



Central Branch YMCA

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Summer I - 2020 Program Listing

Summer I Session (6/8-7/19)

Registration Dates (Mbr. 5/18) (Prog. Part. 5/25)

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
New Member Reception						
	06/02/2020		Tues.	10:30 AM - 11:00 AM	\$0.00	\$0.00
	06/02/2020		Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	07/07/2020		Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	07/07/2020		Tues.	10:30 AM - 11:00 AM	\$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



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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.

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.

Personal Training - 1 session

Swim Lessons - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Training - CPR/AED/O2/First Aid						
	06/10/2020	15 to 99	Wed.	4:00 PM - 9:00 PM	\$100.00	\$140.00
	06/22/2020	15 to 99	Mon.	4:00 PM - 9:00 PM	\$100.00	\$140.00
Wellness Center & Equipment Orientations						
	2020 Orientation			No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	2020 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						
	2020 WFL 2.0			No Time Specified	\$99.00	\$99.00
YMCA Race Series						
	2020 Race Series			No Time Specified	\$0.00	\$0.00
Youth Fit						
	2020 Central Branch	11 to 14		No Time Specified	\$0.00	\$0.00



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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

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.

YMCA Race Series

Throughout 2020 complete any of the eligible community races and earn special YMCA Medals and earn a Race Series shirt when you complete all requirements. The Race Series is Free but registration is required.

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.