



Jackson R. Lehman Family YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Summer II - 2022 Program Listing

Summer II Session 7/18-8/28
Registration Mbr. 7/4, Prog. Part. 7/11

| Program Name | Session Name | Age Range | Day | Time | Member Fee | Program Participant Fee |
|---|---|-----------|------------------|---------------------|------------|-------------------------|
| Active Older Adults | | | | | | |
| | Luncheon (08/15/2022) | 55 to 105 | Mon. | 12:15 PM - 1:30 PM | \$0.00 | \$0.00 |
| Assessments | | | | | | |
| | Body Composition | 15 to 115 | | No Time Specified | \$0.00 | \$0.00 |
| | Fitness Assessment | 15 to 115 | | No Time Specified | \$0.00 | \$0.00 |
| Blood Pressure Self Monitoring Program | | | | | | |
| | BPSM Program | 18 to 118 | | No Time Specified | \$40.00 | \$40.00 |
| Cheerleading | | | | | | |
| | Cheer Camp (Ages 5-14) 7/20-7/29 | 5 to 14 | Wed. Thurs. Fri. | 5:30 PM - 7:00 PM | \$70.00 | \$140.00 |
| Coaching for a Healthy Body, Mind and Soul | | | | | | |
| | 1 session | 18 to 118 | | No Time Specified | \$49.00 | \$75.00 |
| | 3 sessions | 18 to 118 | | No Time Specified | \$139.00 | \$209.00 |
| Cooking Classes | | | | | | |
| | Cooking for Gut Health (08/27/2022) | 14 to 114 | Sat. | 10:00 AM - 12:00 PM | \$20.00 | \$40.00 |
| | Express Meals (07/30/2022-08/06/2022) | 14 to 114 | Sat. | 9:00 AM - 11:30 AM | \$35.00 | \$70.00 |
| | Frutas Exoticas (07/26/2022) | 8 to 12 | Tues. | 6:30 PM - 8:00 PM | \$20.00 | \$40.00 |
| | Garden to Table (08/13/2022-08/20/2022) | 14 to 114 | Sat. | 9:00 AM - 11:30 AM | \$35.00 | \$70.00 |
| New Member Receptions | | | | | | |
| | 07/21/2022 | | Thurs. | 9:30 AM - 10:00 AM | \$0.00 | \$0.00 |
| | 08/02/2022 | | Tues. | 6:00 PM - 6:30 PM | \$0.00 | \$0.00 |
| | 08/18/2022 | | Thurs. | 9:30 AM - 10:00 AM | \$0.00 | \$0.00 |
| | 08/26/2022 | | Fri. | 12:30 PM - 1:00 PM | \$0.00 | \$0.00 |
| Parents Night Out | | | | | | |
| | 08/12/2022 | 4 to 12 | Fri. | 6:00 PM - 10:00 PM | \$20.00 | \$25.00 |



Active Older Adults

Luncheon (08/15/2022)

Assessments

Body Composition: Assess percent body fat. Futrex method utilized

Fitness Assessment: Assess your current fitness level by participating with a variety of screening tools.

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.

Cheerleading

Join us as for a two week cheer camp. Wednesday, Thursday and Friday between July 20-July 29th. Coach Jenny and Vanessa will teach the fundamentals of Cheerleading in a fun and safe environment. There will be 6 lessons, each building on the last, preparing your cheerleader for the final performance on July 29th! Shirts, poms, and bows will be provided.

Coaching for a Healthy Body, Mind and Soul

Most people quit on their New Year's Resolutions by January 19th, according to a study by the Strava fitness app. Don't join the crowd of those who give up on their goals! Check out "Coaching for a Healthy Body, Mind, and Soul" here at the YMCA to turn your New Year's Resolutions into lasting change! This coaching opportunity will provide you with a safe space to set and reach your goals in health, relationships, career, faith, and more!

