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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Active Older Adults</b>						
	Lunch & Learn (07/04/2024)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
	Lunch & Learn (08/01/2024)	55 to 105	Thurs.	12:00 PM - 1:30 PM	\$5.00	\$10.00
<b>Adaptive &amp; Inclusive Sports</b>						
	T-Ball/Coach Pitch Baseball (PreK - 8th gr 5 to 16		Fri.	5:30 PM - 6:30 PM	\$33.00	\$74.00
<b>Blood Pressure Self Monitoring Program</b>						
	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
<b>Cooking Classes</b>						
	Sneaky Chef - Italian Food	18 to 118	Wed.	6:30 PM - 8:00 PM	\$15.00	\$25.00
<b>Judo</b>						
	Ages 5-8	5 to 8	Fri.	6:30 PM - 7:00 PM	\$30.00	\$67.50
<b>Karate</b>						
	Age 4-6 (6:30pm)	4 to 6	Wed.	6:30 PM - 7:00 PM	\$34.00	\$76.00
	Age 7-12 (7:00pm)	7 to 12	Wed.	7:00 PM - 8:00 PM	\$43.00	\$97.00
<b>Martial Arts</b>						
	Self Defense	18 to 99	Mon.	7:00 PM - 8:00 PM	\$37.00	\$83.00
<b>Masters Adult Swim</b>						
	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
<b>Parents Night Out</b>						
	Parent's Night Out July 12th	4 to 11	Fri.	6:00 PM - 9:30 PM	\$20.00	\$30.00
<b>Personal Training</b>						
	Personal Training Packages			No Time Specified	See Branch	N/A
<b>Personal Training Consultation</b>						
	Jorgensen Y (Southwest Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
<b>Pre Employment Transition Services</b>						
	2024	14 to 22		No Time Specified	\$0.00	\$0.00

Active Older Adults



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

Adaptive & Inclusive Sports

The goal of this program is to help participants learn and grow skills in a way best suited for them. Participants will learn skills pertaining to baseball, but they also learn how to be team players. This program encourages players to learn and grow in a fun environment!

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

Welcome to Sneaky Chef: Italian Edition where we're dishing up all the flavors of Italy with a healthy twist that would make Nonna proud! Picture this: the aroma of garlic wafting through the air, the sizzle of olive oil in the pan, and the tantalizing taste of perfectly al dente pasta. Now, imagine all that goodness, but with a sneaky health upgrade! In this class, you'll become the master of disguise as you learn to transform classic Italian dishes into nutritious delights that will leave you saying "Mamma mia!"

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. 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.

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.

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, and playing.

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.

Running Programs

Table with 7 columns: Program Name, Age Group, Day, Time, Cost, Fee. Row 1: Speed & Agility, 8 to 12, Mon., 5:30 PM - 6:30 PM, \$33.00, \$74.00



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### Sports Clinics/Camps

Coach Pitch Clinic (1st - 2nd grades)	6 to 7	Wed.	6:00 PM - 7:00 PM	\$33.00	\$74.00
T-Ball Clinic (PreK - K)	3 to 5	Wed.	5:00 PM - 6:00 PM	\$33.00	\$74.00

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

Monday 4:40pm	0 to 3	Mon.	4:40 PM - 5:10 PM	\$28.00	\$62.00
Saturday 10:10am	0 to 3	Sat.	10:10 AM - 10:40 AM	\$28.00	\$62.00
Saturday 11:30am	0 to 3	Sat.	11:30 AM - 12:00 PM	\$28.00	\$62.00
Saturday 9:30am	0 to 3	Sat.	9:30 AM - 10:00 AM	\$28.00	\$62.00
Wednesday 5:20pm	0 to 3	Wed.	5:20 PM - 5:50 PM	\$28.00	\$62.00

### 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	\$28.00	\$62.00
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### Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)

