



# Central Branch YMCA

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**Fall I - 2020 Program Listing**  
Fall I Session (9/14-11/1)  
Registration Dates (Mbr. 8/17) (Prog. Part. 8/24)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Assessments</b>						
	Body Composition	15 to 110		No Time Specified	\$0.00	\$0.00
	Fitness Assessment	15 to 110		No Time Specified	\$0.00	\$0.00
<b>Friday Night Live</b>						
	09/11/20 - Dodgeball	12 to 18	Fri.	8:00 PM - 10:00 PM	\$0.00	\$0.00
	10/09/2020 - Nerf Wars	12 to 18	Fri.	8:00 PM - 10:00 PM	\$0.00	\$0.00
<b>Fueling Your Faith Retreat @ Camp Potawotami</b>						
	09/27/2020	16 to 116	Sun.	1:00 PM - 7:00 PM	\$25.00	\$40.00
<b>Leadership Programs</b>						
	Teen Leaders Club	12 to 18	Thurs.	6:00 PM - 7:00 PM	\$0.00	\$0.00
<b>New Member Reception</b>						
	09/08/2020		Tues.	10:30 AM - 11:00 AM	\$0.00	\$0.00
	09/8/2020		Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	10/06/2020		Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	10/06/2020		Tues.	10:30 AM - 11:00 AM	\$0.00	\$0.00
<b>Parents Night Out</b>						
	08/28/2020	4 to 10	Fri.	6:00 PM - 10:00 PM	\$15.00	\$25.00
	09/11/2020	4 to 10	Fri.	6:00 PM - 10:00 PM	\$15.00	\$15.00
	10/09/2020	4 to 10	Fri.	6:00 PM - 10:00 PM	\$15.00	\$15.00
<b>Personal Training Packages</b>						
	Personal Training 101				\$80.00	n/a
	Personal Training - 1 session				\$40.00	n/a
	Personal Training - 5 sessions				\$195.00	n/a
	Personal Training - 10 sessions				\$370.00	n/a
	Personal Training - 20 sessions				\$700.00	n/a
<b>Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&amp;B Water Discovery &amp; Exploration)</b>						
	Friday 5:30pm	0 to 3	Fri.	5:30 PM - 6:00 PM	\$21.00	\$48.00
	Wednesday 5:30pm	0 to 3	Wed.	5:30 PM - 6:00 PM	\$21.00	\$48.00
<b>Swim Lessons - Age 3-5yrs (Parent/Child) (1-Water Acclimation)</b>						
	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$21.00	\$48.00
	Wednesday 5:30pm	3 to 5	Wed.	5:30 PM - 6:00 PM	\$21.00	\$48.00
<b>Swim Lessons - Age 3-5yrs (Parent/Child) (2-Water Movement)</b>						
	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$21.00	\$48.00
	Wednesday 5:30pm	3 to 5	Wed.	5:30 PM - 6:00 PM	\$21.00	\$48.00



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## Assessments

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

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

## Friday Night Live

09/11/20 - Dodgeball - Teens, join us for a night of games, food, prizes and more as we take over the YMCA. All activities are supervised by a Y staff member.

10/09/2020 - Nerf Wars - Teens, join us for a night of games, food, prizes and more as we take over the YMCA. All activities are supervised by a Y staff member.

## Fueling Your Faith Retreat @ Camp Potawotami

**\*\*RETREAT WILL TAKE PLACE AT YMCA CAMP POTAWOTAMI\*\*** Join staff, members, and friends from the community for this popular Christian Emphasis event designed to refresh you in spirit, mind and body. This afternoon retreat includes a brief time of devotion, prayer and worship followed by lots of retreat time with different optional activities to choose from as well as snacks and dinner! Kids age 4-15 can participate in free supervised activities during the retreat and will rejoin the group for dinner. A confirmation packet with more detailed information will be sent out through email closer to the event.

