



Jackson R. Lehman Family YMCA

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Winter II - 2020 Program Listing

Winter II Session (2/24-4/12)
Registration (Mbr. 2/10) (Prog. Part. 2/17)

Table with columns: Program Name, Session Name, Age Range, Day, Time, Member Fee, Program Participant Fee. Rows include categories like Active Older Adults, Adult Basketball, Art/Craft Classes, Assessments, Cheerleading, Childwatch / Kids Club, Cooking Classes, Gymnastics-Parent/Child, Gymnastics- PreSchool, and Gymnastics- School Age.



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**Active Older Adults**

Lunch 'n Learn (02/17/2020) - Sarah Mohrman, Dietitian at Parkview Heart Institute, will present on Heart Health.  
Lunch 'n Learn (03/16/2020) - Lunch 'n Learn (03/19/2020) -Jane Francis, RN, Business Development Specialist with StoryPoint Fort Wayne, will present "Healthy Habits/Healthy Living."

**Adult Basketball**

Members who plan to participate in open basketball

**Art/Craft Classes**

Painting with a Purpose - Painting with Purpose will teach perspective, creativity, dexterity, and patience.

Join us on a fabulous adventure of sewing every 2nd Tuesday and 3rd Saturday of the month! This class is for any skill level. The instructor will furnish all fabric for the face quilt and the following items are required for you to participate: 1 1/2 yards of solid color fabric, rotary cutter, 42 inches square of cotton batting, cutting board, sewing machine, safety pins, scissors

**Assessments**

Blood Pressure Assessment	Free blood pressure screen in the wellness center at the Jackson R Lehman YMCA.
Body Composition	Assess percent body fat. Futrex method utilized
Fitness Assessment	Assess your current fitness level by participating with a variety of screening tools.

**Cheerleading**

Welcome to the Jackson R. Lehman Cheerleading program. 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. Make sure that you check your children in with the instructor and not just drop them off at the door. Please keep in mind that parents must remain in the building for children under the age of 11. Please have your child wear comfortable clothing and socks. Your child will receive a T-shirt by the second session.

**Childwatch / Kids Club**

Children who plan to participate in Kids Club activities through Childwatch

**Cooking Classes**

A Healthy Cooking Journey For One- New Year. New You. Are you ready to make healthier eating choices, but not sure what to make since you're cooking just for one? Our cooking instructor Kizmet Byrd will focus on preparing meals for singles. She will also help with budgeting costs, meal prepping, and what to do with leftovers. This seven week class will get you going on your healthy cooking journey.

Join us for baking with Chef Malila from Dreamie Pastries as we make some popular cupcakes. In each seminar you will learn to bake a specific cupcake.

Refresh Your Body-After a busy holiday season full of goodies and sweets, some of us may be wanting to cook a little lighter. This class will help open your mind to eating healthier. Our newest cooking instructor, Holly Herman, will show you hands on secrets of a keto/low carb lifestyle and just how delicious the foods can be. In this seven week class we will make and taste a variety of low carb dishes and treats.

Warm Your Soul-Winter is in full force. Join us for our DAYTIME cooking class, just in time for lunch. Winter brings cold weather, cozy blankets and a warm bowl of soup. Such a delicious way to eat nutritious foods. Join our cooking instructor Becky Fowler as she teaches you hands on how to make fresh homemade soups. In this seven weeks class you will make and taste a variety of soups from bone broth to a hearty one dish meal soups.

**Gymnastics-Parent/Child**

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.

