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Table with columns: Program Name, Session Name, Age Range, Day, Time, Member Fee, Program Participant Fee. Rows include Assessments, Blood Pressure Self Monitoring Program, Gymnastics, Little Ones Move & Groove, Personal Training, Personal Training Consultation, Swim Lessons (various age groups and adaptive), and Toddler Tumbling.



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Assessments

Body Composition Analysis:With the guidance of a Certified Personal Trainer, you will receive your body fat percentage baseline to assist you with future health and wellness goals.

Fitness Assessment: A one-on-one assessment with a Certified Personal Trainer which includes the following: Resting heart rate and blood pressure, body composition, waist to hip ratio, cardiovascular assessment, muscular strength, muscular endurance and flexibility tests.

Blood Pressure Self Monitoring Program

Participants will work with trained healthy heart ambassadors for the duration of a 4 month program. During this time participants will be encouraged to: self measure BP, attend 2 personalized consultations per month, attend monthly nutrition education seminars.

Gymnastics

Enroll your child in our gymnastics program that focuses on tumbling techniques. In addition to self-confidence, students may learn cartwheels, round offs, back bends, handstands and pullovers. Students will also work with limited gymnastics equipment.

Little Ones Move & Groove

This class will get your toddler up and moving!! Program includes stretching, gymnastics, obstacle course, color and shape recognition, dancing and more! Come and see what a blast your toddler will have

Personal Training

Start your workout off right by working one-on-one with a certified personal trainer. An individualized program will be designed to help reach your health and wellness goals.

Personal Training Consultation

Start your fitness journey with a plan customized to your fitness goals and ability! YMCA members can register here for a FREE, one-on-one initial appointment with a personal trainer. You'll be contacted to set up your appointment where you can discuss goals for your individualized workout plan. Our trainers will teach you how to exercise safely with correct form and technique, maximizing results and keeping you accountable to your goals. The Y has a trainer for every style of workout, and every level. Sign up today and take the guesswork out of your routine and achieve your fitness goals faster!

Swim Lessons - Age 6mos-3yrs (Parent/Child) (A&B Water Discovery & Exploration)

This class introduces basic skills to parents and children. Skills presented are performed with support or assistance for blowing bubbles, front and back floats, treading and swimming.

Swim Lessons - Adaptive

This class, designed for participants with special needs, will focus on basic water skills & water adjustment. Participants learn to feel more positive about themselves in a safe & relaxed environment .

Swim Lessons - Age 3-5yrs (1-3 Water Acclimation, Movement and Stamina)

This class teaches the most elementary aquatic skills, which children continue to build on as they progress through the preschool levels.

Swim Lessons - Age 6-12yrs (1-3 Water Acclimation, Mvmt, Stamina)

This class teaches the most elementary aquatic skills, which children continue to build on as they progress through the preschool levels.

School Age Swim- Saturday (4-6; Stroke Introduction and Stroke Development)

This class will focus more on introduction to different strokes and will progress towards development of each stroke.

Swim Lessons - Private Swim Lessons

Private Lessons - 3 sessions

Toddler Tumbling

Register your toddler for this exciting tumbling class and have them spring in to confidence. Age appropriate tumbling will be taught by our enthusiastic instructor.



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Fall I - 2024 Program Listing
Fall I Session 9/9-10/27
Registration Mbr. 8/26, Prog. Part. 9/2

Wellness Center & Equipment Orientations					
	Wellness Center Orientation		No Time Specified	\$0.00	\$0.00
Wellness Consultation					
	2024 Wellness Consultation		No Time Specified	\$0.00	\$0.00
Wellness For Life Coaching Program					
	2024		No Time Specified	\$0.00	N/A
Whitley County Swim Team					
	Blue (Intermediate)	5 to 18	No Time Specified	\$390.00	\$390.00
	Blue (Intermediate) - 6 month draft	5 to 18	No Time Specified	\$65.00	\$65.00
	Green (Advanced)	5 to 18	No Time Specified	\$420.00	\$420.00
	Green (Advanced) - 6 month draft	5 to 18	No Time Specified	\$70.00	\$70.00
	High School - 6 month draft	14 to 18	No Time Specified	\$25.00	\$25.00
	High School Swimmer	14 to 18	No Time Specified	\$150.00	\$150.00
	Red (Beginner)	5 to 18	No Time Specified	\$330.00	\$330.00
	Red (Beginner) - 6 month draft	5 to 18	No Time Specified	\$55.00	\$55.00
Youth Fit					
	2024 Youth Fit - Level 1 (Ages 9-10)	9 to 10	No Time Specified	\$0.00	\$0.00
	2024 Youth Fit - Level 2 (Ages 11-14)	11 to 14	No Time Specified	\$0.00	\$0.00



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Wellness Center & Equipment Orientations

Let us help you discover the Y as we show you around the Wellness Center. This includes familiarity with cardio and strength equipment and overall knowledge of the Wellness Center.

Wellness Consultation

A 30-45 minute meeting with a wellness coach/director that will help the member explore and identify all the ways they can get involved with their membership to help them with their health and wellness goals. Take the member to their next step at the Y.

Wellness For Life Coaching Program

A 30-45 minute meeting with a wellness coach/director that will help you explore and identify all the ways you can get involved with your membership to help with your health and wellness goals. Take yourself to their next step at the Y.

Whitley County Swim Team

Blue, Green, Red: Practice groups for swimmers are based on skill and age levels. Our goal is to provide training that is appropriate and challenging so that each athlete can reach their goals. Training
High School: Athletes who also swim for their high school are limited in their participation for meets and practices. In accommodation to these swimmers, the program fee is \$150 for those who elect to swim for both teams.

Youth Fit

Learn about flexibility and how to use the cardio equipment.