



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RESOURCE GUIDE



# STRENGTHENING OUR COMMUNITY

YMCA OF  
GREATER FORT WAYNE

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## Our Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## Who We Are

The Y is the nation's leading not for profit committed to strengthening communities through youth development, healthy living and social responsibility.

## Our Cause

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

## Our Impact

The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities.

Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

## How We Do It

There is no other not for profit quite like the Y. That's because in 10,000 neighborhoods across the nation, we have the presence and partnership to not just promise, but to deliver, lasting personal and social change.

- The Y has local presence and national reach. We mobilize local communities to effect lasting, meaningful change.
- The Y is community centered. For nearly 165 years, we've been listening and responding to your needs.
- The Y brings people together. We connect people of all ages and backgrounds to improve the quality of life for all.
- The Y nurtures potential. We believe that everyone should have the opportunity to build a healthy spirit, mind and body. We infuse core values of caring, honesty, respect and responsibility which help to mold and shape future leaders.





# YMCA OF GREATER FORT WAYNE LOCATIONS

**1 CAYLOR-NICKEL FDN. FAMILY YMCA**  
550 West Dustman Road  
Bluffton, IN 46714

**2 CENTRAL BRANCH YMCA**  
1020 Barr Street  
Fort Wayne, IN 46802

**3 JACKSON R. LEHMAN FAMILY YMCA**  
5680 YMCA Park Drive W.  
Fort Wayne, IN 46835

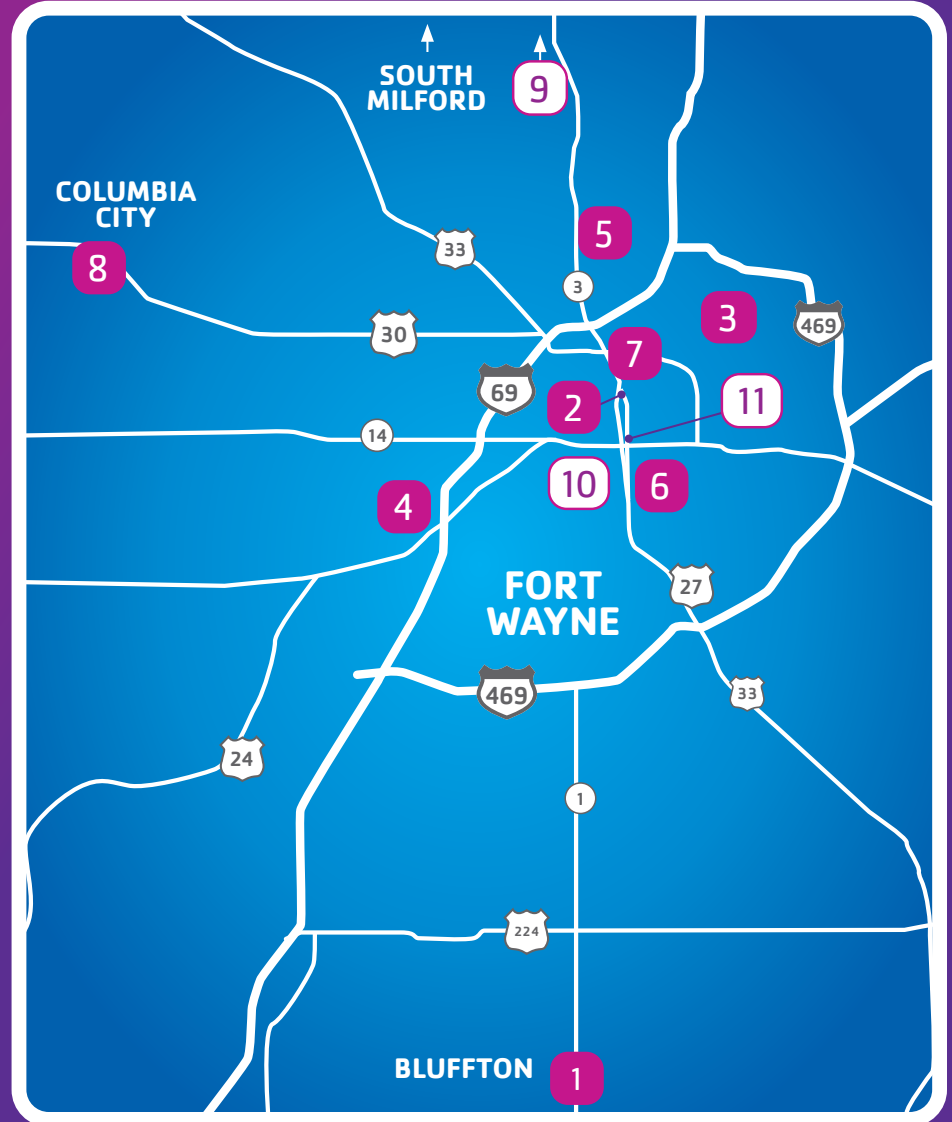
**4 JORGENSEN FAMILY YMCA**  
10313 Aboite Center Rd.  
Fort Wayne, IN 46804

**5 PARKVIEW FAMILY YMCA**  
10001 Dawsons Creek Blvd.  
Fort Wayne, IN 46825

**6 RENAISSANCE POINTE YMCA**  
2323 Bowser Avenue  
Fort Wayne, IN 46803

**7 SKYLINE YMCA**  
838 South Harrison Street  
Fort Wayne, IN 46802

**8 WHITLEY COUNTY FAMILY YMCA**  
950 East Van Buren Street  
Columbia City, IN 46725



**9 YMCA CAMP POTAWOTAMI**  
7255 East 700 South  
Wolcottville, IN 46795

**10 YMCA CHILD CARE SERVICES**  
1025 W. Rudisill Blvd, Box #7  
Fort Wayne, IN 46807

**11 YMCA YOUTH SERVICE BUREAU**  
1117 South Clinton Street  
Fort Wayne, IN 46802

 [fwymca.org/map](http://fwymca.org/map)



YMCA membership includes all 8 membership locations!

## MEMBERSHIP FACILITIES AT A GLANCE

CAYLOR-NICKEL FDN. FAMILY YMCA  
260.565.9622

CENTRAL BRANCH YMCA  
260.422.6486

JACKSON R. LEHMAN FAMILY YMCA  
260.755.4949

JORGENSEN FAMILY YMCA  
260.432.8953

PARKVIEW FAMILY YMCA  
260.497.9996

RENAISSANCE POINTE YMCA  
260.447.4567

SKYLINE YMCA  
260.755.4900

WHITLEY COUNTY FAMILY YMCA  
260.244.9622

### WELLNESS CENTER

Cardio Equipment	•	•	•	•	•	•	•	•
Free Weights	•	•	•	•	•	•	•	•
Adaptive Fitness Equipment	•	•	•	•	•	•	•	•

### FACILITY FEATURES

Athletic Fields	•		•	•	•	•		•
Chapel	•	•	•	•	•			
Climbing Wall				•	•			
Computer Lab						•		
Early Learning Center	•							•
Dance Studio	•	•	•	•	•	•	•	•
Universal Changing Room(s)	•	•	•	•	•	•	•	•
Game Room	•		•	•	•	•		•
Group Exercise Room(s)	•	•	•	•	•	•	•	•
Gymnasium	•	•	•	•	•	•	•	•
Indoor Track		•	•	•	•	•		•
Kids Play Area			•	•	•	•		
Music Room						•		
Racquetball Courts		•				•		
Sauna	•	•	•	•	•	•		•
Sensory Room			•	•	•	•		
Steam Room		•	•	•	•	•		•
Teaching Kitchen			•	•	•			
Walking Trail	•		•	•	•			•
Whirlpool	•	•		•	•			
<b>POOL/SPLASH PARK</b>								
Indoor Pool(s)	•	•	•	•	•	•		•
Outdoor Pool				•	•			
Splash Park					•	•		

• Chapel & Teaching Kitchen Coming Spring 2020 at the Jorgensen Y

For a complete list of our branch amenities & hours of operation, visit [www.fwymca.org/locations](http://www.fwymca.org/locations) or your local branch.



# WHY JOIN THE Y?

When you join the Y, you're not just a member of a facility; **you're part of something greater.** You're part of a cause-driven organization whose purpose is deeper than a pool. With a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, the Y gives you the opportunity to reach your potential.

**We're a community.** Surrounded by new friends as well as caring, knowledgeable staff, you can grow your spirit, mind and body in ways you never imagined.

**We're a not for profit organization.** Donations to the Y help eliminate financial barriers so that more children, adults, and families can join. Your support makes the Y accessible to those who want to participate but are unable to afford the cost of membership and programs.

## AS A Y MEMBER YOU RECEIVE:

- Unrestricted access to all eight locations in Allen, Whitley and Wells Counties
- Unlimited participation in hundreds of free group exercise classes like Yoga, Pilates, Zumba®, Bootcamp, Cycling and Aqua Fitness for every fitness level
- Free age appropriate care (in Child Watch/ Kids Club) for up to two hours for children on an active membership while you work out
- Free health screenings & wellness program
- As a Y member you receive reduced fees and priority registration for programs such as youth and adult sports, swim lessons, day camps and so much more!
- Nationwide Membership allows Y members to visit any participating YMCA in the United States



# I JOINED THE Y. NOW WHAT?

## Attend a New Member Reception

Take advantage of all of the benefits of your membership! After you join, please register for our free New Member Reception. In just 30 minutes, we'll help you discover the various programs we offer. Upon completion of the reception, you'll receive a \$30 Y Rewards Card! Stop by the Member Services desk for more information on upcoming reception dates.

## Sign-up for Wellness for Life

Our free Wellness for Life coaching program connects you with a trained wellness coach to support your pursuit of healthy living. Our trained, supportive staff will guide you in setting goals and provide tools and resources to help on your wellness journey! Upon completion of the program, you'll receive a \$30 Y Rewards Card! Stop by the Wellness desk to register.

## Schedule a Wellness Center Orientation

Not sure where to start in the Wellness Center? Take a tour and get a basic overview of the strength and cardio equipment available. Stop by the Wellness desk to register. Do you have children ages 11-14? Ask about YouthFit. (See pages 18 & 19)

Questions? Email us at [HereForYou@fwymca.org](mailto:HereForYou@fwymca.org) with the branch you will visit most and we can assist.

## FINANCIAL ASSISTANCE MAKES THE Y AVAILABLE TO EVERYONE.

To apply for financial assistance, complete the application form which is downloadable at [fwymca.org/financial-assistance](http://fwymca.org/financial-assistance). Gather all documents in the following list that apply to your situation: most recent 30 days of income for all wage earners, government assistance verification, social security documents, other sources of income, proof of unemployment or court orders verifying child support. Bring the documents and application to the Membership Services desk at any Y in Allen, Whitley or Wells counties. Questions? Email us at [HereForYou@fwymca.org](mailto:HereForYou@fwymca.org).



# PROGRAM REGISTRATION



## PROGRAM SESSIONS

Winter I	Winter II	Spring	Summer I	Summer II	Fall I	Fall II
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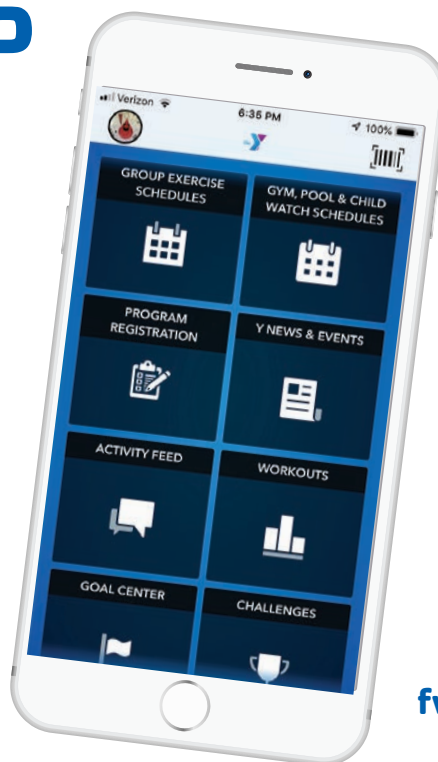
For specific program session and registration dates, visit [fwymca.org/SessionInfo](http://fwymca.org/SessionInfo) or your local branch.

## YMCA MOBILE APP

The YMCA Mobile App offers many great features that you're going to love!

- **Digital YMCA Membership Card**  
Use your smart phone to scan in at the Y.
- **Group Exercise Schedules and Other Information**  
Access hundreds of group ex class schedules plus pool, gym, child-watch and Kid's Club calendars.
- **Program Registration**  
Save time by using the app to register for programs.
- **Workouts and Goal Center**  
Keep track of your workouts and record progress toward your fitness goals.

View your fitness accomplishments. Connect with other members and cheer them on!



