



# SUMMER 1 PROGRAM CATALOG

JUNE 7TH - JULY 18TH



**MEMBER SIGN UP: MAY 17TH | COMMUNITY SIGN UP: MAY 24TH**  
**REGISTER ONLINE AT [WWW.KCYMCA.ORG](http://WWW.KCYMCA.ORG) OR IN PERSON AT THE PARKVIEW WARSAW YMCA WELCOME CENTER**

**KOSCIUSKO COMMUNITY YMCA | 1305 MARINERS DR, WARSAW, IN 46582 | 574.269.9622**



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## SUMMER DAY CAMPS!

Summer Day Camp is a special type of community where kids come together to learn and have fun. Within the YMCA camp setting, children develop a sense of independence as they explore nature, find new talents, try new activities, gain independence, make lasting friendships, and create life long memories.

### OUR CAMPS

- **CAMP LITTLE EAGLE | JUNE 7TH - AUGUST 6TH** | Camp Little Eagle for children entering Kindergarten - 8th grade and is held Monday-Friday, 6:00 AM - 6:00 PM at the Parkview Warsaw YMCA.
- **S.O.A.R. CAMP | JUNE 7TH - AUGUST 6TH** | S.O.A.R. Camp for children and young adults with varying abilities or those who require specialized care. It is held Monday-Friday, 6:00 AM - 6:00 PM at the Parkview Warsaw YMCA.
- **CAMP LITTLE FEATHER | JUNE 7TH - AUGUST 6TH** | Camp Little Feather is our new camp for preschool campers ages 3-4 and is held Monday-Friday, 6:00 AM - 6:00 PM. Weeks 1 - 8 will be held at Harrison Elementary School. Week 9 will be held at The Parkview Warsaw YMCA.

### HOW TO REGISTER

Registration is open now! Register online at [www.kcymca.org](http://www.kcymca.org) or in person at the Parkview Warsaw YMCA Welcome Center.

## SUMMER SPORTS CAMPS (PP. 12-13)

Summer Sports Camps are a great opportunity for your child to learn the fundamentals of a new sport or improve

their skills at a sport they already know and love. Also, this year all children participating in Summer Day Camps will receive 50% off Summer Sports Camps! *\*DISCOUNT IS NOT AVAILABLE ON SUMMER GOLF OR GYMNASTICS CAMPS*

### CAMPS AVAILABLE:

- Soccer
- Basketball
- Golf
- Volleyball
- Youth Gymnastics
- Pre-School Gymnastics

### HOW TO REGISTER

Registration is open now! Register online at [www.kcymca.org](http://www.kcymca.org) or in person at the Parkview Warsaw YMCA Welcome Center. To receive the 50% discount you must register in person at the Parkview Warsaw YMCA Welcome Center.

## CHEER OPEN GYM! (P. 10)

In Cheerleading Open Gym your kids will learn tumbling, stunting, and jumps! Children will work closely with our dedicated staff to reach their goals while making new friends, exploring creativity, and developing new talents through a wide range of fun and enriching activities!

### HOW TO REGISTER

Please fill out an informational form at the first Open Gym to provide billing to charge accounts for each open gym your child attends. Only pay when you attend. All Open Gyms are held at 220 Parker St Warsaw, IN 46580.

## SUMMER PRE-SCHOOL FITNESS CAMP (P. 15)

Get your child started on the road to a healthy lifestyle. Preschool fitness camp will make exercise fun and exciting. Designed to keep children moving and entertained for thirty minutes of fun activity from playing with parachutes to designing an obstacle course.

### HOW TO REGISTER

Register online at [www.kcymca.org](http://www.kcymca.org), or in person at the Parkview Warsaw YMCA Welcome Center.

## EARLY LEARNING PRE-SCHOOL

### ABOUT

Healthy development starts early for children, and that's why, at the YMCA, we care for the health and well being of your child. In our program your child is encouraged to play, learn, and grow.

By integrating both age appropriate activities and play time, our trained staff strive to create a supportive learning environment where children will learn and build confidence while making new friends.

### PRE-SCHOOL CLASSES

- **3-4 YEAR OLDS** | Held 3 days a week on Monday, Wednesday and Friday from 9:30 AM - 12:00 PM.
- **4-5 YEAR OLDS** | Held 5 days a week, Monday - Friday from 9:30 AM - 12:00 PM.

### EXTENDED CARE FOR THE EARLY LEARNING PRE-SCHOOL

This year the Kosciusko Community YMCA is excited to be offering extended care

for all preschool students from 12:00 PM - 4:00 PM. With the option of having extended care 2-5 days a week or 1 day a week.

Our Extended Care Program will take place in our Child Watch room and your children will be supervised by our trained childcare staff.

### HOW TO REGISTER

Registration for the Early Learning Pre-School Program and Extended Care begins March 8th and will remain open until full. You can register online at [www.kcymca.org](http://www.kcymca.org) or in person at the Parkview Warsaw YMCA Welcome Center.



