



Central Branch YMCA

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Spring - 2024 Program Listing

Spring Session 4/15-6/2

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

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Adaptive Classes						
	Dancing with Diverse Abilities	6 to 12	Sun.	1:30 PM - 2:15 PM	\$20.00	\$40.00
Assessments						
	Body Composition	15 to 110		No Time Specified	\$0.00	\$0.00
	Body Composition and Fitness Assessment	15 to 110		No Time Specified	\$0.00	\$0.00
	Fitness Assessment	15 to 110		No Time Specified	\$0.00	\$0.00
Blood Pressure Self Monitoring Program						
	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
Miss Independent						
	Spring 2024	11 to 18	Tues.	6:00 PM - 7:00 PM	\$0.00	\$0.00
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Central Branch (Downtown Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
Swim Lessons - Age 6mos-3yrs (Parent/Child)						
	Friday 5:35pm	0 to 3	Fri.	5:35 PM - 6:05 PM	\$25.00	\$56.00
Swim Lessons - Adaptive						
	Sunday 12:10pm	5 to 99	Sun.	12:10 PM - 12:40 PM	\$40.00	\$80.00
	Sunday 12:45pm	5 to 99	Sun.	12:45 PM - 1:15 PM	\$40.00	\$80.00
Swim Lessons - Age 3-5yrs (1-Water Acclimatio						
	Friday 5:35pm	3 to 5	Fri.	5:35 PM - 6:05 PM	\$25.00	\$56.00
	Sunday 1:20pm	3 to 5	Sun.	1:20 PM - 1:50 PM	\$25.00	\$56.00
	Wednesday 5:35pm	3 to 5	Wed.	5:35 PM - 6:05 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Friday 5:35pm	3 to 5	Fri.	5:35 PM - 6:05 PM	\$25.00	\$56.00
	Sunday 1:20pm	3 to 5	Sun.	1:20 PM - 1:50 PM	\$25.00	\$56.00
	Wednesday 5:35pm	3 to 5	Wed.	5:35 PM - 6:05 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Wednesday 5:35pm	3 to 5	Wed.	5:35 PM - 6:05 PM	\$25.00	\$56.00



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Adaptive Classes

Through a partnership with Dance Collective we are offering a seven week inclusive class for youth ages 6-12 of all abilities. These upbeat classes promote health and wellness, while empowering students to explore movement and express themselves creatively.

Assessments

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

Body Composition and Fitness Assessment: A 45-minute session to measure body fat percentage and assess heart rate and blood pressure, body composition, strength, endurance, flexibility and cardiovascular testing.

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

Blood Pressure Self Monitoring Program

Participants will work with trained healthy heart ambassadors for the duration of a 4 month program. During this time participants will be encouraged to: self measure BP, attend 2 personalized consultations per month, attend monthly nutrition education seminars. The \$40.00 fee will include access to HabitNu which is a fee app/website to take control of your health, track your blood pressure, food choices, and more.

Miss Independent

Miss Independent is an 8 week 'girls-only' program for middle and high school students that focuses on career exploration, self-confidence and self-care. This is a time where girls can relax, have great discussions with their peers, and most importantly, have fun!

Personal Training

Start your workout off right by working one-on-one with a certified personal trainer. An individualized program will be designed to help reach your health and wellness goals.

Personal Training Consultation

Start your fitness journey with a plan customized to your fitness goals and ability! YMCA members can register here for a FREE, one-on-one initial appointment with a personal trainer.

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

"In this combined class parents first work with their children to introduce them to the aquatic environment then work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Monkey crawl."

Swim Lessons - Adaptive

Designed for individuals with special needs. In a safe and relaxed environment, participants with all abilities have the opportunity to learn to swim, practice water safety skills, and expand their aquatic education

Swim Lessons - Age 3-5yrs (1-Water Acclimatio

In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim"

Swim Lessons - Age 3-5yrs (2-Water Movement)

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll

Swim Lessons - Age 3-5yrs (3-Water Stamina)

