



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OUR MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

FOR YOUR SPIRIT, MIND, & BODY

Resource Guide
YMCA OF GREATER FORT WAYNE

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Strengthening Communities through Youth Development, Healthy Living & Social Responsibility

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JOINING THE Y IS GOOD FOR YOUR HEART!

YOUR YMCA MEMBERSHIP INCLUDES:

- Unlimited access to all YMCAs in Allen, Whitley and Wells counties
- Free unlimited participation in hundreds of group exercise classes
- Free child care while you work out
- Free health and wellness consultation
- Free Wellness for Life Coaching Program
- Priority program registration including discounted rates
- Nationwide access to all YMCAs (certain restrictions apply)

See page 41 to learn how to set up your online account and register for programs at fwymca.org

LET'S CONNECT!



www.fwymca.org



Facebook.com/gfwymca



Twitter.com/fwymca.org



FindYourselfAtTheY.org



HereForYou@fwymca.org



Branch information is at your fingertips with the YMCA Mobile App. Scan this QR code to download our FREE YMCA app.

PROGRAM SESSIONS

Winter I

Winter II

Spring

Summer I

Summer II

Fall I

Fall II

For specific program session dates, visit fwymca.org or your local branch.



WELCOME!

Welcome to the YMCA of Greater Fort Wayne family. We're glad you're here!

We know firsthand how difficult it can be to find balance in life. That's why we're here for you every day, making sure that you, your kids and family members have the resources and support needed to learn, grow and thrive. At the Y, you're not just a member of a facility. You're part of a community with a cause and a shared commitment to nurture the potential of kids, improve health and well-being, and give back and support our neighbors.

Join us for a New Member Reception

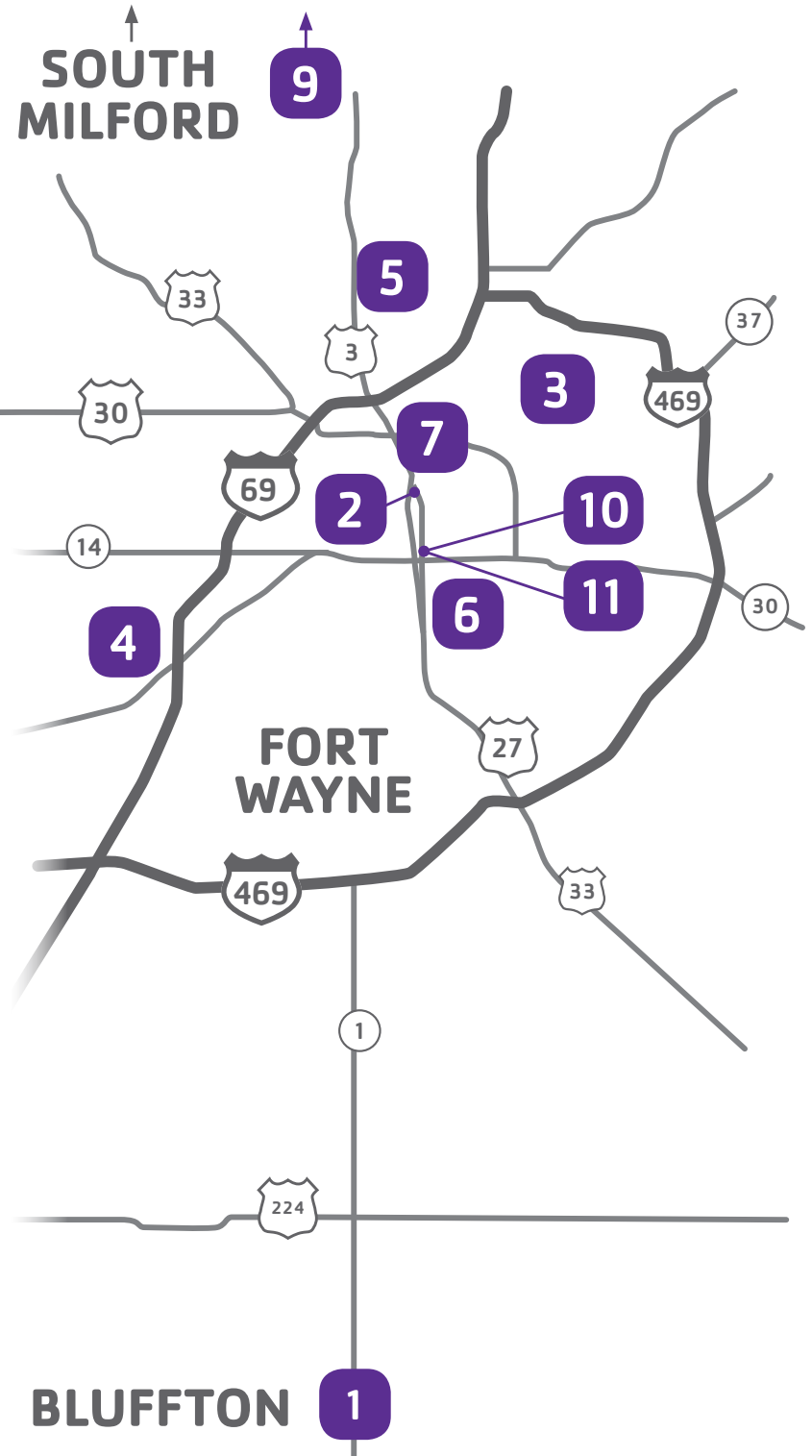


Take 30 minutes to learn more about what the Y has to offer and receive a \$30 YRewards card good toward Y programs. Register at the Member Services desk. Open to all members.

Visit FindYourselfAtTheY.org to read other member stories or to share yours.

LOCATIONS

1	CAYLOR-NICKEL FOUNDATION FAMILY YMCA p: 260.565.9622
2	CENTRAL BRANCH YMCA p: 260.422.6486
3	JACKSON R. LEHMAN FAMILY YMCA p: 260.755.4949
4	JORGENSEN FAMILY YMCA p: 260.432.8953
5	PARKVIEW FAMILY YMCA p: 260.497.9996
6	RENAISSANCE POINTE YMCA p: 260.447.4567
7	SKYLINE YMCA p: 260.755.4900
8	WHITLEY COUNTY FAMILY YMCA p: 260.244.9622
9	YMCA CAMP POTAWOTAMI p: 260.351.2525
10	YMCA CHILD CARE SERVICES p: 260.449.8464
11	YMCA YOUTH SERVICE BUREAU p: 260.449.7511



fwymca.org/map.php

PROGRAMS, SERVICES & AMENITIES



IT'S ALL HERE.

	CAYLOR-NICKEL FNDN. FAMILY YMCA 260.565.9622	CENTRAL BRANCH YMCA 260.422.6486	JACKSON R. LEHMAN FAMILY YMCA 260.755.4949	JORGENSEN FAMILY YMCA 260.432.8953	PARKVIEW FAMILY YMCA 260.497.9996	RENAISSANCE POINTE YMCA 260.447.4567	SKYLINE YMCA 260.755.4900	WHITLEY COUNTY FAMILY YMCA 260.244.9622
WELLNESS CENTER								
Cardio Equipment	•	•	•	•	•	•	•	•
Free Weights	•	•	•	•	•	•	•	•
Adaptive Fitness Equipment	•	•	•	•	•	•		•
FACILITY FEATURES								
Athletic Fields	•			•	•	•		•
Chapel	•	•	•		•			
Climbing Wall				•	•			
Computer Lab						•		
Dance Studio	•	•	•	•	•	•	•	•
Universal Changing Room(s)	•	•	•	•	•	•	•	•
Game Room	•	•	•	•	•	•		•
Group Ex Room(s)	•	•	•	•	•	•	•	•
Gymnasium	•	•	•	•	•	•		•
Indoor Track		•	•	•	•			•
Kids Play Area			•	•	•			
Music Room						•		
Racquetball Courts		•			•			
Sauna	•	•	•	•	•	•		•
Sensory Room			•					
Steam Room		•	•	•	•			•
Teaching Kitchen			•					
Walking Trail	•		•	•	•			•
Whirlpool	•	•		•	•			
POOL/SPLASH PARK								
Indoor Pool(s)	•	•	•	•	•	•		•
Outdoor Pool				•				
Splash Park					•	•		
PROGRAMS & SERVICES								
Adaptive Programs	•	•	•	•	•	•		•
Adult Sports & Leagues		•	•	•	•	•		•
Arts & Music, Dance			•	•	•	•		•
Before/After School Care	•			•	•			•
Child Watch/Kids Club	•	•	•	•	•	•		•
Day Camp	•			•	•	•		•
Early Learning Center	•							•
Group Exercise Classes	•	•	•	•	•	•	•	•
Personal Training	•	•	•	•	•	•	•	•
Swim Lessons	•	•	•	•	•	•		•
Teen Activities	•	•	•	•	•	•	•	•
Teen Leadership		•	•	•	•	•		•
Volunteer Opportunities	•	•	•	•	•	•	•	•
Family Activities	•	•	•	•	•	•	•	•
Youth Sports	•		•	•	•	•		•

For a complete list of our branch amenities & hours of operation, visit us at www.fwymca.org or stop by your local branch.



SPECIAL EVENTS



RACE TO STRENGTHEN COMMUNITY

River City Rat Race

This race is an annual event that combines activity, competition, family fun, and community service. The Inaugural River City Rat Race was held in the year 2000 and it became an instant success. By 2010, the race had become one of the largest road races in Northern Indiana.

With over 1000 runners and more than 100 volunteers, the Rat Race has continued to provide a healthy and fun family event in downtown Fort Wayne. Proceeds of the race benefit the Annual Campaign at the Central Branch YMCA which allows us to help people who need financial assistance in order to participate at the Y. Visit RiverCityRatRace.com.

OVER \$100,000 RAISED SINCE 2000



AN UPLIFTING MESSAGE FOR ALL

Good Friday Breakfast

The purpose of the YMCA of Greater Fort Wayne's Annual Good Friday Breakfast is to bring people together to celebrate the Easter season with an uplifting message of Christian faith. Each year, a carefully selected speaker shares their faith and the role it has taken in shaping their life and those around them.



GOOD FUN. GREAT CAUSE.

YMCA Camp Potawotami Golf Outing

For over 25 years, the YMCA of Greater Fort Wayne has hosted an annual golf outing – a fun day of golf and fellowship that benefits YMCA Camp Potawotami, our official summer resident camp! So gather your foursome, bring your swing and your clubs and help create a great summer experience for kids. For more information about participating in or sponsoring the golf outing call 260.422.6488 or email HereForYou@fwymca.org.



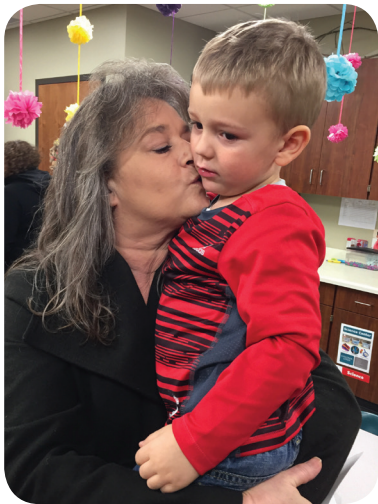


FOR PEOPLE NOT PROFIT

THE Y SERVES AS A GATHERING PLACE FOR THE COMMUNITY!

Every day, the Y addresses the most pressing needs in our community by ensuring that everyone — regardless of age, income or background — has the opportunity to learn, grow and thrive.

Kids flock to the Y before and after school to do homework and have fun. Working parents depend on our early learning centers to provide a safe, nurturing environment. Children and teens look forward to summer adventures and develop lasting friendships through summer day and resident camps. Active Older Adults connect with one another through exercise classes and group activities. Families come to the Y as a way to learn about healthy eating and physical fitness, as well as finding ways to grow together.



Julia's Story

"A little over 3 years ago I was blessed with 4 grandchildren who were placed in my care. I had spent my savings on clothes, bedding, daycare, etc. I was diagnosed with cancer and medical bills began piling up.

I turned everything over to God and as always He provided. I had been praying for awhile for a Christian based daycare. I received a call from the YMCA Early Learning Center that there was an opening. It was exactly what I was looking for, however I knew I wouldn't be able to afford it. Since it was an answer to a prayer request I proceeded to enroll the 2 younger children. I didn't know what I was going to do when school was going to let out for the summer, because I knew it was over my budget.

I was approached by a staff person and asked if I would like to check into the YMCA's financial assistance program. Within moments I was informed I qualified and the new payment was exactly what was in my budget. The children love the staff, the different structural activities offered, visits from the fire and safety workers, and so much more. I have to say I have one of the smartest little guys, and I love the way they engage the children in the learning activities. To know I can go to work and not worry, knowing Y staff are getting children on and off the bus, then providing them with snacks and structured activities is such a blessing. I just want to thank each one for you, from being greeted in the morning to the end of the day." -Julia

JOIN THE Y IN MAKING A DIFFERENCE

See Volunteerism & Giving on page 39
Or visit fwymca.org/annual_campaign.php

When you give to the Y, you help strengthen our community and move us all forward. As the nation's leading nonprofit for youth development, healthy living and social responsibility, the Y uses your gift to make a meaningful, enduring impact right here in your neighborhood.



RESIDENT CAMP

GET OUTSIDE, GROW OUTSIDE YMCA CAMP POTAWOTAMI



www.fwycamp.org



YMCA Camp Potawotami is a lot of fun: swimming, games, songs, skits, campfires, mud hikes, climbing, archery, arts and crafts and more are packed into one week, more than most kids experience all summer. Camp is located in Wolcottville, Indiana and offers half week and week-long summer resident camp programs for children age 6 or older.

At YMCA Camp Potawotami we focus on the ABCs of Camping - working to increase camper's sense of Accomplishment and Belonging while they learn about positive Character traits and values. Our tools are well-trained staff, carefully planned programs and safe, clean facilities.

Campers gain a sense of accomplishment by trying activities and developing new skills. Making new friends and being a good friend in return helps campers gain a sense of belonging. The character traits we focus on are Honesty, Caring, Respect, and Responsibility. Our unique Wampum Bead program encourages campers to choose a character trait to work on throughout the entire year. Email Camp@fwymca.org.

Summer Camps Available: MINI CAMP | Ages 6-8

This camp is the perfect experience for younger campers: a two-night, three-day introduction to camp. Our counselors guide campers with a caring approach and individual attention which helps them learn new skills and gain self-confidence.