## WATER SAFETY CLASS

Kosciusko County has the most lakes in Indiana, and while a weekend on the water is fun, there are considerations people should know to keep activities safe. We will hold a class discussing water safety tips, tricks, and general information for people spending their summer around aquatic areas not supervised by lifeguards. This will cover emergency preparedness, boating safety, life jacket terminology, home pools, and much more. FREE to members and community members. No swimsuits needed. Attendees are encouraged to bring questions and stories, but not required. Pick one of the nights below.

**DATE** | JUNE 1ST, JUNE 8TH, AND JUNE 15TH (ATTEND ONE)

**TIME** | 6:00 PM-8:00 PM

**AGES** | ALL AGES

**REGISTER** | REGISTER ONLINE OR AT THE PARKVIEW WARSAW YMCA WELCOME CENTER

# SWIM LESSONS SUMMER 1

## SUMMER 1 | JUNE 7TH - JULY 18TH

(YM) YMCA MEMBER SUMMER 1 SIGN UP | MAY 17TH

(CM) COMMUNITY MEMBER SUMMER 1 SIGN UP | MAY 24TH

(LO) LOCATION

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

COMBINED STAGE A/B	6 MONTHS - 3 YEARS OLD W/ CAREGIVER	\$24	\$55	WARM WATER POOL		10:15 AM-10:45 AM WITH CAREGIVER 5:20 PM-5:50 PM WITH CAREGIVER		4:50 PM-5:20 PM WITH CAREGIVER	11:00 AM-11:30 AM WITH CAREGIVER
STAGE 1	ALL AGES 3 AND UP	\$24	\$55	WARM WATER POOL	5:20 PM-5:50 PM WITH CAREGIVER	6:00 PM-6:30 PM WITH CAREGIVER	6:10 PM-6:40 PM WITH CAREGIVER	5:30 PM-6:00 PM WITHOUT CAREGIVER	10:20 AM-10:50 AM WITH CAREGIVER
STAGE 2	ALL AGES 3 AND UP	\$24	\$55	WARM WATER POOL	6:00 PM-6:30 PM WITH CAREGIVER		6:50 PM-7:20 PM WITH CAREGIVER	6:10 PM-6:40 PM WITHOUT CAREGIVER	9:40 AM-10:10 AM WITH CAREGIVER
STAGE 3	ALL AGES 5 AND UP	\$24	\$55	WARM WATER POOL	6:40 PM-7:10 PM WITH CAREGIVER	6:40 PM-7:10 PM WITH CAREGIVER		6:50 PM-7:20 PM WITHOUT CAREGIVER	9:00 AM-9:30 AM WITH CAREGIVER
STAGE 3 MUST PASS WARM WATER STAGE 3	RECOMMENDED 5 - 15 YEARS OLD	\$29	\$65	LAP POOL		5:00 PM-5:45 PM WITHOUT CAREGIVER		5:00 PM-5:45 PM WITHOUT CAREGIVER	
STAGE 4	RECOMMENDED 5 - 15 YEARS OLD	\$29	\$65	LAP POOL	6:15 PM-7:00 PM WITHOUT CAREGIVER		5:15 PM-6:00 PM WITHOUT CAREGIVER		
STAGE 5	RECOMMENDED 5 - 15 YEARS OLD	\$29	\$65	LAP POOL		6:15 PM-7:00 PM WITHOUT CAREGIVER			
STAGE 6	RECOMMENDED 5 - 15 YEARS OLD	\$29	\$65	LAP POOL		6:15 PM-7:00 PM WITHOUT CAREGIVER			
SWIM ACADEMY	RECOMMENDED BY INSTRUCTOR	\$34	\$75	LAP POOL	6:00 PM-7:00 PM WITHOUT CAREGIVER				

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
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### TEEN AND ADULT SWIM LESSONS

BEGINNER	13 YEARS +	\$29	\$65	LAP POOL			7:00-7:45 PM WITHOUT CAREGIVER		
INTERMEDIATE	13 YEARS +	\$29	\$65	LAP POOL			7:00-7:45 PM WITHOUT CAREGIVER		



# CONDENSED SWIM LESSONS SUMMER 1

## SUMMER 1 | JUNE 7TH - JULY 18TH

(YM) YMCA MEMBER SUMMER 1 SIGN UP | MAY 17TH

(CM) COMMUNITY MEMBER SUMMER 1 SIGN UP | MAY 24TH

(LO) LOCATION

### HOW IT WORKS?

Condensed summer swim lessons allow swimming to take up to three classes per session instead of one. Classes run for two weeks and take place three times per week. Condensed lessons are a great way for young swimmers to move quickly through swim lessons. (Depending on instructor recommendations some swimmers may be asked to repeat a stage.)

