



# SOMETHING FOR EVERYONE

2020 FALL CATALOG



**PARKVIEW WARSAW YMCA HOURS**

MON - FRI | 5AM - 9PM  
SAT | 7AM - 4PM  
SUN | CLOSED

**NORTH WEBSTER YMCA HOURS**

MON - FRI | 5AM - 1PM & 4PM - 8PM  
SAT | 8AM - 12PM  
SUN | CLOSED

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# FALL HAPPENINGS AT THE PARKVIEW WARSAW YMCA

## SCHOOL CARE PROGRAMS ARE BETTER THAN EVER (PAGE 3)

This school year the YMCA has worked hard to create a series of School Care programs that will have you and your family covered for whatever this school year brings.

The YMCA's School Care programs include Kids' Club Before and After School Care, E-Learning Day Camps, School Break Camps, Snow Day, and School Cancellation Day Camps. With each program, The Y is committed to providing low staff to student ratios, backup tablets for e-learning, and a safe setting to learn and play that will help assure that children have the attention and resources they need to continue succeeding at a high level.

### MORE INFORMATION ON PAGE 3

## EARLY LEARNING PRE-SCHOOL IS BACK! (PAGE 3)

To continue to meet the needs of our community and to lead in the development of a future generation of Kosciusko County residents, the Parkview Warsaw YMCA is again offering its Early Learning Pre-School Program! This amazing program is available to both YMCA Members and the community and is focused on building foundations in language arts, mathematics, social-emotional skills, play, science, social studies, creative arts, and your child's growth and physical health.

### MORE INFORMATION ON PAGE 3

## CHECK OUT CHILDWATCH (CHILDREN 6 WEEKS - 6 YEARS OLD)

The Y offers babysitting services for Y Members at the Parkview Warsaw YMCA while they work out in our facility for up to two hours. In Child Watch, each day holds a special activity time focused on crafts, storytime, music with scarves and dance, singing, hopscotch activities or the parachute. Child Watch is free for those with a Family, One Parent Family, or Senior Family Membership or if the child has a Youth Membership

### CHILD WATCH HOURS

- MON - SAT | 8:30 AM-12:00 PM
- MON - SAT | 4:00 PM-7:00 PM
- FRI | 4:00 PM-7:00 PM

## MULTI-GENERATIONAL ROOM OUT CHILDWATCH (CHILDREN 6 WEEKS - 6 YEARS OLD)

Every day after school, during the weekend, and throughout the summer, the Multi-Generational Room provides a safe, nurturing place to play board games, play games safely on the iPad, make crafts and more. Here, young people learn the core values of caring, honesty, respect, and responsibility. In the Multi-Generational Room, children can play Foosball, play the Nintendo Wii and go to the gym. Children must be at least 5 years of age and be Y Members. All children under 12 must be signed in by an adult over the age of 18 and must remain in the Multi-Generational Room until the parent signs them out. A parent must be in the building for children under 12.

### MULTI-GENERATIONAL ROOM HOURS

- MON - THU | 4:00 PM-7:00 PM
- FRI | 4:00 PM-7:00 PM
- SAT | 8:30 AM-12:00 PM

## CHEER AT THE YMCA

The YMCA's Warsaw Legacy Elite Cheer Team offers athletes 5-18 years old the chance to participate in one of the fastest growing sports in America. Participants will learn a competitive cheer routine, which includes tumbling, jumping, stunting, and dance. With no previous experience needed and no tumbling requirements to join the Warsaw Legacy Elite Team, this program emphasizes fun, skill acquisition, and teamwork. To participate in Cheer, please preregister using the link below and attend one of the following evaluation dates. (Evaluations help our cheer coaches place athletes on the appropriate team)

### EVALUATION DATES:

- AUGUST 19TH | 5:30-6:30 PM | AGES 5 - 11
- AUGUST 19TH | 6:45-7:45 PM | AGES 12 -18
- AUGUST 23RD | 1:00-2:30 PM | AGES 5 - 11
- AUGUST 23RD | 3:00- 4:30 PM | AGES 12 - 18

**REGISTER FOR CHEER ONLINE AT [WWW.KCYMCA.ORG](http://WWW.KCYMCA.ORG)**

**NEW GROUP FITNESS CLASSES | FREE WITH YMCA MEMBERSHIP BARRE BLAST** | Combine dance inspired barre work and light weights to sculpt lean muscle and strengthen your core in 30 minutes.

**DANCE FIT** | The hottest radio songs and Latin rhythms combined to bring you a fast paced and fun, freestyle dance class and a calorie incinerating workout.

**MIXED LEVEL YOGA** | Perfect for those new to yoga or the yogi that is ready for a

little more challenge. Plenty of instruction will be given for a class that is balanced in strengthening and stretching. Participants must be comfortable down on their hands and knees in class and getting up and down from the floor

## SMALL GROUP TRAINING

**Saturday, August 15th** there will be a free Small Group Training Demo Day! Members can sign up for free at the Welcome Desk. Spaces are limited so sign up today!

Small Group Training gives you the experience and attention of working with a personal trainer, but it's easier on your wallet, AND you get to enjoy the encouraging and engaging experience of working out with others!

## YOUTH OUTDOOR SOCCER REGISTRATION ENDING SOON (PAGES 9-10)

The YMCA's Youth Outdoor Soccer program introduces children ages 3-10 to the FUN-damentals of soccer. Soccer is a fast-paced game that teaches players great ball control and footwork

## YOUTH BASKETBALL (PAGES 9-10)

The YMCA Youth Basketball League is a co-ed league. Volunteer coaches lead children through practices focusing on the fundamentals of dribbling, shooting, passing, and defense. The YMCA's Youth Basketball league is a developmental league, meaning that the emphasis will be placed on learning and having fun, rather than winning or losing.

