



Jackson R. Lehman Family YMCA

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Winter 2024 Program Listing

Winter II Session February 26-April 14

Y Members Reg. Opens Feb 12

Prog. Participants Reg. Opens Feb 19

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
	Luncheon (02/19/2024)	55 to 105	Mon.	12:15 PM - 1:30 PM	\$0.00	\$0.00
	Luncheon (03/18/2024)	55 to 105	Mon.	12:15 PM - 1:30 PM	\$0.00	\$0.00
Art/Craft Classes						
	Acrylic Painting	16 to 101	Sat.	2:00 PM - 4:00 PM	\$20.00	\$40.00
	Start with a blank canvas and leave with a completed painting! In this one time class, you will follow along with an art instructor and create a beautiful acrylic painting. This class is for all levels of artistic abilities, even the absolute beginner. All materials provided.					
	Crochet Class	16 to 101	Tues.	6:00 PM - 7:30 PM	\$47.00	\$107.00
	Join the fun trend of crochet! If you already know a little but want to learn more, if you've never touched a crochet hook, or if you want to explore harder patterns, come join us! We meet Tuesday evenings. We will learn basic stitches, crocheting in rows and rounds, and how to read a basic pattern. If you need help with a current pattern, bring it along!					
	Crochet Class	16 to 101	Fri.	5:15 PM - 7:00 PM	\$50.00	\$85.00
	Whether you are a complete beginner or have some experience with crochet, this is the class for you. Every Friday for 6 weeks we get together to learn how to read patterns, create stitches and be inspired by all the different work people are creating! All skill levels are invited!					
	Sketchbook Exploration	13 to 101	Fri.	3:30 PM - 5:00 PM	\$40.00	\$80.00
	This class will explore different ways to fill your sketchbook, from using collage and mixed media, to drawing and painting. Each week we will practice new drawing techniques in a variety of different art medium. Students will be challenged to keep a sketchbook and do daily creative challenges to improve upon the skills learned in class. **Participants will need to bring a multi-media sketchbook. If you have your own art supplies you would like to bring, you are welcome to. However, all materials except the sketchbook will be provided.					
Blood Pressure Self Monitoring Program						
	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						
	Cooking for Kids	6 to 10	Sat.	11:00 AM - 11:45 AM	\$20.00	\$40.00
	Come make nutritious and delicious pinwheel rolls.					
	Lucky Charm Bars	5 to 8	Tues.	4:00 PM - 5:00 PM	\$20.00	\$40.00
	Luck of the Irish has struck again; we will be making yummy lucky charms bars. These will be shaped into a four-leaf clover to spread a little luck upon your day!					
	Red Velvet Brownie Cookies	8 to 15	Tues.	4:00 PM - 6:00 PM	\$20.00	\$40.00
	It's Valentine's Day, what says this better than heart shaped Red Velvet Brownie cookies! We will together make a red velvet cookie base, stuff it with a brownie and shape them into a heart!					
	S'mores!	6 to 10	Tues.	4:00 PM - 5:00 PM	\$20.00	\$40.00
	Spring is here, meaning it's time to eat s'mores! It still might be a little too chilly outside for s'mores, so you will learn to make them easily inside of your own home in the oven!					
	Traditional Indian Cooking	18 to 100	Sat.	12:00 PM - 2:00 PM	\$20.00	\$40.00
	Join Dr. Rama Cousik in an inclusive program and learn to cook vegetarian and vegan dishes from India! A published author will teach a variety of rice, rotis to dal, and curries, these dishes are a sensory delight. Learn how to adapt the recipes for learners of all levels!					
Dance Classes (w/ FW Ballet)						
	Beginner Tap	7 to 10	Mon.	7:15 PM - 8:00 PM	\$140.00	\$160.00
	Tap classes are the alternative dance class Fort Wayne Ballet recommends first for students because it strengthens students sense of rhythm, versatility, and teaches control of the ankles and feet.					



