

NATATORIUM



PARKVIEW WARSAW YMCA

FALL 1 AND 2 PROGRAM GUIDE

FALL 1 | SEPTEMBER 6TH - OCTOBER 30TH

YMCA MEMBER EARLY REGISTRATION BEGINS AUGUST 22ND

NONMEMBER REGISTRATION BEGINS AUGUST 29TH

FALL 2 | OCTOBER 31ST - DECEMBER 23RD

YMCA MEMBER EARLY REGISTRATION BEGINS OCTOBER 17TH

NONMEMBER REGISTRATION BEGINS OCTOBER 24TH

» FIND YOUR Y AT
KOSCIUSKO
COMMUNITY YMCA

For a better us.®

574.269.9622 | INFO@KCYMCA.ORG
WWW.KCYMCA.ORG

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HOW TO REGISTER FOR PROGRAMS



CLICK | Visit our website at: www.kcymca.org. Navigate to the program you want to sign up for, click the link and sign up! Its that easy!



COME IN | Register in person by visiting the Welcome Center inside the Parkview Warsaw YMCA.



CALL | Register by phone at 574.269.9622! We can also answer questions about programs or offer suggestions on what programs would be a good fit for your family.

I DIDN'T KNOW THAT

Communication at the Kosciusko Community YMCA is paramount! From time to time, we may have changes and updates to share with you. Below are the tools we use to disseminate this information to you. Please be sure to check them.



DOWNLOAD OUR APP | kcymca.org/contact-and-location/stay-connected/



FOLLOW US ON FACEBOOK | @parkviewwarsawymca



FOLLOW US ON INSTAGRAM | @parkviewwarsawymca



VISIT OUR WEBSITE | www.kcymca.org



INTERNAL TV MONITORS | View the TV monitors located throughout the Parkview Warsaw YMCA .

THINGS YOU CAN DO AT THE YMCA

<p>IF I AM A BABY OR TODDLER I CAN...</p>	<ul style="list-style-type: none"> - Learn to swim with my parent or guardian - Play water games during open swim - Play in child watch while my parents work out
<p>IF I AM 2-5 YEARS OLD I CAN...</p>	<ul style="list-style-type: none"> - Learn to swim in a group or take private swim lessons - Play water games during open swim - Learn the fundamentals of sports such as basketball, soccer, volleyball, track and field, cross country and t-ball - Play in child watch while my parents work out - Play in the gymnasium with a parent or guardian - Take gymnastics classes - Attend Preschool at the YMCA - Attend summer camp at the YMCA
<p>IF I AM 6-11 YEARS OLD I CAN...</p>	<ul style="list-style-type: none"> - Learn to swim in a group or take private swim lessons - Play water games during open swim - Play sports like basketball, soccer, volleyball, track & field, cross country and t-ball - Play in child watch while my parents work out - Play in the gymnasium with a parent or guardian - Take gymnastics classes - Join the gymnastics or cheer teams - Attend summer camp at the YMCA
<p>IF I AM A TWEEN OR TEEN I CAN...</p>	<ul style="list-style-type: none"> - Learn to swim in a group, take private swim lessons, or join the swim academy - Play water games during open swim - Play sports like soccer, volleyball, track & field, and cross country - Play in the gymnasium - Take gymnastics classes - Join the gymnastics or cheer teams - Participate in Youth Fitness Orientation to begin working out in the fitness center
<p>IF I AM AN ADULT I CAN...</p>	<ul style="list-style-type: none"> - Play sports like basketball, soccer, volleyball, pickleball and badminton - Get active in a group exercise class - Enjoy state of the art workout equipment - Play basketball in one of the gymnasiums - Relax in the sauna - Learn to swim in a group or take private swim lessons - Sign up for personal training - Access workout videos 24/7 with YMCA360 - Sign up for a healthy living program like free A1C screening, blood pressure self monitoring, diabetes prevention, or LIVESTRONG
<p>IF I AM AN ACTIVE OLDER ADULT I CAN...</p>	<ul style="list-style-type: none"> - Try a new sport like pickleball and badminton - Stay active in low impact group exercise class - Sign up for personal training - Relax in the sauna - Access workout videos 24/7 with YMCA360 - Sign up for a healthy living program like free A1C screening, blood pressure self monitoring, diabetes prevention, or LIVESTRONG - Enjoy coffee and camaraderie in the lounge - Take a walk on our indoor track

FALL HAPPENINGS

COMMUNITY HEALTH SCREENING DAY

(LEARN MORE ON P. 17)

At this free community event, sponsored by the K21 Health Foundation, you can receive: a free A1C screening to test for prediabetes (no fasting required), sleep apnea assessment from Goshen Home Medical, and Blood Pressure Check from our certified Heart- Healthy Ambassadors.

After each individual is tested YMCA staff will go over the results with individuals to help determine their best next steps. Those next steps include programs like the Diabetes Prevention Program, free Nutrition Seminars, Blood Pressure Self Monitoring Programs, and tips on how to properly take your blood pressure at home.

- **AUGUST 13 FROM 8:30 AM - 1:30 PM**
- **FREE TO THE COMMUNITY**
- **REGISTER ONLINE AT WWW.KCYMCA.ORG**



TRUNK OR TREAT!

Join the YMCA for an amazing afternoon of Trunk or Treating. Trunks will be decorated for children to receive candy, there will be a scavenger hunt with prizes, and so much more!

- **COST | FREE TO EVERYONE IN THE COMMUNITY**
- **DATE | OCTOBER 31ST**
- **TIME | 3:00 PM - 5:00 PM**
- **LOCATION | OUTSIDE TRACK AND TRAILS AT THE PARKVIEW WARSAW YMCA**

9.11 MEMORIAL STAIR CLIMB (LEARN MORE ON P. 17)

The twin towers consisted of 110 floors or 2071 steps. In memory of the heroic efforts of those on 9/11, we will have our stair climb challenge in the front lobby of our YMCA. Anyone in the community is welcome to register for the event through our Calendly site. There will be buckets to collect donations for the Hoosier Burn Camp.

- **SEPTEMBER 11TH FROM 12:00 PM - 4:00 PM**
- **FREE TO THE COMMUNITY**
- **AGES 18+**

HONORING HEROES WEEK (LEARN MORE ON P. 17)

As a thank you to all our past and present first responders and active and retired military, you and your families may use our YMCA for free the entire week leading up to 9/11. It is our way to honor those who paid the ultimate sacrifice that day 21 years ago.

- **SEPTEMBER 5TH - SEPTEMBER 11TH**
- **AGES | ALL**

COMMIT TO BE FIT (LEARN MORE ON P. 18)

The Y Fitness Challenge is an 8-week program focused on your best health and best results! During the program you will work directly with a YMCA Certified Personal Trainer in a small group team environment to exercise, complete challenges, eat right and learn how to BECOME YOUR BEST SELF! Teams will have no more than 8 total participants. Results will vary for every individual but may include: weight loss, increased strength and cardiovascular health, added support and motivation, increased energy and stamina, stress relief, and community building.

Program participants will meet with their dedicated Trainer once a week for 8 weeks, completing a team workout specifically designed to meet your goals. In addition to the trainer led workout, each participant will receive a weekly trainer designed workout, meant to be completed together as a group.

Throughout the 8 weeks your Trainer will provide guidance on many topics such as strength training, cardiovascular exercise, goal setting and motivation, sleep, and more! This is not just a weekly group workout, it's a lifestyle change!

