to 8	Fri.	5:00 PM - 5:30 PM	\$30.00	\$67.50
Sensei Dave Larsen is a Second Degree Brown Belt and earned his USJA coaching certificate in 2008. Dave has been trained and mentored for 19 y						
<b>Karate</b>						
<i>Location: Big Room 1 &amp; 2</i>	Age 4-6 (6:00pm)	4 to 6	Wed.	6:00 PM - 6:30 PM	\$34.00	\$76.00
<i>Location: Big Room 1 &amp; 3</i>	Age 7-12 (6:30pm)	7 to 12	Wed.	6:30 PM - 7:30 PM	\$43.00	\$97.00
Sensei Basche is a 5th degree black belt and has over 25 years of experience in a variety of martial arts styles. His philosophy focuses, not only on the physical benefits of martial arts, but also on the spiritual discipline, self-control, and respect necessary to produce well rounded students.						
<b>Living Our Cause</b>						
<i>Location: Admin Room</i>	12/14/2023		Thurs.	5:00 PM - 6:00 PM	\$0.00	\$0.00
Our cause is a simple one: to strengthen the foundation of our community. For 159 years we have been meeting the needs of local neighborhoods in order to improve the quality of life for the communities we serve. We live out our cause by focusing on youth development, healthy living and social responsibility. As new YMCA Employee, this course will familiarize you with the rich history and reach of the YMCA.						
<b>Martial Arts</b>						
<i>Location: SACC Wellness</i>	Adult Jiu Jitsu	18 to 99	Wed.	4:00 PM - 5:00 PM	\$37.00	\$83.00
The initial focus of this class will be quick techniques to disengage/disable and escape. You will learn to be more aware of self and surroundings, to maintain personal space and avoid situations, use control techniques to de-escalate and to disengage so you can flee. In addition, general strikes, blocks, and kicks will be taught with the opportunity for individuals to learn more advanced techniques once basic skills are mastered. Sensei Dave Larsen is a Second Degree Brown Belt and earned his USJA coaching certificate in 2008. Dave has been trained and mentored for 19 years by 5th Dan Fred Chaipetta of the Mountain Storm Judo Club in Bluffton, Indiana and received the 2010 Virgil Bowels Award in recognition of his leadership and support of the Sport of Judo.						
<b>Masters Adult Swim</b>						
<i>Location: Indoor Pool</i>	Evening Masters Swim Team 2024	18 to 118	Tues. Thurs. Sat.	7:00 PM - 8:15 PM	\$30.00	\$40.00
<i>Location: Indoor Pool</i>	Evening Masters Swim Team 2024	18 to 118	Tues. Thurs. Sat.	7:00 PM - 8:15 PM	\$30.00	\$40.00
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Location: Indoor Pool	Evening Masters Swim Team 2024	18 to 118	Tues. Thurs. Sat.	7:00 PM - 8:15 PM	\$30.00	\$40.00
Location: Indoor Pool	Morning Masters Swim Team 2023	18 to 118	Tues. Thurs. Sat.	6:00 AM - 7:15 AM	\$30.00	\$40.00
Location: Indoor Pool	Morning Masters Swim Team 2023	18 to 118	Tues. Thurs. Sat.	6:00 AM - 7:15 AM	\$30.00	\$40.00
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Location: Indoor Pool	Morning Masters Swim Team 2024	18 to 118	Tues. Thurs. Sat.	6:00 AM - 7:15 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.

### Parents Night Out

Location: Jorgensen Facility	Parent's Night Out- December 15th	4 to 11	Fri.	6:00 PM - 9:30 PM	\$20.00	\$25.00
Location: Jorgensen Facility	Parent's Night Out- February 9th	4 to 11	Fri.	6:00 PM - 9:30 PM	\$20.00	\$25.00
Location: Jorgensen Facility	Parent's Night Out- January 19th	4 to 11	Fri.	6:00 PM - 9:30 PM	\$20.00	\$25.00

Need an evening out without the kids? Let us provide dinner and entertain your 4 to 11 year old while you have an evening out. We will have fun eating, swimming, playing, 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. Light pizza dinner and snack provided.



