



Jorgensen 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						
LOCATION: Teaching Kitchen	Lunch & Learn (03/07/2024)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
LOCATION: Teaching Kitchen	Lunch & Learn (04/04/2024)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
	Connect over lunch while you enjoy hearing presentations on topics relevant to those ages 55 and over.					
LOCATION: Meet at Jorgensen	Bus Trip- Home & Garden Show	55 to 105	Thurs.	10:30 AM - 1:00 PM	\$18.00	\$23.00
	Join us as we explore over 650 exhibitors for the 51st Annual Fort Wayne Home and Garden Show. You will see the latest in contemporary home and					
LOCATION: Meet at Jorgensen	Bus Trip- Musical Mornings: Fort Wayne Philharmonic and Crescendo Coffee & More	60 to 105	Wed.	9:15 AM - 11:45 AM	\$10.00	\$15.00
LOCATION: Meet at Jorgensen	Bus Trip- Musical Mornings: Fort Wayne Philharmonic and Crescendo Coffee & More	60 to 105	Wed.	9:15 AM - 11:45 AM	\$10.00	\$15.00
	Join us as we listen to the Fort Wayne Philharmonic as they preform at Crescendo Coffee & More. It will be the perfect way to grab some coffee, a					
Blood Pressure Self Monitoring Program						
LOCATION: Wellness Center Welcome Desk	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					
Home School Programs						
LOCATION: Gym A	Age 12 & up (Gym)	12 to 18	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
	Participants engage in physical education activities that help children build self-confidence, gain team building strategies, socialize with other home					
LOCATION: Dance Studio	Age 12 & up (Strength & Wellness)	12 to 18	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
	Come learn the importance of exercise and nutrition as we focus on our are overall health. Students will also be taught how to build strength using a safe and effective plan. Each student will be given a personal workout log to track their progress.					
LOCATION: Indoor Pool	Age 12 & up (Swim)	12 to 18	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
	The Y?s Safety Around Water program teaches children of all ages and from all backgrounds that water can be fun, not scary. Knowing how to be					
LOCATION: SACC Wellness Room	Age 12 & up - Judo	12 to 18	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
	Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from					
LOCATION: Teaching Kitchen	Age 3-5 (Arts and Craft)	3 to 5	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
	Join our homeschool community and enjoy some great art and craft activities. We will work on a variety of projects each week, developing new					
LOCATION: SACC Wellness Room	Age 3-5 (Fundamental Gymnastics)	3 to 5	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
	Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from					
LOCATION: Gym A	Age 3-5 (Gym)	3 to 5	Tues.	2:20 PM - 2:50 PM	\$32.00	\$72.00
	Participants engage in physical education activities that help children build self-confidence, gain team building strategies, socialize with other home					
LOCATION: Indoor Pool	Age 3-5 (Swim)	3 to 5	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
	The Y?s Safety Around Water program teaches children of all ages and from all backgrounds that water can be fun, not scary. Knowing how to be					
LOCATION: Teaching Kitchen	Age 6-8 (Arts and Craft)	6 to 8	Tues.	11:40 AM - 12:10 PM	\$32.00	\$72.00
	Join our homeschool community and enjoy some great art and craft activities. We will work on a variety of projects each week, developing new					
LOCATION: SACC Wellness Room	Age 6-8 (Fundamental Gymnastics)	6 to 8	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
	Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from					