FALL BACK INTO FITNESS (LEARN MORE ON P. 18)

Let's step it up for Fall! For this challenge you need to complete 30 minutes of brisk walking six days a week for six weeks. To help you stay on track you can track your steps and challenge yourself by trying to do more each day! Those that complete the challenge will be able to pick prizes out at our Wellness Desk.

SPRINT 8 CHALLENGE (LEARN MORE ON P. 18)

Sprint 8 is so much more than a basic HIIT workout. When you use the Sprint 8 training program on our Matrix equipment, people of all shapes and sizes can hit the ground running from the start. Preprogrammed for beginner, intermediate, advanced or elite athletes, the short HIIT workout allows you to enter your age, weight and desired level of intensity, and the equipment will automatically change speed and elevation or resistance during the workout as it moves through your sprint and recovery intervals. Connect with our Sprint 8 team to choose your Sprint 8 program and weigh in prior to the start of the challenge and then you may sign up for a final weigh in at the end. Each participant in the challenge needs to complete three Sprint 8 workouts per week for six weeks to earn a Challenge T-Shirt.

JOIN THE YMCA'S COMPETITIVE CHEER TEAM!

The YMCA's Warsaw Legacy Elite is a Half Season All Star Cheerleading team. All Star Cheerleading offers several different divisions and levels. Our goal is to offer a program for those athletes who are not ready to make cheerleading their "one and only" sport or who are just beginning in cheer. Warsaw Legacy Elite program offers athletes an opportunity to experience the excitement of All Star Cheer without the financial obligation and rigorous training schedule, while emphasizing fun, skill acquisition and teamwork. Our program is the perfect building process for athletes that love cheerleading, but do not have the time to commit to multiple practices a week for a full 12 month season.

Teams will have one practice each week on Sundays for two hours and will also have one team tumbling/stunt class on Wednesdays included with their monthly tuition. The teams will learn a competitive cheer routine which includes tumbling, jumping, stunting, and dance. Our schedule is set to compete at four competitions from January through March. There is no previous experience needed and no tumbling requirements to join the Warsaw Legacy Elite Team.

HOW TO REGISTER

STEP 1 | Register online at www.kcymca.org

STEP 2 | Athletes must attend both the evaluation days. During evaluation days we will work with athletes to divide them up into their teams based on age and skill level. Please wear a t-shirt and black shorts with no jewelry.

- **LOCATION** | 220 Parker Street, Warsaw, IN 46580
- **DATES** | 8.14.22 from 1:00 PM - 3:00 PM & 8.17.22 from 6:00 PM - 7:30 PM

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL KRISTIN THOMAS AT [KTHOMAS@KCYMCA.ORG](mailto:kthomas@kcymca.org) OR VISIT WWW.KCYMCA.ORG.



BEFORE AND AFTER SCHOOL CARE

KIDS' CLUB BEFORE AND AFTER SCHOOL CARE

The YMCA'S Kids' Club Before and After School Care Program is more than just babysitting. Through Kids' Club, students entering kindergarten through 6th grade are able to cultivate the values, skills, and relationships needed to build positive behaviors, healthier lifestyles, and achieve a higher level of success in their education.

Kids' Club is built on a curriculum of art arts and humanities, health and nutrition, STEM, college and career readiness, and leadership development. Kids' Club Caregivers are always there to give your child the attention they need to succeed, with time set aside each day for homework, group games, and activities that keep your children active and healthy.

LOCATIONS

EISENHOWER ELEMENTARY SCHOOL

- 6:00 AM - START OF SCHOOL
- END OF SCHOOL - 6:00 PM

HARRISON ELEMENTARY SCHOOL

- 6:00 AM - START OF SCHOOL
- END OF SCHOOL - 6:00 PM

JEFFERSON ELEMENTARY SCHOOL

- 6:30 AM - START OF SCHOOL
- END OF SCHOOL - 6:00 PM

LINCOLN ELEMENTARY SCHOOL

- 6:30 AM - START OF SCHOOL
- END OF SCHOOL - 6:00 PM

CLAYPOOL ELEMENTARY SCHOOL (MEETS AT LINCOLN ELEMENTARY SCHOOL)

- 6:30 AM - START OF SCHOOL
- NO AFTER SCHOOL CARE

MADISON ELEMENTARY SCHOOL

- 6:00 AM - START OF SCHOOL
- END OF SCHOOL - 6:00 PM



WASHINGTON ELEMENTARY SCHOOL

- 6:30 AM - START OF SCHOOL
- END OF SCHOOL - 6:00 PM

PIERCETON ELEMENTARY SCHOOL

- T.B.A.

MENTONE ELEMENTARY SCHOOL

- 6:30 AM - START OF SCHOOL
- END OF SCHOOL - 6:00 PM

LEESBURG ELEMENTARY SCHOOL

- 6:30 AM - START OF SCHOOL
- END OF SCHOOL - 6:00 PM

GATEWAY EDUCATION CENTER (S.O.A.R. AFTER SCHOOL CARE)

- END OF SCHOOL - 6:00 PM

HOW TO REGISTER

Complete a 2022-2023 Kids' Club registration form at www.kcymca.org or a paper registration form at the Parkview Warsaw YMCA Welcome Center.

NO SCHOOL? WE GOT YOU COVERED!

SCHOOL BREAK, AND SCHOOL CANCELLATION DAY CAMPS | E-Learning and School Break Day Camps must be registered for separately from Kids' Club and can be registered for at the Parkview Warsaw YMCA Welcome Center. Please register and pay prior to attendance. Space is limited to 50 please register as early as possible.

HOW TO REGISTER | These Day Camps are registered for separately from Kids' Club. You can register online at www.kcymca.org or in person at the Parkview Warsaw YMCA Welcome Center. Please register and pay prior to attendance. Space is limited to 50 please register as early as possible.

FOR MORE INFORMATION GO TO WWW.KCYMCA.ORG OR EMAIL [R HARDY AT RHARDY@KCYMCA.ORG](mailto:RHARDY@KCYMCA.ORG)



SWIM LESSONS

FALL 1 | SEPTEMBER 6TH - OCTOBER 30TH

YMCA MEMBER EARLY REGISTRATION | AUGUST 22ND

NON-MEMBER REGISTRATION | AUGUST 29TH

FALL 2 | OCTOBER 31ST - DECEMBER 23RD

YMCA MEMBER EARLY REGISTRATION | OCTOBER 17TH

NON-MEMBER REGISTRATION | OCTOBER 24TH

HOMESCHOOL GROUP SWIM LESSONS

CLASS	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	LOCATION	MONDAY
STAGE 1	4 - 12 YEARS OLD NO CAREGIVER IN WATER	\$62	\$31	WARM WATER POOL	10:30 AM-11:00 AM
STAGE 2	4 - 12 YEARS OLD NO CAREGIVER IN WATER	\$62	\$31	WARM WATER POOL	10:30 AM-11:00 AM
STAGE 3	4 - 12 YEARS OLD NO CAREGIVER IN WATER	\$62	\$31	WARM WATER POOL	10:30 AM-11:00 AM
STAGE 3	5 - 12 YEARS OLD NO CAREGIVER IN WATER	\$62	\$31	LAP POOL	11:15 AM-12:15 PM
STAGE 4	5 - 15 YEARS OLD NO CAREGIVER IN WATER	\$62	\$31	LAP POOL	11:15 AM-12:15 PM
STAGE 5	6 - 17 YEARS OLD NO CAREGIVER IN WATER	\$62	\$31	LAP POOL	11:15 AM-12:15 PM
STAGE 6	7 - 17 YEARS OLD NO CAREGIVER IN WATER	\$62	\$31	LAP POOL	11:15 AM-12:15 PM

