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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults	Game Club	10 to 117	Tues.	11:00 AM - 1:00 PM	\$0.00	\$0.00
Adaptive Classes	Dancing with Diverse Abilities	6 to 12	Fri.	5:15 PM - 6:00 PM	\$25.00	\$50.00
Art/Craft Classes	Youth Art Class	5 to 12	Sat.	10:30 AM - 11:30 AM	\$15.00	\$25.00
Blood Pressure Self Monitoring Program	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
Cooking Classes	Youth Chef Academy @ Covenant UMC	11 to 18	Wed.	5:00 PM - 7:00 PM	\$65.00	\$145.00
Gymnastics-Parent/Child	Friday Monday Tuesday	0 to 2 0 to 2 0 to 2	Fri. Mon. Tues.	9:30 AM - 10:00 AM 5:00 PM - 5:30 PM 5:00 PM - 5:30 PM	\$30.00 \$30.00 \$30.00	\$67.50 \$67.50 \$67.50
Gymnastics-Pre School	Friday Monday Tuesday	3 to 4 3 to 4 3 to 4	Fri. Mon. Tues.	10:15 AM - 10:45 AM 5:45 PM - 6:15 PM 5:45 PM - 6:15 PM	\$30.00 \$30.00 \$30.00	\$67.50 \$67.50 \$67.50
Gymnastics-School Age	Level I - Friday Level I - Tuesday Level I - Monday Level II - Monday Level II - Tuesday	5 to 10 5 to 10 5 to 10 5 to 10 5 to 10	Fri. Tues. Mon. Mon. Tues.	11:00 AM - 11:30 AM 6:30 PM - 7:00 PM 6:30 PM - 7:00 PM 7:15 PM - 7:45 PM 7:15 PM - 7:45 PM	\$30.00 \$30.00 \$30.00 \$30.00 \$30.00	\$67.50 \$67.50 \$67.50 \$67.50 \$67.50
Home School Programs	Age 11-17 (Gym) Age 11-17 (Swim) Age 3-5 (Gym) Age 3-5 (Swim) Age 6-10 (Gym) Age 6-10 (Swim)	11 to 17 11 to 17 3 to 5 3 to 5 6 to 10 6 to 10	Wed. Wed. Wed. Wed. Wed. Wed.	11:00 AM - 11:30 AM 11:40 AM - 12:10 AM 9:50 AM - 10:20 AM 10:30 AM - 11:00 AM 10:25 AM - 10:55 AM 11:05 AM - 12:10 AM	\$30.00 \$33.00 \$30.00 \$33.00 \$30.00 \$33.00	\$67.50 \$74.00 \$67.50 \$74.00 \$67.50 \$74.00
Karate	Beginner (Age 5-8) Beginner (Age 9+) Intermediate (Age 6+)	5 to 8 9 to 18 6 to 18	Thurs. Thurs. Thurs.	5:00 PM - 5:45 PM 6:00 PM - 6:45 PM 7:00 PM - 7:45 PM	\$35.00 \$35.00 \$35.00	\$78.50 \$78.50 \$78.50
Parents Night Out	Parents Night Out- 05/10/2024	5 to 10	Fri.	6:00 PM - 9:00 PM	\$20.00	\$25.00
Personal Training	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation	Parkview Y (Northwest Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
Running Programs	Youth Running Club (Grade 2-5)	7 to 12	Sun.	3:00 PM - 4:00 PM	\$31.00	\$67.00
Safe at Home	Safe at Home- 04/13/2024 (Grades 4-6 only)		Sat.	10:00 AM - 11:30 AM	\$25.00	\$35.00
Spanish Classes	Beginner Spanish (Ages 3+) Intermediate Spanish (ages 8+)	3 to 100 8 to 100	Sat. Sat.	10:00 AM - 10:45 AM 10:50 AM - 11:35 AM	\$39.00 \$39.00	\$86.00 \$86.00



Active Older Adults

Please join us for Game Club. Available are some playing cards and game. Other games are welcome. Open to all ages. You bring your own snacks.

Adaptive Classes

In partnership with Fort Wayne Dance Collective this 7-week session is for children and young teens with varying physical, developmental and intellectual disabilities. Students will be able to explore movement and express themselves creatively.