## HOMESCHOOL HAPPENINGS THE YMCA (PAGES 1-2)

The YMCA is the perfect place for your homeschoolers to engage in physical exercise, learn about nutrition, and develop relationships with their peers. Our home school programing is your solution. Our new programs include health classes and swimming lessons, with more programs to be added in the future. Programs are made available at times most convenient for homeschoolers.

## YOUTH SPORTS CLINICS (PAGES 9-10)

**VOLLEYBALL CLINIC** | For any skill level. In this 3 day clinic, participants will work on passing, hitting, and serving. Kids will learn the rules and gain a basic understanding of volleyball. This clinic is great for those who want to improve their skills or learn more about volleyball.

**BASKETBALL CLINIC** | Coaches will focus on introducing the rules of the game and help players learn the fundamentals such as passing, dribbling and shooting. Participants will further skill development and gain confidence by engaging in friendly competition.

**MORE INFORMATION ON PAGES 9-10**

# HOMESCHOOL HAPPENINGS FALL 1

FALL 1 | SEPTEMBER 7TH - OCTOBER 25TH

(YM) YMCA MEMBER SIGN UP | AUGUST 17TH

(CM) COMMUNITY MEMBER SIGN UP | AUGUST 24TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOMESCHOOL GROUP SWIM LESSONS</b>									
STAGE 1 W/ CAREGIVER	2-3 YEARS OLD	\$22	\$47	WARM WATER POOL		10:55-11:25 AM			11:30-12:00 PM
STAGE 2 W/ CAREGIVER	AGES 3 AND UP	\$22	\$47	WARM WATER POOL		11:35-12:05 PM			12:10-12:40 PM
STAGE 3 W/ CAREGIVER	3 - 8 YEARS OLD	\$22	\$47	WARM WATER POOL		12:15-12:45 PM			12:50-1:20 PM
STAGE 4	RECOMMENDED 6-15 YEARS OLD	\$26	\$55	LAP POOL		10:15-11:00 AM			11:45-12:30 PM
STAGE 5	RECOMMENDED 6-15 YEARS OLD	\$26	\$55	LAP POOL		11:15-12:00 PM			12:45-1:30 PM
STAGE 6	RECOMMENDED 6-15 YEARS OLD	\$26	\$55	LAP POOL		12:15-1:00 PM			
SWIM ACADEMY	RECOMMENDED BY INSTRUCTOR	\$31	\$63	LAP POOL		9:00-10:00 AM			
TEEN BEGINNER LESSONS	AGES 10 AND UP	\$22	\$47	LAP POOL					11:00-11:30 AM

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOMESCHOOL FITNESS</b>									
HEALTHY KIDS	5 - 8 YEARS OLD	\$18	\$39	PROGRAM ROOM 3		9:00 - 9:30 AM			10:00 - 10:30 AM
HEALTHY KIDS	9 - 12 YEARS OLD	\$18	\$39	PROGRAM ROOM 3		9:45 - 10:15 AM			10:45 - 11:15 AM

## HOMESCHOOL SWIM DESCRIPTIONS

### GROUP SWIM LESSONS

**COMBINED STAGE A/B |** Caregivers accompany children in this stage. This class introduces infants and toddlers to the aquatic environment through exploration and also encourages them to enjoy themselves while learning about the water with a trusted adult. Children will be introduced to floating, blowing bubbles,

and fundamental water safety and aquatic skills.

**STAGE 1 |** Caregivers accompany children in this stage. With the support of the caregiver, students will develop comfort with the underwater exploration and learn to safely exit in the event of falling into a body of water. This stage is intended for those with little to no lessons experience

other than the parent-child classes and those with little comfort in the water.

**STAGE 2 |** Caregivers accompany children in this stage. Students will 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. This class is intended for those who have COMPLETED STAGE 1 or having completed at least 2 years of organized

lessons other than parent-child classes. Student must have a visible level of comfort in the water while being assisted.

**STAGE 3 (WARM WATER) |** Caregivers accompany children in this stage. Students will learn how to swim longer distances. This stage also introduces rhythmic breathing and integrated arm and leg action. This class is intended for those who have COMPLETED STAGE 2 or have at least 3 years of organized lessons other than parent-child classes. Student must have a visible level of comfort in the water while being assisted.

**STAGE 4 |** Students in this stage develop stroke technique in front crawl, backstroke, and breaststroke. They will begin to learn the butterfly kick and how to dive from the wall at the 9 foot level. Water safety is reinforced through treading water and elementary back stroke. This class will incorporate swimming lengths of the pool to build on endurance levels. This class is intended for those who have COMPLETED STAGE 3 and have FULL independence in any depth of water unassisted with proper freestyle stroke technique.

**STAGE 5 |** Students in this stage will work on stroke technique and learn all major competitive strokes. This stage will incorporate learning how to dive from the diving blocks. Emphasis on water safety continues through treading water and sidestroke. This class is intended for those who have COMPLETED STAGE 4.

### **SWIM ACADEMY**

**SWIM ACADEMY |** Building off all levels of lessons, swimmers in the Youth Swim Academy will continue to strengthen their endurance and stamina while introducing swim team techniques for flip turns,

diving blocks, individual and team medley swimming. Students will be prepared for competitive swim team in this class.

### **TEEN SWIM LESSONS**

**BEGINNER |** Participants in this stage learn basic swim and safety skills to create comfort in and around water while introducing swimming as a fun activity.

## **HOMESCHOOL FITNESS PROGRAM DESCRIPTIONS**

**HOMESCHOOL HEALTHY KIDS (5-8 YEARS OLD) |** Have your homeschooler join us at the YMCA for a health class elective! Your child will learn about the importance of nutrition and fitness with some fun activities that will center around healthy eating and functional movement.

**HOMESCHOOL HEALTHY KIDS (9-12 YEARS OLD) |** Have your homeschooler join us at the YMCA for a health class elective! Your child will learn about the importance of nutrition and fitness with some fun activities mixed in. Each class your child will explore different muscle groups in the body and engage in some functional movement activities.