GROUP SWIM LESSONS

CLASS	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
COMBINED STAGE A/B	6 MONTHS - 3 YEARS OLD W/CAREGIVER IN WATER	\$62	\$31	WARM WATER POOL	11:15 AM -11:45 AM	5:20 PM-5:50 PM		10:15 AM-10:45 AM 4:50 PM-5:20 PM	11:30 AM-12:00 PM
STAGE 1 W/CAREGIVER	3 - 8 YEARS OLD W/CAREGIVER IN WATER	\$62	\$31	WARM WATER POOL	5:00 PM-5:30 PM			11:00 AM-11:30 AM	10:50 AM-11:20 AM
STAGE 1	4 - 12 YEARS OLD NO CAREGIVER IN WATER	\$62	\$31	WARM WATER POOL	5:40 PM-6:10 PM	6:00 PM-6:30 PM	6:10 PM-6:40 PM 6:50 PM-7:20 PM	5:30 PM-6:00 PM 6:10 PM-6:40 PM	9:30 AM-10:00 AM
STAGE 2	4 - 12 YEARS OLD NO CAREGIVER IN WATER	\$62	\$31	WARM WATER POOL	5:40 PM-6:10 PM	6:00 PM-6:30 PM	6:10 PM-6:40 PM 6:50 PM-7:20 PM	5:30 PM-6:00 PM 6:10 PM-6:40 PM	10:10 AM-10:40 AM
STAGE 3 WW	4 - 12 YEARS OLD NO CAREGIVER IN WATER	\$62	\$31	WARM WATER POOL	6:20 PM-6:50 PM	6:40 PM-7:10 PM		6:50 PM-7:20 PM	8:45 AM-9:15 AM
STAGE 3 LAP	5 - 12 YEARS OLD NO CAREGIVER IN WATER	\$72	\$36	LAP POOL		6:30 PM-7:15 PM		4:45 PM-5:30 PM	8:45 AM-9:30 AM

GROUP SWIM LESSONS CONTINUED

CLASS	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
STAGE 4	5 - 15 YEARS OLD NO CAREGIVER IN WATER	\$72	\$36	LAP POOL	6:00 PM-6:45 PM		5:15 PM-6:00 PM		9:45 AM-10:30 AM
STAGE 5	6 - 17 YEARS OLD NO CAREGIVER IN WATER	\$72	\$36	LAP POOL		6:15 PM-7:00 PM		6:15 PM-7:00 PM	
STAGE 6	7 - 17 YEARS OLD NO CAREGIVER IN WATER	\$72	\$36	LAP POOL	6:15 PM-7:00 PM				
SWIM ACADEMY	6 - 17 YEARS OLD NO CAREGIVER IN WATER	\$72	\$36	LAP POOL			6:00 PM-7:00 PM		

TEEN AND ADULT SWIM LESSONS

BEGINNER	17+	\$72	\$36	LAP POOL			7:00 PM-7:45 PM		
INTERMEDIATE	17+	\$72	\$36	LAP POOL			7:00 PM-7:45 PM		

SWIM LESSON STAGE DESCRIPTIONS:

COMBINED STAGE A/B | 30 minute class. For children 6 months to 36 months (3 years) This class introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about water with a trusted adult. Child will be introduced to floating, getting their face wet, blowing bubbles, and fundamental water safety.

STAGE 1 WITH CAREGIVER | 30 minute class. This class is a step up class for our 3 year olds and up who are ready to learn but still hesitant to swim alone. Parent and child will be in the water together while the instructor helps teach children how to float, be



comfortable putting their face in the water, listening to instruction and how to behave in a pool setting. This class is intended for children who have had little to no swimming experience.

RECOMMENDED: Swim Caps and Goggles. (Both males and females)

STAGE 1 | 30 minute class. Students must be 4 years old to be in this class. Students will learn how to float, be comfortable putting their face in the water, listen to instruction, enter and exit a pool independently, identify lifeguards, and learn some pool rules. WE EXPECT CHILDREN TO BE IN THIS STAGE 3-5 TIMES. Skills build on repetition. We want swimmers to be CONSISTENT and CONFIDENT in the water. **RECOMMENDED: Swim cap and Goggles. (Both males and females)**

STAGE 2 | 30 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 1 OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students should be comfortable to put face in the water. In this stage, students will focus on body position and control, directional change, and forward movement in the water while also continuing to practice safe entries and exits in the event of falling into a body of water. EXPECT CHILDREN TO BE IN THIS STAGE 2-5 TIMES. We want swimmers to be CONSISTENT and CONFIDENT in the water. **RECOMMENDED: Swim Cap and Goggles. (Both males and females)**

STAGE 3 WARM WATER | 30 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 2, OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students must be able to be comfortable putting face in the water. This stage will begin introducing rhythmic breathing and integrated arms and legs. Focus will be given to freestyle and backstroke and elementary backstroke. EXPECT CHILDREN TO BE IN THIS STAGE 2-4 TIMES. We want swimmers to be CONSISTENT and CONFIDENT in the water. **RECOMMENDED: Swim Cap and Goggles. (Both males and females)**

STAGE 3 LAP POOL | 45 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 3WW, OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students will be comfortable having face in the water for longer periods. This stage will begin focusing on longer Stamina in the water, refining the flutter kick, arm recovery for freestyle and backstroke, introduction to rotary breathing, able to retrieve objects at the 5 foot level, sitting and kneeling dives. Introduction to whip kick and breaststroke as well. EXPECT CHILDREN TO BE IN THIS STAGE 2-4 TIMES. We want our swimmers to be CONSISTENT and CONFIDENT in the water. **RECOMMENDED: Swim Cap and Goggles. (Both males and females)**

STAGE 4 | 45 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 3 LAP OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students entering this stage will be comfortable swimming one lap of the pool (1 length) putting face in the water without stopping. In this stage, students will gain proficiency in freestyle and backstroke as well as kneeling and standing dives from the side of the pool. They will learn how to tread water for three minutes and also learn how to tread water with clothes on for one lesson. EXPECT THAT THEY WILL BE IN THIS STAGE 2-4 TIMES. We want our swimmers to be CONSISTENT and CONFIDENT in the water. **REQUIRED: Swim Cap and Goggles. (Both males and females)**

STAGE 5 | 45 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 4 OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students entering this stage will have attained endurance enough to be able to swim two laps (50m or 2 lengths) of the pool in freestyle and backstroke,



and one lap (25m or 1 length) of sidestroke and elementary backstroke. This class will focus on Mastery of these strokes as well as Proficiency of breaststroke and butterfly. Students will begin to learn diving off blocks and begin to understand and prepare for learning how to swim on a swim team. EXPECT THAT THEY WILL BE IN THIS STAGE 2-3 TIMES. We want our swimmers to be CONSISTENT and CONFIDENT and have STAMINA, ENDURANCE AND KNOWLEDGE OF THE STROKES in this stage. **REQUIRED: Swim cap and Goggles. (Both males and females)**