YOUTH CAMP | Ages 8-14

This week-long camp focuses on skill development and overall achievement. Campers have the opportunity to try a variety of camp activities and develop skills in classes of their own choosing.

FAME ARTS CAMP | Ages 8-15

Budding artists are challenged through innovative activities that are both fun and exciting. Programs include music, drama, poetry, composition, art and dance as well as traditional camp activities. The week concludes with a performance and exhibition for FAME Camp families. This camp is a collaboration with FAME Arts.

STAR WARS CAMP | Ages 10-14

Created in conjunction with Lucasfilm, LTD, this camp is a fully themed week! Campers begin as Padawans who are preparing to begin their Jedi training. Throughout the week they are challenged through daily Star Wars camp activities.



RANCH CAMP | Ages 12-14

Campers spend half of their day at our ranch where they learn about grooming, feeding, tacking, overall horse care and have a daily riding lesson or trail ride with a CHA-certified instructor. They also share in various cabin group activities and all-camp evening programs.

TEEN ADVENTURE | Ages 14-16

This camp is packed with action and wonderful opportunities to make new friends and take on a new adventure each day. Campers travel to Michigan Dunes for an overnight camping trip.

TEEN LEADERSHIP | Entering Grade 11

This two-week Teen Leadership Camp (Clippers) program is designed for teens transitioning from camper to counselor. Through this program your teen learns how to become a counselor and camp leader while mentoring younger campers and being a positive role model. During their second week at camp, Clippers will shadow a counselor and gain hands on experience as a leader.



Many other programs are offered at YMCA Camp Potawotami including:

OUTDOOR EDUCATION:

Students obtain a better appreciation for the natural world, new outdoor skills, enhanced group relationship skills and stronger personal ties with classmates and teachers. Our staff lead lessons for students of all ages and abilities. We offer hands on classes that tie in directly with classroom lessons, develop teamwork skills, build self-esteem and promote fun.

RETREATS

YMCA Camp Potawotami is the ultimate adventure for your group getaway! We have years of experience in creating excellent retreats for companies, schools, religious organizations, sports organizations and more. Our staff will work with your group leader to arrange everything from activities to meeting space needs and make it a trip that you will never forget. All arrangements will be made to assure you just have to concentrate on working together and enjoying yourselves. Available to your group: indoor meeting spaces, outdoor chapel, picnic area, campfire circles stocked with wood, climbing tower, archery range, canoeing, low and high ropes courses and team-building initiatives.



TEAM-BUILDING RETREATS

If team-building is a goal of your event, conference or retreat, YMCA Camp Potawotami has the expertise and equipment to help. Whether yours is a business group, sports team or spiritual organization, let us design a program that will challenge your group and bring them together in exciting new ways.

At YMCA Camp Potawotami, we offer a variety of team-building formats, including traditional activities like ground initiatives, low ropes courses, climbing tower and other challenges. Our programs can last as little as two hours or can be a multiple day visit.



BUILDING STRONG BRIGHT FUTURES

Early Care & Education

 fwymca.org/child_care.php

Early Learning Center/Early Childcare

6 weeks - 6 years

The Y proudly offers full-day infant-through-preschool childcare. Children in our licensed program are cared for in a warm, caring and safe environment. Staff are well trained in early childhood education and follow age-appropriate lesson plans that are designed to stimulate children's minds as well as provide a fun and creative day. Part-time and full-time childcare is available. (See page 11 for locations)

Half Day Preschool, AM & PM

Open to potty trained children ages 3-5, the Early Learning Program provides a safe and nurturing environment. Children enjoy art, music, math, science, literature and physical activities. The program focuses on goals that support school readiness for the early learner.

Before/After School Care

PreK - 6th grade, age ranges vary by branch

We offer high quality before/after-school care at over 39 locations throughout Northeast Indiana in partnership with 12 school districts and private schools. Our programs provide a fun, safe, enriching environment where kids get academic support, interact with caring adults, socialize with peers and form long-lasting friendships that enhance character and self-confidence. Activities include homework support, physical activities and nutrition education, art and STEM (Science, Technology, Engineering & Math) activities, literacy activities, service learning and healthy snacks or meals.

School Days Off

PreK - 6th grade, age ranges vary by branch

During the school year, there are many occasions for schools to close, such as parent/teacher conference days, single day holidays and longer holiday breaks. We strive to provide care when these days occur. Check with your branch for details. Pre-registration is required.

Delays and Cancellations

PreK - 6th grade, age ranges vary by branch

We are committed to ensuring Northeast Indiana families have access to safe, affordable child care options when schools close due to weather conditions.

Some YMCA branches offer full-day child care for school-aged children in these situations.

Pre-registration is required.

Child Watch

Ages 6 weeks to 11 years

We will provide safe, loving care for your child(ren) for up to 2 hours while a parent is in the facility.

SCHOOL DISTRICTS & PRIVATE SCHOOLS SERVED

Fort Wayne Community

East Allen

Northwest Allen

Southwest Allen

Whitley County Consolidated

Bluffton Harrison

Northern Wells

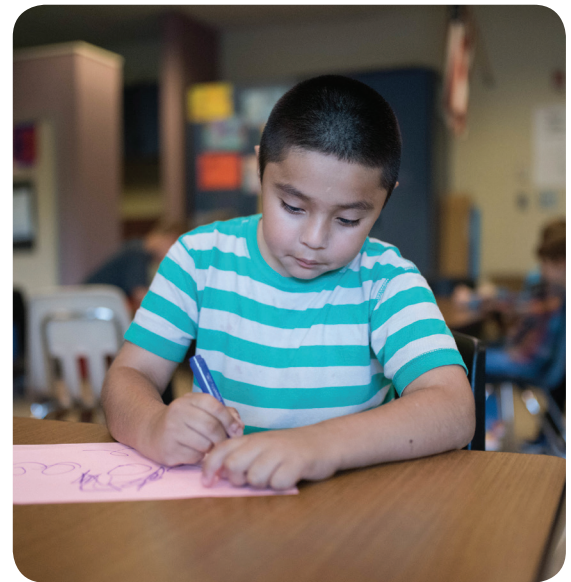
Southern Wells

Most Precious Blood

St. Elizabeth Ann Seton

St. John Catholic School

St. Jude Catholic School



Kids Club

Ages 6-11

Kids Club is an extension of Child Watch, offering supervised gym time, swimming, and educational activities. (Kindergartners can stay with regular Child Watch or go to Kids Club, parents can decide.) The schedule of activities for each week will be posted ahead of time for each designated branch. These programs are FREE for children on an active membership and can only be used while parents use the facility.

**Hours of operation and the schedule of activities will vary at each branch.



Program provided by this branch



Additional care available on delays and school days off.



Program may be located off site. Contact the branch listed to get additional information.

YMCA CHILD CARE

EARLY CHILDHOOD CARE

SCHOOL-AGE CHILD CARE

CHILD WATCH & KIDS CLUB

YMCA BRANCH

Full Day Infant-Preschool/
Half Day Pre-K

Before/After School

School Days Off

Child Watch & Kids Club

Caylor-Nickel Fdn. Family Y
p: 260.565.9622
EARLY LEARNING CENTER

Full Day Infant-Preschool

After Only

Central Branch Y
p: 260.422.6486

Jackson R. Lehman Family Y
p: 260.755.4949

Jorgensen Family Y
p: 260.432.8953

Half Day Pre-K

Parkview Family Y
p: 260.497.9996

Renaissance Pointe Y
p: 260.447.4567

Whitley County Family Y
p: 260.244.9622
ARMSTRONG EARLY LEARNING CENTER

Full Day Infant-Preschool

YMCA Child Care Services
p: 260.449.8464

Half Day Pre-K

BELIEVING IS THE FIRST STEP TO BEING

Youth/Teen Leadership

At the Y, we believe everyone deserves the opportunity to develop to their fullest potential. By modeling the YMCA's core values—Caring, Honesty, Respect, and Responsibility—we develop character in adolescents and teens. Through programs such as Counselors in Training (CIT), Leaders in Training (LIT), Leaders Club and SOS Achievers (Students of Success Achievers) we promote a genuine concern for others and encourage people to treat everyone like they want to be treated.

Inquire at the front desk of your local Y to learn more about these youth programs.



COME EARLY STAY LATE

Before/After School Care

(PreK–6th grade, grades vary by branch)
 Providing today's children with opportunities to continue to learn and engage in meaningful activities at the beginning and end of the day can boost their academic success. The Y's Before And After School Enrichment program offers participants homework assistance, USDA approved snacks and the ability to participate in activities focused on academic enrichment, physical fitness and fun!

The Y combines play, sports, academics and nutrition with a caring and safe environment for children.



The YMCA has teamed up with Parkview Sports Medicine to bring "Active Science at the Y with Jaylon Smith" to Y after school programs which serve more than 1,500 students. Active Science blends physical activity with hands-on science, technology, engineering and math (STEM) learning concepts to create opportunities for children to play, explore and discover.

CAYLOR-NICKEL | CHILD CARE | JORGENSEN | PARKVIEW | WHITLEY

COMMITTED TO LIFELONG LEARNING

We believe healthy living has as much to do with pursuing interests and passions and learning new things as it does with eating healthy and being active. Our minds and spirits need to be stimulated and enriched, and we get so much more from life when we find things—and people—that inspire us.

At the Y, we offer a sense of community, fellowship and support that enriches people’s lives. You’re just as likely to find a Bible study as an aerobic or Y-Parenting class. Summer camps and group bus trips are becoming as popular as anything in the gym. Take a deeper look at something you’re interested in, with people who want to learn just like you!

Visit the front desk at your local branch to inquire or check out our latest program listing (fwymca.org) for current information on group interest classes and events!




ENSURING A BRIGHTER FUTURE

7th Grade Membership


Every 7th grader residing in Allen, Whitley or Wells County is eligible for a complimentary membership at any of the eight YMCA’s of Greater Fort Wayne. Students thrive in a safe environment enabling them to grow in spirit, mind and body. Fun youth programs promote wellness and emphasize the value of a healthy lifestyle.

As the parent or legal guardian, cut out this ticket and bring it along with proof of 7th grade status and residency to any participating YMCA. Complete paperwork and get your child started. It’s that simple!



FREE MEMBERSHIP
For 7th Graders

Redeem at any YMCA
of Greater Fort Wayne Location



fwymca.org



COMMUNITY SERVICES



MAKING AN IMPACT IN OUR COMMUNITY

As a leading nonprofit throughout the country, the Y has the track record and on-the-ground presence to move communities forward with a focus on Youth Development, Healthy Living, and Social Responsibility.

We work every day to address community needs and make financial assistance available to ensure all are welcome.

OUR FOCUS AREAS



We don't just teach swimming or coach soccer. We're about helping children and teens grow—physically, mentally, and spiritually—from young children into engaged, active members of our community.

YOUTH DEVELOPMENT



At the Y, we know that being healthy is about more than being physically active. While we provide eight locations for working out, we also offer something more important: a way for people to connect with and care for people in their community.

HEALTHY LIVING



The Y is here day-in and day-out to provide the resources our community needs to address the most pressing social issues: child welfare, education and community health. We work to offer every child and family what they need to achieve their best.

SOCIAL RESPONSIBILITY



IMPACTING THE COMMUNITY

Adaptive Programs and Services

Here at the Y, we believe in promoting and providing access for all individuals to have a healthy lifestyle which includes those with special needs and diverse abilities. By building on our mission "for all", the Y offers all individuals the chance to participate in healthy activities where everyone can learn skills, be active, gain confidence, build friendships and have FUN!! From our adaptive swimming lessons, Trail Buddies, specialized wellness equipment to our sensory room and many wonderful programs, the Y is here to serve you and provide the opportunity to work together toward a healthy spirit, mind and body.



Trail Buddies

Trail Buddies invites people who have a disability and cannot pedal a bike to go for a ride in the fresh air. This free, inclusive program allows adults and kids to be pedaled by caring, trained volunteers with our specialized "Duet" bike which has a wheelchair set at the front of the bike.

Check our website for updates on new adaptive programs and services! If you have questions or ideas visit our website at fwymca.org, call 260.422.6488 or email HereForYou@fwymca.org.

APPLY YOURSELF WITH A CAREER AT THE Y

Are you looking for a job that excites and inspires you?

At the Y, you can channel your passion into a lifelong career helping to deliver positive change. Every day, our staff of all ages and from all walks of life - work to bridge the gaps in community needs by nurturing the potential of youth and teens, improving the health and well-being of area residents, and providing support to our neighbors.

Join our team in Fort Wayne, Columbia City and Bluffton!

To view job openings, go to fwymca.org and click on the Job Openings tab up at the top. Questions? Contact HereForYou@fwymca.org.





Our Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Who We Are

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

Our Cause

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

How We Do It

There is no other nonprofit quite like the Y. That's because in 10,000 neighborhoods across the nation, we have the presence and partnership to not just promise, but to deliver, lasting personal and social change.

- The Y is community centered. For nearly 165 years, we've been listening and responding to your needs.
- The Y brings people together. We connect people of all ages and backgrounds to improve the quality of life for all.
- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive by building a healthy spirit, mind and body. We infuse core values of caring, honesty, respect and responsibility which helps to mold and shape future leaders.
- The Y has local presence and national reach. We mobilize local communities to effect lasting, meaningful change.

Our Impact

The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

- Child Care – Safe, nurturing environment for children to learn, grow and develop social skills
- Education & Leadership – Knowledge, character development, guidance and encouragement to help youth develop and realize their potential
- Swim, Sports & Play – Positive, fun activities that build athletic, social and interpersonal skills
- Camp – Exciting, safe community for young people to explore the outdoors, build self-esteem, develop interpersonal skills and make lasting friendships and memories

FOR HEALTHY LIVING

Improving the nation's health and well-being.