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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
Personal Training						
Location: Wellness Center	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						
Location: MES/COACH Office	Jorgensen Y (Southwest Fort Wayne)	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!					
Piano						
Location: Admin Room	Piano Lessons	7 to 107	Sun.	12:10 PM - 12:40 PM	\$33.00	\$74.00
	This group music class is a fun-filled experience for beginner piano students to learn basic music notation, rhythm, and piano technique. The goal of the program is to help children find an effective and efficient way to begin music study. This class utilizes many different types of teaching and learning techniques including instruction, hands on and fun activities, and keyboard playing. All participants will be supplied with a keyboard to use during the class.					
Pre Employment Transition Services						
Location: MES/COACH Office	2024	14 to 22		No Time Specified	\$0.00	\$0.00
	2024	14 to 22		No Time Specified	\$0.00	\$0.00
	Pre-ETS provides resources for students with disabilities to enhance their hard and soft skills, explore employment and education options, and participate in on-site job training. This is an opportunity to ensure students have access to meaningful career planning to help with the seamless movement from high school to employment or post-secondary training.					
Preschool Music						
Location: SACC Learning Lab	Rythm and Music	3 to 6	Thurs.	9:30 AM - 10:30 AM	\$41.00	\$91.00
	This group music class is a fun-filled class including singing, movement, notation, rhythm. The goal of the program is to help children grow in rhythm skills, critical listening skills, and creative listening skills. This class utilizes many different types of teaching and learning techniques including instruction, hands on and fun activities, listening to a variety of music, using imagination, and so much more.					
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
Location: Indoor Pool	Monday 4:40pm	0 to 3	Mon.	4:40 PM - 5:10 PM	\$33.00	\$74.00
Location: Indoor Pool	Monday 4:40pm	0 to 3	Mon.	4:40 PM - 5:10 PM	\$28.00	\$62.00
Location: Indoor Pool	Saturday 10:10am	0 to 3	Sat.	10:10 AM - 10:40 AM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 11:30am	0 to 3	Sat.	11:30 AM - 12:00 PM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 9:30am	0 to 3	Sat.	9:30 AM - 10:00 AM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 9:30am	0 to 3	Sat.	9:30 AM - 10:00 AM	\$33.00	\$74.00
Location: Indoor Pool	Wednesday 5:20pm	0 to 3	Wed.	5:20 PM - 5:50 PM	\$33.00	\$74.00
	Parent and Child Stage A (Water Discovery) Recommended ages: 6months-3 years Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Wall grab.					



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
Location: Indoor Pool	Tuesday 5:00pm	0 to 3	Tues.	5:00 PM - 5:30 PM	\$33.00	\$74.00
Parent and Child Stage A & B (Water Discovery & Exploration) Recommended ages: 6months-3 years Parents accompany children in this stage, which 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.						
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
Location: Indoor Pool	Monday 5:20pm	0 to 3	Mon.	5:20 PM - 5:50 PM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 10:50am	0 to 3	Sat.	10:50 AM - 11:20 AM	\$33.00	\$74.00
Location: Indoor Pool	Wednesday 4:40pm	0 to 3	Wed.	4:40 PM - 5:10 PM	\$33.00	\$74.00
Parent and Child Stage B (Water Exploration) Recommended ages: 6months-3 years In stage B, parents 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.						
Swim Lessons - Adaptive						
Location: Indoor Pool	Sunday 4:30pm	3 to 99	Sun.	4:30 PM - 5:00 PM	\$39.00	\$86.00
Location: Indoor Pool	Sunday 5:10pm	3 to 99	Sun.	5:10 PM - 5:40 PM	\$39.00	\$86.00
Location: Indoor Pool	Sunday 5:50pm	3 to 99	Sun.	5:50 PM - 6:20 PM	\$39.00	\$86.00
This class is designed for participants who have special needs, focusing on basic water skills and water adjustment to help gain confidence in the water and improve kicking and stroking ability. Participants will learn to feel more positive about themselves in a safe and relaxed environment that promotes success mixed with fun and play.						
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
Location: Indoor Pool	Monday 4:00pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$33.00	\$74.00
Location: Indoor Pool	Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$33.00	\$74.00
Location: Indoor Pool	Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$33.00	\$74.00
Location: Indoor Pool	Monday 7:00pm	3 to 5	Mon.	7:00 PM - 7:30 PM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00
Location: Indoor Pool	Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$33.00	\$74.00
Location: Indoor Pool	Tuesday 6:10pm	3 to 5	Tues.	6:10 PM - 6:40 PM	\$33.00	\$74.00
Location: Indoor Pool	Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$33.00	\$74.00
Location: Indoor Pool	Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$33.00	\$74.00
Location: Indoor Pool	Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$33.00	\$74.00
Preschool Level, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 3 - 5 years old 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. This stage lays the foundation that allows for a student?s future progress in swimming. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim".						





