



Jorgensen Family YMCA

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Summer II - 2023 Program Listing

Summer II Session 7/17-8/27
Registration Mbr. 7/3, Prog. Part. 7/10

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
	Lunch & Learn (08/03/2023)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
Art/Craft Classes						
	Knitting- July 15th	6 to 110	Sat.	9:00 AM - 12:00 PM	\$6.00	\$14.00
Cooking Classes						
	Adult Cooking Class (Age 18-118) - July 19th	18 to 118	Wed.	6:00 PM - 8:00 PM	\$20.00	\$40.00
	Family Cooking Class - July 26th	8 to 118	Wed.	6:00 PM - 8:00 PM	\$20.00	\$40.00
Crafty Kids						
	Crafty Kids- Ages 3-6	3 to 6	Tues.	9:30 AM - 10:30 AM	\$32.50	\$73.00
Hobby Clubs						
	Bracelet Making- July 18th	6 to 106	Tues.	5:30 PM - 7:00 PM	\$6.00	\$13.50
	Cupcake Decorating- July 25th	6 to 106	Tues.	5:30 PM - 7:00 PM	\$6.00	\$13.50
Judo						
	Ages 5-8	5 to 8	Fri.	5:00 PM - 5:30 PM	\$34.00	\$76.00
Karate						
	Adult Karate	16 to 100	Wed.	7:30 PM - 8:30 PM	\$43.00	\$97.00
	Age 4-6 (5:30pm)	4 to 6	Wed.	5:30 PM - 6:00 PM	\$34.00	\$76.00
	Age 4-6 (6:00pm)	4 to 6	Wed.	6:00 PM - 6:30 PM	\$34.00	\$76.00
	Age 7-12 (6:30pm)	7 to 12	Wed.	6:30 PM - 7:30 PM	\$43.00	\$97.00
Martial Arts						
	Adult Jiu Jitsu	18 to 99	Fri.	5:45 PM - 6:45 PM	\$43.00	\$97.00
Masters Adult Swim						
	Evening Masters Swim Team 2023	18 to 118	Tues. Thurs. Sat.	7:00 PM - 8:15 PM	\$30.00	\$40.00
	Morning Masters Swim Team 2023	18 to 118	Tues. Thurs. Sat.	6:00 AM - 7:15 AM	\$30.00	\$40.00
New Member Receptions						
	07/20/2023	18 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
	08/17/2023	18 to 100	Thurs.	6:00 PM - 6:30 PM	\$0.00	\$0.00
Parents Night Out						
	Parent's Night Out- August 4th	4 to 11	Fri.	6:30 PM - 9:00 PM	\$20.00	\$25.00



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Active Older Adults

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

Art/Craft Classes

Knitting at Every Level: Whether you've never picked up a pair of needles, or you've been knitting for years, this is the class for you. Each participant can choose a project based on their skill level and receive the guidance needed to complete it. You can review the basics, learn a new technique, or bring along any personal projects you need help with, and Jennifer will answer all of your questions! Let's have fun together and share in the joy of knitting!

Cooking Classes

Adult Cooking Class: Release your inner chef in our cooking classes or take charge of your health with our nutrition classes and services. Our recreational hands-on cooking classes and workshops offer delicious, locally inspired, healthy food in a social environment. Not only will you walk away with delicious food, but you will walk away with cooking skills as we focus on technique. Nutrition is at the heart of a healthy lifestyle. It affects our energy, our stress, the impact of exercise and our ability to think clearly. But all too many don't know where to start. Cooking is a necessary skill and The Y is here to help!

Family Cooking Class: Cooking and eating together as family has its advantages. Families build stronger bonds and engage with each other when sitting down for a meal. Spend time together in spite of the challenges that your family currently faces. Please register each person.

Crafty Kids

This program is designed to give preschool children an opportunity for fun, learning, and creativity. Theme based activities include games, songs, crafts, stories, and more.

Hobby Clubs

Come learn a new hobby! No experience needed!

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

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. In addition, general strikes, blocks, and kicks will be taught with the opportunity for individuals to learn more advanced techniques once basic skills are mastered. 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.

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 11 year old while you have an evening out. We will have fun eating, swimming, playing, and getting messy with an art project.