CLASS	AGES	YM	CM	LO	TUESDAY	WEDNESDAY	THURSDAY
<b>CONDENSED GROUP SWIM LESSONS</b>							
STAGE 1	ALL AGES 3 AND UP	\$24	\$55	WARM WATER POOL	11:00 AM-11:30 AM WITHOUT CAREGIVER	11:00 AM-11:30 AM WITHOUT CAREGIVER	11:00 AM-11:30 AM WITHOUT CAREGIVER
STAGE 2	ALL AGES 3 AND UP	\$24	\$55	WARM WATER POOL	11:40 AM-12:10 PM WITHOUT CAREGIVER	11:40 AM-12:10 PM WITHOUT CAREGIVER	11:40 AM-12:10 PM WITHOUT CAREGIVER
STAGE 3	ALL AGES 5 AND UP	\$24	\$55	WARM WATER POOL	12:20 PM-12:50 PM WITHOUT CAREGIVER	12:20 PM-12:50 PM WITHOUT CAREGIVER	12:20 PM-12:50 PM WITHOUT CAREGIVER
STAGE 3 MUST PASS WARM WATER STAGE 3	ALL AGES 5 AND UP	\$29	\$65	LAP POOL	11:00 AM-11:45 AM WITHOUT CAREGIVER	11:00 AM-11:45 AM WITHOUT CAREGIVER	11:00 AM-11:45 AM WITHOUT CAREGIVER
STAGE 4	RECOMMENDED 5 - 15 YEARS OLD	\$29	\$65	LAP POOL	11:00 AM-11:45 AM WITHOUT CAREGIVER	11:00 AM-11:45 AM WITHOUT CAREGIVER	11:00 AM-11:45 AM WITHOUT CAREGIVER
STAGE 5	RECOMMENDED 5 - 15 YEARS OLD	\$29	\$65	LAP POOL	12:00 PM-12:45 PM WITHOUT CAREGIVER	12:00 PM-12:45 PM WITHOUT CAREGIVER	12:00 PM-12:45 PM WITHOUT CAREGIVER
STAGE 6	RECOMMENDED 5 - 15 YEARS OLD	\$29	\$65	LAP POOL	12:00 PM-12:45 PM WITHOUT CAREGIVER	12:00 PM-12:45 PM WITHOUT CAREGIVER	12:00 PM-12:45 PM WITHOUT CAREGIVER
SWIM ACADEMY	RECOMMENDED BY INSTRUCTOR	\$34	\$75	LAP POOL	9:45 AM-10:45 AM WITHOUT CAREGIVER	9:45 AM-10:45 AM WITHOUT CAREGIVER	9:45 AM-10:45 AM WITHOUT CAREGIVER

### CONDENSED GROUP SWIM LESSON SCHEDULE

SESSION	SESSION A	SESSION B	SESSION C	SESSION D
DURATION	2 WEEKS	2 WEEKS	2 WEEKS	2 WEEKS
CLASS DATES	JUNE 8TH, 9TH, 10TH, 15TH, 16TH, AND 17TH	JUNE 22ND, 23RD, 24TH, 29TH, 30TH, AND JULY 1ST	JULY 6TH, 7TH, 8TH, 13TH, 14TH, AND 15TH	JULY 20TH, 21ST, 22ND, 27TH, 28TH, AND 29TH

## 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** | This stage is offered with caregivers accompanying children in the water and without. Students in Stage 1

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 |** This stage is offered with caregivers accompanying children in the water and without. Students in Stage 2 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 |** This stage is offered with caregivers accompanying children in the water and without. Students in Stage 3 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.

**STAGE 6 |** Students in this class work on endurance and stamina of all 4 strokes and



discover how to incorporate swimming into a healthy lifestyle and prepare students to enter competitive swimming. This class is intended for those who have COMPLETED STAGE 5.

## 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 & 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.

## TRIATHLETE PRACTICE

This practice will help participants better their swim times and endurance. Participants will learn tips and tricks to help better their involvement in a Mini or Sprint Triathlon. Working in conjunction with the spin classes and an endurance run, we will monitor your times to help condition your body and mind.

## 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



# GYMNASTICS SUMMER 1

## SUMMER 1 | JUNE 7TH - JULY 18TH

(YM) YMCA MEMBER SUMMER 1 SIGN UP | MAY 17TH

(CM) COMMUNITY MEMBER SUMMER 1 SIGN UP | MAY 24TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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### PRE-SCHOOL GYMNASTICS

BABY BEARS	WALKING - 3 YEARS OLD	\$20	\$46	YMCA GYM 2		6:20-6:50 PM	5:15-5:45 PM		
LITTLE BEARS 1	3-4 YEARS OLD	\$24	\$55	YMCA GYM 2		5:25-6:10 PM	5:45-6:30 PM		
LITTLE BEARS 2	4-5 YEARS OLD OR 3-4 IF YOU HAVE TAKEN LITTLE BEARS 1	\$24	\$55	YMCA GYM 2		4:30-5:15 PM	6:45-7:30 PM		
SUPER BEARS	4-5 YEARS OLD OR 3-4 IF YOU HAVE TAKEN LITTLE BEARS 2	\$24	\$55	YMCA GYM 2			4:30-5:15 PM		
SUPER BEARS/ BEGINNER LEVEL 1	4-6 YEARS OLD	\$24	\$55	YMCA GYM 2		7:00-7:45 PM			

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

BOYS 1	4 - 5 YEARS OLD	\$24	\$55	220 PARKER ST		4:30 - 5:15 PM			
BOYS 2	4 - 5 YEARS OLD	\$24	\$55	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 - 17 YEARS OLD	\$24	\$55	220 PARKER ST		4:30 - 5:15 PM			
INTERMEDIATE / ADVANCED	6 - 17 YEARS OLD	\$24	\$55	220 PARKER ST		5:30 - 6:15 PM			