- Family Time – Connecting families and offering activities to learn and grow together
- Health, Well-Being & Fitness – Resources and guidance to maintain or improve physical activity, health and wellness
- Sports & Recreation – Healthy lifestyle activities that bring people together with shared athletic and recreational interests
- Group Interest – Social networks and activities that bring people together that share common passions and personal interests

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

- Social Services – Training, resources and support to empower our neighbors to make change, bridge gaps and overcome obstacles
- Volunteerism & Giving – Voluntary contributions that fund, lead and support the Y's critical work
- Advocacy – Collaborations with policy makers, community leaders and private and public organizations to develop youth, prevent chronic disease, build healthier communities and encourage social responsibility



HOW TO GET STARTED



**FOR A
HEALTHIER
TOMORROW**
Wellness For Life



Starting a wellness plan may take a little guidance and support. At the Y, our trained Wellness Coaches provide just the right amount of encouragement and care. This complimentary program connects you with a wellness coach that will help you get moving towards a healthier lifestyle.

HOW WILL THIS HELP ME? YOU WILL...

- Be encouraged and supported
- Become more confident
- Set goals and conquer obstacles
- Develop and implement an action plan
- Receive tools and resources to help you stay on track
- Meet with your coach to evaluate your plan
- Learn about all the Y can offer you to support a healthier lifestyle

Register at the Membership Desk and schedule your first appointment with one of our Wellness Coaches. Questions? Email HereForYou@fwymca.org.

FOR YOUTH DEVELOPMENT





CHILD CARE

Before and/or After School Care

(PreK-6th grade, age ranges vary by branch, See pg. 10)

Students enjoy mornings and/or afternoons with friends as we provide a snack, homework assistance and structured activities. The Y offers Before and/or After School Care at various schools and Y branches.

CHILD CARE | JORGENSEN | PARKVIEW | WHITLEY **School Year**

Child Watch

(Ages 6 weeks to 10 years)

Let us care for your younger child while you use the Y. Free for children on an active membership. This service has a 2-hour daily maximum. Hours are subject to change and other restrictions may apply. (Members only)

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN | PARKVIEW | RENAISSANCE PT. | WHITLEY **All Seasons**

Kids Club (K -5th grades)

Kids Club is an extension of Child Watch, offering supervised gym time, swimming, and educational activities. (Kindergartners can stay with regular Child Watch or go to Kids Club)

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN | PARKVIEW | RENAISSANCE PT. | WHITLEY **All Seasons**

Early Learning Childcare/Center

The Y proudly offers full-day infant-through-preschool childcare in our licensed program which offers a safe and nurturing environment. Age-appropriate lessons are designed to stimulate children's minds as well as provide a fun and creative day.

CAYLOR-NICKEL | WHITLEY (6 weeks - 6 years old) **All Seasons**

Preschool Program (Ages 3 & 4)

This program gives children the opportunity to learn, develop, create and discover by using their mind, senses and abilities. Children are treated as individuals and are encouraged to be successful at whatever stage of development they are at individually.

CHILD CARE | JORGENSEN **School Year**

School Day Out Program (Grades K-6)

Join the Y staff on those days when school is scheduled off or canceled. Enjoy crafts, swimming, gym games, outside play, and fun with friends. Activities vary by location. Preregistration required.

CAYLOR-NICKEL | CHILD CARE | JORGENSEN | PARKVIEW | WHITLEY **School Year**

School Delays (Grades K-6)

Get to work on time by bringing your K-6th grader to our program when school is delayed. Ages and times vary by location.

CAYLOR-NICKEL | CHILD CARE | JORGENSEN | PARKVIEW | WHITLEY **School Year**

EDUCATION & LEADERSHIP

Faith & Fitness (Ages 7-18)

Parallels can be drawn between spirituality and physical fitness especially when teamwork is involved. As children of God, our role is to support and encourage our brothers and sisters, even pushing them to reach their maximum potential.

JORGENSEN **All Seasons**

Home School P.E.

Calling all home schoolers! Get your physical education credit the fun way by registering for the YMCA Gym program. Participants engage in activities that help build self-confidence, gain team building strategies, and socialize with other home schoolers all while having fun in a safe environment.

CAYLOR-NICKEL | JACKSON R. LEHMAN | JORGENSEN | PARKVIEW **Fall Winter Spring**

Indiana YMCA Youth & Government

(Grades 7-12)

INYaG is an exciting opportunity for youth to step into the shoes of the individuals who run our State Government. This program provides high school youth the opportunity to study and debate public issues, experience the judicial branch of our state government, write legislation and participate in youth legislature. Students across the state of Indiana participate in their local District Conference and culminate the experience in a three-day State conference in Indianapolis.

CENTRAL | PARKVIEW | RENAISSANCE PT. **School Year**

Safe Sitter® (Ages 11-14)

This course equips potential babysitters with how to care for choking infants/children, prevent and manage injuries, maintain personal safety, child care essentials, behavior management and babysitting as a business.

CAYLOR-NICKEL | CENTRAL | JORGENSEN | PARKVIEW **All Seasons**

YouthFit (Ages 11-14)

Youth benefit from becoming familiar with fitness equipment as well as proper use and safety. In this class, proper techniques, wellness center procedures and exercise guidelines are all explained in a fun and informative way. (Members only)

ALL BRANCHES **All Seasons**

LANGUAGE

Home School Spanish Class (Grades 5-8)

Over a series of sessions, this course teaches students how to introduce yourself, express feelings, ask for directions, order food, buy goods, and much more! Each session builds upon the last.

JORGENSEN **Fall Winter Spring**

Preschool Spanish Class (Ages 2-5)

Over a series of sessions, this course teaches children basic vocabulary such as colors, days of the week, foods, body parts, numbers, the alphabet, and much more! Each session builds upon the last.

JORGENSEN **Fall Winter Spring**
PARKVIEW **All Seasons**

School Age Spanish Class (Grades K-6)

Over a series of sessions, this course teaches the basics of beginning Spanish. Classes are taught in a fun environment.

PARKVIEW **All Seasons**

ART & MUSIC

Crafty Kids (Ages 3-5)

Children play games, sing and dance, create art, interact during story time, and much more. Activities are centered around weekly themes.

JORGENSEN **Fall Winter Spring**

Integrative Arts Program

Summer camp and after school participants have the unique opportunity to participate in a variety of activities including photography, dance, piano, Spanish, gardening, drumming and much more.

RENAISSANCE PT. **All Seasons**
CHILD CARE **School Year**

Photography Class (Grades 6+)

Whether you're a seasoned photographer or simply enjoy taking pictures, our class will help you capture better images by teaching the use of light and background, and various techniques that will improve your pictures.

JORGENSEN **Fall Winter Spring**

Guitar Lessons (Ages 5+)

Taught in a safe and fun group environment, students learn the basics.

PARKVIEW **All Seasons**

Piano Lessons (Ages 6+)

This seven week introductory class is offered to kids interested in trying out piano. Beginning skills taught in this small group setting include basic music understanding, finger positioning, note recognition, and other fundamentals.

JORGENSEN **Fall Winter Spring**

Private and Group Music Instruction Offerings

Music instruction for individuals and groups throughout the year. For further details and a current schedule of classes, contact the front desk.

RENAISSANCE PT. **All Seasons**

String Lessons (Ages 8+)

Choosing an instrument of choice between violin, viola, cello or bass, our instructor will equip you with the foundations of learning a string instrument.

PARKVIEW **All Seasons**

Ukulele Lessons (Ages 5+)

Taught in a safe and fun group environment, students learn the basics.

PARKVIEW **All Seasons**

MIDDLE SCHOOL/TEEN

Friday Night Live (Grades 6-12)

A time when teens can hang out with their friends in a safe and positive environment. Teens participate in plenty of activities including sports, arts, games, music, rock wall or swimming. (Activities vary by branch)

CAYLOR-NICKEL | JACKSON R. LEHMAN | RENAISSANCE PT.

School Year
PARKVIEW **All Seasons**

Line Dancing (Ages 10 and up)

This is a multi-level line dancing night that will help you express yourself, increase your confidence and offers great exercise. Whether you have never danced before or are an experienced line dancer, you will enjoy these fast-paced, high energy classes.

JORGENSEN **Fall Winter**

Middle School Mania (Grades 6-8)

Dive into weekly exploration of life skill development by learning about cooking and careers. Use your skills to build art pieces and STEM (Science, Technology, Engineering, Mathematics) projects. Meet new friends and build long lasting relationships through sports and games.

CAYLOR-NICKEL **School Year**
JACKSON R. LEHMAN | PARKVIEW **All Seasons**

Middle School Dances (Grades 6-8)

Middle School students are invited to attend our themed dances throughout the year to socialize with friends and dance to a live DJ! Other activities are also offered including swimming and gym time. (Contingent upon registration)

WHITLEY **Fall Spring**

SOS Achievers (Students of Success)

(Grades 7-12)

This college prep program provides student and parent workshops, college visits, volunteer and internship opportunities as well as job shadowing opportunities.

RENAISSANCE PT. **School Year**



Teen Leaders Club/Youth Leadership Program (Grades 6-12)

The YMCA Leaders Club gives teens leadership training and emphasizes the importance of social responsibility and service to others. Participants engage in social events and service projects.
CENTRAL | JORGENSEN | PARKVIEW | RENAISSANCE PT. | WHITLEY
All Seasons

Youth Chef Academy (Grades 6-12)

Learn the basics of cooking quick, simple meals. Lessons on kitchenware, safety, cleanliness and ingredient reading. Students will learn to cook simple dishes and travel to culinary destinations for a real world look at being a chef.
PARKVIEW Fall Winter Spring

MIDDLE SCHOOL - AFTER SCHOOL

Generation Z (Middle Schoolers)

This afterschool program for middle schoolers offers transportation from school, and freedom to choose from a variety of activities, with homework support available.
JORGENSEN School Year

T.A.S.S. (The Afterschool Spot) (Grades 6-12)

Designed to help teens thrive in life. We offer academic support, service learning and life skills development. We have a variety of fun engaging activities from the culinary arts to hip hop dance. Limited transportation provided.
RENAISSANCE PT. School Year

Y Zone (Middle Schoolers)

The Y is all yours! Bring all your friends and swim, play basketball, dodge ball or soccer. Challenge someone to top your skills at a game of ping pong or racquetball. Tumbling mats are available if you want to show off your moves. We will provide pizza, music and fun.
CENTRAL All Seasons

SPORTS & PLAY

Cheerleading

(Grades K - 9, grade range varies by branch)

Our Cheerleading Program is designed to teach participants the basics of the sport while providing a safe environment. Participants learn basic skills, tumbling, dance, and cheers. All classes incorporate fun and fitness into the lesson plan.

Our experienced, caring, and attentive instructors provide your child with care and attention to help them to develop and grow. No tryouts or experience needed!

PARKVIEW All Seasons
RENAISSANCE PT. Fall

Coach Pitch Baseball

(Boys & Girls entering grades Pre K-2)

Program focuses on equal playing time, sound baseball instruction featuring both practice and game play. Kids are placed on teams which play half practice / half game 1 night per week. Grade Divisions for this program are Pre K/K and Grade 1/2.

JORGENSEN Summer



Basketball

(PreK-8th grade, grade range varies by branch)

Join our Youth Basketball league and reach for greatness. Youth basketball promotes player development through practice and game play. Teams are led by a volunteer coach.

JORGENSEN Winter Spring
CAYLOR-NICKEL | JACKSON R. LEHMAN | PARKVIEW
RENAISSANCE PT. | WHITLEY Winter

Basketball Fundamentals & Conditioning

(Boys & Girls grades 4-8)

Come join this youth basketball program that focuses on fundamentals and conditioning which helps children become better basketball players.

JORGENSEN Summer

High School Summer Basketball

(Entering 9th grade - just graduated)

Schools out for summer! What better way to enjoy your days off then by hooping it up with some friends? Whether you are looking to get into a competitive league or a league for fun, we have the league that suits you best.

JORGENSEN Summer

Flag Football

(Grades PreK-6, ages may vary per branch)

Boys and Girls are encouraged to join our youth flag football program and capture the fun. This fundamental program features modified rules that are age and skill appropriate. We offer a seven week season which focuses on skill development, as well as practice and game play.

JORGENSEN | PARKVIEW
JACKSON R. LEHMAN | RENAISSANCE PT. | WHITLEY Fall
CAYLOR-NICKEL Summer

Kids Corner (Ages 4-10)

Kids Corner provides work out classes like yoga, zumba, boot camp etc. with the goal of inspiring and exposing kids to fun workout experiences that will encourage them to live healthy lives into adulthood.

RENAISSANCE PT. All Seasons

Jumping Jax Classes (Ages 7-13)

Jumping rope maximizes athletic skills by combining agility, coordination, timing, and endurance. Jumpers will learn how to master proper form, advanced skills, speed, double-unders, turning, entering/exiting, double dutch and more!

CENTRAL Fall Winter

P.A.S.S. (Power Agility Speed & Strength)

(Ages 11-14)

New and seasoned athletes interested in improving in their perspective sports. We will focus on improving on the following cornerstones: Power, agility, speed, and strength.

JORGENSEN Winter

Soccer

(PreK up to 8th grade, age ranges vary by branch)

Y Soccer is a recreational and life skill development league where everyone plays and everyone wins. Structure consists of a practice followed by a game.

JACKSON R. LEHMAN Spring Summer

JORGENSEN Winter

PARKVIEW Summer Winter Spring

RENAISSANCE PT. Spring

WHITLEY Fall Winter Spring

Teen Drop In Basketball (Grades 6-12)

Form a team and bring your "A" game to teen basketball night. 5 on 5 games, teams may be separated by age.

PARKVIEW All Seasons

Tennis (Entering Grades PreK-8)

Program instructed by Wildwood Racquet Club Professional staff. Participants receive t-shirts as well fantastic instruction from coaches with extensive tennis experience!

JORGENSEN Summer

Volleyball

(Grades 1-8, grade range varies by branch)

Core skill development is the focus of this volleyball program as well as game situation drills that are a good lead-in for those who want to pursue playing for a school or club volleyball team.

CAYLOR-NICKEL | JORGENSEN | PARKVIEW Fall

WHITLEY Winter Spring

DANCE, GYMNASTICS, TUMBLING

Ballet (Ages 7+)

Class instruction focuses on teaching correct body alignment, terminology, and technique. Students gain physical strength, flexibility, stamina and agility.

JACKSON R. LEHMAN | JORGENSEN | PARKVIEW Fall Winter Spring

Pre-Ballet (Ages 3-6, age ranges vary by branch)

Designed for beginning dancers. Creative movement allows children to gain an understanding of dance and increase their listening skills. Children learn body and spatial awareness, control, balance, and coordination.

