



Central Branch YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download our new mobile app!

Summer II - 2020 Program Listing

Summer II Session (7/20-8/30)
Registration Dates (Mbr. 7/6) (Prog. Part. 7/13)

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						
	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
	08/04/2020		Tues.	10:30 AM - 11:00 AM	\$0.00	\$0.00
	08/04/2020		Tues.	6:00 PM - 6:30 PM	\$0.00	\$0.00
Parents Night Out						
	07/24/2020	4 to 10	Fri.	6:00 PM - 10:00 PM	\$15.00	\$25.00
	08/28/2020	4 to 10	Fri.	6:00 PM - 10:00 PM	\$15.00	\$25.00
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 - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Friday 5:00pm	0 to 3	Fri.	5:00 PM - 5:30 PM	\$21.00	\$48.00
	Wednesday 5:00pm	0 to 3	Wed.	5:00 PM - 5:30 PM	\$21.00	\$48.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Friday 5:00pm	3 to 5	Fri.	5:00 PM - 5:30 PM	\$21.00	\$48.00
	Wednesday 5:00pm	3 to 5	Wed.	5:00 PM - 5:30 PM	\$21.00	\$48.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Friday 5:00pm	3 to 5	Fri.	5:00 PM - 5:30 PM	\$21.00	\$48.00
	Wednesday 5:00pm	3 to 5	Wed.	5:00 PM - 5:30 PM	\$21.00	\$48.00
Swim Lessons - Age 3-5yrs (3-Water Stamina)						
	Friday 5:00pm	3 to 5	Fri.	5:00 PM - 5:30 PM	\$21.00	\$48.00
	Wednesday 5:00pm	3 to 5	Wed.	5:00 PM - 5:30 PM	\$21.00	\$48.00
Swim Lessons - Age 3-5yrs (4-Stroke Introduction)						
	Friday 5:45pm	3 to 5	Fri.	5:45 PM - 6:30 PM	\$21.00	\$48.00
	Wednesday 5:45pm	3 to 5	Wed.	5:45 PM - 6:30 PM	\$24.00	\$52.50
Swim Lessons - Age 6-12yrs (1-Water Acclimation)						
	Friday 5:45pm	6 to 12	Fri.	5:45 PM - 6:30 PM	\$24.00	\$52.50
	Wednesday 5:45pm	6 to 12	Wed.	5:45 PM - 6:30 PM	\$24.00	\$52.50



Central Branch YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Summer II - 2020 Program Listing

Summer II Session (7/20-8/30)

Registration Dates (Mbr. 7/6) (Prog. Part. 7/13)

Active Older Adults

Enjoy some great food and some great company with other Active Adults in our community. Connect with new members, learn about various topics from our guest speakers and get involved in the community at our monthly luncheon hosted here at the Central Branch.

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

Let the YMCA entertain your child while you enjoy a night out! Activities include a pizza dinner, gym games, crafts, swimming and a movie & popcorn. Please see the registration form for more details about what to bring and what to expect. Parents Night Out is for those of all abilities.

Parents Night Out

Let the YMCA entertain your child while you enjoy a night out! Activities include a pizza dinner, gym games, crafts, swimming and a movie & popcorn. Please see the registration form for more details about what to bring and what to expect. Parents Night Out is for those of all abilities.

Personal Training Packages

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

Personal Training

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 (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)

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)

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

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".



Central Branch YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download our new mobile app!

Summer II - 2020 Program Listing
Summer II Session (7/20-8/30)
Registration Dates (Mbr. 7/6) (Prog. Part. 7/13)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Swim Lessons - Age 6-12yrs (2-Water Movement)						
	Friday 5:45pm	6 to 12	Fri.	5:45 PM - 6:30 PM	\$24.00	\$52.50
	Wednesday 5:45pm	6 to 12	Wed.	5:45 PM - 6:30 PM	\$24.00	\$52.50
Swim Lessons - Age 6-12yrs (3-Water Stamina)						
	Friday 5:45pm	6 to 12	Fri.	5:45 PM - 6:30 PM	\$24.00	\$52.50
	Wednesday 5:45pm	6 to 12	Wed.	5:45 PM - 6:30 PM	\$24.00	\$52.50
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)						
	Friday 6:45pm	6 to 12	Fri.	6:45 PM - 7:30 PM	\$24.00	\$52.50
	Wednesday 6:45pm	6 to 12	Wed.	6:45 PM - 7:30 PM	\$24.00	\$52.50
Swim Lessons - Age 6-12yrs (5-Stroke Development)						
	Friday 6:45pm	6 to 12	Fri.	6:45 PM - 7:30 PM	\$24.00	\$52.50
	Wednesday 6:45pm	6 to 12	Wed.	6:45 PM - 7:30 PM	\$24.00	\$52.50
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)						
	Friday 6:45pm	6 to 12	Fri.	6:45 PM - 7:30 PM	\$24.00	\$52.50
	Wednesday 6:45pm	6 to 12	Wed.	6:45 PM - 7:30 PM	\$24.00	\$52.50
Swim Lessons - Private Swim Lesson Packages						
	1 session				\$24.00	\$48.00
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00
Teen & Adult Swim Lessons						
	Tuesday 7:15pm	13 to 99	Tues.	7:15 PM - 8:00 PM	\$24.00	\$52.50
Wellness for Life Coaching Program						
	3 sessions				\$0.00	\$0.00
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 2.0						
	2020 WFL 2.0			No Time Specified	\$99.00	\$99.00
Youth Fit						
	2020 Central Branch	11 to 14		No Time Specified	\$0.00	\$0.00



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)

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 - Private Swim Lesson Packages

Private swim lessons 1 on 1 with an instructor

Teen & Adult Swim Lessons

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.

Wellness for Life Coaching Program

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.

Wellness Center & Equipment Orientations

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 Consultation

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 for Life 2.0

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.

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.

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



Central Branch YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Summer II - 2020 Program Listing

Summer II Session (7/20-8/30)
Registration Dates (Mbr. 7/6) (Prog. Part. 7/13)