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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
Location: Teaching Kitchen	Lunch & Learn (09/05/2024)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
	Lunch & Learn (10/03/2024)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
Adaptive & Inclusive Sports						
Location: Football Field	Adaptive Flag Football - (Prek - 8th Grade 4 to 14		Sat.	No Time Specified	\$20.00	\$40.00
Blood Pressure Self Monitoring Program						
Location: Wellness Desk to meet with Coach	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
Gymnastics						
Location: Wellness Room	Parent Child - Gymnastics	1 to 2	Mon.	6:00pm - 6:30pm	\$33.00	\$74.00
	Preschool - Gymnastics	3 to 4	Mon.	6:30pm - 7:00pm	\$33.00	\$74.00
	Preschool - Gymnastics	3 to 4	Thurs.	6:00pm - 6:30pm	\$33.00	\$74.00
	Preschool - Gymnastics	3 to 4	Thurs.	6:30pm - 7:00pm	\$33.00	\$74.00
	Level 1 - Gymnastics	5 to 10	Mon.	7:00pm - 7:30pm	\$33.00	\$74.00
	Level 1 - Gymnastics	5 to 10	Wed.	6:00pm - 6:30pm	\$33.00	\$74.00
	Level 2 - Gymnastics	5 to 10	Wed.	6:30pm - 7:00pm	\$33.00	\$74.00
	Level 2 - Gymnastics	5 to 10	Wed.	7:00pm - 7:30pm	\$33.00	\$74.00
Judo						
Location: Wellness Room	Ages 5-8	5 to 8	Fri.	5:30 PM - 6:00 PM	\$30.00	\$67.50
Karate						
Location: Big Room 1 & 2	Age 4-6 (5:30pm)	4 to 6	Wed.	5:30 PM - 6:00 PM	\$34.00	\$76.00
	Age 7-12 (6:00pm)	7 to 12	Wed.	6:00 PM - 7:00 PM	\$43.00	\$97.00
Martial Arts						
Location: Wellness Room	Self Defense	18 to 99	Mon.	7:00 PM - 8:00 PM	\$37.00	\$83.00
Masters Adult Swim						
Location: Indoor Pool	Evening Masters Swim Team 2024	18 to 118	Tues. Thurs. Sat.	7:00 PM - 8:15 PM	\$30.00	\$40.00
	Morning Masters Swim Team 2024	18 to 118	Tues. Thurs. Sat.	6:00 AM - 7:15 AM	\$30.00	\$40.00
Personal Training						
Location: Wellness Desk to meet with Coach	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
Location: Wellness Desk to meet with Coach	Jorgensen Y (Southwest Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
Pre Employment Transition Services						
Location: Admin Room	2024	14 to 22		No Time Specified	\$0.00	\$0.00
Swim Lessons - Adaptive						
Location: Indoor Pool	Sunday 4:30pm	3 to 99	Sun.	4:30 PM - 5:00 PM	\$40.00	\$80.00
	Sunday 5:10pm	3 to 99	Sun.	5:10 PM - 5:40 PM	\$40.00	\$80.00
	Sunday 5:50pm	3 to 99	Sun.	5:50 PM - 6:20 PM	\$40.00	\$80.00



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Active Older Adults

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

Adaptive & Inclusive Sports

Welcome to the Jorgensen Family YMCA Adaptive Flag Football program! Designed to help develop kids in their physical abilities and skill set. The focus is on motor skills, coordination, general body awareness and team work.

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.

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 Bowels 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

Sensei Dave Larsen is a Second Degree Brown Belt and earned his USJA coaching certificate in 2008. 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.

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.

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

Start your fitness journey with a plan customized to your fitness goals and ability! YMCA members can register here for a FREE, one-on-one initial appointment with a personal trainer.

Pre Employment Transition Services

Pre-ETS provides resources for students with disabilities to enhance their hard and soft skills, explore employment and education options, and participate in on-site job training. This is an opportunity to ensure students have access to meaningful career planning to help with the seamless movement from high school to employment or post-secondary training.

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.



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

Table with 7 columns: Location, Day/Time, Age Range, Day, Time, Price, Total Price. Includes rows for Monday, Saturday, and Tuesday sessions.

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

Table with 7 columns: Location, Day/Time, Age Range, Day, Time, Price, Total Price. Includes rows for Monday, Saturday, Tuesday, and Wednesday sessions.

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

Table with 7 columns: Location, Day/Time, Age Range, Day, Time, Price, Total Price. Includes rows for Monday, Saturday, Tuesday, and Wednesday sessions.

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

Table with 7 columns: Location, Day/Time, Age Range, Day, Time, Price, Total Price. Includes rows for Monday and Saturday sessions.

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

Table with 7 columns: Location, Day/Time, Age Range, Day, Time, Price, Total Price. Includes a row for Monday session.



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Fall I - 2024 Program Listing

Fall I Session 9/9-10/27
Registration Mbr. 8/26, Prog. Part. 9/2

Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$39.00	\$86.00
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$39.00	\$86.00
Saturday 10:20am	6 to 12	Sun.	10:20 AM - 11:05 AM	\$39.00	\$86.00
Saturday 11:10am	6 to 12	Sun.	11:10 AM - 11:55 AM	\$39.00	\$86.00
Saturday 9:30am	6 to 12	Sun.	9:30 AM - 10:15 AM	\$39.00	\$86.00
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$39.00	\$86.00
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$39.00	\$86.00
Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$39.00	\$86.00

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

Preschool Level, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 3 - 5 years old 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)

Preschool Level, Swim Basics Stage 2 (Water Movement) Recommended ages: 3 - 5 years old 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)

Preschool Level, Swim Basics Stage 3 (Water Stamina) Recommended ages: 3 - 5 years old 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 (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)

Learn to Swim, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 5 - 12 years old 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".



