



Jackson R. Lehman Family 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

Table with columns: Program Name, Session Name, Age Range, Day, Time, Member Fee, Program Participant Fee. Rows include Assessments, Blood Pressure Self Monitoring Program, Cooking Classes, Gymnastics-Parent/Child, Gymnastics-Pre School, Gymnastics-School Age, Martial Arts, Masters Adult Swim, Nutrition Seminar, Parents Night Out, and another Assessments section.



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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.

Cooking Classes

Bear Paw Cookies Ages 5-8: Learn to bake adorable Bear Paw Cookies from scratch. Our instructor will guide you through shaping and decorating these delightful treats. Perfect for all levels. Join us for a fun class!

Cosmic Brownies Ages 10-15: Discover the nostalgia of Cosmic Brownies in our class. Learn to make them from scratch with our expert guidance. Join us for a delicious trip down memory lane.

Ice Cream Cone Cakesicles Ages 10-15: Discover the fun of making cakesicles and ice cream cone treats in our workshop. Create, dip, and decorate both delights. Perfect for all levels. Join us for a sweet and creative class!

Peanut Butter Cupcakes Ages 8-15: Join us to bake indulgent cupcakes with chocolate and peanut butter. Learn to mix, bake, frost, and decorate. Dive into deliciousness!

Gymnastics-Parent/Child

Designed for ages walking-2 yrs. Adults and kids have fun moving to the music. Focus is on very basic large motor skills, coordination and general body awareness. Parents participate in class. Need a minimum of 5 registrants to run the class.

Gymnastics-Pre School

Designed for 3-5 yrs. Focus is on large and small motor skills, coordination and general body awareness. Kids have fun rolling, running, hopping, skipping, jumping and galloping. Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements.

Gymnastics-School Age

Designed for beginning level gymnastics. Focus is on fitness and basic skill development. The skills taught are forward and backward rolls, basic cartwheels, bridges and balancing. Our goal is to create a fun and safe environment for our participants, while learning the basics of gymnastics movements

Martial Arts

Join Sensei Dugan in a new martial arts program. Sensei is trained in several martial art practices.

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.

Nutrition Seminar

BPSM DASH Diet (08/20/2024): This seminar will focus on the DASH Diet to help control hypertension

BPSM Eating For Your Heart: This seminar will focus on heart healthy eating and dining out

Parents Night Out

Need an evening out without the kids? Let us provide dinner and entertain your 4 to 11 year old while you have an evening out. We will have fun swimming, playing in the gym and getting messy with an art project.

Personal Training

Personal Training Packages

No Time Specified

See Branch N/A



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Table with columns for program name, location, age range, time, days, and cost. Includes sections for Personal Training Consultation, Pickleball, Special Events, and various Swim Lessons.

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.



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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.

Pickleball

Introduction to Pickleball: This class is designed for you to learn the basics of the game including court layout, scoring, rules, and basic fundamentals. The introduction class is a 2-week class that will prepare you to move on to the Pickleball Drills class.

Pickleball Drills: 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

Want a place to hangout, play games and make new friends? We have the solution for you! At the end of each month, we will be holding "Saturday Night Fever", an interactive night for teens to engage each other in basketball, dodgeball, video games, dancing

Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)

Parent and Child Stage A (Water Discovery) Recommended ages: 6months-3 years Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Wall grab.

Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)

Parent and Child Stage B (Water Exploration) Recommended ages: 6 months-3 years In stage B, parents 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)

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&4-Water Stamina & Stroke Introduction)

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.

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

Learn to Swim, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 6 - 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.

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

Learn to Swim, Swim Basics Stage 2 (Water Movement) Recommended ages: 6 - 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.

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.