# GYMNASTICS SUMMER 1

## SUMMER 1 | JUNE 7TH - JULY 18TH

(YM) YMCA MEMBER SUMMER 1 SIGN UP | MAY 17TH

(CM) COMMUNITY MEMBER SUMMER 1 SIGN UP | MAY 24TH

(LO) LOCATION

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

LEVEL 1	KINDERGARTEN OR 6 - 17 YEARS OLD	\$29	\$65	SEE TIMES	5:35 - 6:35 PM 220 PARKER ST		4:30 - 5:30 PM GYM 2 5:30 - 6:30 PM GYM 2	5:30 - 6:30 PM 220 PARKER ST	
LEVEL 1A	KINDERGARTEN OR 6 - 17 YEARS OLD	\$29	\$65	SEE TIMES	5:35 - 6:35 PM 220 PARKER ST		6:35 - 7:35 PM GYM 2	5:30 - 6:30 PM 220 PARKER ST	
LEVEL 2	KINDERGARTEN OR 6 - 17 YEARS OLD	\$29	\$65	SEE TIMES	4:30 - 5:30 PM 220 PARKER ST		5:30 - 6:30 PM GYM 2		
LEVEL 2A	KINDERGARTEN OR 6 - 17 YEARS OLD	\$29	\$65	SEE TIMES	4:30 - 5:30 PM 220 PARKER ST		6:35 - 7:35 PM GYM 2		
LEVEL 3	ANYONE PRE-TEAM OR TEAM LEVEL	\$36	\$78	SEE TIMES				4:30 - 6:00 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	RETURNING IN SEPTEMBER	10:00-11:30 AM
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## GYMNASTICS

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 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 (RETURNING SEPTEMBER 2021)

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.



## CHEER OPEN GYM!

### CHEERLEADING OPEN GYM FOR TUMBLING AND STUNTING & JUMPS |

Interested in participating in the Warsaw Legacy Elite Competitive Prep Cheer Team or are you a cheerleader just wanting to work on some tumbling, stunting and jump skills? Then our Cheer Open Gyms are the perfect place for you this summer. Please fill out an informational form at the first Open Gym to provide billing to charge accounts for each open gym your child attends. Only pay when you attend. All Open Gyms are held at 220 Parker St Warsaw, IN 46580.

#### TUMBLING

**DATE |** WEDNESDAYS FROM JUNE 9TH - AUGUST 4TH

**TIME |** 5:30 PM - 6:15 PM

**LOCATION |** 220 PARKER STREET

**AGE |** 5 - 18 YEARS OLD

**YMCA MEMBERS |** \$4 PER VISIT

**COMMUNITY MEMBERS |** \$6 PER VISIT

#### STUNTING & JUMPS

**DATE |** WEDNESDAYS FROM JUNE 9TH - AUGUST 4TH

**TIME |** 6:15 PM - 7:00 PM

**LOCATION |** 220 PARKER STREET

**AGE |** 5 - 18 YEARS OLD

**YMCA MEMBERS |** \$4 PER VISIT

**COMMUNITY MEMBERS |** \$6 PER VISIT





## YOUTH SPORTS LEAGUES

(YM) YMCA MEMBER

(CM) COMMUNITY MEMBER

(LO) LOCATION

SPORT	AGES	YM	CM	REGISTRATION DATES	LEAGUE DATES	LO	GAME DAYS
<b>2021</b>							
T-BALL	AGES 3-7	\$40	\$66	10.26.20 - 5.2.21	5.15.21 - 6.19.21	HARRISON ELEMENTARY	SATURDAYS   TIME SLOT BETWEEN 8:30 AM - 12:30 PM
TRACK AND FIELD	AGES 4-12	FREE	FREE	1.2.21 - 6.20.21	6.30.21 - 7.31.21	GRACE COLLEGE	PRACTICES ON WEDNESDAY EVENINGS. MEETS ON SATURDAY MORNINGS.
CROSS COUNTRY	AGES 4-12	\$20	\$33	1.2.21 - 7.18.21	7.29.21 - 8.28.21	TBD	PRACTICES ON THURSDAY EVENINGS. MEETS ON SATURDAY MORNINGS.
OUTDOOR SOCCER	AGES 3-10	\$40	\$66	1.2.21 - 8.29.21	9.11.21 - 10.16.21	TBD	SATURDAYS   TIME SLOT BETWEEN 8:30 AM - 12:30 PM
BASKETBALL	AGES 3-8	\$40	\$66	1.10.21 - 10.24.21	11.6.21 - 12.18.21	PARKVIEW WARSAW YMCA	SATURDAYS   TIME SLOT BETWEEN 8:30 AM - 12:30 PM