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Personal Training						
Personal Training Packages			No Time Specified	See Branch	N/A	
Personal Training Consultation						
Jorgensen Y (Southwest Fort Wayne)			18 to 118	No Time Specified	\$0.00	\$0.00
Pre Employment Transition Services						
2023			14 to 22	No Time Specified	\$0.00	\$0.00
SPARK Kids						
SPARK- Thursday			3 to 6	Thurs.	9:30 AM - 10:30 AM	\$32.50 \$73.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
Monday 4:40pm			0 to 3	Mon.	4:40 PM - 5:10 PM	\$30.00 \$67.50
Saturday 10:10am			0 to 3	Sat.	10:10 AM - 10:40 AM	\$25.00 \$56.00
Saturday 11:30am			0 to 3	Sat.	11:30 AM - 12:00 PM	\$25.00 \$56.00
Saturday 9:30am			0 to 3	Sat.	9:30 AM - 10:00 AM	\$25.00 \$56.00
Wednesday 5:20pm			0 to 3	Wed.	5:20 PM - 5:50 PM	\$30.00 \$67.50
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
Tuesday 5:00pm			0 to 3	Tues.	5:00 PM - 5:30 PM	\$30.00 \$67.50
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
Monday 5:20pm			0 to 3	Mon.	5:20 PM - 5:50 PM	\$30.00 \$67.50
Saturday 10:50am			0 to 3	Sat.	10:50 AM - 11:20 AM	\$25.00 \$56.00
Wednesday 4:40pm			0 to 3	Wed.	4:40 PM - 5:10 PM	\$30.00 \$67.50
Swim Lessons - Age 3-5yrs (1-Water Ac						
Monday 4:00pm			3 to 5	Mon.	4:00 PM - 4:30 PM	\$30.00 \$67.50
Monday 4:40pm			3 to 5	Mon.	4:40 PM - 5:10 PM	\$30.00 \$67.50
Monday 5:20pm			3 to 5	Mon.	5:20 PM - 5:50 PM	\$30.00 \$67.50
Monday 7:00pm			3 to 5	Mon.	7:00 PM - 7:30 PM	\$30.00 \$67.50
Saturday 09:30am			3 to 5	Sat.	9:30 AM - 10:00 AM	\$25.00 \$56.00
Saturday 10:10am			3 to 5	Sat.	10:10 AM - 10:40 AM	\$25.00 \$56.00
Saturday 10:50am			3 to 5	Sat.	10:50 AM - 11:20 AM	\$25.00 \$56.00
Saturday 11:30am			3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00 \$56.00
Tuesday 5:35pm			3 to 5	Tues.	5:35 PM - 6:05 PM	\$30.00 \$67.50
Tuesday 6:10pm			3 to 5	Tues.	6:10 PM - 6:40 PM	\$30.00 \$67.50
Wednesday 4:00pm			3 to 5	Wed.	4:00 PM - 4:30 PM	\$30.00 \$67.50
Wednesday 4:40pm			3 to 5	Wed.	4:40 PM - 5:10 PM	\$30.00 \$67.50
Wednesday 5:20pm			3 to 5	Wed.	5:20 PM - 5:50 PM	\$30.00 \$67.50



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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

Register for a personal trainer to contact you to set up an initial appointment to explore personal training or continue on your training journey!

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

SPARK Kids

Using SPARK (Sports, Play & Active Recreation for Kids) curriculum, this class will provide children ages 3-5 with high energy, rhythmic, engaging activities that foster social and motor development and enhance school readiness skills

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

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) (A&B Water Discovery & Exploration)

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)

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 Ac

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 3-5yrs (2-Water Mc

Monday 4:00pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$30.00	\$67.50
Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$25.00	\$56.00
Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$25.00	\$56.00
Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$25.00	\$56.00
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00
Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$30.00	\$67.50
Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$30.00	\$67.50
Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Wednesday 7:00pm	3 to 5	Wed.	7:00 PM - 7:30 PM	\$30.00	\$67.50

Swim Lessons - Age 3-5yrs (3-Water St:

Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$30.00	\$67.50
Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$25.00	\$56.00
Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$25.00	\$56.00
Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 PM	\$25.00	\$56.00
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00
Tuesday 6:10pm	3 to 5	Tues.	6:10 AM - 6:40 AM	\$30.00	\$67.50
Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$30.00	\$67.50

Swim Lessons - Age 3-5yrs (4-Stroke In

Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$30.00	\$67.50
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$25.00	\$56.00

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

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$35.00	\$78.50
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$29.00	\$65.00
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$29.00	\$65.00
Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$29.00	\$65.00
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50

