



Central Branch YMCA

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Summer II - 2024 Program Listing

Summer II Session 7/15-8/25
Registration Mbr. 7/1, Prog. Part. 7/8

| 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 |
| | Body Composition and Fitness Assessment | 15 to 110 | | No Time Specified | \$0.00 | \$0.00 |
| | Fitness Assessment | 15 to 110 | | No Time Specified | \$0.00 | \$0.00 |
| Blood Pressure Self Monitoring Program | | | | | | |
| | BPSM Program | 18 to 118 | | No Time Specified | \$40.00 | \$40.00 |
| Personal Training | | | | | | |
| | Personal Training Packages | | | No Time Specified | See Branch | N/A |
| Personal Training Consultation | | | | | | |
| | Central Branch (Downtown Fort Wayne) | 18 to 118 | | No Time Specified | \$0.00 | \$0.00 |
| Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration) | | | | | | |
| | Friday 5:35pm | 0 to 3 | Fri. | 5:35 PM - 6:05 PM | \$28.00 | \$62.00 |
| Swim Lessons - Adaptive | | | | | | |
| | Sunday 12:10pm | 5 to 99 | Sun. | 12:10 PM - 12:40 PM | \$40.00 | \$80.00 |
| | Sunday 12:45pm | 5 to 99 | Sun. | 12:45 PM - 1:15 PM | \$40.00 | \$80.00 |
| Swim Lessons - Age 3-5yrs (1-Water Acclimation) | | | | | | |
| | Friday 5:35pm | 3 to 5 | Fri. | 5:35 PM - 6:05 PM | \$28.00 | \$62.00 |
| | Sunday 1:20pm | 3 to 5 | Sun. | 1:20 PM - 1:50 PM | \$28.00 | \$62.00 |
| | Wednesday 5:35pm | 3 to 5 | Wed. | 5:35 PM - 6:05 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 3-5yrs (2-Water Movement) | | | | | | |
| | Friday 5:35pm | 3 to 5 | Fri. | 5:35 PM - 6:05 PM | \$28.00 | \$62.00 |
| | Sunday 1:20pm | 3 to 5 | Sun. | 1:20 PM - 1:50 PM | \$28.00 | \$62.00 |
| | Wednesday 5:35pm | 3 to 5 | Wed. | 5:35 PM - 6:05 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 3-5yrs (3-Water Stamina) | | | | | | |
| | Wednesday 5:35pm | 3 to 5 | Wed. | 5:35 PM - 6:05 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 3-5yrs (4-Stroke Introduction) | | | | | | |
| | Wednesday 5:35pm | 3 to 5 | Wed. | 5:35 PM - 6:05 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 6-12yrs (1-Water Acclimation) | | | | | | |
| | Friday 6:10pm | 6 to 12 | Fri. | 6:10 PM - 6:55 PM | \$32.00 | \$72.00 |
| | Sunday 1:55pm | 6 to 12 | Sun. | 1:55 PM - 2:40 PM | \$32.00 | \$72.00 |
| | Wednesday 6:10pm | 6 to 12 | Wed. | 6:10 PM - 6:55 PM | \$32.00 | \$72.00 |



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Assessments

Body Composition: This 10-minute analysis includes measurement of body fat percentage and a result report.

Body Composition and Fitness Assessment: A 45-minute session to measure body fat percentage and assess heart rate and blood pressure, body composition, strength, endurance, flexibility and cardiovascular testing.

Fitness Assessment: This 30 to 45-minute assessment includes heart rate and blood pressure, body composition, strength, endurance, flexibility and cardiovascular testing.

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.

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.

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 - Adaptive

Designed for individuals with special needs. In a safe and relaxed environment, participants with all abilities have the opportunity to learn to swim, practice water safety skills, and expand their aquatic education.

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".

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 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)

Friday 6:10pm

6 to 12

Fri.

6:10 PM - 6:55 PM

\$32.00

\$72.00



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|---|---------------------------------------|-----------|-------|-------------------|----------|----------|
| | Sunday 1:55pm | 6 to 12 | Sun. | 1:55 PM - 2:40 PM | \$32.00 | \$72.00 |
| | Wednesday 6:10pm | 6 to 12 | Wed. | 6:10 PM - 6:55 PM | \$32.00 | \$72.00 |
| Swim Lessons - Age 6-12yrs (3-Water Stamina) | | | | | | |
| | Friday 7:00pm | 6 to 12 | Fri. | 7:00 PM - 7:45 PM | \$32.00 | \$72.00 |
| | Sunday 2:45pm | 6 to 12 | Sun. | 2:45 PM - 3:30 PM | \$32.00 | \$72.00 |
| | Wednesday 7:00pm | 6 to 12 | Wed. | 7:00 PM - 7:45 PM | \$32.00 | \$72.00 |
| Swim Lessons - Age 6-12yrs (4-Stroke Introduction) | | | | | | |
| | Friday 7:00pm | 6 to 12 | Fri. | 7:00 PM - 7:45 PM | \$32.00 | \$72.00 |
| | Sunday 2:45pm | 6 to 12 | Sun. | 2:45 PM - 3:30 PM | \$32.00 | \$72.00 |
| | Wednesday 7:00pm | 6 to 12 | Wed. | 7:00 PM - 7:45 PM | \$32.00 | \$72.00 |
| Swim Lessons - Age 6-12yrs (5-Stroke Development) | | | | | | |
| | Wednesday 7:00pm | 6 to 12 | Wed. | 7:00 PM - 7:45 PM | \$32.00 | \$72.00 |
| Swim Lessons - Age 6-12yrs (6-Stroke Mechanics) | | | | | | |
| | Wednesday 7:00pm | 6 to 12 | Wed. | 7:00 PM - 7:45 PM | \$32.00 | \$72.00 |
| Swim Lessons - Private Swim Lessons | | | | | | |
| | Private Lessons - 3 sessions | | | No Time Specified | \$75.00 | \$150.00 |
| Swim Lessons - Teen & Adult | | | | | | |
| | Tuesday 7:30pm | 13 to 99 | Tues. | 7:30 PM - 8:00 PM | \$28.00 | \$62.00 |
| Wellness Center & Equipment Orientations | | | | | | |
| | Wellness Center Orientation | | | No Time Specified | \$0.00 | \$0.00 |
| Wellness Consultation | | | | | | |
| | Wellness Consultation | | | No Time Specified | \$0.00 | \$0.00 |
| Wellness Programs | | | | | | |
| | 1:1- Intro to Strength Training | 15 to 118 | | No Time Specified | \$100.00 | \$100.00 |
| Wellness For Life Coaching Program | | | | | | |
| | 2024 | | | No Time Specified | \$0.00 | N/A |
| Youth Fit | | | | | | |
| | 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 |
| Swim Lessons - Age 6-12yrs (2-Water Movement) | | | | | | |



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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.

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

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 45-minute to an hour long session will introduce the member to the Wellness Center and our Wellness Center Equipment.

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 Programs

This 4 sessions/month program, is intended to teach you how to safely introduce weight lifting into your workout routine by working alongside a personal trainer. By the end of the program, you will receive a personalized one month exercise program to help you getting started on your own.

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.

Youth Fit

Learn about flexibility and how to use the cardio equipment