Cooking Classes

Cooking for Gut Health: Improving your gut health has been linked to weight loss and brain health, as well as decreasing the risk of obesity and diabetes, heart disease, and even cancer. This class will help bring clarity to topics like probiotics, prebiotics, fermented foods and more to help you cook and eat to heal your gut!

Express Meals: Express Meals for the Busy Family- Are you always on the go? This two seminar class will help that busy family on the go. You will learn healthy express meals ready in 30 minutes. A must have in any home. Pre-registration is required!

Frutas Exoticas: Try exotic fruits from Latin America. Explore how to say their names in Spanish as well as how to describe their sabor (flavor). We will also discuss the countries of origin and how they use these frutas there.

Garden to Table: As the summer gardens begin to sprout and flourish, we sometimes need a little help trying to figure what we can do with all these vegetables. In this class, Chef Kizmet Byrd, will teach us new and easy meals that we can make with stuff straight from the garden.

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 12 year old while you have an evening out. We will have fun swimming, playing in the gym 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.



Jackson R. Lehman Family YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Summer II - 2022 Program Listing

Summer II Session 7/18-8/28
Registration Mbr. 7/4, Prog. Part. 7/11

| Pickleball | | | | | | |
|--|---------|--|--------------|-------------------|---------|---------|
| Pickleball Drills (07/12/22) | | | Tues. | 1:00 PM - 2:30 PM | \$0.00 | \$0.00 |
| Pickleball Drills (08/16/22) | | | Tues. | 1:00 PM - 2:30 PM | \$0.00 | \$0.00 |
| Special Events | | | | | | |
| Father Daughter Dance (First Daughter) July 23 | | | Sat. | 6:00 PM - 8:00 PM | \$40.00 | \$40.00 |
| Father Daughter Dance (Additional Daughter) July 23 | | | Sat. | 6:00 PM - 8:00 PM | \$10.00 | \$10.00 |
| Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration) | | | | | | |
| Tuesday & Thursday 5:30pm | 0 to 3 | | Tues. Thurs. | 5:30 PM - 6:00 PM | \$25.00 | \$56.00 |
| Tuesday & Thursday 5:30pm | 0 to 3 | | Tues. Thurs. | 5:30 PM - 6:00 PM | \$25.00 | \$56.00 |
| Swim Lessons - Age 3-5yrs (1-Water Acclimation) | | | | | | |
| Tuesday & Thursday 5:30pm | 3 to 5 | | Tues. Thurs. | 5:30 PM - 6:00 PM | \$25.00 | \$56.00 |
| Tuesday & Thursday 5:30pm | 3 to 5 | | Tues. Thurs. | 5:30 PM - 6:00 PM | \$25.00 | \$56.00 |
| Swim Lessons - Age 3-5yrs (2-Water Movement) | | | | | | |
| Tuesday & Thursday 6:10pm | 3 to 5 | | Tues. Thurs. | 6:10 PM - 6:40 PM | \$25.00 | \$56.00 |
| Tuesday & Thursday 6:10pm | 3 to 5 | | Tues. Thurs. | 6:10 PM - 6:40 PM | \$25.00 | \$56.00 |
| Swim Lessons - Age 3-5yrs (3&4-Water Stamina & Stroke Introduction) | | | | | | |
| Tuesday & Thursday 6:10pm | 3 to 5 | | Tues. Thurs. | 6:10 PM - 6:40 PM | \$25.00 | \$56.00 |
| Tuesday & Thursday 6:10pm | 3 to 5 | | Tues. Thurs. | 6:10 PM - 6:40 PM | \$25.00 | \$56.00 |
| Swim Lessons - Age 6-12yrs (1-Water Acclimation) | | | | | | |
| Tuesday & Thursday 5:30pm | 6 to 12 | | Tues. Thurs. | 5:30 PM - 6:15 PM | \$29.00 | \$65.00 |
| Tuesday & Thursday 5:30pm | 6 to 12 | | Tues. Thurs. | 5:30 PM - 6:15 PM | \$29.00 | \$65.00 |
| Swim Lessons - Age 6-12yrs (2-Water Movement) | | | | | | |
| Tuesday & Thursday 5:30pm | 6 to 12 | | Tues. Thurs. | 5:30 PM - 6:15 PM | \$29.00 | \$65.00 |
| Tuesday & Thursday 5:30pm | 6 to 12 | | Tues. Thurs. | 5:30 PM - 6:15 PM | \$29.00 | \$65.00 |
| Swim Lessons - Age 6-12yrs (3-Water Stamina) | | | | | | |
| Tuesday & Thursday 6:25pm | 6 to 12 | | Tues. Thurs. | 6:25 PM - 7:10 PM | \$29.00 | \$65.00 |
| Tuesday & Thursday 6:25pm | 6 to 12 | | Tues. Thurs. | 6:25 PM - 7:10 PM | \$29.00 | \$65.00 |
| Swim Lessons - Age 6-12yrs (4-Stroke Introduction) | | | | | | |
| Tuesday & Thursday 6:25pm | 6 to 12 | | Tues. Thurs. | 6:25 PM - 7:10 PM | \$29.00 | \$65.00 |
| Tuesday & Thursday 6:25pm | 6 to 12 | | Tues. Thurs. | 6:25 PM - 7:10 PM | \$29.00 | \$65.00 |
| Swim Lessons - Age 6-12yrs (5&6 Stroke Development & Mechanics) | | | | | | |
| Tuesday & Thursday 7:15pm | 6 to 12 | | Tues. Thurs. | 7:15 PM - 8:00 PM | \$29.00 | \$65.00 |
| Tuesday & Thursday 7:15pm | 6 to 12 | | Tues. Thurs. | 7:15 PM - 8:00 PM | \$29.00 | \$65.00 |



