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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
	Lunch & Learn (09/01/2022)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
	Lunch & Learn (10/6/2022)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
Cooking Classes						
	Great Jorgensen Bake-Off Sept. 14, 21, 28 and Oct. 5	8 to 13	Wed.	4:00 PM - 5:00 PM	\$40.00	\$80.00
Dance Classes (w/FW Ballet)						
	Age 4 - Dance Around the World	4 to 4	Tues.	5:10 PM - 5:40 PM	\$140.00	\$160.00
	Age 5 & 6 - Creative I & II	5 to 6	Tues.	5:50 PM - 6:35 PM	\$140.00	\$160.00
	Age 7+ - Beginning Ballet	7 to 17	Tues.	6:45 PM - 7:45 PM	\$140.00	\$160.00
English Classes						
	ESL Class	16 to 100	Tues.	6:30 PM - 8:00 PM	\$0.00	\$0.00
Gymnastics-Parent/Child						
	Tuesday 5:15pm	1 to 2	Tues.	5:15 PM - 5:45 PM	\$30.00	\$67.50
Gymnastics-Pre School						
	Thursday 5:15pm	3 to 5	Thurs.	5:15 PM - 5:45 PM	\$30.00	\$67.50
	Tuesday 6:00pm	3 to 5	Tues.	6:00 PM - 6:30 PM	\$30.00	\$67.50
Gymnastics-School Age						
	Intermediate - Thursday 7:45pm	5 to 18	Thurs.	7:45 PM - 8:30 PM	\$35.00	\$78.50
	Thursday 6:00pm	5 to 18	Thurs.	6:00 PM - 6:45 PM	\$35.00	\$78.50
	Thursday 7:00pm	5 to 18	Thurs.	7:00 PM - 7:45 PM	\$35.00	\$78.50
	Tuesday 6:45pm	5 to 18	Tues.	6:45 PM - 7:30 PM	\$35.00	\$78.50
Home School Programs						
	Age 3-5 (Gym)	3 to 5	Tues.	1:00 PM - 1:30 PM	\$30.00	\$67.50
	Age 3-5 (Swim)	3 to 5	Tues.	12:20 PM - 12:50 PM	\$30.00	\$67.50
	Age 6-8 (Gym)	6 to 8	Tues.	1:40 PM - 2:10 PM	\$30.00	\$67.50
	Age 6-8 (Judo)	6 to 8	Tues.	12:20 PM - 12:50 PM	\$30.00	\$67.50
	Age 6-8 (Swim)	6 to 8	Tues.	1:00 PM - 1:30 PM	\$30.00	\$67.50
	Age 9-11 (Gym)	9 to 11	Tues.	12:20 PM - 12:50 PM	\$30.00	\$67.50
	Age 9-11 (Judo)	9 to 11	Tues.	1:40 PM - 2:10 PM	\$30.00	\$67.50
	Age 9-11 (Nutrition)	9 to 11	Tues.	1:00 PM - 1:30 PM	\$30.00	\$67.50
	Age 9-11 (Swim)	9 to 11	Tues.	2:20 PM - 2:50 PM	\$30.00	\$67.50
	Age 12 & up (Gym)	12 to 18	Tues.	2:20 PM - 2:50 PM	\$30.00	\$67.50
	Age 12 & up (Judo)	12 to 18	Tues.	1:00 PM - 1:30 PM	\$30.00	\$67.50
	Age 12 & up (Strength & Wellness)	12 to 18	Tues.	12:20 PM - 12:50 PM	\$30.00	\$67.50
	Age 12 & up (Swim)	12 to 18	Tues.	1:40 PM - 2:10 PM	\$30.00	\$67.50



Active Older Adults

Connect over lunch while you enjoy hearing presentations on topics relevant to those ages 55 and over.

Cooking Classes

Put your talents to the test in our first ever Great Jorgensen Bake-off class for kids! This 4 week session allows kids to show off their baking skills and shine in the kitchen! Each week they'll bake something new.

Dance Classes (w/FW Ballet)

Ages 4-6: Creative movement allows children to gain an understanding of dance history and different cultures while increasing their listening skills. It expands children's creative skills and increases their self-esteem through self-expression. Children learn body and spatial awareness, control, balance, and coordination. The primary goal is to instill a love of dance they will take with them throughout their lives.