Monday 5:20pm	0 to 3	Mon.	5:20 PM - 5:50 PM	\$23.00	\$52.00
Saturday 10:50am	0 to 3	Sat.	10:50 AM - 11:20 AM	\$28.00	\$62.00
Wednesday 4:40pm	0 to 3	Wed.	4:40 PM - 5:10 PM	\$28.00	\$62.00

### Swim Lessons - Adaptive

Sunday 4:30pm	3 to 99	Sun.	4:30 PM - 5:00 PM	\$28.57	\$57.14
Sunday 5:10pm	3 to 99	Sun.	5:10 PM - 5:40 PM	\$28.57	\$57.14
Sunday 5:50pm	3 to 99	Sun.	5:50 PM - 6:20 PM	\$28.57	\$57.14

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

Monday 4:00pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$28.00	\$62.00
Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$28.00	\$62.00
Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$28.00	\$62.00
Monday 7:00pm	3 to 5	Mon.	7:00 PM - 7:30 PM	\$28.00	\$62.00
Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$28.00	\$62.00
Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$28.00	\$62.00
Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$28.00	\$62.00
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$28.00	\$62.00
Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$28.00	\$62.00
Tuesday 6:10pm	3 to 5	Tues.	6:10 PM - 6:40 PM	\$28.00	\$62.00
Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$28.00	\$62.00
Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$28.00	\$62.00
Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$28.00	\$62.00

### Running Programs



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This program is designed to help youth improve quick twitch movement and sharpen their gross motor skills. All sports require speed & agility. This program is where youth can better develop and strengthen those muscles. This program encourages players to learn and grow in a fun environment!

**Sports Clinics/Camps**

This program is designed to teach young players the fundamentals of the game. Players will learn how to catch, throw, and bat in a fun team atmosphere!

**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) (A&B Water Discovery & Exploration)**

Parent and Child Stage A & B (Water Discovery & Exploration) Recommended ages: 6months-3 years Parents accompany children in this stage, which 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 6mos-3yrs (Parent/Child) (B-Water 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 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 - 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)**

Monday 4:00pm	3 to 5	Mon.	4:00 PM - 4:30 PM	\$28.00	\$62.00
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## Summer II - 2024 Program Listing

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

Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$28.00	\$62.00
Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$28.00	\$62.00
Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$28.00	\$62.00
Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$28.00	\$62.00
Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 AM	\$28.00	\$62.00
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$28.00	\$62.00
Tuesday 5:35pm	3 to 5	Tues.	5:35 PM - 6:05 PM	\$28.00	\$62.00
Wednesday 4:00pm	3 to 5	Wed.	4:00 PM - 4:30 PM	\$28.00	\$62.00
Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$28.00	\$62.00
Wednesday 5:20pm	3 to 5	Wed.	5:20 PM - 5:50 PM	\$28.00	\$62.00
Wednesday 7:00pm	3 to 5	Wed.	7:00 PM - 7:30 PM	\$28.00	\$62.00

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

Monday 4:40pm	3 to 5	Mon.	4:40 PM - 5:10 PM	\$28.00	\$62.00
Saturday 09:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$28.00	\$62.00
Saturday 10:10am	3 to 5	Sat.	10:10 AM - 10:40 AM	\$28.00	\$62.00
Saturday 10:50am	3 to 5	Sat.	10:50 AM - 11:20 PM	\$28.00	\$62.00
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$28.00	\$62.00
Tuesday 6:10pm	3 to 5	Tues.	6:10 PM - 6:40 PM	\$28.00	\$62.00
Wednesday 4:40pm	3 to 5	Wed.	4:40 PM - 5:10 PM	\$28.00	\$62.00

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

Monday 5:20pm	3 to 5	Mon.	5:20 PM - 5:50 PM	\$28.00	\$62.00
Saturday 11:30am	3 to 5	Sat.	11:30 AM - 12:00 PM	\$28.00	\$62.00

