



Renaissance Pointe YMCA

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Spring - 2024 Program Listing

Spring Session 4/15-6/2

Registration Mbr. 4/1, Prog. Part. 4/8

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Bible Study	Bible Study	0 to 100	Tues.	11:00 AM - 12:30 PM	\$0.00	\$0.00
Dance Classes	Mexican Folkloric Dance - DROP IN SINGLE CLASS	4 to 104	Mon.	5:00 PM - 5:45 PM	\$3.00	\$5.00
Home School Programs	Age 3-5 (Swim) : Water Acclimation, Movement, St: 3 to 5		Wed.	10:30 AM - 11:00 AM	\$33.00	\$74.00
	Teen 13-17 years old : Water Acclimation, Movement 13 to 17		Wed.	11:45 AM - 12:45 PM	\$39.00	\$86.00
	Youth 6-12years old : Water Acclimation, Movement 6 to 12		Wed.	11:00 AM - 11:45 AM	\$39.00	\$86.00
Music	Canto de Corazón	12 to 100	Tues. Thurs.	5:45 PM - 7:20 PM	\$0.00	\$0.00
	Private Voice Lessons	8 to 100		No Time Specified	\$80.00	\$100.00
Personal Training	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation	Renaissance Pointe (Southeast Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
Piano	Private Piano Lessons	8 to 100		No Time Specified	\$80.00	\$100.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)	Friday 5:00pm	0 to 3	Fri.	5:00 PM - 5:30 PM	\$33.00	\$74.00
	Saturday 09:30am	0 to 3	Sat.	9:30 AM - 10:00 AM	\$33.00	\$74.00
	Wednesday 5:30pm	0 to 3	Wed.	5:30 PM - 6:00 PM	\$33.00	\$74.00
Swim Lessons - Adaptive	Monday 5:00pm	4 to 99	Mon.	5:00 PM - 5:30 PM	\$40.00	\$80.00
	Monday 5:30pm	0 to 100	Mon.	5:30 PM - 6:00 PM	\$40.00	\$80.00
	Monday 6:00pm	0 to 100	Mon.	6:00 PM - 6:30 PM	\$40.00	\$80.00
	Monday 6:30pm	4 to 99	Mon.	6:30 PM - 7:00 PM	\$40.00	\$80.00
	Monday 7:00pm	4 to 99	Mon.	7:00 PM - 7:30 PM	\$40.00	\$80.00
Swim Lessons - Age 3-5yrs (1-4 Water Acclimation-Stroke Introduction)	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$33.00	\$74.00
	Saturday 10:05am	3 to 5	Sat.	10:05 AM - 10:35 AM	\$33.00	\$74.00
	Wednesday 6:00pm	3 to 5	Wed.	6:00 PM - 6:30 PM	\$33.00	\$74.00



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Bible Study

Join Bible instructor, Elaine Adams, for an spiritually enriching and refreshing time of the study of the Bible, Prayer, and encouraging fellowship. This Bible study will touch on topics surrounding building Faith in God, overcoming trials, learning God's promises for your life, and how to live your life more abundantly. You do not need prior knowledge or experience of the Bible to attend. All ages welcome!

Dance Classes

Mexican Folkloric Dance- Join this fun group of Cultural Dancers as we explore the world of Mexican Folkloric Dance. You will learn of the rich traditions and folk tales told through the art of dance. Basic steps, styles, and rhythms of dance are taught through traditional Mexican Dance Techniques. Instructor Margarita has great experience leading through her group Los Amenerces de Mexico throughout Fort Wayne, IN and welcomes ALL (young/ old, Male/ Female) to participate in this beautiful cultural dance artform.

Home School Programs

Participants learn personal water safety and achieve basic swimming by learning benchmark skills

Music

Canto de Corazon: Mission: This Spanish Language choir is open to all people from all nationalities. The choir seeks to strengthen knowledge of Hispanic roots by focusing on Latin American/ Spanish language composers and Repertoire . All levels of musical abilities and language skills are available. Ages 12+. This class is sponsored by Heartland Sings and hosted by the YMCA.