Scan here to  
download now!



[fwymca.org/app](http://fwymca.org/app)

# REGISTER FOR A PROGRAM:

## IN PERSON:

Stop by your local branch and the front desk staff will help get you started. To use credit vouchers or other discounts please register in person at the front desk of any one of our branches.

## ONLINE:

1. Go to [fwymca.org/programs](http://fwymca.org/programs)
2. Click **Login**
3. Create or sign in to your account
4. Find a program, click **Register**

## YMCA MOBILE APP

1. Go to [fwymca.org/app](http://fwymca.org/app) to download the YMCA App
2. Click on the Program Registration tile
3. Find the program you would like to register for, click the **Register** button at the bottom
4. Create or sign in to your online account.

View Program Schedules for program times, dates, availability and descriptions.

Some programs fill up, so early registration is important!



Visit [fwymca.org](http://fwymca.org) to view program schedules or pick up a branch specific copy at your branch.





# ENCOURAGING TEAMWORK

## SPORTS LEAGUES

*"Clayton...grew in confidence every week and was eager to do better every time! He still talks about the friends he made on that team, and can't wait to play more this winter!"*

Youth Sports at the Y are the starting point for many children to learn the importance of being active and developing healthy habits that will benefit them in life. Whether it's gaining confidence that comes from learning a new skill or building positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about fostering core values and helping kids reach their full potential.





# YMCA SPORTS LEAGUES

\*Seasons, grades, ages vary by branch. Check with your branch for additional details.

	LEAGUE NAME	GRADES VARY*	SEASONS VARY*	BRANCHES
PRESCHOOL	Coach Pitch Baseball	PreK	Summer	Jorgensen
	Flag Football	PreK	Summer, Fall	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Soccer	PreK	All	Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Youth Basketball	PreK	Spring, Fall, Winter	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
SCHOOL AGE	Coach Pitch Baseball	K - 2nd	Summer	Jorgensen
	Flag Football	K - 6th	Summer, Fall	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Soccer	K - 6th	All	Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Volleyball	2nd - 6th	Spring, Fall, Winter	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview, Whitley
	Youth Basketball	K - 6th	Spring, Winter	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
TEEN	High School Summer Basketball	9th - 12th	Summer	Jorgensen
	Soccer	7th - 8th	All	Jackson Lehman, Jorgensen, Renaissance Pointe
	Volleyball	7th - 8th	Spring, Fall, Winter	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview
	Youth Basketball	7th - 8th	Spring, Winter, Fall	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe
ADULTS	Adult Basketball	18+	All	Jorgensen, Whitley, Caylor-Nickel
	Adult Volleyball	40+	All	Whitley
	Over 40 Basketball League	40+	All	Renaissance Pointe
	Pickleball	19+	All	Whitley



PROFESSIONAL BASKETBALL

The YMCA of Greater Fort Wayne proudly partners with the Fort Wayne Mad Ants to offer Youth Basketball.





# DEVELOPING CHARACTER

**SPORTS,  
PLAY, &  
MARTIAL  
ARTS**

*"It's wonderful to watch my son grow in confidence and ability in just a short amount of time. Most importantly it was awesome to see how much FUN he had. We had such incredible coaches, my son couldn't wait to see them each week!"*



# SPORTS, PLAY & MARTIAL ARTS

Program Descriptions can be found on page 14 for Sports, Play & Martial Arts

\*Seasons, grades, ages vary by branch. Check with your branch for additional details.

	PROGRAM NAME	AGES VARY*	SEASONS VARY*	BRANCHES
PRESCHOOL	Homeschool PE	Ages 3-5	School Year	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview
	Martial Arts	5 Years Old	All	Jorgensen, Parkview
	SPARK Kids	Ages 3-5	All	Jorgensen, Parkview
SCHOOL AGE	Basketball Fundamentals & Conditioning	Grades 4-6	Summer	Jorgensen
	Drop-in Rotating Sports	Ages 11-12	All	Parkview
	Homeschool PE	Ages 6-11	School Year	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview
	Intro to Triathlon	Ages 7-12	All	Jorgensen
	Martial Arts	Ages 5-12	All	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview
	Race Training Programs	Ages 6-12	All	Caylor-Nickel, Central, Jorgensen, Parkview, Skyline
	Running (Cross Country/Running Club/Track Conditioning)	Grades 2-6	All	Jorgensen, Parkview, Whitley
	Soccer Fundamentals	Ages 5-12	Fall	Caylor-Nickel
	Teen Drop-in Basketball	6th Grade	All	Parkview
	Young Stars Track Team	Grades 1-5	Spring	Renaissance Pointe
TEEN	Basketball Fundamentals & Conditioning	Grades 7-8	Summer	Jorgensen
	Drop-in Rotating Sports	Ages 13-18	All	Parkview
	High School Basketball, Football, Spikeball	Grades 9-12	All	Jorgensen
	Homeschool PE	Ages 13-18	School Year	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview
	Intro to Triathlon	Ages 13-18	All	Jorgensen
	Late Night Basketball	Ages 16-17	All	Renaissance Pointe
	Martial Arts	Ages 13-18	All	Jorgensen, Parkview
	Pickleball	Ages 13-18	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Whitley
	Race Training Programs	Ages 13-18	All	Caylor-Nickel, Central, Jorgensen, Parkview, Skyline
	Running (Cross Country/Running Club/Track Conditioning)	Grades 7-8	All	Jorgensen, Parkview, Whitley
	Teen Drop-in Basketball/Volleyball	Grades 7-12	All	Jackson Lehman, Parkview
	Yoga Workshops	Ages 15-18	All	Parkview



# SPORTS, PLAY, & MARTIAL ARTS CONTINUED

\*Seasons, grades, ages vary by branch.  
Check with your branch for additional details.

	PROGRAM NAME	AGES/GRADES VARY*	SEASONS VARY*	BRANCHES
ADULT	40 and Over Adult Basketball	Ages 40+	Fall, Winter	Renaissance Pointe
	Adult Climb	Ages 18+	All	Jorgensen, Parkview
	Adult Futsal	Ages 14+	Fall, Winter, Spring	Caylor-Nickel, Central
	Adult Pick Up Badminton	Ages 18+	All	Jorgensen, Parkview
	Adult Pick Up Basketball	Ages 18+	All	Jackson Lehman, Parkview
	Adult Pick Up Volleyball	Ages 18+	All	Parkview, Whitley
	Late Night Basketball	Ages 18-26	All	Renaissance Pointe
	Pickleball	Ages 18+	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Whitley
	Race Training Programs	Ages 18+	All	Caylor-Nickel, Central, Jorgensen, Parkview, Skyline, Whitley
	Yoga Workshops	Ages 15+	All	Parkview

## SPORTS, PLAY, & MARTIAL ARTS PROGRAM DESCRIPTIONS

**40 and Over Adult Basketball** – A competitive fourteen week basketball league with participants being 37 years old or older with an average age of forty years old. Maximum of 12 participants per team. Each game will be officiated by licensed professionals.

**Adult Climb** – Climbing wall is reserved for members & guests 18+.

**Adult Futsal** – Futsal (also called Indoor Soccer) is a fast-paced soccer game that has smaller courts with smaller teams and smaller goals.

**Adult Pick Up Basketball/Volleyball/Badminton** – Pickup basketball/volleyball/badminton games.

**Basketball Fundamentals & Conditioning** – Program focuses on developing the grassroots of basketball, fundamentals and fun.

**Drop-in Rotating Sports** – Drop-in games of floor hockey, volleyball, soccer, and badminton.

**High School Sports Basketball, Football, Spikeball** – High school 5 on 5 league. Form your own team and play against other high school teams.

**Homeschool PE** – Physical Education class (gym & pool) with the possible addition of art for homeschool children.

**Intro to Triathlon** – This program will introduce participants to multi-sport and triathlon training. At the end of the session, participants will compete in a mini indoor triathlon with other participants of their age group.

**Late Night Basketball** – Focuses on providing teens and young adults with a positive structured, and safe environment, while exposing them to much more than basketball.

**Martial Arts (Karate, Hung Ga, Tang Soo Do, Judo)** – Goal is to instill a love for the mental, physical, and spiritual discipline into participants.

**Pickleball** – A racquet sport which combines elements of badminton, tennis, and table tennis, is the perfect way to get great exercise without overly taxing the body.

**Race Training Programs** – A variety of programs available throughout the year that focus on a goal.

**Running (Cross Country/Running Club/Track Conditioning)** – These programs help participants work on their endurance and teaches them the fundamentals.

**Soccer Fundamentals** – Teaches the techniques and skills needed to learn the sport and to improve the abilities of those that already play.

**SPARK Kids** – Using Sports, Play & Active Recreation for Kids this drop-in class provides children with high energy, rhythmic, engaging activities that foster social and motor development. Open to children with all abilities.

**Teen Drop-in Basketball/Volleyball** Pickup basketball/volleyball games.

**Yoga Workshops** – Session based yoga which educates you on the practice of yoga and the many dimensions it includes. Each day of the session will build off each other which will allow you to deepen your practice.

**Young Stars Track Team** – This track program is designed for beginners to learn the basics of track and field including form, speed and agility training, shot put, discus, and overall athletic function.

# MAKING CONNECTIONS

Through the YMCA's activities for teens, youth are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.



TEEN PROGRAM NAME	AGES/GRADES VARY*	SEASONS VARY*	BRANCHES
Cooking Classes	Grades 6-12	All	Jackson Lehman, Jorgensen
Club Pulse	Grades 6-12	School Year	Jackson Lehman
Friday Night Live/Saturday Night Fever	Grades 6-12	All	Caylor-Nickel, Parkview, Renaissance Pointe, Jackson Lehman, Jorgensen
Generation Z	Grades 6-8	School Year	Jorgensen
Hammer Time	Ages 11-18	Summer	Central
Late Night Basketball	Ages 16-25	All	Renaissance Pointe
Safe Sitter Babysitting Class	Ages 11-14	All	Jorgensen, Whitley, Parkview, Caylor-Nickel, Central
Six 33	Ages 11-15	School Year	Parkview
Skyline Urban Bike School	Ages 13-19	Spring, Summer, Fall	Skyline
SOS Achievers	Grades 6-12	School year	Renaissance Pointe
TASS The After School Spot	Grades 6-12	School year	Renaissance Pointe
Teen Leaders Club	Grades 6-12	All	Jackson Lehman, Whitley, Parkview, Renaissance Pointe, Central, Jorgensen
Teen Life Skills	Grades 6-12	School Year	Parkview
Teen Night at the Rock	Ages 11-18	All	Parkview
YMCA Youth and Government	Grades 7-12	Fall, Winter	Jackson Lehman, Parkview, Central, Renaissance Pointe, Jorgensen
Youth Chef Academy	Ages 11-18	School Year	Parkview

## TEEN PROGRAM DESCRIPTIONS

**Cooking Classes** - Instructional classes to teach participants how to cook and bake and be able to help around the kitchen.

**Club Pulse** - A positive place to come together which includes stem programming, career exploration and college readiness.

**Friday Night Live/Saturday Night Fever** - An interactive social experience to engage one other in sports, video games, music and more.

**Generation Z** - This afterschool program gives students freedom to choose from a variety of activities, with homework support available.

**Hammer Time** - This class helps students learn the basics of maintenance tools and repairs plus complete a building project.

**Late Night Basketball** - Focuses on providing teens and young adults with a positive structured and safe environment, while exposing them to much more than basketball.

**Safe Sitter Babysitting Class** - Teaches potential babysitters how to care for children. Introduces general infant/child CPR, first aid and more.

**Six 33** - Students gather for games, worship, teaching and small group huddles. Focus is on developing kids to live and lead like Jesus.

**Skyline Urban Bike School** - Students earn their own bike by learning basic bike maintenance skills and rules of the road.

**SOS achievers** - This college prep program provides student and parent workshops, college visits, volunteer and internship opportunities as well as job shadowing opportunities.

**TASS The After School Spot** - Offers academic support, service learning and life skills development. Fun activities range from the culinary arts to hip hop dance.

**Teen Leaders Club** - Focuses on leadership development, service to others, social responsibility and personal growth.

**Teen Life Skills** - Class explores fun and relevant life skills. (Includes jewelry making and car maintenance.)

**Teen Night at the Rock** - Explore positive decision making through the lenses of the 40 developmental assets while dominating the rock wall.

**YMCA Youth and Government** - Provides high school youth the opportunity to study and debate public issues, experience the judicial branch of our state government, write legislation and much more.

**Youth Chef Academy** - Learn the basics of cooking quick, simple meals. Lessons on kitchenware, safety, cleanliness and ingredient reading.





