



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

READY. SET.

S  M M   R !

The main title 'SUMMERZ!' is rendered in a playful, colorful font. The 'S' is green with a small snake head at the top. The smiley face has orange sunglasses and a wide orange smile. The 'M's are blue with wavy patterns. The watermelon slice is red with black seeds and a green rind. The orange slice is orange with a white outline. The 'R' is red with a white outline. The 'Z' is red with a white outline and radiating lines above and below it. The rocket is green with a white nose cone and a blue base.

SUMMER 2019 CATALOG

READY. SET. SUMMER!

SUMMER 1 | JUNE 3RD - JULY 14TH

REGISTRATION DATES | MAY 13 FOR MEMBERS AND MAY 20 FOR COMMUNITY MEMBERS

SUMMER 2 | JULY 15TH - AUG 25TH

REGISTRATION DATES | JULY 1 FOR MEMBERS AND JULY 8 FOR COMMUNITY MEMBERS

***NO CLASSES AUGUST 26TH - SEPTEMBER 2ND**

FALL 1 | SEPTEMBER 3RD - OCTOBER 27TH

REGISTRATION DATES | AUGUST 12TH FOR MEMBERS AND AUGUST 19TH FOR COMMUNITY MEMBERS

FALL 2 | OCTOBER 28TH - DECEMBER 22ND

REGISTRATION DATES | OCTOBER 14TH FOR MEMBERS AND OCTOBER 21ST FOR COMMUNITY MEMBERS

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UPCOMING EVENTS

WOMEN'S HEALTH WEEK | FREE | MAY 12TH - MAY 18TH | Celebrate Women's Health Week with free admission to the YMCA for any female 18 and older.

FREE DAYS! | JUNE 1ST, JULY 5TH AND AUGUST 2ND | There has never been a better time to try the YMCA! Make a splash in the pool, relieve some stress in a yoga class, or dance the day away in Zumba. With so many options to choose from, we hope you decide to take the first step to healthy living with the YMCA!

DONATION DAYS! | JUNE 14TH, JULY 12TH AND AUGUST 9TH | Help support the community with the YMCA's donation days! Donations are accepted all day!

BLOOD DRIVE | JUNE 8TH AND AUGUST 10TH | 9:00 AM - 1:00 PM | The American Red Cross will host a blood drive at the Kosciusko Community YMCA. Walk-ins are welcome, but appointments are encouraged to help you avoid wait times. To make an appointment, call 1(800) RED-CROSS or go to www.redcrossblood.org.

FAMILY NIGHT | JUNE 21ST | 6:30 PM - 8:30 PM | \$10 - MEMBERS | \$12 - COMMUNITY MEMBERS | This night is for families to have fun and enjoy each other. There will be several stations set up throughout the night. There will be a cookies and canvas station set up where families can create something wonderful together.

WORK OUT WEDNESDAY | MAY 29TH | 8:30 AM - 11:30 AM AND 4:45 PM - 6:45 PM | 16 + | FREE | Missing our Group Exercise Program during break? Join us at the YMCA for a day and evening of Group Exercise Classes. You have two chances to sweat with us! Class programming will run like our Summer Preview. Everyone walks away with a water bottle, protein bar, and good workout.

SUMMER PREVIEW OF GROUP EXERCISE CLASSES | JUNE 1ST | 8:30 AM - 11:30 AM | 16 + OR 8+ WITH PARENT | FREE | Summer preview: Come sweat with us on Saturday, June 1st. We will have Group Exercise classes starting at 8:30 AM in Program Room 2. New to the preview will be a fitness FUNDamentals class in PR1, for kids aged 6 to 9 from 9:30 AM - 10:30 AM. Open to everyone with a variety of classes, a plank challenge, and prizes! Everyone walks away with a water bottle, protein bar, and a good calorie burn.

MENS HEALTH WEEK | FREE | JUNE 10TH - JUNE 15TH | Celebrate Mens Health Week with free admission to the YMCA for any male 18 and older.

KOSCIUSKO COMMUNITY HEALTH FAIR | AUGUST 3RD | 9:00AM - 1:00PM | FREE | Free health screens, educational booths, Group and Youth Fitness Classes, and back to school supplies.

BLOOD PRESSURE SELF MONITORING PROGRAM KICKOFF | AUGUST 27TH | 5:30 PM - 7:00 PM | 18 YRS + | FREE | Join us on Tuesday, August 27, 5:30 PM - 7:00 PM, in the Parkview Center for Healthy Living for a preview of the Blood Pressure Self Monitoring Program. Light appetizers will be served, and staff members will present a nutrition topic as well as provide an overview of the program, and answer your questions. The event is free and open to all, but registration is required. To qualify for the program, participants must be at least 18 years old, be diagnosed with high blood pressure, and not have experienced a recent cardiac event, atrial fibrillation or other arrhythmias. Change your life and your blood pressure for the better!

FREE A1C SCREENS | SEPTEMBER 16TH, 5:30 PM - 7:00 PM | SEPTEMBER 20TH, 11:30 AM - 1:00 PM | 18 YRS + | FREE | 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 our Welcome desk.

THE YMCA'S DIABETES PREVENTION PROGRAM DELIVERED BY YMCA OF GREATER FORT WAYNE | SEPTEMBER 22ND | 5:45 PM - 6:45 PM | 18 YRS + | MULTI PURPOSE ROOM 2 & PARKVIEW CENTER FOR HEALTHY LIVING | EMAIL HEREFORYOU@FWYMCA.ORG OR CALL 260-755-4940 FOR PRICING | 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. Pre-registration is required.

LIVESTRONG® AT THE YMCA

A small-group program developed and established in partnership with the LIVESTRONG Foundation, 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.

PROGRAMS DETAILS | 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

CLASSES | JUNE 3RD - AUGUST 21ST, MONDAYS AND WEDNESDAY 10:30 AM - 12:00 PM | SEPTEMBER 17TH - DECEMBER 5TH, TUESDAY AND THURSDAYS 10:30 AM - 12:00 PM | SEPTEMBER 17TH - DECEMBER 5TH, TUESDAY AND THURSDAYS 6:30 PM - 8:00 PM | SEPTEMBER 30TH - DECEMBER 18TH, MONDAY AND WEDNESDAY 1:00 PM - 2:30 PM

To learn more about LIVESTRONG at the YMCA, contact Stacy Thomas at stthomas@kcymca.org or 574-269-9622 x216. Registration is ongoing.

JUNE 2019

YMCA EVENTS IN GREEN | DESCRIPTIONS ON PAGE 1
 PARKVIEW CENTER FOR HEALTHY LIVING EVENTS IN ORANGE | DESCRIPTIONS ON PAGE 16-17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29 WORK OUT WEDNESDAY 8:30 AM - 11:30 AM AND 4:45 PM - 6:45 PM	30	31	1 FREE DAY! SUMMER PREVIEW OF CLASSES 8:30 AM - 11:30 AM
2	3 SUMMER 1 PROGRAMMING BEGINS	4 DEMENTIA DIALOGUE 1:00 PM - 2:30 PM	5 MOTHERS MILK & MORE 5:00 PM - 6:00 PM	6	7	8 BASIC AND BEYOND PARENTING CLASS 12:00 PM - 4:00 PM BLOOD DRIVE! 9:00 AM - 1:00 PM
9	10 MENS HEALTH WEEK	11 MENS HEALTH WEEK	12 ASK THE R.D. (REGISTERED DIETITIAN) 3:00 PM - 5:00 PM MENS HEALTH WEEK	13 MENS HEALTH WEEK	14 DONATION DAY! MENS HEALTH WEEK	15
16	17 A WALK IN NATURE: WINONA LAKE PARK 3:30 PM	18	19 MOTHERS MILK & MORE 5:00 PM - 6:00 PM ACRYLIC PAINT CLASSES 1:00 PM - 4:00 PM	20 FOOT SCREENING 1:00 PM - 2:00 PM	21 FAMILY NIGHT 6:30 PM - 8:30 PM	22
23	24	25	26 ACRYLIC PAINT CLASSES 5:30 PM - 8:30 PM	27	28	29