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Dance Classes (w/ FW Ballet)						
	Beginning Ballet (Ballet 1A)	7 to 10	Mon.	6:15 PM - 7:15 PM	\$170.00	\$190.00
Designed for beginning dancers ages 7-10. 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.						
	Creative I & II (5 & 6 year olds)	5 to 6	Mon.	5:30 PM - 6:15 PM	\$140.00	\$160.00
Designed for beginning dancers ages 5 & 6. 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.						
	Dance Around the World (3 & 4 year olds)	3 to 4	Mon.	5:00 PM - 5:30 PM	\$140.00	\$160.00
Designed for beginning dancers ages 3 & 4. 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.						
	Momentum	8 to 12	Tues.	9:15 AM - 10:00 AM	\$140.00	\$160.00
Learn the kinetic vocabulary of dance, and combine traditional and contemporary music with movement experience. Create structure in an environment that's benefited from energy, and improvisational excitement. Young people of all backgrounds or experience with movement are welcome.						
Gymnastics- Parent/Child						
	Friday	0 to 2	Fri.	8:30 AM - 9:00 AM	\$33.00	\$74.00
	Tuesday	0 to 2	Tues.	5:15 PM - 5:45 PM	\$33.00	\$74.00
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. Need a minimum of 5 registrants to run the class.						
Gymnastics- Pre School						
	Friday	3 to 5	Fri.	9:00 AM - 9:30 AM	\$30.00	\$67.50
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! Need a minimum of 5 registrants to run the class.						
	Tuesday	3 to 5	Tues.	6:00 PM - 6:30 PM	\$33.00	\$74.00
	Thursday	3 to 5	Thurs.	6:00 PM - 6:30 PM	\$33.00	\$74.00
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						
	Tuesday	6 to 10	Tues.	6:45 PM - 7:15 PM	\$33.00	\$74.00
	Thursday	6 to 10	Thurs.	6:45 PM - 7:15 PM	\$33.00	\$74.00
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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Home School Programs						
	Arts and Crafts 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.	5 to 11	Thurs.	9:00 AM - 9:45 AM	\$35.00	\$78.00
	Crochet Class Whether you are a complete beginner or have some experience with crochet, this is the class for you. Every Friday for 6 weeks we get together to learn how to read patterns, create stitches and be inspired by all the different work people are creating! All skill levels are invited!	16 to 20	Fri.	5:15 PM - 7:00 PM	\$50.00	\$85.00
	Homeschool Art - Ages 8-12 Each week we will create beautiful works of art based on the elements of fine art and the principles of design, with an emphasis on individual creativity. I will provide ALL materials. I use only high quality art supplies for all of my classes.	8 to 12	Tues.	10:15 AM - 11:15 AM	\$35.00	\$78.00
	Homeschool Literacy and Art Ages 4-7 Each class will begin with an art related story time followed by a fun art project! All art projects are based on the elements of fine art with an emphasis on individual creativity. This is so much more than craft time. It is purposeful art play. Parents are encouraged to stay and participate in this exciting art experience!	4 to 7	Tues.	9:00 AM - 10:00 AM	\$35.00	\$78.00
	Hungry Homeschoolers - Cooking for Kids Students will learn a variety of food preparation techniques, including cooking, baking, international recipes, and more.	8 to 12	Thurs.	10:00 AM - 11:00 AM	\$60.00	\$132.00
Martial Arts						
	Ages 5-7	5 to 7	Thurs.	5:00 PM - 5:45 PM	\$39.00	\$86.00
	Ages 8-12 - Beginner	8 to 12	Thurs.	5:45 PM - 6:30 PM	\$39.00	\$86.00
	Ages 8-12 - Intermediate	8 to 12	Thurs.	6:30 PM - 7:15 PM	\$39.00	\$86.00
	Ages Teen & Adult Self-Defense	13 to 113	Tues.	7:00 PM - 8:00 PM	\$41.00	\$91.00
	Modern Arnis Teen & Adult	13 to 113	Thurs.	7:15 PM - 8:15 PM	\$41.00	\$91.00
	Join Sensei Dugan in a new martial arts program. Sensei is trained in several martial art practices. Dress code required: Black Karate pants with black shirt, no logos.					
Masters Adult Swim						
	Masters 2024 (AM)	18 to 118	Mon. Wed. Fri.	5:45 AM - 7:00 AM	\$30.00	\$40.00
	Masters 2024 (PM)	18 to 118	Mon. Wed.	6:45 PM - 8:00 PM	\$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.					
Nutrition Seminar						
	BPSM Food Choices (02/20/24) This seminar will focus on foods that can lower your blood pressure.	18 to 118	Tues.	5:00 PM - 6:00 PM	\$0.00	\$0.00
	BPSM Heart Health (03/26/2024) This seminar will focus on eating for heart health.	18 to 118	Tues.	5:00 PM - 6:00 PM	\$0.00	\$0.00
Parents Night Out						
	3/15/2024	4 to 12	Fri.	6:00 PM - 10:00 PM	\$20.00	\$25.00
	4/12/2024	4 to 12	Fri.	6:00 PM - 10:00 PM	\$20.00	\$25.00
	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. Registration deadline is Wednesday prior to event.					



