



Caylor-Nickel 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
Blood Pressure Self Monitoring Program						
	BPSM Program	18 to 118		No Time Specified	\$40.00	\$40.00
Lunch & Learn						
	07/09/24 - Meridian Health	55 to 155	Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
	08/20/24 - First Bank of Berne (Cybercrimes)	55 to 155	Tues.	11:45 AM - 1:00 PM	\$0.00	\$0.00
Martial Arts						
	Beginning Jujitsu (Age 9+)	9 to 109	Tues.	6:45 PM - 7:45 PM	\$32.00	\$71.00
	Intermediate JiuJitsu (Age 9+)	9 to 109	Wed.	4:30 PM - 5:30 PM	\$32.00	\$71.00
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Caylor-Nickel Branch (Bluffton)	18 to 118		No Time Specified	\$0.00	\$0.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)						
	Saturday	0 to 3	Sat.	9:45 AM - 10:15 AM	\$28.00	\$62.00
	Thursday	0 to 3	Thurs.	5:15 PM - 5:45 PM	\$28.00	\$62.00
Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)						
	Saturday	0 to 3	Sat.	10:30 AM - 11:00 AM	\$28.00	\$62.00
	Thursday	0 to 3	Thurs.	6:00 PM - 6:30 PM	\$28.00	\$62.00
Swim Lessons - Adaptive						
	Saturday	5 to 100	Sat.	11:45 AM - 12:30 PM	\$40.00	\$80.00
Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement and Stamina)						
	Friday	3 to 5	Fri.	10:00 AM - 10:30 AM	\$28.00	\$62.00
	Saturday	3 to 5	Sat.	9:00 AM - 9:30 AM	\$28.00	\$62.00
	Thursday	3 to 5	Thurs.	5:00 PM - 5:30 PM	\$28.00	\$62.00
Swim Lessons - Age 6-12yrs (1-3 Water Acclimation, Mvmt, Stamina)						
	Friday	6 to 12	Fri.	6:00 PM - 6:45 PM	\$32.00	\$72.00
	Thursday	6 to 12	Thurs.	5:45 PM - 6:30 PM	\$32.00	\$72.00
Swim Lessons - Age 6-12yrs (4-6 Stroke Intro, Development, Mechanics)						
	Saturday	6 to 12	Sat.	10:45 AM - 11:30 AM	\$32.00	\$72.00
Swim Lessons - Private Swim Lessons						
	Private Lessons - 3 sessions			No Time Specified	\$75.00	\$150.00
Wellness Center & Equipment Orientations						
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00



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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. The \$40.00 fee will include access to HabitNu which is a fee app/website to take control of your health, track your blood pressure, food choices, and more.

Lunch & Learn

Enjoy a Subway boxed lunch and a presentation with other members!

Martial Arts

Beginner JiuJitsu: Instructor Jeff Moss will lead this beginner JiuJitsu class to stress five maxims: Character, sincerity, effort, etiquette and self-control. This class will also focus on: break falls, confidence, takedowns, grappling and fitness in a safe and fun environment

Intermediate JiuJitsu: Intermediate jujitsu/shudokan karate taught by Instructor Jeff Moss. This session stresses the finishing touches for testing and pass to yellow belt, and takes yellow belt qualified students through orange & green belt. Course stresses character, sincerity, effort, etiquette. & self-control.

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-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) (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 - 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 (1-3 Water Acclimation, Movement and Stamina)

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 (1-3 Water Acclimation, Mvmt, Stamina)

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 (4-6 Stroke Intro, Development, Mechanics)

Students in stage 4 develop stroke techniques 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 - Private Swim Lessons

Private Lessons - 3 sessions



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Wellness Center & Equipment Orientations

Members are encouraged to schedule a FREE wellness orientation to learn proper use of the equipment as well as learn about the different services offered within the Wellness Center.

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) - Com	11 to 14	No Time Specified	\$0.00	\$0.00
2024 Youth Fit- Level 1 & 2 (Ages 11-14)	11 to 14	No Time Specified	\$0.00	\$0.00

Youth T-Ball

T-Ball - ages 4-5	3 to 5	Tues.	No Time Specified	\$40.00	\$80.00
T-Ball - ages 6-8	6 to 9	Tues.	No Time Specified	\$40.00	\$80.00



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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 about flexibility and how to use the cardio equipment

Level 2: Learn more about gym etiquette and how to use the stacked weight equipment. This is for people who have already taken Level 1.

Youth T-Ball

The CNFF T-Ball league is a NEW 7-week summer sports program being offered here at the Y! This T-Ball league is designed to teach kids the fundamentals of baseball/softball and improve overall coordination in a fun-loving atmosphere. Teams will enjoy a short practice followed by a game on Tuesday evenings each week.



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