JULY 2019

YMCA EVENTS IN GREEN | DESCRIPTIONS ON PAGE 1
 PARKVIEW CENTER FOR HEALTHY LIVING EVENTS IN ORANGE | DESCRIPTIONS ON PAGE 16-17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 SUMMER 2 REGISTRATION FOR YMCA MEMBERS BEGINS	2 DEMENTIA DIALOGUE 1:00 PM - 2:30 PM	3 MOTHERS MILK & MORE 5:00 PM - 6:00 PM	4 CLOSED FOR 4TH OF JULY	5 FREE DAY!	6
7	8 SUMMER 2 REGISTRATION FOR COMMUNITY MEMBERS BEGINS	9	10	11	12 DONATION DAY!	13
14 SUMMER 2 PROGRAMMING BEGINS	15	16	17 MOTHERS MILK & MORE 5:00 PM - 6:00 PM FOOT SCREENING 1:00 PM - 2:00 PM ACRYLIC PAINT CLASSES 1:00 PM - 4:00 PM	18 ASK THE R.D. (REGISTERED DIETITIAN) 3:00 PM - 5:00 PM	19	20
21	22 A WALK IN NATURE: WINONA LAKE PARK 3:30 PM	23	24 ACRYLIC PAINT CLASSES 5:30 PM - 8:30 PM	25	26	27
28	29	30 CHECK UP DAY 7:00 AM - 9:30 AM	31 MOTHERS MILK & MORE 5:00 PM - 6:00 PM	1	2	3

AUGUST 2019

YMCA EVENTS IN GREEN | DESCRIPTIONS ON PAGE 1
PARKVIEW CENTER FOR HEALTHY LIVING EVENTS IN ORANGE | DESCRIPTIONS ON PAGE 16-17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2 FREE DAY!	3 KOSCIUSKO COMMUNITY HEALTH FAIR 9:00 AM - 1:00PM
4	5	6	7	8	9 DONATION DAY!	10 BLOOD DRIVE! 9:00 AM - 1:00 PM
11	12 FALL 1 REGISTRATION FOR YMCA MEMBERS BEGINS	13	14	15	16	17
18	19 FALL 1 REGISTRATION FOR COMMUNITY MEMBERS BEGINS	20	21	22	23	24
25	26	27 BLOOD PRESSURE SELF MONITORING PROGRAM KICKOFF 5:30 PM - 7:00 PM	28	29 YMCA CLOSED THROUGH 9.2 WE WILL REOPEN 9.3	30 YMCA CLOSED THROUGH 9.2 WE WILL REOPEN 9.3	31 YMCA CLOSED THROUGH 9.2 WE WILL REOPEN 9.3

YOUTH GROUP SWIM LESSONS

REGISTRATION DATES | SUMMER 1: MAY 13 FOR MEMBERS AND MAY 20 FOR COMMUNITY MEMBERS | SUMMER 2: JULY 1 FOR MEMBERS AND JULY 8 FOR PROGRAM MEMBERS

PROGRAM DATES | SUMMER 1 JUNE 3 - JULY 14 | SUMMER 2 JULY 15 - AUG 25

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
COMBINED STAGE A/B 6M - 3 YRS WITH CAREGIVER \$24 - MEMBER \$55- COMMUNITY MEMBER WARM WATER POOL		6:25 PM - 6:55 PM		5:00 PM - 5:30 PM	9:00 AM - 9:30 AM
STAGE 1 WITH CAREGIVER 2 - 3 YRS WITH CAREGIVER \$24 - MEMBER \$55- COMMUNITY MEMBER WARM WATER POOL	5:00 PM - 5:30 PM	5:50 PM - 6:20 PM	6:05 PM - 6:35 PM	5:35 PM - 6:05 PM	9:35 AM - 10:05 AM
STAGE 1 3 YRS + WITHOUT CAREGIVER \$24 - MEMBER \$55- COMMUNITY MEMBER WARM WATER POOL	5:00 PM - 5:30 PM 5:35 PM - 6:05 PM	5:15 PM - 5:45 PM 5:50 PM - 6:20 PM	6:05 PM - 6:35 PM 6:40 PM - 7:10 PM	5:35 PM - 6:05 PM	9:35 AM - 10:05 AM
STAGE 2 3 YRS + \$24 - MEMBER \$55- COMMUNITY MEMBER WARM WATER POOL	5:35 PM - 6:05 PM 6:10 PM - 6:40 PM	5:15 PM - 5:45 PM	6:40 PM - 7:10 PM	6:10 PM - 6:40 PM 6:45 PM - 7:15 PM	10:10 AM - 10:40 AM
STAGE 3 WARM WATER POOL (30 MIN) 3 YRS + \$24 - MEMBER \$55- COMMUNITY MEMBER WARM WATER POOL	5:35 PM - 6:05 PM 6:10 PM - 6:40 PM	5:15 PM - 5:45 PM	6:55 PM - 7:25 PM	6:10 PM - 6:40 PM	10:10 AM - 10:40 AM
STAGE 3 LAP POOL (45MIN) 7 YRS - 12 YRS \$29 - MEMBER \$65 - COMMUNITY MEMBER LAP POOL	6:10 PM - 6:55 PM 7:00 PM - 7:45 PM		5:15 PM - 6:00 PM	6:45 PM - 7:30 PM	10:45 AM - 11:30 AM
STAGE 4 5 YRS - 12 YRS \$29 - MEMBER \$65 - COMMUNITY MEMBER LAP POOL	6:45 PM - 7:30 PM		6:05 PM - 6:50 PM		10:45 AM - 11:30 AM
STAGE 5 5 YRS - 12 YRS \$29 - MEMBER \$65 - COMMUNITY MEMBER LAP POOL	6:45 PM - 7:30 PM		5:15 PM - 6:00 PM		
STAGE 6 5 YRS - 12 YRS \$29 - MEMBER \$65 - COMMUNITY MEMBER LAP POOL	6:45 P.M. - 7:30 P.M.		5:15 P.M. - 6:00 P.M.		

CONDENSED SUMMER SWIM LESSONS

CLASSES WILL TAKE PLACE TUESDAYS, WEDNESDAYS, AND THURSDAYS OVER A 2 WEEK PERIOD.

STAGES 1-3 WARM WATER POOL

WEEKS 5 & 6 FOR SUMMER 1 ONLY

SUMMER 1 | JUNE 3 - JULY 14 | REGISTRATION OPENS MAY 13 FOR MEMBERS AND MAY 20 FOR COMMUNITY MEMBERS
 SUMMER 2 | JULY 15 - AUG 25 | REGISTRATION OPENS JULY 1 FOR MEMBERS AND JULY 8 FOR COMMUNITY MEMBERS

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
WEEKS 1 - 2 ALL AGES 3 AND UP \$24 - MEMBER \$55 - COMMUNITY MEMBER WARM WATER POOL		1:00 PM - 1:30 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	1:00 PM - 1:30 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	1:00 PM - 1:30 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	
WEEKS 3 - 4 ALL AGES 3 AND UP \$24 - MEMBER \$55 - COMMUNITY MEMBER WARM WATER POOL		1:00 PM - 1:30 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	1:00 PM - 1:30 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	1:00 PM - 1:30 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	
WEEKS 5 - 6 (WEEKS 5 & 6 FOR SUMMER 1 ONLY) 3 - 6 YRS RECOMMENDED \$29 - MEMBER \$65 - COMMUNITY MEMBER LAP POOL		1:00 PM - 1:30 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	1:00 PM - 1:30 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	1:00 PM - 1:30 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	

STAGES 3-6 - LAP POOL

WEEKS 5 & 6 FOR SUMMER 1 ONLY

SUMMER 1 | JUNE 3 - JULY 14 | REGISTRATION OPENS MAY 13 FOR MEMBERS AND MAY 20 FOR COMMUNITY MEMBERS
 SUMMER 2 | JULY 15 - AUG 25 | REGISTRATION OPENS JULY 1 FOR MEMBERS AND JULY 8 FOR COMMUNITY MEMBERS

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
WEEKS 1 - 2 5 - 12 YRS RECOMMENDED \$29 - MEMBER \$65 - COMMUNITY MEMBER LAP POOL		12:05 PM - 12:50 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	12:05 PM - 12:50 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	12:05 PM - 12:50 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	
WEEKS 3 - 4 5 - 12 YRS RECOMMENDED \$29 - MEMBER \$65 - COMMUNITY MEMBER LAP POOL		12:05 PM - 12:50 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	12:05 PM - 12:50 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	12:05 PM - 12:50 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	
WEEKS 5 - 6 (WEEKS 5 & 6 FOR SUMMER 1 ONLY) 5 - 12 YRS RECOMMENDED \$29 - MEMBER \$65 - COMMUNITY MEMBER LAP POOL		12:05 PM - 12:50 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	12:05 PM - 12:50 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	12:05 PM - 12:50 PM ATTEND TUESDAY, WEDNESDAY AND THURSDAY.	

COMBINED STAGE A/B | Caregivers accompany children ages 6 months to 3 years old in this class, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Children will be introduced to floating, blowing bubbles, and fundamental safety and aquatic skills. *3 - 12 Children per Instructor (*See page 8).