## YOUTH SPORTS CLINICS

(YM) YMCA MEMBER

(CM) COMMUNITY MEMBER

(LO) LOCATION

SPORT	AGES	YM	CM	REGISTRATION DATES	CLINIC DATES	LO	TIMES
<b>2021</b>							
SPRING VOLLEYBALL CLINIC	AGES 13-18	\$40	\$66	10.26.20 - 4.4.21	4.12.21 - 5.17.21	PARKVIEW WARSAW YMCA	MONDAYS 5:00 PM - 5:45 PM
FALL VOLLEYBALL CLINIC	AGES 7-9 & AGES 10-12	\$20	\$40	1.2.21 - 9.1.21	9.9.21 - 9.23.21	PARKVIEW WARSAW YMCA	AGES 7-9 THURSDAYS 5:30 PM - 6:15 PM  AGES 10-12 THURSDAYS 6:30 PM - 7:15 PM
FALL BASKETBALL CLINIC	AGES 5-12	\$20	\$40	1.2.21 - 9.5.21	9.13.21 - 9.27.21	PARKVIEW WARSAW YMCA	AGES 5-6 MONDAYS 5:30 PM - 6:00 PM  AGES 7-8 MONDAYS 6:15 PM - 6:45 PM  AGES 9-12 MONDAYS 7:00 PM - 7:30 PM

## YOUTH SPORTS CAMPS

(YM) YMCA MEMBER

(CM) COMMUNITY MEMBER

(LO) LOCATION

SPORT	AGES	YM	CM	REGISTRATION DATES	CAMP DATES	LO	TIMES
<b>2021</b>							
SUMMER SOCCER CAMP	AGES 3-10	\$20	\$40	WEEK 1   1.2.21 - 5.30.21 WEEK 2   1.2.21 - 6.20.21 WEEK 3   1.2.21 - 7.11.21	WEEK 1   6.7.21 - 6.10.21 WEEK 2   6.28.21 - 7.1.21 WEEK 3   7.19.21 - 7.22.21	PARKVIEW WARSAW YMCA	AGES 3-4   9:00 AM - 9:30 AM AGES 5-6   9:45 AM - 10:15 AM AGES 7-8   10:30 AM - 11:00 AM AGES 9-10   11:15 AM - 11:45 AM TBD
SUMMER BASKETBALL CAMP	AGES 3-10	\$20	\$40	WEEK 1   1.2.21 - 6.6.21 WEEK 2   1.2.21 - 7.4.21 WEEK 3   1.2.21 - 7.18.21 WEEK 4   1.2.21 - 8.1.21	WEEK 1   6.14.21 - 6.17.21 WEEK 2   7.12.21 - 7.15.21 WEEK 3   7.26.21 - 7.29.21 WEEK 4   8.9.21 - 8.12.21	PARKVIEW WARSAW YMCA	AGES 3-4   9:00 AM - 9:30 AM AGES 5-6   9:45 AM - 10:15 AM AGES 7-8   10:30 AM - 11:00 AM AGES 9-10   11:15 AM - 11:45 AM
SUMMER GOLF CAMP	AGES 7-13	\$25	\$30	1.2.21 - 6.14.21	6.22.21 - 6.24.21	ROZELLA FORD GOLF COURSE	9:00 AM - 11:00 AM
SUMMER VOLLEYBALL CAMP	AGES 7-12	\$20	\$40	WEEK 1   1.2.21 - 6.27.21 WEEK 2   1.2.21 - 7.25.21	WEEK 1   7.5.21 - 7.8.21 WEEK 2   8.2.21 - 8.5.21	PARKVIEW WARSAW YMCA	AGES 7-9   9:00 AM - 10:15 AM AGES 10-12   10:30 AM - 12:00 AM
YOUTH GYMNASTICS CAMPS	Ages 6-17	\$60 (T-SHIRT INCLUDED)	\$85 (T-SHIRT INCLUDED)	5.31.21	6.1.21-6.4.21	220 PARKER STREET	4:30 PM - 7:00 PM
PRESCHOOL GYMNASTICS CAMP 1	3 - 5 YEARS OLD	\$25 (T-SHIRT INCLUDED)	\$50 (T-SHIRT INCLUDED)	6.6.21	6.7.21-6.9.21	220 PARKER STREET	10:00 AM - 11:00 AM
PRESCHOOL GYMNASTICS CAMP 2	3 - 5 YEARS OLD	\$25 (T-SHIRT INCLUDED)	\$50 (T-SHIRT INCLUDED)	6.11.21	7.12.21-7.14.21	220 PARKER STREET	10:00 AM - 11:00 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. All scheduled activities will take place on Saturdays. 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.

**T-BALL** | Every All-star has to start somewhere! Our co-ed T-ball league is designed to help players learn basic skills such as batting, catching, throwing and base-running. Our league focuses on character development, skill building, teamwork and most importantly FUN!

**TRACK AND FIELD** | This program will introduce participants to the basics of Track & Field through engaging practices and meets. Running events will vary based on age, and will range from 60m to one mile. Field events offered include: softball throw, javelin throw (plastic javelin), Frisbee throw, long jump. Participants can participate in up to 4 events each meet. Practice once a week (Wednesday evenings). 4 Meets throughout the season (Saturdays)

**CROSS COUNTRY** | Healthy living meets healthy competition. This program will introduce participants to the basic principles of cross country running through engaging practices and meets. Our goal is to improve running ability and stamina while providing participants and families

with tools to make healthy food choices. Practice once a week (Thursdays). 4 Meets throughout the season (Saturdays)

**OUTDOOR SOCCER** | The YMCA's Outdoor Soccer League introduces children ages 3-10 to the fundamentals of soccer. Our league offers a fun and encouraging environment where players will learn ball control and footwork. Games will take place on Saturdays at Harrison Elementary

## YOUTH SPORTS CLINICS

**VOLLEYBALL CLINIC** | Volleyball Clinics are for all skill levels. Beginner, intermediate and advanced players can all benefit from the clinic. Participants will develop key skills such as bumping, setting, passing and serving while learning about the importance of teamwork and strategy.