# FUELING HEALTHY HABITS

**FITNESS,  
TRAINING,  
WELLNESS &  
EDUCATION**

*"The YMCA's Diabetes Prevention program has helped me become more conscious of what I am eating, move more and make healthier choices. I love that I have become friends with the people in my group and we all really care about each other."*





# FITNESS, TRAINING, WELLNESS & EDUCATION

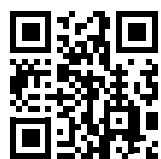
Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

\*Seasons, grades, ages vary by branch. Check with your branch for additional details.

Class Descriptions can be found on page 19 for Fitness, Training, Wellness, & Education.

	CLASS/PROGRAM NAME	AGES VARY*	SEASONS VARY*	BRANCHES
FITNESS	Group Exercise (See Below) <b>FREE!</b>	15+, Or passed YouthFit	All	All
	Corporate Challenge	Ages 18+	Summer, Fall	Caylor-Nickel, Central, Whitley
	eGym <b>FREE!</b>	15+, Or passed YouthFit	All	Skyline
	Express Workout LifeFitness Resistance	15+, Or passed YouthFit	All	Whitley
	Healthy Events & Challenges	All	All	All
	Precor Workout Tracking System <b>FREE!</b>	15+, Or passed YouthFit	All	Jackson Lehman, Skyline
	Queenax/Synergy <b>FREE!</b>	15+, Or passed YouthFit	All	Skyline, Jackson Lehman, Jorgensen, Renaissance Pointe
	Walk/Run/Swim Race Events	All	All	All

**Group Exercise** classes are a great way to meet people, boost your motivation and add variety to your workouts. Work your heart and lungs, improve muscle strength, hit the dance floor or focus on the health of your mind and body.



Get schedules, notifications and facility updates. Scan this QR code to download our FREE YMCA mobile app.

Or visit: [fwymca.org/app](http://fwymca.org/app)



**Group Exercise Classes **FREE!**** (Members only) A fun way to stay motivated and reach your personal fitness goals! Rather than jumping on a machine or going for a run, gather some friends and get a workout by moving to the beat of your favorite songs. Trained instructors lead the workout through a variety of movement combinations that exercise your muscles while you have fun at the same time. Whether it be kick-boxing - yoga - cycling or Zumba®, choose something you like and join the group! Many instructors offer adaptations for beginners so anyone can benefit regardless of their level of fitness.

**Classes include but are not limited to:** Balance and Coordination, belly dancing, Body Blast, Boot Camp, Core 15, Core 30, Cycling, Flex N Stretch, Kick Boxing, Line Dancing, Pilates, Piloxing®, PiYo®, Pound, Queenax Circuit Training, RIP, RX Fitness, SilverSneakers®, Step N Sculpt, Tabata, Tabata Shred, T-N-T (Tighten and Tone), TRX®, Turbokick®, Y-Cycle, Yoga, Yogalates, Zumba®, Zumba® Choreography, Zumba® Gold, Zumba® Toning, Water Aerobics, Outdoor Bootcamp.

# FITNESS, TRAINING, WELLNESS & EDUCATION CONTINUED

\*Seasons, grades, ages vary by branch. Check with your branch for additional details.

	CLASS/PROGRAM NAME	AGES VARY*	SEASONS VARY*	BRANCHES
TRAINING	Personal & Group Training	Ages 18+	All	All
	Lifeguarding Class	Ages 15+	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview
	Safety Course CPR/First Aid/AED	Ages 18+	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Skyline, Whitley
	Virtual Training	Ages 18+	All	All
	YouthFit <b>FREE!</b>	Ages 11-14	All	All

WELLNESS	A1C Screening	Ages 18+	All	Caylor-Nickel, Jackson Lehman, Parkview, Jorgensen
	Blood Pressure Screenings <b>FREE!</b>	Ages 18+	All	All
	Blood Pressure Self Monitoring Program	Ages 18+	All	All
	Body Composition Analysis <b>FREE!</b>	Ages 18+	All	All
	Enhance Fitness	Ages 55+	All	All
	Fitness Assessments <b>FREE!</b>	Ages 18+	All	All
	Health & Well-Being Seminars	Ages 18+	All	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	LIVESTRONG® at the YMCA <b>FREE!</b>	Ages 18+	All	Central, Jackson Lehman, Renaissance Pointe, Parkview, Jorgensen, Whitley
	Monthly Health Screenings <b>FREE!</b>	Ages 18+	All	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe
	Nutrition & Health Coaching	Ages 18+	All	All
	Obesity Wellness Network (OWN)	Ages 18+	All	Renaissance Pointe
	Pedaling for Parkinson's	Ages 18+	All	Caylor-Nickel, Parkview, Whitley
	Weight Management Programs	Ages 18+	All	All
	Whole Living Health Coaching	Ages 18+	All	Whitley
	YMCA Diabetes Prevention Program	Ages 18+	All	Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
Yoga Workshops	Ages 18+	All	Parkview	

EDUCATION	Spanish	Ages 16+	All	Central, Jorgensen, Parkview
	English as a Second Language <b>FREE!</b>	Ages 16+	All	Central
	Personal Finance	Ages 16+	All	All
	Cooking Classes	Ages 5+	All	Jackson Lehman, Jorgensen (Spring 2020)
	Youth Chef Academy	Ages 11-18	All	Parkview

## FITNESS, TRAINING, WELLNESS & EDUCATION PROGRAM DESCRIPTIONS

**A1C Screening** - Find out if you are at risk for Type 2 Diabetes with a simple blood test.

**Blood Pressure Screenings** FREE Blood Pressure Screening.

**Blood Pressure Self Monitoring Program** - Participants work with trained healthy heart ambassadors for the duration of a 4 month program.

**Body Composition Analysis** - This one-on-one assessment measures resting heart rate, blood pressure, body composition, cardiovascular endurance, muscular strength and endurance, and flexibility.

**Cooking Classes** - Learn new recipes and enjoy delicious food. May include classes such as Savory Starters, Taste the World on a Budget, Sensational Salads, & Quick Easy Meals.

**Corporate Challenge** - Bring your team's A game to various athletic competitions with other local companies.

**eGym** - An 8-piece circuit training system that is tailored to your goals and progress. This system will allow you to track workouts, perform strength tests, determine muscle imbalances and biological age.

**English as a Second Language** - 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.

**Enhance Fitness** - A senior based fitness and arthritis management program that focuses on increasing cardiovascular endurance, strength, balance and flexibility.

**Express Workout LifeFitness Resistance** - This workout is designed for those on the go or someone that wants to incorporate a total body workout in less than thirty minutes. This circuit workout incorporates machines and a timer to start and stop each exercise.

**Financial Health** - Financial Peace University is a 9 week program, and Navigating Your Finances God's Way is a 6 week program; both are a biblically-based video-driven small group study that teaches families to beat debt, build wealth and give like never before!

**Fitness Assessments** - A series of exercises that help evaluate one's overall health and physical status. Results from the tests are used as a starting point for designing an appropriate exercise program or to measure progress.

**Group Exercise** - See page 17.

**Health & Well-Being Seminars** - Designed to provide helpful information around important spiritual and health issues.

**Healthy Events & Challenges** - Various events that include Turkey Trot, Triathlon, Rat Race, Strength Challenge, Power Lifting, etc. Events, ages, branches vary.

**Lifeguarding Class** - The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical personal take over.

**LIVESTRONG® at the YMCA** - This free, 12-week program meets the needs of adults with cancer before, during and after treatment. Cancer survivors move beyond illness to reclaim wellness in spirit, mind and body.

**Monthly Health Screenings** - Services may include foot and ankle screenings, chiropractic screenings and wellness assessments.

**Nutrition and Health Coaching** - Focuses on whole food education, kitchen pantry basics, meal planning, and behavioral techniques to keep you motivated to reach your weight management goals.

**Obesity Wellness Network (OWN)** -A 12-month program designed for low income individuals who are considered clinically obese (greater than 30.0 BMI). Encourages behavior, lifestyle and dietary change.

**Pedaling for Parkinson's** - Regular exercise is an important way to treat symptoms of Parkinson's disease. This program offers a safe outlet for

patients with Parkinson's to pedal a bike.

**Personal & Group Training** - This program is for those that are just beginning to incorporate exercise and the Y into their lifestyle or those members that are looking to expand their current routines. Program includes 3 training sessions with a Certified Personal Trainer.

**Precor Workout Tracking System** - Treadmills, ellipticals and bikes with a personalized fitness experience designed to help you achieve your goals. With the Preva system you can set your weekly goals based on distance, time and calories burned and will track your weekly progress. You can choose from a variety of workout programs and with Preva's technology you can watch TV, access the Internet, watch downloaded videos and access streaming sources such as Netflix and Hulu.

**Queenax** - Reminiscent of a playground climbing frame, the Queenax system combines a hanging or suspension apparatus with various stations that allow for the latest training methods. The class is designed for functional fitness training and conditioning.

**Synergy** - A training device that combines stabilization and dynamic motion, through unique and innovative high intensity strength and cardio movements coupled with synergy's fluid force technology. HIIT style classes and workouts are popular with this apparatus.

**Safety Course CPR/First Aid/AED** - Courses are designed for anyone from the general public to professional rescuer. All participants receive course material and certification upon completing the course.

**Spanish** - Conversational Spanish class is perfect for anyone wishing to learn Spanish for the first time. Classes are taught in a fun environment with interactive activities.

**Whole Living Health Coaching** - Ideal for those seeking improved health and well-being. Provides sessions on whole food nutrition education, kitchen pantry basics, meal planning and lifestyle strategies to keep you motivated to reach your health and wellness goals.

**YMCA Diabetes Prevention Program** - In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes. The year-long program goals are to reduce body weight by 7% and increase physical activity to 150 minutes per week.

**Yoga Workshops** - Join us for this session based yoga that will educate you on the practice of yoga and the many dimensions it includes. Each session will focus on a new practice that will educate you on a certain dimension of yoga and the movement that is associated with this practice. Each day of the session will build off each other to form and educate this dimension of yoga that will allow you to deepen your practice.

**Youth Chef Academy** - Students will learn the basics of cooking quick, simple meals. Lessons on kitchenware, safety, cleanliness and ingredient reading.

**YouthFit** - A Wellness coach teaches proper equipment usage and basic exercise guidelines on strength training equipment. Completion of this program is required before using the Wellness Center.

**Walk/Run/Swim/Race Events** - Includes events such as Turkey Trot, The Spirit, Mind, Body Triathlon, Race Series, running clubs, and wellness challenges.

**Weight Management Programs** - (Including programs such as Y Weight Loss) Programs which help individuals identify ways to make small changes to their behavior to help them meet their personal lifestyle and weight loss goals.



# IGNITING PASSION

ART, MUSIC,  
DANCE &  
GYMNASTICS

*"The gymnastics program at the Y has helped my daughter gain so much confidence. She has learned new skills but also learned to believe in herself."*



# ART, MUSIC, DANCE & GYMNASTICS

\*Seasons, grades, ages vary by branch. Check with your branch for additional details.

Class Descriptions can be found on page 22 for Art, Music, Dance & Gymnastics.

	PROGRAM NAME	AGES VARY*	SEASONS VARY*	BRANCHES
INFANT & PRESCHOOL	Ballet	Ages 3-5	Spring, Fall, Winter	Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe
	Crafty Kids	Ages 3-5	Spring, Fall, Winter	Jorgensen
	Gymnastics – Preschool, Bodies in Motion	Ages 3-5	All	Jackson Lehman, Parkview, Caylor-Nickel, Jorgensen, Whitley
	Parent & Child Gymnastics	6 months -3 years	All	Jackson Lehman, Parkview, Caylor-Nickel, Jorgensen, Whitley
	<b>Music Lessons</b>			
	Guitar	5 Years Old	All	Parkview
	Preschool Music	Ages 4-6	Spring, Fall, Winter	Jorgensen
SCHOOL AGE	Ballet	Ages 6-12	Spring, Fall, Winter	Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe
	Cheerleading	Grades K-9th	All	Renaissance Pointe, Jackson Lehman
	Drawing Class	Ages 11+	All	Jackson Lehman
	Gymnastics – School Age	Ages 6-12	All	Jackson Lehman, Jorgensen, Parkview, Whitley, Caylor-Nickel
	Integrative Arts (After School Program)	6th Grade	All, School Year	Child Care, Renaissance Pointe
	Photography Class	6th Grade	Spring, Winter	Jorgensen
	<b>Music Lessons</b>			
	Guitar	Ages 6-12	All	Parkview, Caylor-Nickel
	Piano	Ages 6-12	Spring, Fall, Winter	Jorgensen, Parkview, Renaissance Pointe
	Private and Group Music Instruction	Ages 5-12	All	Renaissance Pointe, Caylor-Nickel
	String (Bass, Cello, Viola, Violin)	Ages 8+	All	Parkview
Ukulele	Ages 6-12	All	Parkview, Caylor-Nickel	
TEEN	Adult Dance	Ages 14+	All	Central
	Ballet	Ages 13+	Spring, Fall, Winter	Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe
	Cheerleading	Grades 7-9	All	Renaissance Pointe, Jackson Lehman
	Integrative Arts (After School Program)	Grades 7-12	All, School Year	Child Care, Renaissance Pointe
	Painting Class	Ages 16+	All	Jackson Lehman
	Photography Class	Grades 6+	Spring, Fall, Winter	Jorgensen
	<b>Music Lessons</b>			
	Guitar	Ages 13+	All	Parkview, Caylor-Nickel
	Piano	Ages 13-17	Spring, Fall, Winter	Jorgensen, Parkview, Renaissance Pointe
	Private and Group Music Instruction	Ages 13-17	All	Renaissance Pointe, Caylor-Nickel
	String (Bass, Cello, Viola, Violin)	Ages 13+	All	Parkview
Ukulele	Ages 13+	All	Parkview, Caylor-Nickel	



# ART, MUSIC, DANCE, & GYMNASTICS CONTINUED

\*Seasons, grades, ages vary by branch.  
Check with your branch for additional details.