Pickleball

Are you looking to improve your skill level? This is a class for you. Donna Moore will run different drills that will improve your game and develop new skills.

Special Events

A night of enchantment. Join us for "fun"raising event full of dancing and food. Enjoy a fun raffle, crafts, and events for you and your little lady.

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&4-Water Stamina & Stroke Introduction)

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 (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)

School Age, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 6- 12 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 (5&6 Stroke Development & Mechanics)

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. In stage 6 (Stroke Mechanics), 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



Jackson R. Lehman Family YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download our new mobile app!

Summer II - 2022 Program Listing

Summer II Session 7/18-8/28
Registration Mbr. 7/4, Prog. Part. 7/11

Table with program categories: Swim Lessons - Adaptive, Swim Lessons - Private Swim Lessons, Training - CPR/AED, Wellness Center & Equipment Orientations, Wellness Consultation, Wellness For Life Coaching Program, YMCA Race Series, Youth Fit, Youth Soccer. Columns include program name, dates, age groups, days, times, and costs.



Jackson R. Lehman Family YMCA

DOWNLOAD NOW!
YMCA Mobile App
fwymca.org/app



Scan this QR code to download
our new mobile app!

Summer II - 2022 Program Listing

Summer II Session 7/18-8/28
Registration Mbr. 7/4, Prog. Part. 7/11

Swim Lessons - Adaptive

This class, designed for participants with special needs, will focus on basic water skills & water adjustment. Helping participants gain confidence in the water & improve kicking & stroking ability. Through participation in the program, participants learn to feel more positive about themselves in a safe & relaxed environment that promotes success mixed with fun & play.

Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions

Training - CPR/AED

This 4 hour session will provide the basics of CPR, and AED for Adults, Children and Infants. This course is suited for lay rescuers, those working in factories or business, and for those working in child care centers.

Wellness Center & Equipment Orientations

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

Wellness Consultation

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

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 Fit

Learn proper cardiovascular, strength, and flexibility training ages 11-14. Sign up at membership services. 1 visit is required to learn the equipment and proper exercise guidelines.

Youth Soccer

YMCA outdoor soccer is a fundamental league for participants to enhance their soccer skills as well as build character. All participants will enjoy equal playing time, positive coaching, balanced teams and fun! Located at Praise Park across from JRL YMCA.