JACKSON R. LEHMAN | JORGENSEN | PARKVIEW Fall Winter Spring

Bodies in Motion (Ages 3-4)

The focus is on large and small motor skills, coordination and general body awareness. Kids have fun rolling, running, hopping, skipping, jumping and galloping!

PARKVIEW All Seasons

CAYLOR-NICKEL | JORGENSEN Fall Winter Spring

Fun'n'Dance/Creative I / Creative II

(Ages 4-6, age ranges vary by branch)

Children learn body and spatial awareness, control, balance, and coordination. As they progress, they gain physical strength, flexibility, stamina, and agility while developing locomotor movement. The primary goal is to instill a love of dance.

JACKSON R. LEHMAN Fall Winter

JORGENSEN | PARKVIEW Fall Winter Spring

Gymnastics/Rollers

(Ages 6-18, age ranges vary by branch)

This fun and active class will have children moving their bodies by practicing the basics of tumbling in an age-appropriate way. Lessons include instruction on cartwheels, balancing, correct tumbling form, flexibility, bridges, and kick to full handstand. Activities include repetitive skill practice and games that reinforce tumbling movements.

CAYLOR-NICKEL Fall Winter Spring

WHITLEY All Seasons

MARTIAL ARTS

Karate for Kids (Ages 4-12)

Learn the traditional form of karate that includes kicks, punches, strikes and martial arts forms. The goal of the class is to teach discipline, concentration, self-defense, and positive character.

JORGENSEN All Seasons

Martial Arts Karate, Tae Kwon Do

(Ages 4+, 18+, age ranges vary by branch)

It's more than just kicking, punching and chopping. For decades martial arts have helped youth learn about their inner strength. The goal of the class is to teach discipline, concentration, self-defense, and positive character. Join us for this life-skill program and kick start your growth.

JORGENSEN | PARKVIEW | WHITLEY

All Seasons



Level I (Ages 5-8)

This is an introductory gymnastics class designed for beginning-level gymnasts. The focus is primarily designed for fitness and basic skill development. The skills learned include forward and backward rolls, basic cartwheels, bridges and balancing.

PARKVIEW All Seasons

Level II (Ages 5-8) (Passed Level I)

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

PARKVIEW All Seasons

Parent & Child Class/Mommy & Me

(Ages walking - 2 years)

In this teacher-guided class, you work with your child to practice basic stretching, use large motor skills, and learn body awareness. A great time to play, laugh, and enjoy a unique activity together.

CAYLOR-NICKEL | JORGENSEN Fall Winter Spring

PARKVIEW All Seasons

Pre School Rollers/LittleOnes Move & Groove

(Ages 18 months - 5 years, age ranges vary by branch)

This class will introduce your child to tumbling and is designed for fitness and age-appropriate skill development including forward and backward rolls, cartwheels, bridges, and balancing.

JORGENSEN Fall Winter Spring

WHITLEY All Seasons

School Age Gymnastics

(Ages 5+, Complete each level to move on to the next)

Level 1 introduces your child to tumbling which includes forward and backward rolls, cartwheels, bridges, and balancing. **Level 2** focuses on candlestick to stand, back roll tuck, handstand roll, hurdle cartwheel, round off, and bridge from standing position. In **Level 3**, participants will work on increasing flexibility while preparing to learn more advanced skills.

JORGENSEN Fall Winter Spring

WHITLEY All Seasons

SPARK Kids (Ages 3-5)

Using SPARK (Sports, Play & Active Recreation for Kids) curriculum, this class provides children with high energy, rhythmic, engaging activities that foster social and motor development and enhance school readiness skills.

JORGENSEN Fall Winter Spring

PARKVIEW All Seasons

WALKING & RUNNING

Cross Country/Running Club/Track Conditioning

(Grades 2-8; grade range varies per branch)

Designed to help with the conditioning and practice of running. Participants are coached on running, stretching, running games and form. Check with your branch for program specifics.

PARKVIEW | WHITLEY All Seasons

JORGENSEN Summer Fall

Young Stars Track Program (Grades 1-5)

This fundamental program teaches proper running techniques and form. The goal of this program is to promote physical fitness, self-esteem and teamwork which will help conditioning for any sport.

RENAISSANCE PT. Spring



ADAPTIVE YOUTH PROGRAMS

Adaptive Swimming Lessons (Ages 4-18)

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

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN

PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Bang the Drum! (Ages 8+)

Combines traditional aerobics movements with the powerful beat and rhythm of the drums. No musical experience is necessary and we provide the drumsticks and a stability ball used as the drum.

This free class is open to children and parents. Check fwymca.org for updates.

CAYLOR-NICKEL All Seasons

Dream Team Club Activities include Art, Bowling and T-Ball

Any child who has a significant health impairment, physical disability, mental disability, or emotional disability is encouraged to join the Dream Team. Children participate in various activities including art, bowling, t-ball and games. Parents can drop children off or stay and watch. Parents have an opportunity to interact with each other and relax as volunteers help children participate.

CAYLOR-NICKEL All Seasons

Multi-Sensory Room (All ages welcome)

The sensory room is a space where all ages can use specialized equipment that may induce a feeling of calm. Those who may benefit are people with a sensory processing disorder, learning difficulties, and developmental disabilities. This room is a safe environment that builds confidence and ability.

JACKSON R. LEHMAN All Seasons

DAY CAMPS

PRESCHOOL CAMP

Explorers Preschool Camp (Ages 3-4)

This camp provides a fun interactive environment. Campers enhance their social skills, develop friendships and focus on kindergarten readiness through theme-based activities.

JORGENSEN Summer

SCHOOL AGE CAMPS

Traditional Camps

(Entering grades K-8, grade range varies by branch)

Campers experience stimulating activities such as games, singing, arts and crafts, sports, swimming, canoeing, rock wall climbing and socialization for learning and growing. All groups have outdoor activities. Campers participate in field trips and other special events throughout the summer which incorporate weekly themes. Activities vary by branch; some camps feature different themes each week.

CAYLOR-NICKEL | CHILD CARE | JORGENSEN | PARKVIEW | WHITLEY RENAISSANCE PT. Summer

Arts & Craft Camps (Grades K-5)

Art camp is a great way for the camper who is interested in learning a different form of art each day. Campers also enjoy other camp activities and swim during the week.

JORGENSEN Summer

Cheer/Gymnastics Camp (Grades 1-5)

This camp is for kids with energy that are interested in conditioning and learning skills progression for the female gymnastic sport. Participants perform the skills they have learned for parents and friends at the end of the week. Other activities may include swimming, arts, and crafts.

JORGENSEN Summer

Specialty Camps

(Age ranges vary by branch, half and full day)

These Specialty Camps are geared towards developing and learning skills in a specific sport, theme or activity. Different themes may include dance, cooking, arts & crafts, aquatics, Armor of God, sports, preschool and others.

CAYLOR-NICKEL | CHILD CARE | JORGENSEN | WHITLEY Summer

Sports Camp (Grades K-6)

This camp is for kids who love to play sports. With a focus on teamwork, sportsmanship, and ball handling skills, this camp offers a taste of being a team player without the season long commitment.

JORGENSEN | PARKVIEW Summer

YMCA Camp Potawotami Summer

Resident Camp (Ages 6+)

(See pages 8 & 9 for information.)

CAMP POTAWOTAMI Summer

TEEN CAMPS (FULL DAY)

Adventure Group (Grades 6-8)

This program is for middle school aged youth looking for an opportunity to have fun and hang out with friends. Structured to include lots of exciting and fun activities, youth are still allowed some freedoms and responsibility that can come with this age. Activities will include field trips, group games, community service projects, leadership skills, social activities and more.

JORGENSEN Summer

Adventure Group Overnighter Trip

(Graded 6-8th)

This 3-day, 2-night trip is spent at Chain O' Lakes State Park and chaperoned by seasoned camp staff. Campers have the opportunity to swim, hike, play games and roast marshmallows.

JORGENSEN Summer

Counselors in Training (CIT)

(Entering grades 9-11)

This program provides education on first aid, CPR, child abuse prevention, team building skills, leadership and more.

CHILD CARE | JORGENSEN | PARKVIEW | RENAISSANCE PT.

WHITLEY Summer

Leaders in Training (LIT)

(Entering grades 6-8)

This camp provides pre-teens and teens with a sense of leadership through learning about themselves and others while assisting counselors with camp activities. Training sessions include team building, communication skills, child development, age specific programs, and training in CPR and first-aid.

CAYLOR-NICKEL | CHILD CARE | WHITLEY Summer

MOVE: Teen Summer Series

(Ages 11-15)

Teens participate in activities that build a sense of community, character development, core values and confidence through service projects and hands on leadership experiences.

PARKVIEW Summer



DON'T MISS OUT! Many summer camp programs reach capacity quickly. Registrations are processed in the order they are received. Please inquire at the front desk for this year's registration date schedule or visit fwymca.org. Contact your local branch with questions about registration or email: HereForYou@fwymca.org



SWIM LESSONS

Swimming is a life-long skill that helps participants build confidence which can lead to a healthy, enjoyable lifestyle. Swimming lessons not only focus on the skills of the sport but also impress the importance of being safe in, on and around the water. Swim lessons are taught in Stages, and students within each age group are taught the same skills, but start at the age that corresponds to their development.

YOUTH DEVELOPMENT

PARENT/CHILD

Stage A Water Discovery – Parent Child

(Ages 6 months - 3 years)

Parents accompany children 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.

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN
PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Stage B Water Exploration – Parent Child

(Ages 6 months - 3 years)

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.

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN
PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

PRESCHOOL

Stage 1 Water Acclimation

(Ages 3-5 years)

In this class 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".

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN
PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Stage 2 Water Movement (Ages 3-5 years)

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.

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN
PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Stage 3 Water Stamina (Ages 3-5 years)

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".

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN
PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Stage 4 Stroke Introduction (Ages 3-5 years)

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.

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN
PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

SCHOOL AGE

Stage 1 Water Acclimation

(Ages 6-12 years)

In this class 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".

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN
PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Stage 2 Water Movement (Ages 6-12 years)

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.

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Stage 3 Water Stamina (Ages 6-12 years)

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".

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Stage 4 Stroke Introduction

(Ages 6-12 years)

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.

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Stage 5 Stroke Development

(Ages 6-12 years)

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.

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Stage 6 Stroke Development

(Ages 6-12 years)

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" Prerequisites: ability to perform these skills: front and back crawl (100 yards), breaststroke, elementary backstroke, sidestroke (50 yards), butterfly (25 yards), and tread water for 6 minutes.

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

ADDITIONAL SWIM LESSONS/PROGRAMS

Home School Swim Lessons

(Ages 3-14, age ranges vary by branch)

Calling all home schoolers! Get your physical education credit the fun way by registering for the Family Swim program. Participants engage in activities that help build self-confidence, gain team building strategies, and socialize with other homeschoolers all while having fun in a safe environment.

CAYLOR-NICKEL | JACKSON R. LEHMAN | JORGENSEN | PARKVIEW Fall Winter Spring

Adaptive Swimming Class

(Ages 4-18)

See Adaptive Youth Programs, page 24.

Leadership & Lifeguarding

(Ages 10-14 years)

This course will introduce participants to learn more about what it takes to become a certified lifeguard by focusing on prevention, response, leadership and professionalism. This is not a certifying course. Will focus on responsibility, caring, respect, honesty, leadership skills, basic lifesaving skills, emergency response and how to help, teamwork and team building skills, also opportunities for volunteering.

JORGENSEN All Seasons

Teen Swim Lessons (Ages 13-17)

Swimmers focus on developing competitive strokes and increasing endurance. Teens are introduced to exercise drills and how to develop an exercise plan.

PARKVIEW All Seasons

Triathlete Swim Class (Ages 12+)

This class focuses on developing an efficient front crawl stroke for swimming longer distances, such as triathlons or physical conditioning.

PARKVIEW Winter Spring

YMCA Swim Team

(Ages 4-21, age ranges vary by branch)

This program is an introduction to the world of competitive swimming as the team competes against other area YMCA teams. The focus is on technique, learning the four competitive strokes, and developing endurance.

CENTRAL | WHITLEY Fall Winter

Youth Swim Conditioning (Ages 4-12)

Get ready for summer swim by perfecting your strokes and increasing endurance. This seven week long swim team conditioning focuses on stroke development, technique and endurance.

CAYLOR-NICKEL Spring Winter
CENTRAL Spring

Pooligans

(Ages 9-14, age ranges vary by branch)

Focus on fun in the water. Learn pool games like Water Polo, Water Quidditch, Aqua Zumba, volleyball, relay races, and synchronized swimming. Pooligans aims to develop teamwork skills, swimming skills and new friendships. Must pass swim test or Stage 3 Water Stamina.

JORGENSEN | PARKVIEW All Seasons

Private Swim Lessons (Ages 3+)

Offered for those who prefer one-on-one learning at their own pace. To request private swim lessons please inquire at the Member Services Desk and fill out a request form.

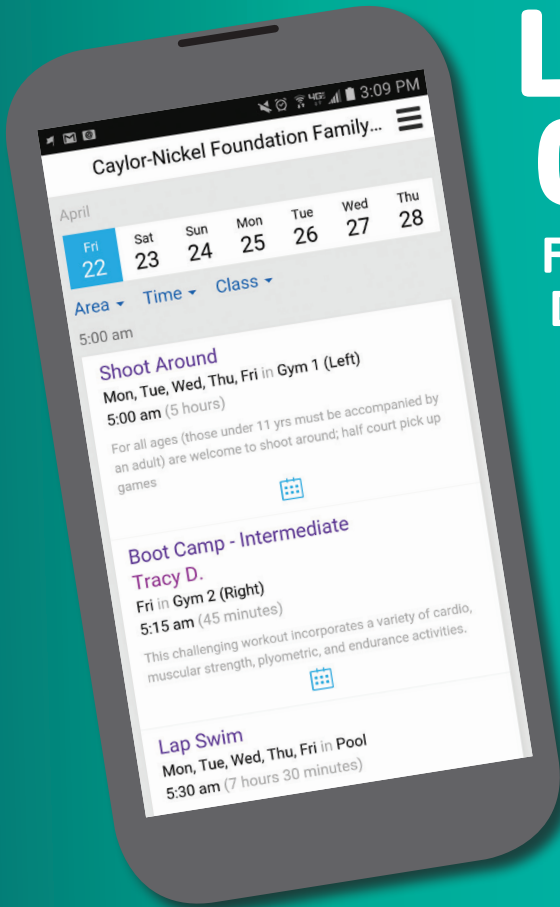
CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Spirit, Mind, Body Triathlon

(Age groups 6-7, 8-9, 10-14)

See page 33 for additional information.