	PROGRAM NAME	AGES VARY*	SEASONS VARY*	BRANCHES
ADULT	Adult Dance	Ages 18+	All	Central
	Painting Class	Ages 18+	All	Jackson Lehman
	Photography Class	Ages 18+	Spring, Fall, Winter	Jorgensen
	Music Lessons			
	Guitar	Ages 18+	All	Parkview, Caylor-Nickel
	Piano	Ages 18+	Spring, Fall, Winter	Jorgensen, Parkview, Renaissance Pointe
	Private and Group Music Instruction	Ages 18+	All	Renaissance Pointe, Caylor-Nickel
	String (Bass, Cello, Viola, Violin)	Ages 18+	All	Parkview
Ukulele	Ages 18+	All	Parkview, Caylor-Nickel	

## ART, MUSIC, DANCE, & GYMNASTICS

**Adult Dance** – Influenced by different styles, learn a routine to an entire song.

**Ballet** – Class instruction focuses on teaching correct body alignment, terminology and technique so students gain physical strength, flexibility, stamina and agility.

**Cheerleading** – The fundamentals of cheer are taught through basic stunts, jumps, motions and cheers.

**Crafty Kids** – This program is designed to give preschool children an opportunity for fun, learning and creativity. Theme based activities include games, songs, crafts, stories and more.

**Drawing Class** – Educates young people on two and three dimensional drawing, shading and other group projects.

**Guitar** – Lessons taught in a friendly, relaxed environment with experienced instructors.

**Gymnastics – Preschool, Bodies in Motion** – This class will introduce your child to tumbling and is designed for fitness and age-appropriate skill development including forward and backward rolls, cartwheels, bridges and balancing.

**Gymnastics – School Age** – Designed for beginning level gymnastics. Focus is on fitness and basic skill development. Goal is to create a fun and safe environment for participants while learning the basics of gymnastics movements.

**Integrative Arts (After School Program)** – Integrative Arts enhance YMCA preK, After school and select summer day camp programs by offering children opportunities for creative expression. By collaborating with local artists and arts groups, these traditional programs are infused with music,

dance, drumming, photography and creative writing which enrich the overall experience of each child.

**Painting Class** – Provides classes to people interested in learning about painting and projects.

**Parent & Child Gymnastics** – 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.

**Photography Class** – This class will help you capture better images by teaching you the use of light and background and various techniques that will improve your pictures.

**Piano** – Students will learn notation, rhythm and piano technique. Includes hands on activities and keyboard playing.

**PRESCHOOL Music** – Program goal is to help children grow their skills in pitch and rhythm, critical listening, creative listening and keyboard playing.

**Private and Group Music Instruction** – For all skill levels and ages. Learn from a musically trained instructor how to play an instrument, or how to use your vocal chords!

**String (Bass, Cello, Viola, Violin)** – Musician chooses between the viola, violin, cello or bass.

**Ukulele** – Lessons taught in a friendly, relaxed environment with experienced instructors.

## FREE YMCA MEMBERSHIP For 7<sup>th</sup> Graders

Do you know a local 7th grader looking for a fun place to spend time with friends? Are you a parent looking to surround your teen with positive role models? If you answered yes, then contact your local Y about a **FREE YMCA membership** for your 7th grader. (Offer valid for residents of Adams, Allen, Whitley and Wells counties.) **No purchase necessary.**





## STRENGTHENING COMMUNITY

### YMCA CHRISTIAN EMPHASIS

The YMCA mission is behind the work we do every day as we strive to love, care and serve everyone. Our history and our future prioritize meeting the needs of an ever-changing community and opening our doors to everyone.

Below are some examples of outreach efforts which reflect our Christian heritage:

**Good Friday Breakfast** – Fellowship and enjoy a positive message as part of your Easter holiday.

**National Day of Prayer** – Gather on the first Thursday in May to pray for each other.

**Fueling Your Faith Retreat** – Get away at the end of September to beautiful YMCA Camp Potawatomi to be renewed in your spirit.

**Church Partnerships** – The YMCA partners with many congregations for community service projects, spiritual development events, family life classes and collaboration on large events in local Ys. Some churches meet in a branch for weekly Sunday worship.

**Chaplaincy** – Christian clergy volunteer at local Y's to provide spiritual care to anyone seeking a listening ear or encouraging spirit.

**Community Discussion Groups** – Led by staff or volunteers. These include Bible studies, personal wellness, spiritual development, prayer groups and more.

**Enneagram Training** – Learn how to use the Enneagram to grow a healthier spirit in your relationships at home, work and in the community.

**Key Ministry Partners** – The YMCA has built a special collaboration with these organizations as we work to build a healthy spirit for all.

- **Ten Point Coalition** – A pivotal program of Fort Wayne UNITED. Includes bringing volunteers and congregations together to support the foot patrols in the Oxford Neighborhood.
- **Associated Churches of Fort Wayne and Allen County** – We foster Christian (and multi-faith) work and support families through community events such as the Father's Day 5K, the Clergy Luncheon, etc.
- **Run Hard, Rest Well** – Through retreats and classes we promote a healthier spirit.
- **NeighborLink** – A positive way for volunteers to help out their neighbors through home repair and yard improvement projects.



## ACTIVE OLDER ADULTS

# ENCOURAGING BELONGING

Older adults, individuals 55 and above, are a significant and growing segment of our communities. All adults benefit from engaging in Y activities as they enhance connections, decrease a sense of isolation and improve overall well-being. Programs will teach you how to build muscle strength, endurance and increase mobility.

**Active Older Adults** Your branch has special activities and events such as luncheons, Euchre and more! This program is for active older adults wanting to stay busy and meet new people.

**Active Older Adult Outings** Watch for information and registration dates for fun outings for the active older adult community! These events consist of trips to plays, flea markets, restaurants and conventions.

**Active Older Adult Wellness Education** These wellness/preventative educational seminars are open to all active older adults. We combine food, fun and fellowship while enjoying a guest speaker or a fun activity.

**Group Exercise Classes Including:** Active Older Adult Zumba Gold®, SilverSneakers® Circuit, SilverSneakers® Classic and Enhance Fitness. Check online at [fwymca.org](http://fwymca.org) or download our app to see the current group exercise schedules. (Members only)

## SENSORY ROOM

### Jackson R. Lehman Family YMCA

Engaging adults and children with sensory processing conditions can be a challenging task, especially since a lot of learning equipment can be daunting. The Sensory Room at the Jackson R. Lehman Family YMCA was designed to make the Y available to ALL.

The Sensory Room has many benefits, including:

- Therapeutic space with specialized equipment
- Personalized sensory input to help participants calm down and focus so they are better prepared to interact with others
- Safe environment overseen by trained staff
- Place to reduce tension and agitation while promoting individualized learning
- Specifically designed and utilized for soothing sensory stimulation
- Promotes relaxation and creates positive change
- Space for children to bond with their caregivers to form strong relationships to be carried into everyday life
- Multisensory room that benefits individuals with varying diagnoses

Questions? Visit the Membership Services desk at the Jackson R. Lehman Family YMCA.



[fwymca.org/sensory-room](http://fwymca.org/sensory-room)

## FAMILY PROGRAMS AND EVENTS

# STRENGTHENING FAMILY BONDS

Serving families has always been at the heart of the Y. We are a place where you can find respite from social, economic and educational challenges and learn how to overcome them. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance and become more engaged with the community. Just a few of our family programs include:

- Summer cookouts and fishing derbies, Dive-In Movies
- Trip to Wrigley Field to see a Chicago Cubs game, Ski in Michigan, Canoeing
- Holiday events at the Y for Halloween, Christmas and Easter
- Classes to encourage family well-being such as Positive Discipline
- Countless free social events, family nights and activities including Nerf Night and so much more!

No matter what your family is interested in, we have the perfect activity for you! Inquire at the front desk or check out our latest program listing for all the great family activities we offer.





# STRENGTHENING CONFIDENCE

## SWIM LESSONS & AQUATICS

*"The Y has changed my life! Because of the Y and the pool, I've lost 55lbs and still counting. My strength and stamina are better and my overall well-being has improved. The Y has also given me many new friends who've made a big difference in my life."*

Swimming is a life-long skill that helps participants build confidence which can lead to a healthy, enjoyable lifestyle. Swimming lessons not only focus on the skills of the sport but also emphasize the importance of being safe in, on and around the water. Lessons are taught in stages beginning with the age that corresponds to a child's development. Students within each age group are taught the same skills.





# SWIM LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN – ADULT:**  
STAGES 1–6

Students within each age group are taught the same skills, but start at the stage that corresponds to their development. (See questions below)

## WHICH STAGE IS THE STUDENT READY FOR?

## STAGES:

Can the student respond to verbal cues and jump on land?

If NO, begin with **STAGE A**.  
If YES, continue to the next question.

**A / WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

If NO, begin with **STAGE B**.  
If YES, continue to the next question.

**B / WATER EXPLORATION**

Will the student go under water voluntarily?

If NO, begin with **STAGE 1**.  
If YES, continue to the next question.

**1 / WATER ACCLIMATION**

Can the student do a front and back float on his or her own?

If NO, begin with **STAGE 2**.  
If YES, continue to the next question.

**2 / WATER MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

If NO, begin with **STAGE 3**.  
If YES, continue to the next question.

**3 / WATER STAMINA**

Can the student swim 15 yards of front and back crawl?

If NO, begin with **STAGE 4**.  
If YES, continue to the next question.

**4 / STROKE INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

If NO, begin with **STAGE 5**.  
If YES, continue to the next question.

**5 / STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

If NO, begin with **STAGE 6**.  
If YES, ask about swim teams or lifeguarding.

**6 / STROKE MECHANICS**

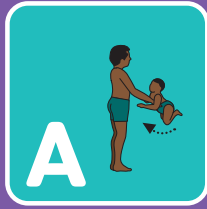
\*Families take a variety of forms so we define **parent** to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



# SWIM STAGES & DESCRIPTIONS

## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



### WATER DISCOVERY

Infants and toddlers are introduced to the aquatics environment.



### WATER EXPLORATION

Focuses on learning body positions, blowing bubbles and practicing fundamental safety and aquatic skills.

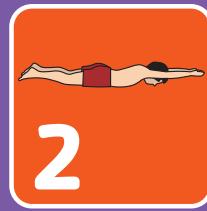
## SWIM BASICS

Recommended skills for all to have around water. Students learn personal water safety and achieve basic swimming competency by learning benchmark skills.



### WATER ACCLIMATION

Students are introduced to the pool, develop safe water habits, become comfortable with under water exploration and learn to safely exit a body of water. This introductory stage builds the foundation for the student's future progress in swimming.



### WATER MOVEMENT

Students focus on body position and control, forward movement, directional change and basic self-rescue skills.



### WATER STAMINA

Students learn basic stroke techniques, rotary breathing and integrated arm and leg action. In the event they fall into a body of water, children learn how to swim, move to safety and exit.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, refine skills and improve stamina.



### STROKE INTRODUCTION

Students develop the basic frontcrawl and backcrawl strokes and are introduced to components of the breaststroke and butterfly strokes. Students also build endurance and practice safety techniques for deep water.



### STROKE DEVELOPMENT

Students continue to work on their stroke techniques and are introduced to all competitive strokes. Swimmers develop stamina in the basic frontcrawl and backcrawl strokes, learn the breast and butterfly strokes. Deep water safety and endurance are also reinforced.



### STROKE MECHANICS

Swimmers refine their stroke technique on all major competitive strokes and learn about competitive swimming. Swimmers develop endurance in the competitive strokes, learn skills related to competitive swimming, enhance techniques and build endurance in deep water.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.