**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. Clinic will span over 3 consecutive Monday's.

## YOUTH SPORTS CAMPS

**SOCCER CAMP** | Our summer sports camps allow participants to learn about the game of soccer in a fun and supportive environment. Participants will work through a curriculum centered on ball-control, footwork, passing and shooting.

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

**GOLF CAMP** | Take a swing at golf with the Y! Camp will be held at Rozella Ford Golf Course. Over three days of stations and drills, participants will learn the basics of chipping, putting, and driving. Camp will be fun, and there will be prizes given for each age group.

**VOLLEYBALL CAMP** | Volleyball Camp is for ALL skill levels. Beginner, intermediate and advanced players can all benefit from the clinic. Participants will develop key skills such as bumping, setting, passing and serving while learning about the importance of teamwork and strategy.

**YOUTH GYMNASTICS CAMP** | Every child will reach their full potential, both physically and mentally. Gymnastics can be the key foundation in developing strength, flexibility and coordination, the basics needed for all sports. Gymnasts will be divided into groups based on skills and abilities. Each day they will visit all the events where they will be working on skills as well as routines.

**PRESCHOOL GYMNASTICS CAMP** | Build self-confidence, life and motor skills while learning age appropriate gymnastics skills through a safe and secure environment. Gymnasts will be divided into groups according to age and skill level.

## ADULT SPORTS

(YM) YMCA MEMBER

(CM) COMMUNITY MEMBER

(LO) LOCATION

SPORT	AGES	TEAM PRICE	LEAGUE DATES	REGISTRATION DATES	LO	GAME DAYS
<b>2021 ADULT SPORTS LEAGUES</b>						
VOLLEYBALL (SPRING LEAGUE)	18 AND OLDER	\$250	APRIL 5TH - MAY 17TH	JANUARY 18TH - MARCH 28TH	PARKVIEW WARSAW YMCA	GAME WILL BE SCHEDULED ON MONDAYS BETWEEN 6:00 PM - 9:00 PM
VOLLEYBALL (FALL THURSDAY LEAGUE)	18 AND OLDER	\$250	SEPTEMBER 30TH - DECEMBER 16TH	APRIL 5TH - SEPTEMBER 22ND	PARKVIEW WARSAW YMCA	GAME WILL BE SCHEDULED ON THURSDAYS BETWEEN 6:00 PM - 9:00 PM
VOLLEYBALL (FALL MONDAY LEAGUE)	18 AND OLDER	\$250	OCTOBER 4TH - DECEMBER 13TH	APRIL 5TH - SEPTEMBER 26TH	PARKVIEW WARSAW YMCA	GAME WILL BE SCHEDULED ON MONDAYS BETWEEN 6:00 PM - 9:00 PM
SOCCER (SUMMER)	18 AND OLDER	\$300	MAY 12TH - JULY 14TH	JANUARY 18TH - MAY 4TH	CCAC	GAME WILL BE SCHEDULED ON WEDNESDAYS BETWEEN 5:30 PM - 8:30 PM
SOCCER (FALL)	18 AND OLDER	\$300	AUGUST 4TH - OCTOBER 6TH	MAY 13TH - JULY 27TH	CCAC	GAME WILL BE SCHEDULED ON WEDNESDAYS BETWEEN 5:30 PM - 7:30 PM
BASKETBALL (SUMMER)	18 AND OLDER	\$350	MAY 20TH - JULY 22ND	JANUARY 18TH - MAY 12TH	PARKVIEW WARSAW YMCA	GAME WILL BE SCHEDULED ON THURSDAYS BETWEEN 6:00 PM - 9:00 PM
BASKETBALL (FALL)	18 AND OLDER	\$350	OCTOBER 6TH - DECEMBER 15TH	MAY 21ST - SEPTEMBER 28TH	PARKVIEW WARSAW YMCA	GAME WILL BE SCHEDULED ON WEDNESDAYS BETWEEN 6:00 PM - 9:00 PM
<b>2021 ADULT SPORTS FREE AGENCY</b>						
ADULT SPORTS FREE AGENCY	18 AND OLDER	\$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>			

## ADULT SPORTS 2021

**VOLLEYBALL** | We offer 2 divisions (A or B), based on the level of competitiveness. Games will be weekly (Monday evenings). Each team will play in 7 regular season games, followed by a single elimination playoff. Teams will play with a maximum of 4 male players on the court at one time. All participants must be at least 18 years old. Don't have a team? Register as a free

agent!

**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, followed by a single elimination playoff.

**BASKETBALL** | All participants must be at least 18 years of age. Games will be played on Thursday evenings at the YMCA. Each team will play in 7 regular season games, followed by a single elimination playoff. Don't have a team? Register as a free agent!