## Leadership Programs

Teen Leaders Club is an opportunity for youth to grow in their leadership through volunteering for the community, going on retreats, planning and organizing fundraisers. They will also focus on the YMCA's Mission and core values of honesty, respect, caring, and responsibility. Grades 6th thru 12th.

## New Member Reception

Free program to get new members connected to the branch and other members, as well as offer them an opportunity to learn more about the benefits of their membership.

## Parents Night Out

Let the YMCA entertain your child while you enjoy a night out! Activities include a pizza dinner, gym games, crafts, swimming and a movie & popcorn. Please see the registration form for more details about what to bring and what to expect. Parents Night Out is for those of all abilities.

## Personal Training Packages

Personal Training 101- Fitness assessment and 3 personal training visits. ONE TIME PURCHASE ONLY.

## 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 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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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Swim Lessons - Age 3-5yrs (Parent/Child) (3-Water Stamina)</b>						
	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$21.00	\$48.00
	Wednesday 5:30pm	3 to 5	Wed.	5:30 PM - 6:00 PM	\$21.00	\$48.00
<b>Swim Lessons - Age 3-5yrs (Parent/Child) (4-Stroke Introduction)</b>						
	Friday 6:15pm	3 to 5	Fri.	6:15 PM - 7:00 PM	\$21.00	\$48.00
	Wednesday 6:15pm	3 to 5	Wed.	6:15 PM - 7:00 PM	\$21.00	\$48.00
<b>Swim Lessons - Age 6-12yrs (Parent/Child) (1-Water Acclimation)</b>						
	Friday 6:15pm	6 to 12	Fri.	6:15 PM - 7:00 PM	\$24.00	\$52.50
	Wednesday 6:15pm	6 to 12	Wed.	6:15 PM - 7:00 PM	\$24.00	\$52.50
<b>Swim Lessons - Age 6-12yrs (Parent/Child) (2-Water Movement)</b>						
	Friday 6:15pm	6 to 12	Fri.	6:15 PM - 7:00 PM	\$24.00	\$52.50
	Wednesday 6:15pm	6 to 12	Wed.	6:15 PM - 7:00 PM	\$24.00	\$52.50
<b>Swim Lessons - Age 6-12yrs (3-Water Stamina)</b>						
	Friday 6:15pm	6 to 12	Fri.	6:15 PM - 7:00 PM	\$24.00	\$52.50
	Wednesday 6:15pm	6 to 12	Wed.	6:15 PM - 7:00 PM	\$24.00	\$52.50
<b>Swim Lessons - Age 6-12yrs (4-Stroke Introduction)</b>						
	Friday 7:15pm	6 to 12	Fri.	7:15 PM - 8:00 PM	\$24.00	\$52.50
	Wednesday 7:15pm	6 to 12	Wed.	7:15 PM - 8:00 PM	\$24.00	\$52.50
<b>Swim Lessons - Age 6-12yrs (5-Stroke Development)</b>						
	Friday 7:15pm	6 to 12	Fri.	7:15 PM - 8:00 PM	\$24.00	\$52.50
	Wednesday 7:15pm	6 to 12	Wed.	7:15 PM - 8:00 PM	\$24.00	\$52.50
<b>Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)</b>						
	Friday 7:15pm	6 to 12	Fri.	7:15 PM - 8:00 PM	\$24.00	\$52.50
	Wednesday 7:15pm	6 to 12	Wed.	7:15 PM - 8:00 PM	\$24.00	\$52.50
<b>Swim Lessons - Private Swim Lesson Packages</b>						
	1 session				\$24.00	\$48.00
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00