6M - 3 YRS WITH CAREGIVER | \$24 - MEMBER | \$55 - COMMUNITY MEMBER | WARM WATER POOL | 30 MINUTE CLASS

STAGE 1 WITH CAREGIVER | Caregivers accompany children ages 2-3 years old in this class. With the support of a caregiver, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage introduces and begins to lay the foundation that allows for student's future progress in swimming. This class is intended for those old enough to begin to swim independently but, whose support from a caregiver in the water is still needed. *3 - 8 Children per Instructor. (*See page 8).

2 YRS - 3 YRS WITH CAREGIVER | \$24 - MEMBER | \$55 - COMMUNITY MEMBER | WARM WATER POOL | 30 MINUTE CLASS

STAGE 1 WITHOUT CAREGIVER | Water Acclimation Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. This class is intended for those with little to no lesson experience other than parent child classes and those with little comfort in the water. *3 - 5 Children per Instructor. (*See page 8).

3 YRS + | \$24 - MEMBER | \$59 - COMMUNITY MEMBER | WARM WATER POOL | 30 MINUTE CLASS

STAGE 2 | WATER MOVEMENT | In this stage, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. This class is intended for those completing Stage 1 or those having a visible level of comfort in the water while being assisted. *3 - 5 Children per Instructor. (*See page 8).

3 YRS + | \$24 - MEMBER | \$55 - COMMUNITY MEMBER | WARM WATER POOL | 30 MINUTE CLASS

STAGE 3 WARM WATER POOL | WATER STAMINA | In this stage, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. This class is intended for those completing Stage 2 or those having a visible level of comfort in the water unassisted. *3 - 5 Children per Instructor. (*See page 8).

3 YRS - 6 YRS | WITH CAREGIVER | \$24 - MEMBER | \$55 - COMMUNITY MEMBER | WARM WATER POOL | 30 MINUTE CLASS

STAGE 3 LAP POOL | Same as **STAGE 3 WARM WATER** but this class is in the lap pool and intended for older youth. *3 - 6 Children per Instructor. (*See page 8).

7 YRS - 12 YRS | \$29 - MEMBER | \$65 - COMMUNITY MEMBER | LAP POOL | 45 MINUTE CLASS

STAGE 4 | STROKE INTRODUCTION | Students in this stage develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. This class is intended for those completing Stage 3 or having full independence in any depth of water unassisted and with proper freestyle stroke technique. *3 - 6 Children per Instructor. (*See page 8).

5 YRS - 12 YRS | WITH CAREGIVER | \$29 - MEMBER | \$65 - COMMUNITY MEMBER | LAP POOL | 45 MINUTE CLASS

STAGE 5 | STROKE DEVELOPMENT | Students in this stage work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. This class is intended for those completing Stage 4. *3 - 8 Children per Instructor. (*See page 8).

5 YRS - 12 YRS | WITH CAREGIVER | \$29 - MEMBER | \$65 - COMMUNITY MEMBER | LAP POOL | 45 MINUTE CLASS

STAGE 6 | STROKE MECHANICS | Students in this class work on endurance of all four strokes, and discover how to incorporate swimming into a healthy lifestyle. *3 - 8 Children per Instructor. (*See page 8).

5 YRS - 12 YRS | WITH CAREGIVER | \$29 - MEMBER | \$65 - COMMUNITY MEMBER | LAP POOL | 45 MINUTE CLASS

PRIVATE OR SEMI-PRIVATE SWIM LESSONS

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

\$56.25 - MEMBER | \$82.50 - COMMUNITY MEMBER

4 SEMI-PRIVATE LESSONS FOR 3

\$37.50 - 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

\$65.25 - MEMBER | \$95.25 - 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. Coming in and working on a consistent basis is essential to developing swimming skills. We ask that you reinforce the skills learned in classes at our open swim hours two to three times a week.



PRESCHOOL GYMNASTICS LESSONS

REGISTRATION DATES | SUMMER 1: MAY 13 FOR MEMBERS AND MAY 20 FOR COMMUNITY MEMBERS | SUMMER 2: JULY 1 FOR MEMBERS AND JULY 8 FOR PROGRAM MEMBERS

PROGRAM DATES | SUMMER 1 JUNE 3 - JULY 14 | SUMMER 2 JULY 15 - AUG 25

CLASS	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY
BABY BEARS WALKING - 3 YRS \$20 - MEMBER \$46 - COMMUNITY MEMBER GYM 2		*10:00 AM - 10:30 AM 5:15 PM - 5:45 PM	6:15 PM - 6:45 PM 5:00 PM - 5:30 PM			
LITTLE BEARS 1 3 YRS - 4 YRS \$24 - MEMBER \$55 - COMMUNITY MEMBER GYM 2		*10:30 AM - 11:15 AM 5:45 PM - 6:30 PM	6:45 PM - 7:30 PM			
LITTLE BEARS 2 3 YRS - 5 YRS \$24 - MEMBER \$55 - COMMUNITY MEMBER GYM 2		*11:15 AM - 12:00 PM 6:30 PM - 7:15 PM	5:30 PM - 6:15 PM			
SUPER BEARS 4 YRS - 5 YRS \$24 - MEMBER \$55 - COMMUNITY MEMBER GYM 2		4:30 PM - 5:15 PM	4:30 PM - 5:15 PM			
BEGINNER LEVEL 1 5 YRS - 6 YRS OR KINDERGARTEN \$24 - MEMBER \$55 - COMMUNITY MEMBER GYM 2		7:15 PM - 8:00 PM				

*** TUESDAY MORNING CLASSES WILL BE HELD AT 220 PARKER ST ON TUESDAY, JULY 16TH ONLY!**

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.

WALKING - 3 YRS | \$20 - MEMBER | \$46 - COMMUNITY MEMBER | GYM 2 | 30 MINUTE CLASS

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.

3 YRS - 4 YRS | \$24 - MEMBER | \$55 - COMMUNITY MEMBER | GYM 2 | 45 MINUTE CLASS

LITTLE BEARS 2 | Prerequisite: Little Bears 1 or 4 to 5 years old. Intermediate level. Building on basic skills learned in previous level.

3 YRS - 5 YRS | \$24 - MEMBER | \$55 - COMMUNITY MEMBER | GYM 2 | 45 MINUTE CLASS

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.

4 YRS - 5 YRS | \$24 - MEMBER | \$55 - COMMUNITY MEMBER | GYM 2 | 45 MINUTE CLASS

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.

5 YRS - 6 YRS OR KINDERGARTEN | \$24 - MEMBER | \$55 - COMMUNITY MEMBER | GYM 2 | 45 MINUTE CLASS

BOYS GYMNASTICS LESSONS

REGISTRATION DATES | SUMMER 1: MAY 13 FOR MEMBERS AND MAY 20 FOR COMMUNITY MEMBERS | SUMMER 2: JULY 1 FOR MEMBERS AND JULY 8 FOR PROGRAM MEMBERS

PROGRAM DATES | SUMMER 1 JUNE 3 - JULY 14 | SUMMER 2 JULY 15 - AUG 25

CLASS	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY
BOYS 4 YRS - 5 YRS \$24 - MEMBER \$55 - COMMUNITY MEMBER GYM 2		4:30 PM - 5:15 PM				
BOYS 6 YRS - 10 YRS \$24 - MEMBER \$55 - COMMUNITY MEMBER GYM 2		5:15 PM - 6:00 PM				

Boys Gymnastics | 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.

4 YRS - 5 YRS | \$24 - MEMBER | \$55 - COMMUNITY MEMBER | GYM 2 | 45 MINUTE CLASS

6 YRS - 10YRS | \$24 - MEMBER | \$55 - COMMUNITY MEMBER | GYM 2 | 45 MINUTE CLASS



TUMBLING LESSONS

REGISTRATION DATES | SUMMER 1: MAY 13 FOR MEMBERS AND MAY 20 FOR COMMUNITY MEMBERS | SUMMER 2: JULY 1 FOR MEMBERS AND JULY 8 FOR COMMUNITY MEMBERS

PROGRAM DATES | SUMMER 1 JUNE 3 - JULY 14 | SUMMER 2 JULY 15 - AUG 25

CLASS	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER \$24 - MEMBER \$55 - COMMUNITY MEMBER 220 PARKER STREET		5:30 PM - 6:15 PM				
INTERMEDIATE / ADVANCED \$29 - MEMBER \$65 - COMMUNITY MEMBER 220 PARKER STREET		4:30 PM - 5:30 PM				

TUMBLING | 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 and introduced to back tumbling.

6 YRS + OR 5 WITH APPROVAL | \$24 - MEMBER | \$55 - COMMUNITY MEMBER | 220 PARKER STREET | 45 MINUTE CLASS

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

ADVANCED | Mastered the back handspring, working on running tumbling, back tucks and layouts.

