



# Central Branch YMCA

## Fall II - 2019 Program Listing

Fall II Session (10/28-12/15)

Registration Dates (Mbr. 10/14) (Prog. Part. 10/21)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>60/90 Y Wellness</b>						
	Couch to 5K Course			No Time Specified	\$125.00	\$125.00
	Moving Through the 3 Stages of Motivation			No Time Specified	\$125.00	\$125.00
	The Power of Intention into Action			No Time Specified	\$125.00	\$125.00
<b>Active Older Adults</b>						
	Luncheon 10/25/2019		Fri.	11:00 AM - 1:30 PM	\$1.00	\$1.00
	Luncheon 11/29/2019		Fri.	11:00 AM - 1:30 PM	\$1.00	\$1.00
<b>Aquatic Fitness</b>						
	10 Punch Pass			No Time Specified	\$48.00	\$48.00
	20 Punch Pass			No Time Specified	\$93.00	\$93.00
<b>Assessments</b>						
	Body Composition	15 to 110		No Time Specified	\$0.00	\$20.00
	Fitness Assessment	15 to 110		No Time Specified	\$0.00	\$50.00
<b>English Classes</b>						
	ESL Class	18 to 100	Mon.	6:15 PM - 8:15 PM	\$0.00	\$0.00
<b>Friday Night Live</b>						
	11/15/2019	11 to 14	Fri.	7:00 PM - 10:00 PM	\$0.00	\$2.00
	12/20/2019	11 to 14	Fri.	7:00 PM - 10:00 PM	\$0.00	\$2.00
<b>New Member Receptions</b>						
	10/16/2019 (Burmese)		Wed.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	10/26/2019 (Spanish)		Sat.	10:30 AM - 11:00 AM	\$0.00	\$0.00
	10/24/2019		Thurs.	6:30 PM - 7:00 PM	\$0.00	\$0.00
	11/05/2019		Tues.	10:30 AM - 11:00 AM	\$0.00	\$0.00
	11/20/2019 (Burmese)		Wed.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	11/23/2019 (Spanish)		Sat.	10:30 AM - 11:00 AM	\$0.00	\$0.00
	11/28/2019		Thurs.	6:30 PM - 7:00 PM	\$0.00	\$0.00
<b>Parents Night Out</b>						
	10/25/19	4 to 12	Fri.	6:00 PM - 10:00 PM	\$15.00	\$25.00



### 60/90 Y Wellness

**Couch to 5K Course** - Personalized goal setting with accountability. Your Virtual Wellness Coach will help you get to the WHY and understand what your goals mean to you. A combination of live on-line instruction and individual 1:1 coaching these specialty courses are each designed to enhance our focus of building a healthy spirit, mind and body. Injury Free Running, Overcoming Inertia/Fears, Learning from Losing, Building Streaks. This course culminates in the group participating in the Ugly Sweater Run on December 20th 2019 in downtown Fort Wayne. (60 days BODY COURSE)

**Moving Through the 3 Stages of Motivation** - Personalized goal setting with accountability. Your Virtual Wellness Coach will help you get to the WHY and understand what your goals mean to you. A combination of live on-line instruction and individual 1:1 coaching these specialty courses are each designed to enhance our focus of building a healthy spirit, mind and body. Develop a deeper definition of what Motivation is to you. There are three stages we all move through, and each one is as important at the last to get us to where we want to go. In this course we will cover our fears and how they move us to change. How we can take those fears and turn them into weapons of inspiration so that we don't just quite when the fear is gone. You will learn how a "chip on your shoulder" is in fact OK, and how rewarding yourself actually might be destroying your progress! (60 days MIND COURSE)

**The Power of Intention into Action** - Personalized goal setting with accountability. Your Virtual Wellness Coach will help you get to the WHY and understand what your goals mean to you. A combination of live on-line instruction and individual 1:1 coaching these specialty courses are each designed to enhance our focus of building a healthy spirit, mind and body. Climb your ladder of consciousness in this course as we get deeper into self-talk. For whatever reason, most of our dialogue during the day is destructive, and our ego is at war with our spirit. We will go into the Power of your Intentions and knowing what they are to drive you from a place of being "In-Tension" to a place of Intention. This course will allow you to not only win your inner dialogue but help set you up to keep going further. Affirmations, visualizations, and other tools will be learned to use at your disposal if and when you ever feel yourself slipping back into your old habits. (60 days SPIRIT COURSE)

### Active Older Adults

Please join us for our Active Older Adult luncheon. We will have a guest speaker, snacks, and fun!