STAGE 6 | 45 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 5 OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students entering this stage will have attained mastery of freestyle and backstroke and be proficient in breaststroke and butterfly. Focus will be given to detail on these strokes while improving timing, flip turns, block diving, competition starts and stops. Students will be timed for a 12 minute swim test at the beginning and the end of the session. Students will learn how to develop a personal workout and learn how to use a pace clock. EXPECT THEM TO BE IN THIS STAGE 2-3 TIMES. This stage is preparing swimmers to participate in competitive swimming and also helping those who are on swim teams refine their skills. We want our swimmers to be

CONSISTENT and CONFIDENT and have STAMINA, ENDURANCE, and KNOWLEDGE OF THE STROKE AND COMPETITIVE SWIMMING.
REQUIRED: Swim cap and Goggles (Both males and females)

TEEN & ADULT SWIM LESSONS

BEGINNER TEEN AND ADULT | 45 minute class. This class is structured for students age 12-85 who would like to learn to get comfortable in and around the water. Skills taught floating, putting face in water, learning basic strokes all while introducing swimming as a fun and healthy activity. **RECOMMENDED: Swim cap and Goggles (Both males and females)**
INTERMEDIATE TEEN AND ADULT | 45 minute class. This class is structured for students 12-85 who have some comfort in the water and are able to float, have some basic knowledge of the freestyle and backstroke. They will be developing stroke technique and gaining endurance to be able to swim laps comfortably in the pool. **REQUIRED: Swim Cap and Goggles (Both males and females)**

PRIVATE LESSONS

Available for ages three through adult. This is the opportunity for you or your child to receive extra attention and practice. You can learn how to swim, perfect your technique or just get a little extra help. We may require a caregiver to accompany children who are unable to swim in the Semi-private lessons. Swim Instructors and pool schedules will determine private lesson time and availability. Private is for one person, semi private for two or three people that request together. The Y will not pair without participants. **REQUIRED FORM NEEDS TO BE SUBMITTED TO WELCOME DESK.** Pricing is per person. Lessons are 30 minutes in length.
RECOMMENDED: Swim Cap and Goggles (Both males and females)

4 PRIVATE SWIM LESSONS

- \$75 | MEMBER
- \$110 | COMMUNITY MEMBER

4 SEMI-PRIVATE LESSONS FOR TWO

- \$57 | MEMBER
- \$83 | COMMUNITY MEMBER

4 SEMI-PRIVATE LESSONS FOR THREE

- \$38 | MEMBER
- \$55 | COMMUNITY MEMBER



GYMNASTICS

FALL 1 | SEPTEMBER 6TH - OCTOBER 30TH

YMCA MEMBER EARLY REGISTRATION | AUGUST 22ND

NON-MEMBER REGISTRATION | AUGUST 29TH

FALL 2 | OCTOBER 31ST - DECEMBER 23RD

YMCA MEMBER EARLY REGISTRATION | OCTOBER 17TH

NON-MEMBER REGISTRATION | OCTOBER 24TH

CLASS	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	LOCATION	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
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PRE-SCHOOL GYMNASTICS

BABY BEARS	WALKING - 3 YEARS OLD	\$52	\$26	YMCA GYM 2		6:20PM-6:50 PM	4:45 PM- 5:15 PM 5:15 PM-5:45 PM	
LITTLE BEARS 1	3-4 YEARS OLD	\$62	\$31	YMCA GYM 2		5:25 PM-6:10 PM	5:45 PM-6:30 PM	
LITTLE BEARS 2	4-5 YEARS OLD OR 3-4 IF YOU HAVE TAKEN LITTLE BEARS 1	\$62	\$31	YMCA GYM 2		4:30 PM-5:15 PM	6:45 PM-7:30 PM	
SUPER BEARS	4-5 YEARS OLD OR 3-4 IF YOU HAVE TAKEN LITTLE BEARS 2	\$62	\$31	YMCA GYM 2			4:30 PM-5:15 PM	
SUPER BEARS/ BEGINNER LEVEL 1	4-6 YEARS OLD	\$62	\$31	YMCA GYM 2		7:00 PM-7:45 PM		

BOYS GYMNASTICS

BOYS 1	4 - 5 YEARS OLD	\$62	\$31	220 PARKER ST		4:30 PM-5:15 PM		
BOYS 2	6 - 10 YEARS OLD	\$62	\$31	220 PARKER ST		5:20 PM-6:05 PM		

TUMBLING LESSONS

BEGINNER	5 - 17 YEARS OLD	\$62	\$31	220 PARKER ST		4:30 PM-5:15 PM		
INTERMEDIATE / ADVANCED	6 - 17 YEARS OLD	\$62	\$31	220 PARKER ST		5:20 PM-6:05 PM		

YOUTH GYMNASTICS

LEVEL 1	KINDERGARTEN OR 6 - 17 YEARS OLD	\$72	\$36	SEE TIMES	5:35 PM-6:35 PM 220 PARKER ST		4:30 PM-5:30 PM YMCA GYM 2 5:30 PM-6:30 PM YMCA GYM 2	5:30 PM-6:30 PM 220 PARKER ST
LEVEL 1A	KINDERGARTEN OR 6 - 17 YEARS OLD	\$72	\$36	SEE TIMES	5:35 PM-6:35 PM 220 PARKER ST		6:35 PM-7:35 PM YMCA GYM 2	5:30 PM-6:30 PM 220 PARKER ST
LEVEL 2	KINDERGARTEN OR 6 - 17 YEARS OLD	\$72	\$36	SEE TIMES	4:30 PM-5:30 PM 220 PARKER ST		5:30 PM-6:30 PM YMCA GYM 2	4:30 PM-5:30 PM 220 PARKER ST
LEVEL 2A	KINDERGARTEN OR 6 - 17 YEARS OLD	\$72	\$36	SEE TIMES	4:30 PM-5:30 PM 220 PARKER ST		6:35 PM-7:35 PM YMCA GYM 2	
LEVEL 3	ANYONE PRE-TEAM OR TEAM LEVEL	\$83	\$42	SEE TIMES				4:30 PM-6:00 PM 220 PARKER ST

GYMNASTICS OPEN GYM

CLASS	AGES	CM	PRICE WITH YMCA MEMBER DISCOUNT	LOCATION	DATES	TIME
YOUTH OPEN GYM	6-17 YEARS OLD	\$6	\$4	220 PARKER ST	9.17 10.15 11.19 12.10	10:00 AM-11:30 AM
ADULT OPEN GYM	18+	\$6	\$4	220 PARKER ST	10.15 11.19	9:00 AM-10:00 AM

GYMNASTICS

Through gymnastics, kids learn coordination, self confidence, and motor skills, flexibility, and balance. We offer gymnastics classes as soon as your child is walking. They can progress through several levels. We even offer a competitive Gymnastics Team. We also have classes just for boys and also with an emphasis in Tumbling.

PRE-SCHOOL GYMNASTICS LESSONS

BABY BEARS | You and your child will be involved in a quality bonding experience while your child is introduced to a structured social environment. They will also develop self-confidence while working on motor skills, coordination and balance. *ONLY 1 CAREGIVER PER CHILD

LITTLE BEARS 1 | Beginner level. Success, security and fun will be gained at this level. Kids will learn basic tumbling and explore new skills on the equipment.

LITTLE BEARS 2 | Prerequisite: Little Bears 1 or four to five years old. Intermediate level. Building on basic skills learned in previous level.

