



Jackson R. Lehman Family YMCA

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Summer I - 2022 Program Listing

Summer I Session (6/6 - 7/17)
Registration (Mbr. 5/16) (Prog. Part. 5/23)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Assessments						
	Body Composition	15 to 115		No Time Specified	\$0.00	\$0.00
	Fitness Assessment	15 to 115		No Time Specified	\$0.00	\$0.00
Cheerleading						
	Grades 4-8	9 to 14	Thurs.	5:45 PM - 6:15 PM	\$30.00	\$61.00
	Grades K-3	5 to 9	Thurs.	5:00 PM - 5:30 PM	\$30.00	\$61.00
Coaching for a Healthy Body, Mind and Soul						
	1 session	18 to 118		No Time Specified	\$49.00	\$75.00
	3 sessions	18 to 118		No Time Specified	\$139.00	\$209.00
Cooking Classes						
	Baking Fun with Chef Abigail (Ages 4-7) - 6/25/22	4 to 7	Sat.	2:00 PM - 4:00 PM	\$25.00	\$50.00
	Baking Fun with Chef Abigail (Ages 8-11) - 6/25/22	8 to 11	Sat.	10:00 AM - 12:00 PM	\$25.00	\$50.00
	Smoothies That Heal You (06/11/2022)	14 to 114	Sat.	10:00 AM - 12:00 PM	\$20.00	\$40.00
	Tasty Tapas (06/14/2022)	8 to 12	Tues.	6:30 PM - 8:00 PM	\$20.00	\$40.00
	Traditional Indian Cooking (06/17/2022)	14 to 114	Fri.	6:30 PM - 8:30 PM	\$20.00	\$40.00
Gymnastics-Parent/Child						
	Tuesday	0 to 2	Tues.	5:15 PM - 5:45 PM	\$25.00	\$56.00
Gymnastics-Pre School						
	Thursday	3 to 5	Thurs.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Tuesday	3 to 5	Tues.	6:00 PM - 6:30 PM	\$25.00	\$56.00
Gymnastics-School Age						
	Thursday	6 to 10	Thurs.	6:45 PM - 7:15 PM	\$25.00	\$56.00
	Tuesday	6 to 10	Tues.	6:45 PM - 7:15 PM	\$25.00	\$56.00
Martial Arts						
	Hung Ga (5pm)	5 to 12	Thurs.	5:00 PM - 6:00 PM	\$32.50	\$73.00
	Hung Ga (6pm)	5 to 12	Thurs.	6:00 PM - 7:00 PM	\$32.50	\$73.00



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Assessments

Body Composition - Assess percent body fat. Futrex method utilized
Fitness Assessment - Assess your current fitness level by participating with a variety of screening tools.

Cheerleading

Welcome to the Jackson R. Lehman Cheerleading program. Our goal is to create a fun and safe environment that allow children to focus on learning. Our Cheerleading program will teach your child the fundamentals of cheer through basic stunts, jumps, motions, and cheers. The session will end with a performance at Y-Ball. Please have your child wear comfortable clothing and socks.

Coaching for a Healthy Body, Mind and Soul

Most people quit on their New Year's Resolutions by January 19th, according to a study by the Strava fitness app. Don't join the crowd of those who give up on their goals! Check out "Coaching for a Healthy Body, Mind, and Soul" here at the YMCA to turn your New Year's Resolutions into lasting change! This coaching opportunity will provide you with a safe space to set and reach your goals in health, relationships, career, faith, and more! You will meet with Matt Bruce, an integrative health coach with a background in mental health & wellness, spiritual leadership, and nutritional training.

Cooking Classes

Baking Fun with Chef Abigail - 6/25/22 - participants can expect to make and mix their own ingredients from scratch. Each participant will go home with cookies and a smile on their face!
Baking Fun with Chef Abigail - 6/25/22 - participants can expect to make and mix their own ingredients from scratch. Each participant will go home with cookies and a smile on their face!
Smoothies That Heal You (06/11/2022) - Smoothies are the perfect summer drink. But what if you could have delicious smoothies that also helped heal your body? This cooking class will teach you how to make smoothies tailored to your personal health goals: losing weight, decreasing pain and inflammation, improving brain health and focus, increasing energy and more!
Tasty Tapas (06/14/2022) Come join Mama Llama for tasty one bite tapas. Learn Spanish words and information about the Latin American country of origin.
Traditional Indian Cooking (06/17/2022) - Join Dr. Rama Cousik in an inclusive program and learn to cook vegetarian and vegan dishes from India! A published author will teach a variety of rice, rotis to dal, and curries, these dishes are a sensory delight. Learn how to adapt the recipes for learners of all levels!

