



Central Branch YMCA

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Winter I - 2022 Program Listing
Winter I Session (1/3/22-2/20/22)
Registration Dates (Mbr. 12/6/21) (Prog. Part. 12/13/21)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Assessments						
	Body Composition	15 to 110		No Time Specified	\$0.00	\$0.00
	Fitness Assessment	15 to 110		No Time Specified	\$0.00	\$0.00
New Member Reception						
	01/11/2022 (12:00pm)		Tues.	12:00 PM - 12:30 AM	\$0.00	\$0.00
	01/11/2022 (5:00pm)		Tues.	5:00 PM - 5:30 AM	\$0.00	\$0.00
	12/08/2021 AM		Wed.	10:30 AM - 11:00 AM	\$0.00	\$0.00
	12/08/2021 PM		Wed.	5:30 PM - 6:00 PM	\$0.00	\$0.00
Personal Training Packages						
	Personal Training 101				\$80.00	n/a
	Personal Training - 1 session				\$40.00	n/a
	Personal Training - 5 sessions				\$195.00	n/a
	Personal Training - 10 sessions				\$370.00	n/a
	Personal Training - 20 sessions				\$700.00	n/a
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Friday 5:30pm	1 to 3	Fri.	5:30 PM - 6:00 PM	\$30.00	\$67.50
	Wednesday 5:30pm	1 to 3	Wed.	5:30 PM - 6:00 PM	\$30.00	\$67.50
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Sunday 1:05pm	1 to 3	Sun.	1:05 PM - 1:35 PM	\$30.00	\$67.50
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Friday 5:30pm	1 to 3	Fri.	5:30 PM - 6:00 PM	\$30.00	\$67.50
	Wednesday 5:30pm	1 to 3	Wed.	5:30 PM - 6:00 PM	\$30.00	\$67.50
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$30.00	\$67.50
	Sunday 1:05pm	3 to 5	Sun.	1:05 PM - 1:35 PM	\$30.00	\$67.50
	Wednesday 5:30pm	3 to 5	Wed.	5:30 PM - 6:00 PM	\$30.00	\$67.50
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$30.00	\$67.50
	Sunday 1:05pm	3 to 5	Sun.	1:05 PM - 1:35 PM	\$30.00	\$67.50
	Wednesday 5:30pm	3 to 5	Wed.	5:30 PM - 6:00 PM	\$30.00	\$67.50
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Friday 6:00pm	3 to 5	Fri.	6:00 PM - 6:30 PM	\$30.00	\$67.50
	Sunday 1:40pm	3 to 5	Sun.	1:40 PM - 2:10 PM	\$30.00	\$67.50
	Wednesday 6:00pm	3 to 5	Wed.	6:00 PM - 6:30 PM	\$30.00	\$67.50



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Assessments

Body Composition - This 10-minute analysis includes measurement of body fat percentage and a result report.

Fitness Assessment - This 30 to 45-minute assessment includes heart rate and blood pressure, body composition, strength, endurance, flexibility and cardiovascular testing.

New Member Reception

Free program to get new members connected to the branch and other members, as well as offer them an opportunity to learn more about the benefits of their membership.

Personal Training Packages

Personal Training 101 - Fitness assessment and 3 personal training visits. ONE TIME PURCHASE ONLY.

Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)

Parents accompany child; introduces infants and toddler to aquatic environment through exploration and encourages them to enjoy themselves while learning about the water

Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)

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)

Accompanied by and adult; Infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision

Swim Lessons - Age 3-5yrs (1-Water Acclimation)

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".

Swim Lessons - Age 3-5yrs (2-Water Movement)

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

Swim Lessons - Age 3-5yrs (3-Water Stamina)

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".



