



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A HEALTHY LIFE HAPPENS HERE

Healthy Living  
Spring/Summer 2018



## **Health, Well-Being & Fitness – Resources and guidance to maintain or improve health and wellness, so we all can live our best lives at every age.**

**English as a Second Language (ESL)** Led by Winona Lake Grace Brethren Church. Learn the basics of the English language through the “Ventures” curriculum in this safe and fun environment. Participants will be placed in one of five language levels after their first class. Participants should expect it to take 1-2 years of participation to work through the curriculum and advance levels. Sign-up at the Welcome Center. Childcare is available to members. Contact Zane Gard 574-269-9622 x238 with any questions. Multi-Purpose Rooms.

**Tuesdays, January 9–May 22, 6:30–7:45 p.m.** Can join at any time.

Free for Y Members and the Community. \$20 for the “Ventures” book.

**Badminton Open Play** Enjoy playing a sport popular worldwide with other members. Join open-play-style doubles badminton for up to two hours in the gym. Gym 1.

**Tuesdays, January 9–April 24, 8:00–10:00 p.m.**

**Tuesdays, May 1–May 22, 8:00–9:00 p.m.**

**Mondays, June 4–July 30, 6:00–9:00 p.m.**

**Sundays, January 21–August 26, 1:00–3:00 p.m.** No games April 29 or May 27.

Y Members: Free Program Members: \$3/day.

**Pickleball Open Play** Come play one of America’s fastest growing sports! Meet other members while staying active. Very popular with older adults. Gym 1. No pre-registration required.

**Fridays, January 12–May 18, 1:00–3:00 p.m.** No games April 6.

**Tuesdays, June 5–August 7, 6:00–8:00 p.m.**

Y Members: Free Program Members: \$2/day.

**Kathy’s Cancer Conversations** This time of learning and support is free to cancer survivors and their spouses or caregivers at any stage of their journey. This volunteer-led Cancer Support Group will meet on the 2nd Monday of each month from 5:15–6:15 p.m. in the Parkview Center for Healthy Living at the Parkview Warsaw YMCA. Child-care will be available for Y members. **April 9– Ask the Librarian; The Search for Information. May 14– Cancer Survivor Nutrition.** Free for everyone.

**20/60 Challenge–** In this fitness incentive, you’ll complete 20 group fitness classes in 60 days. This is an opportunity to keep active, try new things and meet people– and when you complete the challenge, you will be eligible for a drawing to win a free one-month membership!

**April 9–June 7.** Register by April 9

Y Members Only: Free

**Chair Volleyball** Great for upper body mobility and joint flexibility. Enhances muscle tone, reflexes, hand-to-eye coordination and endurance. Played with a beach ball and a five foot high net. Gym 1.

**Thursdays, April 12–May 24, 9:00–10:00 a.m. Y Members: Free**

**Community CPR Class** Do you need a CPR certification for a job? Do you want to be more prepared to handle an emergency at home? Sign up to take an American Heart Association BLS CPR class at the Y. You will learn adult CPR and AED use. This class provides a two-year certification, but does not include First Aid. For age 13 and up.

**April 14 or May 5, 9:00 a.m.–12:00 p.m.** Y Members: \$30 and Program Members: \$40. Book deposit \$10. Refundable if you do not keep the book.

**CPR Skills Check-off** Students who have completed an AHA online class ([www.AHA.org](http://www.AHA.org)) can schedule a skills check-off time to complete their two-year CPR certification. Accepted online course are BLS or Heartsaver courses. Participants must bring certificate of completion to class. Online ASHI Certification classes with skills checks are also available. Complete your CPR certification by contacting Zane Gard to set up a time. If you’re interested in having a group CPR certified, please email Zane Gard at [zgard@kcymca.org](mailto:zgard@kcymca.org).

**KOSCIUSKO COMMUNITY YMCA  
1305 Mariners Drive  
Warsaw, IN 46582  
574-269-9622**