### After School Program

Central's After School Program is free programming and activities designed to keep your middle schooler engaged and having fun in a structured environment.

### Aquatic Fitness

### Assessments

Body Composition - This 10-minute analysis includes measurement of body fat percentage and a result report.

Fitness Assessment - This 30 to 45-minute assessment includes heart rate and blood pressure, body composition, strength, endurance, flexibility and cardiovascular testing.

### English Classes

Participants will learn basic vocabulary and phrases using the English Language. During each class, participants will learn and become familiar with the basic concepts of English. Childcare is provided upon request.

### Friday Night Live

The Y is all yours! Bring all your friends swim, play basketball, dodgeball or soccer. Challenge someone to top your skills at a game of ping pong or racquetball. Tumbling mats are available if you want to show off your moves. We will provide pizza, music and a lot of fun.

### New Member Receptions

Free program to engage new members and educate them to what all is available through their YMCA membership

### Parents Night Out

Let the YMCA entertain your child while you enjoy a night out! Activities include a pizza dinner, gym games, crafts, swimming and a movie & popcorn. Please see the registration form for



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<b>Personal Training Packages</b>						
	Personal Training 101				\$80.00	n/a
	Personal Training - 1 session				\$40.00	n/a
	Personal Training - 5 sessions				\$195.00	n/a
	Personal Training - 10 sessions				\$370.00	n/a
	Personal Training - 20 sessions				\$700.00	n/a
<b>Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&amp;B Water Discovery &amp; Exploration)</b>						
	Friday 05:30 pm	0 to 3	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Sunday 01:00 pm	0 to 3	Sun.	1:00 PM - 1:30 PM	\$25.00	\$56.00
	Tuesday 05:30 pm	0 to 3	Tues.	5:30 PM - 6:00 PM	\$25.00	\$56.00
<b>Swim Lessons - Age 3-5yrs (1-Water Acclimation)</b>						
	Friday 05:30 pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Sunday 01:00 pm	3 to 5	Sun.	1:00 PM - 1:30 PM	\$25.00	\$56.00
	Tuesday 05:30 pm	3 to 5	Tues.	5:30 PM - 6:00 PM	\$25.00	\$56.00
<b>Swim Lessons - Age 3-5yrs (2-Water Movement)</b>						
	Friday 05:30 pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Sunday 01:00 pm	3 to 5	Sun.	1:00 PM - 1:30 PM	\$25.00	\$56.00
	Tuesday 05:30 pm	3 to 5	Tues.	5:30 PM - 6:00 PM	\$25.00	\$56.00
<b>Swim Lessons - Age 3-5yrs (3-Water Stamina)</b>						
	Friday 05:30 pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Sunday 01:00 pm	3 to 5	Sun.	1:00 PM - 1:30 PM	\$25.00	\$56.00
	Tuesday 05:30 pm	3 to 5	Tues.	5:30 PM - 6:00 PM	\$25.00	\$56.00
<b>Swim Lessons - Age 3-5yrs (4-Stroke Introduction)</b>						
	Friday - 06:15 pm	3 to 5	Fri.	6:15 PM - 7:00 PM	\$28.00	\$62.00
	Sunday 01:45 pm	3 to 5	Sun.	1:45 PM - 2:30 PM	\$28.00	\$62.00
	Tuesday 06:15 pm	3 to 5	Tues.	6:15 PM - 7:00 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 6-12yrs (1-Water Acclimation)</b>						
	Friday 06:15 pm	6 to 12	Fri.	6:15 PM - 7:00 PM	\$28.00	\$62.00
	Sunday 01:45 pm	6 to 12	Sun.	1:45 PM - 2:30 PM	\$28.00	\$62.00
	Tuesday 06:15 pm	6 to 12	Tues.	6:15 PM - 7:00 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 6-12yrs (2-Water Movement)</b>						
	Friday 06:15 pm	6 to 12	Fri.	6:15 PM - 7:00 PM	\$28.00	\$62.00
	Sunday 01:45 pm	6 to 12	Sun.	1:45 PM - 2:30 PM	\$28.00	\$62.00
	Tuesday 06:15 pm	6 to 12	Tues.	6:15 PM - 7:00 PM	\$28.00	\$62.00



### Personal Training Packages

Fitness assessment and 3 personal training visits. ONE TIME PURCHASE ONLY.

### Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)

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.