6 YRS + OR 5 WITH APPROVAL | \$29 - MEMBER | \$65 - COMMUNITY MEMBER | 220 PARKER STREET | 60 MINUTE CLASS

YOUTH GYMNASTICS LESSONS

REGISTRATION DATES | SUMMER 1: MAY 13 FOR MEMBERS AND MAY 20 FOR COMMUNITY MEMBERS | SUMMER 2: JULY 1 FOR MEMBERS AND JULY 8 FOR PROGRAM MEMBERS

PROGRAM DATES | SUMMER 1 JUNE 3 - JULY 14 | SUMMER 2 JULY 15 - AUG 25

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEVEL 1 \$29 - MEMBER \$65 - COMMUNITY MEMBER YMCA OR 220 PARKER STREET	5:30 PM - 6:30 PM PARKER ST		4:30 PM - 5:30 PM YMCA 5:30 PM - 6:30 PM YMCA	5:30 PM - 6:30 PM PARKER ST		
LEVEL 1A \$29 - MEMBER \$65 - COMMUNITY MEMBER YMCA OR 220 PARKER STREET	5:30 PM - 6:30 PM PARKER ST		5:30 PM - 6:30 PM YMCA 6:30 PM - 7:30 PM YMCA	5:30 PM - 6:30 PM PARKER ST		
LEVEL 2 \$29 - MEMBER \$65 - COMMUNITY MEMBER YMCA OR 220 PARKER STREET	4:30 PM - 5:30 PM PARKER ST	4:30 PM - 5:30 PM PARKER ST	5:30 PM - 6:30 PM YMCA 6:30 PM - 7:30 PM YMCA			
LEVEL 2A \$29 - MEMBER \$65 - COMMUNITY MEMBER YMCA OR 220 PARKER STREET	4:30 PM - 5:30 PM PARKER ST		6:30 PM - 7:30 PM YMCA			

YOUTH GYMNASTICS | 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.

KINDERGARTEN + | \$29 - MEMBER | \$65 - COMMUNITY MEMBER | YMCA AND 220 PARKER STREET | 60 MINUTE CLASS

PRIVATE GYMNASTICS/TUMBLING LESSONS |

Lessons are 1 hour and pricing is per child

1 PERSON | \$35 - MEMBER | \$45 - COMMUNITY MEMBER
2 PEOPLE | \$25 - MEMBER | \$35 - COMMUNITY MEMBER
3 PEOPLE | \$20 - MEMBER | \$30 - PROGRAM

MEMBER PRIVATE GYMNASTICS/TUMBLING LESSONS |

4 lessons, lessons are 1 hour each and pricing is per child

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

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

YOUTH SPORTS LEAGUES

YOUTH SPORT CAN BE REGISTERED FOR YEAR ROUND UP UNTIL THE DEADLINE DATE FOR EACH SPORT

YOUTH LEAGUE	AGES	DATES	REGISTRATION DEADLINE	FEES
YOUTH BASKETBALL	7 - 11	JANUARY 12 - FEBRUARY 16	JANUARY 2	\$42 - YMCA MEMBER \$68 - COMMUNITY MEMBER
YOUTH BASKETBALL	3 - 8	NOVEMBER 2 - DECEMBER 14	OCTOBER 23	\$37 - YMCA MEMBER \$63 - COMMUNITY MEMBER
YOUTH INDOOR SOCCER	3 - 8	MARCH 2 - APRIL 13	FEBRUARY 25	\$37 - YMCA MEMBER \$63 - COMMUNITY MEMBER
TEE BALL	3 - 6	MAY 4 - JUNE 15	APRIL 28	\$37 - YMCA MEMBER \$63 - COMMUNITY MEMBER
OUTDOOR SOCCER	3 - 10	AUGUST 24 - OCTOBER 5	AUGUST 14	3 - 6 YEARS OLD \$37 - YMCA MEMBER \$63 - COMMUNITY MEMBER 7 - 10 YEARS OLD \$42 - YMCA MEMBER \$68 - COMMUNITY MEMBER
SOCCER CAMP	3 - 10	JUNE 10 - 13 JUNE 17 - 20 JULY 29 - AUGUST 1	JUNE 5 JUNE 12 JULY 24	3 - 4 YEARS OLD \$13 - YMCA MEMBER \$21 - COMMUNITY MEMBER 5 - 6 YEARS OLD \$19 - YMCA MEMBER \$32 - COMMUNITY MEMBER 7 - 8 YEARS OLD \$25 - YMCA MEMBER \$42 - COMMUNITY MEMBER 9 - 10 YEARS OLD \$31 - YMCA MEMBER \$53 - COMMUNITY MEMBER
GYMNASTICS CAMP	6+	JUNE 10 - JUNE 13	JUNE 10	\$57 - YMCA MEMBER \$82 - COMMUNITY MEMBER
PRESCHOOL GYMNASTICS CAMP	3 - 5	JUNE 10 - JUNE 12	JUNE 10	\$27 - YMCA MEMBER \$52 - COMMUNITY MEMBER
GOLF CAMP	7 - 13	JUNE 25 - JUNE 27	JUNE 20	\$25 - YMCA MEMBER \$42 - COMMUNITY MEMBER
VOLLEYBALL CAMP	7 - 12	JUNE 24 - JUNE 27	JUNE 19	7 - 9 YEARS OLD \$31 - YMCA MEMBER \$53 - COMMUNITY MEMBER 10 - 12 YEARS OLD \$37 - YMCA MEMBER \$64 - COMMUNITY MEMBER
BASKETBALL CAMP	3 - 10	JULY 8 - JULY 11 JULY 22 - JULY 25	JULY 3 JULY 17	3 - 4 YEARS OLD \$13 - YMCA MEMBER \$21 - COMMUNITY MEMBER 5 - 6 YEARS OLD \$19 - YMCA MEMBER \$32 - COMMUNITY MEMBER 7 - 8 YEARS OLD \$25 - YMCA MEMBER \$42 - COMMUNITY MEMBER 9 - 10 YEARS OLD \$31 - YMCA MEMBER \$53 - COMMUNITY MEMBER
PACERS CAMP	5 - 17	JULY 15 - JULY 19	JULY 15	\$203 - YMCA MEMBER \$225 - COMMUNITY MEMBER
LACROSSE CAMP (GIRLS)	11 - 18	JULY 22 - JULY 25	JULY 17	\$25 - YMCA MEMBER \$42 - COMMUNITY MEMBER

We believe that Youth Sports should be used to develop a child's character while also giving them an opportunity to be active and enjoy being introduced to a new sport. For more experienced players we still believe in giving all children the opportunity to succeed and always place the emphasis on providing a FUN environment for your kids.

YOUTH BASKETBALL | Basketball has been a tradition of the YMCA. At the Kosciusko Community YMCA we embrace our history and are proud to offer two youth basketball leagues

YOUTH OUTDOOR SOCCER | The YMCA's Youth Outdoor Soccer program introduces children ages 3 to 10 to the FUN-damentals of soccer. Soccer is a fast paced game that teaches players great ball control and footwork. Our co-ed program allows young players to experience the game in a positive and fun environment.

YOUTH INDOOR SOCCER | The YMCA's Indoor Soccer program introduces children ages 3 to 8 to the FUN-damentals of soccer. Using a boundary system, Indoor Soccer is played with little to no interruptions. Indoor Soccer is a fast paced game that teaches players great ball control and footwork.

T-BALL | Every all-star has to start somewhere! Our 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 having FUN!

SPORTS CAMPS | Our YMCA sports camps are designed to meet each player at their current level of play and provide opportunities to increase their individual skills. The goal is that these opportunities will lead to an overall enjoyment of the game for years to come. Offerings include: soccer, gymnastics, golf, volleyball, basketball and lacrosse.

ADULT SPORTS LEAGUES

ADULT LEAGUE	DATES	REGISTRATION DEADLINE	FEES
BASKETBALL	JANUARY - APRIL	JANUARY 4	\$350 Per Team
INDOOR SOCCER	JANUARY - MARCH	JANUARY 4	\$300 Per Team
SUMMER OUTDOOR SOCCER	MAY 22 - JULY 24	MAY 15	\$300 Per Team
FALL OUTDOOR SOCCER	JULY 31 - OCTOBER 2	JULY 17	\$300 Per Team
VOLLEYBALL	JANUARY 14 - MARCH 25 APRIL 8 - MAY 20 OCTOBER 10 - DECEMBER 19 OCTOBER 14 - DECEMBER 16	JANUARY 8 MARCH 27 OCTOBER 4 OCTOBER 4	\$200 Per Team \$125 Per Team \$250 Per Team \$250 Per Team

ADULT BASKETBALL | Score big by connecting with others who share your love of basketball! Our adult basketball league is a great way to stay active, have fun, and make friends.