# YMCA SCHOOL CARE PROGRAMS

## ALWAYS BE LEARNING

The 2020-2021 school year is right around the corner and with it comes a lot of changes and uncertainty. In response, the YMCA has been hard at work this summer improving and creating a series of School Care programs that will have you and your family covered for whatever this school year brings.

The YMCA's 2020-2021 School Care programs include Kids' Club Before and After School Care, E-Learning Day Camps, School Break Camps, Snow Day, and School Cancellation Day Camps. With each program, The Y will provide low staff to student ratios, backup tablets for e-learning, and a safe setting to learn and play that will help assure that children have the attention and resources they need to continue succeeding at a high level.

**BEFORE AND AFTER SCHOOL CARE** | In general, each program site opens as early as 6:00 AM and closes no later than 6:00 PM. For the full list of program sites and the times please visit [www.kcymca.org](http://www.kcymca.org) or scan the qr code. Kids' Club is for children entering Kindergarten through 6th grade. Our Claypool, Mentone, and Pierceton locations we will be providing additional care for children ages 3 to 5 years before school. There will also be care provided for children ages 3 to 5 after preschool at Pierceton. Preschool children must be potty trained.

**E-LEARNING DAY CAMPS, SCHOOL BREAK CAMPS, SNOW DAY CAMPS, AND SCHOOL CANCELLATION CAMPS** | Each program is held at the Parkview

Warsaw YMCA and will be open from 6:00 a.m. to 6:00 p.m. Drop off and pick up will not be available before opening or after closing times. These programs are for children entering Kindergarten through 6th grade and provide children a safe and fun environment to learn, play, and make new friends when school is not in session.



**REGISTERING IS EASIER THAN EVER! YOU CAN REGISTER FOR ANY COMBINATION OF SCHOOL CARE PROGRAMS WITH JUST ONE FORM! YOU CAN GET MORE**

**INFORMATION OR REGISTER BY SCANNING THE QR CODE, GOING TO [WWW.KCYMCA.ORG](http://WWW.KCYMCA.ORG), OR BY VISITING THE PARKVIEW WARSAW YMCA WELCOME CENTER.**

## YMCA EARLY LEARNING PRE-SCHOOL

### ALWAYS BE LEARNING

Did you know that 90% of your child's brain development occurs before the age of five? That means your child's brain develops more quickly from birth to five than it ever will again. These early years are the best opportunities for a child's brain to develop the connections needed for a healthy, capable, successful adulthood and help your children understand life skills such as motivation, self-regulation, problem-solving, and communication skills.

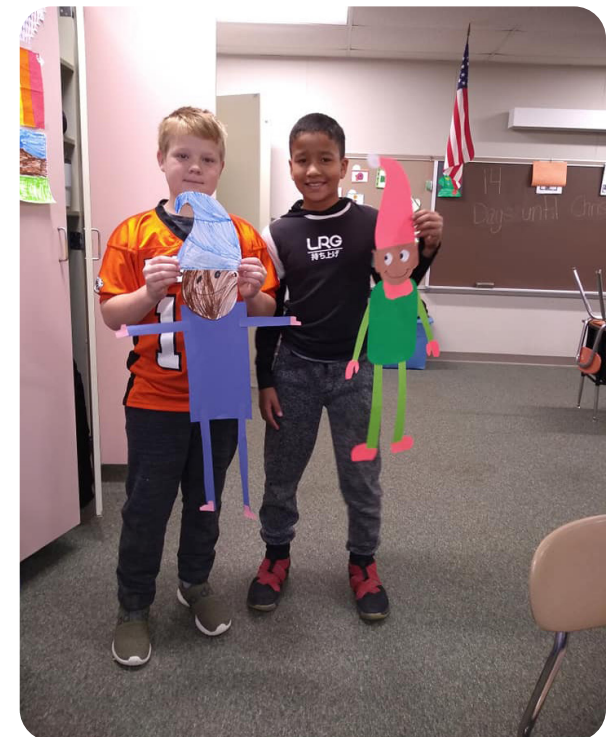
To meet the needs of our community and to lead in the development of a future

generation of Kosciusko County residents, the Parkview Warsaw YMCA is thrilled to announce the Early Learning Pre-School Program! This amazing program is available to both YMCA Members and the community and is focused on building foundations in language arts, mathematics, social-emotional skills, play, science, social studies, creative arts, and your child's growth and physical health.



**YOU CAN GET MORE INFORMATION OR REGISTER BY SCANNING THE QR CODE, BY GOING TO [WWW.KCYMCA.ORG](http://WWW.KCYMCA.ORG), OR BY VISITING THE PARKVIEW WARSAW YMCA**

**WELCOME CENTER.**



## SWIM LESSONS FALL 1

FALL 1 | SEPTEMBER 7TH - OCTOBER 25TH

(YM) YMCA MEMBER SIGN UP | AUGUST 17TH

(CM) COMMUNITY MEMBER SIGN UP | AUGUST 24TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>GROUP SWIM LESSONS</b>									
COMBINED STAGE A/B W/ CAREGIVER	6 MONTHS - 3 YEARS OLD	\$28	\$59	WARM WATER POOL		5:00-5:30 PM 10:15-10:45 AM		5:40-6:10 PM	11:00-11:30 AM
COMBINED STAGE A/B IN SPANISH W/ CAREGIVER	6 MONTHS - 3 YEARS OLD	\$28	\$59	WARM WATER POOL					9:00 - 9:30 AM
STAGE 1 W/ CAREGIVER	ALL AGES 3 AND UP	\$28	\$59	WARM WATER POOL	5:00-5:30 PM	5:40-6:10 PM	6:10-6:40 PM		11:40-12:10 PM
STAGE 2 W/ CAREGIVER	ALL AGES 3 AND UP	\$28	\$59	WARM WATER POOL	6:20-6:50 PM			5:00-5:30 PM	10:20 - 10:50 AM
STAGE 3 W/ CAREGIVER	3 - 8 YEARS OLD	\$28	\$59	WARM WATER POOL	5:40-6:10 PM	6:20-6:50 PM		6:20-6:50 PM	9:40 - 10:10 AM
STAGE 4	RECOMMENDED 6 - 15 YEARS OLD	\$33	\$69	LAP POOL	6:15-7:00 PM	5:00-5:45 PM			11:00-11:45 AM
STAGE 5	RECOMMENDED 6 - 15 YEARS OLD	\$33	\$69	LAP POOL			6:00-6:45 PM		10:00-10:45 AM
STAGE 6	RECOMMENDED 6 - 15 YEARS OLD	\$33	\$69	LAP POOL		6:00-6:45 PM			9:00-9:45 AM
SWIM ACADEMY	RECOMMENDED BY INSTRUCTOR	\$38	\$79	LAP POOL		5:00-6:00 PM			7:45 -8:45 AM
CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY

## TEEN AND ADULT SWIM LESSONS

BEGINNER	13 YEARS +	\$28	\$59	LAP POOL	5:15-5:45 PM				
INTERMEDIATE	13 YEARS +	\$33	\$69	LAP POOL		6:15-7:00 PM			
ADVANCED	13 YEARS +	\$33	\$69	LAP POOL					7:45-8:45 AM

## SWIM DESCRIPTIONS GROUP SWIM LESSONS

**COMBINED STAGE A/B** | Caregivers accompany children in this stage. This class introduces infants and toddlers to the aquatic environment through

exploration and also encourages them to enjoy themselves while learning about the water with a trusted adult. Children will be introduced to floating, blowing bubbles, and fundamental water safety and aquatic skills.

**COMBINED STAGE A/B IN SPANISH** | Caregivers accompany children in this stage. This class introduces infants and toddlers to the aquatic environment through exploration and also encourages them to enjoy themselves while learning about the water with a trusted adult.

Children will be introduced to floating, blowing bubbles, and fundamental water safety and aquatic skills. **EVERYTHING WILL BE TAUGHT IN SPANISH.**

**STAGE 1 |** Caregivers accompany children in this stage. With the support of the caregiver, students will develop comfort with the underwater exploration and learn to safely exit in the event of falling into a body of water. This stage is intended for those with little to no lessons experience other than the parent-child classes and those with little comfort in the water.

**STAGE 2 |** Caregivers accompany children in this stage. Students will 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. This class is intended for those who have COMPLETED STAGE 1 or having completed at least 2 years of organized lessons other than parent-child classes. Student must have a visible level of comfort in the water while being assisted.

**STAGE 3 |** Caregivers accompany children in this stage. Students will learn how to swim longer distances. This stage also introduces rhythmic breathing and integrated arm and leg action. This class is intended for those who have COMPLETED STAGE 2 or have at least 3 years of organized lessons other than parent-child classes. Student must have a visible level of comfort in the water while being assisted.

**STAGE 4 |** Students in this stage develop stroke technique in front crawl, backstroke, and breaststroke. They will begin to learn the butterfly kick and how to dive from the wall at the 9 foot level. Water safety

is reinforced through treading water and elementary back stroke. This class will incorporate swimming lengths of the pool to build on endurance levels. This class is intended for those who have COMPLETED STAGE 3 and have FULL independence in any depth of water unassisted with proper freestyle stroke technique.

**STAGE 5 |** Students in this stage will work on stroke technique and learn all major competitive strokes. This stage will incorporate learning how to dive from the diving blocks. Emphasis on water safety continues through treading water and sidestroke. This class is intended for those who have COMPLETED STAGE 4.

## SWIM ACADEMY

**SWIM ACADEMY |** Building off all levels of lessons, swimmers in the Youth Swim Academy will continue to strengthen their endurance and stamina while introducing swim team techniques for flip turns, diving blocks, individual and team medley swimming. Students will be prepared for competitive swim team in this class.

## TEEN AND ADULT SWIM LESSONS

### BEGINNER TEEN AND ADULT |

Participants in this stage learn basic swim and safety skills to create comfort in and around water while introducing swimming as a fun activity.

### INTERMEDIATE TEEN AND ADULT |

Participants in this stage develop stroke technique in front crawl and back crawl and discover how to incorporate swimming into a healthy lifestyle.

### ADVANCED TEEN AND ADULT |

Participants will prepare for triathlon swimming as well as perfect stroke techniques. Must be proficient in front crawl and backstroke.

## PRIVATE LESSONS

We may require a caregiver to accompany children who are unable to swim independently. Available for ages 3 to 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. Private is for one person. Semi-Private is up to 3 people that request together. The Y will not pair with out participants. Pricing is per person.

### 4 PRIVATE SWIM LESSONS

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

### 4 SEMI-PRIVATE LESSONS FOR 2

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

### 4 SEMI-PRIVATE LESSONS FOR 3

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

### 7 PRIVATE SWIM LESSONS

- \$130 | MEMBER
- \$190 | COMMUNITY MEMBER





### 7 SEMI-PRIVATE LESSONS FOR 2

- \$98 | MEMBER
- \$143 | COMMUNITY MEMBER

### 7 SEMI-PRIVATE LESSONS FOR 3

- \$66 | MEMBER
- \$96 | COMMUNITY MEMBER

Private lessons are also available for those with special needs. Request a private lesson at the Welcome Center.