SUPER BEARS | Prerequisite: Little Bears 1 or two or five years old. Advanced level. Provides a foundation of basic tumbling skills, apparatus work and starting to learn more advanced skills.

BEGINNER LEVEL 1 | Prerequisite: Super Bears or currently in Kindergarten. Preparing for Level 1 Youth Class. Continue to master skills that are in Level 1.

BOYS GYMNASTICS LESSONS

Your child will develop strength, flexibility and coordination, which are the building blocks needed for all sports, through this fun, energetic class. Participants will learn basic tumbling and explore different skills on the vault and uneven bars.

BOYS 4-5 YEARS OLD & 6-10 YEARS OLD | Your child will develop strength, flexibility and coordination, which are the building blocks needed for all sports, through this fun, energetic class. Participants will learn basic tumbling and explore different skills on the vault and uneven bars.

TUMBLING LESSONS

Tumblers will learn floor skills in a safe and secure environment, developing confidence and self-discipline while having fun! Classes designed to help cheerleaders and/or gymnasts of all skill levels refine and upgrade their tumbling skills.

BEGINNER | Little to no tumbling experience, working on cartwheels, roundoffs, handstands.

INTERMEDIATE/ ADVANCED | Has basic tumbling skills mastered, working on back handsprings.

YOUTH GYMNASTICS LESSONS

Every child will reach their full potential, both physically and mentally. Gymnastics classes can be the key foundation in developing strength, flexibility and coordination, the basics needed for all sports. Gymnasts will learn gymnastics skills in a safe and secure environment, developing self-confidence and self-discipline while having fun! Due to the progressive style of these classes, multiple sessions at any given level should be expected and instructor approval is required for advancement.

LEVEL 1 | Introduction to the cartwheel, handstand and basic roll. Beginner skills are introduced on the vault, uneven bars and balance beam.

LEVEL 1A | Gymnast can correctly execute a cartwheel, handstand and basic rolls. Can walk across and execute skills on the beam with confidence.

LEVEL 2 | More challenging skills will be learned in all events. There will be increased emphasis on dance skills, flexibility and strength.

LEVEL 2A | Gymnast can correctly execute a round-off, handstand, forward roll, split leap and split jump on floor. Has mastered all beam skills in Level 2 such as lever, tuck jump, coupe hold and arabesque scale. Has mastered all uneven bar skills in Level 2.

LEVEL 3 | Skills and combinations learned in this class are equivalent to those used at the pre-team/team level. This will help gymnasts prepare for pre-team and team.

GYMNASTICS OPEN GYM

YOUTH OPEN GYM | During this time students are allowed to travel to different equipment at any time and practice gymnastics skills. On the floor the students will be able to work freely on skills that they have mastered on their own. Students will be supervised by Y gymnastics instructors. First 30 to sign up, day of registration only at 220 Parker St.

ADULT OPEN GYM | Are you a former gymnast or cheerleader and want to see what you can still do. During this time you are allowed to travel to different equipment at any time and practice gymnastics and cheerleading skills. Supervised by Y gymnastics instructors. First 20 to sign up, day of registration only at 220 Parker St.

PRIVATE GYMNASTICS AND TUMBLING LESSONS

1 LESSON (1 HOUR)

- **1 PERSON**
 - ◇ PRICE | \$45
 - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$35
- **2 PEOPLE**
 - ◇ PRICE | \$35
 - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$25
- **3 PEOPLE**
 - ◇ PRICE | \$30
 - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$20

4 LESSONS (1 HOUR)

- **1 PERSON**
 - ◇ PRICE | \$155
 - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$115
- **2 PEOPLE**
 - ◇ PRICE | \$115
 - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$75
- **3 PEOPLE**
 - ◇ PRICE | \$95
 - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$55

Contact Tonya Douglass at twelsh@kcymca.org for more information about Private Gymnastics Lessons.



YOUTH SPORTS

YOUTH SPORTS LEAGUES 2022

SPORT	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	REGISTRATION DEADLINE	LEAGUE DATES	LOCATION	GAME DAYS	PRACTICE DAY
BASKETBALL	3-8 YEARS OLD	\$69	\$45	10.23	11.5-12.17	PARKVIEW WARSAW YMCA	SATURDAYS	N/A

SPORTS PERFORMANCE

AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	DATES	REGISTRATION DEADLINE	DAY/TIME
8-10	\$125	\$110	9.24-10.29	9.21	SATURDAYS FROM 9:30 AM-10:30 AM
11-12	\$125	\$110	9.24-10.29	9.21	SATURDAYS FROM 9:30 AM-10:30 AM
13-14	\$125	\$110	9.24-10.29	9.21	SATURDAYS FROM 9:30 AM-10:30 AM

YOUTH SPORTS LEAGUES

At the Y, we aim to help everyone reach their full potential. Our focus is developing the person behind the jersey, on and off the field of play. Children will gain new skills, build character and develop a sense of belonging by connecting with positive role models.

BASKETBALL | The YMCA Youth Basketball League (Age 3-8) is a CO-ED league. Children will learn the fundamentals of dribbling, shooting, passing and defense.

2023 SPORTS LEAGUES

Information for the 2023 Youth Sports Leagues will be available in the upcoming Winter 1 & 2 catalog in November.

SOCCKER SPORTS PERFORMANCE

Program is six weeks. When you work with one of our personal trainers, or sports performance coaches you'll engage in a program tailored to your needs. Our staff will assess your fitness and skills and develops a results-driven plan to help you meet your goals. With our trainers on your side, you'll match your motivation and abilities with our knowledge and expertise to see real improvements.

- LOCATION | MEETS IN GYM 2 WITH SOME OUTSIDE ACTIVITIES (WEATHER PERMITTING)



ADULT SPORTS

2022 ADULT SPORTS LEAGUES

SPORT	AGES	TEAM PRICE	REGISTRATION DEADLINE	LEAGUE DATES	LOCATION	GAME DAYS
VOLLEYBALL (FALL)	18+	\$350	9.18	9.26 - 12.12	PARKVIEW WARSAW YMCA	MONDAYS (6:00 PM-10:00 PM)
BASKETBALL (FALL)	18+	\$400	9.28	10.5 - 12.14	PARKVIEW WARSAW YMCA	WEDNESDAYS (6:00 PM-9:00 PM)

ADULT SPORTS 2022

VOLLEYBALL (FALL - MONDAYS) | The Fall league will consist of a 9-week regular season followed by single elimination playoffs for the top 8 teams in each league. The regular season runs September 26 to November 21. Playoffs will be November 28 to December 12. Champions will receive six custom team t-shirts. If your team can consistently set & spike you should indicate 'A League' when registering. All participants must be at least 18 years old. Teams will play with a maximum of four males players on the court at one time and no less than two female players. Non-Y members may participate after signing a waiver. No refunds will be given for weather-related cancellations. Captains will have 24/7 access to game schedules and league standings. Game start times will be at 6, 7, 8, or 9 p.m. Playoff format may change based off the number of teams that register.

BASKETBALL (FALL) | 7-week regular season followed by a single elimination playoff. Game schedules to be made available electronically. Captains will be contacted weekly with game times. Game start times will be at 6, 7, 8, or 9 PM. Playoff format will be based off the number of teams and will be determined after registration.