ADULT INDOOR SOCCER | Kick-it up and take part in our adult indoor soccer league. Indoor soccer is fast paced game with little to no interruptions. Games will take place at Lakeview Middle School.

ADULT OUTDOOR SOCCER | Our adult outdoor soccer league offers an opportunity for you to hone your skills and develop and 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.

ADULT 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

REGISTRATION DATES | SUMMER 1: MAY 13 FOR MEMBERS AND MAY 20 FOR COMMUNITY MEMBERS | SUMMER 2: JULY 1 FOR MEMBERS AND JULY 8 FOR PROGRAM MEMBERS

PROGRAM DATES | SUMMER 1 JUNE 3 - JULY 14 | SUMMER 2 JULY 15 - AUG 25

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
YOUTH CONDITIONING FREE - MEMBER		5:00 PM - 6:00 PM		5:00 PM - 6:00 PM	9:30 AM - 10:30 AM
LITTLE NINJAS 3 YRS - 5 YRS \$20 - MEMBER \$46 - COMMUNITY MEMBER	10:30 AM - 11:00 AM PROGRAM ROOM 4 4:45 PM - 5:15 PM PROGRAM ROOM 1				
FIT FOR KIDS (SUMMER 1 ONLY) 9 YRS - 12 YRS \$29 - MEMBER \$65 - COMMUNITY MEMBER	9:15 AM - 10:15 AM GYM 1B				
GIRLS ON THE GO (SUMMER 1 ONLY) 10 YRS - 14 YRS \$29 - MEMBER \$65 - COMMUNITY MEMBER		5:45 PM - 6:45 PM PROGRAM ROOM 3			

YOUTH CONDITIONING | The Youth Conditioning Course was created as a benefit of membership to help children learn and understand the benefits of exercise and how to properly use the exercise equipment at our Y. Youth ages 8-14 will attend one class and pass a short quiz to use the facility. Youth ages 8-11 may use the Wellness Center and strength equipment with a parent after completing the class. A parent must be present at the Youth Conditioning class. If the child has taken the class and is 12-14 they may use the Wellness Center and strength equipment without a parent after meeting with a Wellness Center staff member to ensure that the child remembers proper form on the equipment. If the child is taking the class for the first time and is 12-14 they must take the class and pass the quiz. Please pre-register for a time at the Wellness Desk. All youth under the age of 15 will need to have a proper Youth Conditioning Certification Card on a lanyard at all times while in the Wellness Center. Participants that are 15 years old or older can have access to the weights in the free weight area in addition to using the Wellness Center.

FIT FOR KIDS | Have fun and exercise at the same time! Join our youth fitness instructor as they lead the class through different sets of drills to work on increasing speed, coordination, balance and strength through interval training, use of equipment, and games targeted on working specific muscle groups.

9 YRS - 12 YRS | MONDAYS | \$29 - MEMBER | \$65 - COMMUNITY MEMBER | 60 MINUTE CLASS

GIRLS ON THE GO | Train for a 5K while learning about healthy eating and positive body image. This program fosters positive emotional, social, and spiritual development with a coach to guide your workouts and improve your overall health.

10 YRS - 14 YRS | \$29 - MEMBER | \$65 - COMMUNITY MEMBER | 60 MINUTE CLASS

LITTLE NINJAS | Your preschooler will be introduced to exercises, games and fun activities that will keep them active and moving just like little ninjas!

3 YRS - 5 YRS | \$20 - MEMBER | \$46 - COMMUNITY MEMBER | 30 MINUTE CLASS

YOUTH CAMPS

SPORTS CAMPS

BASKETBALL | Participants will learn the basics of passing, dribbling, shooting, and defense in a small-group setting with age-specific training.

BASKETBALL CAMP 1 | JULY 8TH - 11TH
BASKETBALL CAMP 2 | JULY 22ND - 25TH
LOCATION | YMCA

3 YRS - 4 YRS | \$13 - MEMBER | \$21 - COMMUNITY MEMBER | 9:00 AM - 9:30 AM

5 YRS - 6 YRS | \$19 - MEMBER | \$32 - COMMUNITY MEMBER | 9:40 AM - 10:25 AM

7 YRS - 8 YRS | \$25 - MEMBER | \$42 - COMMUNITY MEMBER | 10:35 AM - 11:35 AM

9 YRS - 10 YRS | \$31 - MEMBER | \$53 - COMMUNITY MEMBER | 11:45 AM - 1:00 PM

SOCCER | Participants will learn the basics of passing, dribbling, shooting, and defense in a small-group setting with age-specific training.

SOCCER CAMP 1 | JUNE 10TH - 13TH
SOCCER CAMP 3 | JULY 29TH - AUG 1ST
LOCATION | YMCA

SOCCER CAMP 2 | JUNE 17TH - 20TH
LOCATION | DUBOIS PARK

3 YRS - 4 YRS | \$13 - MEMBER | \$21 - COMMUNITY MEMBER | 9:00 AM - 9:30 AM

5 YRS - 6 YRS | \$19 - MEMBER | \$32 - COMMUNITY MEMBER | 9:40 AM - 10:25 AM

7 YRS - 8 YRS | \$25 - MEMBER | \$42 - COMMUNITY MEMBER | 10:35 AM - 11:35 AM

9 YRS - 10 YRS | \$31 - MEMBER | \$53 - COMMUNITY MEMBER | 11:45 AM - 1:00 PM

VOLLEYBALL | Participants will work on passing, hitting, and serving. Kids will learn the rules and gain a basic understanding of volleyball.

VOLLEYBALL CAMP | JUNE 24TH - 27TH
LOCATION | YMCA

7 YRS - 9 YRS | \$31 - MEMBER | \$53 - COMMUNITY MEMBER | 9:00 AM - 10:15 AM

10 YRS - 12 YRS | \$37 - MEMBER | \$64 - COMMUNITY MEMBER | 10:30 AM - 12:00 PM

LACROSSE | New for 2019, learn how to play lacrosse! All equipment will be provided. Held at Richard DuBois Park.

LACROSSE CAMP | JULY 22 - JULY 25
LOCATION | DUBOIS PARK

11 YRS - 18 YRS | \$25 - MEMBER | \$42 - COMMUNITY MEMBER | 9:00 AM - 10:15 AM

PACERS | These camps include expert instruction from current college and professional basketball players, with drills, practice stations, and skills contests for both boys and girls ages 5-17. Each participant will receive a Pacers shirt and a ticket to a future Pacers game, as well as a personal player evaluation filled out by the player's coach at the conclusion of the week. All skill levels welcome.

PACERS CAMP | JULY 15TH - 19TH |
LOCATION | YMCA

7 YRS - 17 YRS | \$203 - MEMBER | \$225 - COMMUNITY MEMBER | 9:00 AM - 3:00 PM |

REGISTER AT [HTTP://BIT.LY/YMPCAPACERS](http://bit.ly/ympacers)

**MUST USE MEMBER DISCOUNT CODE PRIOR TO REGISTERING: FAC2019*

GOLF | Participants will learn basics of hitting, chipping and putting. Held at Rozella Ford Golf Club

GOLF CAMP | JUNE 25-27 | 9:00 AM - 11:00 AM
LOCATION | ROZELLA GOLF COURSE

7 YRS - 17 YRS | \$25 - MEMBER | \$42 - COMMUNITY MEMBER | 9:00 AM - 11:00 AM

YOUTH FITNESS CAMP

PRESCHOOL FITNESS CAMP | Get your child started on the road to a healthy lifestyle. Preschool fitness classes will make exercise fun and exciting. Designed to keep children moving and entertained for thirty minutes of fun activity from playing with a parachute to working in teams to achieve a goal.

\$22 - MEMBER | \$47 - COMMUNITY MEMBERS | 1:00 PM - 1:30 PM JUNE 24TH - 27TH | GYM 1

GYMNASTICS CAMPS

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. Parents are invited to watch on Thursday at 10:30am!

YOUTH GYMNASTICS CAMP | JUNE 10 - JUNE 13
LOCATION | 220 PARKER ST
REGISTER BY | JUNE 7

6 YRS + | \$57 - MEMBER | \$82 - COMMUNITY MEMBER | 8:30 AM - 11:00 AM

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.

