



DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download our new mobile app!

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, New Member Receptions, Personal Training, Personal Training Consultation, Swim Lessons (Age 6mos-3yrs), Swim Lessons (Age 3-5yrs), Swim Lessons (Age 6-12yrs), and Swim Lessons - Adaptive.



Assessments

Body Composition Analysis: With the guidance of a Certified Personal Trainer, you will receive your body fat percentage baseline to assist you with future health and wellness goals.

Fitness Assessment: A one-on-one assessment with a Certified Personal Trainer which includes the following: Resting heart rate and blood pressure, body composition, waist to hip ratio, cardiovascular assessment, muscular strength, muscular endurance and flexibility tests.

Blood Pressure Self Monitoring Program

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.

Gymnastics

Enroll your child in our gymnastics program that focuses on tumbling techniques. In addition to self-confidence, students may learn cartwheels, round offs, back walkovers, and back tucks. Students will also work with limited gymnastics equipment.

Little Ones Move & Groove

This class will get your toddler up and moving!! Program includes stretching, gymnastics, obstacle course, color and shape recognition, dancing and more! Come and see what a blast your toddler will have when they start moving and grooving! Parent participation is required.

New Member Receptions

Learn How to Maximize Your Membership! Are you new to the YMCA or wanting to learn more about what your membership has to offer? Join us for an upcoming Membership 101 session and learn about what the YMCA can offer you and how to connect with other members. Receive a \$30 My Y Rewards Card for attending that can be used toward any YMCA program.

Personal Training

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

Register for a personal trainer to contact you to set up an initial appointment to explore personal training or continue on your training journey!

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

This class introduces basic skills to parents and children. Skills presented are performed with support or assistance for blowing bubbles, front and back floats, treading and swimming.

Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement and Stamina)

This class teaches the most elementary aquatic skills, which children continue to build on as they progress through the preschool levels.

Swim Lessons - Age 6-12yrs (1-5 Water Acclimation, Mvmt, Stamina, Stroke Intro & Development)

This class teaches the most elementary aquatic skills, which children continue to build on as they progress through the learn-to-swim levels.

Swim Lessons - Adaptive

This class, designed for participants with special needs, will focus on basic water skills & water adjustment. Participants learn to feel more positive about themselves in a safe & relaxed environment.



DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download our new mobile app!

Swim Lessons - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Toddler Tumbling						
	Thursday 4:00pm	3 to 5	Thurs.		\$30.00	\$67.50
	Thursday 4:30pm	3 to 5	Thurs.		\$30.00	\$67.50
Training - CPR/AED/O2/First Aid						
	Blended (03/14/2023)	16 to 100	Tues.	4:00 PM - 8:00 PM	\$100.00	\$140.00
Triathlons						
	Tri at the Y (03/19/2023)	15 to 115	Sun.	1:00 PM - 4:00 PM	\$20.00	\$40.00
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	2023 Wellness Consultation			No Time Specified	\$0.00	\$0.00
Wellness For Life Coaching Program						
	2023			No Time Specified	\$0.00	N/A
Youth Fit						
	Youth Fit	11 to 15		No Time Specified	\$0.00	\$0.00



DOWNLOAD NOW!
 YMCA Mobile App
fwymca.org/app



Scan this QR code to download our new mobile app!

Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions

Toddler Tumbling

Register your toddler for this exciting tumbling class and have them spring in to confidence. Age appropriate tumbling will be taught by our enthusiastic instructor.

Training - CPR/AED/O2/First Aid

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.

Triathlons

Each participant who registers by 3/9 will receive a t-shirt. Option to do the sprint tri or the distance tri. SPRINT: 2 mile run, 10 mile bike, and 200 yard swim. DISTANCE: 3.1 mile run, 15 mile bike, and 500 yard swim. The running will be done inside on the treadmills, biking will be done on the spin bikes upstairs and swimming in the pool.

Wellness Center & Equipment Orientations

Let us help you discover the Y as we show you around the Wellness Center. This includes familiarity with cardio and strength equipment and overall knowledge of the Wellness Center.

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

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.

Youth Fit

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.