Age 7: Class instruction focuses on teaching correct body alignment, terminology, and technique through which students will gain physical strength, flexibility, stamina, and agility.

English Classes

This class is for those whose native language is not English, and are at an intermediate/advanced language level. This class will give you the chance to increase your ability to speak and understand the English language. Each class varies in content to promote conversation using articles, worksheets on idioms/slang and various other tools.

Gymnastics-Parent/Child

In this teacher-guided class, the parent will help the child practice basic stretching, use large motor skills, and learn body awareness. A wonderful time to play, laugh and enjoy a unique experience together. PARTICIPANTS MUST BE WALKING

Gymnastics-Pre School

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.

Gymnastics-School Age

Intermediate: Need to be able to perform a cartwheel and assisted hand stand.

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.

Home School Programs

Participants engage in physical education activities that help children build self-confidence, gain team building strategies, socialize with other home schoolers all while having fun in a safe environment. Our goal is to create a fun and safe environment for our participants to engage in physical activity.



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Holiday Events						
	Trunk or Treat		Sun.	2:00 PM - 4:00 PM	\$0.00	\$0.00
Judo						
	Ages 5-8	5 to 8	Fri.	5:00 PM - 5:30 PM	\$34.00	\$76.00
	Ages 9-12	9 to 12	Fri.	5:45 PM - 6:30 PM	\$34.00	\$75.00
Karate						
	Age 4-6 (5:30pm)	4 to 6	Wed.	5:30 PM - 6:00 PM	\$34.00	\$76.00
	Age 4-6 (6:00pm)	4 to 6	Wed.	6:00 PM - 6:30 PM	\$34.00	\$76.00
	Age 7-12 (6:30pm)	7 to 12	Wed.	6:30 PM - 7:30 PM	\$43.00	\$97.00
Martial Arts						
	Adult Jiu Jitsu	18 to 99	Fri.	6:45 PM - 7:45 PM	\$43.00	\$97.00
Masters Adult Swim						
	Evening Masters Swim Team 2022	18 to 118	Tues. Thurs. Sat.	7:00 PM - 8:15 PM	\$30.00	\$45.00
	Morning Masters Swim Team 2022	18 to 118	Tues. Thurs. Sat.	6:00 AM - 7:15 AM	\$30.00	\$45.00
New Member Receptions						
	08/18/2022	18 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	09/15/2022	18 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	10/20/2022	18 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
Parents Night Out						
	09/02/2022	4 to 11	Fri.	6:00 PM - 9:30 PM	\$20.00	\$25.00
	09/16/2022	4 to 11	Fri.	6:00 PM - 9:30 PM	\$20.00	\$25.00
	10/07/2022	4 to 11	Fri.	6:00 PM - 9:30 PM	\$20.00	\$25.00
	10/21/2022	4 to 11	Fri.	6:00 PM - 9:30 PM	\$20.00	\$25.00
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Jorgensen Y (Southwest Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
Running Programs						
	Cross Country (Grades 1-5)		Tues. Thurs.	6:00 PM - 7:00 PM	\$43.00	\$97.00
	Race Series (All 3 races) 8/26, 9/14, 9/28		Wed. Fri.	5:30 PM - 6:30 PM	\$25.00	\$25.00
	Race Series (Better Together) 09/28/2022		Wed.	5:30 PM - 6:30 PM	\$10.00	\$10.00
	Race Series (Friends of the World) 08/26/		Fri.	5:30 PM - 6:30 PM	\$10.00	\$10.00
	Race Series (Welcoming Week) 09/14/2022		Wed.	5:30 PM - 6:30 PM	\$10.00	\$10.00
Special Events						
	Canvas & Cookies (08/25/2022)	11 to 99	Thurs.	6:00 PM - 8:00 PM	\$25.00	\$30.00
	Canvas & Cookies (09/29/2022)	11 to 99	Thurs.	6:00 PM - 8:00 PM	\$25.00	\$30.00
	Family Game Night (09/16/2022)		Fri.	6:00 PM - 7:30 PM	\$0.00	\$0.00
	Family Game Night (10/12/2022)		Fri.	6:00 PM - 7:30 PM	\$0.00	\$0.00



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Holiday Events

Registration required for TRUNKS only. No registration required for community attendees. Free family event for all. *Candy not provided

Judo

Sensei Dave Larsen is a Second Degree Brown Belt and earned his USJA coaching certificate in 2008. Dave has been trained and mentored for 19 years by 5th Dan Fred Chaipetta of the Mountain Storm Judo Club in Bluffton, Indiana and received the 2010 Virgil Bowles Award in recognition of his leadership and support of the Sport of Judo. Dave is eager to apply traditional Kodokan Judo teaching techniques to help your children learn and embody the YMCA goals of developing their Body, Mind, and Spirit.