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LOCATION: Gym A	Age 6-8 (Gym) Participants engage in physical education activities that help children build self-confidence, gain team building strategies, socialize with other	6 to 8	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
LOCATION: SACC Wellness Room	Age 6-8 (Judo) Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from	6 to 8	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Age 6-8 (Swim) The Y's Safety Around Water program teaches children of all ages and from all backgrounds that water can be fun, not scary. Knowing how to be	6 to 8	Tues.	2:20 PM - 2:50 PM	\$32.00	\$72.00
LOCATION: SACC Wellness Room	Age 9-11 (Judo) Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from	9 to 17	Tues.	11:40 AM - 12:10 PM	\$32.00	\$72.00
LOCATION: Gym A	Age 9-11 (Gym) Participants engage in physical education activities that help children build self-confidence, gain team building strategies, socialize with other home	9 to 11	Tues.	12:20 PM - 12:50 PM	\$32.00	\$72.00
LOCATION: Teaching Kitchen	Age 9-11 (Nutrition)	9 to 11	Tues.	1:00 PM - 1:30 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Age 9-11 (Swim) The Y's Safety Around Water program teaches children of all ages and from all backgrounds that water can be fun, not scary. Knowing how to be	9 to 11	Tues.	1:40 PM - 2:10 PM	\$32.00	\$72.00
Judo						
LOCATION: SACC Wellness Room	Ages 5-8 Sensei Dave Larsen is a Second Degree Brown Belt and earned his USJA coaching certificate in 2008. Dave has been trained and mentored for 19 y	5 to 8	Fri.	5:00 PM - 5:30 PM	\$30.00	\$67.50
Karate						
LOCATION: Big Room 1 & 2	Age 4-6 (6:00pm)	4 to 6	Wed.	6:00 PM - 6:30 PM	\$34.00	\$76.00
LOCATION: Big Room 1 & 2	Age 7-12 (6:30pm) Sensei Basche is a 5th degree black belt and has over 25 years of experience in a variety of martial arts styles. His philosophy focuses, not only on the physical benefits of martial arts, but also on the spiritual discipline, self-control, and respect necessary to produce well rounded students.	7 to 12	Wed.	6:30 PM - 7:30 PM	\$43.00	\$97.00
Martial Arts						
LOCATION: SACC Wellness	Self-Defense The initial focus of this class will be quick techniques to disengage/disable and escape. You will learn to be more aware of self and surroundings, to maintain personal space and avoid situations, use control techniques to de-escalate and to disengage so you can flee. In addition, general strikes, blocks, and kicks will be taught with the opportunity for individuals to learn more advanced techniques once basic skills are mastered. Sensei Dave Larsen is a Second Degree Brown Belt and earned his USJA coaching certificate in 2008. Dave has been trained and mentored for 19 years by 5th Dan Fred Chaipetta of the Mountain Storm Judo Club in Bluffton, Indiana and received the 2010 Virgil Bowels Award in recognition of his leadership and support of the Sport of Judo.	18 to 99	Mon.	7:00pm - 8:00pm	\$37.00	\$83.00
Masters Adult Swim						
LOCATION: Indoor Pool	Evening Masters Swim Team 2024 Morning Masters Swim Team 2024 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,	18 to 118 18 to 118	Tues. Thurs. Sat. Tues. Thurs. Sat.	7:00 PM - 8:15 PM 6:00 AM - 7:15 AM	\$30.00 \$30.00	\$40.00 \$40.00
Parents Night Out						
LOCATION: Jorgensen Branch Facility	02/23/2024 Need an evening out without the kids? Let us provide dinner and entertain your 4 to 11 year old while you have an evening out. We will have fun	4 to 11	Fri.	5:00 PM - 8:00 PM	\$20.00	\$40.00



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Personal Training Consultation						
LOCATION: Wellnes Center Welcome Desk	Jorgensen Y (Southwest 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!						
Pre Employment Transition Services						
	2024	14 to 22		No Time Specified	\$0.00	\$0.00
Pre-ETS provides resources for students with disabilities to enhance their hard and soft skills, explore employment and education options, and						
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Disc						
LOCATION: Indoor Pool	Monday 4:40pm	0 to 3	Mon.	4:40 PM - 5:10 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 10:10am	0 to 3	Sat.	10:10 AM - 10:40 AM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 11:30am	0 to 3	Sat.	11:30 AM - 12:00 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 9:30am	0 to 3	Sat.	9:30 AM - 10:00 AM	\$33.00	\$74.00
LOCATION: Indoor Pool	Wednesday 5:20pm	0 to 3	Wed.	5:20 PM - 5:50 PM	\$33.00	\$74.00
Parent and Child Stage A (Water Discovery) Recommended ages: 6months-3 years Parents accompany children in stage A, which introduces infants						
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water D						
	Tuesday 5:00pm	0 to 3	Tues.	5:00 PM - 5:30 PM	\$28.00	\$62.00
Parent and Child Stage A & B (Water Discovery & Exploration) Recommended ages: 6months-3 years Parents accompany children in this stage,						
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Expl						
LOCATION: Indoor Pool	Monday 5:20pm	0 to 3	Mon.	5:20 PM - 5:50 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 10:50am	0 to 3	Sat.	10:50 AM - 11:20 AM	\$28.00	\$62.00
LOCATION: Indoor Pool	Wednesday 4:40pm	0 to 3	Wed.	4:40 PM - 5:10 PM	\$28.00	\$62.00
Parent and Child Stage B (Water Exploration) Recommended ages: 6months-3 years In stage B, parents work with their children to explore body						
Swim Lessons - Adaptive						
LOCATION: Indoor Pool	Sunday 4:30pm	3 to 99	Sun.	4:30 PM - 5:00 PM	\$34.00	\$68.50
LOCATION: Indoor Pool	Sunday 5:10pm	3 to 99	Sun.	5:10 PM - 5:40 PM	\$34.00	\$68.50
LOCATION: Indoor Pool	Sunday 5:50pm	3 to 99	Sun.	5:50 PM - 6:20 PM	\$43.00	\$68.50
This class is designed for participants who have special needs, focusing on basic water skills and water adjustment to help gain confidence in the						
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
LOCATION: Indoor Pool	Monday 4:00pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Monday 7:00pm	3 to 5	Mon.	7:00 PM - 7:30 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Tuesday 6:10pm	3 to 5	Tues.	6:10 PM - 6:40 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$28.00	\$62.00
Preschool Level, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 3 - 5 years old In this class Students develop comfort with						