### Swim Lessons - Age 3-5yrs (1-Water Acclimation)

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)

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-Water Stamina)

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 Introduction)

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 Acclimation)

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)

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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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Swim Lessons - Age 6-12yrs (3-Water Stamina)</b>						
	Friday 06:15 pm	6 to 12	Fri.	6:15 PM - 7:00 PM	\$28.00	\$62.00
	Sunday 01:45 pm	6 to 12	Sun.	1:45 PM - 2:30 PM	\$28.00	\$62.00
	Tuesday 06:15 pm	6 to 12	Tues.	6:15 PM - 7:00 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 6-12yrs (4-Stroke Introduction)</b>						
	Friday 07:15 PM	6 to 12	Fri.	7:15 PM - 8:00 PM	\$28.00	\$62.00
	Sunday 02:45 pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$28.00	\$62.00
	Tuesday 07:15 pm	6 to 12	Tues.	7:15 PM - 8:00 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 6-12yrs (5-Stroke Development)</b>						
	Friday 07:15 pm	6 to 12	Fri.	7:15 PM - 8:00 PM	\$28.00	\$62.00
	Sunday 02:45 pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$28.00	\$62.00
	Tuesday 07:15 pm	6 to 12	Tues.	7:15 PM - 8:00 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)</b>						
	Friday 07:15 pm	6 to 12	Fri.	7:15 PM - 8:00 PM	\$28.00	\$62.00
	Sunday 02:45 pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$28.00	\$62.00
	Tuesday 07:15 pm	6 to 12	Tues.	7:15 PM - 8:00 PM	\$28.00	\$62.00
<b>Swim Lessons - Teen &amp; Adult</b>						
	Adult	13 to 99	Wed.	7:30 PM - 8:15 PM	\$28.00	\$62.00
<b>Swim Lessons - Private Swim Lesson Packages</b>						
	1 session				\$24.00	\$48.00
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00
<b>Swim Lessons - Adaptive</b>						
	Sunday 12:00 pm	2 to 99	Sun.	12:00 PM - 12:45 PM	\$28.00	\$62.00
<b>Swim Team</b>						
	Bronze Group (early)	4 to 12	Mon. Wed. Thurs.	No Time Specified	\$375.00	\$375.00
	Bronze Group (late)	4 to 12	Mon. Wed. Thurs.	No Time Specified	\$375.00	\$375.00
	Gold Group	11 to 21	Mon. Tues. Wed.	1 No Time Specified	\$475.00	\$475.00
	Grey Group	4 to 10	Mon. Wed. Thurs.	No Time Specified	\$275.00	\$275.00
	High School Group	13 to 21	Mon. Tues. Wed.	1 No Time Specified	\$160.00	\$160.00
	Silver Group (early)	9 to 21	Mon. Tues. Wed.	1 No Time Specified	\$425.00	\$425.00
	Silver Group (late)	9 to 21	Mon. Tues. Wed.	1 No Time Specified	\$425.00	\$425.00



### Swim Lessons - Age 6-12yrs (3-Water Stamina)

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)

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-Stroke Development)

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:

### Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. Skills

### Swim Lessons - Teen & Adult

This program creates a welcoming environment that is designed to help adults begin to swim. They will work on basic swimming skills, endurance, stroke development, and stroke technique.

### Swim Lessons - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor

### Swim Lessons - Adaptive

Designed for individuals with special needs. In a safe and relaxed environment, participants with all abilities have the opportunity to learn to swim, practice water safety skills, and expand

### Swim Team

**Bronze Group** - The Bronze group is for our 12 & under swimmers. This group provides younger swimmers the opportunity to develop the fundamental skills of the four competitive strokes, starts, and turns, and to learn basic racing skills. Bronze focuses wholly on developing a strong foundation in technique and feel for the water. Bronze swims 3 days per week and must be legal in 3 of 4 strokes. They will work on building endurance, working on starts and turns, and learning to read a pace clock. Swimmers in the Bronze group must demonstrate LEGAL technique in all four competitive strokes to move to the Silver group.

**Gold Group** - The Gold group is for our 11 & older swimmers. This is a competitive training group designed to prepare swimmers for state and regional levels of competition. The emphasis of the Gold group is on mastering the following skills necessary to be successful competitive swimmers ? training etiquette, advanced stroke mechanics, goal setting, mental preparation, and the ability to handle more yardage and intensity. Swimmers will participate in a dry land program in addition to 5 days/week in the pool. Swimmers must make the commitment to 5 days/week practices and dry land.

**Grey Group** - This is an entry-level developmental group where the focus is placed on ensuring that athletes are having fun, forming strong team bonds, developing strong fundamental skills in freestyle and backstroke with an introduction to breaststroke, butterfly, turns and starts. Grey group is for swimmers 8 & under. Grey swims 3 days per week, and must be able to swim a 25 forward crawl or backstroke. They may have a basic understanding of additional strokes.