*\*The number of participants in each class is determined by registration for the class but will fall inside the ratio range. When a new instructor is training, more than one instructor might be present for the lesson. Classes with under 3 participants will be canceled and those participants will be moved to another class or receive a refund. Registration will take place as one class and children will be divided by age to their assigned instructor.*

*The YMCA's Youth Swim Program is designed so that the average student will spend approximately 12 months at each level. We ask that you reinforce the skills learned in classes at our open swim hours two to three times a week.*



## GYMNASTICS FALL 1

PROGRAM DATES | SEPTEMBER 7TH - OCTOBER 25TH

(YM) YMCA MEMBER SIGN UP | AUGUST 17TH

(CM) COMMUNITY MEMBER SIGN UP | AUGUST 24TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PRE-SCHOOL GYMNASTICS</b>									
BABY BEARS	WALKING - 3 YEARS OLD	\$23	\$49	YMCA GYM 2		6:30 - 7:00 PM	5:30 - 6:00 PM		
LITTLE BEARS 1	3 - 4 YEARS OLD	\$28	\$59	YMCA GYM 2		5:30 - 6:15 PM	6:15 - 7:00 PM		
LITTLE BEARS 2	4 - 5 YEARS OLD OR 3 - 4 IF YOU HAVE TAKEN LITTLE BEARS 1	\$28	\$59	YMCA GYM 2		4:30 - 5:15 PM	7:15 - 8:00 PM		
SUPER BEARS	4 - 5 YEARS OLD OR 3 - 4 IF YOU HAVE TAKEN LITTLE BEARS 2	\$28	\$59	YMCA GYM 2			4:30 - 5:15 PM		
BEGINNER LEVEL 1	4 - 6 YEARS OLD	\$28	\$59	YMCA GYM 2		7:15 - 8:00 PM			

# GYMNASTICS FALL 1 CONTINUED

FALL 1 | SEPTEMBER 7TH - OCTOBER 25TH

(YM) YMCA MEMBER SIGN UP | AUGUST 17TH

(CM) COMMUNITY MEMBER SIGN UP | AUGUST 24TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
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## BOYS GYMNASTICS

BOYS 1	4 - 5 YEARS OLD	\$28	\$59	220 PARKER ST		4:30 - 5:15 PM			
BOYS 2	4 - 5 YEARS OLD	\$28	\$59	220 PARKER ST		5:30 - 6:15 PM			

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
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## TUMBLING LESSONS

BEGINNER	5 - 18 YEARS OLD	\$28	\$59	220 PARKER ST		4:30 - 5:15 PM			
INTERMEDIATE / ADVANCED	6 - 18 YEARS OLD	\$28	\$59	220 PARKER ST		5:30 - 6:15 PM			

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
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## YOUTH GYMNASTICS LESSONS

LEVEL 1	4 - 6 YEARS OLD	\$33	\$69	SEE TIMES	5:30 - 6:30 PM 220 PARKER ST		4:30 - 5:30 PM GYM 2 5:45 - 6:45 PM GYM 2	5:30 - 6:30 PM 220 PARKER ST	
LEVEL 1A	5 - 18 YEARS OLD	\$33	\$69	SEE TIMES	5:30 - 6:30 PM 220 PARKER ST		7:00 - 8:00 PM GYM 2	5:30 - 6:30 PM 220 PARKER ST	
LEVEL 2	5 - 18 YEARS OLD	\$33	\$69	SEE TIMES	4:45 - 5:45 PM 220 PARKER ST		5:45 - 6:45 PM GYM 2		
LEVEL 2A	5 - 18 YEARS OLD	\$33	\$69	SEE TIMES	4:45 - 5:45 PM 220 PARKER ST		7:00 - 8:00 PM GYM 2		
LEVEL 3	ANYONE PRE-TEAM OR TEAM LEVEL	\$38	\$75	SEE TIMES				4:30 - 5:45 PM 220 PARKER ST	

CLASS	AGES	YM	CM	LO	TIME	DATES
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## GYMNASTICS OPEN GYM

OPEN GYM	5 - 17 YEARS OLD	\$3	\$5	220 PARKER ST	SEPTEMBER 12TH   OCTOBER 10TH   NOVEMBER 14TH   DECEMBER 12TH	10:00-11:30 AM
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## GYMNASTICS DESCRIPTIONS

Through gymnastics, kids learn coordination, self confidence, and motor skills in addition to developing flexibility and balance. We offer gymnastics classes as soon as your child is walking, and they can progress through several levels -we

even offer a competitive Gymnastics Team. We also have classes just for boys or 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 4 to 5 years old. Intermediate level. Building on basic skills learned in previous level.

**SUPER BEARS** | Prerequisite: Little Bears 1 or 2 or 5 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.

## 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 pre-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.

## 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, round-offs, handstands.

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

## PRIVATE GYMNASTICS AND TUMBLING LESSONS

### 1 LESSON (LESSONS ARE 1 HOUR)

- 1 PERSON
  - ◇ \$35 - YMCA MEMBER
  - ◇ \$45 - COMMUNITY MEMBER
- 2 PEOPLE
  - ◇ \$25 - YMCA MEMBER
  - ◇ \$35 - COMMUNITY MEMBER
- 3 PEOPLE
  - ◇ \$20 - YMCA MEMBER
  - ◇ \$30 - COMMUNITY MEMBER

### 4 LESSONS (LESSONS ARE 1 HOUR)

- 1 PERSON
  - ◇ \$115 - YMCA MEMBER
  - ◇ \$155 - COMMUNITY MEMBER
- 2 PEOPLE
  - ◇ \$75 - YMCA MEMBER
  - ◇ \$115 - COMMUNITY MEMBER
- 3 PEOPLE
  - ◇ \$55 - YMCA MEMBER
  - ◇ \$95 - COMMUNITY MEMBER

Contact Tonya Douglass at [twelsh@kcymca.org](mailto:twelsh@kcymca.org) for more information about Private Gymnastics Lessons.

