



Central Branch YMCA

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Summer I - 2024 Program Listing

Summer I Session 6/3-7/14

Registration Mbr. 5/20, Prog. Part. 5/27

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
	Socialize, Revitalize, Thrive!	Nutrition Part 2 55 to 105	Fri.	11:15 AM - 12:15 PM	\$0.00	\$0.00
	Socialize, Revitalize, Thrive!	Summer Self-C: 55 to 105	Fri.	11:15 AM - 12:15 PM	\$0.00	\$0.00
Assessments						
	Body Composition	15 to 110		No Time Specified	\$0.00	\$0.00
	Body Composition and Fitness Assessment	15 to 110		No Time Specified	\$0.00	\$0.00
	Fitness Assessment	15 to 110		No Time Specified	\$0.00	\$0.00
Blood Pressure Self Monitoring Program						
	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
Miss Independent						
	Spring 2024	11 to 18	Tues.	6:00 PM - 7:00 PM	\$0.00	\$0.00
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Central Branch (Downtown Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Friday 5:35pm	0 to 3	Fri.	5:35 PM - 6:05 PM	\$28.00	\$62.00
Swim Lessons - Adaptive						
	Sunday 12:10pm	5 to 99	Sun.	12:10 PM - 12:40 PM	\$40.00	\$80.00
	Sunday 12:45pm	5 to 99	Sun.	12:45 PM - 1:15 PM	\$40.00	\$80.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Friday 5:35pm	3 to 5	Fri.	5:35 PM - 6:05 PM	\$28.00	\$62.00
	Sunday 1:20pm	3 to 5	Sun.	1:20 PM - 1:50 PM	\$28.00	\$62.00
	Wednesday 5:35pm	3 to 5	Wed.	5:35 PM - 6:05 PM	\$28.00	\$62.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Friday 5:35pm	3 to 5	Fri.	5:35 PM - 6:05 PM	\$28.00	\$62.00
	Sunday 1:20pm	3 to 5	Sun.	1:20 PM - 1:50 PM	\$28.00	\$62.00
	Wednesday 5:35pm	3 to 5	Wed.	5:35 PM - 6:05 PM	\$28.00	\$62.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Wednesday 5:35pm	3 to 5	Wed.	5:35 PM - 6:05 PM	\$28.00	\$62.00



Active Older Adults

Nutrition Part 2: Join us for a series of community conversations. Let's talk about what are food groups and hidden fats, sugar and salt.

Summer Self Care: Join us for a series of community conversations. Let's talk about heat and sun protection, hydration and personal climate control.

Assessments

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

Body Composition/Fitness Assessment: A 45-minute session to measure body fat percentage and assess heart rate and blood pressure, body composition, strength, endurance, flexibility and cardiovascular testing.

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

Blood Pressure Self Monitoring Program

Participants will work with trained healthy heart ambassadors for the duration of a 4 month program. During this time participants will be encouraged to: self measure BP, attend 2 personalized consultations per month, attend monthly nutrition education seminars

Miss Independent

Miss Independent is an 8 week 'girls-only' program for middle and high school students that focuses on career exploration, self-confidence and self-care. This is a time where girls can relax, have great discussions with their peers, and most importantly, have fun!

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. You'll be contacted to set up your appointment where you can discuss goals for your individualized workout plan. Our trainers will teach you how to exercise safely with correct form and technique, maximizing results and keeping you accountable to your goals. The Y has a trainer for every style of workout, and every level. Sign up today and take the guesswork out of your routine and achieve your fitness goals faster!

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

In this combined class parents first work with their children to introduce them to the aquatic environment then work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Monkey crawl.