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 3-5yrs (4-Stroke Introduction)						
	Friday 6:00pm	3 to 5	Fri.	6:00 PM - 6:30 PM	\$30.00	\$67.50
	Sunday 1:40pm	3 to 5	Sun.	1:40 PM - 2:10 PM	\$30.00	\$67.50
	Wednesday 6:00pm	3 to 5	Wed.	6:00 PM - 6:30 PM	\$30.00	\$67.50
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Friday 6:15pm	6 to 12	Fri.	6:15 PM - 7:00 PM	\$35.00	\$78.50
	Sunday 2:00pm	6 to 12	Sun.	2:00 PM - 2:45 PM	\$35.00	\$78.50
	Wednesday 6:15pm	6 to 12	Wed.	6:15 PM - 7:00 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Friday 6:15pm	6 to 12	Fri.	6:15 PM - 7:00 PM	\$35.00	\$78.50
	Sunday 2:00pm	6 to 12	Sun.	2:00 PM - 2:45 PM	\$35.00	\$78.50
	Wednesday 6:15pm	6 to 12	Wed.	6:15 PM - 7:00 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Friday 7:15pm	6 to 12	Fri.	7:15 PM - 8:00 PM	\$35.00	\$78.50
	Sunday 2:45pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$35.00	\$78.50
	Wednesday 7:15pm	6 to 12	Wed.	7:15 PM - 8:00 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Friday 7:15pm	6 to 12	Fri.	7:15 PM - 8:00 PM	\$35.00	\$78.50
	Sunday 2:45pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$35.00	\$78.50
	Wednesday 7:15pm	6 to 12	Wed.	7:15 PM - 8:00 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Friday 7:15pm	6 to 12	Fri.	7:15 PM - 8:00 PM	\$35.00	\$78.50
	Sunday 2:45pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$35.00	\$78.50
	Wednesday 7:15pm	6 to 12	Wed.	7:15 PM - 8:00 PM	\$35.00	\$78.50
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Friday 7:15pm	6 to 12	Fri.	7:15 PM - 8:00 PM	\$35.00	\$78.50
	Sunday 2:45pm	6 to 12	Fri.	2:45 PM - 3:30 PM	\$35.00	\$78.50
	Wednesday 7:15pm	6 to 12	Wed.	7:15 PM - 8:00 PM	\$35.00	\$78.50
Swim Lessons - Teen & Adult						
	Tuesday 7:30pm	13 to 99	Tues.	7:30 PM - 8:15 PM	\$35.00	\$78.50
Swim Lessons - Private Swim Lesson Packages						
	3 sessions				\$75.00	\$150.00



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Swim Lessons - Age 3-5yrs (4-Stroke Introduction)

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 (1-Water Acclimation)

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".

Swim Lessons - Age 6-12yrs (2-Water Movement)

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

Swim Lessons - Age 6-12yrs (3-Water Stamina)

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".

Swim Lessons - Age 6-12yrs (4-Stroke Introduction)

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)

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)

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

This program creates a welcoming environment that is designed to help adults begin to swim. They will work on basic swimming skills, endurance, stroke development, and stroke technique.

Swim Lessons - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor



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Teen Leaders Club	Grades 6-12	11 to 18	Thurs.	6:00 PM - 8:00 PM	\$0.00	\$0.00
Wellness Center & Equipment Orientations	Orientations			No Time Specified	\$0.00	\$0.00
Wellness Consultation	Wellness Consultation			No Time Specified	\$0.00	\$0.00
Wellness for Life Coaching Program	3 sessions				\$0.00	\$0.00
Wellness for Life 2.0	WFL 2.0			No Time Specified	\$99.00	\$99.00
Youth Fit	Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00



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Teen Leaders Club

Leaders Club is an opportunity for teens to make new friends, gain confidence, learn about leadership and participate in service to others. This free club meets weekly, and anyone in grades 6-12 is welcome to come join!

Wellness Center & Equipment Orientations

Learn how to use the equipment at the Central Branch YMCA. A staff member will contact you to set up a date and time.

Wellness Consultation

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 to help with your health and wellness goals. We will also help identify next steps for you in your wellness journey.

Wellness for Life Coaching Program

This is a free coaching program designed to support you in your pursuit of healthy living. You will meet with a Wellness Coach three times during the program and they will help guide you to set goals, provide support, offer resources and tools, and help you along your wellness journey at the Y. After registering you will be contacted to set up your first appointment.

Wellness for Life 2.0

Wellness for Life 2.0 is the next step for those who have completed Wellness For Life. The program will have continued focuses on lifestyle changes and will have components such as habits and trigger points. The 6-session program will consist of 4 one-on-one meetings with a Wellness Coach and 2 sessions with a Personal Trainer.

Youth Fit

YouthFit consists of 2 one-on-one sessions with a Certified Personal Trainer to learn proper techniques, wellness center rules and basic exercise guidelines. Completion of this program is required before using the Wellness Center independently. For youth ages 11-14. Someone will contact you to set up a date and time.