Art/Craft Classes

Does your child enjoy exploring different kinds of art work? Join our art class taught by a prior art teacher who is passionate about providing a space where children can explore their creativity through art!!

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.

Cooking Classes

Held at Covenant United Methodist Church. Learn the basics of cooking quick, simple meals. Lessons on kitchenware, safety, cleanliness and ingredient reading will set the tone for the course.

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 3-4 yrs. Focus is on large and small motor skills, coordination and general body awareness. Kids have fun rolling, running, hopping, skipping, jumping and galloping.

Gymnastics-School Age

Level I: 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.

Level II: Focus is on conditioning, back roll tuck, handstand roll, hurdle cartwheel, round off, and bridge from standing position.

Home School Programs

Participants engage in physical education activities that help them build self-confidence, gain team building strategies, socialize with other homeschoolers all while having fun in a safe environment.

Karate

Beginner: Classes are held in a non-competitive environment. Students develop balance, fitness, coordination, self-confidence and discipline while having fun.

Intermediate: For children 6 years and older who have completed beginning Karate and have received instructor approval.

Parents Night Out

Need an evening out without the kids? Let us provide dinner and entertain your 5 to 10 year old while you have an evening out. We will have fun eating, swimming, playing, watching a movie, and coloring.

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.

Running Programs

The program is for grades 2nd-5th to help with conditioning and practice of running. Running will on the indoor track, along with in door group activities and games. The non-competitive program will have experienced coaches that will supervise running, stretching, and running games.

Safe at Home

Students will learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies.

Spanish Classes

Beginner: Learn the basics of beginners Spanish. Classes are taught in a fun environment with interactive activities

Intermediate: Sharpen your Spanish Speaking skills with others. Classes are taught in a fun environment with interactive activities.

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Swim Lessons - Adaptive							
	Sunday 4:30pm	3 to 99	Sun.	4:30 PM - 5:00 PM	\$33.00	\$74.00	
	Sunday 5:00pm	3 to 99	Sun.	5:00 PM - 5:30 PM	\$33.00	\$74.00	
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)							
	Saturday 9:00am	0 to 3	Sat.	9:00 AM - 9:30 AM	\$33.00	\$74.00	
	Thursday 4:00pm	0 to 3	Thurs.	4:00 PM - 4:30 PM	\$33.00	\$74.00	
	Tuesday 4:00pm	0 to 3	Tues.	4:00 PM - 4:30 PM	\$33.00	\$74.00	
Swim Lessons - Age 3-5yrs (1-Water Acclimation)							
	Saturday - 9:40am	3 to 5	Sat.	9:40 AM - 10:10 AM	\$33.00	\$74.00	
	Thursday 4:40pm	3 to 5	Thurs.	4:40 PM - 5:10 PM	\$33.00	\$74.00	
	Tuesday 4:40pm	3 to 5	Tues.	4:40 PM - 5:10 PM	\$33.00	\$74.00	
Swim Lessons - Age 3-5yrs (2-Water Movement)							
	Saturday 10:20am	3 to 5	Sat.	10:20 AM - 10:50 AM	\$33.00	\$74.00	
	Thursday 5:20pm	3 to 5	Thurs.	5:20 PM - 5:50 PM	\$33.00	\$74.00	
	Tuesday 5:20pm	3 to 5	Tues.	5:20 PM - 5:50 PM	\$33.00	\$74.00	
Swim Lessons - Age 3-5yrs (3-Water Stamina)							
	Saturday 11:00am	3 to 5	Sat.	11:00 AM - 11:30 AM	\$33.00	\$74.00	
	Thursday 6:00pm	3 to 5	Thurs.	6:00 PM - 6:30 PM	\$33.00	\$74.00	
	Tuesday 6:00pm	3 to 5	Tues.	6:00 PM - 6:30 PM	\$33.00	\$74.00	
Swim Lessons - Age 6-12yrs (1-Water Acclimation)							
	Saturday 9:00am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$39.00	\$86.00	
	Tuesday 4:40pm	6 to 12	Tues.	4:40 PM - 5:25 PM	\$39.00	\$86.00	
Swim Lessons - Age 6-12yrs (2-Water Movement)							
	Saturday 9:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$39.00	\$86.00	
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$39.00	\$86.00	
Swim Lessons - Age 6-12yrs (3-Water Stamina)							
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$39.00	\$86.00	
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$39.00	\$86.00	
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)							
	Thursday 4:40pm	6 to 12	Thurs.	4:40 PM - 5:25 PM	\$39.00	\$86.00	
	Tuesday 4:40pm	6 to 12	Tues.	4:40 PM - 5:25 PM	\$39.00	\$86.00	
Swim Lessons - Age 6-12yrs (5-Stroke Development)							
	Thursday 5:35pm	6 to 12	Thurs.	5:35 PM - 6:20 PM	\$39.00	\$86.00	
	Tuesday 5:35pm	6 to 12	Tues.	5:35 PM - 6:20 PM	\$39.00	\$86.00	
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)							
	Thursday 6:30pm	6 to 12	Thurs.	6:30 PM - 7:15 PM	\$39.00	\$86.00	
	Tuesday 6:30pm	6 to 12	Tues.	6:30 PM - 7:15 PM	\$39.00	\$86.00	
Swim Lessons - Teen & Adult							
	Monday 7:00pm	13 to 114	Mon.	7:00 PM - 7:45 PM	\$39.00	\$86.00	
Swim Lessons - Private							
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00	



Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)
In Stages A&B, parents work with their children to get introduced to the water and 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
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-Water Acclimation)
In Stage 1, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. 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 6-12yrs (1-Water Acclimation)
In Stage 1, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. 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)
In Stage 4, students 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)
In Stage 5, students 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, 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 class is designed for adults who want to learn the basic fundamentals of swimming, water orientation, and safety.

Swim Lessons - Private Swim Lessons
Private swim lesson - 3 sessions; Contact the front desk for details and scheduling.

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Teen Programs						
	Teen Leaders Club (Ages 11-18)	11 to 18	Mon.	5:00 PM - 7:00 PM	\$0.00	\$0.00
Training - Lifeguarding						
	April (20, 21, 27, 28)	15 to 99	Sun. Sat.	10:00 AM - 5:00 PM	\$175.00	\$245.00
	May (4, 5, 11, 12)	15 to 99	Sun. Sat.	10:00 AM - 5:00 PM	\$175.00	\$245.00
Training - CPR/AED/O2/First Aid						
	Blended (04/18/2024)	15 to 100	Thurs.	4:00 PM - 8:00 PM	\$100.00	\$140.00
	Blended (05/07/2024)	15 to 100	Tues.	4:00 PM - 8:00 PM	\$100.00	\$140.00
Training - Safe Sitter Babysitting						
	Safe Sitter Class- 05/18/2024 (grades 6-8)	11 to 14	Sat.	9:00 AM - 2:30 PM	\$72.00	\$100.00
Wellness Center & Equipment Orientations						
	Member Wellness Orientations	15 to 115		No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	Wellness Consultation	16 to 116		No Time Specified	\$0.00	\$0.00
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
Youth Soccer						
	Ages 3-4 (Parent&Child)	3 to 4	Fri.	12:00 PM - 12:30 PM	\$40.00	\$80.00
	Spring Soccer- Grades PreK-K	3 to 7	Sat.	No Time Specified	\$40.00	\$80.00
	Spring Soccer- Grades 1 & 2	6 to 9	Sat.	No Time Specified	\$40.00	\$80.00
	Spring Soccer- Grades 3 & 4	7 to 11	Sat.	No Time Specified	\$40.00	\$80.00
	Spring Soccer- Grades 5 & 6	10 to 12	Sat.	No Time Specified	\$40.00	\$80.00



Teen 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.

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 our a week before the start day of the class. Please verify your email address when signing up for this course. You MUST attend all 4 days of class.

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.

Training - Safe Sitter Babysitting

This course will teach potential babysitters how to care for children. 6 hour course. CPR included, but will not be certified

Wellness Center & Equipment Orientations

Learn how to use the equipment at the Parkview YMCA

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.

Youth Fit

Level 1: Learn proper cardiovascular, and flexibility training for ages 9-10 years. Sign up at membership services. 2 visits to learn the equipment and proper exercise guidelines.

Level 2: Learn proper cardiovascular, strength, and flexibility training for ages 11-14 years. Sign up at membership services. 2 visits to learn the equipment and proper exercise guidelines.

Youth Soccer

Parkview 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!