**Gymnastics-PreSchool**

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**

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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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Home School Programs</b>						
	Grades K-3 (Gym)	4 to 9	Thurs.	12:00 PM - 12:45 PM	\$28.00	\$62.00
	Grades K-3 (Swim)	4 to 9	Thurs.	11:00 PM - 11:45 PM	\$28.00	\$62.00
	Grades 4-8 (Gym)	10 to 13	Thurs.	10:00 AM - 10:45 AM	\$28.00	\$62.00
	Grades 4-8 (Swim)	10 to 13	Thurs.	12:00 PM - 12:45 PM	\$28.00	\$62.00
	Grades 9-12 (Gym)	14 to 19	Thurs.	11:00 AM - 11:45 AM	\$28.00	\$62.00
	Grades 9-12 (Swim)	14 to 19	Thurs.	10:00 AM - 10:45 AM	\$28.00	\$62.00
<b>Masters Adult Swim</b>						
	Masters 2020	18 to 118	Mon. Wed. Fri.	5:45 AM - 7:00 AM	\$30.00	\$40.00
<b>New Member Receptions</b>						
	02/18/2020	1 to 100	Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	02/20/2020	1 to 100	Thurs.	7:00 PM - 7:30 PM	\$0.00	\$0.00
	02/27/2020	1 to 100	Thurs.	12:30 PM - 1:00 PM	\$0.00	\$0.00
	03/05/2020	1 to 100	Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	03/10/2020	1 to 100	Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	03/19/2020	1 to 100	Thurs.	7:00 PM - 7:30 PM	\$0.00	\$0.00
	03/26/2020	1 to 100	Thurs.	12:30 PM - 1:00 PM	\$0.00	\$0.00
<b>Parents Night Out</b>						
	03/06/2020	4 to 12	Fri.	6:00 PM - 10:00 PM	\$15.00	\$25.00
	04/03/2020	4 to 12	Fri.	6:00 PM - 10:00 PM	\$15.00	\$25.00
<b>Personal Training Packages</b>						
	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
<b>Pickleball</b>						
	Pickleball			No Time Specified	\$0.00	\$0.00
<b>Saturday Night Fever</b>						
	Grades 6-12 - 02/29/2020	12 to 18	Sat.	6:00 PM - 9:00 PM	\$0.00	\$0.00
	Grades 6-12 - 03/28/2020	12 to 18	Sat.	6:00 PM - 9:00 PM	\$0.00	\$0.00



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#### **Home School Programs**

JRL YMCA Home School Swim program is offered to home school children. Minimum of three children per class.

#### **Masters Adult Swim**

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

#### **New Member Receptions**

This is a thirty minute presentation designed to help our members understand all the YMCA has to offer. Includes membership information, how to register for programs, locations in our association, and more information about any program we offer.

#### **Parents Night Out**

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.

#### **Personal Training Packages**

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

#### **Pickleball**

Perfect for a new member who plans to participate in pickleball at JRL

#### **Saturday Night Fever**

Come hang out with your friends during Saturday Night Fever. We will be eating delicious food, playing dodge ball, swimming, playing group games and video games. Bring your friends and have some fun.



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Table with 7 columns: Program Name, Session Name, Age Range, Day, Time, Member Fee, Program Participant Fee. Rows include various swim lessons such as 'Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)', 'Swim Lessons - Age 3-5yrs (2-Water Movement)', and 'Swim Lessons - Age 6-12yrs (1-Water Acclimation)'.



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

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.

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

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. 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 - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)**

Parent and Child Stage B (Water Exploration) Recommended ages: 6 months-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 - Age 3-5yrs (1-Water Acclimation)**

Preschool Level, Swim Basics, Stage 1 (Water Acclimation) Recommended ages: 3-5 years old. In stage 1, 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.

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

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.

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

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".

**Swim Lessons - Age 3 yrs (Parent/Child) (1-Water Acclimation)**

Preschool Level, Swim Basics, Stage 1 (Water Acclimation) Recommended ages: 3 years old. In stage 1, 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.

**Swim Lessons - Age 6-12yrs (1-Water Acclimation)**

School Age, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 6 - 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".

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

School Age, Swim Basics Stage 2 (Water Movement) Recommended ages: 6 - 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