HEALTHY LIVING

FALL 1 | SEPTEMBER 6TH - OCTOBER 30TH

YMCA MEMBER EARLY REGISTRATION | AUGUST 22ND

NON-MEMBER REGISTRATION | AUGUST 29TH

FALL 2 | OCTOBER 31ST - DECEMBER 23RD

YMCA MEMBER EARLY REGISTRATION | OCTOBER 17TH

NON-MEMBER REGISTRATION | OCTOBER 24TH

COMMUNITY EVENTS

CLASSES	AGES	PRICE	DATE	TIME	EVENT DESCRIPTION
COMMUNITY HEALTH SCREENING	18+	FREE AND OPEN TO THE COMMUNITY	8.13	8:30 AM-1:30 PM	<p>At this free community event, sponsored by the K21 Health Foundation, you can receive a free A1C screening to test for prediabetes (no fasting required), sleep apnea assessment from Goshen Home Medical, and Blood Pressure Check from our certified Heart-Healthy Ambassadors. After each individual is tested YMCA staff will go over the results with individuals to help determine their best next steps.</p> <p>YMCA staff will go over the results with individuals to help determine their best next steps. Those next steps include programs like the Diabetes Prevention Program, free Nutrition Seminars, Blood Pressure Self Monitoring Programs, and tips on how to properly take your blood pressure at home.</p>
MOVE IT MONDAY	16+	FREE AND OPEN TO THE COMMUNITY	8.29.22, 11.21.22, & 1.2.23	8:30 AM-11:30 AM & 4:30 PM-7:30 PM	<p>Get your Group Ex. fix during our breaks with our special programming! Enjoy a sampling of our best Group Ex. classes in a 30-45 minute format. Everyone walks away with a bottle of water, protein bar, and a good workout. (To view the schedule of classes please download the Apple or Android Kosciusko Community YMCA App</p>
WORKOUT WEDNESDAY	16+	FREE AND OPEN TO THE COMMUNITY	8.31.22, 12.28.22, & 1.4.23	8:30 AM-11:30 AM & 4:30 PM-7:30 PM	
FITNESS FRIDAY	16+	FREE AND OPEN TO THE COMMUNITY	12.30.22 & 1.6.23	8:30 AM-11:30 AM	
FALL PREVIEW OF CLASSES	16+	FREE AND OPEN TO THE COMMUNITY	11.19.22	8:30 AM-11:30 AM	
9.11 MEMORIAL STAIR CLIMB	18+	FREE AND OPEN TO THE COMMUNITY	9.11.22	12:00 PM-4:00 PM	<p>The twin towers consisted of 110 floors or 2071 steps. In memory of the heroic efforts of those on 9/11, we will have our stair climb challenge in the front lobby of our YMCA. Anyone in the community is welcome to register for the event through our Calendly site. There will be buckets to collect donations for the Hoosier Burn Camp.</p>
HONORING HEROES WEEK	ALL	FREE AND OPEN TO THE COMMUNITY	9.5.22 - 9.11.22	ALL DAY	<p>As a thank you to all our past and present first responders and active and retired military, you and your families may use our YMCA for free the entire week leading up to 9/11. It is our way to honor those who paid the ultimate sacrifice that day 21 years ago.</p>
WELLNESS SATURDAY	ALL	FREE AND OPEN TO THE COMMUNITY	1.7.23	8:30 AM-12:30 AM	<p>Come see what our Healthy Living department has to offer, sample a mix of our Group Exercise classes from 8:30-11:00, register for tours of our Wellness Center, have your children take classes with our Youth Wellness and Sports Performance coaches. Sign up for free Personal Training demos and register for our January A1C screening to test for prediabetes and have your blood pressure taken by our Healthy Heart Ambassadors.</p>

FITNESS CHALLENGES

CHALLENGE	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	DATE	TIME/LOCATION	REGISTRATION DEADLINE	EVENT DESCRIPTION
COMMIT TO BE FIT	18+	\$60	\$40	9.6 - 10.30	MONDAY 11:00 AM, WEDNESDAY 6:30 PM FRIDAY 7:00 AM HELD IN PROGRAM ROOM 3	9.1	<p>COMMIT TO BE FIT! The Y Fitness Challenge is an 8-week program focused on your best health and best results! During the program you will work directly with a YMCA Certified Personal Trainer in a small group team environment to exercise, complete challenges, eat right and learn how to BECOME YOUR BEST SELF! Teams will have no more than 8 total participants. Results will vary for every individual but may include: weight loss, increased strength and cardiovascular health, added support and motivation, increased energy and stamina, stress relief, community building.</p> <p>Program participants will meet with their dedicated Trainer once a week for 8 weeks, completing a team workout specifically designed to meet your goals. In addition to the trainer led workout, each participant will receive a weekly trainer designed workout, meant to be completed together as a group.</p> <p>Throughout the 8 weeks your Trainer will provide guidance on many topics such as strength training, cardiovascular exercise, goal setting and motivation, sleep, and more! This is not just a weekly group workout, it's a lifestyle change!</p> <p>New to this challenge, we are adding a bit of friendly competition among the different classes. The class that loses the most weight will get a post on Facebook and a YMCA Challenge shirt.</p>
FALL BACK INTO FITNESS	18+	FREE	*THIS FITNESS CHALLENGE IS FOR MEMBERS ONLY	9.16 - 10.28	N/A	9.16	<p>Let's step it up for Fall! For this challenge you need to complete 30 minutes of brisk walking six days a week for six weeks. To help you stay on track you can track your steps and challenge yourself by trying to do more each day! Those that complete the challenge will be able to pick prizes out at our Wellness Desk.</p>
SPRINT 8 CHALLENGE	18+	\$15	*THIS FITNESS CHALLENGE IS FOR MEMBERS ONLY	11.1 - 12.13	WELLNESS CENTER	10.26	<p>Sprint 8 is so much more than a basic HIIT workout. When you use the Sprint 8 training program on our Matrix equipment, people of all shapes and sizes can hit the ground running from the start. Preprogrammed for beginner, intermediate, advanced or elite athletes, the short HIIT workout allows you to enter your age, weight and desired level of intensity, and the equipment will automatically change speed and elevation or resistance during the workout as it moves through your sprint and recovery intervals. Connect with our Sprint 8 team to choose your Sprint 8 program and weigh in prior to the start of the challenge and then you may sign up for a final weigh in at the end. Each participant in the challenge needs to complete three Sprint 8 workouts per week for six weeks to earn a Challenge T-Shirt.</p>

MOMS ON THE MOVE

MOMS ON THE MOVE is partnered with Parkview Hospital. Join our certified Oh Baby Fitness instructors and personal trainers for classes within the Parkview Center for Healthy Living. During our six week session, our prenatal and postnatal mothers will also receive nutrition information from registered dietitians through Parkview Hospital in both printed form, through Facebook Live, and in person. A nutritional care package will be distributed at the end of the program to all moms new to the program. The Monday evening class will rotate between cardio, barre, and strength if you register for two classes per session, your second class is 1/2 off. Scholarships are available, contact Tracy Frick at tfrick@kcymca.org for more information.

