



Whitley County 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
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.	11 to 100		No Time Specified	\$0.00	\$0.00
	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.	11 to 100		No Time Specified	\$0.00	\$0.00
Blood Pressure Self Monitoring Program						
	BPSM 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.	18 to 118		No Time Specified	\$40.00	\$40.00
Gymnastics						
	Gymnastics (Beginner) - Thursday 5:45 Gymnastics (Beginner) - Thursday 6:30p 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.	6 to 18 6 to 18	Thurs. Thurs.	5:45 PM - 6:30 PM 6:30 PM - 7:15 PM	\$39.00 \$39.00	\$86.00 \$86.00
Little Ones Move & Groove						
	Little Ones Move and Groove- Friday 10:00 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. Member only program.	1 to 3	Fri.	10:00 AM - 10:30 AM	\$0.00	\$0.00
Parents Night Out						
	Parents Night Out- 02/16/2024 Come join our Adaptive Parents Night Out, specifically designed for individuals with physical, developmental and intellectual disabilities!! Participants are encouraged to invite siblings or peers to join. Participants will enjoy planned activities such as crafts, swimming, dinner and more!	5 to 10	Fri.	6:00 PM - 9:00 PM	\$20.00	\$25.00
Personal Training Consultation						
	Whitley County Y (Columbia City) Register for a personal trainer to contact you to set up an initial appointment to explore personal training or continue on your training journey!	18 to 118		No Time Specified	\$0.00	\$0.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Parent/Child Swim Lessons- Saturday 9: 0 to 3 Parent/Child Swim Lessons- Saturday 9: 1 to 3 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.		Sat. Sat.	9:00 AM - 9:25 AM 9:30 AM - 10:00 AM	\$33.00 \$33.00	\$74.00 \$74.00
Swim Lessons - Adaptive						
	Adaptive Swim- Saturday 11:00am 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.	3 to 21	Sat.	11:00 AM - 11:30 AM	\$40.00	\$80.00



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Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement and Stamina)						
	Preschool Swim- Saturday 09:00am	3 to 5	Sat.	9:00 AM - 9:30 AM	\$33.00	\$74.00
	Preschool Swim- Wednesday 6:00pm	3 to 5	Wed.	6:00 PM - 6:30 PM	\$33.00	\$74.00
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 (1-3 Water Acclimation, Mvmt, Stamina)						
	School Age Swim- Saturday 9:30am	6 to 12	Sat.	9:30 AM - 10:00 AM	\$33.00	\$74.00
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 - Age 6-12yrs (4-6 Stamina, Stroke Intro & Development)						
	School Age Swim- Saturday 10:10am	6 to 12	Sat.	10:10 AM - 10:55 AM	\$39.00	\$86.00
This class teaches the most elementary aquatic skills, which children continue to build on as they progress through the learn-to-swim levels.						
	School Age Swim- Wednesday 6:40pm	6 to 12	Wed.	6:40 PM - 7:25 PM	\$39.00	\$86.00
This class teaches the most elementary aquatic skills, which children continue to build on as they progress through the learn-to-swim levels.						
Toddler Tumbling						
	Toddler Tumbling- Thursday 4:00pm	3 to 5	Thurs.	4:00 PM - 4:30 PM	\$33.00	\$74.00
	Toddler Tumbling- Thursday 4:30pm	3 to 5	Thurs.	4:30 PM - 5:00 PM	\$33.00	\$74.00
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						
	Blended (02/27/2024)	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.						
Triathlons						
	Tri at the Y (03/24/2024)	15 to 115	Sun.	1:00 PM - 4:00 PM	\$20.00	\$40.00
2024 Triathlon at the Whitley County Family YMCA. Each participant will receive a t-shirt. Option to do the sprint tri or the distance tri. SPRINT: 2 mile outdoor run, 10 mile bike, and 200 yard swim. DISTANCE: 3.1 mile outdoor run, 15 mile bike, and 500 yard swim. The running will be done outside on the trail, biking will be done on the spin bikes upstairs and swimming in the pool.						
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
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						
	2024 Wellness Consultation			No Time Specified	\$0.00	\$0.00
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.						



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