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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Swim Lessons - Age 3-5yrs (2-Water Movement)</b>						
Location: Indoor Pool	Monday 4:15pm	3 to 5	Mon.	4:15 PM - 5:00 PM	\$33.00	\$74.00
Location: Indoor Pool	Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$33.00	\$74.00
Location: Indoor Pool	Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$33.00	\$74.00
Location: Indoor Pool	Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$33.00	\$74.00
Location: Indoor Pool	Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$33.00	\$74.00
Location: Indoor Pool	Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$33.00	\$74.00
Location: Indoor Pool	Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$33.00	\$74.00
Location: Indoor Pool	Wednesday 7:00pm	3 to 5	Wed.	7:00 PM - 7:30 PM	\$33.00	\$74.00
Preschool Level, Swim Basics Stage 2 (Water Movement) Recommended ages: 3 - 5 years old In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll						
<b>Swim Lessons - Age 3-5yrs (3-Water Stamina)</b>						
Location: Indoor Pool	Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 PM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$33.00	\$74.00
Location: Indoor Pool	Tuesday 6:10pm	3 to 5	Tues.	6:10 PM - 6:40 PM	\$33.00	\$74.00
Location: Indoor Pool	Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$33.00	\$74.00
Preschool Level, Swim Basics Stage 3 (Water Stamina) Recommended ages: 3 - 5 years old 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 stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".						
<b>Swim Lessons - Age 3-5yrs (4-Stroke Introduction)</b>						
Location: Indoor Pool	Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$33.00	\$74.00
Location: Indoor Pool	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$33.00	\$74.00
Preschool Level, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 3- 5 years old 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.						



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Swim Lessons - Age 6-12yrs (1-Water Acclimation)</b>						
Location: Indoor Pool	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$39.00	\$86.00
Location: Indoor Pool	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$39.00	\$86.00
Location: Indoor Pool	Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$39.00	\$86.00
Location: Indoor Pool	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$39.00	\$86.00
Location: Indoor Pool	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$39.00	\$86.00
Location: Indoor Pool	Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$39.00	\$86.00
Location: Indoor Pool	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$39.00	\$86.00
Location: Indoor Pool	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$39.00	\$86.00
Location: Indoor Pool	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$39.00	\$86.00
Learn to Swim, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 5 - 12 years old 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. This stage lays the foundation that allows for a student's future progress in swimming. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim".						
<b>Swim Lessons - Age 6-12yrs (2-Water Movement)</b>						
Location: Indoor Pool	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$39.00	\$86.00
Location: Indoor Pool	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$39.00	\$86.00
Location: Indoor Pool	Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$39.00	\$86.00
Location: Indoor Pool	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$39.00	\$86.00
Location: Indoor Pool	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$39.00	\$86.00
Location: Indoor Pool	Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$39.00	\$86.00
Location: Indoor Pool	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$39.00	\$86.00
Location: Indoor Pool	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$39.00	\$86.00
Location: Indoor Pool	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$39.00	\$86.00
Learn to Swim, Swim Basics Stage 2 (Water Movement) Recommended ages: 5 - 12 years old In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll						
<b>Swim Lessons - Age 6-12yrs (3-Water Stamina)</b>						
Location: Indoor Pool	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$39.00	\$86.00
Location: Indoor Pool	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$39.00	\$86.00
Location: Indoor Pool	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$39.00	\$86.00
Location: Indoor Pool	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$39.00	\$86.00
Location: Indoor Pool	Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$39.00	\$86.00
Location: Indoor Pool	Tuesday 5:00pm	6 to 12	Mon.	5:00 PM - 5:45 PM	\$39.00	\$86.00