CHALLENGE	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	DATE	LOCATION	REGISTRATION DEADLINE	MONDAY	WEDNESDAY	FRIDAY
MOMS ON THE MOVE PM	18+	\$40	\$20	9.19 - 10.28	PARKVIEW CENTER FOR HEALTHY LIVING	9.17	5:30 PM-6:30 PM		
MOMS ON THE MOVE CARDIO/STRENGTH	18+	\$40	\$20	9.19 - 10.28	PARKVIEW CENTER FOR HEALTHY LIVING	9.17	9:30 AM-11:00 AM		
MOMS ON THE MOVE BARRE	18+	\$40	\$20	9.19 - 10.28	PARKVIEW CENTER FOR HEALTHY LIVING	9.17		9:30 AM-11:00 AM	
MOMS ON THE MOVE PM	18+	\$40	\$20	10.31 - 12.16	PARKVIEW CENTER FOR HEALTHY LIVING	10.29	5:30 PM-6:30 PM		
MOMS ON THE MOVE CARDIO	18+	\$40	\$20	10.31 - 12.16	PARKVIEW CENTER FOR HEALTHY LIVING	10.29		9:30 AM-11:00 AM	
MOMS ON THE MOVE BARRE/STRENGTH	18+	\$40	\$20	10.31 - 12.16	PARKVIEW CENTER FOR HEALTHY LIVING	10.29			9:30 AM-11:00 AM

FREE A1C SCREENS

Through a generous grant from the Parkview Foundation, the Y is able to provide free A1C screenings to detect prediabetes. No fasting required. Open to the community, registration reserves you a time and a test. You can register online or at our Welcome Desk.

AM SCREENINGS

- TIME | 11:45 AM-1:00 PM
- DATES | 9.16, 10.14
- LOCATION | PARKVIEW CENTER FOR HEALTHY LIVING

PM SCREENINGS

- TIME | 5:45 PM-7:00 PM
- DATES | 9.13, 10.11
- LOCATION | PARKVIEW CENTER FOR HEALTHY LIVING

DIABETES PREVENTION PROGRAM

To reduce your risk for type 2 diabetes, this program gives you the skills and support needed to make healthy lifestyle changes. Led by a certified Y Lifestyle Coach, this year long program is designed

to help you trade old habits for healthier new ones, increase your physical activity and lose a modest amount of weight. Lose weight, boost your energy, reduce your risk for Type 2 diabetes and improve your health for life! Registration is online and for further questions, please contact Tracy Frick at tfrick@kcymca.org.

AM CLASS

- TIME | MONDAYS FROM 11:45 AM-12:45 PM
- START DATE | 9.26
- REGISTRATION DEADLINE | 9.23
- LOCATION | MULTI-PURPOSE ROOM 1, OR PARKVIEW CENTER FOR HEALTHY LIVING
- PRICE | \$199

PM CLASS

- TIME | WEDNESDAYS FROM 5:30 PM-6:30 PM
- START DATE | 9.28
- REGISTRATION DEADLINE | 9.23
- LOCATION | MULTI-PURPOSE ROOM 1, OR PARKVIEW CENTER FOR HEALTHY LIVING
- PRICE | \$199

BLOOD PRESSURE SELF MONITORING PROGRAM

To combat the growing number of people suffering from high blood pressure the Parkview Warsaw YMCA has created the Blood Pressure Self Monitoring Program. During this 4-month program participants will be partnered with a trained healthy heart ambassador for personal, bi-weekly consultations on taking their own blood pressure and will meet monthly as a group to learn how modifying their nutrition and physical activity can significantly reduce their blood pressure. Each participant will be able to track their progress and celebrate their improvement. To sign up for the Blood Pressure Self Monitoring Program please attend one of our free kick-off events.

ABOUT THE PROGRAM | In this life-changing 4-month program, you will meet with a trained YMCA staff member bi-weekly, receive weekly email or phone call checkups, and meet as a group once a month for Nutrition Seminars. These meetings and seminars will work to assure that you are tracking, logging, and recording your blood pressure correctly and help you to learn how modifying your nutrition and physical activity can significantly reduce your blood pressure.

COST | \$50 for YMCA and Community Members who need a blood pressure monitor. \$35 for YMCA members and Community Members who own a blood pressure monitor already.



BLOOD PRESSURE SELF MONITORING KICK OFF EVENTS

Join us for a free Blood Pressure Self Monitoring Program Kick-Off Event! These free events are centered around buying, preparing, eating heart-healthy foods, and allow individuals to sign up for the YMCA's Blood Pressure Self Monitoring Program. For our evening events light appetizers will be provided and for our lunch events lunch will be offered. Registration is required.

BLOOD PRESSURE SELF MONITORING HEART HEALTHY NUTRITION SEMINARS

Our Heart Healthy Nutrition Seminars are part of our Blood Pressure Self Monitoring and Diabetes Prevention programs. Just like our kick-off event, you will learn about ways to manage your high blood pressure through diet and exercise. Participants must preregister to receive their free heart healthy meal. You may attend one seminar for free before enrolling in our program.

PARKVIEW WARSAW YMCA NUTRITION SEMINARS

- 8.30 | 6:30 PM-8:00 PM
- 9.27 | 6:30 PM-8:00 PM
- 10.25 | 6:30 PM-8:00 PM
- 11.29 | 6:30 PM-8:00 PM

NORTH WEBSTER YMCA NUTRITION SEMINARS

- 8.30 | 4:30 PM-6:00 PM
- 9.27 | 4:30 PM-6:00 PM
- 10.25 | 4:30 PM-6:00 PM
- 11.29 | 4:30 PM-6:00 PM

LIVESTRONG® AT THE YMCA

CANCER IS A LIFE CHANGING DISEASE THAT TAKES A TREMENDOUS PHYSICAL AND EMOTIONAL TOLL ON THOSE AFFECTED that's why the YMCA and The LIVESTRONG® Foundation joined together to create LIVESTRONG® at the YMCA! This free program is designed to help anyone 18 and older who is living with, through, or beyond cancer reclaim their total health.

Participants work with YMCA staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not just the disease, LIVESTRONG® at The YMCA is helping people move beyond cancer in spirit, mind and body.

LIVESTRONG® PROGRAM DETAILS

- Free to anyone in the community who is 18 years or older living with, through or beyond cancer.
- The program comes with a free 12 month membership to the YMCA.
- Participants will attend 2 classes a week for 12 weeks. After that
- Exercises are individualized and focus on cardiovascular conditioning, strength training, balance and flexibility.
- To learn more about LIVESTRONG® at the YMCA, visit our website or contact Susan Potter at spotter@kcymca.org.
- Registration is ongoing.

UPCOMING LIVESTRONG® CLASSES

CLASS #44

- DATES | 8.30 - 11.17
- TIME | TUESDAYS AND THURSDAYS FROM 10:30 AM-12:00 PM
- PRICE | FREE

CLASS #45

- DATES | 9.20 - 12.8
- TIME | TUESDAYS AND THURSDAYS FROM 6:30 PM-8:00 PM
- PRICE | FREE



CELEBRATING SURVIVORSHIP:

To support those in our community going through cancer and their caregivers, the Y is hosting Celebrating Survivorship, a volunteer led cancer support group meeting on the 2nd Monday of each month from 11:30-12:30 PM in the Parkview Center for Healthy Living inside the YMCA. Registration is required for in-person attendance. A free lunch will be provided. For more information contact Susan Potter at spotter@kcymca.org.