# AQUATICS PROGRAMS

Class Descriptions can be found on pages 28, 30 for Aquatics Programs

\*Seasons, grades, ages vary by branch.  
Check with your branch for additional details.

	PROGRAM NAME	AGES VARY*	SEASONS VARY*	BRANCHES
INFANT +	Stage A WATER DISCOVERY - PARENT CHILD	Ages 6 months - 3 years	All	All except Skyline
	Stage B WATER EXPLORATION - PARENT CHILD	Ages 6 months - 3 years	All	All except Skyline
PRESCHOOL	Stage A WATER DISCOVERY - PARENT CHILD	Ages 3-5	All	All except Skyline
	Stage B WATER EXPLORATION - PARENT CHILD	Ages 3-5	All	All except Skyline
	Stage 1 WATER ACCLIMATION	Ages 3-5	All	All except Skyline
	Stage 2 WATER MOVEMENT	Ages 3-5	All	All except Skyline
	Stage 3 WATER STAMINA	Ages 3-5	All	All except Skyline
	Stage 4 STROKE INTRODUCTION	Ages 3-5	All	Central, Jorgensen, Renaissance Pointe, Whitley
	Homeschool Swim Lessons	Ages 3-5	Spring, Fall, Winter	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview
	Private Swim Lessons	Ages 3-5	All	All except Skyline
SCHOOL AGE	Stage 1 WATER ACCLIMATION	6-12 years	All	All except Skyline
	Stage 2 WATER MOVEMENT	6-12 years	All	All except Skyline
	Stage 3 WATER STAMINA	6-12 years	All	All except Skyline
	Stage 4 STROKE INTRODUCTION	6-12 years	All	All except Skyline
	Stage 5 STROKE DEVELOPMENT	6-12 years	All	All except Skyline
	Stage 6 STROKE MECHANICS	6-12 years	All	All except Skyline
	Homeschool Swim Lessons	Ages 6-12	Spring, Fall, Winter	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview
	Introduction to Triathlon	Ages 7-12	All	Jorgensen
	Pooligans	Ages 9-12	All	Jorgensen, Parkview
	Private Swim Lessons	Ages 3-12	All	All except Skyline
	SCUBA - I tried	Ages 10+	Spring, Summer	Parkview
	SCUBA (Full certification Course)	12 years old	Spring, Summer	Parkview
	Spirit, Mind, Body Triathlon	12 years old	Summer	Jorgensen
	Triathlete Swim Class	12 years old	Winter, Spring	Parkview
	YMCA Swim Teams	Ages 5-12	Fall, Winter	Central, Whitley
Youth Swim Conditioning	Ages 6-12	Spring, Winter	Caylor-Nickel, Central, Jackson Lehman	

Adaptive Swimming Class see pages 35-37



# AQUATICS PROGRAMS CONTINUED

	PROGRAM NAME	AGES	SEASONS	BRANCHES
TEENS	Homeschool Swim Lessons	Ages 13-14	Spring, Fall, Winter	Caylor-Nickel, Jackson Lehman, Jorgensen, Parkview
	Lifeguarding Class	Ages 15-18	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe
	Pooligans	Ages 13-14	All	Jorgensen, Parkview
	Private Swim Lessons	Ages 13-18	All	All except Skyline
	SCUBA - I tried	Ages 13-18	Spring, Summer	Parkview
	SCUBA (Full certification Course)	Ages 13-18	Spring, Summer	Parkview
	Spirit, Mind, Body Triathlon	Ages 13-18	Summer	Jorgensen
	Teen Swim Lessons	Ages 13-18	All	All except Skyline
	Triathlete Swim Class	Ages 13-18	Winter, Spring	Parkview
	YMCA Swim Teams	Ages 13-18	Fall, Winter	Central, Whitley, Jorgensen
	Youth Swim Conditioning	Ages 13-18	Spring, Winter	Caylor-Nickel, Central, Jackson Lehman
ADULTS	Adult Swimming	18 years old+	All	All except Skyline
	Lifeguarding Class	18 years old+	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe
	Masters Swim Team	18 years old+	All	Caylor-Nickel, Jackson Lehman, Jorgensen
	Private Swim Lessons	18 years old+	All	All except Skyline
	SCUBA - I tried	18 years old+	Spring Summer	Jackson Lehman, Parkview
	SCUBA (Full certification Course)	18 years old+	Spring Summer	Jackson Lehman, Parkview
	Spirit, Mind, Body Triathlon	18 years old+	Summer	Jorgensen
	Swim Incentive Challenge	18 years old+	All	Jorgensen, Parkview

## AQUATICS PROGRAM DESCRIPTIONS

**Adult Swimming** - Available for all skill levels to help review basic swimming skills and encourage healthy habits.

**Homeschool Swim Lessons** - For home school students interested in swim lessons in addition to other home school gym time.

**Introduction to Triathlon** - Participants will be introduced to multi-sport and triathlon training. They will learn tips and tricks to have more endurance, improved technique and better pacing while swimming, biking and running. Participants compete in a mini indoor triathlon to beat their best times.

**Lifeguarding Class** - Provides knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Provides care breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical personal take over. Successful completion of this course includes certification in Lifeguarding, CPR/AED, Emergency Oxygen, and First Aid.

**Masters Swim Team** - Practices are organized with specific objectives and tailored to individual abilities.

**Pooligans** - Focuses on fun in the water. Learn fun pool games like Water Polo, Water Quidditch & Aqua Zumba.

**Private Swim Lessons** - Offered for those who prefer one-on-one learning at their own pace. To request private swim lessons please inquire at the Member Services Desk.

**SCUBA - I tried** - One hour "mini" course allows non-divers to experience the magic of SCUBA in the pool under the supervision of our instructional staff.

**SCUBA (Full certification course)** - Course consists of pool instruction and classroom instruction to learn techniques and procedures to become a safe, confident, Eco-conscious diver.

**Spirit, Mind, Body Triathlon** - Super Sprint Triathlon with adult and youth categories.

**Stage A, B, 1, 2, 3, 4, 5, 6** - (See page 28)

**Swim Incentive Challenge** - The Swim Incentive challenge is a fun and competitive challenge designed to jump start your health goals and motivate you to stay on track and keep things interesting. The challenge changes throughout the year to keep everything fun and exciting.

**Teen Swim Lessons** - Swimmers focus on developing competitive strokes and increasing endurance. Teens are introduced to exercise drills and how to develop an exercise plan.

**Triathlete Swim Class** - Focuses on developing an efficient front crawl stroke for swimming longer distances, such as triathlons or physical conditioning.

**YMCA Swim Teams** - Introduction to the world of competitive swimming. Focus is on technique, learning the four competitive strokes, and developing endurance.

**Youth Swim Conditioning** - Perfect your strokes and increase endurance. This conditioning focuses on stroke development, technique and endurance.

# INTERNATIONAL SERVICE TRIPS

For many years, diverse teams of service-minded people between 18 to 76 years old have immersed themselves in a variety of Service Trips run by the YMCA of Greater Fort Wayne. Members, non-members, staff and volunteers from YMCAs around the country have served or benefited more than 1,800 individuals and contributed more than 9,600 volunteer service hours to support the work of the YMCAs in Chile and Peru.



In collaboration with local businesses, universities and entities such as Parkview Hospital, we have conducted Medical Health Campaigns that focus on women's and family health in the areas of gynecology, dentistry, ultrasounds, labs and general medicine in rural areas in Arequipa, Peru.

At the YMCA, it is an integral part of our mission to educate the community about the broader scope of the Y and its global work. We added new service opportunities to the YMCAs in Germany and Patagonia. To learn more, find additional details and/or apply, please visit our website: [fwymca.org/service-trips](http://fwymca.org/service-trips).

# THE BIKE HUB AT THE SKYLINE YMCA

The indoor bike hub, located in the Skyline Parking Garage off of Berry Street in Fort Wayne, is a secured storage unit with bike racks for bike storage downtown. For a monthly fee bikes are kept in a storage unit but accessible 24 hours a day using a secured access code. Make arrangements to secure a bike rack through Fort Wayne Outfitters located inside of the Skyline YMCA.







STRENGTHENING  
**EACH OTHER**

**COMMUNITY  
PROGRAMS &  
VOLUNTEERISM**

*"I am working hard now because I see success in my future... Thank you...for everything you've done for my education and for supporting me. I love you all."*

*- SOCAP Participant*



# COMMUNITY PROGRAMS & VOLUNTEERISM

We understand the challenges that keep individuals from reaching their full potential and respond with services and support which help people to be self-reliant, productive and connected to the community. We address the unique needs of our neighborhoods through services focused on critical areas, such as child welfare, community health, job training, environmental education, quality of life and family services and volunteerism.

## YMCA YOUTH SERVICE BUREAU PROGRAMS

### Anti-Graffiti Network

Youth involved in community service paint over graffiti throughout the area. In 25 years, we have cleaned graffiti from more than 72,000 sites in Fort Wayne. To report graffiti to be removed, call the Anti-Graffiti Hotline at 260.449.4747.

### Family Group Decision Making

Working together with families of at-risk youth and professional facilitators, we help develop an action plan while teaching families to recognize and utilize their own strengths to fix current problems and prevent future conflicts.

### Youth Advocate Mentoring

A Youth Advocate provides in-depth mentoring and case management to selected youth with the goal of helping them to succeed at home and in their education to graduate from high school. A key part of this program is getting youth connected to YMCA programs that provide structure, skill-building and learning opportunities.

### Safe Place Program

This is a national youth outreach and prevention program for young people in need of immediate help and safety. Safe Place designates businesses and organizations as Safe Place locations, making help readily available to youth in communities across the country. Locations include: YMCAs, fire stations, various businesses, and social service facilities. 24 Hour Number: 260.466.7077.

### Status Offender Court Alternative Program (SOCAP)

Partnering with local school districts and courts, SOCAP works to keep youth in school and on track to graduation and avoid the juvenile justice system by providing them with problem-solving skills to create individual action plans.

### Hit the Spot

Renaissance Pointe YMCA provides a hot and healthy dinner Monday through Friday for kids who are 18 and under. This program is free and is open to anyone who is 18 and under.

### Military Outreach Initiative

The Y proudly offers memberships to eligible military families and personnel to provide extra support during a time when loved ones are deployed away from home. For more information about eligibility requirements please contact the front desk at your local branch or go to ASYMCA.org.

### Y On the Fly

Kids are invited to check out the Y on the Fly van which is part of a free community program offered to 10 locations in under-served neighborhoods. It includes fun, active play and educational activities that inspire kids to stay active and explore throughout the summer.

### Skyline Urban Bike School (SUBS)

Youth are trained by volunteers on the basics of bicycle repairs, care, and riding safety, with the opportunity to earn a free bike. This program is led by volunteers during the Spring and Fall in partnership with Skyline YMCA and Heart of the City Ministries.

## SAFETY PROGRAMS

### American Red Cross Safety Courses

(Ages 11+, age ranges vary by branch)

Learn lifesaving skills such as CPR/AED, Administering Emergency Oxygen and First Aid. Classes are taught by certified American Red Cross instructors. Ideal for anyone who needs this certification for employment, works with the public or who wants to have the knowledge and skill to help in an emergency situation.

### Water Safety and First Aid Education

Becoming a professional rescuer helps you become mentally, physically and emotionally prepared for life's challenges while developing leadership skills. The Y offers classes and certification in CPR/AED/Administering Emergency Oxygen/Blood-borne Pathogens, CPR/AED Recertification, Standard First Aid and Lifeguarding. For a complete list of classes offered, schedules and prerequisites, contact your local branch.

## The YMCA offers a variety of opportunities for volunteerism including:

### AT YOUR LOCAL YMCA

- Branch Board Member
- Branch Committee member (ask your local Y for available committees)
- Youth Sports Coach
- Read books to children
- Help kids with homework
- Work with Teens in afterschool programs
- Group Exercise Ambassador
- Large Special Events (holidays, seasonal, races, etc.)
- Trail and grounds clean-up

### IN THE COMMUNITY

- One time special projects (offered each month) that serve someone in the community. (ie: paint a house for an elderly person, clean up a local park)
- On going volunteer commitment in the community (collect coats for kids, backpacks for students, school buddy mentoring program, riverside clean up, Christmas family gifts, and more.)
- Key volunteer partners include: Volunteer Center, Big Brothers Big Sisters, NeighborLink, Tri-State Watershed Alliance, Rescue Mission, Bridge of Grace Compassionate Ministries, United Day of Caring, Fort Wayne Parks and Recreation, and more.

For a full list of volunteer opportunities through the YMCA or via our partnerships in the community visit [fwymca.org/programs/volunteerism](http://fwymca.org/programs/volunteerism).