Karate

Sensei Basche is a 5th degree black belt and has over 25 years of experience in a variety of martial arts styles. His philosophy focuses, not only on the physical benefits of martial arts, but also on the spiritual discipline, self-control, and respect necessary to produce well rounded students.

Martial Arts

The initial focus of this class will be quick techniques to disengage/disable and escape. You will learn to be more aware of self and surroundings, to maintain personal space and avoid situations, use control techniques to de-escalate and to disengage so you can flee. In addition, general strikes, blocks, and kicks will be taught with the opportunity for individuals to learn more advanced techniques once basic skills are mastered. Sensei Dave Larsen is a Second Degree Brown Belt and earned his USJA coaching certificate in 2008. Dave has been trained and mentored for 19 years by 5th Dan Fred Chaipetta of the Mountain Storm Judo Club in Bluffton, Indiana and received the 2010 Virgil Bowles Award in recognition of his leadership and support of the Sport of Judo.

Masters Adult Swim

Anyone over the age of 18 is invited to join the Masters Swim Program and become a USMS member. Programs are open to fitness, competitive, open water, and triathlon swimmers alike. Whether you have just taken your first strokes in a swim lesson, are trying to break a national record, or just want to stay fit, U.S. Masters Swimming provides a fun and friendly atmosphere for you to work toward your individual goals. you don't have to be racing the clock to experience the rewards and support found in U.S. Masters Swimming.

New Member Receptions

This is a thirty minute presentation designed to help our members understand all the YMCA has to offer. Includes membership information, how to register for programs, locations in our association, and more information about any program we offer.

Parents Night Out

Need an evening out without the kids? Let us provide dinner and entertain your 4 to 11 year old while you have an evening out. We will have fun eating, swimming, playing, and getting messy with an art project. Children will be separated into age appropriate groups. Send them with swim gear on under play clothes. Send a towel and clean change of clothes (clearly labeled). Please note, young children must be potty trained. Registration deadline is Wednesday prior to event. Light pizza dinner and snack provided.

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

Register for a personal trainer to contact you to set up an initial appointment to explore personal training or continue on your training journey!

Running Programs

Cross Country: This program is designed to help with conditioning and practice of cross country running. An experienced adult coach will provide advice on running, stretching, and form. Participants will compete in area race meets to be determined. Once available, the schedule will be sent out. Come dressed to run outdoors at Indian Trails next to the Jorgensen Y or indoors on adverse weather days. One race shirt is included in the YMCA program registration.

Practices will be on Tuesday and Thursday with the exception of race weeks. On race weeks participants will have Tuesday practice and will attend the race as the second class for the week. Races are typically on Fridays in the late afternoon.

Special Events

Canvas & Cookies: Join us for this fun night painting and cookies! This class will be taught by a local artist and teacher. Cookies and Canvas is for anyone ages 11 to 99! We will be learning about perspective and color theory in this class. Register in-house for a discount off the price for a family member to paint with you!



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

Monday 4:40pm	0 to 3	Mon.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Saturday 09:30am	0 to 3	Sat.	9:30 AM - 10:00 AM	\$30.00	\$67.50
Saturday 10:10am	0 to 3	Sat.	10:10 AM - 10:40 AM	\$30.00	\$67.50
Saturday 11:30am	0 to 3	Sat.	11:30 AM - 12:00 PM	\$30.00	\$67.50
Wednesday 5:20pm	0 to 3	Wed.	5:20 PM - 5:50 PM	\$30.00	\$67.50

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

Tuesday 5:00pm	0 to 3	Tues.	5:00 PM - 5:30 PM	\$30.00	\$67.50
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Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)

Monday 5:20pm	0 to 3	Mon.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Saturday 10:50am	0 to 3	Sat.	10:50 AM - 11:20 AM	\$30.00	\$67.50
Wednesday 4:40pm	0 to 3	Wed.	4:40 PM - 5:10 PM	\$30.00	\$67.50