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<b>Swim Lessons - Age 6-12yrs (3-Water Stamina)</b>						
	Saturday 09:00 am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$28.00	\$62.00
	Saturday 10:30 am	6 to 12	Sat.	10:30 AM - 11:15 AM	\$28.00	\$62.00
	Thursday 05:00 pm	6 to 12	Thurs.	5:00 PM - 5:45 PM	\$28.00	\$62.00
	Thursday 05:50 pm	6 to 12	Thurs.	5:50 PM - 6:35 PM	\$28.00	\$62.00
	Tuesday 05:00 pm	6 to 12	Tues.	5:00 PM - 5:45 PM	\$28.00	\$62.00
	Tuesday 05:50 pm	6 to 12	Tues.	5:50 PM - 6:35 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 6-12yrs (4-Stroke Introduction)</b>						
	Saturday 09:00 am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$28.00	\$62.00
	Thursday 05:50 pm	6 to 12	Thurs.	5:50 PM - 6:35 PM	\$28.00	\$62.00
	Tuesday 05:50 pm	6 to 12	Tues.	5:50 PM - 6:35 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 6-12yrs (5&amp;6 Stroke Development &amp; Mechanics)</b>						
	Saturday 10:45 am	6 to 12	Sat.	10:45 AM - 11:30 AM	\$28.00	\$62.00
<b>Swim Lessons - Age 13-16yrs (1-3 Water Acclimation thru Stamina)</b>						
	Tuesday 06:45 pm	13 to 16	Tues.	6:45 PM - 7:30 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 13-16yrs (4-6 Stroke Intro thru Mechanics)</b>						
	Thursday 06:45 pm	13 to 16	Thurs.	6:45 PM - 7:45 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 17yrs &amp; Up (1-3 Water Acclimation thru Stamina)</b>						
	Tuesday 07:45 pm	17 to 100	Tues.	7:45 PM - 8:30 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 17yrs &amp; Up (4-6 Stroke Intro thru Mechanics)</b>						
	Thursday 07:45 pm	17 to 100	Thurs.	7:45 PM - 8:30 PM	\$28.00	\$62.00
<b>Swim Lessons - Adaptive</b>						
	Friday 06:00 pm	5 to 100	Fri.	6:00 PM - 6:45 PM	\$28.00	\$62.00
<b>Swim Team - Adaptive</b>						
	Sunday (3/1/20-5/31/20)	8+	Sun.	1:00 PM - 2:00 PM	\$0.00	\$0.00
<b>Swim Lessons - Conditioning</b>						
	Age 6+ (Friday)	6 to 113	Fri.	5:30 PM - 6:30 PM	\$31.00	\$67.00
	Age 6+ (Monday & Wednesday)	6 to 113	Mon. Wed.	5:30 PM - 6:30 PM	\$62.00	\$134.00
	Age 6+ (Monday)	6 to 113	Mon.	5:30 PM - 6:30 PM	\$31.00	\$67.00
	Age 6+ (Wednesday)	6 to 113	Wed.	5:30 PM - 6:30 PM	\$31.00	\$67.00
<b>Swim Lessons - Private Swim Lesson Packages</b>						
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00
<b>Training - Lifeguarding</b>						
	March 16-19 (Blending Learning)	15 to 99	Mon. - Thurs.	9:00 AM - 6:00 PM	\$175.00	\$245.00
	March 30 - April 2 (Blending Learning)	15 to 99	Mon. - Thurs.	9:00 AM - 6:00 PM	\$175.00	\$245.00
<b>Training - CPR/AED/O2/First Aid</b>						
	02/18/2020	15 to 99	Tues.	4:30 PM - 9:00 PM	\$100.00	\$140.00
	03/17/2020	15 to 99	Tues.	4:30 PM - 9:00 PM	\$100.00	\$140.00
	04/01/2020	15 to 99	Wed.	4:30 PM - 9:00 PM	\$100.00	\$140.00
	Lay Responder 1st Aid/CPR/AED (02/29)-NOT FOR Y STAFF		Sat.	9:00 AM - 1:00 PM	\$50.00	\$75.00
	Lay Responder 1st Aid/CPR/AED (03/28)-NOT FOR Y STAFF		Sat.	1:00 PM - 5:00PM	\$50.00	\$75.00



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

School Age, Swim Basics Stage 3 (Water Stamina) Recommended ages: 6 - 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".

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

School Age, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 6- 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.

**Swim Lessons - Age 6-12yrs (5&6 Stroke Development & Mechanics)**

School Age, Swim Strokes Stage 5 (Stroke Development) Recommended ages: 6- 12 years old 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. In stage 6 (Stroke Mechanics), students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke,

**Swim Lessons - Age 13-16yrs (1-3 Water Acclimation thru Stamina)**

Teens, Swim Basics, Stage 1 thru 3 (Water Acclimation thru Water Stamina) Recommended ages: 13-16 years old. Students in this level will increase comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Also students will be encouraged forward movement in water and will develop intermediate self-rescue skills.

**Swim Lessons - Age 13-16yrs (4-6 Stroke Intro thru Mechanics)**

Teens, Swim Strokes, Stage 4 thru 6 (Stroke introduction thru Stroke Mechanics) Recommended ages: 13-16 years old. Students in this level will be introduced to basic stroke technique in Front & Back Crawl, Treading Water, elementary backstroke. Once students pass stage 4 students will be introduced to Breaststroke and butterfly. Throughout these classes students will gain knowledge how to refine those strokes while building endurance so they can effectively make swimming a way of life.

**Swim Lessons - Age 17yrs & Up (1-3 Water Acclimation thru Stamina)**

Adult, Swim Basics, Stage 1 thru 3 (Water Acclimation thru Water Stamina) Recommended ages: 17 and +. Students in this level will increase comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Also students will be encouraged forward movement in water and will develop intermediate self-rescue skills.