JORGENSEN Summer



LET'S GET CONNECTED

FREE YMCA App For Droid and Apple users

Look up branch schedules at the touch of a button.

Find instructors.

Get notifications and facility updates.

Branch information at your fingertips.

Use the app barcode for fast member check-in.

Sign up for notifications to receive updates related to facilities, events and programs.

Scan here to download now!



or visit:
www.fwymca.org/app/
www.fwymca.org

FAMILY TIME

Serving families has always been at the heart of the Y. We are a place where you can find respite from social, economic and educational challenges, and learn how to overcome them. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance, and become more engaged with the community. Just a few of our family programs include:

- Summer cookouts and fishing derbies
- Road trip to Wrigley Field to see a Chicago Cubs game
- Holiday events at the Y, including trick or treat and Santa Claus Workshop
- Countless free social events, family nights and activities, and so much more!

No matter what your family is interested in, we have the perfect activity for you! Inquire at the front desk or check out our latest program listing for all the great family activities we offer!



FOR HEALTHY LIVING





FAMILY TIME

Birthday Party Special at the Y

The best birthday starts and ends with a "Y". Perfect for kids of all ages. Choose from activities including swimming, gym games, kid's gym, splash park, or the climbing wall. Activities vary by branch.
CAYLOR-NICKEL | CENTRAL | JORGENSEN | PARKVIEW | WHITLEY
All Seasons

Family Express

Looking for ways to connect with your child? Come to the Y and workout with your child age 8-11. This is great family time as well as being active.
WHITLEY All Seasons

Parents Night Out

(Ages 4 - 12, age ranges vary by branch)
 Let the YMCA entertain your child while you enjoy a night out! Activities may include dinner, gym games, crafts, swimming, rock wall, popcorn & a movie. More details about what to bring and what to expect will be provided at the time of registration.
JACKSON R. LEHMAN | JORGENSEN | PARKVIEW All Seasons
CENTRAL | RENAISSANCE PT. Fall Winter Spring

Meeting and Party Rental Space

Need a place to meet with your group or room for a birthday party? Let us provide space for you to get connected.
CAYLOR-NICKEL | CENTRAL | JORGENSEN | PARKVIEW
RENAISSANCE PT. | WHITLEY All Seasons

FAMILY EVENTS

Family Fun Night Y-Style

Enjoy an entire evening of fun-filled activities like swimming, rock wall climbing, and gym games guaranteed to entertain the whole family! Crafts, snacks, and game room favorites such as pool, foosball, and air hockey are sure to be a hit with your family.
PARKVIEW | RENAISSANCE PT. Fall

Family Game Night

Bring your entire family and enjoy a night of fun playing games or making crafts. All ages welcome and free for members!
CENTRAL Fall Winter Spring
PARKVIEW All Seasons

Holiday Events

Each branch offers unique special activities around traditional holidays such as Easter, Christmas, Halloween, Thanksgiving, Independence Day, and Labor Day. Check with the Member Services Desk for more details about the happenings at your favorite Y.
ALL BRANCHES All Seasons

Mom's Morning Out

Mothers, bring your babies, toddlers, and young children and come laugh and learn together: breastfeeding, discipline, coping, health tips, and more.
CAYLOR-NICKEL All Seasons

Movie Night

Join us at our outdoor pool for an after hours swim, good food, popcorn and a movie! Cook-out-style refreshments will be available for purchase.
JORGENSEN Summer

Movies That Make a Splash

Join us for a community night of splash park fun, games and an outdoor movie on the lawn. Refreshments provided.
PARKVIEW Summer

"Soup"er Bowl Family Night

To kick off Super Bowl Sunday, we invite you to a family night sampling homemade soups, football trivia, and other family activities. Free for the community.
WHITLEY Winter

Summer Jam Pool Party

Enjoy outdoor pool games, prizes, a craft and a hot dog cookout. Bring your whole family for this fun event.
JORGENSEN Summer

HEALTH, WELL-BEING & FITNESS

Adult Swimming (Beginner, Intermediate, Advanced, levels vary by branch)

Beginner lessons are designed to help adults overcome fear of the water and develop fundamental swimming, endurance, stroke development skills and healthy habits in a welcoming environment. Intermediate/advanced lessons concentrate on reviewing basic swimming skills and working on endurance, stroke development, and stroke technique.
CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN
PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Blood Pressure Screenings

Would you like to know what your blood pressure is before and after your workout? We can help. Please see a wellness assistant.
ALL BRANCHES All Seasons

Blood Pressure Self Monitoring Program

This program offers personalized support to develop the habit of monitoring blood pressure. Participants will learn to take and record their blood pressure; attend two consultations a month with a Healthy Heart Ambassador and attend monthly nutrition education seminars.
ALL BRANCHES All Seasons

Body Composition Analysis

Use this as a tool to analyze your body fat vs. muscle. Gage your progress every month to measure results.

ALL BRANCHES All Seasons

Clubfit (Ages 21+)

Get your work out in club style. This experience allows you to grab your friends, Y members or not, come to the Y with a complete club environment. Work out with strobe lights, live DJ's, smoothie shots and dance steps. Don't forget your ID; it will be checked at the door.

RENAISSANCE PT. All Seasons

YMCA Diabetes Prevention Program

Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay the onset of type 2 diabetes? This 16 week, evidence-based program teaches how to make better food choices and incorporate physical activity into a daily routine. Goals include managing healthy behavior changes. Contact 755.4940 or HereForYou@fwymca.org for more information.

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN

JORGENSEN | PARKVIEW | RENAISSANCE PT. | WHITLEY

All Seasons

Express Workout – LifeFitness Resistance

This workout is designed for those on the go or someone that wants to incorporate a total body workout in less than thirty minutes. This circuit workout incorporates the use of our timed LifeFitness Resistance Machines.

WHITLEY All Seasons

Fitness Assessments

This one-on-one assessment with a wellness professional includes resting heart rate, blood pressure, and body composition, waist to hip ratio, cardiovascular endurance, muscular strength, muscular endurance, and flexibility.

ALL BRANCHES All Seasons

H.E.L.P. (Healthy Eating & Living Program)

Open to the community. Join in and help support each other through your health journey. Our guest speakers will enlighten you with knowledge in the areas of nutrition, exercise, habit psychology and so much more. Adults only.

JORGENSEN All Seasons

Intro To Group Exercise Classes

This 30 minute class introduces participants to the basic components of different group exercise classes to increase comfort and confidence in joining other classes! (Members only)

RENAISSANCE PT. All Seasons

Introduction to Triathlon

(Available to age groups 7-10, 11-14, 15-18, 18+)

This new program introduces participants to multi-sport and triathlon training. Spending time in each area, participants learn tips and tricks to having more endurance and better technique and pacing while swimming, biking, and running.

JORGENSEN All Seasons

Late Night Basketball (Available to ages 16-26)

In partnership with Fort Wayne United, The YMCA offers a Late-Night basketball program focusing on providing young people with a safe and positive atmosphere during the times that crime is statistically at its highest rates. The YMCA is staffed with community leaders and volunteers who are role models and invested in empowering young males. While at the Y, participants can play basketball, be exposed to educational opportunities, and meet potential employers looking to interview and hire on the spot. This program runs throughout the year with periodic breaks. For more information please call the front desk.

RENAISSANCE PT. All Seasons

LIVESTRONG® At the YMCA

Livestrong Foundation and the Y believe in freely offering the gift of hope to the people in our community who are experiencing or have experienced cancer. LIVESTRONG® at the YMCA allows cancer survivors the opportunity to come to the Y to heal in a safe, loving and caring environment.

This program is designed to meet the needs of adults with cancer before, during and after treatment. It is a proven, evidence and research based program that empowers cancer survivors to take an active role in their own health by engaging in a strength and conditioning program at their local Y. Caregivers are welcome to participate.

Free to the community.

CENTRAL | JACKSON R. LEHMAN | JORGENSEN | PARKVIEW

RENAISSANCE PT. | WHITLEY All Seasons

Group Exercise Classes

(Free, Members only)

Group exercise classes are a fun way to stay motivated and reach your personal fitness goals! Rather than jumping on a machine or going for a run, gather some friends and get a workout by moving to the beat of your favorite songs. Trained instructors lead the workout through a variety of movement combinations that exercise your muscles while you have fun at the same time. Whether it be kick-boxing - yoga - cycling or Zumba®, choose something you like and join the group! Many instructors offer adaptations for beginners so you can benefit no matter what level of fitness you are at.

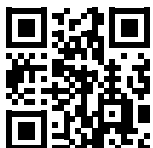
ALL BRANCHES All Seasons

Classes include but are not limited to:

Balance and Coordination, Belly dancing, Body Blast, Boot Camp, Core 15, Core 30, Cycling (various levels), Flex N Stretch, Kick Boxing, Line Dancing, Pilates, Piloxing®, PiYo®, Pound, Queenax Circuit Training, RIP, RX Fitness, SilverSneakers®, Step N Sculpt, Tabata, Tabata Shred, T-N-T (Tighten and Tone), TRX®, Turbokick®, Y-Cycle, Yoga, Yogalates, Youth Running Club, Zumba®, Zumba® Choreography, Zumba® Gold, Zumba® Toning

We offer a variety of Water-based Group Exercise classes including, but not limited to:

Aqua Core, Aqua Fit, Aqua Fit Cardio Blast, Aqua Low, Aqua Variety, Aqua Zumba®, Aqua Arthritis®, Aquacise and more.



Get schedules, notifications and facility updates. Scan this QR code to download our FREE YMCA app.



Massage Therapy

Take time out of your busy schedule for a massage. It's good for your spirit, mind and body. Inquire at the front desk for more information.

CENTRAL All Seasons

Monthly Health Screenings

Your local YMCA offers screenings to promote good health. These services may include foot and ankle screenings, chiropractic screenings and wellness assessments which help promote wellness. Check with your local Y to inquire about dates for services currently available.

Pedaling for Parkinson's (Begins 2018)

Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace. Compelling evidence shows that it does make a real difference for many who try it. Those who have tried fast-paced cycling shared they have hope beyond medication and eventually surgery to slow the progression of their disease. This program will expand to other branches.

CENTRAL | PARKVIEW | WHITLEY All Seasons

Pilates (Multi-Level)

Pilates develops muscle tone and strength while enhancing grace and harmony of both body and mind. All movement originates from the abdominal muscles and lower back to tone and strengthen the body's core. (Members only)

CENTRAL | JACKSON R. LEHMAN | JORGENSEN | PARKVIEW | SKYLINE WHITLEY All Seasons

Precor Preva Workout Tracking System

Set goals and track your workouts using this state of art Preva Tracking System on our Precor treadmills, ellipticals, and bikes.

JACKSON R. LEHMAN | SKYLINE All Seasons

Queenax Multifunctional Training System

Our Queenax Training System allows you to do a variety of exercises such as a punching bag, adjustable stepper for plyometrics, rebounder/medicine ball exercises and adjustable bars for free standing exercises. We also offer Queenax Circuit Training classes utilizing this unit.

SKYLINE All Seasons

Wellness Center Orientations

Let us help you discover the Y as we show you around the Wellness Center. Sign up at Member Services Desk. (Members only)

ALL BRANCHES All Seasons

Wellness For Life Coaching

This is a free program designed to support you in the pursuit of healthy living. Meet with a Wellness Coach for guidance, support, resources and tools which help along your wellness journey. Register and set up your first appointment at the Membership Desk. (Members only)

ALL BRANCHES All Seasons

Yoga

Various Yoga classes at differing skill levels.

ALL BRANCHES All Seasons

Yoga Workshops

Special Yoga Workshops focus on expanding and deepening yoga practice for beginners through advanced students. Work with a full range of breathing practices, learn the richness of yoga philosophy. Each workshop theme builds from class to class.

PARKVIEW All Seasons

Flow Yoga (Multi-Level)

Flow Yoga combines strength and conditioning with flexibility using music to enhance the experience, which integrates body and mind for effective performance.

CENTRAL All Seasons

EVENTS

Powerlifting Competition

Compete against others in maximum deadlift and maximum bench press competition. Participants in women's, teens and, men's weight divisions will battle to see who has the highest one rep max.

CENTRAL | WHITLEY Winter

River City Rat Race

This annual 10K/5k run/walk takes place each fall and offers family fun and community service. With over 800 runners and more than 100 volunteers, the Rat Race provides a healthy and fun event in downtown Fort Wayne. Visit RiverCityRatRace.com. (Also on pg. 6)

CENTRAL Fall

Sip and Support The Youth Service Bureau

Support the YMCA Youth Service Bureau in continuing to offer services and support to youth and families throughout Allen County at no cost. Enjoy a night of wine & beer tastings, hors d'oeuvres and a silent auction that raises funds for this much needed resource.

Learn more about the YMCA Youth Service Bureau here: fwymca.org/youth_service_bureau.php.

YSB Fall

Strength Challenge

Be a part of Annual Strength Challenge including: Weight Classes: Women's: (Single Class), Teens: (Single Class), Men's: Lightweight-Under 200, Middleweight 200-240, Heavyweight-Over 241. Events include overhead press medley, husafell stone carry, farmer's walk/sled drag, tire flip, and axle dead-lift for reps.

WHITLEY Summer

Spirit, Mind, Body Triathlon

The adult Triathlon is a super sprint (300 yd. swim in the outdoor pool, 8 mile bike, 2 mile run). There are 3 youth categories: (Ages 6-7) 25 yard swim, 1 mile bike, 1/4 mile run, (Ages 8-9) 50 yard swim, 1 mile bike, 1/2 mile run, (Ages 10-14) 100 yard swim, 3 mile bike, 1 mile run.

JORGENSEN Summer

Turkey Trot

Come out to our annual fun run/walk scheduled in the morning on Thanksgiving Day. A healthy way to prepare for the Thanksgiving feast.

PARKVIEW | WHITLEY Fall

Wells Weighs In

This community challenge is for friends and family to team up and start moving! Track your wellness, win prizes, and meet new people. The team with the highest percentage of weight loss will be awarded cash!! Participants must be in a team of 4 people and attend monthly weigh-ins. Earn 1 free day per week at the YMCA!