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<i>Location: Indoor Pool</i>	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$39.00	\$86.00
<i>Location: Indoor Pool</i>	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$39.00	\$86.00
<i>Location: Indoor Pool</i>	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$39.00	\$86.00
Learn to Swim, Swim Basics Stage 3 (Water Stamina) Recommended ages: 5 - 12 years old 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 stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".						
<b>Swim Lessons - Age 6-12yrs (4-Stroke Introduction)</b>						
<i>Location: Indoor Pool</i>	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$39.00	\$86.00
<i>Location: Indoor Pool</i>	Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$39.00	\$86.00
Learn to Swim, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 5- 12 years old 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.						
<i>Location: Indoor Pool</i>	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$39.00	\$86.00
This class is geared toward swimmers who want to increase endurance and refine their stroke technique. Instructors will focus on stroke refinement drills, proper turns, and advanced strokes. Skills taught include: surface dives, sculling, flip turns, 50 yards of front crawl with rotary breathing, 50 yards of back crawl, and 50 yards of backstroke, 25 yards each of breaststroke, butterfly and sidestroke, 100 yards individual medley. This session is a five (5) week session due to the holidays. Level 5 (Flying Fish) Swimmers in this advanced level focus on stroke enhancement including breathing, body position and arm and leg movements, as well as build endurance in all strokes. The butterfly stroke is also introduced at this level. Flying Fish Swimmers review first aid and safety, and discuss personal ground rules and risk taking. Pre-requisites: pass Fish or ability to perform these skills: Front and back crawl (50 yards), breaststroke, sidestroke, and Dolphin kick (25 yards), and tread water for 3 minutes continuously.						
<i>Location: Indoor Pool</i>	Tuesday 5:55pm	6 to 12	Tues.	5:55 PM - 6:40 PM	\$39.00	\$86.00
<i>Location: Indoor Pool</i>	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$39.00	\$86.00
Learn to Swim, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 5- 12 years old 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.						
<b>Swim Lessons - Age 6-12yrs (5-Stroke Development)</b>						
<i>Location: Indoor Pool</i>	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$39.00	\$86.00
<i>Location: Indoor Pool</i>	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$39.00	\$86.00
<i>Location: Indoor Pool</i>	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$39.00	\$86.00
Learn to Swim, Swim Strokes Stage 5 (Stroke Development) Recommended ages: 5- 12 years old Students in stage 5 work on stroke technique						

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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
Location: Indoor Pool	Saturday 11:10am	6 to 14	Sat.	11:10 AM - 11:55 AM	\$39.00	\$86.00
Location: Indoor Pool	Wednesday 5:15pm	6 to 14	Wed.	5:15 PM - 6:00 PM	\$39.00	\$86.00
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. Pre-requisites: Pass Flying Fish or ability to perform these skills: Front and back crawl (100 yards), breaststroke, elementary backstroke, sidestroke (50 yards), Butterfly (25 yards), and tread water for 6 minutes. This session is a five (5) week session due to the holidays.						
Swim Lessons - Age 9 -14yrs - POOLIGANS						
Location: Indoor Pool	Friday - 6:00pm	9 to 14	Fri.	6:00 PM - 6:45 PM	\$39.00	\$86.00
Pooligans is a new and exciting program developed with a focus on having fun in the water. Participants will learn pool games and skills like, Water polo, Water Quidditch, crazy relay races, Aqua Zumba, Volleyball and synchronized swimming to name a few. Skills taught such as sculling, changing direction in the water, treading water, dribbling, passing and shooting a ball in water, aquatic fitness, following rules, teamwork and new friendships.						
Swim Lessons - Teen & Adult						
Location: Indoor Pool	Beginner	16 to 115	Thurs.	8:00 PM - 8:30 PM	\$39.00	\$86.00
Location: Indoor Pool	Intermediate	16 to 115	Thurs.	8:00 PM - 8:30 PM	\$39.00	\$86.00
This program creates a welcoming environment that is designed to help adults learn to swim. They will work on comfort in the water, fundamental						
Swim Lessons - Private Swim Lessons						
Location: Indoor Pool	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Teen Leaders Club						
Location: Youth Room	Grades 6-12	11 to 18	Thurs.	5:00 PM - 6:00 PM	\$0.00	\$30.00
Make a difference through YMCA Leaders Club, a leadership development community service program that helps teens discover their full potential. It is a safe place where teens can come and simply be themselves. Leaders Club is a year-long leadership-development program for middle and high school teens. This program provides teens with extensive leadership training and volunteer opportunities that support YMCA programs and services to the community.						
Location: Youth Room	This is YOU	11 to 14	Fri.	3:30 PM - 5:00 PM	\$0.00	\$0.00
Teens will be led through group activities, games, and discussions in a social-emotional small group setting led by a group facilitator. Teens will choose their own New Years' Resolution to focus on throughout the spring semester while attending the small group and the group will have discussions and guide each other through achieving their goals. The group will have a mental health topic to discuss each month and the group will have discussions about maintaining a positive mental health lifestyle. The group facilitator will act as a mentor for the teens and teens will be open to asking questions and having discussions with the group and group facilitator about real-world situations. Group sessions will be held one Friday a month after school and every meeting will be led with a game, mental health topic, and discussions about goals to meet by the end of the school year.						