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

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



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	Wednesday 5:35pm	3 to 5	Wed.	5:35 PM - 6:05 PM	\$25.00	\$56.00
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Friday 6:10pm	6 to 12	Fri.	6:10 PM - 6:55 PM	\$29.00	\$65.00
	Sunday 1:55pm	6 to 12	Sun.	1:55 PM - 2:40 PM	\$35.00	\$78.50
	Wednesday 6:10pm	6 to 12	Wed.	6:10 PM - 6:55 PM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Friday 6:10pm	6 to 12	Fri.	6:10 PM - 6:55 PM	\$29.00	\$65.00
	Sunday 1:55pm	6 to 12	Sun.	1:55 PM - 2:40 PM	\$35.00	\$78.50
	Wednesday 6:10pm	6 to 12	Wed.	6:10 PM - 6:55 PM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Friday 7:00pm	6 to 12	Fri.	7:00 PM - 7:45 PM	\$29.00	\$65.00
	Sunday 2:45pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$29.00	\$65.00
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Friday 7:00pm	6 to 12	Fri.	7:00 PM - 7:45 PM	\$29.00	\$65.00
	Sunday 2:45pm	6 to 12	Sun.	2:45 PM - 3:30 PM	\$29.00	\$65.00
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$29.00	\$65.00
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$29.00	\$65.00
Swim Lessons - Teen & Adult						
	Tuesday 7:30pm	13 to 99	Tues.	7:30 PM - 8:00 PM	\$25.00	\$56.00
Swim Lessons - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Swim Team Conditioning						
	Level 1	4 to 21	Mon. Tues. Thurs.	5:00 PM - 6:00 PM	\$80.00	\$120.00
	Level 2	4 to 21	Mon. Tues. Thurs.	5:00 PM - 6:00 PM	\$80.00	\$120.00
	Level 3	4 to 21	Mon. Tues. Thurs.	6:00 PM - 7:30 PM	\$80.00	\$120.00
	Level 4	4 to 21	Mon. Tues. Thurs.	6:00 PM - 7:30 PM	\$80.00	\$120.00



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

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

Swim Lessons - Age 6-12yrs (1-Water Acclimation)

In this class Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim".

Swim Lessons - Age 6-12yrs (2-Water Movement)

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll

Swim Lessons - Age 6-12yrs (3-Water Stamina)

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

Swim Lessons - Age 6-12yrs (4-Stroke Introduction)

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

Swim Lessons - Age 6-12yrs (5-Stroke Development)

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. Skills taught include: Endurance, Front crawl, Back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)

Swimmers focus on perfecting their strokes and further increasing their endurance. Swimmers are introduced to competitive swimming skills of flip turns, and individual medleys, and learn about heart rates and developing good health habits.

Swim Lessons - Teen & Adult

This program creates a welcoming environment that is designed to help adults begin to swim. They will work on basic swimming skills, endurance, stroke development, and stroke

Swim Lessons - Private Swim Lessons

Private lessons - 3 sessions

Swim Team Conditioning

Level 1: In this three day a week swim class you must be able to pass YMCA "test, mark, protect" test. Class will focus on learning the basics of all four strokes

Level 2: This three day a week swim class is for developmental swimmers who are legal in 3 of the 4 strokes.

Level 3: This three day a week swim class is for swimmers who can legally swim a 200 free and a 200 IM and are looking for physical conditioning for summer swim.

Level 4: This three day a week swim class has the same requirements as level three, but more intense physical conditioning.



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Teen Leaders Club						
Grades 6-12	11 to 18	Thurs.	6:00 PM - 8:00 PM	\$0.00	\$0.00	
Training - CPR/AED/O2/First Aid						
Blended (05/03/2024)	15 to 100	Fri.	4:00 PM - 8:00 PM	\$100.00	\$140.00	
Wellness Center & Equipment Orientations						
Wellness Center Orientation			No Time Specified	\$0.00	\$0.00	
Wellness Consultation						
Wellness Consultation			No Time Specified	\$0.00	\$0.00	
Wellness For Life Coaching Program						
2024			No Time Specified	\$0.00	N/A	
Youth Fit						
2024 Youth Fit - Level 1 (Ages 9-10)	9 to 10		No Time Specified	\$0.00	\$0.00	
2024 Youth Fit - Level 2 (Ages 11-14)	11 to 14		No Time Specified	\$0.00	\$0.00	



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Teen Leaders Club

Leaders Club is an opportunity for teens to make new friends, gain confidence, learn about leadership and participate in service to others. This free club meets weekly, and anyone in grades 6-12 is welcome to come join!

Training - CPR/AED/O2/First Aid

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

Wellness Center & Equipment Orientations

This 45-minute to an hour long session will introduce the member to the Wellness Center and our Wellness Center Equipment.

Wellness Consultation

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

Wellness For Life Coaching Program

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

Youth Fit

Learn about flexibility and how to use the cardio equipment



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