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Personal Training Consultation	Jackson R. Lehman Y (Northeast 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!					
Pickleball						
	Intro to Pickball (3/06/2024 - 3/13/2024)		Wed.	12:00 PM - 1:00 PM	\$12.00	\$28.00
	Intro to Pickball (4/03/2024 - 4/10/2024)		Wed.	12:00 PM - 1:00 PM	\$12.00	\$28.00
	The Introduction to Pickleball class is designed for you to learn the basics of the game including court layout, scoring, rules and basic fundamentals. The introduction class is a 2-week class that will prepare you to move on to the Pickleball Drills class.					
	Pickleball Drills (02/20/24)		Tues.	1:00 PM - 2:30 PM	\$0.00	\$0.00
	Pickleball Drills (03/12/2024)		Tues.	1:00 PM - 2:30 PM	\$0.00	\$0.00
	Pickleball Drills (04/09/2024)		Tues.	1:00 PM - 2:30 PM	\$0.00	\$0.00
	Are you looking to improve your skill level? This is a class for you. Donna Moore will run different drills that will improve your game and develop new skills.					
	Pickleball March Madness		Sat.	6:00 PM - 9:00 PM	\$15.00	\$15.00
	Join us for a fun night of pickleball open house. The fee will go towards fundraising for Pickleball supplies at Jackson R. Lehman Family YMCA. 3 hours, 4 courts, and loads of fun with friends.					
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Saturday 9:30am	0 to 3	Sat.	9:30 AM - 10:00 AM	\$18.00	\$41.00
	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.					
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Tuesday & Thursday 5:30pm	0 to 3	Tues. Thurs.	5:30 PM - 6:00 PM	\$37.00	\$83.00
	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)						
	Saturday 10:10am	0 to 3	Sat.	10:10 AM - 10:40 AM	\$18.00	\$41.00
	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						
	Friday 6:00pm	4 to 100	Fri.	6:00 PM - 6:30 PM	\$20.00	\$40.00
	Friday 6:45pm	4 to 100	Fri.	6:45 PM - 7:15 PM	\$20.00	\$40.00
	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.					



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Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$18.00	\$41.00
	Saturday 9:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$18.00	\$41.00
	Tuesday & Thursday 5:30pm	3 to 5	Tues. Thurs.	5:30 PM - 6:00 PM	\$37.00	\$84.00
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".						
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$18.00	\$41.00
	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$18.00	\$41.00
	Tuesday & Thursday 6:10pm	3 to 5	Tues. Thurs.	6:10 PM - 6:40 PM	\$37.00	\$83.00
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						
Swim Lessons - Age 3-5yrs (3&4-Water Stamina)						
	Saturday 10:50am	3 to 5	Sat.	10:50am - 11:20am	\$18.00	\$41.00
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"						
Swim Lessons - Age 3-5yrs (3&4-Water Stamina & Stroke Introduction)						
	Tuesday & Thursday 6:10pm	3 to 5	Tues. Thurs.	6:10 PM - 6:40 PM	\$37.00	\$83.00
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".						
Swim Lessons - Age 3-5yrs (4-Stroke Introductic						
	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$18.00	\$41.00
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.						
Swim Lessons - Age 6-12yrs (1-Water Acclimat						
	Saturday 9:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$21.00	\$47.00
	Tuesday & Thursday 5:30pm	6 to 12	Tues. Thurs.	5:30 PM - 6:15 PM	\$42.00	\$95.00
Learn to Swim, 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)						
	Saturday 9:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$42.00	\$95.00
	Tuesdays & Thursdays 5:30pm	6 to 12	Tues. Thurs.	5:30 PM - 6:15 PM	\$21.00	\$47.00
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						