**Swim Lessons - Age 17yrs & Up (4-6 Stroke Intro thru Mechanics)**

Adult, Swim Strokes, Stage 4 thru 6 (Stroke introduction thru Stroke Mechanics) Recommended ages: 17 and up. Students in this level will be introduced to basic stroke technique in Front & Back Crawl, Treading Water, elementary backstroke. Once students pass stage 4 students will be introduced to Breaststroke and butterfly. Throughout these classes students will gain knowledge how to refine those strokes while building endurance so they can effectively make swimming a way of life.

**Swim Lessons - Adaptive**

This class, designed for participants with special needs, will focus on basic water skills & water adjustment. Helping participants gain confidence in the water & improve kicking & stroking ability. Through participation in the program, participants learn to feel more positive about themselves in a safe & relaxed environment that promotes success mixed with fun & play.

**Swim Lessons - Conditioning**

Swim Conditioning is a structured one hour coached swim workout focusing on improving swimming technique and endurance. Classes are modified for swimmers of all abilities. Lap swimmers are encouraged to

**Swim Lessons - Private Swim Lesson Packages**

Private swim lessons 1 on 1 with an instructor

**Swim Team - Adaptive**

\*\*Must attend Swim Assessment on either Feb. 16th or 23rd from 1 to 2pm\*\* JL Marlins (A Team) is specifically designed for those ages 8+ with intellectual disabilities.

**Training - Lifeguarding**

The primary purpose of the newly revised Lifeguarding program is to train lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and Oxyegen more. The new program reflects the latest Emergency Cardiovascular Care (ECC) science. This will be a blended learning course

**Training - CPR/AED/O2/First Aid**

Blended - 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.

Lay Responder 1st Aid/CPR/AED - This 4 hour session will provide the basics of First Aid, CPR, and AED for Adults, Children and Infants. This course is suited for lay rescuers, those working in factories or business, and for those working in child care centers.



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<b>Volunteer @ The Y</b>					
	Y Ambassador		No Time Specified	\$0.00	\$0.00
<b>Wellness Center &amp; Equipment Orientations</b>					
	2020 JRL Orientations	15 to 115	No Time Specified	\$0.00	\$0.00
<b>Wellness Consultation</b>					
	2020 Wellness Consultation		No Time Specified	\$0.00	\$0.00
<b>Wellness for Life Coaching Program</b>					
	3 sessions			\$0.00	\$0.00
<b>Wellness for Life 2.0</b>					
	2020 WFL 2.0		No Time Specified	\$99.00	\$99.00
<b>YMCA Race Series</b>					
	2020 Race Series		No Time Specified	\$0.00	\$0.00
<b>Youth Fit</b>					
	Youth Fit 2020	11 to 14	No Time Specified	\$0.00	\$0.00
<b>Youth Volleyball</b>					
	Grades 1 & 2	Sat.	9:00 AM - 1:00 PM	\$40.00	\$80.00
	Grades 3 & 4	Sat.	9:00 AM - 1:00 PM	\$40.00	\$80.00
	Grades 5 & 6	Sat.	9:00 AM - 1:00 PM	\$40.00	\$80.00
	Grades 7 & 8	Sat.	9:00 AM - 1:00 PM	\$40.00	\$80.00



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#### **Volunteer @ The Y**

Register to volunteer at the Y! We have many opportunities and various times available and are looking for volunteers!

#### **Wellness Center & Equipment Orientations**

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**

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**

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 ideal next step program for those who have completed the basic WFL package. This program will have continued focus on lifestyle changes but will add components such as habit triggers and mind focus. 4 sessions with a coach and 2 sessions with a Personal Trainer.

#### **YMCA Race Series**

Throughout 2020 complete any of the eligible community races and earn special YMCA Medals and earn a Race Series shirt when you complete all requirements. The Race Series is Free but registration is required.

#### **Youth Fit**

Learn proper cardiovascular, strength, and flexibility training ages 11-14. Sign up at membership services. 2 visits to learn the equipment and proper exercise guidelines. Membership staff will sign up first visit on the outlook calendar.

#### **Youth Volleyball**

Our Youth Volleyball program is offered to grades 1st-8th. Volleyball practices and games are located in the gymnasium of the Jackson R. Lehman Family YMCA on Saturdays. Grades 1st-2nd will have 40 minutes to practice immediately followed by a 20 minute game. Grades 3rd-8th will have a half hour (30 minutes) practice immediately followed by a half-hour (30 minutes) game each Saturday for seven weeks. Games will be played between 9 AM and 1:00 PM. Game times may vary weekly.



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## Winter II - 2020 Program Listing

Winter II Session (2/24-4/12)

Registration (Mbr. 2/10) (Prog. Part. 2/17)