CAYLOR-NICKEL Winter

MOBILEFIT

MobileFit®

This free interactive online approach enhances your results by creating customized workouts based on personal goals. It also adjusts future workouts based on your feedback to provide encouragement and motivation toward reaching wellness goals. Members are assigned a coach that is available to assist with workout routines. Stop by the MobileFit® kiosk today! (Members only)

JORGENSEN | PARKVIEW All Seasons

MobileFit® Incentive Programs

Using the MobileFit interactive program, earn wellness points along the road of virtual travel to France, the Appalachia Mountains and more. Celebrate victory with other participants. (Members only)

PARKVIEW All Seasons

PERSONAL GROWTH, DEVELOPMENT

Cooking Classes

Join us in a variety of cooking class options with chefs who are ready to demonstrate various techniques and healthy meal options in the kitchen. Class participants will also have an opportunity to participate if interested. Classes will change each session. See branch for more details.

JACKSON R. LEHMAN All Seasons

English as a Second Language (ESL)

(Ages 18+)

Over a series of sessions students learn basic English vocabulary and phrases. During each class, participants learn and become familiar with the basic concepts of English. Childcare is provided upon request.

CENTRAL Fall Winter Spring



Obesity Wellness Network O.W.N.

This program is free to low-income and eligible participants receive a complimentary one-year Y membership. Learn about how healthy eating habits and daily exercise can be attained with small changes.

RENAISSANCE PT. All Seasons

Spanish Class

This conversational Spanish class for beginner to intermediate levels is perfect for anyone wanting to learn Spanish for the first time or as a refresher course.

CENTRAL | JORGENSEN Fall Winter Spring

PARKVIEW All Seasons

Spanish/English Class

Invest in your communication skills during this 8 week Spanish/English language course. Classes are offered for those that would like to learn Spanish and those that would like to learn to speak English. All levels of language skill are welcome. A language assessment exam is given at the start of the course to determine class level. Learn a new language and strengthen your communication skills in a fun and interactive environment!

RENAISSANCE PT. Fall Winter Spring

Team Building

Transform any group into an effective team with access for the day or overnight to YMCA Camp Potawatomi's climbing tower, high ropes course and low ropes elements. Our experienced staff leads both large and small groups looking to learn and grow in a memorable outdoor experience spanning 210 acres.

CAMP POTAWOTAMI Spring Fall

Understanding Grief & Loss

This FREE overview of grief and loss is led by Visiting Nurse Grief Support. It is open to the public, and will provide insights on how life is a series of losses and a continuum of grief, how it affects everything and ways it is unique for each of us.

JACKSON R. LEHMAN | JORGENSEN | PARKVIEW | WHITLEY

All Seasons

TRAINING/COACHING/EDUCATION

Group Training/Duo Training Program

2 to 4 people work with a Certified Personal Trainer once per week for 6 weeks. The group chooses the level of intensity and the trainer customizes a workout program designed to meet the group's needs. This is a great option for affordable training, results, and meeting new people. (Members only)

CAYLOR-NICKEL | CENTRAL | JORGENSEN | PARKVIEW

SKYLINE | WHITLEY All Seasons



Lifestyle Change Coaching

This weekly program provides 60 minute sessions with a Certified Fitness Nutrition Specialist over 3 months focusing on whole food education, kitchen pantry basics, meal planning, and behavioral techniques. Includes personal training sessions with an exercise program designed to fit your specific wellness goals.

WHITLEY All Seasons

Nutrition Coaching (Members only)

Nutrition professionals consult with you one-on-one to provide services such as personalized nutritional assessments, nutrition care packages, healthy home help, and grocery store tours. The goal of this program is to make lasting lifestyle changes that will improve your quality of life. Check with the front desk for details.

CAYLOR-NICKEL | JORGENSEN | SKYLINE | WHITLEY All Seasons

Outdoor Boot Camp

Individuals looking for a challenge will find it in this specialty class. Rain or shine, you will be pushed to your limit with the help of obstacles and two Y instructors. Do you have what it takes?

CAYLOR-NICKEL Fall Spring

JORGENSEN | CENTRAL Summer

WHITLEY All Seasons

Personal Training

Start your exercise program off right working one-on-one with a Certified Personal Trainer. An individualized program is designed to help reach your health and wellness goals. (Members only)

ALL BRANCHES All Seasons

Personal Training 101

This program is for those that are just beginning to incorporate exercise and the Y into their lifestyle or those members that are looking to expand their current routines. Program includes three training sessions with a certified personal trainer. (Members only)

ALL BRANCHES All Seasons

Race Training Programs

To help you get in your best shape for competition, we offer training programs such as triathlon training, couch to 5K, Rats in Training and more. Inquire at your local branch for more details.

CAYLOR-NICKEL | CENTRAL | JORGENSEN | PARKVIEW

SKYLINE | WHITLEY All Seasons

Whole Living Health Coaching

A three month program for those seeking improved health and well being. This weekly program provides 45 minute sessions with a Certified Fitness Nutrition Specialist focusing on whole food education, kitchen pantry basics, meal planning, and lifestyle strategies. Includes a grocery store tour and budgeting/financial tips.

WHITLEY All Seasons

SPORTS & RECREATION

40 and Over Adult Basketball

Get your friends together and join this full court competitive league. This adult basketball league is an 8 game guarantee for all teams. Refereed by certified officials.

RENAISSANCE PT. Fall Winter

Adult Basketball League

Whether you are a seasoned athlete with the desire to get back in the game or just looking to explore a new hobby, our adult basketball league offers a fun way to stay active while staying fit. Join our competitive five on five Men's Basketball League. Get in the game, dish out assists, and get buckets in a team atmosphere.

CENTRAL | RENAISSANCE PT. Fall

Adult Climb (Ages 18+)

Try a different workout or experience something new. This is open to those who enjoy climbing as well as those who have never had the opportunity! Our staff would love to help "show you the ropes"!

JORGENSEN | PARKVIEW All Seasons

Adult Co-Ed Volleyball (Ages 18+)

Stay in shape with a sport the Y invented, volleyball. The Y offers indoor play in our multi-purpose gym.

PARKVIEW All Seasons

Aqua Arthritis Program

This class is designed for those who desire a little easier-paced workout. Stretching, cardio, flotation, equipment and muscle group isolation work together to improve circulation, flexibility and muscular strength. This recreational exercise program is for participants with or without arthritis.

CAYLOR-NICKEL | CENTRAL | JORGENSEN | PARKVIEW

RENAISSANCE PT. | WHITLEY All Seasons

Aquafit, Water Aerobics, Water Zumba®

Classes are designed for a variety of skill and fitness levels and offer a unique environment to connect with others who are working toward a common goal. Program content varies by branch. Check online at fwymca.org or download our app to see the current group exercise schedules.

CAYLOR-NICKEL | CENTRAL | JORGENSEN | PARKVIEW

RENAISSANCE PT. | WHITLEY All Seasons

Badminton

Open play times for badminton are offered in the gymnasium.

JORGENSEN | PARKVIEW All Seasons

Clubs

Serial clubs such as Euchre, Y Moms, running and walking are member led. They are a great way to engage with others, create community and make friends. Clubs vary by branch.

CENTRAL | PARKVIEW All Seasons

YMCA Corporate Challenge

Looking for a chance to come together for fun, wellness, and fellowship? The Corporate Challenge encourages local companies to adopt the concepts of team building and employee wellness by participating in Olympic-style events. Check with your local branch front desk for more information.

CAYLOR-NICKEL | CENTRAL | WHITLEY Summer Fall

Line Dancing

Enjoy line dancing in a relaxed fun and positive atmosphere. Class is designed to accommodate all levels and ages.

WHITLEY All Seasons
JORGENSEN Fall Winter

Masters Swim Team (Ages 18+)

Camaraderie is one of the most important components of masters swimming. We strive to help you swim better, faster, and include many fun activities in or out of the water. Practices are organized with specific objectives and tailored to individual abilities.

CAYLOR-NICKEL | JORGENSEN All Seasons

Pickleball

This racket sport includes 2-4 players using solid paddles. Court size similar to badminton, rules are similar to tennis. Open play times for this sport are offered in the gymnasium and the availability of play times is posted on the gym schedule (available online or at the member service desk). (Members only)

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN PARKVIEW | WHITLEY All Seasons
RENAISSANCE PT. Summer

SCUBA – I Tried (Ages 10+)

This one hour “mini-course” allows non-divers to experience the magic of SCUBA in the pool under the supervision of our Instructional Staff. Try on equipment and see what it’s all about.

JACKSON R. LEHMAN | PARKVIEW Spring Summer

SCUBA (Full Certification Course) (Ages 12+)

This course consists of 16 hours of pool instruction and 16 hours of classroom instruction learning the techniques and procedures of becoming a safe, confident, eco-conscious diver.

PARKVIEW Spring Summer

Swim Incentive Challenge (Ages 18+)

Up for a challenge? Several branches offer motivational swim challenge programs to help you increase stamina for short or long distance swimming. Check with your branch’s front desk for more class information and details.

JORGENSEN | PARKVIEW All Seasons

ACTIVE OLDER ADULT

Active Older Adults

Your branch has special activities and events such as luncheons, Euchre, and more! This program is for active older adults wanting to stay busy and meet new people. Check with the front desk for detailed program information.

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Active Older Adult Group Exercise

Have fun and move to the music through a wide variety of exercise classes designed to increase muscular strength and range of movement and activity for daily living. Hand held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. (Members only)

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

Active Older Adult Outings

Watch for information and registration dates for fun outings for the active older adult community! These events consist of trips to plays, flea markets, restaurants and conventions.

JACKSON R. LEHMAN | JORGENSEN | RENAISSANCE PT. All Seasons

Active Older Adult Wellness Education

These wellness/preventative educational seminars are open to all active older adults. We combine food, fun and fellowship while enjoying a guest speaker or a fun activity.

CAYLOR-NICKEL | CENTRAL | JORGENSEN | PARKVIEW RENAISSANCE PT. | WHITLEY All Seasons

Active Older Adult Zumba Gold®

Enjoy this upbeat Latin music inspired dance group exercise class for Active Older Adults at a pace that is comfortable for you! Check online at fwymca.org or download our app to see the current group exercise schedules. (Members only)

JORGENSEN | PARKVIEW All Seasons

Enhance®Fitness

This evidence-based group exercise program helps older adults become more active, energized, and empowered to sustain independent lives. The classes focus on dynamic cardiovascular exercise, strength training, balance, and flexibility—everything older adults need to maintain health and function.

CENTRAL | JORGENSEN | PARKVIEW | RENAISSANCE PT. | WHITLEY All Seasons

SILVER SNEAKERS

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Check online at fwymca.org or download our app to see current group exercise schedules. (Members only)

CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN PARKVIEW RENAISSANCE PT. | WHITLEY All Seasons

SilverSneakers® Circuit

This series of exercises is designed to increase your heart rate and challenge a variety of muscle groups. The ability to stand for the duration of the class is necessary.

CAYLOR-NICKEL | CENTRAL | JORGENSEN | PARKVIEW RENAISSANCE PT. | WHITLEY All Seasons



EMPLOYEE HEALTH AND WELLNESS IS GOOD BUSINESS

Corporate Memberships and Corporate Wellness Programs

The Y is a leader in improving the health and wellness in its community. Partnering with the Y promotes a healthy work environment which is known to produce healthier, happier and more productive employees!

The Y's Corporate Membership Plan does more than provide membership cards. We create a partnership in well-being that offers a healthier workplace environment for you and your employees. By connecting with the Y, employees receive personalized service supporting them on their journey in getting active as they become engaged in a healthier lifestyle.

To find out if your business offers corporate memberships or to get a FREE Workplace Wellness Assessment, visit our website at fwymca.org, call 260.422.6488 or email HereForYou@fwymca.org.



FOR A HEALTHIER FUTURE

Chronic Disease Prevention and Care

As a leading nonprofit strengthening community through healthy living, the Y works tirelessly every day in our community to teach healthy habits to individuals, families and kids while inspiring a lifetime pursuit of overall wellness. From fun, engaging competition like our Corporate Challenge to in-depth educational coaching like our nationally-recognized YMCA's Diabetes Prevention Program, we are committed to enhancing wellness in all aspects of life.

What you may not know is that as a leader in chronic disease prevention, the Y provides many programs at low or no cost so people have opportunities to reach and attain a healthy lifestyle. These programs include LIVESTRONG® at the Y, a cancer survivorship program (page 31), the Obesity Wellness Network which aids in losing weight and fighting disease (page 33) and the YMCA's Diabetes Prevention Program which aims to prevent the onset of type 2 diabetes (page 31), and Pedaling for Parkinsons (page 32).

A healthy community starts with the people and place where we live. Nurturing your spirit, mind and body starts here at the Y.

Questions? Call 260.422.6488 or email HereForYou@fwymca.org.



**FOR SOCIAL
RESPONSIBILITY**



COMMUNITY SERVICES

The Y was created in response to society's needs and remains a lifeline in the local community. We understand the challenges that keep individuals from reaching their full potential and respond with services and support which help people to be self-reliant, productive and connected to the community.

We address the unique needs of our neighborhoods through services focused on critical areas, such as child welfare, community health, job training, environmental education, quality of life and family services. Here are examples of how the Y is providing support to thousands of people in our community:

Anti-Graffiti Network

Armed with gallons of paint, youth involved in community service paint over graffiti throughout the area. In 23 years, we have cleaned graffiti from more than 72,000 sites in Fort Wayne. To report graffiti to be removed, call the Anti-Graffiti Hotline at 260.449.4747.

YSB All Seasons

Family Group Decision Making

Working together with families of at-risk youth and professional facilitators, we help develop an action plan while teaching families to recognize and utilize their own strengths to fix current problems and prevent future conflicts.

YSB All Seasons

Financial Peace University

Dave Ramsey's financial plan is a life-changing program that teaches sound money management based on biblical principles. During this 9-week class, child care is provided for participants. Check with your branch for more details about how you can achieve Financial Peace.

CENTRAL Spring
JORGENSEN Winter
PARKVIEW Fall

Healthy Families Lead to Healthy Homes

Each year, as part of our focus on youth development and healthy living, the YMCA hosts FREE special events such as Healthy Kids Day to promote healthy families. Whether the event lasts a day or a week, we want to instill a lifetime pursuit of healthy living in your family by providing health education and good eating habits in a fun and informative way that gets you and your children up and moving. Check with your local branch for details.