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Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Saturday 10:25am	6 to 12	Sat.	10:25 AM - 11:10 AM	\$21.00	\$47.00
	Saturday 10:25am	6 to 12	Sat.	10:25 AM - 11:10 AM	\$21.00	\$47.00
	Tuesday & Thursday 6:25pm	6 to 12	Tues. Thurs.	6:25 PM - 7:10 PM	\$42.00	\$95.00
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".						
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Saturday 10:25am	6 to 12	Sat.	10:25 AM - 11:10 AM	\$21.00	\$47.00
	Tuesday & Thursday 6:25pm	6 to 12	Tues. Thurs.	6:25 PM - 7:10 PM	\$42.00	\$95.00
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.						
Swim Lessons - Age 6-12yrs (5&6 Stroke Development & Mechanics)						
	Saturday 11:20am	6 to 12	Sat.	11:20 AM - 12:05 PM	\$21.00	\$47.00
	Tuesday & Thursday 7:15pm	6 to 12	Tues. Thurs.	7:15 PM - 8:00 PM	\$42.00	\$95.00
Learn to Swim, Swim Strokes Stage 5 (Stroke Development) Recommended ages: 5- 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.						
Swim Lessons - Teen & Adult						
	Tuesday & Thursday 6:50pm	13 to 113	Tues. Thurs.	6:50 PM - 7:35 PM	\$42.00	\$95.00
This program creates a welcoming environment that is designed to help adults learn to swim. They will work on comfort in the water, fundamental swimming skills, floating, submerging, recovery, building confidence in and around water, and introduction to stroke development.						
Training - Lifeguarding						
	April (1, 2,3, 4)	15 to 99	Mon. Tues. Wed.	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						
	Blended (04/11/2024)	15 to 100	Thurs.	4:00 PM - 8:00 PM	\$100.00	\$140.00
	Blended (3/21/2024)	15 to 100	Thurs.	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.						
	CPR/AED Course (Non Y staff)	15 to 100	Sat.	9:00 AM - 12:30 PM	\$50.00	\$75.00
	CPR/AED Course (Non Y staff)	15 to 100	Sat.	9:00 AM - 12:30 PM	\$50.00	\$75.00
This course will cover the basics of adult, child and infant CPR, use of an AED, and choking situations. Course includes a digital certification card. This course is designed as a community based course for the lay public including teachers, day care workers and those working in the general workfield.						



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Wellness Center & Equipment Orientations						
	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.	15 to 115		No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	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.			No Time Specified	\$0.00	\$0.00
Y Buddies Volunteer						
	2024 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!	18 to 118		No Time Specified	\$0.00	\$0.00
Youth Volleyball						
	Grades 1 & 2	6 to 8	Sat.	9:00 AM - 3:00 PM	\$40.00	\$80.00
	Grades 3 & 4	9 to 10	Sat.	9:00 AM - 3:00 PM	\$40.00	\$80.00
	Grades 5 & 6	11 to 12	Sat.	9:00 AM - 3:00 PM	\$40.00	\$80.00
	Grades 7 & 8	13 to 14	Sat.	9:00 AM - 3:00 PM	\$40.00	\$80.00
	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 30-minute practice immediately followed by a 30-minute game each Saturday for seven weeks. Games will be played between 9 AM-3 PM. Game times may vary weekly.					