PRESCHOOL GYMNASTICS CAMP | JUNE 10 - JUNE 12
LOCATION | 220 PARKER ST
REGISTER BY | JUNE 7

3 YRS - 5 YRS | \$27 - MEMBER | \$52 - COMMUNITY MEMBER | 11:15 AM - 12:15 PM

INCLUSIVE PROGRAMS

Y BUDDIES! | Does your child need an extra hand to participate in our classes, sports or activities? **Contact Anne Petre at 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 | 15 YRS + | If you, or someone you know who has a disability, are looking for possible employment opportunities please **contact Steven Kuhn at 574-269-9622 ex. 223**. 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 | 8 YRS + | For those with any disability looking to get more active and fit by learning to use Wellness Center equipment and develop a workout plan under the instruction of a Recreational Therapist. Includes a caregiver if needed. By appointment, **please sign up at the Wellness Desk**. Y Members: Free

ADAPTIVE MOVEMENT THERAPY | Designed for those that want to get more active, address health/mobility issues, and improve function but have significant health impairments that limit their ability to work with a typical personal trainer. This is designed for someone with a physical or developmental disability, injury, recovery from surgery, etc. These sessions follow the format of our personal training packages. If interested pick up a personal training packet from the welcome center.

TEEN/YOUNG ADULT NIGHT OUT | Join us for a fun night of socialization with friends! Come play games, do arts and crafts, dance and sing to karaoke, eat dinner and more! It will be a fun time to hang out with friends, make new friends, and have a night of fun at the Y. Parents and

caregivers can enjoy an evening of respite as those attending have fun in a safe environment. Open to anyone with a disability ages 14-40. Fill out and return an Adaptive Annual Information Form 1 week prior to the event.

13 YRS - 40 YRS | JULY 12TH | 6:30 PM - 8:30 PM
| MEMBERS - \$10 | COMMUNITY MEMBERS - \$15

ADAPTIVE AQUATICS

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

Lessons can be requested by filling out the Adaptive Swim Lesson request form at the Y's Welcome Center or by contacting Steven Kuhn at 574-269-9622 ext. 223.

FOUR 30 MINUTE LESSONS | 3 YRS + | \$60 - MEMBERS | \$88 - COMMUNITY MEMBERS

SEVEN 30 MINUTE LESSONS | 3 YRS + | \$104 - MEMBERS | \$152 - COMMUNITY MEMBERS

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.

ALL AGES | FREE - MEMBERS | \$2/VISIT - COMMUNITY MEMBERS

TUESDAY AND THURSDAY | 9:30AM - 10:30AM
SATURDAY | 11:30AM - 12:30PM

ADAPTIVE GUIDED LAP SWIM | For those with special needs that know how to swim. This is a time to work on developing stroke mechanics and work on lap swimming under the guidance of an instructor.

TUESDAYS & THURSDAYS 7:15 PM - 8:00 PM | \$46 - MEMBERS | \$104 - COMMUNITY MEMBERS

ADAPTIVE SPORTS

ADAPTIVE SPORTS OF ALL KINDS | This weekly sports clinic will focus on different sports each week- learning the components, rules and skills needed for the game. Come learn, practice and have fun.

12 YRS + | THURSDAYS 4:30 PM - 5:00 PM | GYM 1 | \$16 - MEMBERS | \$37 - COMMUNITY MEMBERS

4 YRS - 11 YRS | THURSDAYS 5:00 PM - 5:30 PM | GYM 1 | \$16 - MEMBERS | \$37 - COMMUNITY MEMBERS

ADAPTIVE FITNESS

CARDIO DANCE OFF! | Join us for a fun upbeat and easy to follow cardio dance class! In this class you will get that heart rate pumping while learning fun dance moves in an easy to follow and laid back format. Easy Beginner Fitness Level.

8 YRS - 15 YRS WITH PARENT OR 16 YRS + WITHOUT | PROGRAM ROOM 2 | FREE - MEMBERS | \$2/VISIT - COMMUNITY MEMBERS

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. **Meet at the Wellness Desk.**

13 YRS + | TUESDAY AND THURSDAYS 6:15 PM - 7:00 PM | \$38 - MEMBERS | \$88 - COMMUNITY MEMBERS

ADAPTIVE SOCIAL/LIFE SKILL

SUMMER ADAPTIVE COOKING CLUB | Join us for one or all of the workshops and our summer series. This class is designed for those with special needs to work on the life skill OF food preparation. Join us as we learn to prepare a number of different foods, all while building self confidence and social skills. All classes are a hands on cooking experience and everyone is involved in the cooking.

JUNE 10TH | FABULOUS DESSERTS
JUNE 24TH | QUICK BREAKFASTS

JULY 15TH | LET'S GRILL!
JULY 29TH | TASTY SNACKS

13 YRS + | 6:15 PM - 7:30 PM |
M-P ROOM 1 | \$10 - MEMBERS | \$15 -
COMMUNITY MEMBERS | PER WORKSHOP

ADAPTIVE PERFORMING ARTS | Do you enjoy acting? Dancing? Telling stories? Expressing yourself and having fun? Then join the KCYMCA Explorers Adaptive Performing Arts Program for a one week adaptive performing arts camp! This will be a great way to try and see if performing arts is for you! We will be exploring improv and performance arts, how to perform a piece and how to begin the creation of our own original works. We will be showcasing our work in a lecture demonstration at the end of camp. Open to anyone with a disability age 13 and up.

AUGUST 5TH - 9TH | 1:30 PM - 3:00 PM | PR2 |
\$25 - MEMBERS | \$56 - COMMUNITY MEMBERS

FAMILY FUN DAY | An afternoon of fun at the YMCA for families who have an individual with special needs as a part of their family. Come join us for games, snacks, arts and crafts, swimming, and more. Come meet and socialize with other families, enjoy time together as a family, and have fun at the YMCA.

JULY 27TH | 1:00 PM - 4:00 PM | FREE FOR FAMILIES.

PRE-REGISTRATION REQUIRED BY 7.19.18

PARKVIEW CENTER FOR HEALTHY LIVING

DEMENTIA DIALOGUE | 1:00 PM - 2:30

PM ON JUNE 4TH & JULY 2ND | If you are a care partner with someone who has a type of Dementia, what can you do to make life a little easier and more enjoyable? Come to our Dementia Dialogue and meet others who want information, need support or desire to make a positive impact in the life of someone living with dementia. Join Karen Kauffman, educator and facilitator of group discussions. No need to register, we'll look forward to seeing you!

A WALK IN NATURE: WINONA LAKE PARK |

3:30 PM ON JUNE 17TH & JULY 22ND | Plan to put a spring in your step and walk with us! Join Natalie Fish, owner of corporate health & prevention, as she leads you through a warm-up before you start your walk of this 1.8 mile trail. Feel free to walk as little or as much as you like. At the end of your walk, Natalie will even guide you through a cool down before you leave for the day. Plan to confirm meeting location. We look forward to spending a wonderful afternoon with you in nature. No rain date planned.

Registration required. Call (260) 266-6500 or (844) 835-0003.

MOTHERS MILK & MORE | 5:00 PM - 6:00 PM

ON JUNE 5TH, 19TH AND JULY 3RD, 17TH AND 31ST | Looking for a safe, supportive and nurturing environment where you can drop in to chat, learn or have questions answered about breastfeeding? Join Josie Smith, RN, IBCLC, ILCCE, Lactation Consultant, Parkview Whitley Hospital, for this helpful group. The group meets on the first, third and fifth Wednesdays of each month.

MY BEST HEALTH | PROGRAM BEGINS JULY 15TH! | EARLY BIRD PRICE \$200, REGULAR PRICE \$250 | My best health is a long term program to help you make healthy lifestyle behavior changes. Participants are provided with professional support in resources from a team of professionals including a wellness coach, registered nurse, registered dietitian and personal trainer.

The goal of My Best Health is to prevent, arrest and reverse chronic disease, like obesity, while increasing healthy behaviors such as physical activity, healthy eating and overall personal well-being. The team meets each participant where



they are in their personal health journey and works to help them set attainable goals.

Enrollment for the upcoming My Best Health Program Will be open now until July 8, 2019 with early bird registration and pricing until June 7, 2019 and regular priced registration June 8 - July 8, 2019. Space is limited. Visit our website to apply: www.parkview.com/mybesthealth

Questions:

- Parkview Warsaw Guest Services
 - Parkview Center For Healthy Living in the Parkview Warsaw YMCA
 - Call 260-347-8125 for more information
-

FOOT SCREENING | 1:00 PM - 2:00 PM JULY 20TH AND JULY 17TH

| If you are experiencing pain, difficulty walking, changes in the structure or any condition of your skin or nails, schedule a 10 minutes screening with either Michael Lyons, DPM, or Daniel Chianese, Parkview Physicians Group - Podiatry

CHECK UP DAY | 7:00 AM - 9:30 AM ON JULY 30TH AND NOVEMBER 12TH

| Participating in a check up day is a great way to start your personal well-being journey. Come take advantage of our lab work options, blood pressure and bone density screening, and height and weight measurement checks.