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 3-5yrs (2-Water Movement)						
LOCATION: Indoor Pool	Monday 4:00pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$28.00	\$62.00
Preschool Level, Swim Basics Stage 2 (Water Movement) Recommended ages: 3 - 5 years old In stage 2, students focus on body position and						
	Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$28.00	\$62.00
In stage 2, students focus on body position and control, Preschool Level, Swim Basics Stage 2 (Water Movement) Recommended ages: 3 - 5 years						
LOCATION: Indoor Pool	Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Wednesday 7:00pm	3 to 5	Wed.	7:00 PM - 7:30 PM	\$28.00	\$62.00
Preschool Level, Swim Basics Stage 2 (Water Movement) Recommended ages: 3 - 5 years old In stage 2, students focus on body position and						
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
LOCATION: Indoor Pool	Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Tuesday 6:10pm	3 to 5	Tues.	6:10 PM - 6:40 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$28.00	\$62.00
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						
Swim Lessons - Age 3-5yrs (4-Stroke Introduction)						
LOCATION: Indoor Pool	Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$28.00	\$62.00
LOCATION: Indoor Pool	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$33.00	\$74.00
Preschool Level, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 3- 5 years old Students in stage 4 develop stroke technique in						
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
LOCATION: Indoor Pool	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$32.00	\$72.00
LOCATION: Indoor Pool	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$32.00	\$72.00
LOCATION: Indoor Pool	Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$32.00	\$72.00
Learn to Swim, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 5 - 12 years old In this class Students develop comfort with						



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6-12yrs (2-Water Movement)						
LOCATION: Indoor Pool	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$32.00	\$72.00
LOCATION: Indoor Pool	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$32.00	\$72.00
LOCATION: Indoor Pool	Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$32.00	\$72.00
Learn to Swim, Swim Basics Stage 2 (Water Movement) Recommended ages: 5 - 12 years old In stage 2, students focus on body position and						
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
LOCATION: Indoor Pool	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$32.00	\$72.00
LOCATION: Indoor Pool	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$32.00	\$72.00
LOCATION: Indoor Pool	Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$32.00	\$72.00
LOCATION: Indoor Pool	Tuesday 5:00pm	6 to 12	Mon.	5:00 PM - 5:45 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$32.00	\$72.00
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						
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
LOCATION: Indoor Pool	Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$32.00	\$72.00
Learn to Swim, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 5- 12 years old Students in stage 4 develop stroke technique in						
LOCATION: Indoor Pool	Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$32.00	\$72.00
This class is geared toward swimmers who want to increase endurance and refine their stroke technique. Instructors will focus on stroke						
LOCATION: Indoor Pool	Tuesday 5:55pm	6 to 12	Tues.	5:55 PM - 6:40 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00
Learn to Swim, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 5- 12 years old Students in stage 4 develop stroke technique in						
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
LOCATION: Indoor Pool	Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$32.00	\$72.00
Learn to Swim, Swim Strokes Stage 5 (Stroke Development) Recommended ages: 5- 12 years old Students in stage 5 work on stroke technique						
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
LOCATION: Indoor Pool	Saturday 11:10am	6 to 14	Sat.	11:10 AM - 11:55 AM	\$32.00	\$72.00
LOCATION: Indoor Pool	Wednesday 5:15pm	6 to 14	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00
Swimmers focus on perfecting their strokes and further increasing their endurance. Swimmers are introduced to competitive swimming skills of flip						
Swim Lessons - Age 9-14yrs - POOLIGANS						
LOCATION: Indoor Pool	Friday - 6:00pm	9 to 14	Fri.	6:00 PM - 6:45 PM	\$32.00	\$72.00
Pooligans is a new and exciting program developed with a focus on having fun in the water. Participants will learn pool games and skills like, Water						