## GYMNASTICS 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.

## SPORTS

(YM) YMCA MEMBER

(CM) COMMUNITY MEMBER

(LO) LOCATION

CLASS	AGES	YM	CM	LEAGUE DATES	REGISTRATION DATES	LO	MONDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
<b>YOUTH SPORTS</b>											
BASKETBALL	AGES 3 - 4 AGES 5 - 6 AGES 7 - 8	\$40	\$66	10.7 - 12.19	NOW - 10.25	PARKVIEW WARSAW YMCA				TIME SLOT BETWEEN 8:30 AM - 12:30 PM	
OUTDOOR SOCCER	AGES 3 - 4 AGES 5 - 6 AGES 7 - 8 AGES 9 - 10	\$40	\$66	9.12 - 10.17	NOW - 8.31	HARRISON ELEMENTARY				TIME SLOT BETWEEN 8:30 AM - 12:30 PM	
CLASS	AGES	YM	CM	DATES	REGISTRATION DEADLINE	LO	TIMES				

## YOUTH SPORTS CLINICS

VOLLEYBALL CLINIC	AGES 7 - 12	\$20	\$40	9.10, 9.17, AND 9.24	SEPTEMBER 3RD	PARKVIEW WARSAW YMCA	5:30-6:15 PM (AGES 7-9)   6:30-7:15 PM (AGES 10-12)				
BASKETBALL CLINIC	AGES 5 - 12	\$20	\$40	9.14, 9.21, AND 9.28	SEPTEMBER 7TH	PARKVIEW WARSAW YMCA	5:30-6:00 PM (AGES 5-6)   6:15-6:45 PM (AGES 7-8)   7:00-7:30 PM (AGES 9-12)				

Youth sports jerseys are required for participation in youth sports leagues. Jerseys can be purchased separately (\$12) if not owned already and can be worn for multiple sports and seasons. Jerseys are available at the Y's Welcome Center desk. Jerseys are not required for clinics.

CLASS	AGES	YM	CM	LEAGUE DATES	REGISTRATION DATES	LO	MONDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
OUTDOOR SOCCER FALL LEAGUE	18 AND OLDER	\$300	\$300	8.12 - 10.14	NOW - 8.4	PARKVIEW WARSAW YMCA		TIME SLOT BETWEEN 5:30 PM - 8:30 PM			
RECREATIONAL BASKETBALL FALL LEAGUE	18 AND OLDER	\$350	\$350	9.27 - 12.13	NOW - 9.19	PARKVIEW WARSAW YMCA					TIME SLOT BETWEEN 1:00 PM - 4:00 PM
COMPETITIVE BASKETBALL FALL LEAGUE	18 AND OLDER	\$350	\$350	9.27 - 12.13	NOW - 9.19	WCHS FIELDHOUSE					TIME SLOT BETWEEN 1:00 PM - 3:00 PM
VOLLEYBALL FALL MONDAY LEAGUE	18 AND OLDER	\$250	\$250	10.5 - 12.14	NOW - 9.27	PARKVIEW WARSAW YMCA	TIME SLOT BETWEEN 6:00 PM - 10:00 PM				
VOLLEYBALL FALL THURSDAY LEAGUE	18 AND OLDER	\$250	\$250	10.8 - 12.17	NOW - 9.30	PARKVIEW WARSAW YMCA			TIME SLOT BETWEEN 6:00 PM - 10:00 PM		
ADULT SPORTS FREE AGENCY	18 AND OLDER	\$60	\$60	<b>LOOKING TO JOIN AN ADULT SPORTS LEAGUE TEAM? REGISTER FOR FREE AGENCY! FREE AGENCY ALLOWS OUR SPORTS AND RECREATION DIRECTOR TO FILL OUT TEAMS THAT NEED MORE PLAYERS OR CREATE NEW TEAMS FROM THE FREE AGENCY POOL.</b> <small>OPEN SPOTS WILL BE FILLED ON A FIRST COME FIRST SERVE BASIS. IF ENOUGH PLAYERS ARE IN THE FREE AGENCY POOL A NEW TEAM WILL BE CREATED. PLACEMENT ON A TEAM IS NOT GUARANTEED.</small>							

## YOUTH SPORTS

**BASKETBALL** | The YMCA Youth Basketball League is a co-ed league. Volunteer coaches will lead children through practices focusing on the fundamentals of dribbling, shooting, passing, and defense. The YMCA's Youth Basketball league is a developmental league meaning the emphasis will be placed on learning and having fun, rather than winning or losing.

**OUTDOOR SOCCER** | The YMCA's Youth Outdoor Soccer program introduces children ages 3-10 to the FUN-damentals of soccer. Soccer is a fast-paced game that teaches players great ball control and footwork.

## YOUTH SPORTS CLINICS

**VOLLEYBALL CLINIC** | For any skill level. In this 3 day clinic, participants will work on passing, hitting, and serving.

Kids will learn the rules and gain a basic understanding of volleyball. This clinic is great for those who want to improve their skills or learn more about volleyball.

**BASKETBALL CLINIC** | Coaches will focus on introducing the rules of the game and help players learn the fundamentals such as passing, dribbling and shooting. Participants will further skill development and gain confidence by engaging in friendly competition.

## ADULT SPORTS

**OUTDOOR SOCCER** | Our adult outdoor soccer league provides a great opportunity for you to hone your skills and develop your speed and endurance on the field, while meeting new people along the way. Teams will participate in 7 regular season games,

**RECREATIONAL BASKETBALL** | Score big by connecting with others who share an interest in basketball! This league is perfect for those who may be new to team sports or are looking to stay active, have fun and make friends. We are accepting both team and individual registrations for our adult basketball recreational league.

**COMPETITIVE BASKETBALL** | Whether you miss "suing up" or are looking to test your limits, the Y's competitive adult basketball league is a perfect opportunity to get in the game. This league will utilize licensed officials.

**VOLLEYBALL** | Bump up the fun with the organization that invented the game. Whether you're a seasoned athlete or just looking to start a new hobby, our adult volleyball league is a great way to stay active, meet new people, and have a great time.