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Teen Programs						
Location: Meet at Jorgensen Branch	Teen Service Day (01/13/2024)	11 to 18	Sat.	7:00 AM - 11:00 AM	\$0.00	\$0.00
Location: Meet at Jorgensen Branch	Teen Service Day (02/24/2024)	11 to 18	Sat.	7:00 AM - 11:00 AM	\$0.00	\$0.00
	The Teens will meet at the Jorgensen Family YMCA to go out into the community to serve. More details will follow					
Location: Meet at Jorgensen Branch	Teen Service Day (12/16/2023)	11 to 18	Sat.	7:00 AM - 11:00 AM	\$0.00	\$0.00
	The Teens will be transported by bus from the Jorgensen Family YMCA to Community Harvest Food Bank. We will be distributing food to families in need. The bus will leave from the Jorgensen Y at 7:00am and return by 11:00am. Once you register you will receive a link via email to sign Community Harvest's waiver.					
Location: Jorgensen Facility	Teen Takeover (01/13/2024)	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
Location: Jorgensen Facility	Teen Takeover (02/24/2024)	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
Location: Jorgensen Facility	Teen Takeover (12/16/2023)	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
	The teens are taking over the Jorgensen Family YMCA for a fun after hours event! We will have basketball, group games, and ice breakers. Video games will be available in the teen center. Pizza will be included for all those that are pre-registered. Space is limited!					
Training - Lifeguarding						
Location: Jorgensen Facility	December (27,28,29,30)	15 to 99	Wed. Thurs. Fri. Sat.	10:00 AM - 5:00 PM	\$175.00	\$245.00
	This Blended Learning class has online portions that must be completed prior to in-class dates. The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical personal take over. Successful completion of this course includes certification in Lifeguarding, CPR/AED, Emergency Oxygen, and First Aid. The link for Blended Learning will be sent out after registration. Please verify your email address when signing up for this course. Time Friday 5-9pm, Saturday 9-6pm					
Training - CPR/AED/O2/First Aid						
Location: Jorgensen Facility	Blended (12/05/2023)	15 to 100	Tues.	4:00 PM - 8:00 PM	\$100.00	\$140.00
	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.					
Training - Instructor						
Location: Jackson R. Lehman YMCA	Lifeguard Instructor Training (December)	17 to 117	Mon. Tues. Wed. Thur.	10:00 AM - 5:00 PM	\$225.00	\$275.00
	The primary purpose of the American Red Cross Basic Lifeguarding Instructor Course is to train instructors to teach the basic-level American Red Cross Lifeguarding courses. In this course candidates will obtain knowledge of the American Red Cross training service and will perfect basic lifeguarding skills. All information derives from evidence based science from experts in respected fields.					