### **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)**

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)**

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

### **Swim Lessons - Private Swim Lesson Packages**

Private swim lessons 1 on 1 with an instructor



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Swim Lessons - Teen &amp; Adult</b>						
	Tuesday 7:15pm	13 to 99	Tues.	7:15 PM - 8:00 PM	\$24.00	\$52.50
<b>Swim Lessons - Adaptive</b>						
<b>Swim Team</b>						
	Bronze A	5 to 21	Mon-Thurs	4:30 PM - 5:15 PM	\$325.00	
	Bronze B	5 to 21	Mon-Thurs	5:15 PM - 6:00 PM	\$325.00	
	Gold A	5 to 21	Mon., Tues., Thurs	4:30 PM - 6:00 PM	\$375.00	
	Gold B	5 to 21	Mon., Tues., Thurs	6:00 PM - 7:30 PM	\$375.00	
	Gold C	5 to 21	Mon., Tues., Thurs	5:30 AM - 7:00 AM	\$375.00	
	Grey A	5 to 21	Tues., Thurs., Fri	6:00 PM - 6:45 PM	\$300.00	
	Grey B	5 to 21	Tues., Thurs., Fri	6:45 PM - 7:30 PM	\$300.00	
	High School Swim		Tues., Thurs., Sat		\$100.00	
	Silver A	5 to 21	Mon., Tues., Thurs	4:30 PM - 5:45 PM	\$350.00	
	Silver B	5 to 21	Mon., Tues., Thurs	5:45 PM - 7:00 PM	\$350.00	
	Silver C	5 to 21	Mon., Tues., Thurs	7:00 PM - 8:15 PM	\$350.00	
<b>Wellness Center &amp; Equipment Orientations</b>						
	2020 Orientation			No Time Specified	\$0.00	\$0.00
<b>Wellness Consultation</b>						
	2020 Wellness Consultation			No Time Specified	\$0.00	\$0.00
<b>Wellness for Life Coaching Program</b>						
	3 sessions				\$0.00	\$0.00
<b>Wellness for Life 2.0</b>						
	2020 WFL 2.0			No Time Specified	\$99.00	\$99.00
<b>Youth &amp; Government</b>						
	Grades 7-12		Thurs.	5:00 PM - 6:00 PM	\$0.00	\$10.00
<b>Youth Fit</b>						
	2020 Central Branch	11 to 14		No Time Specified	\$0.00	\$0.00



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### 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 - 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 Team

- Bronze A - Legal in 3 of 4 strokes, building endurance, working on starts and turns, learning to read a pace clock.
- Bronze B - Legal in 3 of 4 strokes, building endurance, working on starts and turns, learning to read a pace clock.
- Gold A - More advanced ability and additional time in practice, able to swim all events at a meet. Goal of zones/nationals. High intensity and ready for a more challenging workout.
- Gold B - More advanced ability and additional time in practice, able to swim all events at a meet. Goal of zones/nationals. High intensity and ready for a more challenging workout.
- Gold C - More advanced ability and additional time in practice, able to swim all events at a meet. Goal of zones/nationals. High intensity and ready for a more challenging workout.
- Grey A - Able to swim a 25 forward crawl and backstroke, may have a basic understanding of additional strokes.
- Grey B - Able to swim a 25 forward crawl and backstroke, may have a basic understanding of additional strokes.
- High School Swim - This group is for athletes that will be swimming for their high school team and will not be able to train with the Sharks during their high school season but would still like to swim preseason and postseason. Tues/Thurs 5:30-7am, Sat 7-8:30am
- Silver A - Legal in all 4 strokes, must be able to complete a 200 Freestyle and a 200 IM to be placed in this group. Dryland introduced.
- Silver B - Legal in all 4 strokes, must be able to complete a 200 Freestyle and a 200 IM to be placed in this group. Dryland introduced.
- Silver C - Legal in all 4 strokes, must be able to complete a 200 Freestyle and a 200 IM to be placed in this group. Dryland introduced.

### Wellness Center & Equipment Orientations

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

### Wellness Consultation

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

### Wellness for Life Coaching Program

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

### Wellness for Life 2.0

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

### Youth & Government

Indiana Youth and Government is an exciting opportunity for youth to step into the shoes of the individuals who run our State Government. This program provides middle and high school youth the opportunity to study and debate public issues, experience the judicial branch of our state government, write legislation and participate in a youth legislature. Grade 7th to 12th.

### Youth Fit

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