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

Table with 7 columns: Location, Day/Time, Age Range, Day, Time, Price, and Fee. Includes sessions for Monday, Saturday, and Wednesday.

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

Table with 7 columns: Location, Day/Time, Age Range, Day, Time, Price, and Fee. Includes sessions for Monday, Saturday, Tuesday, and Wednesday.

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

Table with 7 columns: Location, Day/Time, Age Range, Day, Time, Price, and Fee. Includes sessions for Monday, Saturday, Tuesday, and Wednesday.

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

Table with 7 columns: Location, Day/Time, Age Range, Day, Time, Price, and Fee. Includes sessions for Monday, Saturday, and Wednesday.

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

Table with 7 columns: Location, Day/Time, Age Range, Day, Time, Price, and Fee. Includes sessions for Saturday and Wednesday.

Swim Lessons - Private Swim Lessons

Table with 7 columns: Location, Description, Time, Price, and Fee. Includes Private Lessons - 3 sessions.

Swim Lessons - Teen & Adult

Table with 7 columns: Location, Skill Level, Age Range, Day, Time, Price, and Fee. Includes Beginner and Intermediate sessions.



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

Learn to Swim, Swim Basics Stage 2 (Water Movement) Recommended ages: 5 - 12 years old 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)

Learn to Swim, Swim Basics Stage 3 (Water Stamina) Recommended ages: 5 - 12 years old 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)

Learn to Swim, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 5- 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-Stroke Development)

Learn to Swim, Swim Strokes Stage 5 (Stroke Development) Recommended ages: 6- 12 years old 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)

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.

Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions

Swim Lessons - Teen & Adult

Beginner: 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.

Intermediate: This program creates a welcoming environment that is designed to challenge adults to improve their swimming skills. They will review basic swimming skills and work on endurance, stroke development, and stroke technique.



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Training - Lifeguarding						
Location: Varies	September (13, 14, 20, 21)	15 to 99	Fri. Sat.	No Time Specified	\$175.00	\$245.00
Training - CPR/AED/O2/First Aid						
Location: Teaching Kitchen	Blended (09/09/2024) - Jorgensen	15 to 100	Mon.	4:00 PM - 8:00 PM	\$100.00	\$140.00
	Blended (10/14/2024) - Jorgensen	15 to 100	Thurs.	4:00 PM - 8:00 PM	\$100.00	\$140.00
Wellness Center & Equipment Orientations						
Location: Wellness Desk to mee with Coach	EGYM Orientation			No Time Specified	\$0.00	\$0.00
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness For Life Coaching Program						
Location: Wellness Desk to mee with Coach	2024			No Time Specified	\$0.00	N/A
Y Buddies Participant						
Location: Indian Trails	2024	8 to 108		No Time Specified	\$0.00	\$0.00
Y Buddies Volunteer						
Location: Indian Trails	2024	18 to 118		No Time Specified	\$0.00	\$0.00
Youth Fit						
Location: Wellness Desk to mee with Coach	2024 Youth Fit - Level 1 (Ages 9-10)	9 to 10		No Time Specified	\$0.00	\$0.00
	2024 Youth Fit - Level 2 (Ages 11-14)	11 to 14		No Time Specified	\$0.00	\$0.00
Youth Flag Football						
Location: Football Fields	U10 - (Birth Year 2015 & 2016)		Sat.	No Time Specified	\$55.00	\$105.00
	U12 - (Birth Year 2013 & 2014)		Sat.	No Time Specified	\$55.00	\$105.00
	U6 - (Birth Year 2019 & 2020)		Sat.	No Time Specified	\$45.00	\$85.00
	U8 - (Birth Year 2017 & 2018)		Sat.	No Time Specified	\$45.00	\$85.00



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.

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

EGYM Orientation: 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.

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.

Y Buddies Participant

Y Buddies is a program that connects individuals with physical, developmental and intellectual disabilities with volunteers to participate together in programs, classes and activities at the Y!

Y Buddies Volunteer

Y Buddies is a program that connects individuals with physical, developmental and intellectual disabilities with volunteers to participate together in programs, classes and activities at the Y!

Youth Fit

Level I: This complimentary member only program will be for youth ages 9-10 years of age. This program will introduce Y Gym Etiquette, Warm up, Cardiovascular Exercise Equipment, Cool down and Flexibility Exercises.

Level II: During Youth Fit 2 program, Y members 11-14 years of age will be introduced to aspects of the wellness center: Warm- Up, Cardiovascular Equipment, Cool Down, Muscular Strength on select equipment, Muscular Endurance, Flexibility, and Group Exercise class etiquette.

Youth Flag Football

Welcome to the Jorgensen Family YMCA Flag Football program for 9 & 10 year olds! Designed to help delvelop kid in their physical abilities and skill set. The focus is on motor skills, coordination, general body awareness and team work.