Gymnastics-Parent/Child

Designed for ages walking-2 yrs. Adults and kids have fun moving to the music. Focus is on very basic large motor skills, coordination and general body awareness. Parents participate in class.

Gymnastics-Pre School

Designed for 3-5 yrs. Focus is on large and small motor skills, coordination and general body awareness. Kids have fun rolling, running, hopping, skipping, jumping and galloping. Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. Children should dress in comfortable, loose fitting clothes. We look forward to seeing you and your child during the first week of class!

Gymnastics-School Age

Designed for beginning level gymnastics. Focus is on fitness and basic skill development. The skills taught are forward and backward rolls, basic cartwheels, bridges and balancing. Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements. Children should dress in comfortable, loose fitting clothes. We look forward to seeing you and your child during the first week of class!

Martial Arts

Come Learn Hung Ga Martial Arts from Sifu Jason Goree. Sifu Jason has been studying and teaching Martial Arts for over 30 years. Learn the basics of the Hung Ga style and progress and experience the benefits that come along with learning a variety of Martial Arts Disciplines.



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Masters Adult Swim						
	Masters 2022 (AM)	18 to 118	Mon. Wed. Fri.	5:45 AM - 7:00 AM	\$30.00	\$40.00
	Masters 2022 (PM)	18 to 118	Mon. Wed. Fri.	6:45 PM - 8:00 PM	\$30.00	\$40.00
New Member Receptions						
	06/07/2022		Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	06/16/2022		Thurs.	9:30 AM - 10:00 AM	\$0.00	\$0.00
	06/24/2022		Fri.	12:30 PM - 1:00 PM	\$0.00	\$0.00
	07/05/2022		Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
Parents Night Out						
	06/10/2022	4 to 12	Fri.	6:00 PM - 10:00 PM	\$20.00	\$25.00
	07/08/2022	4 to 12	Fri.	6:00 PM - 10:00 PM	\$20.00	\$25.00
Pickleball						
	Pickleball Drills (06/14/22)		Tues.	1:00 PM - 2:30 PM	\$0.00	\$0.00
	Pickleball Drills (07/12/22)		Tues.	1:00 PM - 2:30 PM	\$0.00	\$0.00
Self Defense						
	Women's Self Defense	14 to 70	Mon.	7:00 PM - 7:45 PM	\$29.00	\$65.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Saturday 09:30am	0 to 3	Sat.	9:30 AM - 10:00 AM	\$33.50	\$75.50
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Tuesday & Thursday 5:30pm 6/6 - 6/26	0 to 3	Tues. Thurs.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Tuesday & Thursday 5:30pm 7/11-7/28	0 to 3	Tues. Thurs.	5:30 PM - 6:00 PM	\$25.00	\$56.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Saturday 10:10am	0 to 3	Sat.	10:10 AM - 10:40 AM	\$33.50	\$75.50
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$33.50	\$75.50
	Tuesday & Thursday 5:30pm 6/6 - 6/26	3 to 5	Tues. Thurs.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Tuesday & Thursday 5:30pm 7/11 - 7/28	3 to 5	Tues. Thurs.	5:30 PM - 6:00 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$33.50	\$75.50
	Tuesday & Thursday 6:10pm 6/6 - 6/26	3 to 5	Tues. Thurs.	6:10 PM - 6:40 PM	\$25.00	\$56.00
	Tuesday & Thursday 6:10pm 7/11-7/28	3 to 5	Tues. Thurs.	6:10 PM - 6:40 PM	\$25.00	\$56.00



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Masters Adult Swim

Anyone over the age of 18 is invited to join the Masters Swim Program and become a USMS member. Programs are open to fitness, competitive, open water, and triathlon swimmers alike. Whether you have just taken your first strokes in a swim lesson, are trying to break a national record, or just want to stay fit, U.S. Masters Swimming provides a fun and friendly atmosphere for you to work toward your individual goals. You don't have to be racing the clock to experience the rewards and support found in U.S. Masters Swimming.

New Member Receptions

This is a thirty minute presentation designed to help our members understand all the YMCA has to offer. Includes membership information, how to register for programs, locations in our association, and more information about any program we offer.

Parents Night Out

Need an evening out without the kids? Let us provide dinner and entertain your 4 to 12 year old while you have an evening out. We will have fun swimming, playing in the gym and getting messy with an art project. Children will be separated into age appropriate groups. Send them with swim gear on under play clothes. Send a towel and clean change of clothes (clearly labeled). Please note, young children must be properly trained. Registration deadline is Wednesday prior to event.