Swim Lessons - Age 6-12yrs (2-Water M

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$35.00	\$78.50
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$29.00	\$65.00
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$29.00	\$65.00
Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$29.00	\$65.00
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$78.50
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50
Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50



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Swim Lessons - Age 3-5yrs (2-Water Mc

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 St:

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 In

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 #

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 M

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



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Swim Lessons - Age 6-12yrs (3-Water S						
Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$78.50	
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$78.50	
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$29.00	\$65.00	
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$29.00	\$65.00	
Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$29.00	\$65.00	
Tuesday 5:00pm	6 to 12	Mon.	5:00 PM - 5:45 PM	\$35.00	\$78.50	
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$78.50	
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50	
Wednesday 7:00pm	6 to 12	Wed.	7:00 PM - 7:45 PM	\$35.00	\$78.50	
Swim Lessons - Age 6-12yrs (4-Stroke I						
Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$35.00	\$78.50	
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$35.00	\$78.50	
Saturday 09:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$29.00	\$65.00	
Tuesday 5:55pm	6 to 12	Tues.	5:55 PM - 6:40 PM	\$35.00	\$78.50	
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50	
Swim Lessons - Age 6-12yrs (5-Stroke I						
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$35.00	\$78.50	
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$29.00	\$65.00	
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$35.00	\$78.50	
Swim Lessons - Age 6-12yrs (6-Stroke I						
Saturday 11:10am	6 to 14	Sat.	11:10 AM - 11:55 AM	\$29.00	\$65.00	
Wednesday 5:15pm	6 to 14	Wed.	5:15 PM - 6:00 PM	\$35.00	\$78.50	
Swim Lessons - Age 9 -14yrs - POOLIG/						
Friday - 6:00pm	9 to 14	Fri.	6:00 PM - 6:45 PM	\$35.00	\$78.50	
Swim Lessons - Teen & Adult						
Beginner	16 to 115	Thurs.	7:45 PM - 8:15 PM	\$30.00	\$67.50	
Intermediate	16 to 115	Thurs.	7:45 PM - 8:15 PM	\$30.00	\$67.50	
Swim Lessons - Adaptive						
Sunday 4:30pm	3 to 99	Sun.	4:30 PM - 5:00 PM	\$35.00	\$78.50	
Sunday 5:10pm	3 to 99	Sun.	5:10 PM - 5:40 PM	\$35.00	\$78.50	
Sunday 5:50pm	3 to 99	Sun.	5:50 PM - 6:20 PM	\$35.00	\$78.50	
Swim Lessons - Private Swim Lessons						
Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00	
Teen Programs						
Teen Takeover (08/26/2023)	11 to 18	Sat.	6:30 PM - 9:00 PM	\$10.00	\$15.00	



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Swim Lessons - Age 6-12yrs (3-Water S

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 I

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 I

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 I

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 - Age 9 -14yrs - POOLIG/

Pooligans is a new and exciting program developed with a focus on having fun in the water. Participants will learn pool games and skills like, Water polo, Water Quidditch, crazy relay races, Aqua Zumba, Volleyball and synchronized swimming to name a few. Skills taught such as sculling, changing direction in the water, treading water, dribbling, passing and shooting a ball in water, aquatic fitness, following rules, teamwork and new friendships.

Swim Lessons - Teen & Adult

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.

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.

Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions

Teen Programs

The teens are taking over the Jorgensen Family YMCA for a fun after hours event! We will have basketball, group games, and ice breakers. Video games will be available in the teen center.



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Training - Safe Sitter Babysitting						
Safe Sitter- August 26th	11 to 14	Sat.	9:00 AM - 2:30 PM	\$65.00		\$90.00
Wellness Center & Equipment Orientati						
EGYM Orientation			No Time Specified	\$0.00		\$0.00
Wellness Center Orientation			No Time Specified	\$0.00		\$0.00
Wellness For Life Coaching Program						
2023			No Time Specified	\$0.00	N/A	
Youth Fit						
2023 Youth Fit			No Time Specified	\$0.00		\$0.00



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Training - Safe Sitter Babysitting

This course will teach potential babysitters how to care for a choking infant or child, basic first aid, personal safety for the babysitter, injury prevention, how to care for children (feeding, diapering, etc.), preventing problem behavior, behavior management, ethics and babysitting as a business.

Wellness Center & Equipment Orientation

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.

Youth Fit

This is a two session program offered to those members ages 11-14 wanting to use the wellness center.