



Central Branch YMCA

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Winter I - 2021 Program Listing
Winter I Session (1/4/21-2/21/21)
Registration Dates (Mbr. 12/7/20) (Prog. Part. 12/14/20)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Assessments						
	Body Composition	15 to 110		No Time Specified	\$0.00	\$0.00
	Fitness Assessment	15 to 110		No Time Specified	\$0.00	\$0.00
Leadership Programs						
	Teen Leaders Club	12 to 18	Thurs.	6:00 PM - 7:00 PM	\$0.00	\$0.00
New Member Reception						
	01/05/2021 AM		Tues.	10:30 AM - 11:00 AM	\$0.00	\$0.00
	01/05/2021 PM		Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	02/02/2021 AM		Tues.	10:30 AM - 11:00 AM	\$0.00	\$0.00
	02/02/2021 PM		Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
Personal Training Packages						
	Personal Training 101				\$80.00	n/a
	Personal Training - 1 session				\$40.00	n/a
	Personal Training - 5 sessions				\$195.00	n/a
	Personal Training - 10 sessions				\$370.00	n/a
	Personal Training - 20 sessions				\$700.00	n/a
Swim Lessons - Private Swim Lesson Packages						
	1 session				\$24.00	\$48.00
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Friday 5:30pm	0 to 3	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Wednesday 5:30pm	0 to 3	Wed.	5:30 PM - 6:00 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (Parent/Child) (1-Water Acclimation)						
	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Wednesday 5:30pm	3 to 5	Wed.	5:30 PM - 6:00 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (Parent/Child) (2-Water Movement)						
	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Wednesday 5:30pm	3 to 5	Wed.	5:30 PM - 6:00 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (Parent/Child) (3-Water Stamina)						
	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Wednesday 5:30pm	3 to 5	Wed.	5:30 PM - 6:00 PM	\$25.00	\$56.00
Swim Lessons - Age 3-5yrs (Parent/Child) (4-Stroke Introduction)						
	Friday 6:15pm	3 to 5	Fri.	6:15 PM - 7:00 PM	\$28.00	\$62.00
	Wednesday 6:15pm	3 to 5	Wed.	6:15 PM - 7:00 PM	\$28.00	\$62.00



Assessments

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

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

Leadership Programs

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

New Member Reception

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

Personal Training Packages

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

Swim Lessons - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor

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

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

Swim Lessons - Age 3-5yrs (Parent/Child) (1-Water Acclimation)

PARENT MUST BE IN THE WATER WITH THE CHILD! 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 (Parent/Child) (2-Water Movement)

PARENT MUST BE IN THE WATER WITH THE CHILD! 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 (Parent/Child) (3-Water Stamina)

PARENT MUST BE IN THE WATER WITH THE CHILD! 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 (Parent/Child) (4-Stroke Introduction)

PARENT MUST BE IN THE WATER WITH THE CHILD! 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.



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6-12yrs (Parent/Child) (1-Water Acclimation)						
	Friday 6:15pm	6 to 12	Fri.	6:15 PM - 7:00 PM	\$28.00	\$62.00
	Wednesday 6:15pm	6 to 12	Wed.	6:15 PM - 7:00 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (Parent/Child) (2-Water Movement)						
	Friday 6:15pm	6 to 12	Fri.	6:15 PM - 7:00 PM	\$28.00	\$62.00
	Wednesday 6:15pm	6 to 12	Wed.	6:15 PM - 7:00 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Friday 6:15pm	6 to 12	Fri.	6:15 PM - 7:00 PM	\$28.00	\$62.00
	Wednesday 6:15pm	6 to 12	Wed.	6:15 PM - 7:00 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Friday 7:15pm	6 to 12	Fri.	7:15 PM - 8:00 PM	\$28.00	\$62.00
	Wednesday 7:15pm	6 to 12	Wed.	7:15 PM - 8:00 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Friday 7:15pm	6 to 12	Fri.	7:15 PM - 8:00 PM	\$28.00	\$62.00
	Wednesday 7:15pm	6 to 12	Wed.	7:15 PM - 8:00 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Friday 7:15pm	6 to 13	Fri.	7:15 PM - 8:00 PM	\$28.00	\$62.00
	Wednesday 7:15pm	6 to 13	Wed.	7:15 PM - 8:00 PM	\$28.00	\$62.00
Swim Lessons - Teen & Adult						
	Tuesday 7:15pm	13 to 99	Tues.	7:15 PM - 8:00 PM	\$28.00	\$62.00
Volunteering						
	Community Harvest (12/16/20)		Wed.	1:00 PM - 3:00 PM	\$0.00	\$0.00
	Community Harvest (01/06/21)		Wed.	9:30 AM - 12:00 PM	\$0.00	\$0.00
	Community Harvest (01/13/21)		Wed.	1:00 PM - 3:00 PM	\$0.00	\$0.00
	Community Harvest (02/03/21)		Wed.	9:30 AM - 12:00 PM	\$0.00	\$0.00
	Community Harvest (02/17/21)		Wed.	1:00 PM - 3:00 PM	\$0.00	\$0.00
Wellness Center & Equipment Orientations						
	Orientations			No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	Wellness Consultation			No Time Specified	\$0.00	\$0.00
Wellness for Life Coaching Program						
	3 sessions				\$0.00	\$0.00
Wellness for Life 2.0						
	WFL 2.0			No Time Specified	\$99.00	\$99.00
Youth Fit						
	2021 Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00



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

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

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

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

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

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

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

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

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

Swim Lessons - Teen & Adult

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

Volunteering

Volunteer at Community Harvest Food Bank stocking shelves in the pantry.

Wellness Center & Equipment Orientations

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

Wellness Consultation

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

Wellness for Life Coaching Program

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

Wellness for Life 2.0

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

Youth Fit

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