Instructor: Dr. Wagner Pastor.

Objectives: Offer free voice group lessons before each rehearsal by a top certified vocal coach.

Offer two concerts one in April 28th at Plymouth Congregational Church and one on May 4th at the Renaissance Pointe YMCA.

Misión: Este coro en español está abierto a todas las personas de todas las nacionalidades. El coro busca fortalecer el conocimiento de las raíces hispanas enfocándose en compositores y repertorios de lengua latinoamericana/española. Todos los niveles de habilidades musicales y lingüísticas están disponibles. Mayores de 12 años. Esta clase está patrocinada por Heartland Sings y organizada por la YMCA. Instructor: Dr. Wagner Pastor.

Objetivos: Ofrezca lecciones grupales de voz gratuitas antes de cada ensayo impartidas por un entrenador vocal certificado.

Ofrezca dos conciertos, uno el 28 de abril en Plymouth Congregational Church y otro el 4 de mayo en Renaissance Pointe YMCA.

Private Voice Lessons: Instructor Gordon Martin- Private voice students to learn proper vocal techniques pertaining to sound placement, breathing, posturing, ear training, rhythm, stylization, and general vocal expression. The goal of the program is to help the student find an effective and efficient way to explore their vocal instrument. Private lessons offer specialized training unique to the specific students needs.

Personal Training

Start your workout off right by working one-on-one with a certified personal trainer. An individualized program will be designed to help reach your health and wellness goals.

Personal Training Consultation

Start your fitness journey with a plan customized to your fitness goals and ability! YMCA members can register here for a FREE, one-on-one initial appointment with a personal trainer.

Piano

Instructor Gordon Martin- Private piano students to learn music notation, rhythm, and piano technique. The goal of the program is to help the student find an effective and efficient way to study music. Private lessons offer different types of teaching and learning techniques including instruction, hands on activities, and keyboard playing.

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

In stage AB, parents work with their children; introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Swim Lessons - Adaptive

This class is designed for participants who have special needs, focusing on basic water skills and water adjustment to help gain confidence in the water and improve kicking and stroking ability. Participants will learn to feel more positive about themselves in a safe and relaxed environment that promotes success mixed with fun and play

Swim Lessons - Age 3-5yrs (1-4 Water Acclimation-Stroke Introduction)

Stage 1: lays the foundation that allows for a student's future progress in swimming. Stage 2: students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Stage 3: students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Stage 4: develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Swim Lessons - Age 6-12yrs (1-3 Water Acclimation, Mvmt, Stamina)



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Table listing various programs including Swim Lessons (Age 6-12yrs, Family, Private, Teen & Adult), Swim Prep, Wellness Center & Equipment Orientations, Wellness For Life Coaching Program, Youth Fit, and Swim Lessons (Age 6-12yrs (1-3 Water Acclimation, Mvmt, Stamina)).



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Participants will learn and develop water skills, stroke technique and water safety-

Swim Lessons - Age 6-12yrs (4-6 Stroke Intro, Development, Mechanics)

Participants will learn and develop water skills, stroke technique and water safety-

Swim Lessons - Family Lessons

Personal Attention To Your family Needs-Family lessons are offered for those who prefer learning as a family and at their own pace. To request family swim lessons please inquire at the Member Services Desk. You will be contacted by the aquatics department when an instructor matching your requirements has been found.

Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions

Swim Lessons - Teen & Adult

Participants will learn and develop water skills, stroke technique and water safety

Swim Prep

Advanced swim lessons & Swim Team Prep Camp: for conditioning and focuses on stroke technique and prepares swimmers for swim clubs and teams. Able to swim a 25 forward crawl and backstroke and be green band approved; may have a basic understanding of additional strokes.

Wellness Center & Equipment Orientations

A staff member will contact you to set up a date and time for you to learn about all the Wellness Center has to offer!

Wellness For Life Coaching Program

A 30-45 minute meeting with a wellness coach/director that will help you explore and identify all the ways you can get involved with your membership to help with your health and wellness goals. Take yourself to their next step at the Y.

Youth Fit

Learn about flexibility and how to use the cardio equipment