Jorgensen 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
Training - Safe Sitter Babysitting						
Location: Teaching Kitchen	Safe Sitter- 01/20/2024	11 to 14	Sat.	9:00 AM - 2:30 PM	\$70.00	\$100.00
	This course will teach potential babysitters how to care for a choking infant or child, basic first aid, personal safety for the babysitter, injury prevention, how to care for children (feeding, diapering, etc.), preventing problem behavior, behavior management, ethics and babysitting as a business.					
Wellness Center & Equipment Orientations						
Location: Wellness Center	EGYM Orientation			No Time Specified	\$0.00	\$0.00
Location: Wellness Center	EGYM Orientation			No Time Specified	\$0.00	\$0.00
	Learn how to use our EGYM equipment in this 1-hour session. You can register for this on line or in person at the Jorgensen Branch. PLEASE NOTE: You will need to REGISTER FOR AN APPOINTMENT DATE/TIME at the following link: <a href="https://outlook.office365.com/owa/calendar/JorgensenFamilyYMCA@fwymca.org/bookings/">https://outlook.office365.com/owa/calendar/JorgensenFamilyYMCA@fwymca.org/bookings/</a>					
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
	Learn how to use our Wellness Center equipment in this 1-hour session. You can register for this on line or in person at the Jorgensen Branch. PLEASE NOTE: You will need to REGISTER FOR AN APPOINTMENT DATE/TIME at the following link: <a href="https://outlook.office365.com/owa/calendar/JorgensenFamilyYMCA@fwymca.org/bookings/">https://outlook.office365.com/owa/calendar/JorgensenFamilyYMCA@fwymca.org/bookings/</a>					
Wellness For Life Coaching Program						
Location: MES/COACH Office	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 membership to help with your health and wellness goals. Take yourself to their next step at the Y.					
Y Buddies Participant						
Location: Jorgensen Facility	2024	8 to 108		No Time Specified	\$0.00	\$0.00
	Y Buddies is a program that connects individuals with physical, developmental and intellectual disabilities with volunteers to participate together in programs, classes and activities at the Y!					
Y Buddies Volunteer						
Location: Jorgnsen Facility	2024	18 to 118		No Time Specified	\$0.00	\$0.00
	Y Buddies is a program that connects individuals with physical, developmental and intellectual disabilities with volunteers to participate together in programs, classes and activities at the Y!					

Register Online at [fwymca.org](http://fwymca.org)

10313 Aboite Center Road, Fort Wayne, IN 46804  
260.432.8953



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Youth Basketball</b>						
Location: Westview Alliance Church	Pre-K & K	4 to 7	Sat.	No Time Specified	\$40.00	\$80.00
Location: Covington Elementary School	Grades 1 & 2	6 to 9	Sat.	No Time Specified	\$40.00	\$80.00
Location: Jorgensen Gymnasium	Grades 3 & 4	8 to 11	Sat.	No Time Specified	\$50.00	\$100.00
Location: Jorgensen Gymnasium	Grades 5 & 6	10 to 13	Sat.	No Time Specified	\$50.00	\$100.00
Location: Jorgensen Gymnasium	Grades 7 & 8	12 to 14	Sat.	No Time Specified	\$50.00	\$100.00
YMCA basketball league for kids Pre K-8th grade. Y-Ball encompasses player development through practice and gameplay. Our Youth Basketball program is offered for PreK-8th grades. Game sites will vary depending on grade level. Grades PreK-2nd will have a 1/2 hour practice immediately followed by a 1/2 hour game each Saturday. Times may vary week to week. Grades 3rd-8th will have a 1 hour evening practice through the week and a game on Saturdays. Game times may vary week to week. 3rd-8th grade practice locations will differ from weekly game site.						
<b>Youth Fit</b>						
Location: Wellness Center	2023 Youth Fit			No Time Specified	\$0.00	\$0.00
Location: Wellness Center	2023 Youth Fit			No Time Specified	\$0.00	\$0.00
This is a two session program offered to those members ages 11-14 wanting to use the wellness center. PLEASE NOTE: You will need to REGISTER FOR AN APPOINTMENT DATE/TIME at the following link: <a href="https://outlook.office365.com/owa/calendar/JorgensenFamilyYMCA@fwymca.org/bookings/">https://outlook.office365.com/owa/calendar/JorgensenFamilyYMCA@fwymca.org/bookings/</a>						