## YOUTH FITNESS FALL 1

FALL 1 | SEPTEMBER 7TH - OCTOBER 25TH

(YM) YMCA MEMBER SIGN UP | AUGUST 17TH

(CM) COMMUNITY MEMBER SIGN UP | AUGUST 24TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEGINNER TAE KWON DO	4 - 6 YEARS OLD	\$23	\$49	PROGRAM ROOM 3			4:30 - 5:00 PM		
INTERMEDIATE TAE KWON DO	7 - 10 YEARS OLD	\$23	\$49	PROGRAM ROOM 3			5:00 - 5:30 PM		

## ADULT FITNESS CHALLENGES

CLASSES	AGES	YM	CHALLENGE DATES	REGISTRATION DEADLINE	CHALLENGE DESCRIPTION
ABC'S OF FITNESS CHALLENGE	18 AND OLDER	\$5	SEPTEMBER 1ST - 30TH	AUGUST 26TH	School is back in session! Join our trainers as they take you through the ABC's of functional training. You can learn a new exercise and stretch every day. The first week of the challenge focuses on your back and biceps. The second week of the challenge focuses on your abdominals and core. The third week of the challenge focuses on your legs. The fourth week of the challenge focuses on your chest and triceps. The final days will then be a circuit of your favorite moves from the 4 weeks of challenges. Demos of each exercise performed by our very own personal trainers will be available on our YouTube channel.  Those that complete their entire fitness challenge will be entered into a raffle to win two free weeks of Small Group Personal Training.
GROUP EXERCISE BINGO	18 AND OLDER	FREE	OCTOBER 19TH - NOVEMBER 19TH	OCTOBER 14TH	Join our Group Fitness instructors in a Group Exercise Bingo challenge. Complete the classes on your Bingo card each week and turn them in at the end of the challenge to claim your YMCA workout towel. 4 weeks of Bingo fun as you work your way through a combination of classes. Bingo cards can be picked up every Monday at the Wellness Desk.

## YOUTH FITNESS PROGRAM DESCRIPTIONS

**BEGINNER TAE KWON DO** | Through games and exercise your child will learn the basic fundamentals of Tae Kwon Do from a certified martial arts instructor.

**INTERMEDIATE TAE KWON DO** | A high energy martial arts class focusing on fitness, confidence and self defense using Tae Kwon Do techniques. This is the next level after our Tae Kwon Do class.



## HEALTHY LIVING: CHRONIC DISEASE PREVENTION

**FREE A1C SCREENS** | Free A1C screening by the Y to detect pre-diabetes. No fasting required. Walk-ins welcome, but registration is strongly recommended. You can register online or at the welcome center.

- SEPTEMBER 22ND | 5:30 - 7:00 PM
- SEPTEMBER 25TH | 11:45 - 1:00 PM

## **DIABETES PREVENTION PROGRAM**

**FOR ALL! |** To reduce your risk of type 2 diabetes, this program gives you the skill 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. Loose weight, boost your energy, reduce your risk of type 2 diabetes and improve your health for life! Registration forms are available at the Welcome Center. Financial assistance is available, please contact the YMCA of Greater Fort Wayne for availability at 260-755-4940 or email [hereforyou@fwymca.org](mailto:hereforyou@fwymca.org). Pre-registration is required.

### **FALL CLASSES BEGIN:**

- SEPTEMBER 28TH | 5:45 - 6:45 PM
- OCTOBER 1ST | 11:00 - 12:00 PM

## **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.

### **FREE KICK OFF EVENTS**

- AUGUST 25TH | LIGHT APPETIZERS WILL BE SERVED | 5:45 - 7:00 PM
- AUGUST 28TH | A LIGHT LUNCH WILL BE SERVED | 11:45 - 1:00 PM

## **FREE HEART HEALTHY NUTRITION SEMINARS |**

Want to learn how to shop, eat and cook heart healthy foods? Each month in the Parkview Center for Healthy Living there will be a Apps and Information and Lunch and Learn Seminar with a focus on nutrition and cooking tips to help you eat and prepare heart healthy meals. For our Apps and Information Seminars, light appetizers will be provided and for our Friday Lunch and Learn Seminars, a light lunch will be offered. Registration is required at either the Welcome Center or Online.

### **FREE HEART HEALTHY LUNCH AND LEARN SEMINARS:**

- OCTOBER 2ND | LUNCH & LEARN | 11:45 - 1:00 PM
- OCTOBER 30TH | LUNCH & LEARN | 11:45 - 1:00 PM
- NOVEMBER 20TH | LUNCH & LEARN | 11:45 - 1:00 PM

### **FREE APPS AND INFORMATION SEMINARS:**

- SEPTEMBER 29TH | LUNCH & LEARN | 5:45 - 7:00 PM
- OCTOBER 27TH | LUNCH & LEARN | 5:45 - 7:00 PM
- NOVEMBER 17TH | LUNCH & LEARN | 5:45 - 7:00 PM

## **LIVESTRONG® AT THE YMCA |**

LIVESTRONG® is a small group program developed and established in partnership with the LIVESTRONG® Foundation, that assists those who are living with, through, or beyond cancer to strengthen their spirit, mind and body.

Recent research from the Yale Cancer Center and Dana-Farber/Harvard Cancer Institute confirmed that LIVESTRONG® at the YMCA participants experience

improved fitness and quality of life as well as significant decreases in cancer-related fatigue.

### **LIVESTRONG® PROGRAM DETAILS**

- Free thanks to K21 and the Cancer Care Fund!
- 12-week program with two 75-90-minute sessions per week
- Includes cardiovascular conditioning, strength training, balance, and flexibility exercises
- Evaluation includes fitness and quality of life assessments before and after participation
- Facilitated by YMCA-certified instructors
- Requires referral and medical clearance from a physician
- To learn more about LIVESTRONG® at the YMCA, visit our website or contact Stacy Thomas at [stthomas@kcymca.org](mailto:stthomas@kcymca.org) or 574-269-9622 x216.
- Registration is ongoing.