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

Saturday 10:25am 6 to 12 Sat. 10:25 AM - 11:10 AM \$21.00 \$47.00

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



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	Saturday 11:20am	6 to 12	Sat.	11:20 AM - 12:05 PM	\$21.00	\$47.00
Swim Lessons - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Swim School - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Swim School B- (M-Tu-W-Th) 10:10am	0 to 3	Mon. Tues. Wed.	10:10 AM - 10:40 AM	\$37.00	\$83.00
	Swim School B- (M-Tu-W-Th) 9:30am	0 to 3	Mon. Tues. Wed.	9:30 AM - 10:00 AM	\$37.00	\$83.00
Swim School - Age 3-5yrs (1-Water Acclimation)						
	Swim School- (M-Tu-W-Th) 10:50am	3 to 5	Mon. Tues. Wed.	10:50 AM - 11:20 AM	\$37.00	\$83.00
	Swim School- (M-Tu-W-Th) 9:30am	3 to 5	Mon. Tues. Wed.	9:30 AM - 10:00 AM	\$37.00	\$83.00
Swim School - Age 3-5yrs (2-Water Movement)						
	Swim School- (M-Tu-W-Th) 10:10am	3 to 5	Mon. Tues. Wed.	10:10 AM - 10:40 AM	\$37.00	\$83.00
	Swim School- (M-Tu-W-Th) 11:30am	3 to 5	Mon. Tues. Wed.	11:30 AM - 12:00 PM	\$37.00	\$83.00
Swim School - Age 3-5yrs (3-Water Stamina)						
	Swim School- (M-Tu-W-Th) 10:50am	3 to 5	Mon. Tues. Wed.	10:50 AM - 11:20 AM	\$37.00	\$83.00
	Swim School- (M-Tu-W-Th) 11:30am	3 to 5	Mon. Tues. Wed.	11:30 AM - 12:00 PM	\$37.00	\$83.00
Swim School - Age 6-12yrs (1-Water Acclimation)						
	Swim School- (M-Tu-W-Th) 9:30am	6 to 12	Mon. Tues. Wed.	9:30 AM - 10:15 AM	\$42.00	\$95.00
Training - Lifeguarding						
	July (22, 23, 24, 25)	15 to 99	Mon. Tues. Wed.	10:00 AM - 5:00 PM	\$175.00	\$245.00

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.



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

Learn to Swim, Swim Strokes Stage 5 (Stroke Development) Recommended ages: 5- 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 - Private Swim Lessons

Private Lessons - 3 sessions

Swim School - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)

"Parent and Child Stage B (Water Exploration) Recommended ages: 6months-3 years In stage B, parents 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 School - 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 School - 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 School - 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 School - Age 6-12yrs (1-Water Acclimation)

Learn to Swim, Swim Basics Stage 1 (Water Acclimation) Recommended ages:6 - 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".

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

American Red Cross CPR/AED Course (Non Y staff)	15 to 70	Sat.	9:00 AM - 12:30 PM	\$50.00	\$75.00
American Red Cross CPR/AED Course (Non Y staff)	15 to 70	Sat.	9:00 AM - 12:30 PM	\$50.00	\$75.00

Wellness Center & Equipment Orientations

Orientations	15 to 115		No Time Specified	\$0.00	\$0.00
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Wellness Consultation					
	Wellness Consultation		No Time Specified	\$0.00	\$0.00
Wellness For Life Coaching Program					
	2024		No Time Specified	\$0.00	N/A
Y Buddies Participant					
	2024	8 to 108	No Time Specified	\$0.00	\$0.00
Y Buddies Volunteer					
	2024	18 to 118	No Time Specified	\$0.00	\$0.00
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
Youth Soccer					
	Entering Grades 1 & 2 (Summer Outdoor @ Praise P 6 to 8	Sat.	No Time Specified	\$45.00	\$90.00
	Entering Grades 3 & 4 (Summer Outdoor @ Praise P 8 to 10	Sat.	No Time Specified	\$55.00	\$110.00
	Entering Grades 5 & 6 (Summer Outdoor @ Praise P 10 to 12	Sat.	No Time Specified	\$55.00	\$110.00
	Entering PreK & K (Summer Outdoor @ Praise Park) 3 to 6	Sat.	No Time Specified	\$45.00	\$90.00

Training - CPR/AED/O2/First Aid

This course will cover the basics of adult, child and infant CPR, use of an AED, and choking situations.

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.



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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.

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: Meet with a Wellness Coach to learn basic Wellness Center Etiquette, how to use the cardio equipment with basic exercise recommendations and basic flexibility exercises. Once student completes this session they are Blue Band Approved to use only the cardio equipment.

Level II: Meet with a Wellness Coach and learn Wellness Center Etiquette, cardio machines with general exercise guidelines, weight training machines with guidelines and flexibility exercises. Once the student completes the session they will be Orange Band approved. Note...if student already completed YouthFit Level 1 they will only be required to go through the weight training machines with 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!