Hit the Spot

Hit the spot provides a hot and healthy dinner Monday through Friday for kids who are 18 and under. This program is free and is open to anyone who is 18 and under.

RENAISSANCE POINTE All Seasons

Indiana YMCA Youth & Government

(Grades 7-12)

INYaG is an exciting opportunity for youth to step into the shoes of the individuals who run our State Government. This program provides high school youth the opportunity to study and debate public issues, experience the judicial branch of our state government, write legislation and participate in youth legislature. Students across the state of Indiana participate in their local District Conference and culminate the experience in a three-day State conference in Indianapolis.

CENTRAL | PARKVIEW | RENAISSANCE PT. School Year

Late Night Basketball

(Available to ages 16-26, see page 31)

Leadership and Lifeguarding (See page 27) Military Outreach Initiative

The Y proudly offers memberships to eligible military families and personnel to provide extra support during a time when loved ones are deployed away from home. For more information about eligibility requirements please contact the front desk at your local branch or go to **ASYMCA.org**.

Positive Discipline

Join us for this nationally recognized 8-week parenting course which gives practical skills that work long-term to help your children feel a sense of belonging and significance, build valuable social and life skills and develop their own capabilities.

PARKVIEW Winter

Safe Place

Safe Place is a national youth outreach and prevention program for young people in need of immediate help and safety. As a community-based program, Safe Place designates businesses and organizations as Safe Place locations, making help readily available to youth in communities across the country. Locations include: libraries, YMCA's fire stations, public buses, various businesses, and social service facilities. 24 Hour Number: 260.466.7077.

YSB All Seasons

Status Offender Court Alternative Program (SOCAP)

Partnering with local school districts and courts, SOCAP works to keep youth in school and on track to graduation and avoid the juvenile justice system by providing them with problem-solving skills to create individual action plans.

YSB All Seasons

Trail Buddies (See page 40)

Trail Buddies invites people who have a disability and cannot pedal a bike to go for a ride in the fresh air.

JORGENSEN Spring Summer Fall

Y On the Fly

Kids are invited to check out the Y on the Fly van which is part of a free community program offered to 10 locations in under-served neighborhoods. It includes fun, active play and educational activities that inspire kids to stay active and explore throughout Summer. The Y van visits two locations each afternoon from June to August offering free fun for school-aged children.

CHILD CARE | WHITLEY Summer

Youth Advocate Mentoring

A Youth Advocate provides in-depth mentoring and case management to selected youth with the goal of helping them to succeed at home and in their education to graduate from high school. A key part of this program is getting youth connected to YMCA programs that provide structure, skill-building and learning opportunities.

YSB All Seasons

SAFETY/TRAINING

Lifeguarding Class (Ages 15+)

Participants are certified in Lifeguarding/First Aid, CPR/AED, for the professional Rescuer, Administering Emergency Oxygen and Blood-borne Pathogens.

**CAYLOR-NICKEL | CENTRAL | JACKSON R. LEHMAN | JORGENSEN
PARKVIEW All Seasons**

Safe Sitter® (Ages 11-14)

This course equips potential babysitters with how to care for choking infants/children, prevent and manage injuries, maintain personal safety, child care essentials, behavior management and babysitting as a business.

JORGENSEN | CENTRAL | PARKVIEW **All Seasons**

Safety & Emergency Preparedness Courses CPR/AED & First Aid Courses

AHA (AMERICAN HEART ASSOCIATION)

Heartsaver® First Aid and CPR AED are offered by certified American Heart Association instructors who teach critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency until emergency medical services (EMS) arrives. Skills taught include how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult, children and infant CPR and AED. Become certified or learn basic skills.

JORGENSEN | CENTRAL | SKYLINE | WHITLEY **All Seasons**

Safety Courses ARC (AMERICAN RED CROSS)

(Ages 11+, age ranges vary by branch)

Learn lifesaving skills such as CPR/AED for the Professional Rescuer, Administering Emergency Oxygen and First Aid. Classes are taught by certified American Red Cross instructors. Ideal for anyone who needs this certification for employment, works with the public or who wants to have the knowledge and skill to help in an emergency situation.

CENTRAL | PARKVIEW | RENAISSANCE PT. | SKYLINE **All Seasons**

Water Safety and First Aid Education

Confidence comes from knowing that the job you perform can save a life. Becoming a professional rescuer helps you become mentally, physically and emotionally prepared for life's challenges while developing leadership skills. The Y offers classes and certification in CPR/AED/Administering Emergency Oxygen/Blood-borne Pathogens, CPR/AED Recertification, Standard First Aid and Lifeguarding. For a complete list of classes offered, schedules and prerequisites, contact your local branch.



Homework Helper

Volunteer in one of our afterschool programs to help students with their homework, helping them stay focused in order to be more successful in school.

PARKVIEW **School Year**

Teen Programs

Volunteer to mentor youth by joining one of our several teen programs at our branches that prepare youth for leadership, service, and a working knowledge of our government. Whether it's helping serve a meal, play a game, or sit and listen, volunteers can make a difference through spending time with our YMCA youth.

CENTRAL | JORGENSEN | PARKVIEW | RENAISSANCE PT. **All Seasons**

Y Ambassador

Help welcome and invite new members into an area of the Y in order to get them more engaged.

YMCA Camp Potawatami Clean Up Day

Every April volunteers are invited up to Camp Potawatami to help clean up the trails, beach, playgrounds and more to get ready for another great year of summer camping for children and youth.

YMCA Camp Kekionga Clean Up Day

Every May volunteers are invited to Hodell Acres in southwest Fort Wayne to help clean up the playground, trails, pavilion, rec center, fire pit area and beach to get ready for another season of day campers each summer.

Youth Sports

Volunteer to coach children and youth in one of our many sports programs, which are designed to promote character-building and team effort. Or, you can volunteer as a score-keeper or as a greeter on game day, welcoming players and their families.

SERVICE TRIPS

Chile Service Trip

Escape winter and engage in a life-changing experience through YMCA's international service immersion trip, working with urban underprivileged youth in Valparaiso, Chile!

Peru Medical Mission Trip

Join medical staff from Parkview Regional Medical Center at the local YMCA community of Horacio Zeballos in Socabaya, Arequipa, Peru. Goal of trip is to provide much needed medical care as well as facility improvements to support the mission of the Y in their community.

VOLUNTEERISM & GIVING

VOLUNTEER OPPORTUNITIES

The Y is a charitable mission-driven organization dedicated to social responsibility and community building. Volunteers are critical to this mission and central to all we do. There are many ways a volunteer can get involved as a way to live out our mission in our neighborhoods.

Board Members

Want to get involved in promoting the Y in the community? Join the advisory board of your local YMCA branch and help make a difference as we develop new programs, raise money for the Annual Campaign, and make plans to grow our mission.

Child Watch Readers

Invest in our children by reading to them while they stay with us in Child Watch.

Community Service

Volunteer with one of many amazing organizations through the YMCA in our community. We help build houses with Habitat for Humanity, help with home projects and repairs for seniors and the disabled through NeighborLink, cleaning up local city parks, stocking shelves at food banks, painting and sprucing up space in after school centers, and more.

FINANCIAL SUPPORT

Annual Campaign

The YMCA of Greater Fort Wayne is a non-profit organization committed to strengthening the foundation of our community. Our Annual Campaign is a Y fund-raising initiative that provides financial aid for program and membership fees to children and families in need. It is our policy that no one be turned away due to the inability to pay. Funds raised through the YMCA Annual Campaign remain in our community and are made available to local youth, families and adults. Donations can be made by calling 260.422.6488 or online at fwymca.org.

Financial Assistance

It is the Y's policy that finances are not a barrier to participate at the Y. Our Financial Assistance program is confidential and supported by donations given to the YMCA Annual Campaign. Members & Program Participants in need of financial assistance please see page 43 or inquire at the front desk.

Operation Highway 116

The Y has adopted Indiana 116 from Indiana 1 to House of Hope. Each season (excluding winter) we take one Saturday morning to clean up the trash from the roadside of this stretch of highway. **CAYLOR-NICKEL Spring Summer Fall**

The Heritage Club

The Heritage Club is available to those who wish to join the tradition of creating a lasting legacy. Gifts are made in a will or trust, or by making the YMCA of Greater Fort Wayne a beneficiary of a retirement plan or insurance policy. The Heritage Club is the YMCA's way of recognizing a contribution to the YMCA of Greater Fort Wayne which gives everyone in our community the opportunity to learn, grow and thrive.

For more information call 260.422.6488 or email HereForYou@fwymca.org.

Togetherhood®

Provides Y members with fun, convenient and rewarding ways to give back and support their neighbors. Togetherhood® is the YMCA's member-led community service program for Social Responsibility. This program invites Y members to lead and participate in volunteer service projects that benefit the community where they live. **PARKVIEW | SKYLINE All Seasons**

Leave a Legacy

Making a planned gift to the YMCA offers a flexible and simple way to combine philanthropy with financial planning. Planned gifts to the Y are about the future: your future and the future of children and families in our community. To meet your specific needs, a variety of gift options are available. While each planned gift is different, these gifts can offer significant financial or tax benefits while ensuring that future generations will benefit from the life-changing programs of the YMCA.

For more information about leaving a legacy call 260.422.6488 or email HereForYou@fwymca.org.

CHRISTIAN EMPHASIS

Our mission includes putting Christian principles into practice, for all. While the principles of caring, honesty, respect and responsibility are put into practice in every culture and religion, at the YMCA of Greater Fort Wayne we strive to live them out in light of our heritage as the Young Men's Christian Association. The roots of our work are shaped by the Christian message of loving, caring and serving, which also means that we are for all, without judgment, welcoming everyone to join us as we live out cause to strengthen the foundations of our community. Below are some ways that we do Christian Emphasis in our association, partnering with area churches and non-profits to both further our mission while collaborating around loving, caring and serving for all.

Chaplaincy

Local Christian clergy and ministers are invited to join the chaplaincy program as a way to spend a few hours each week in the Y to encourage and pray with members interested in seeking spiritual support.

Church Partnerships

Local YMCA branches and congregations partner together to host or promote community events and programs that fulfill our mission and strengthen children and adults in our neighborhoods. Whether this is through budgeting classes, parenting seminars, or youth group outings, together we want to help support our families. Church members can also volunteer at the Y to build up our programs, increasing member engagement, and help connect our mission to more people. Branches may also have a church that meets for Sunday morning worship in the gymnasium, providing a safe and enjoyable place for members to grow in their Christian walk at the Y.

Fueling Your Faith

This annual event is open to Y members and the community, designed to encourage participants to be renewed in spirit, mind and body.

Good Friday Breakfast (See page 6)

Members of the Y and the community are invited to this special breakfast that includes an inspiring and hope-filled message from nationally recognized speakers.

Inspire

This bi-annual event trains Y members in ways to live out their faith at the Y in ways that line up with our Christian principles and builds up spirit, mind and body for all.

Prayer Tables

Volunteers at a table in the lobby take prayer requests from members and offer a time of prayer for them if requested. They provide a listening ear and a caring heart for those wanting to take a moment to be prayed for.

US Mission Network

Our YMCA is part of a larger national movement to help members and staff put Christian principles into practice as we live out our cause to strengthen the foundations of our community. The US Mission Network has a national conference every other year as well as annual training events to teach about our Christian heritage and innovative programs being developed around the country in our YMCA branches.

REGISTERING FOR PROGRAMS

3 OPTIONS TO REGISTER:

1 REGISTER IN PERSON

We're here for you! Stop by your local branch, register and get started. If you would like to use credit vouchers or other discounts you must register in person at the front desk of any one of our branches.

2 REGISTER FOR PROGRAMS ONLINE



1. Go to fwymca.org
2. Click **Register For Programs** in the blue bar
3. Click **Login** (top middle of screen)
4. Create or sign in to your online account
5. Find the program you would like to register for, click **Register**

3 REGISTER FOR PROGRAMS ON THE YMCA APP

1. Go to fwymca.org/app if you don't have the YMCA App
2. Click on the Programs icon
3. Find the program you would like to register for, click the **Register** button at the bottom
4. Create or sign in to your online account.

If you don't know your login information, contact a Member Service Representative for help. Once logged in, you can browse, search and register for programs. You can also view and manage your account information, current balance, payment history, payment methods, payment scheduling and even make a donation.

Acceptable forms of online payment include Visa, MasterCard, American Express, Discover or bank account EFT. If you are receiving Financial Aid, this will automatically be applied. If you would like to use credit vouchers or other discounts you must register in person at the front desk of any one of our branches. (See pages 4 & 5 for location list and map)

Branch Program List

Each branch has a Program Listing which provides dates, times and fees for each session. Pick up your Program Listing at the front desk or view program schedules online at fwymca.org.

ASSOCIATION POLICIES: PROGRAM CREDIT/REFUNDS

We want you to be satisfied with our programs. If a participant has a medical exemption or is dissatisfied with a program, we may issue a program credit voucher. No pro-rates are granted after a program has begun for the session. The online registration system does not accept vouchers or credits. Requests for program credits or refunds may require the approval of the branch Executive Director.

DON'T CLOSE A GREAT PROGRAM

Great classes are canceled because of late registration. If enrollment is below our established minimum number prior to the first day of class, we may cancel or combine the class. Please register early for all programs.

LET'S CONNECT!



A MOBILE APP FOR YOU

To find the most up-to-date facility hours or schedules just download our YMCA app. Go to fwymca.org/app or scan this QR code to download!

Important Note: Registrations are handled on a first-come, first-serve basis.

View Program Schedules for program times, dates, availability and descriptions.



Visit fwymca.org to view program schedules.





GENERAL INFORMATION & POLICIES

AM I A MEMBER OR A PROGRAM ONLY PARTICIPANT?

Members join the YMCA and pay regular membership fees. They receive access to all facilities and all group exercise programs, free of charge. Members receive priority registration and reduced rates for other programs and also benefit from some programs and services not available to program only participants.

Program only participants enroll in a specific program(s), but do not pay a regular membership fee to use other areas of the facilities. (I.E., program participants may be enrolled in a dance class or sports league or may have child(ren) enrolled in a sports program or after school care program.) Any questions about member and program participant fees may be directed to your branch's front desk.