BASIC AND BEYOND PARENTING CLASS

| 12:00 PM - 4:00 PM ON JUNE 8TH | The anxiety of caring for your newborn can be overwhelming. Join Laurie Neirman, BSN, RN, birth planner, Family Birthing Center, Parkview Whitley

Hospital, as she helps you feel more confident with basic parenting skills and more. This course will also help mothers-to-be and their partners explore the physical, emotional and social aspects of childbirth. **REGISTRATION REQUIRED | CALL 260-248-9427**

ASTHMA QUESTIONS & CONCERNS | 8:00 AM - 5:00 PM MONDAY - FRIDAY | Call anytime to have your asthma related questions answered. You can also schedule a free in-home environmental assessment, which could identify triggers.

Call 260-266-2474 or 260-266-2471

ASK THE R.D. (REGISTERED DIETITIAN) | 3:00 PM - 5:00 PM ON JUNE 12TH AND JULY 18TH | Schedule a 20 minute one-on-one consultation with Lauren Harden, MBA, RD, CD, Parkview Health - Community Outreach Dietitian, to have your questions answered on diet, nutrition, or other food related issues. Call in to make your appointment today as appointments fill up quickly.

Call 260-266-6500 or toll-free 844-835-0003

ACRYLIC PAINT CLASSES | 1:00 PM - 4:00 PM ON JUNE 19TH AND JULY 17TH | 5:30 PM - 8:30 PM ON JUNE 26TH AND JULY 24TH | \$20 | Join us for an afternoon or evening of acrylic painting with local artist, Carl Mosher, as you paint different scenes chosen by the instructor monthly. Stop by the Center for Healthy Living to see the samples of what you can plan to paint monthly. All supplies are furnished. This is for the beginner to intermediate painter.

Appointments required. Call 260-266-6500 or 844-835-0003

E-NEWSLETTER REGISTRATION | Your health and well-being encompasses every part of your life, including your mind, body, spirit and community. We at the Parkview Center for Healthy Living provide classes, education, consultations, and screenings for free to low cost in order to help you begin, or continue, your personal well-being journey. **We update our programs on a monthly basis, so make sure to register to receive our e-newsletter at: www.parkview.com/chlregistration.** If you want to attend a class, schedule an appointment or ask a question, call us at (260) 266-6500 or toll free (844) 835-0003



CHILD CARE HOURS

CHILDCARE PROGRAMS

SENSORY ART | Program Description: (3-5) Children will have the opportunity to explore different artist media in order to paint, sculpt, build and glue using sensory play to enhance brain development.

3 YRS - 5 YRS | \$28 - MEMBER | \$59 - COMMUNITY MEMBER | WEDNESDAYS 1:30 PM - 2:30 PM | REGISTER BY APRIL 10 | CLASS IS 7 WEEKS

CHILDCARE HOURS

Child Watch 6 weeks to 6 years. 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, story-time, 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 MORNING HOURS

Monday - Saturday: 8:30 AM - 1:00 PM

CHILD WATCH EVENING HOURS

Monday - Thursday: 4:00 PM - 8:00 PM

Friday: 4:00 PM - 7:00 PM

Multi-Generational Room 5 to 14 years. 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 foose ball, 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 MORNING HOURS (DURING SUMMER BREAK ONLY, MAY 31ST - AUGUST 10TH),

Monday - Friday: 8:30 AM - 1:00 PM

MULTI-GENERATIONAL ROOM EVENING HOURS

Monday - Thursday: 4:00 PM - 8:00 PM

Friday: 4:00 PM - 7:00 PM

Saturday: 8:30 AM - 1:00 PM



MEMBERSHIP AND PROGRAM POLICIES

We reserve the right to change membership and program fees.

MEMBERSHIP PRIVILEGES | As a member you have access to fitness areas at two branches, use of the pools at the Parkview Warsaw YMCA branch, a variety of free fitness classes, reduced rates for programs, early registration privileges, and access to a YMCA Chaplain. If you have a Family, One Parent Family, Senior Family or your child has a Youth Membership, childcare services are included.

PAYMENT OPTION #1 | Members may pay for one year in advance (joiner's fee plus monthly rate x 12). Payment must be paid in full at the time of sale by Visa, Discover, Mastercard, check or cash. Refunds will not be issued for months not used.

PAYMENT OPTION #2 | Members may choose to pay using the convenient monthly EFT plan. The joiner's fee and a prorated amount for the current month are paid upon joining. Monthly payments will then be automatically deducted around the 10th of each month from your savings account, checking account or Visa, Discover, Mastercard. **All new members and those rejoining after a 30-day inactive period must pay the joiner's fee.**

TRANSFERRING & CANCELING | **Memberships are nontransferable.** All bank draft memberships automatically renew and must be canceled in writing at the Welcome Center before the last day of the month for it to take effect the following month. Cancellations **cannot** be made by the phone or online. Annual memberships will automatically cancel if not renewed by the termination date.

REFUNDS | **All membership and enrollment fee payments are non-refundable. Refunds will not be given for non-usage.** All class refunds, transfers and credit requests must be made at the Welcome Center before the first day of the class. We reserve the right to cancel any program if enrollment is insufficient. In the event of cancellation by the YMCA, a full refund or class credit will be provided. Refunds will not be given due to inclement weather.

MEMBERSHIP ON-HOLD | Members may take a leave of absence for a period of 2 to 6 months by placing their membership on hold, for a fee. During the "on-hold period" the entire membership is inactive and the member is without the benefits of membership.

MEMBERSHIP CARD POLICY | All members entering the building **MUST** check in with their Y issued keytag or Mobile App barcode. **Please scan in each family member.** In the event of a misplaced card, each member will be allowed one free replacement card. After that, they will be required to purchase a new one. Allowing others to use your Y card for entrance to the facility is prohibited.

CORPORATE MEMBERSHIPS | Corporate memberships provide a company's employees with savings off the normal membership fees. Companies pay an annual fee based on the number of active employees at the time of enrolling or renewing. For more information on corporate memberships email Lori Haywood at lhaywood@kycymca.org.

GUESTS AND VISITORS

GUESTS FROM OTHER YMCAS | Guests who are members of any YMCA will be able to use the Kosciusko Community YMCA for free as part of the Nationwide Membership program. Please be ready with your ID and your YMCA membership card at time of check-in.

GUEST PASSES | Guest Passes are available for purchase at the Welcome Center for one day use of the facility (Excluding childcare). Passes are available for Youth (18 and under) - \$5, Adult (19+) - \$8 and Family - \$11. See our Welcome Center for information about seasonal memberships.

VISITORS | For the safety and security of all members and guests to the Y, first time visitors will need to register by providing picture ID and basic personal information. All visitors to the Y will be required to sign in upon entering the facility. If you anticipate bringing first time guests, please see the Welcome Center ahead of time to pre-register for a visitor's pass.

STANDARDS AND SAFETY

VIDEO SURVEILLANCE | For the safety and security of our members, the facility and grounds are under 24-hour video surveillance.

WEAPONS POLICY | For your own safety and the safety of others, the Kosciusko Community YMCA does not allow any potentially dangerous items to be brought into any building owned or operated by the Kosciusko Community YMCA. Possession or use of firearms and other dangerous weapons in such buildings is strictly prohibited. The Kosciusko Community YMCA reserves the right to inspect all packages, bags, backpacks, purses, or suspicious clothing to assure compliance with this policy.

SEX OFFENDER POLICY | There is a no-tolerance policy with regards to those persons who are convicted sex offenders. Through use of screening software, such persons will not be allowed to obtain or continue membership, or participate in any YMCA program.

FOOD AND DRINK | For safety and cleanliness, please do not bring food into the gym, fitness or aquatic areas or locker rooms. Drinks should be in a closeable, non-glass container. Please avoid sending snacks that contain nuts or peanut products into the childcare areas.

CLOTHING AND SHOES | Please wear properly fitting modest athletic attire including: shoes, shirt, pants or shorts. Closed-toe shoes must be worn at all times in the fitness areas and on the track. Please keep our gym floor clean by wearing non-skid, non-marking shoes only.

FAMILY ENVIRONMENT AND CHRISTIAN MISSION | The YMCA Mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. At the discretion of the YMCA, membership or service may be denied or revoked for any reason that conflicts with our mission and family environment, including, but not limited to: smoking in the facility or on YMCA property, drug use, stealing, inappropriate behavior toward others or vandalism of facility or property. As an organization dedicated to maintaining a family environment, the YMCA will ask individuals conducting themselves in a disrespectful manner to leave the building. This includes, but is not limited to, unsportsmanlike conduct, fighting, profanity and equipment misuse.

GYMNASIUM BEHAVIOR | Out of respect for other guests, shirts must be worn at all times. Due to the danger to other guests and the potential damage they could cause the building, some activities cannot be played in the YMCA's gym except as a YMCA program. Examples are, but are not limited to: soccer, baseball, and football. Please do not use the equipment associated with these activities. The gymnastics equipment is for gymnastics classes only. Other use is prohibited unless supervised by YMCA staff. See the gym schedule online for availability of the gym.