# INSPIRING CONFIDENCE

## ADAPTIVE & INCLUSIVE PROGRAMS

"Lily really enjoys EVERYTHING about karate: showing off how much she has learned, getting a stripe on her belt, practicing while her brother is practicing, wearing her karate gi, feeling a sense of accomplishment after doing a combination...Lily has gained the knowledge and belief that she can 'do what the other kids are doing.'"

At the Y, our mission is to be for all. We provide an array of adaptive and inclusive programs (LEAP: Learning Experiences through Adaptive Programs). Whether you're a beginner, a seasoned athlete, or just want to have fun, come explore our adaptive programs. All pools provide zero entrance ramps or handicap accessible lifts. We also have a state-of-the-art sensory room at our Jackson R. Lehman Family YMCA.



**ADAPTIVE PROGRAMS**

For individuals with physical, developmental and intellectual disabilities who choose to participate in activities alongside others with diverse abilities. We adapt programs as needed and strive to provide a variety of options for participants to choose from.

**INCLUSIVE PROGRAMS**

For individuals with and without diverse abilities to participate in activities and classes together. These specific programs and events are created to provide an atmosphere where all can thrive.

\*Seasons, grades, ages vary by branch. Check with your branch for additional details. As we continue to grow and pilot new programs, locations and details may vary. Contact the Director of Adaptive Services for specifics at 260.755.4961.

	PROGRAM NAME	TYPE	AGES VARY*	SEASONS VARY*	BRANCHES/LOCATION*
<b>PRESCHOOL</b>	Adaptive Family Camp	Adaptive	All	Spring	Camp Potawatami
	Adaptive Music	Adaptive	Ages 2-5	Fall, Spring	Parkview, Jackson Lehman
	Adaptive & Inclusive Pom/Cheer	Adaptive & Inclusive	5 Years Old	Summer	Jorgensen, Caylor-Nickel
	Adaptive Sports (Baseball, Basketball, Soccer, Skills & Drills)	Adaptive	Ages 4-5	Fall, Summer, Winter	World Baseball Academy, Jorgensen, Renaissance Pointe, Whitley
	Adaptive Swim Lessons	Adaptive	Ages 4-5	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Dream Team T-Ball	Inclusive	All	Summer	Caylor-Nickel
	Parents Night Out (Respite)	Inclusive	Ages 4-5	All	Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe
	Sensory Friendly Events	Inclusive	All	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	SNAP (Special Needs Aquatic Playtime)	Inclusive	All	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Social Skills & Fun with Friends	Adaptive	Ages 4-5	Fall	Jorgensen
<b>SCHOOL AGE</b>	Adaptive Arts (Art, Music)	Adaptive	Ages 5-12	Winter, Spring, Fall	Parkview, Jackson Lehman, Renaissance Pointe
	Adaptive Day Camp	Adaptive	Ages 6-12	Winter	Jackson Lehman
	Adaptive Family Camp	Adaptive	All	Spring	Camp Potawatami
	Adaptive & Inclusive Pom/Cheer	Adaptive & Inclusive	Ages 6-12	Summer	Jorgensen, Caylor-Nickel
	Adaptive Sports (Baseball, Basketball, Karate, Soccer, Skills & Drills, Tennis)	Adaptive	Ages 6-12	All	World Baseball Academy, Parkview, Jorgensen, Renaissance Pointe, Whitley, Turnstone
	Adaptive Swim Lessons	Adaptive	Ages 6+	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Bang the Drum	Inclusive	15+, Or passed YouthFit	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Dancing with Diverse Abilities	Adaptive	Ages 5-12	Fall	Jackson Lehman, Renaissance Pointe
	Dream Team T-Ball	Inclusive	All	Summer	Caylor-Nickel
	Inclusion Camp	Inclusive	Ages 5-10	All	Caylor-Nickel
	Parents Night Out (Respite)	Adaptive & Inclusive	Ages 6-12	All	Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe
	Sensory Friendly Events	Inclusive	All	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	SNAP (Special Needs Aquatic Playtime)	Inclusive	All	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley



# ADAPTIVE & INCLUSIVE PROGRAMS CONTINUED

\*Seasons, grades, ages vary by branch. Check with your branch for additional details. As we continue to grow and pilot new programs, locations and details may vary. Contact the Director of Adaptive Services for specifics at 260.755.4961.

	PROGRAM NAME	TYPE	AGES VARY*	SEASONS VARY*	BRANCHES/LOCATION*
SCHOOL AGE	Social Skills & Fun with Friends	Adaptive	Ages 5-10	Fall	Jorgensen
	Swimming with Special Needs (Swim Team)	Adaptive	Ages 8-12	Fall, Winter	Jackson Lehman
	Trail Buddies	Inclusive	All	Spring, Summer, Fall	Jorgensen, Parkview (Spring 2020)
	Y Buddies	Inclusive	Ages 8-12	All	Caylor-Nickel, Jorgensen, Parkview, Renaissance Pointe
TEEN	Adaptive Sports (Baseball, Karate, Skills & Drills, Tennis)	Adaptive	Ages 13-18	All	Jorgensen, Parkview, Renaissance Pointe, Whitley, Turnstone, World Baseball Academy
	Adaptive & Inclusive Pom/Cheer	Adaptive & Inclusive	Ages 13-18	Summer	Jorgensen, Caylor-Nickel
	Adaptive Arts (Art, Music)	Adaptive	Ages 13-18	Spring, Fall, Winter	Parkview, Jackson Lehman, Renaissance Pointe
	Adaptive Conditioning	Adaptive	Ages 13-18	Winter	Parkview, Whitley
	Adaptive Day Camp	Adaptive	Ages 13-14	Winter	Jackson Lehman
	Adaptive Family Camp	Adaptive	All	Spring	Camp Potawatomi
	Adaptive Swim Lessons	Adaptive	Ages 13+	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Bang the Drum	Inclusive	15+, Or passed YouthFit	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Community Partnerships (Socials)	Adaptive	Ages 13+	All	YMCA, Turnstone, Camp Red Cedar
	Dream Team T-Ball	Inclusive	All	Summer	Caylor-Nickel
	Parents Night Out (Respite)	Adaptive	Ages 13-18	All	Jackson Lehman, Whitley
	Sensory Friendly Events	Inclusive	All	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	SNAP (Special Needs Aquatic Playtime)	Inclusive	All	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Swimming with Special Needs (Swim Team)	Adaptive	Ages 13+	Fall, Winter	Jackson Lehman
	Trail Buddies	Inclusive	All	Spring, Summer, Fall	Jorgensen, Parkview (Spring 2020)
Y Buddies	Inclusive	Ages 13+	All	Caylor-Nickel, Jorgensen, Parkview, Renaissance Pointe	
ADULT	Adaptive & Inclusive Pom/Cheer	Adaptive & Inclusive	Ages 18-25	Summer	Jorgensen, Caylor-Nickel
	Adaptive Arts (Art, Music)	Adaptive	Ages 18+	Spring, Fall, Winter	Parkview, Jackson Lehman, Renaissance Pointe
	Adaptive Baseball	Adaptive	Ages 18-25	Fall	World Baseball Academy
	Adaptive Conditioning	Adaptive	Ages 18+	Winter	Parkview, Whitley
	Adaptive Family Camp	Adaptive	All	Spring	Camp Potawatomi
	Adaptive Swim Lessons	Adaptive	Ages 18+	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley

	PROGRAM NAME	TYPE	AGES VARY*	SEASONS VARY*	BRANCHES/LOCATION*
ADULT	Bang the Drum	Inclusive	18+	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Community Partnerships (Socials)	Adaptive	Ages 18+	Spring, Fall	YMCA, Camp Red Cedar
	Dream Team T-Ball	Inclusive	Ages 18+	Summer	Caylor-Nickel
	Parents Night Out (Respite)	Adaptive	Ages 18+	All	Jackson Lehman, Whitley
	Parent Support Group	Adaptive	All	All	Jorgensen
	Sensory Friendly Events	Inclusive	All	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	SNAP (Special Needs Aquatic Playtime)	Inclusive	All	All	Caylor-Nickel, Central, Jackson Lehman, Jorgensen, Parkview, Renaissance Pointe, Whitley
	Swimming with Special Needs	Adaptive	Ages 18+	Fall, Winter	Jackson Lehman
	Trail Buddies	Inclusive	All	Spring, Summer, Fall	Jorgensen, Parkview (Spring 2020)
Y Buddies	Inclusive	Ages 18+	All	Caylor-Nickel, Jorgensen, Parkview, Renaissance Pointe	

## ADAPTIVE & INCLUSIVE PROGRAM DESCRIPTIONS

**Adaptive Sports (Baseball, Basketball, Karate, Soccer, Skills & Drills, Tennis)** -Through participation in the sports program, participants learn related skills and how to feel more positive about themselves in a safe & relaxed environment, which promotes success mixed with fun & play.

**Adaptive & Inclusive Pom/Cheer** -This class combines music, rhythm, cheer and creativity. Participants will learn upbeat and exciting routines, while making friends and working together as a team.

**Adaptive Arts (Art, Music)** - These therapeutic classes allow participants to engage in therapeutic music and art making experiences in a sensory-friendly environment. Participants will also learn social skills and work to increase focus on tasks.

**Adaptive Conditioning** - This class teaches various wellness activities to focus on the importance of physical activity and the fun that can come with it and is specifically designed for those with diverse abilities.

**Adaptive Day Camp** - These camps provide an array of recreational activities for the participants, as well as opportunities for socialization and fun! In addition, these camps provide a time of respite for caretakers.

**Adaptive Family Camp** - Gives parents, grandparents, and children a chance to enjoy camp activities while spending time relaxing with the whole family. Enjoy activities such as canoeing, archery, climbing and more!

**Adaptive Swim Lessons** - 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. A participant will learn to feel more positive about themselves in a safe and relaxed environment.

**Bang the Drum** - A class which combines traditional aerobic movements with the powerful beat and rhythm of the drums.

**Community Partnerships (Socials)** -The YMCA of Greater Fort Wayne has partnered with Turnstone, Easter Seals ARC and Camp Red Cedar to provide social events for those with disabilities in our community.

**Dancing with Diverse Abilities** -Through a partnership with the Fort Wayne Dance Collective, Dancing with Diverse-Abilities is for children with varying physical, developmental and intellectual disabilities.

**Dream Team T-Ball** -Dream Team is a program that provides great opportunities to belong and achieve for children ages 3+ with physical, developmental and intellectual disabilities.

**Inclusion Camp** - Inclusion camp provides campers of all abilities with the opportunity to participate in planned activities, such as gym games, art projects, song singing, outside play and learning learn about the YMCA's core values.

**Parent Support Group** -Join our parent support group, designed for caretakers of those with special needs.

**Parents Night Out (Respite)** - This program encourages children to make friends and socialize with their peers, while providing a time of self-care for the parents and caregivers.

**Sensory Friendly Events** - Our sensory friendly programming focuses on providing fun and inclusive programming, while being aware of sensitivities to various stimuli.

**SNAP (Special Needs Aquatic Playtime)** - Provides an unstructured pool time designated for those with physical, developmental and intellectual disabilities and their families/caregivers.

**Social Skills & Fun with Friends** -Join our social skills class, specifically designed for those with physical, developmental and intellectual disabilities, where each week we will focus on social skills to build friendships and engage with others.

**Swimming with Special Needs (Swim Team)** -This introductory swim team is designed for those ages 8+ with developmental disabilities to learn skills related to competitive swim.

**Trail Buddies** -Trail Buddies invites people who have a disability or who are unable to pedal a bike independently to go for a ride in the fresh air.

**Y Buddies** -Y Buddies is a program that connects individuals with physical, developmental and intellectual disabilities with volunteers to participate together in programs, classes and activities at the Y!



# PROMOTING ACCOMPLISHMENTS

At YMCA Camp Potawotami we focus on the ABCs of Camping – working to increase camper’s sense of Accomplishment and Belonging while they learn about positive Character traits and values. Our tools are well-trained staff, carefully planned programs and safe, clean facilities.

YMCA Camp Potawotami is a lot of fun: swimming, games, songs, skits, campfires, mud hikes, climbing, archery, arts and crafts and more are packed into one week, more than most kids experience all summer. Camp is located in Wolcottville, Indiana and offers half week and week-long summer resident camp programs for children age 6 or older. Questions? Email [Camp@fwymca.org](mailto:Camp@fwymca.org).

**YMCA CAMP  
POTAWOTAMI**

[www.fwycamp.org](http://www.fwycamp.org)

*“I send my child to Camp Potawotami because I want her to experience new things and gain confidence in herself. We want her to increase her self-esteem and try new things!”*



**SUMMER RESIDENT CAMPS:**

**MINI CAMP | Ages 6-8**

A two-night, three-day introduction to camp. Our counselors guide campers with a caring approach and individual attention which helps them learn new skills and gain self-confidence.