AGE POLICIES

Child Watch (6 weeks - 11 years)

Child Watch allows parents to participate in programs and work out for up to two hours per day while children are engaged in various age-appropriate activities in a supervised environment. Please check with your local Y for child watch hours.

Kids Club (Ages 6-11)

Kids Club has a variety of fun and engaging options for kids while the family is at the YMCA. It is an extension of Child Watch, offering supervised gym time, swimming, and educational activities. The schedule of activities for each week will be posted ahead of time for each designated branch. This program is FREE for members and can only be used while parents use the facility.

General Facilities:

Children ages 7 and under must be with a parent at all times or in Child Watch. Ages 8 - 10 may be in the building without supervision; however a parent must remain in the facility. Ages 11+ can be on their own in the facility.

Group Exercise Classes:

Members age 11-14 who have completed YouthFit* can participate in group exercise classes on their own; otherwise they need to be accompanied by an adult. Members age 15 and older may attend group exercise classes on their own.

Wellness Center:

For members age 15 and older. Members age 11-14 may use designated areas of the Wellness Center after completing our YouthFit*. (See page 21)

Children under 15 years of age are not permitted in fitness/wellness centers until they complete YouthFit*.

*YouthFit is a program that shows members, age 11-14, proper techniques, Wellness Center procedures and exercise guidelines in a fun and informative way. Inquire at the front desk for registration details.

Locker Rooms:

Privacy and safety in locker rooms is a priority at the Y. Clothing and other personal belongings not in use should be locked in the YMCA lockers. Ensure your locker is secured and leave your valuables at home. Wallet lockers are available to securely store small personal items. Remember to take your belongings with you at the end of the day. The Y is not responsible for lost, stolen or damaged personal property. We recommend that you bring a lock for your locker, but locks must be removed by the end of the day. A lock left on a day use locker overnight may be destroyed and contents of the locker will be placed in lost and found.

Children age 4 and over are not permitted in the opposite gender

locker room. The Y offers universal changing rooms for children who are old enough to use the gender-appropriate locker rooms (but still need assistance), individuals with disabilities, or anyone who does not feel comfortable in group changing areas. Cell phone, camera or video camera use is strictly forbidden in all locker rooms.

HEALTH CENTER

The Central Branch YMCA offers full-service Health Centers for adult members. The Men's and Women's Health Centers are adult-only locker rooms that offer upgraded amenities such as: whirlpool, sauna, steam room (men only), and free towel service. Extra amenities include massage services, locker rental, and laundry service.

CARRY YOUR CARD

Membership cards or your YMCA of Greater Fort Wayne App ID must be scanned at the front desk upon entering the Y. A valid photo ID is required if you do not have your membership card. Membership cards are not transferable.

MEMBERSHIP TYPES

Adult Membership: An individual that is 18 years of age or older.

1 Adult Household Membership: An individual that is 18 years of age or older and their dependents.

Student Membership: A full-time student through age 25.

Household Membership: 2 Adults and their dependents including children under 18 years of age, full-time college students ages 18-25 or other IRS dependents (proof of dependency may be required).

Senior Membership: An adult that is 65 years of age or older.

Senior Household Membership: 2 adults that are 65 years of age or older and their dependents.

Adult Add-On

One additional adult residing in the same household may be added to any membership type (other than Student) for an additional \$25 per month.

Corporate Membership

The Y partners with area businesses to offer memberships for employees through payroll deduction. To find out if your business offers corporate memberships or to get your business started visit fwymca.org/corporate_membership.php.

Military Outreach Initiative Membership

The Y proudly offers memberships to eligible military families and personnel to provide extra support during a time when loved ones are deployed. For more information about eligibility requirements please contact the front desk at your local branch or go to ASYMCA.org.

MY Y IS EVERY Y NATIONWIDE

The Y is one movement and we want to encourage members to utilize the Y as often as they can, in order to meet their health and wellness goals. Sometimes it is more convenient for a Y member to utilize a Y in a different location when traveling, near a workplace or in another region. This program allows active, full facility/full privilege members flexibility to use other Y facilities and increases the value of Y membership. See page 46 for details.

ENROLLMENT FEE

Members are charged an enrollment fee to begin their membership account as they start to enjoy all benefits the Y has to offer. This fee covers the administrative cost of membership. Those

costs include, but are not limited to, your membership card(s), processing fee and account maintenance. Members who cancel their membership and later rejoin are required to pay the enrollment fee to reactivate their account if it has been inactive for more than 30 days.

SILVERSNEAKERS®

The SilverSneakers® Fitness program is offered in partnership with select Medicare Supplemental health plans at no additional cost to eligible members. Eligible participants are entitled to a membership to the YMCA of Greater Fort Wayne which includes participation in SilverSneakers® classes, all group exercise classes, guidance from qualified instructors, social activities and use of the Y facilities, such as swimming pools and saunas. Check with your insurance company for eligibility requirements or call SilverSneakers® 866.666.7956 or email SilverSneakers@healthways.com for more info.

FINANCIAL ASSISTANCE FOR MEMBERS AND PROGRAM PARTICIPANTS

We believe that finances shouldn't be a barrier to participate at the Y. To apply for financial assistance, visit the Member Services desk of your local branch. Financial Assistance can be awarded on the spot with just proof of public assistance. For applicants who are not on public assistance, bring your proof of income as 30 days of pay stubs or tax returns as well as documentation of any other forms of income or assistance. The Y maintains confidentiality of all financial information received in the application process. You may fill out a form in a branch or download and print the financial assistance form at fwymca.org.

SWIM SAFETY INITIATIVE:

TEST, MARK, PROTECT YOUTH SWIM POLICY:

All youth ages 13 and younger are required to take a lifeguard monitored swim test to determine whether or not they may swim without a lifejacket or parental supervision.

TEST—The swim test includes a deep water plunge, an endurance swim, treading water for 30 seconds, more swimming and finally ends with a 10 second float on the back. This test will prove the swimmer has the ability to swim in water over the head and the ability to support themselves above the water until help arrives if they are in trouble.

MARK—Children are marked with a swim band to signify their swimming ability every time they swim.

PROTECT—Testing and marking is the way we ensure your children are protected. A swim band shows they have been tested and marked. If they don't have a swim band, an adult must remain with the child and/or the child must wear a lifejacket for their protection.

RETURN PAYMENT POLICY

In order to keep our branches financially sound and in fairness to those who pay their fees on time, we will assess a \$15 fee for all returned payments including drafts, checks and credit card payments.

PAYMENT PLAN OPTIONS

Annual pay: When you join as an annual pay member, you will pay for 12 months up front. Annual pay memberships are non-refundable.

Monthly draft payment: You will authorize your monthly membership dues to be withdrawn from your bank or credit

card account each month. There is a minimum of a 12 month commitment and drafts will automatically continue after that until cancelled in writing no later than the 25th of the month.

WINTER WEATHER YMCA FACILITY CLOSINGS

- The Allen County YMCA's will be closed if a Warning (highest level) is declared – travel may be restricted to emergency management workers. If an advisory or watch are declared, the decision whether to close will be made by the CEO & COO.
- The Caylor-Nickel Foundation Family Y (Wells County) will be closed when a "Level 3 – Snow Emergency" is declared. If a "Level 2 Snow Warning" is declared, the YMCA will make the decision whether to close.
- The Whitley County Family Y will be closed when a "Level 1 Red – Snow Emergency" is declared. If a "Level 2 Orange Warning Snow Emergency" is declared, the YMCA will make the decision whether to close.

Download our app to receive notifications about facility closures. Stay tuned to local news stations including INC and WANE TV for updates. Frequent updates are also posted on FM stations STAR 88.3, WAJI 95.1, WMEE 97.3, WLDE 101.7, K105, WBCL 90.3, WOWO 107.5, AM station WOWO 1190. Updates are also posted to our website at fwymca.org.

On rare occasions, branches may elect to cancel classes, programs, special events or meetings with a minimum of three hours notice. The decision to cancel is made by the branch director and efforts are made to communicate with program participants.

BIRTHDAY PARTIES/ROOM RENTALS

Planning a birthday party, family reunion, prom or other event? Pools, gyms, community rooms and rock climbing walls are available to rent. Contact your local Y for availability and details.

OUTDOOR POOLS / SPLASH PARKS

Lightning and Thunder: When thunder or lightning is first noticed, outdoor pool activities will be suspended and all outdoor pools and pool decks will be evacuated until 30 minutes after the last sign of thunder or lightning. The distance from a facility to an approaching thunderstorm can be five to eight miles away, but lightning can strike from a much farther distance.

RAIN / WIND

Heavy rain can make it difficult to see the bottom of a pool or beneath the surface. If heavy rain causes bottom obstruction, pools will be cleared and swimming halted until the rain lets up. Wind can also cause safety hazards. If wind is observably strong or gusty and causes bottom obstruction due to rippling, swimmers will be cleared from pools until the bottom is visible.

SAFETY

As part of our commitment to provide a safe environment for all YMCA members and guests, our staff participate in ongoing training to quickly respond to a crisis situation which threatens the safety of people participating at the YMCA. Preparedness trainings include but are not limited to: CPR/First Aid, severe weather, fire, tornado and active shooter situations in or outside of the building.

Please notify staff if you have questions or feel there is a threat of danger in or near our YMCA's. Reported incidents will be investigated by the Executive Director.



GENERAL INFORMATION & POLICIES

SEX OFFENDER

Participation in YMCA activities and facilities by sexual offenders is denied and participation privileges will be revoked for any current member or participant who is listed in the National Offender Registry.

PHOTOGRAPHY/CELL PHONE CAMERA USE

The use of video recorders, cameras, cellular phones equipped with cameras, or other visual recording devices for picture taking is not allowed within the YMCA without written consent of the branch director. Anyone caught taking pictures of another person, other than their own family members without their permission and knowledge, may have their participation privileges revoked and could face prosecution. *Please see code of conduct on page 45.

MEMBER SERVICE PROMISE

Y staff recognizes that service to our members is the most important part of our job. Therefore, we make this promise: Our staff members will be friendly and attentive, and demonstrate caring, honesty, respect and responsibility. We will keep our facilities and equipment clean, safe and well maintained. We will deliver quality programs that meet the needs of our members and guests. We will provide opportunities for members to be involved as volunteers.

GUEST POLICIES & PROCEDURES

- Guest pass usage is recorded and each guest is limited to a total of 3 visits per calendar year (Jan. through Dec.). Continued use after the three visits requires joining the YMCA. Only members aged 16+ can bring a guest.
- The first guest visit is complementary. After that, the following guest rates apply:

* Child/Student

Ages 0-7 years, full time students through age 25 with a valid student ID - \$5.00

* Adults - \$10.00

* Families (parent(s) with their dependent children) - \$15.00

- Guest fees can be applied to the enrollment fee if guest becomes a member during the calendar year.
- Member must be present with their guest.
- Guest ages 16 and over must present a photo ID.
- Inappropriate guest behavior will result in a loss of membership privileges for the sponsoring member.
- A member can be accompanied by either 2 individual guests or one family during a visit. (The definition of a family guest pass is at least one guest parent, guardian or grandparent present with dependent children.) For additional guests, please check with the Branch Membership Director in advance of your visit.
- This policy is subject to change.

ERRORS AND ADJUSTMENTS

This guide was printed in November 2017. While we try to be accurate in presenting information, some unavoidable errors or changes to the information may occur. We apologize for any inconvenience that may result from these necessary adjustments. If you find a mistake, please report it to:

HereForYou@fwymca.org.



United Way of Allen County

The YMCA of Greater Fort Wayne is a powerful association of men, women and children of all ages from all walks of life joined together by a shared passion: to strengthen the foundations of community. Since 1858 we have been dedicated to bringing the Y's mission, values and cause to our local communities.

We are committed to providing a safe and welcoming environment for all members and guests. Our mission statement and core values serve as a basis for our Code of Conduct. Consistent with these guiding principles we expect individuals to behave in a manner that is caring, honest, respectful and responsible at all times when on the YMCA campus or participating in our programs.

PROHIBITED BEHAVIORS

Examples of unacceptable actions while participating at the YMCA include, but are not limited to:

- Harassment or intimidation by words, actions or any type of menacing or degrading behavior, verbal abuse, vulgar language, name-calling, or shouting
- Theft or behavior that results in the destruction or loss of property
- Carrying or concealing a weapon or any object that may be used as a weapon (Law enforcement personnel are exempt)
- Sexually explicit conversation, behavior or sexual contact with another person
- Inappropriate, immodest or sexually revealing attire
- Using, possessing or being under the influence of alcohol or illegal chemicals on the premises
- Loitering within or on the grounds of the YMCA
- Smoking, the use of smokeless tobacco products, e-cigarettes, and unregulated nicotine products are strictly prohibited
- The use of video recorders, cameras, cellular phones equipped with cameras, or other visual recording devices for picture taking is not allowed within the YMCA without written consent of the branch director. Anyone caught taking pictures of another person, other than their own family members, without their permission and knowledge may have their participation privileges revoked and could face prosecution

Participation in YMCA activities and facilities by sexual offenders is denied and participation privileges will be revoked for any current member, participant or guest who is listed in the National Offender Registry.

Please notify staff if you have questions or need assistance. The staff of the YMCA reserves the right to determine the appropriateness of behavior to ensure compatibility with the YMCA mission and Code of Conduct. Reported incidents will be investigated by the Executive director.

Behavior that is contrary to our mission and core values may result in either suspended or terminated participation privileges.



ALWAYS WELCOME IN EVERY COMMUNITY

- Nationwide Membership **enables Y members to visit any participating YMCA** in the United States
- Valid for active, full facility YMCA members
- Nationwide member visitors must use their home Y **at least 50% of the time**
- Program-only participants are not eligible for nationwide membership
- Special memberships (group homes, other agencies, etc.) are not eligible

To find a Y in another location, go to ymca.net.



MISSION PARTNERS

YMCA Mission Partners provide financial resources to strengthen our community and move us all forward. The support of these companies allows the YMCA to carry out our mission; making a meaningful, enduring impact in our community.

Thank you for your outstanding and generous support of the YMCA.

MISSION PARTNERS OF ADULT PROGRAMS & CORPORATE WELLNESS



MISSION PARTNER IN YOUTH DEVELOPMENT





YOUR ONLINE RESOURCE 24/7

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