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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Active Older Adults						
	Game Club	10 to 117	Tues.	11:00 AM - 1:00 PM	\$0.00	\$0.00
	Sweetwater Sound Tour - Copy	50 to 117	Fri.	10:00 AM - 11:00 AM	\$0.00	\$0.00
Art/Craft Classes						
	07/13/24 Youth Art Class - Ages 5-12	5 to 12	Sat.	10:30 AM - 11:30 AM	\$15.00	\$25.00
	08/10/24 Adult Art Class - Ages 18-100	18 to 100	Sat.	10:00 AM - 12:00 PM	\$15.00	\$25.00
Blood Pressure Self Monitoring Program						
	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
Gymnastics-Parent/Child						
	Friday - 9:30 am	0 to 2	Fri.	9:30 AM - 10:00 AM	\$30.00	\$67.50
	Monday - 5:00 pm	0 to 2	Mon.	5:00 PM - 5:30 PM	\$30.00	\$67.50
	Tuesday 5:00pm	0 to 2	Tues.	5:00 PM - 5:30 PM	\$30.00	\$67.50
Gymnastics-Pre School						
	Friday - 10:15 am	3 to 4	Fri.	10:15 AM - 10:45 AM	\$30.00	\$67.50
	Monday - 5:45 pm	3 to 4	Mon.	5:45 PM - 6:15 PM	\$30.00	\$67.50
	Tuesday - 5:45 pm	3 to 4	Tues.	5:45 PM - 6:15 PM	\$30.00	\$67.50
Gymnastics-School Age						
	Level I - Friday - 11:00 am	5 to 10	Fri.	11:00 AM - 11:30 AM	\$30.00	\$67.50
	Level I - Monday - 6:30 pm	5 to 10	Mon.	6:30 PM - 7:00 PM	\$30.00	\$67.50
	Level I - Tuesday - 6:30 pm	5 to 10	Tues.	6:30 PM - 7:00 PM	\$30.00	\$67.50
	Level II - Monday - 7:15 pm	5 to 10	Mon.	7:15 PM - 7:45 PM	\$30.00	\$67.50
	Level II - Tuesday - 7:15 pm	5 to 10	Tues.	7:15 PM - 7:45 PM	\$30.00	\$67.50
Karate						
	Beginner (Age 5-8) - 5:00 pm	5 to 8	Thurs.	5:00 PM - 5:45 PM	\$35.00	\$78.50
	Beginner (Age 9+) - 6:00 pm	9 to 18	Thurs.	6:00 PM - 6:45 PM	\$35.00	\$78.50
	Intermediate (Age 6+) - 7:00 pm	6 to 18	Thurs.	7:00 PM - 7:45 PM	\$35.00	\$78.50
Parents Night Out						
	Parents Night Out-07/12/2024	5 to 10	Fri.	6:00 PM - 9:00 PM	\$20.00	\$25.00
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Parkview Y (Northwest Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
Safe at Home						
	Safe at Home- 07/20/2024 (Grades 4-6 only)		Sat.	10:00 AM - 11:30 AM	\$25.00	\$35.00
Spanish Classes						
	Beginner Spanish (Ages 3+)	3 to 100	Sat.	10:00 AM - 10:45 AM	\$39.00	\$86.00
	Intermediate Spanish (ages 8+)	8 to 100	Sat.	10:50 AM - 11:35 AM	\$39.00	\$86.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)						
	Saturday 9:00am	0 to 3	Sat.	9:00 AM - 9:30 AM	\$18.00	\$41.00
	Tuesday & Thursday 4:00pm	0 to 3	Tues. Thurs.	4:00 PM - 4:30 PM	\$37.00	\$83.00
Swim Lessons - Age 3-5yrs (1-Water Acclimation)						
	Saturday - 9:40am	3 to 5	Sat.	9:40 AM - 10:10 AM	\$18.00	\$41.00
	Tuesday & Thursday 4:40pm	3 to 5	Tues. Thurs.	4:40 PM - 5:10 PM	\$37.00	\$83.00
Swim Lessons - Age 3-5yrs (2-Water Movement)						
	Saturday 10:20am	3 to 5	Sat.	10:20 AM - 10:50 AM	\$18.00	\$41.00
	Tuesday & Thursday 5:20pm	3 to 5	Tues. Thurs.	5:20 PM - 5:50 PM	\$37.00	\$83.00



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Active Older Adults

Game Club: Please join us for Game Club. Available are some playing cards and game.
Sweetwater Sound Tour: Join us for a guided tour of Fort Wayne's very own Sweetwater Sound.

Art/Craft Classes

Do you or your child enjoy exploring different kinds of art work? Join our art class taught by a prior art teacher who is passionate about providing a space where everyone can explore their creativity through art!

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.

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.

Gymnastics-Pre School

Designed for 3-4 yrs. Focus is on large and small motor skills, coordination and general body awareness. Kids have fun rolling, running, hopping, skipping, jumping and galloping.

Gymnastics-School Age

Level I: 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.
Level II: Focus is on conditioning, back roll tuck, handstand roll, hurdle cartwheel, round off, and bridge from standing position.

Karate

Beginner: Classes are held in a non-competitive environment. Students develop balance, fitness, coordination, self-confidence and discipline while having fun.
Intermediate: For children 6 years and older who have completed beginning Karate and have received instructor approval.