LOCKER ROOM ETIQUETTE | We recommend using a lock during your visit but require that you remove the lock and take your belongings with you when you leave, unless you are using rental locker services. Please see the Welcome Center if you are interested in locker rental. The YMCA is not responsible for lost or missing items. Out of respect for other guests, please do not use photographic devices in the locker room.

POOL POLICIES | All swimmers must wear an appropriate bathing suit. Children who have not yet been potty trained need to wear a swim diaper. With the presence of windows and great danger of lightning when in and around water, the aquatic area will be cleared for 30 minutes following the last sight of lightning or sound of thunder. Check the mobile app for real-time notification of pool status. See the pool schedule online for available swim times.

TRACK POLICIES | Babies can be carried in a baby body carrier in the walking lane. Please do not use strollers on the track. Wheelchairs and walkers are allowed if approved first by a building supervisor.

INSTRUCTION AND PERSONAL TRAINING | Only authorized staff are permitted to engage in skill instruction, coaching or personal training using YMCA facilities and/or equipment. Non-staff engaging in instruction or training will be asked to leave.

STANDARDS AND SAFETY

For the safety of our members, the children in our programs, and our staff who must travel to and from the Y, some modifications to our operations may be made during inclement weather. There will be no refunds or make-ups because of cancellations due to weather. The Parkview Warsaw YMCA utilizes Indiana Homeland Security Government Travel Advising as a guide for determining inclement weather schedule changes. If the weather conditions are extreme and the Y needs to open later than normal, close early or be closed for the whole day, the Y will post information on our website at www.kcymca.org, our Facebook page, Kosciusko Community YMCA Mobile App, and WRSW. The North Webster Branch will run as normal during inclement weather unless the Community Center closes. If the Center closes, the North Webster branch will close.

AGE POLICIES

FACILITY | Children under 12 must be accompanied by an adult while in the facility.

CHILD WATCH | 6 weeks to 6 years. Children must be Y members and be signed in by a parent/guardian or an adult over the age of 18.

MULTI-GENERATIONAL ROOM | Ages 5-14. Children must be Y members, and ages 5-11 must be signed in by a parent/guardian or an adult over the age of 18 years old.

POOLS | Parents/guardians with children age 6 and under are required, for their child's safety, to be in the water within arm's length of their child. Those 7-12 years old are required to stay in the shallow end of the pool until passing the swim test. Children ages 7-11 must be supervised by a parent or guardian in the pool area at all times.

SAUNA | You must be at least 16 years old to use the sauna.

FAMILY CHANGING ROOM | For their safety and supervision, children under the age of 8 must be accompanied by a person at least 15 years of age.

LOCKER ROOMS | For the convenience of our members with young children, opposite gender children under the age of 4 are permitted in the locker room, if accompanied by a person at least 15 years of age. The Family Changing Rooms are recommended for a parent with opposite gender children 4 and older. For their safety and supervision, children under the age of 8 must be accompanied by a person at least 15 years of age.

WELLNESS CENTER | The Youth Conditioning Course was created as a benefit of membership to help children learn and understand the benefits of exercise and how to properly use the exercise equipment at our Y. Youth ages 8-14 will attend one class and pass a short quiz to use the facility. Youth ages 8-11 may use the Wellness Center and strength equipment with a parent after completing the class. A parent must be present at the Youth Conditioning class. If the child has taken the class and is 12-14 they may use the Wellness Center and strength equipment without a parent after meeting with a Wellness Center staff member to ensure that the child remembers proper form on the equipment. If the child is taking the class for the first time and is 12-14 they must take the class and pass the quiz. Please pre-register for classes at the Wellness Desk. All youth under the age of 15 will need to have proper Youth Conditioning Certification Card on a lanyard at all times while in the Wellness Center. Participants that are 15 years old or older can have access to the weights in the free weight area in addition to using the Wellness Center.

GROUP EXERCISE CLASSES | Youth ages 8-15 may attend fitness classes with a parent. Youth 16 and older may attend class on their own. Children under the age of 8 should not be present during class time.

TRACK | Please supervise children under age 12 on the track. Children under the age of 12 must be accompanied while in the facility by a parent/legal guardian, unless they are enrolled in a supervised class.

OTHER INFORMATION:

GIVE BACK TO SUPPORT THE Y's MISSION

You might wonder why you would give to the Y when you already pay for membership? We want everyone to be a part of our Y Community and have the opportunity to meet their wellness goals- spirit, mind and body. Many of our programs are offered as a benefit to our community. We can only offer these programs with help from generous donors in our community. The YMCA is a non-profit committed to providing programs and services to all, regardless of economic status. We offer a financial assistance program so that those who can't afford our services can apply to receive a discounted membership or program rate. This provides for parents to have childcare while they work, for kids and adults to have a place that helps them get healthy physically and emotionally, and a place for active older adults to get together and keep in shape! If you're able to give, please give generously to make sure no one in our community misses out on an opportunity to feel welcome, grow, have fun as a family, be included or feel safe.

PARKVIEW CENTER FOR HEALTHY LIVING

YMCA members enjoy easy access to a wide variety of programming and screenings through our unique partnership with the Parkview Warsaw Center for Healthy Living. Located inside our YMCA, the Center offers holistic health programs to improve all aspects of wellness including spirit, mind and body. Community members can access free educational materials, take classes, attend off-site events and attend reduced cost health screenings in a convenient setting. To see the latest class offerings and events, go to www.parkview.com/CHLevents.



KOSCIUSKO COMMUNITY YMCA LOCATIONS & HOURS

PARKVIEW WARSAW YMCA
1305 MARINERS DRIVE
WARSAW, IN 46582
PHONE | 574.269.9622

WINTER HOURS | LABOR DAY - APRIL 30TH
SUNDAY | 1:00 PM - 4:00 PM
MONDAY - THURSDAY | 5:00 AM - 10:00 PM
FRIDAY | 5:00 AM - 9:00 PM
SATURDAY | 7:00 AM - 6:00 PM

SUMMER HOURS | MAY 1 - LABOR DAY
SUNDAY | 1:00 PM - 4:00 PM
MONDAY - FRIDAY | 5:00 AM - 9:00 PM
SATURDAY | 7:00 AM - 4:00 PM

NORTH WEBSTER YMCA
301 NORTH MAIN ST
NORTH WEBSTER, IN 46555
PHONE | 574.834.5600

WINTER HOURS | LABOR DAY - APRIL 30TH
SUNDAY | 12:00 PM - 3:00 PM
MONDAY - FRIDAY | 5:00 AM - 1:00 PM & 3:00 PM - 8:00 PM
SATURDAY | 8:00 AM - 12:00 PM

SUMMER HOURS | MAY 1 - LABOR DAY
SUNDAY | CLOSED
MONDAY - FRIDAY | 5:00 AM - 1:00 PM & 3:00 PM - 8:00 PM
SATURDAY | 8:00 AM - 12:00 PM

MEMBERSHIP

FAMILY HOUSEHOLD | Husband and wife or two adults and dependent children under 19 or full-time college students through age 25 living in the same household. | **\$66 A MONTH | \$75 JOINER'S FEE.**

ONE PARENT FAMILY HOUSEHOLD | One adult and dependent children under 19 or full-time college students through age 25 living in the same household. | **\$49 A MONTH | \$75 JOINER'S FEE.**

SENIOR FAMILY HOUSEHOLD | Husband and wife or 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 A MONTH | \$75 JOINER'S FEE.**

TWO ADULT HOUSEHOLD | Husband and wife or two adults living in the same household. | **\$57 A MONTH | \$75 JOINER'S FEE.**

ADULT | Individuals ages 26-59. | **\$42 A MONTH | \$75 JOINER'S FEE.**

SENIOR | Individuals 60 or older. | **\$34 A MONTH | \$75 JOINER'S FEE.**

YOUNG ADULT | Individuals ages 19-25. | **\$30 A MONTH | \$40 JOINER'S FEE.**

YOUTH | Children age 18 and younger. | **\$20 A MONTH | \$25 JOINER'S FEE.**

ADDITIONAL MEMBERS | You may add additional members residing in your household for an extra fee. Proof of address for additional members is required. Valid only on Family, Two Adult Household and Senior Family membership types. Extra fees do not qualify for corporate or financial assistance discounts and cannot be paid through corporate payroll deductions (billing must be on file at the YMCA to charge additional monthly fees). **1 ADULT - \$20 | 2 ADULTS - \$40 | 1 ADULT AND ELIGIBLE CHILDREN - \$30 | 2 ADULTS AND ELIGIBLE CHILDREN - \$50**