**YOUTH CAMP | Ages 8-14**

This week-long camp focuses on skill development and overall achievement. Campers try a variety of camp activities and develop skills in classes of their own choosing.

**FAME ARTS CAMP | Ages 8-15**

Budding artists are challenged through innovative activities. Programs include music, drama, poetry, composition, art and dance as well as traditional camp activities. The week concludes with a performance and exhibition for FAME Camp families. This camp is a collaboration with FAME Arts.

**THEMED CAMP | Ages 10-14**

Each year we offer a themed camp such as Star Wars, Harry Potter or Super Heroes. This week of camp will be filled with imagination, activity and fun. Come prepared to immerse yourself in the chosen theme all while enjoying all that YMCA Camp Potawotami has to offer!

**RANCH CAMP | Ages 12-14**

Campers spend half of their day at our ranch where they learn about grooming, feeding, tacking, overall horse care and have a daily riding lesson or trail ride with a CHA-certified instructor. They also share in various cabin group activities and all-camp evening programs.

**IMPACT | Ages 14-16**

Inspiring others Makes Positive Active Change Together. IMPACT is a teen program designed for teens wanting to make a positive impact in the community. Each day at Camp, IMPACT campers will travel to counties surrounding Camp Potawotami to give back and make a difference in the community. Teens will learn about the organizations' mission and programs as well as complete a project at each one. Teens will also participate in typical summer camp activities.

**TEEN ADVENTURE | Ages 14-16**

This camp is packed with action and wonderful opportunities to make new friends and take on a new adventure each day. Campers travel to Michigan Dunes for an overnight camping trip.

**TEEN LEADERSHIP | Entering Grade 11**

This two-week Teen Leadership Camp (Clippers) program is designed for teens transitioning from camper to counselor. Through this program your teen learns how to become a counselor and camp leader while mentoring younger campers and being a positive role model.



**ADDITIONAL OUTDOOR PROGRAMS:**

**OUTDOOR EDUCATION:**

Students obtain a better appreciation for the natural world, new outdoor skills, enhanced group relationship skills and stronger personal ties with classmates and teachers. Our staff lead lessons for students of all ages and abilities. We offer hands on classes that tie in directly with classroom lessons, develop teamwork skills, build self-esteem and promote fun.

**RETREATS**

YMCA Camp Potawotami is the ultimate adventure for your group getaway! We have years of experience in creating excellent retreats for companies, schools, religious organizations, sports organizations and more. Our staff will work with your group leader to arrange everything from activities to meeting space needs and make it a trip that you will never forget.

All arrangements will be made to assure you just have to concentrate on working together and enjoying yourselves. Available to your group: indoor meeting spaces, outdoor chapel, picnic area, campfire circles stocked with wood, climbing tower, archery range, canoeing, low and high ropes courses and team-building initiatives.

**TEAM-BUILDING RETREATS**

If team-building is a goal of your event, conference or retreat, YMCA Camp Potawotami has the expertise and equipment to help. Whether yours is a business group, sports team or spiritual organization, let us design a program that will challenge your group and bring them together in exciting new ways.

At YMCA Camp Potawotami, we offer a variety of team-building formats, including traditional activities like ground initiatives, low ropes courses, climbing tower and other challenges. Our programs can last as little as two hours or can be a multiple day visit.



# BUILDING CHARACTER



## SUMMER DAY CAMP

"I am thrilled to have my child at Y camp. Hayden talks about (Counselor Matt) all the time and how much he loves hanging out with him. Every day Hayden comes home so worn out from his day that he goes right to sleep. He's so excited to go to camp every morning he wakes up BEFORE 6 am to pack everything and to make sure everything is ready to go."





We offer more than silly songs and games. Being part of our summer day camp program is about learning who you are and becoming who you want to be. It's about developing new skills and healthy habits, reaching goals and building relationships. Our summer day camp helps kids gain self-confidence, build character, and focuses on the whole child in spirit, mind and body.

	AVAILABLE CAMPS			
YMCA BRANCH	1/2 Day	Preschool	School Age	Teen
Caylor-Nickel Fdn. Family Y			☀️	☀️
Central Branch Y				☀️
Jackson R. Lehman Family Y			☀️	☀️
Jorgensen Family Y		☀️	☀️	☀️
Parkview Family Y	☀️		☀️	☀️
Renaissance Pointe Y			☀️	☀️
Whitley County Family Y			☀️	☀️
YMCA Child Care Services	☀️		☀️	☀️



Additional information can be found at:  
[fwymca.org/summer-day-camp](http://fwymca.org/summer-day-camp)

**Online Registration  
 Begins February 1st!**





**Online Registration for School Year Programs Begins April 1st!**

**SCHOOL YEAR PROGRAMS**

**Before & After School**

(PreK - 6th grade, age ranges vary by branch)  
We offer high quality before/after-school care in a safe, enriching environment. Activities include homework support, physical activities and nutrition education, literacy activities, service learning and healthy snacks or meals. **CAYLOR-NICKEL, CHILD CARE, JORGENSEN, PARKVIEW, WHITLEY** (School Year)

**Early Learning / Preschool**

(Ages 6 weeks - 6 years old)  
The Y offers full-day infant-through-preschool childcare in our licensed program which offers a safe and nurturing environment. Age-appropriate lessons are designed to stimulate children's minds as well as provide a fun and creative day. **CAYLOR-NICKEL, WHITLEY** (All Seasons)

**Middle School (After School)**

**Generation Z**  
This afterschool program offers transportation from school and freedom to choose from a variety of activities, with homework support available. **JORGENSEN** (School Year)

**T.A.S.S. (The Afterschool Spot) /Club Pulse**

Designed to help teens thrive in life. We offer academic support, service learning and life skills development. Offers a variety of fun engaging activities from the culinary arts to hip hop dance. Limited transportation provided. **JACKSON LEHMAN, RENAISSANCE POINTE** (School Year)

**Half Day Preschool, AM & PM** (Ages 3 & 4)

Open to potty trained children, the Early Learning Program provides a safe and nurturing environment. Children enjoy art, music, math, science, literature and physical activities. The program focuses on goals that support school readiness for the early learner. **CHILD CARE, JORGENSEN** (School Year)

**School Days Out**

(Grades K-6, age ranges vary by branch) During the school year, there are many occasions for schools to close, such as parent/teacher conference days, single day holidays and longer holiday breaks. **CAYLOR-NICKEL, CHILD CARE, JORGENSEN, PARKVIEW, WHITLEY** (School Year)

**School Delays and Cancellations**

(Grades K-6, age ranges vary by branch)  
We are committed to ensuring Northeast Indiana families have access to safe, affordable child care options when schools close due to weather conditions. Some YMCA branches offer full-day child care for school-aged children in these situations. **CAYLOR-NICKEL, CHILD CARE, JORGENSEN, PARKVIEW, WHITLEY** (School Year)

**BRANCH PROGRAMS (Year Round, Members Only)**

**Child Watch** (Ages 6 weeks - 11 years)  
We will provide safe, loving care for your child(ren) for up to 2 hours while a parent is in the facility. FREE for children on an active membership.

**Kids Club** (Ages 6 years - 11 years)  
Kids Club is an extension of Child Watch, offering supervised gym time, swimming, and educational activities. The schedule of activities for each week will be posted ahead of time for each designated branch. These programs are FREE for children on an active membership and can only be used while parents use the facility.

**CAYLOR-NICKEL, CENTRAL, JACKSON LEHMAN, JORGENSEN, PARKVIEW, RENAISSANCE POINTE, WHITLEY**



**SCHOOL DISTRICTS & PRIVATE SCHOOLS SERVED**

- Bluffton Harrison
- East Allen
- Fort Wayne Community
- Northern Wells
- Northwest Allen
- Most Precious Blood
- Southwest Allen
- St. Elizabeth Ann Seton
- St. John Catholic School
- St. Joseph Catholic School
- St. Jude Catholic School
- Southern Wells
- Whitley County Consolidated

# BUILDING BRIGHT FUTURES

## CHILD WATCH & KIDS CLUB, EARLY LEARNING/PRESCHOOL, BEFORE & AFTER SCHOOL

The YMCA offers several child care programs. Whether you're a new parent looking to learn how to best prepare your young one for school, or looking for a fun, enriching place for your older child to spend time after school until you get off work, the YMCA has programs aimed at helping giving your child the best chance at a bright future.

"This has been a great program! My son Jacob has gone to (After school care) since he started Kindergarten. This is his last year - he and I are both disappointed that his time there has to come to an end. The YMCA has wonderful people on staff who have helped my son through some difficult times over these last couple of years. I will always be grateful."

YMCA BRANCH	EARLY CHILDHOOD	BEFORE & AFTER SCHOOL, SCHOOL DAYS OFF	CHILD WATCH & KIDS CLUB (Y Members Only)
	Full Day Infant-Preschool/ Half Day PreK	Before/After School	School Days Off
<b>Caylor-Nickel Fdn. Family Y</b> WELLS COUNTY EARLY LEARNING CENTER	Full Day Infant-Preschool ☺	☺ *	☺ *
<b>Central Branch Y</b>			☺
<b>Jackson R. Lehman Family Y</b>			☺
<b>Jorgensen Family Y</b>	☺ ▲ Half Day PreK	☺ *	☺ *
<b>Parkview Family Y</b>		☺ * ▲	☺ *
<b>Renaissance Pointe Y</b>			☺
<b>Whitley County Family Y</b> ARMSTRONG EARLY LEARNING CENTER	Full Day Infant-Preschool ☺	☺ * ▲	☺ *
<b>YMCA Child Care Services</b>	☺ * ▲ Half Day PreK	☺ * ▲	☺ * ▲

☺ Program provided by this branch

\* Additional care available on delays and school days off.

▲ Program may be located off site. Contact the branch listed to get additional information.



# GENERAL INFORMATION & POLICIES

## AM I A MEMBER OR A PROGRAM PARTICIPANT?

Members join the YMCA and pay regular membership fees. They receive access to all facilities and all group exercise programs, free of charge. Members receive priority registration and reduced rates for other programs and also benefit from some programs and services not available to program only participants.

Program only participants enroll in a specific program(s), but do not pay a regular membership fee to use other areas of the facilities. (I.E., program participants may be enrolled in a dance class or sports league or may have child(ren) enrolled in a sports program or after school care program.) Any questions about member and program participant fees may be directed to your branch's front desk.

## AGE POLICIES

### Child Watch (6 weeks-11 years)

Child Watch allows parents to participate in programs and work out for up to two hours per day while children are engaged in various age-appropriate activities in a supervised environment. Please check with your local Y for child watch hours. This program is FREE for members and can only be used while parents use the facility.

### Kids Club (Ages 6-11)

Kids Club has a variety of fun and engaging options for kids while the family is at the YMCA. It is an extension of Child Watch, offering supervised gym time, swimming and educational activities. The schedule of activities for each week will be posted ahead of time for each designated branch. This program is FREE for members and can only be used while parents use the facility.

### General Facilities:

Children ages 7 and under must be with a parent or guardian at all times or in Child Watch. Ages 8-10 may be in kids club or may be in the building without direct supervision; however, a parent must remain in the facility. Ages 11+ can be on their own in the facility.

### Group Exercise Classes:

Members age 11-14 who have completed YouthFit\* can participate in group exercise classes on their own; otherwise, they need to be accompanied by an adult. Members age 15 and older may attend group exercise classes on their own.

### Wellness Center:

For members age 15 and older. Members age 11-14 may use designated areas of the Wellness Center after completing our YouthFit\*. (See page 19 and below) Children under 15 years of age are not permitted in fitness/wellness centers until they complete YouthFit\*.

\*YouthFit is a FREE program that shows members, age 11-14, proper techniques, Wellness Center procedures and exercise guidelines in a fun and informative way. Inquire at the front desk for registration details.

### Locker Rooms:

Privacy and safety in locker rooms is a priority at the Y. Clothing and other personal belongings not in use should be locked in the YMCA lockers. Ensure your locker is secured and leave your valuables at home. Wallet lockers are available to securely store small personal items. Remember to take your belongings with you at the end of the day. The Y is not responsible for lost, stolen or damaged personal property. We recommend that you bring a lock for

your locker, but locks must be removed by the end of the day. A lock left on a day use locker overnight may be destroyed and contents of the locker will be placed in lost and found.

Children age 4 and over are not permitted in the opposite gender locker room. The Y offers universal changing rooms for children who are old enough to use the gender-appropriate locker rooms (but still need assistance), individuals with disabilities or anyone who does not feel comfortable in group changing areas. The use of video recorders, cameras, cell phone cameras or any other device to record or take pictures in the locker room or other private setting is not permitted at the YMCA. Please immediately report to the manager on duty any behavior that seems inappropriate or suspicious regarding this matter.