Parents Night Out

Need an evening out without the kids? Let us provide dinner and entertain your 5 to 10 year old while you have an evening out. We will have fun eating, swimming, playing, watching a movie, and coloring.

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.

Safe at Home

Students will learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies.

Spanish Classes

Beginner Spanish: Learn the basics of beginners Spanish. Classes are taught in a fun environment with interactive activities
Intermediate Spanish: Sharpen your Spanish Speaking skills with others. Classes are taught in a fun environment with interactive activities.

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

In Stages A&B, parents work with their children to get introduced to the water and 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)

In Stage 1, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. 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.



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Swim Lessons - Age 3-5yrs (3-Water Stamina)							
	Saturday 11:00am	3 to 5	Sat.	11:00 AM - 11:30 AM	\$18.00	\$41.00	
	Tuesday & Thursday 6:00pm	3 to 5	Tues. Thurs.	6:00 PM - 6:30 PM	\$37.00	\$83.00	
Swim Lessons - Age 6-12yrs (1-Water Acclimation)							
	Saturday 9:00am	6 to 12	Sat.	9:00 AM - 9:45 AM	\$21.00	\$47.00	
	Tuesday & Thursday 4:40pm	6 to 12	Tues. Thurs.	4:40 PM - 5:25 PM	\$42.00	\$95.00	
Swim Lessons - Age 6-12yrs (2-Water Movement)							
	Saturday 9:55am	6 to 12	Sat.	9:55 AM - 10:40 AM	\$21.00	\$47.00	
	Tuesday & Thursday 5:35pm	6 to 12	Tues. Thurs.	5:35 PM - 6:20 PM	\$42.00	\$95.00	
Swim Lessons - Age 6-12yrs (3-Water Stamina)							
	Saturday 10:50am	6 to 12	Sat.	10:50 AM - 11:35 AM	\$21.00	\$47.00	
	Tuesday & Thursday 6:30pm	6 to 12	Tues. Thurs.	6:30 PM - 7:15 PM	\$42.00	\$95.00	
Swim Lessons - Age 6-12yrs (4-Stroke Introduction)							
	Tuesday & Thursday 4:40pm	6 to 12	Tues. Thurs.	4:40 PM - 5:25 PM	\$42.00	\$95.00	
Swim Lessons - Age 6-12yrs (5-Stroke Development)							
	Tuesday & Thursday 5:35pm	6 to 12	Tues. Thurs.	5:35 PM - 6:20 PM	\$42.00	\$95.00	
Swim Lessons - Age 6-12yrs (6-Stroke Mechanics)							
	Tuesday & Thursday 6:30pm	6 to 12	Tues. Thurs.	6:30 PM - 7:15 PM	\$42.00	\$95.00	
Swim Lessons - Private Swim Lessons							
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00	
Swim Lessons - Teen & Adult							
	Monday 7:00pm	13 to 114	Mon.	7:00 PM - 7:45 PM	\$21.00	\$47.00	
Training - Lifeguarding							
	August (24th, 25th, 31st, Sept. 1st)	15 to 99	Sun. Sat.	10:00 AM - 5:00 PM	\$175.00	\$245.00	
Training - Safe Sitter Babysitting							
	Safe Sitter Class- 07/24/2024 (grades 6-8)	11 to 14	Wed.	9:30 AM - 3:00 PM	\$72.00	\$100.00	
Wellness Center & Equipment Orientations							
	Member Wellness Orientations	15 to 115		No Time Specified	\$0.00	\$0.00	
Wellness Consultation							
	Wellness Consultation	16 to 116		No Time Specified	\$0.00	\$0.00	
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	
Youth Soccer							
	Ages 3-4 (Parent&Child)	3 to 4	Fri.	12:00 PM - 12:30 PM	\$40.00	\$80.00	
	Summer Soccer- Entering Grades 1 & 2	6 to 9	Sat.	No Time Specified	\$40.00	\$80.00	
	Summer Soccer- Entering Grades 3 & 4	7 to 10	Sat.	No Time Specified	\$50.00	\$100.00	
	Summer Soccer- Entering Grades 5 & 6	9 to 12	Sat.	No Time Specified	\$50.00	\$100.00	
	Summer Soccer- Entering Grades PreK-K	3 to 7	Sat.	No Time Specified	\$40.00	\$80.00	



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 6-12yrs (1-Water Acclimation)

In Stage 1, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. 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)

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)

In Stage 6, 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 class is designed for adults who want to learn the basic fundamentals of swimming, water orientation, and safety.

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 - Safe Sitter Babysitting

This course will teach potential babysitters how to care for children. 6 hour course. CPR included, but will not be certified

Wellness Center & Equipment Orientations

Learn how to use the equipment at the Parkview YMCA

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

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

Level 1: Learn proper cardiovascular, and flexibility training for ages 9-10 years.

Level 2: Learn proper cardiovascular, strength, and flexibility training for ages 11-14 years.

Youth Soccer

Ages 3-4: YMCA parent and child soccer clinic is an instructional introductory program for 3 to 4 year old. This program will be a 4-week program that will give participants a chance to learn the basics of soccer as well as gameplay in a fun non-competitive setting.

Grades PreK-6: Parkview 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!