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Teen & Adult						
LOCATION: Indoor Pool	Beginner	16 to 115	Thurs.	8:00 PM - 8:30 PM	\$32.00	\$72.00
LOCATION: Indoor Pool	Intermediate	16 to 115	Thurs.	8:00 PM - 8:30 PM	\$32.00	\$72.00
This program creates a welcoming environment that is designed to help adults learn to swim. They will work on comfort in the water, fundamental						
Teen Leaders Club						
LOCATION: Jorgensen Branch Facility	Grades 6-12	11 to 18	Thurs.	5:00 PM - 6:00 PM	\$0.00	\$30.00
Make a difference through YMCA Leaders Club, a leadership development community service program that helps teens discover their full potential.						
LOCATION: Youth Room	This is YOU	11 to 14	Fri.	3:30 PM - 5:00 PM	\$0.00	\$0.00
Teens will be led through group activities, games, and discussions in a social-emotional small group setting led by a group facilitator. Teens will						
Teen Programs						
LOCATION: Meet at Jorgensen Family YMCA	Teen Service Day (02/24/2024)	11 to 18	Sat.	7:00 AM - 11:00 AM	\$0.00	\$0.00
The Teens will meet at the Jorgensen Family YMCA to go out into the community to serve.						
LOCATION: Jorgensen Branch Facility	Teen Takeover (02/24/2024)	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
The teens are taking over the Jorgensen Family YMCA for a fun after hours event! We will have basketball, group games, and ice breakers. Video						
Training - Lifeguarding						
LOCATION: Jorgensen Facility	March (16, 17, 21, 22)	15 to 99	Sun. Thurs. Fri. Sat.	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						
Training - CPR/AED/O2/First Aid						
LOCATION: Jorgensen Facility	Blended (02/13/2024)	15 to 100	Tues.	4:00 PM - 8:00 PM	\$100.00	\$140.00
LOCATION: Jorgensen Facility	Blended (03/05/2024)	15 to 100	Tues.	4:00 PM - 8:00 PM	\$100.00	\$140.00
LOCATION: Jorgensen Facility	Blended (03/14/2024)	15 to 100	Tues.	4:00 PM - 8:00 PM	\$100.00	\$140.00
LOCATION: Jorgensen Facility	Blended (04/06/2024)	15 to 100	Sat.	10:00 AM - 2:00 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						
Triathlons						
LOCATION: Jorgensen Track, Wellness Center, Pool Y	Not Tri This Indoor Triathlon			No Time Specified	\$15.00	\$15.00
Whatever your fitness level, our Y NOT TRI THIS Triathlon is for you! This is a segment of our Incremental Triathlon Series. You have up to 2						
Wellness Center & Equipment Orientations						
LOCATION: Wellness Center	EGYM Orientation			No Time Specified	\$0.00	\$0.00
LOCATION: Wellness Center	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Learn how to use our EGYM equipment in this 1-hour session. You can register for this online or in person at the Jorgensen Branch.						
Y Buddies Participant						
LOCATION: Jorgensen Facility	2023	8 to 108			\$0.00	\$0.00
Y Buddies is a program that connects individuals with physical, developmental and intellectual disabilities with volunteers to participate together in						
Y Buddies Volunteer						
LOCATION: Jorgensen Facility	2023	18 to 118			\$0.00	\$0.00
	2024	18 to 118			\$0.00	\$0.00
Y Buddies is a program that connects individuals with physical, developmental and intellectual disabilities with volunteers to participate together in						



Jorgensen 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
Youth Soccer						
LOCATION: Gym A & B	Indoor - Grades 1-3 - No Games Spring Break (April 6)	5 to 7	Sat.	No Time Specified	\$40.00	\$80.00
LOCATION: Gym A & B	Indoor - Grades 4-6 - No Games Spring Break (April 6)	7 to 10	Sat.	No Time Specified	\$40.00	\$80.00
LOCATION: Gym A & B	Indoor - Grades PreK-K - No Games Spring Break (April 6)	4 to 5	Sat.	No Time Specified	\$40.00	\$80.00
Indoor Soccer is an exciting sport combining team play and individual skill. This program is designed to help students not only become better players						
Fort Wayne Ballet Location						
LOCATION: Dance Room	Tuesdays 5-7:15pm					