### HEALTH CENTER

The Central Branch YMCA offers full-service Health Centers for adult members. The Men's and Women's Health Centers are adult-only locker rooms that offer upgraded amenities such as: whirlpool, sauna, steam room (men only) and free towel service. Extra amenities include massage services (women only), locker rental and laundry service.

### Carry Your Card

Membership cards or your YMCA of Greater Fort Wayne App ID must be scanned at the front desk upon entering the Y. A valid photo ID is required if you do not have your membership card. Membership cards are not transferable.

### MEMBERSHIP TYPES

#### Adult Membership:

An individual who is 18 years of age or older.

#### One Adult Household Membership:

An individual who is 18 years of age or older and their dependents in the same household.

#### Student Membership:

A full-time student through age 25.

#### Household Membership:

2 Adults and their dependents in the same household.

#### Senior Membership:

An adult that is 65 years of age or older.

#### Senior Household Membership:

2 adults that are 65 years of age or older and their dependents in the same household.

#### Adult Add-On:

One additional adult residing in the same household may be added to a membership for an additional \$30/month. This fee covers the additional adult's dependents. (This option is not available on student memberships or insurance-based memberships.)

#### Corporate Membership:

The Y partners with area businesses to offer memberships for employees through payroll deduction. To find out if your business offers corporate memberships or to get your business started visit [fwymca.org/corporate\\_membership.php](http://fwymca.org/corporate_membership.php).

#### Military Outreach Initiative Membership:

The Y proudly offers memberships to eligible military families and personnel to provide extra support during a time when loved ones are deployed. For more information about eligibility requirements please contact the front desk at your local branch or go to [ASYMCA.org](http://ASYMCA.org).

## Nationwide YMCA Membership:

The Y is one movement and we want to encourage members to utilize the Y as often as they can in order to meet their health and wellness goals. This program allows active, full facility/full privilege members flexibility to visit any participating YMCA in the US.

### Enrollment Fee:

Members pay an enrollment fee to set up their membership account and begin to enjoy all benefits the Y has to offer. This fee covers the administrative cost of membership. Those costs include, but are not limited to, your membership card(s), processing fee and account maintenance.

Members who cancel their membership and later rejoin are required to pay the enrollment fee to reactivate their account if it has been inactive for more than 30 days.

### Insurance-Based Memberships

The Y works in partnership with select Medicare health plans to offer free memberships to eligible policy holders. Participants are entitled to a membership to the YMCA of Greater Fort Wayne which includes participation in group exercise classes, guidance from qualified instructors, social activities and use of the Y facilities, such as swimming pools, wellness centers and saunas. Check with your insurance company for eligibility requirements.

### Financial Assistance for Members and Program Participants:

We believe that finances shouldn't be a barrier to participate at the Y. To apply for financial assistance, complete the application form which is downloadable at [fwymca.org](http://fwymca.org). Gather all documents in the following list that apply to your situation: most recent 30 days of income for all wage earners, government assistance verification, social security documents, other sources of income, proof of unemployment or court orders verifying child support. Bring the documents and application to the Membership Services desk at any Y in Allen, Whitley or Wells county. Proof of public assistance alone can expedite your application.

### Swim Safety Initiative: Test, Mark, Protect Youth Swim Policy:

All youth ages 6-13 are required to take a lifeguard monitored swim test to determine whether or not they may swim without a life-jacket or parental supervision.

#### Test:

The swim test includes a deep water plunge, an endurance swim, treading water for 30 seconds, more swimming and finally ends with a 10 second float on the back. This test will prove the swimmer has the ability to swim in water over the head and the ability to support themselves above the water until help arrives if they are in trouble.

#### Mark:

Children are marked with a swim band to signify their swimming ability every time they swim.

#### Protect:

Testing and marking is the way we ensure your children are protected. A swim band shows they have been tested and marked. If they don't have a swim band, an adult must remain with the child and/or the child must wear a life-jacket for their protection.

**Return Payment Policy:**

In order to keep our branches financially sound and in fairness to those who pay their fees on time, we will assess a \$15 fee for all returned payments including drafts, checks and credit card payments.

**PAYMENT OPTIONS****Annual Pay:**

Member pays for 12 months up front in one lump sum. Annual pay memberships are non-refundable.

**Monthly Draft Payment:**

Monthly membership dues are withdrawn from a bank or credit card account each month. There is a minimum of a 12 month commitment and drafts will automatically continue after that until canceled in writing no later than the 25th of the month.

**Winter Weather YMCA Facility Closings:**

The levels for Allen, Whitley, and Wells Counties are: Advisory (lowest level) - routine travel/ activities may be restricted in areas and individuals should use caution; Watch - conditions are threatening; Warning (highest level) - travel may be restricted to emergency management workers.

**Closures:**

**Allen County:** The decision to close the branches is made by either the COO or CEO. Call Allen County Sheriff's Dept. for the level 260.449.3000 or check [IN.gov](#) county travel status map.

**Whitley County:** The Whitley County Branch will be closed when a "Warning" level is declared. The decision whether to close during an Advisory or Watch Level will be made by the COO or CEO. Call Whitley County Sheriff's Dept. for the level 260.244.6410 or check [IN.gov](#) county travel status map.

**Wells County:** The Wells County Branch will be closed when a "Level 1" is declared. The decision whether to close during a Level 2 or 3 will be made by the COO or CEO. Call Wells County Sheriff's Dept. for the level 260.824.3426 or check [IN.gov](#) county travel status map.

Download our app to receive notifications about facility closures. Stay tuned to local news stations including INC and WANE TV for updates. Frequent updates are also posted on FM stations STAR 88.3, WAJI 95.1, WMEE 97.3, WLDE 101.7, K105, WBCL 90.3, WOWO 107.5, AM station WOWO 1190. Updates are also posted to our website at [fwymca.org](#).

**Program, Event & Class Cancellations:**

On rare occasions, branches may elect to cancel classes, programs, special events or meetings with a minimum of three hours notice. The decision to cancel is made by the branch director and efforts are made to communicate with program participants.

**Outdoor Pools/Splash Parks:**

**Lightning and Thunder:** When thunder or lightning is first noticed, outdoor pool activities will be suspended and all outdoor pools and pool decks will be evacuated until 30 minutes after the last sign of thunder or lightning. The distance from a facility to an approaching thunderstorm can be five to eight miles away, but lightning can strike from a much farther distance.

**Rain/Wind:**

Heavy rain can make it difficult to see the bottom of a pool or beneath the surface. If heavy rain causes bottom obstruction, pools will be cleared and swimming halted until the rain lets up. Wind can also cause safety hazards. If wind is observably strong or gusty and causes bottom obstruction due to rippling, swimmers will be cleared from pools until the bottom is visible.

**Safety:**

As part of our commitment to provide a safe environment for all YMCA members and guests, our staff participate in ongoing training to quickly respond to a crisis situation which threatens the safety of people participating at the YMCA. Preparedness trainings include but are not limited to: CPR/First Aid, severe weather, fire, tornado and active shooter situations in or outside of the building.

Please notify staff if you have questions or feel there is a threat of danger in or near our YMCAs. Reported incidents will be investigated by the Executive Director.

**Sex Offender:**

Participation in YMCA activities and facilities by sexual offenders is denied and participation privileges will be revoked for any current member or participant who is listed in the National Offender Registry.

**Photography/Cell Phone Camera Use:**

The use of video recorders, cameras, cell phone cameras or any other device to record or take pictures in the locker room or other private setting is not permitted at the YMCA. Please immediately report to the manager on duty any behavior that seems inappropriate or suspicious regarding this matter.

**Member Service Promise:**

Y staff recognizes that service to our members is the most important part of our job. Therefore, we make this promise: Our staff members will be friendly and attentive and demonstrate caring, honesty, respect and responsibility. We will keep our facilities and equipment clean, safe and well maintained. We will deliver quality programs that meet the needs of our members and guests. We will provide opportunities for members to be involved as donors and volunteers.

**Guest Policies & Procedures\*\***

- Guest pass usage is recorded and each guest is limited to a total of 3 visits per calendar year (Jan. through Dec.). Continued use after the three visits requires joining the YMCA.
  - Members aged 16 & 17 can bring a guest ages 11 and older
  - Members aged 18 and older can bring a guest of any age
  - The first guest visit is complimentary. After that, the following guest fees apply:
    - \* Child/Student  
Ages 0-18 years, full time students through age 25 with a valid student ID - \$5.00
    - \* Adults - \$10.00
    - \* Families (parent(s) with their dependent children) - \$15.00
  - Guest fees can be applied to the enrollment fee if guest becomes a member during the calendar year.
  - Member must be present with their guest.
  - Guest ages 16 and over must present a photo ID.
  - Inappropriate guest behavior will result in a loss of membership privileges for the sponsoring member.
  - A member can be accompanied by either 2 individual guests or one family during a visit. (The definition of a family guest pass is at least one guest parent, guardian or grandparent present with dependent children.) For additional guests, please check with the Branch Membership Director in advance of your visit.
- \*\* This policy is subject to change.

**Birthday Parties/Room Rentals**

Planning a birthday party, family reunion, prom or other event? Pools, gyms, community rooms and rock climbing walls are available to rent. Contact your local Y for availability and details.

**Errors and Adjustments:**

This guide was printed in October 2019. While we try to be accurate in presenting information, some unavoidable errors or changes to the information may occur. We apologize for any inconvenience that may result from these necessary adjustments. If you find a mistake, please report it to:

[HereForYou@fwymca.org](mailto:HereForYou@fwymca.org).

**Program Credit/Refunds:**

We want you to be satisfied with our programs. If a participant has a medical exemption or is dissatisfied with a program, we may issue a program credit voucher. No pro-rates are granted after a program has begun for the session. The on-line registration system does not accept vouchers or credits. Requests for program credits or refunds may require the approval of the branch Executive Director.



# MISSION PARTNERS

YMCA Mission Partners provide financial resources to strengthen our community and move us all forward. The support of these companies allows the YMCA to carry out our mission making a meaningful, enduring impact in our community.

Thank you for your outstanding and generous support of the YMCA.



## BUILD A HEALTHY WORKFORCE



The Y is here to help employers improve the health and well-being of their workforce. By partnering with the Y, your employees have the opportunity to be part of a place where people can build stronger bonds, achieve greater work/life balance and become more engaged with their community.

We deliver wellness programs and services that benefit everyone. Some of these options include:

- **Corporate Memberships**
- **Free Workplace Wellness Assessment**
- **Face-to-Face Health Coaching**
- **On-site Group Exercise classes**
- **On-site Fitness Center Management**
- **Education & Training Programs**
- **Employee Wellness Challenges and Presentations**
- **Corporate Sport Challenge and Team Building**
- **Chronic Disease Prevention and Management Programs**
- **Corporate Volunteer Opportunities**

Questions? Visit our website at [fwymca.org](http://fwymca.org), call 260.422.6488 or email [HereForYou@fwymca.org](mailto:HereForYou@fwymca.org).

# CODE OF CONDUCT

We are committed to providing a safe and welcoming environment for all members and guests. Our mission statement and core values serve as a basis for our Code of Conduct. Consistent with these guiding principles we expect individuals to behave in a manner that is caring, honest, respectful and responsible at all times when on the YMCA campus or participating in our programs.

## PROHIBITED BEHAVIORS

Examples of unacceptable actions while participating at the YMCA include, but are not limited to:

- Harassment or intimidation by words, actions or any type of menacing or degrading behavior, verbal abuse, vulgar language, name-calling, fighting, or shouting.
- Theft or behavior that results in the destruction or loss of property.
- Carrying or concealing a weapon or any object that may be used as a weapon (Law enforcement personnel are exempt).
- Sexually explicit conversation, behavior or sexual contact with another person.
- Inappropriate, immodest or sexually revealing attire.
- Using, possessing or being under the influence of alcohol or illegal substances on the premises.
- Smoking, the use of smokeless tobacco products, e-cigarettes, vaping, and unregulated nicotine products are strictly prohibited on the premises.
- The use of video recorders, cameras, cell phone cameras, or any other device to record or take pictures in the locker room or other private setting is not permitted at the YMCA. Please immediately report to the manager on duty any behavior that seems inappropriate or suspicious regarding this matter.

**Participation in YMCA activities and facilities by sexual offenders is denied and participation privileges will be revoked for any current member, participant or guest who is listed in the National Offender Registry.**

**Please notify staff if you have questions or need assistance. The staff of the YMCA reserves the right to determine the appropriateness of behavior to ensure compatibility with the YMCA Mission and Code of Conduct. Reported incidents will be addressed by the Executive Director.**

**Behavior that is contrary to our mission and core values may result in either suspended or terminated participation privileges.**



**Our mission is to put Christian principles into practice through programs that  
build healthy spirit, mind and body for all.**