**High School Group** - This group is for athletes that will be swimming for their high school team and will not be able to train with the Sharks during their high school season but would still like to swim preseason and postseason.

**Silver Group** - The Silver group is for our 9 & older swimmers. This group is designed for state level athletes. The emphasis of the group is to continue developing strong technical skills as well as developing a strong aerobic base through gradually increasing the volume and intensity of both kicking and swimming work throughout the season. ? Swimmers are introduced into a dry land program. Swimmers must be able legal in all 4 strokes, able to perform starts & turns legally for all strokes, and able to read a pace clock. A 200 Freestyle and a 200 IM (legally) is required to be placed in this group.



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Teen Leaders</b>						
	2019-20		Every Other Sun	4:00-5:00PM	\$0.00	\$0.00
<b>Training - CPR/AED/Oxygen</b>						
	Blended CPR/AED/O2/ First Aid (10/17/2019)	16 to 100	Thurs.	4:30 PM - 9:00 PM	\$100.00	\$140.00
	Blended CPR/AED/O2/ First Aid (11/30/2019)	16 to 100	Sat.	12:00 PM - 4:30 PM	\$100.00	\$140.00
<b>Training - Safe Sitter Babysitting</b>						
	11/16/2019	11 to 14	Sat.	9:00 AM - 2:30 PM	\$60.00	\$90.00
<b>Wellness Center &amp; Equipment Orientations</b>						
	2019 Orientation			No Time Specified	\$0.00	\$0.00
<b>Wellness Consultation</b>						
	2019 Wellness Consultation			No Time Specified	\$0.00	\$0.00
<b>Wellness for Life Coaching Program</b>						
	3 sessions				\$0.00	\$0.00
<b>Wellness for Life 2.0</b>						
	2019 WFL 2.0			No Time Specified	\$99.00	\$99.00
<b>Y-Ambassador</b>						
	2019 Y Ambassador	18 to 118		No Time Specified	\$0.00	\$0.00
<b>YMCA Race Series</b>						
	2019 Race Series			No Time Specified	\$0.00	\$0.00
<b>Youth &amp; Government</b>						
	2019-20		Every other Sun	3:00 PM - 4:00 PM	\$0.00	\$0.00
<b>Youth Fit</b>						
	2019 Central Branch	11 to 14		No Time Specified	\$0.00	\$0.00



### Training - CPR/AED/Oxygen

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.

### Training - Safe Sitter Babysitting

This course will teach potential babysitters how to care for a choking infant or child, basic first aid, personal safety for the babysitter, injury prevention, how to care for children (feeding, diapering, etc.), preventing problem behavior, behavior management, ethics and babysitting as a business.

### Wellness Center & Equipment Orientations

Learn how to use the equipment at the Central Branch YMCA. A staff member will contact you to set up a date and time.

### Wellness Consultation

This 30-45 minute session with a Wellness Coach will allow you to explore and identify all the ways you can get involved with your membership to help with your health and wellness goals. We will also help identify next steps for you in your wellness journey.

### Wellness for Life Coaching Program

This is a free coaching program designed to support you in your pursuit of healthy living. You will meet with a Wellness Coach three times during the program and they will help guide you to set goals, provide support, offer resources and tools, and help you along your wellness journey at the Y. After registering you will be contacted to set up your first appointment.

### Wellness for Life 2.0

Wellness for Life 2.0 is the next step for those who have completed Wellness For Life. The program will have continued focuses on lifestyle changes and will have components such as habits and trigger points. The 6-session program will consist of 4 one-on-one meetings with a Wellness Coach and 2 sessions with a Personal Trainer.

### Y-Ambassador

Group exercise class ambassador program. Ambassadors help recruit, welcome and create a sense of community in classes.

### YMCA Race Series

Throughout 2019 complete any of the eligible community races and earn special YMCA Bronze, Silver, and Gold Medals and earn a Race Series shirt when you complete all requirements. The Race Series is Free but registration is required.

### Youth & Government

INYaG is an exciting opportunity for youth to step into the shoes of the individuals who run our State Government. This program provides high school youth the opportunity to study and debate public issues, experience the judicial branch of our state government, write legislation and participate in a youth legislature. Students across the state of Indiana participate in their local District Conference and culminate the experience in a three-day State conference in Indianapolis.

### Youth Fit

YouthFit consists of 2 one-on-one sessions with a Certified Personal Trainer to learn proper techniques, wellness center rules and basic exercise guidelines. Completion of this program is required before using the Wellness Center independently. For youth ages 11-14. Someone will contact you to set up a date and time.