Swim Lessons - Adaptive

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

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

In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim

Swim Lessons - Age 3-5yrs (2-Water Movement)

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll

Swim Lessons - Age 3-5yrs (3-Water Stamina)

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

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



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	Wednesday 5:35pm	3 to 5	Wed.	5:35 PM - 6:05 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Friday 6:10pm	6 to 12	Fri.	6:10 PM - 6:55 PM	\$32.00	\$72.00
	Sunday 1:55pm	6 to 12	Sun.	1:55 PM - 2:40 PM	\$32.00	\$72.00
	Wednesday 6:10pm	6 to 12	Wed.	6:10 PM - 6:55 PM	\$32.00	\$72.00
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Friday 6:10pm	6 to 12	Fri.	6:10 PM - 6:55 PM	\$32.00	\$72.00
	Sunday 1:55pm	6 to 12	Sun.	1:55 PM - 2:40 PM	\$32.00	\$72.00
	Wednesday 6:10pm	6 to 12	Wed.	6:10 PM - 6:55 PM	\$32.00	\$72.00
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Friday 7:00pm	6 to 12	Fri.	7:00 PM - 7:45 PM	\$32.00	\$72.00
	Sunday 2:45pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$32.00	\$72.00
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$32.00	\$72.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Friday 7:00pm	6 to 12	Fri.	7:00 PM - 7:45 PM	\$32.00	\$72.00
	Sunday 2:45pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$32.00	\$72.00
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$32.00	\$72.00
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$32.00	\$72.00
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$32.00	\$72.00
Swim Lessons - Teen & Adult						
	Tuesday 7:30pm	13 to 99	Tues.	7:30 PM - 8:00 PM	\$28.00	\$62.00
Swim Lessons - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Teen Leaders Club						
	Grades 6-12	11 to 18	Thurs.	6:00 PM - 8:00 PM	\$0.00	\$0.00
Training - Lifeguarding						
	June (3, 4, 5,6)	15 to 99	Mon. Tues. Wed.	110:00 AM - 5:00 PM	\$175.00	\$245.00

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



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Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

Swim Lessons - Age 6-12yrs (1-Water Acclimation)

In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim"

Swim Lessons - Age 6-12yrs (2-Water Movement)

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll

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

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

Swim Lessons - Age 6-12yrs (4-Stroke Introduction)

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

Swim Lessons - Age 6-12yrs (5-Stroke Development)

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. Skills taught include: Endurance, Front crawl, Back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

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

Swimmers focus on perfecting their strokes and further increasing their endurance. Swimmers are introduced to competitive swimming skills of flip turns, and individual medleys, and learn about heart rates and developing good health habits.

Swim Lessons - Teen & Adult

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

Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions

Teen Leaders Club

Leaders Club is an opportunity for teens to make new friends, gain confidence, learn about leadership and participate in service to others. This free club meets weekly, and anyone in grades 6-12 is welcome to come join!

Training - Lifeguarding

This Blended Learning class has online portions that must be completed prior to in-class dates. 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.

Training - CPR/AED/O2/First Aid

Blended (06/15/2024)

15 to 100

Sat.

10:00 AM - 2:00 PM

\$100.00

\$140.00



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Wellness Center & Equipment Orientations					
	Wellness Center Orientation		No Time Specified	\$0.00	\$0.00
Wellness Consultation					
	Wellness Consultation		No Time Specified	\$0.00	\$0.00
Wellness For Life Coaching Program					
	2024		No Time Specified	\$0.00	N/A
Youth Fit					
	2024 Youth Fit - Level 1 (Ages 9-10)	9 to 10	No Time Specified	\$0.00	\$0.00
	2024 Youth Fit - Level 2 (Ages 11-14)	11 to 14	No Time Specified	\$0.00	\$0.00

Training - CPR/AED/O2/First Aid



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This class combines online learning with in class learning. The purpose of the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers course is to teach those with a duty to act (professional rescuers and health care providers) the knowledge and skills needed to respond appropriately to breathing and cardiac emergencies until more advanced medical personnel take over.

Wellness Center & Equipment Orientations

This 45-minute to an hour long session will introduce the member to the Wellness Center and our Wellness Center Equipment.

Wellness Consultation

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

Wellness For Life Coaching Program

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