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

Monday 4:00pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$30.00	\$67.50
Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Monday 7:00pm	3 to 5	Mon.	7:00 PM - 7:30 PM	\$30.00	\$67.50
Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$30.00	\$67.50
Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$30.00	\$67.50
Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$30.00	\$67.50
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$30.00	\$67.50
Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$30.00	\$67.50
Tuesday 6:10pm	3 to 5	Tues.	6:10 PM - 6:40 PM	\$30.00	\$67.50
Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$30.00	\$67.50
Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$30.00	\$67.50

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

Monday 4:00pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$30.00	\$67.50
Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$30.00	\$67.50
Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 PM	\$30.00	\$67.50
Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$30.00	\$67.50
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$30.00	\$67.50
Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$30.00	\$67.50
Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$30.00	\$67.50
Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Wednesday 7:00pm	3 to 5	Wed.	7:00 PM - 7:30 PM	\$30.00	\$67.50

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

Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$30.00	\$67.50
Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$30.00	\$67.50
Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$30.00	\$67.50
Tuesday 6:10pm	3 to 5	Tues.	6:10 PM - 6:40 PM	\$30.00	\$67.50
Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$30.00	\$67.50



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

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Wall grab.

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

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Wall grab.

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

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Monkey crawl.

Swim Lessons - Age 3-5yrs (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 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".



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

Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$30.00	\$67.50

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

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$35.00	\$78.50
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$35.00	\$78.50
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$35.00	\$78.50
Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$35.00	\$78.50
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50

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

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$35.00	\$78.50
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$35.00	\$78.50
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$35.00	\$78.50
Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$35.00	\$78.50
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50

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

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$35.00	\$78.50
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$35.00	\$78.50
Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$35.00	\$78.50
Tuesday 5:00pm	6 to 12	Tues.	5:00 PM - 5:45 PM	\$35.00	\$78.50
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50

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

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$67.50
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$35.00	\$67.50
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$35.00	\$67.50
Tuesday 5:55pm	6 to 12	Tues.	5:55 PM - 6:40 PM	\$35.00	\$67.50
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$67.50

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

Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$67.50
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$35.00	\$67.50
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$67.50



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

Preschool Level, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 3- 5 years old 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.



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Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Saturday 11:10am	6 to 14	Sat.	11:10 AM - 11:55 AM	\$35.00	\$67.50
	Wednesday 5:15pm	6 to 14	Wed.	5:15 PM - 6:00 PM	\$35.00	\$67.50
Swim Lessons - Age 9 -14yrs - POOLIGANS						
	Friday 6:00pm	9 to 14	Fri.	6:00 PM - 6:45 PM	\$35.00	\$67.50
Swim Lessons - Teen & Adult						
	Beginner	16 to 115	Thurs.	7:45 PM - 8:15 PM	\$30.00	\$67.50
	Intermediate	16 to 115	Thurs.	7:45 PM - 8:15 PM	\$30.00	\$67.50
Swim Lessons - Adaptive						
	Sunday 4:30pm	3 to 99	Sun.	4:30 PM - 5:00 PM	\$30.00	\$67.50
	Sunday 5:10pm	3 to 99	Sun.	5:10 PM - 5:40 PM	\$30.00	\$67.50
	Sunday 5:50pm	3 to 99	Sun.	5:50 PM - 6:20 PM	\$30.00	\$67.50
Swim Lessons - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Teen Leaders Club						
	Grades 6-12	11 to 18	Wed.	5:00 PM - 6:00 PM	\$0.00	\$30.00
Teen Programs						
	Teen Takeover (08/20/2022)	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
	Teen Takeover (09/24/2022)	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
	Teen Takeover (10/22/2022)	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00
Training - Lifeguarding						
	October (1,2,8,9)	15 to 99	Sun. Sat.	10:00 AM - 5:00 PM	\$175.00	\$245.00
Training - CPR/AED/O2/First Aid						
	Blended (09/01/2022)	16 to 100	Thurs.	4:30 PM - 8:30 PM	\$100.00	\$140.00
Training - Instructor						
Wellness Center & Equipment Orientations						
	EGYM Orientation			No Time Specified	\$0.00	\$0.00
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00



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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.