## SUMMER 1 HEALTHY LIVING

### SUMMER 1 | JUNE 7TH - JULY 18TH

(YM) YMCA MEMBER SIGN UP | MAY 17TH

(CM) COMMUNITY MEMBER SIGN UP | MAY 24TH

(LO) LOCATION

## ADULT FITNESS CHALLENGES

CLASSES	AGES	YM	CM	CHALLENGE DATES	REGISTRATION DEADLINE	CHALLENGE DESCRIPTION
SPRINT 8 CHALLENGE	ALL AGES	FREE	N/A	JUNE 29TH - AUGUST 20TH	JUNE 26TH	Have you heard about the Sprint 8 Cardio Challenge that's helping individuals everywhere boost energy, reduce body fat and promote lean muscle? The Sprint 8 Challenge is an eight-week cardio challenge that produces radical results for individuals at any age. Contestants are required to complete three Sprint 8 workouts every week for the entire eight-week period on our Matrix Equipment. Complete the challenge and enter to win a raffle for a 50 dollar Amazon gift card.
FIT FAM CHALLENGE	ALL AGES	FREE	N/A	JULY 12TH - JULY 30TH	JULY 9TH	Spend time with family while becoming healthier by joining our 3 week Family Fitness Challenge. Kids will enroll in our Youth Wellness Coaching program while parents will work with our engagement coaches. There will also be an opportunity to take a water safety class together and participate in three family cardio classes. There will be a physical assessment done at the beginning and end of the challenge. Complete the challenge as a family and receive a free water bottle and will be added to a raffle to win a free 6 month membership.

## SPECIAL EVENTS

CLASSES	AGES	YM	CM	DATE	TIME	EVENT DESCRIPTION
COMMUNITY HEALTH SCREENING	18+	FREE	FREE	AUGUST 7TH	9:30 AM-1:30PM	Register for our event to receive a free A1C screening to test for pre-diabetes (no fasting required) and/or a Blood Pressure Check from our certified Heart Healthy Ambassadors who will also offer tips on how to properly take your blood pressure at home. Registration required, no walk-ins.

## GROUP FITNESS

CLASS	AGES	YM	CM	DATE	TIME	ABOUT
WORKOUT WEDNESDAY	16+	FREE	FREE	JUNE 2ND	9:00 AM-11:00AM & 4:45 PM- 7:30PM	Need your Group Ex fix during our breaks between classes? Join us at the YMCA for a day and evening of Group Exercise and Cycling classes on Workout Wednesday and an amazing morning of group fitness at our Outdoor Summer Preview. Class programming will run like our Preview events. Everyone walks away with a bottle of water, protein bar, and a good workout.
OUTDOOR SUMMER PREVIEW	16+	FREE	FREE	JUNE 5TH	8:00 AM-11:00AM	

## SUMMER PRE-SCHOOL FITNESS CAMP

CAMP	AGES	YM	CM	DATE	TIME	ABOUT
PRE-SCHOOL FITNESS CAMP	3-5 YEARS OLD	\$20	\$40	JUNE 21ST - JUNE 24TH	1:00PM - 1:30PM	Get your child started on the road to a healthy lifestyle. Preschool fitness camp will make exercise fun and exciting. Designed to keep children moving and entertained for thirty minutes of fun activity from playing with parachutes to designing an obstacle course. Summer Pre-School Fitness Camp meets in Gym 1.



## MOMS WELLBEING

CLASS	AGES	DATES	YM	CM	LO	MONDAY	WEDNESDAY	FRIDAY
MOMS ON THE MOVE	18 AND OLDER	APRIL 26TH - JUNE 11TH (OFF WEEK OF MAY 31ST)	FREE	FREE	PARKVIEW CENTER FOR HEALTHY LIVING	9:30 AM-11:00 AM	10:00AM-11:30AM	9:30AM-11:00AM
MOMS ON THE MOVE OUTDOORS	18 AND OLDER	JUNE 16TH - JULY 21ST	FREE	FREE	OUTDOOR TRACK (IN CASE OF INCLEMENT WEATHER THIS CLASS WILL BE HELD IN THE PARKVIEW CENTER FOR HEALTHY LIVING)		10:00 AM-11:30 AM	

### MOMS ON THE MOVE

#### MOMS ON THE MOVE STROLLER

**FITNESS |** Join our certified Oh Baby instructors as they guide you through a total body conditioning workout designed for moms and babies. Each 60 minute workout is comprised of strength training, cardio and core restoration with fun and fellowship added to the mix. In case of inclement weather, the outdoor class will meet in the Parkview Center for Healthy Living and alternate between a MOMS on the Move Cardio or Strength class. A one month free one parent membership is provided with this program. At the first, third, and final week of the session our prenatal and postnatal mothers will receive nutrition information from registered dietitians through Parkview Hospital in both printed form and a discussion panel.

### FREE HEART HEALTHY NUTRITION SEMINARS

Want to learn how to shop, eat and cook heart healthy foods? Each month in the Parkview Center, there will be nutrition seminars with a focus on nutrition and cooking tips to help you eat and prepare heart healthy meals. Every seminar is

centered around eating for your heart. For our Tuesday evening Apps and Information talks, light appetizers will be provided and for our Thursday Lunch and Learns, a light lunch will be offered. Registration is required at either the Welcome Desk or Online. These nutrition seminars are a part of the YMCA's Blood Pressure Self Monitoring Program.



