



**Caylor-Nickel YMCA**

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## Winter I - 2024 Program Listing

Winter I Session Jan. 8 - Feb. 25  
Registration Mbr. 12/4/23, Prog. Part. 12/11/23

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
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.					
Home School Programs						
	Home School Gym/Sports Age 13-16 (1st child)	13 to 16	Wed.	1:00 PM - 2:30 PM	\$35.00	\$44.00
	Home School Gym/Sports Age 13-16 (Additional Child)	13 to 16	Wed.	1:00 PM - 2:30 PM	\$17.00	\$20.00
	Home School PE Age 6-12 (1st child)	6 to 12	Tues.	10:15 AM - 12:15 PM	\$35.00	\$44.00
	Home School PE Age 6-12 (additional child)	6 to 12	Tues.	10:15 AM - 12:15 PM	\$17.00	\$20.00
	This is a physical education class for home school student that includes various types of activities (sports, swimming, performance, etc.)					
Lunch & Learn						
	12/19/2023 - Christmas Gift Exchange and Potluck Bring a white elephant gift and a dish to share!	55 to 155	Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
	01/16/24 - Lifewise Enjoy a Subway boxed lunch and a presentation with other members!	55 to 155	Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
	02/20/24 - Community Fair Enjoy a Subway boxed lunch and a presentation with other members!	55 to 155	Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
Martial Arts						
	Beginning JiuJitsu (Age 9+)	9 to 109	Tues.	6:45 PM - 7:45 PM	\$37.00	\$83.00
	Instructor Jeff Moss will lead this beginner JiuJitsu class to stress five maxims: Character, sincerity, effort, etiquette and self-control. This class will also focus on: break falls, confidence, takedowns, grappling and fitness in a safe and fun environment.					
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
	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.					
Preschool Sports						
	Preschool Basketball	4 to 6	Thurs.	10:00 AM - 10:45 AM	\$39.00	\$86.00
	Seven Week sports program for preschool ages 4-5 that focuses on the fundamentals of basketball while also increasing coordination, confidence and teamwork.					
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Saturday	0 to 3	Sat.	9:45 AM - 10:15 AM	\$33.00	\$74.00
	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) (B-Water Exploration)						
	Saturday	0 to 3	Sat.	10:30 AM - 11:00 AM	\$33.00	\$74.00
	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.					



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Swim Lessons - Adaptive						
	Saturday	5 to 100	Sat.	11:45 AM - 12:15 PM	\$40.00	\$80.00
	This class is designed for participants who have special needs, focusing on basic water skills and water adjustment to help gain confidence in the water and improve kicking and stroking ability. Participants will learn to feel more positive about themselves in a safe and relaxed environment that promotes success mixed with fun and play.					
Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement and Stamina)						
	Friday	3 to 5	Fri.	10:00 AM - 10:30 AM	\$33.00	\$74.00
	Saturday	3 to 5	Sat.	9:00 AM - 9:30 AM	\$33.00	\$74.00
	In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. 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 (1-3 Water Acclimation, Mvmt, Stamina)						
	Friday	6 to 12	Fri.	6:00 PM - 6:45 PM	\$39.00	\$86.00
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$39.00	\$86.00
	In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. 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 (4-6 Stroke Intro, Development, Mechanics)						
	Saturday	6 to 12	Sat.	10:45 AM - 11:30 AM	\$39.00	\$86.00
	Students 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 - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Tumbling Classes						
	Advanced - INSTRUCTOR APPROVAL REQUIRED (Age 5+ to 16		Wed.	6:15 PM - 7:00 PM	\$39.00	\$86.00
	Come join the Caylor-Nickel tumbling program! Students will learn more advanced tumbling moves and work to improve their skills. Instructor approval is required.					
	Beginner (Age 5+)		Mon.	5:30 PM - 6:15 PM	\$39.00	\$86.00
	Come join the Caylor-Nickel tumbling program! Students will learn basic tumbling moves and work to improve their skills.					
	Preschool (Ages 3-5) - 4:45pm		Mon.	4:45 PM - 5:15 PM	\$33.00	\$74.00
	Come join the Caylor-Nickel tumbling program with your preschooler! Help them learn spatial awareness and basic tumbling moves in a fun and supportive atmosphere!					
	Preschool (Ages 3-5)- 5:30pm		Wed.	5:30 PM - 6:00 PM	\$33.00	\$74.00
	Come join the Caylor-Nickel tumbling program with your preschooler! Help them learn spatial awareness and basic tumbling moves in a fun and supportive atmosphere!					



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Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
	Members are encouraged to schedule a FREE wellness orientation to learn proper use of the equipment as well as learn about the different services offered within the Wellness Center. You will be contacted after registering to set up a date and time.					
Wellness For Life Coaching Program						
	2024			No Time Specified	\$0.00	N/A
	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 Basketball						
	Grade Pre-K & K		Sat.	8:00 AM - 3:00 PM	\$40.00	\$80.00
	Grades 1 & 2		Sat.	8:00 AM - 3:00 PM	\$50.00	\$90.00
	Grades 3 & 4		Sat.	8:00 AM - 3:00 PM	\$50.00	\$90.00
	Grades 5 & 6		Sat.	8:00 AM - 3:00 PM	\$50.00	\$90.00
	Grades 7 & 8		Sat.	8:00 AM - 3:00 PM	\$50.00	\$90.00
	Seven week sports program that introduces the skills of Basketball to help learn fundamentals, build coordination, team teamwork and confidence. Grade Pre-K & K will practice and play on Saturday only. Grades 1 thru 8 will have a 1-hour weekday practice (day/time determined by coach). Gym shoes are required.					
Youth Fit						
	2024 Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00
	Open to ages 11-14 and consists of two one-on-one training sessions with a Wellness Staff member to learn proper cardiovascular, strength, and flexibility training. Completion is required prior to youth 11-14 utilizing the Wellness Center. You will be contacted by a staff member after you register to choose the date and time.					