## INCLUSIVE CLASSES FALL 1

FALL 1 | SEPTEMBER 7TH - OCTOBER 25TH

(YM) YMCA MEMBER SIGN UP | AUGUST 17TH

(CM) COMMUNITY MEMBER SIGN UP | AUGUST 24TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
INCLUSIVE ART AND CRAFT CLUB	AGES 13 AND UP	\$22	\$47	MULTI-PURPOSE ROOM 2	6:30 7:15 PM				
ADAPTIVE ACTIVE KIDS	AGES 3 - 7	\$18	\$39	GYM 1				4:30 - 5:00 PM	
ADAPTIVE \ ACTIVE KIDS	AGES 8 - 12	\$18	\$29	GYM 1				5:00 - 5:30 PM	
SENSORY OPEN SWIM	ALL AGES	FREE	\$2 PER VISIT	WARM WATER POOL		9:30 - 10:30 AM		9:30 - 10:30 AM	11:30 - 12:30 PM
ADAPTIVE SWIM LESSONS	ALL AGES	<b>LESSON TIMES ARE SCHEDULED WITH THE INSTRUCTOR</b> FOUR 30 MIN. LESSONS   Members \$60   Program Members: \$88 SEVEN 30 MIN. LESSONS Members \$104 Program Members \$152							
INCLUSIVE PERFORMING ARTS (14 WEEK PROGRAM)	AGES 13 AND UP	\$56	\$118	MULTI-PURPOSE ROOM 2			5:30 - 7:00 PM		
MUSCLE UP (CLASS MEETS TWICE A WEEK)	AGES 13 AND UP	\$28	\$59	WELLNESS DESK		6:15 - 7:00 PM		6:15 - 7:00 PM	

## INCLUSIVE CLASSES

**INCLUSIVE ART & CRAFT CLUB |** Join us as we explore the Arts! During this class we will be experiencing different mediums of arts and crafting to create different pieces! Come use your senses and engage in creative creation! All classes are a hands-on experience and everyone is involved!

**ADAPTIVE ACTIVE KIDS |** Join us for a fun exercise class designed to keep you moving and build a foundation for physical fitness! We will emphasize body

awareness, functional movements, and balance. Activities will include obstacle courses, boot camp style circuits, dance fitness, and more!

**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 SWIM LESSONS 1:1 |** 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](mailto:apetre@kcymca.org)



**INCLUSIVE PERFORMING ARTS |** Do you or your child like to perform, dance, make music, move, create, express themselves and have fun? Join The Explorers as we learn and explore different performance styles and begin the creation of our own original pieces of work. The fall session is a time of learning and exploration in performance. Our Winter & Spring sessions focus on the development and practice of our annual showcase. If you're interested in volunteering to help with this program, please contact Anne Petre at [apetre@kcymca.org](mailto:apetre@kcymca.org) for more details today.

**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 SOCIAL EVENTS

Let's Explore our Community! Join the Y as we meet and partake in fun things in our community. For those with diverse abilities ages 14+. Must Register 2 weeks prior to the event.

**MOVIE NIGHT! |** November 20th Time TBA (evening) Come hang out with your friends and Y staff to see the new Disney Pixar movie SOUL at North Pointe Cinemas! We will meet at the movie theater and sit together. Cost includes ticket and staff oversight. Please bring additional money if you want snacks – staff will help with money management if needed.

- Members \$15
- Program Members \$20

## INCLUSIVE OPPORTUNITIES FOR YMCA MEMBERS

**A PLACE FOR EVERYONE |** Inclusion Help If you are unsure whether or not to have yourself or your child with a disability participate in a program, please contact us. Anne Petre is available to discuss specific needs to determine the safest fit and to communicate those needs to the instructor of any class. Contact her at [apetre@kcymca.org](mailto:apetre@kcymca.org) or 574-269-9622.

**Y BUDDIES! |** Does your child need an extra hand to participate in our classes, sports or activities? Contact Anne Petre at [apetre@kcymca.org](mailto:apetre@kcymca.org) or pick up a form at the Welcome Center to inquire about having a Y Buddy come alongside your child and help them participate in whatever it is they are interested in doing at the Y! Based on availability, we will match your child with a buddy who will be a 1:1 support for them during the program or class they are wanting to participate in.

Interested in becoming a Y Buddy? Contact Anne or pick up a volunteer application today to get involved in making the difference in the life of a child here at our Y!

**SUPPORT CHAMPION (AGE 18 AND UP) |** If you, or someone you know who has a disability and are looking for possible employment opportunities please contact Rachel Hardy or our Inclusive Programming Coordinator Anne Petre. They will work with those with any disability during and after the hiring process to make sure they are best equipped and prepared for the tasks asked of them. Employment opportunities are not guaranteed and require the typical hiring process.

**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
- Childwatch for children ages 6 weeks to 14 years old
- Early registration and discounts on programs
- Free group exercise classes
- Personal Training
- And so much more

## MEMBERSHIP TYPE

	MONTHLY	JOINERS FEE
<b>FAMILY HOUSEHOLD</b>   Two adults and dependent children under 19 or full-time college students through age 25 living in the same household.	\$66	\$75
<b>ONE PARENT FAMILY HOUSEHOLD</b>   One adult and dependent children under 19 or full-time college students through age 25 living in the same household.	\$49	\$75
<b>TWO ADULT HOUSEHOLD</b>   Two adults living in the same household.	\$57	\$75
<b>SENIOR FAMILY HOUSEHOLD</b>   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.	\$49	\$75
<b>ADULT</b>   Individuals ages 26-59.	\$42	\$75
<b>SENIOR</b>   Individuals age 60 or old	\$34	\$75
<b>YOUNG ADULT</b>   Individuals ages 19-25.	\$30	\$40
<b>YOUTH</b>   Children age 18 and under.	\$20	\$25
<b>ADDITIONAL MEMBERS (ADULT)</b>   You may add additional members residing in your household for an extra fee.	\$20	\$0
<b>ADDITIONAL MEMBERS (2 ADULTS)</b>   You may add additional members residing in your household for an extra fee.	\$30	\$0
<b>ADDITIONAL MEMBERS (1 ADULT AND ELIGIBLE CHILDREN)</b>   You may add additional members residing in your household for an extra fee.	\$40	\$0
<b>ADDITIONAL MEMBERS (2 ADULTS AND ELIGIBLE CHILDREN)</b>   You may add additional members residing in your household for an extra fee.	\$50	\$0