UPCOMING MEETINGS

- 9.12 | 11:30 AM-12:30 PM | WHAT'S NEW WITH BREAST CANCER
- 10.10 | 11:30 AM-12:30 PM | LUNG CANCER AND THE RADON CONNECTION
- 11.14 | 11:30 AM-12:30 PM | SELF CARE WITH PARKVIEW

YOUTH PROGRAMS

FALL 1 | SEPTEMBER 6TH - OCTOBER 30TH

YMCA MEMBER EARLY REGISTRATION | AUGUST 22ND

NON-MEMBER REGISTRATION | AUGUST 29TH

FALL 2 | OCTOBER 31ST - DECEMBER 23RD

YMCA MEMBER EARLY REGISTRATION | OCTOBER 17TH

NON-MEMBER REGISTRATION | OCTOBER 24TH

CLASS	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	LOCATION	MONDAY	TUESDAY	THURSDAY
PERFORMING ARTS TROUPE	13+	\$72	\$36	MULTI-PURPOSE ROOM 2		6:00 PM-7:00 PM	
YOUTH PERFORMING ARTS TROUPE	8-12	\$72	\$36	MULTI-PURPOSE ROOM 2			6:00 PM-7:00 PM
CRAFT CLUB	8*	\$50	\$25	MULTI-PURPOSE ROOM 2	6:15 PM-7:00 PM		

YOUTH PROGRAMS

PERFORMING ARTS AND YOUTH PERFORMING ARTS TROUPE

| Do you like to perform, dance, do improve, make music, create, express yourself and have fun? Join the YMCA Performing Arts Troupe The Explorers as we explore different performance styles and begin the creation of our own original pieces of work. (If you need inclusive supports to participate please contact apetre@kcymca.org)

CRAFT CLUB | Come and craft with us! Do you like doing projects? Exploring new types of activities? Join our craft club as we do different projects each week and explore the world of crafting. (If your or your child need inclusive supports to participate please contact apetre@kcymca.org)



INCLUSIVE PROGRAMS

FALL 1 | SEPTEMBER 6TH - OCTOBER 30TH

YMCA MEMBER EARLY REGISTRATION | AUGUST 22ND

NON-MEMBER REGISTRATION | AUGUST 29TH

FALL 2 | OCTOBER 31ST - DECEMBER 23RD

YMCA MEMBER EARLY REGISTRATION | OCTOBER 17TH

NON-MEMBER REGISTRATION | OCTOBER 24TH

INCLUSIVE PROGRAMS

CLASS	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	LOCATION	TUESDAY	THURSDAY	FRIDAY	SATURDAY
SENSORY OPEN SWIM	ALL AGES	\$2 PER VISIT	FREE	WARM WATER POOL		9:30 AM-10:15 AM	4:00 PM-5:00 PM	12:10 PM-1:00 PM
ADAPTIVE 1 ON 1 SWIM LESSONS	ALL AGES			LESSON TIMES ARE SCHEDULED WITH THE INSTRUCTOR FOUR 30 MIN. LESSONS Members \$60 Program Members: \$88 SEVEN 30 MIN. LESSONS Members \$104 Program Members \$152				
MUSCLE UP	12+	\$62	\$31	FITNESS CENTER	6:00 PM-7:00 PM	6:00 PM-7:00 PM		

INCLUSIVE SPECIAL EVENTS

EVENT	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	DATE	TIME/LOCATION	DESCRIPTION
TACO AND GAME NIGHT	13+	\$20	\$15	10.7	6:00 PM-8:00 PM IN THE MULTI-PURPOSE ROOMS	Do you love games? Board games? Card games? Oversized games? Any kind of game? Then bring your friends and join us for a fun night of games, dinner, and snacks at the Y!
PIZZA AND MOVIE NIGHT	13+	\$20	\$15	11.18	6:00 PM-8:00 PM IN THE MULTI-PURPOSE ROOMS	Come hang out with your friends and Y staff for a movie night at the Y! Join us for a make your own pizza dinner and a movie!

INCLUSIVE PROGRAMS

SENSORY OPEN SWIM | Use this time in the Warm Water pool to enjoy the pool with fewer distractions, lower noise and a less crowded environment. Includes a caregiver if needed

ADAPTIVE 1 ON 1 SWIM LESSONS | Individualized instruction tailored to meet the needs and abilities of each participant. Using one-on-one techniques to create a safe and nurturing water experience for the student, the lessons will be formatted to meet each individual's needs and abilities, working on things such as water safety, basic swim skills and general recreational water activity. Assessment will be done and goals will be determined by the instructor and individual/family. Lesson times will be

scheduled with the instructor in order to find a time that works best for each person. Lessons can be requested by filling out the Adaptive Swim Lesson request form at the Y's Welcome Center or by contacting Anne Petre apetre@kcymca.org

MUSCLE UP | Looking for a way to meet people, learn about health and get in a workout? This adaptive health and fitness class is designed for individuals with special needs. Build strength, increase flexibility and tone your muscles! This program will offer an introduction to cardio and strength machines, personalized coaching, individualized assistance, and group accountability.

INCLUSIVE OPPORTUNITIES FOR YMCA MEMBERS

ADAPTIVE FITNESS ORIENTATION (AGE 8 AND UP) | For those with any disability looking to get more active and fit by learning to use Wellness Center equipment and developing a workout plan. Includes a caregiver if needed. By appointment, please sign up at the Wellness Desk.

- Y Members: Free





MEMBERSHIP RATES

MEMBERSHIP BENEFITS

- Access to both the Parkview Warsaw YMCA and North Webster YMCA branches
- Free child watch for children ages 6 weeks - 14 years old
- Early registration and discounts on programs
- Free group exercise classes
- Personal Training
- And so much more

MEMBERSHIP TYPE	MONTHLY	NO JOINERS FEE!
FAMILY HOUSEHOLD Two adults and dependent children under 19 or full-time college students through age 25 living in the same household.	\$68	\$0
ONE PARENT FAMILY HOUSEHOLD One adult and dependent children under 19 or full-time college students through age 25 living in the same household.	\$51	\$0
TWO ADULT HOUSEHOLD Two adults living in the same household.	\$59	\$0
SENIOR FAMILY HOUSEHOLD Two adults living in the same household; both must be 60 or older; membership may include dependent children under 19 or full-time college students through age 25 living in the same household.	\$51	\$0
ADULT Individuals ages 26-59.	\$43	\$0
SENIOR Individuals age 60 or older.	\$35	\$0
YOUNG ADULT Individuals ages 19-25.	\$31	\$0
YOUTH Children age 18 and under.	\$20	\$0
2 YOUTH Two children living in the same household age 18 and under.	\$40	\$0
ADDITIONAL MEMBERS (ADULT) You may add additional members residing in your household for an extra fee. <i>*Available on Family, Two Adult Household and Senior Family memberships only</i>	\$20	\$0
ADDITIONAL MEMBERS (2 ADULTS) You may add additional members residing in your household for an extra fee. <i>*Available on Family, Two Adult Household and Senior Family memberships only</i>	\$40	\$0
ADDITIONAL MEMBERS (1 ADULT AND ELIGIBLE CHILDREN) You may add additional members residing in your household for an extra fee. <i>*Available on Family, Two Adult Household and Senior Family memberships only</i>	\$30	\$0
ADDITIONAL MEMBERS (2 ADULTS AND ELIGIBLE CHILDREN) You may add additional members residing in your household for an extra fee. <i>*Available on Family, Two Adult Household and Senior Family memberships only</i>	\$50	\$0



PARKVIEW WARSAW YMCA