



**Caylor-Nickel 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
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						
	02/20/24 - Community Fair	55 to 155	Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
	Enjoy a Subway boxed lunch and a presentation with other members!					
	03/19/24 - T-Mobile Cell Phone Basics	55 to 155	Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
	Enjoy a Subway boxed lunch and get your cell phone questions answered!					
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.					
Nutrition Seminar						
	Lowering Sodium Intake	18 to 118	Thurs.	9:30 AM - 10:30 AM	\$0.00	\$0.00
	Learn how to make lower sodium choices to help control high blood pressure					
	Shopping, Preparing and Cooking Food	18 to 118	Thurs.	9:30 AM - 10:30 AM	\$0.00	\$0.00
	This seminar will explore making healthy choices at the grocery and when you prepare food to help manage blood pressure.					
Personal Training Consultation						
	Caylor-Nickel Branch (Bluffton)	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!					
Preschool Sports						
	Preschool Indoor Soccer	4 to 6	Thurs.	10:00 AM - 10:45 AM	\$39.00	\$86.00
	Sports program for preschool ages 4-6 that focuses on the fundamentals of soccer 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					
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:					
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					



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Swim Lessons - Age 3-5yrs	<b>(1-3 Water Acclimation, Movement and Stamina)</b>					
	<b>Friday</b>	<b>3 to 5</b>	<b>Fri.</b>	<b>10:00 AM - 10:30 AM</b>	<b>\$33.00</b>	<b>\$74.00</b>
	<b>Saturday</b>	<b>3 to 5</b>	<b>Sat.</b>	<b>9:00 AM - 9:30 AM</b>	<b>\$33.00</b>	<b>\$74.00</b>
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						
Swim Lessons - Age 6-12yrs	<b>(1-3 Water Acclimation, Mvmt, Stamina)</b>					
	<b>Friday</b>	<b>6 to 12</b>	<b>Fri.</b>	<b>6:00 PM - 6:45 PM</b>	<b>\$39.00</b>	<b>\$86.00</b>
	<b>Saturday</b>	<b>6 to 12</b>	<b>Sat.</b>	<b>9:45 AM - 10:30 AM</b>	<b>\$39.00</b>	<b>\$86.00</b>
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						
Swim Lessons - Age 6-12yrs	<b>(4-6 Stroke Intro, Development, Mechanics)</b>					
	<b>Saturday</b>	<b>6 to 12</b>	<b>Sat.</b>	<b>10:45 AM - 11:30 AM</b>	<b>\$39.00</b>	<b>\$86.00</b>
Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading						
Swim Team Preparation	<b>Swim Team Prep</b>	<b>12 to 19</b>	<b>Thurs.</b>	<b>6:00 PM - 7:00 PM</b>	<b>\$41.00</b>	<b>\$91.00</b>
This class is designed to introduce young swimmers to competitive swimming and keep them in practice during the off-seasons of their respective swim teams.						
Training - CPR/AED/O2/First Aid	<b>Blended (03/12/2024)</b>	<b>15 to 100</b>	<b>Tues.</b>	<b>4:00 PM - 8:00 PM</b>	<b>\$100.00</b>	<b>\$140.00</b>
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						
Wellness Center & Equipment Orientations	<b>Wellness Center Orientation</b>			<b>No Time Specified</b>	<b>\$0.00</b>	<b>\$0.00</b>
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						
Youth Indoor Soccer	<b>Indoor - U06 (Birth Years 2018 &amp; 2019)</b>		<b>Sat.</b>	<b>No Time Specified</b>	<b>\$40.00</b>	<b>\$80.00</b>
	<b>Indoor - U08 (Birth Year 2016 &amp; 2017)</b>		<b>Sat.</b>	<b>No Time Specified</b>	<b>\$40.00</b>	<b>\$80.00</b>
	<b>Indoor - U11 (Birth Years 2013, 2014 &amp; 2015)</b>		<b>Sat.</b>	<b>No Time Specified</b>	<b>\$40.00</b>	<b>\$80.00</b>
	<b>Indoor - U15 (Birth Years 2009, 2010, 2011 &amp; 2012)</b>		<b>Sat.</b>	<b>No Time Specified</b>	<b>\$40.00</b>	<b>\$80.00</b>
	YMCA soccer is a fundamental league for participants to enhance their soccer skills as well as build character. All participants will enjoy equal playing time, positive coaching, and fun! Shinguards are required.					



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