Pre-requisites: Pass Flying Fish or 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. This session is a five (5) week session due to the holidays.

Swim Lessons - Age 9 -14yrs - POOLIGANS

Pooligans is a new and exciting program developed with a focus on having fun in the water. Participants will learn pool games and skills like, Water polo, Water Quidditch, crazy relay races, Aqua Zumba, Volleyball and synchronized swimming to name a few. Skills taught such as sculling, changing direction in the water, treading water, dribbling, passing and shooting a ball in water, aquatic fitness, following rules, teamwork and new friendships.

Swim Lessons - Teen & Adult

This program creates a welcoming environment that is designed to help adults learn to swim. They will work on comfort in the water, fundamental swimming skills, floating, submerging, recovery, building confidence in and around water, and introduction to stroke development.

Swim Lessons - Adaptive

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

Swim Lessons - Private Swim Lessons

Private Lessons - 3 Sessions

Teen Leaders Club

Make a difference through YMCA Leaders Club, a leadership development community service program that helps teens discover their full potential. It is a safe place where teens can come and simply be themselves. Leaders Club is a year-long leadership-development program for middle and high school teens. This program provides teens with extensive leadership training and volunteer opportunities that support YMCA programs and services to the community.

Teen Programs

The teens are taking over the Jorgensen Family YMCA for a fun after hours event! We will have basketball and volleyball in the gym. Video games will be available in the teen center. Pizza will be included for all those that are pre-registered. Space is limited!

Training - Lifeguarding

This Blended Learning class has online portions that must be completed prior to in-class dates. The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical personal take over. Successful completion of this course includes certification in Lifeguarding, CPR/AED, Emergency Oxygen, and First Aid. The link for Blended Learning will be sent out after registration. Please verify your email address when signing up for this course. Time Friday 5-9pm, Saturday 9-6pm

Training - CPR/AED/O2/First Aid

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

Training - Instructor

The primary purpose of the American Red Cross Basic Lifeguarding Instructor Course is to train instructors to teach the basic-level American Red Cross Lifeguarding courses. In this course candidates will obtain knowledge of the American Red Cross training service and will perfect basic lifeguarding skills. All information derives from evidence based science from experts in respected fields.

Wellness Center & Equipment Orientations

EGYM: Learn how to use our EGYM equipment in this 1-hour session. You can register for this on line or in person at the Jorgensen Branch.

Wellness Center Orientation: Learn how to use our Wellness Center equipment in this 1-hour session. You can register for this on line or in person at the Jorgensen Branch.



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Wellness For Life Coaching Program						
	2022				No Time Specified	\$0.00 N/A
YMCA Race Series						
	2022 Race Series				No Time Specified	\$25.00 \$25.00
Youth & Government						
	Grades 6-12	11 to 18	Tues.	5:00 PM - 6:30 PM	\$0.00	\$30.00
Youth Fit						
	2022 Youth Fit				No Time Specified	\$0.00 \$0.00
Youth Flag Football						
	Age 4 - Kindergarten	4 to 6	Sat.		No Time Specified	\$40.00 \$80.00
	Grades 1 & 2	6 to 8	Sat.		No Time Specified	\$40.00 \$80.00
	Grades 3 & 4	8 to 10	Sat.		No Time Specified	\$50.00 \$100.00
	Grades 5 & 6	10 to 12	Sat.		No Time Specified	\$50.00 \$100.00
Youth Volleyball						
	Grades 1 & 2	6 to 8	Sat.		No Time Specified	\$40.00 \$80.00
	Grades 3 & 4	8 to 10	Sat.		No Time Specified	\$50.00 \$100.00
	Grades 5 & 6	10 to 12	Sat.		No Time Specified	\$50.00 \$100.00
	Grades 7 & 8	12 to 14	Sat.		No Time Specified	\$50.00 \$100.00



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Fall I - 2022 Program Listing

Fall I Session 9/12-10/30

Registration Mbr. 8/15, Prog. Part. 8/22

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.

YMCA Race Series

Throughout 2022 complete any of the eligible races and earn Y swag and as a bonus when you complete the Race Series requirements you will earn the special YMCA Race Series Medal.

Youth & Government

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 a 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.

Youth Fit

This is a two session program offered to those members ages 11-14 wanting to use the wellness center.

Youth Flag Football

Youth Volleyball