Pickleball

Are you looking to improve your skill level? This is a class for you. Donna Moore will run different drills that will improve your game and develop new skills.

Self Defense

Come Learn Self Defense from Sifu Jason Goree. Sifu Jason has been studying and teaching Martial Arts for over 30 years. Learn the basics of the how to protect yourself.

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

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Wall grab.

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 - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)

In stage B, parents 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 - 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



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Table with 8 columns: Program Name, Session Name, Age Range, Day, Time, Member Fee, Program Fee, Participant Fee. Rows include various swim lessons such as 'Swim Lessons - Age 3-5yrs (3&4-Water Stamina & Stroke Introduction)', 'Swim Lessons - Age 6-12yrs (1-Water Acclimation)', etc.



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

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 (1-Water Acclimation)

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)

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)

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)

School Age, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 6- 12 years old 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&6 Stroke Development & Mechanics)

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. In stage 6 (Stroke Mechanics), students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly

Swim Lessons - Adaptive

This class, designed for participants with special needs, will focus on basic water skills & water adjustment. Helping participants gain confidence in the water & improve kicking & stroking ability. Through participation in the program, participants learn to feel more positive about themselves in a safe & relaxed environment that promotes success mixed with fun & play.

Swim Lessons - Conditioning

Conditioning swimmers continue to develop all 4 swim strokes: Freestyle, Backstroke, Breaststroke and Butterfly. Swimmers work on technique and distance.



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Training - Lifeguarding	June (4,5,11,12)	15 to 99	Sun. Sat.	10:00 AM - 5:00 PM	\$175.00	\$245.00
Training - CPR/AED	ARC Lay Rescuer - 05/21/2022 ARC Lay Rescuer - 06/25/2022	13 to 100 13 to 100	Sat. Sat.	9:00 AM - 1:00 PM 9:00 AM - 1:00 PM	\$50.00 \$50.00	\$75.00 \$75.00
Training - CPR/AED/O2/First Aid	Blended (06/09/2022)	16 to 100	Thurs.	4:30 PM - 8:30 PM	\$100.00	\$140.00
Wellness Center & Equipment Orientations	Orientations	15 to 115		No Time Specified	\$0.00	\$0.00
Wellness Consultation	Wellness Consultation			No Time Specified	\$0.00	\$0.00
YMCA Race Series	2022 Race Series			No Time Specified	\$25.00	\$25.00
Youth Fit	Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00
Youth Soccer	PreK & K (Outdoor @ Praise Park) 7/9-8/20 Grades 1 & 2 (Outdoor @ Praise Park) 7/9-8/20 Grades 3 & 4 (Outdoor @ Praise Park) 7/9-8/20 Grades 5 & 6 (Outdoor @ Praise Park) 7/9-8/20		Sat. Sat. Sat. Sat.	9:00 AM - 3:00 PM 9:00 AM - 3:00 PM 9:00 AM - 3:00 PM 9:00 AM - 3:00 PM	\$40.00 \$40.00 \$50.00 \$50.00	\$80.00 \$80.00 \$100.00 \$100.00



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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. Successful completion of this course includes certification in Lifeguarding, CPR/AED, Emergency Oxygen, and First Aid. The link for Blended Learning will be sent out after registration. Please verify your email address when signing up for this course. Time Friday 5-9pm, Saturday 9-6pm

Training - CPR/AED

This 4 hour session will provide the basics of CPR, and AED for Adults, Children and Infants. This course is suited for lay rescuers, those working in factories or business, and for those working in child care centers.

Training - CPR/AED/O2/First Aid

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

Wellness Center & Equipment Orientations

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

Wellness Consultation

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

YMCA Race Series

Throughout 2022 complete any of the eligible races and earn Y swag and as a bonus when you complete the Race Series requirements you will earn the special YMCA Race Series Medal.

Youth Fit

Learn proper cardiovascular, strength, and flexibility training ages 11-14. Sign up at membership services. 2 visits to learn the equipment and proper exercise guidelines. Membership staff will sign up first visit on the outlook calendar.

Youth Soccer

YMCA outdoor soccer is a fundamental league for participants to enhance their soccer skills as well as build character. All participants will enjoy equal playing time, positive coaching, balanced teams and fun! Located at Praise Park across from JRL YMCA. Early Bird Pricing: 5/1-5/31; Rates will increase 6/1.