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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Blood Pressure Self Monitoring Program						
	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
Home School Programs						
	Home School PE Age 6-12 (1st child)	6 to 12	Tues.	10:15 AM - 12:15 PM	\$35.00	\$44.00
	Home School PE Age 6-12 (additional child)	6 to 12	Tues.	10:15 AM - 12:15 PM	\$17.00	\$20.00
	Home School PE Age 13-16 (1st Child)	13 to 16	Wed.	1:00 PM - 2:30 PM	\$35.00	\$44.00
	Home School PE Age 13-16 (Additional Child)	13 to 16	Wed.	1:00 PM - 2:30 PM	\$17.00	\$20.00
Lunch & Learn						
	04/16/24 - Nugen Law (Guardianship & Life)	55 to 155	Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
	05/21/24 - Adult Protective Services	55 to 155	Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
Martial Arts						
	Beginning Jujitsu (Age 9+)	9 to 109	Tues.	6:45 PM - 7:45 PM	\$37.00	\$83.00
Nutrition Seminar						
	Heart Healthy Eating for Life	18 to 118	Thurs.	10:00 AM - 11:00 AM	\$0.00	\$0.00
	Shopping, Preparing and Cooking Food	18 to 118	Thurs.	10:00 AM - 11:00 AM	\$0.00	\$0.00
Parents Night Out						
	Adaptive Parents Night Out- 4/12/2024	5 to 15	Fri.	5:00 PM - 8:00 PM	\$15.00	\$30.00
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Caylor-Nickel Branch (Bluffton)	18 to 118		No Time Specified	\$0.00	\$0.00
Preschool Sports						
	Preschool Outdoor Soccer	4 to 6	Thurs.	10:00 AM - 10:45 AM	\$39.00	\$86.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Saturday	0 to 3	Sat.	9:45 AM - 10:15 AM	\$33.00	\$74.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Saturday	0 to 3	Sat.	10:30 AM - 11:00 AM	\$33.00	\$74.00
Swim Lessons - Adaptive						
	Saturday	5 to 100	Sat.	11:45 AM - 12:30 PM	\$40.00	\$80.00
Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement and Stamina)						
	Friday	3 to 5	Fri.	10:00 AM - 10:30 AM	\$33.00	\$74.00
	Saturday	3 to 5	Sat.	9:00 AM - 9:30 AM	\$33.00	\$74.00



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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. The \$40.00 fee will include access to HabitNu which is a fee app/website to take control of your health, track your blood pressure, food choices, and more.

Home School Programs

This is a physical education class for home school student that includes various types of activities (sports, swimming, performance, etc.)

Lunch & Learn

Enjoy a Subway boxed lunch and a presentation with other members!

Martial Arts

Instructor Jeff Moss will lead this beginner JiuJitsu class to stress five maxims: Character, sincerity, effort, etiquette and self-control. This class will also focus on: break falls, confidence, takedowns, grappling and fitness in a safe and fun environment

Nutrition Seminar

Heart Healthy Eating for Life: This seminar will review heart healthy habits and why it is important to make healthy choices.

Shopping, Preparing and Cooking Food: This seminar will explore making healthy choices at the grocery and when you prepare food to help manage blood pressure.

Parents Night Out

Drop your kid(s) off at the Y for a night of fun activities (dinner, crafts, swimming, and a movie)! This event is open to anyone ages 5-15 years with special needs and their sibling(s) or a special friend.

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.

Preschool Sports

Sports program for preschool ages 4-6 that focuses on the fundamentals of soccer while also increasing coordination, confidence and teamwork.

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) (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 - 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 (1-3 Water Acclimation, Movement and Stamina)

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".



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Swim Lessons - Age 6-12yrs (1-3 Water Acclimation, Mvmt, Stamina)						
	Friday	6 to 12	Fri.	6:00 PM - 6:45 PM	\$39.00	\$86.00
	Saturday	6 to 12	Sat.	9:45 AM - 10:30 AM	\$39.00	\$86.00
Swim Lessons - Age 6-12yrs (4-6 Stroke Intro, Development, Mechanics)						
	Saturday	6 to 12	Sat.	10:45 AM - 11:30 AM	\$39.00	\$86.00
Swim Lessons - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Swim Team Preparation						
	Swim Team Prep	12 to 19	Thurs.	6:00 PM - 7:00 PM	\$39.00	\$86.00
Training - CPR/AED/O2/First Aid						
	Blended (04/16/2024)	15 to 100	Tues.	4:00 PM - 8:00 PM	\$100.00	\$140.00
	Blended (05/30/2024)	15 to 100	Thurs.	4:00 PM - 8:00 PM	\$100.00	\$140.00
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			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) - Con	11 to 14		No Time Specified	\$0.00	\$0.00
	2024 Youth Fit- Level 1 & 2 (Ages 11-14)	11 to 14		No Time Specified	\$0.00	\$0.00
Youth Soccer						
	Outdoor - U06 (Birth Yrs '18 & '19)		Sat.	No Time Specified	\$40.00	\$80.00
	Outdoor - U08 (Birth Yrs '16 & '17)		Sat.	No Time Specified	\$40.00	\$80.00
	Outdoor - U11 (Birth Yrs '13, '14 & '15)		Sat.	No Time Specified	\$40.00	\$80.00
	Outdoor - U15 (Birth Yrs '09, '10, '11, '12)		Sat.	No Time Specified	\$40.00	\$80.00



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

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 (4-6 Stroke Intro, Development, Mechanics)

Students in stage 4 develop stroke techniques 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 - Private Swim Lessons

Private Lessons - 3 sessions

Swim Team Preparation

This class is designed to introduce young swimmers to competitive swimming and keep them in practice during the off-seasons of their respective swim teams. Students will engage in various workouts that improve their skills and strokes, as well as learn more about competitive swim meets (structure, rules, etc.)

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

Members are encouraged to schedule a FREE wellness orientation to learn proper use of the equipment as well as learn about the different services offered within the Wellness Center. You will be contacted after registering to set up a date and time.

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

- Level 1:** Learn about flexibility and how to use the cardio equipment
- Level 2:** Learn more about gym etiquette and how to use the stacked weight equipment. This is for people who have already taken Level 1.

Youth Soccer

YMCA 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, and fun!



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Spring - 2024 Program Listing

Spring Session 4/15-6/2

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