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

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$32.00	\$72.00
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$32.00	\$72.00
Saturday 09:30am	6 to 12	Sun.	9:30 AM - 10:15 AM	\$32.00	\$72.00
Saturday 10:20am	6 to 12	Sun.	10:20 AM - 11:05 AM	\$32.00	\$72.00
Saturday 11:10 am	6 to 12	Sun.	11:10 AM - 11:55 AM	\$32.00	\$72.00
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$32.00	\$72.00
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 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 (2-Water Movement)

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$32.00	\$72.00
Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$32.00	\$72.00
Saturday 09:30am	6 to 12	Sat.	9:30 PM - 10:45 PM	\$32.00	\$72.00
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$32.00	\$72.00
Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$32.00	\$72.00
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$32.00	\$72.00
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 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 3-5yrs (2-Water Movement)



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

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".

### 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)

Monday 4:15pm

6 to 12

Mon.

4:15 PM - 5:00 PM

\$32.00

\$72.00



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

Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$32.00	\$72.00
Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$32.00	\$72.00
Saturday 9:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$32.00	\$72.00
Tuesday 5:00pm	6 to 12	Tues.	5:00 PM - 5:45 PM	\$32.00	\$72.00
Wednesday 4:15pm	6 to 12	Wed.	4:15 PM - 5:00 PM	\$32.00	\$72.00
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 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)

Monday 4:15pm	6 to 12	Mon.	4:15 PM - 5:00 PM	\$32.00	\$72.00
Monday 7:00pm	6 to 12	Mon.	7:00 PM - 7:45 PM	\$32.00	\$72.00
Saturday 9:30am	6 to 12	Sat.	9:30 AM - 10:15 AM	\$32.00	\$72.00
Tuesday 5:55pm	6 to 12	Tues.	5:55 PM - 6:40 PM	\$32.00	\$72.00
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00

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

Monday 5:15pm	6 to 12	Mon.	5:15 PM - 6:00 PM	\$32.00	\$72.00
Saturday 10:20am	6 to 12	Sat.	10:20 AM - 11:05 AM	\$32.00	\$72.00
Wednesday 4:15pm	6 to 12	Sat.	4:15 PM - 5:00 PM	\$32.00	\$72.00

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

Saturday 11:10am	6 to 12	Sat.	11:10 AM - 11:55 AM	\$32.00	\$72.00
Wednesday 5:15pm	6 to 12	Wed.	5:15 PM - 6:00 PM	\$32.00	\$72.00

### Swim Lessons - Age 9-14yrs - POOLIGANS

Friday - 6:00pm	9 to 14	Fri.	6:00 PM - 6:45 PM	\$32.00	\$72.00
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### Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
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### Swim Lessons - Teen & Adult

Beginner	13 to 115	Thurs.	8:00 PM - 8:30 PM	\$28.00	\$62.00
Intermediate	13 to 115	Thurs.	8:00 PM - 8:30 PM	\$28.00	\$62.00

### Wellness Center & Equipment Orientations

EGYM Orientation			No Time Specified	\$0.00	\$0.00
Wellness Center Orientation			No Time Specified	\$0.00	\$0.00

### Wellness For Life Coaching Program

2024			No Time Specified	\$0.00	N/A
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### Swim Lessons - Age 6-12yrs (3-Water Stamina)



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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 - Age 9 -14yrs - POOLIGANS

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 Zumbaa, 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 - 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.

### Wellness Center & Equipment Orientations

**EGYM Orientation:** Learn how to use our EGYM equipment in this 1-hour session.

**Wellness Center Orientation:** Learn how to use our Wellness Center equipment in this 1-hour session.

### 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





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2023-2024	8 to 108	No Time Specified	\$0.00	\$0.00
2024	8 to 108	No Time Specified	\$0.00	\$0.00

### Y Buddies Volunteer

2023-2024	18 to 118	No Time Specified	\$0.00	\$0.00
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

### 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!



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Registration Mbr. 7/1, Prog. Part. 7/8

**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.