### FREE AFTERNOON HEART HEALTHY LUNCH AND LEARN SEMINARS | 11:45 AM - 1:00 PM | REGISTRATION IS REQUIRED

- MAY 27TH

### FREE EVENING HEART HEALTHY APPS AND INFORMATION SEMINARS | 5:45 PM - 7:00 PM | REGISTRATION IS REQUIRED

- MAY 25TH

### FREE A1C SCREENS

Free A1C screening by the Y to detect prediabetes. No fasting required. Open to the community. Registration reserves you a time frame and a screening. You can register online or at our Welcome desk.

#### AM SCREENING DATES

- JUNE 18TH
- JULY 16TH

#### TIME & LOCATION

11:45-1:00 PM AT THE PARKVIEW CENTER FOR HEALTHY LIVING INSIDE THE PARKVIEW WARSAW YMCA

## PM SCREENING DATES

- JUNE 15TH
- JULY 13TH

## TIME & LOCATION

- 5:45-7:00 PM AT THE PARKVIEW CENTER FOR HEALTHY LIVING INSIDE THE PARKVIEW WARSAW YMCA

## 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 ongoing; form 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. Registration is required.

## SUMMER PROGRAM START DATES

- SEPTEMBER 22ND, AT 11:45 AM AND 5:30 PM

## LIVESTRONG® AND CANCER SUPPORT

**LIVESTRONG® AT THE YMCA** | This small group program was developed and established in partnership with the LIVESTRONG® Foundation and assists those who are living with, through, or beyond cancer by strengthening 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 sthomas@kcymca.org or 574-269-9622 x216.
- Registration is ongoing.

## 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. Lunch will be provided. Also, this year we will be offering a virtual link (ZOOM) for those that choose not to meet in person. For more information contact Stacy Thomas at sthomas@kcymca.org.

- **AUGUST 9TH** | 11:30 AM-12:30 PM

## SUMMER 1 INCLUSIVE CLASSES

SUMMER 1 | JUNE 7TH - JULY 18TH

(YM) YMCA MEMBER SIGN UP | MAY 17TH

(CM) COMMUNITY MEMBER SIGN UP | MAY 24TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
MUSCLE UP (CLASS MEETS TWICE A WEEK)	AGES 13 AND UP	\$46	\$104	WELLNESS DESK		6:15 PM-7:15 PM		6:15 PM-7:15 PM	
SENSORY OPEN SWIM	ALL AGES	FREE	\$2 PER VISIT	WARM WATER POOL		9:30 AM-10:30 AM		9:30 AM-10:30 AM	11:30 AM-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							
MINDFUL MOVEMENT	AGES 6-12	\$16	\$37			5:00 PM-5:30 PM		5:00 PM-5:30 PM	
MINDFUL MOVEMENT	AGES 13+	\$16	\$37			5:40 PM-6:10 PM		5:40 PM-6:10 PM	

## INCLUSIVE SPORTS

Did you know that our sports camps and seasons are open to ALL???? If you are interested in your child with diverse abilities trying out and learning about a sport our summer sports camps are a great option for you! If you feel your child needs additional assistance to participate and be successful we can help! We have staff and volunteers who are available to assist your child as needed. Just contact our Inclusive Programming Coordinator, Anne Petre, at [apetre@kcymca.org](mailto:apetre@kcymca.org) and we can help arrange for someone to accompany your child to the camp(s) that you choose.

## INCLUSIVE PROGRAMS

**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.

**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:Petre.apetre@kcymca.org)

**MINDFUL MOVEMENT** | Join us for an introduction to yoga and movement. Through a combination of gentle/adaptive poses and calming techniques you will improve your balance, core strength, and awareness.

## INCLUSIVE SOCIAL EVENTS

**THE BOWLING ALLEY WARSAW** | Let's hit some pins and have a blast with friends! Join us for a night of bowling fun! Cost includes bowling, shoe rental, pizza/drinks, and staff oversight.

**DATE** | JUNE 8TH  
**TIME** | 6:00 PM-8:00 PM  
**YMCA MEMBERS** | \$20  
**COMMUNITY MEMBERS** | \$25



# 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, are looking for possible employment opportunities please contact Rachel Hardy. Our Inclusive Programming Coordinator 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
- Free childwatch for children ages 6 months - 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 older.	\$34	\$75
<b>YOUNG ADULT</b>   Individuals ages 19-25.	\$30	\$40
<b>YOUTH</b>   Children age 18 and under.	\$20	\$25
<b>2 YOUTH</b>   Two children living in the same household age 18 and under.	\$40	\$50
<b>ADDITIONAL MEMBERS (ADULT)</b>   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
<b>ADDITIONAL MEMBERS (2 ADULTS)</b>   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
<b>ADDITIONAL MEMBERS (1 ADULT AND ELIGIBLE CHILDREN)</b>   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
<b>ADDITIONAL MEMBERS (2 ADULTS AND ELIGIBLE CHILDREN)</b>   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