

### Youth Development-Nurturing the potential of every child and teen

	<b>Ages</b>	<b>Dates</b>	<b>Time</b>	<b>Cost</b>
Swim Lessons	All ages	Thurs/Sat	TBA	Check our website
Adaptive Swimming lessons	All ages	Private	By Appointment	Check our website
Tumbling	3-8 Yrs	Year round	TBA	Check our website
Friday Night Live	Grades 6-8	3 <sup>rd</sup> Friday	7-10pm	Members free/\$2 non-members
Middle School Mania	Grades 6-8	1 <sup>st</sup> Friday	7-10pm	Members free/\$2 non-members
Home School PE	Grades K-12	Tuesday	10am-Noon	Check our website
After School Care	Grades K-5	Year round	Until 6pm	Check our website
School Break Day Camps	Finished K-5 <sup>th</sup>	Seasonal	6am-6pm	Check our website
Youth Basketball Leagues	Pre K- Grade 8	Jan-March	TBA	Check our website
Youth Soccer	Pre K – Grade 8	Seasonal		Check our website
Youth Ultimate Frisbee	Pre K – Grade 8	Seasonal		Check our website
Youth Flag Football	Pre K – Grade 8	Seasonal		Check our website
Art Classes	8-12 years	TBA	TBA	\$55 members/\$70 non-members
Cooking Classes	11-18 years	TBA	TBA	\$40 members/\$70 non-members
Dream Team T- Ball (Adaptive)	All Ages	T/TH in July	6pm	Free

### Healthy Living-improving the Nation’s health and well-being

Adult Basketball Leagues	Adults	TBA	TBA	Check our website
Masters Swim Team	Adults	M/W/F	6:30pm-7-30pm	\$30 members \$75 Non
Enhance Fitness	Adults	TBA		Members free/\$2 non-members
Silver Sneakers Programs	Adults	Drop In		Included
YMCA Corporate Challenge	Adults	Sept-Oct	6-8pm	TBA, Check our website
LIVESTRONG at the YMCA	All Ages	Year round		Free, Check our website
YMCA Diabetes Prevention Program	All Ages	Year round		TBA, Check our website
Mom’s Morning Out	All Ages	Thursday	10-11:30am	Members free/\$1 non-members
Blood Pressure Screenings	Adults	Drop In		Included

### Social Responsibility-Giving back and providing support to our neighbors

Military Outreach Initiative	Family	Year round		Free, DOD register
Lifeguarding Classes	15 and over	TBA, Check our website		\$165 Member/205 Non-members
Lay Responder CPR/1 <sup>st</sup> Aid classes	15 and over	TBA, Check our website		\$75 Member/\$95 Non-members
7 <sup>th</sup> Grade Initiative	7 <sup>th</sup> Grade student	Year Round		Free
Safe Sitter Classes	11-14 years	TBA, Check our website		\$65 members/\$90 Non-members
Volunteer Opportunities	All Ages	Year Round		Free

### Annual Events

Good Friday Breakfast	Adults	Good Friday	7:30am	\$25 Fort Wayne Location
Healthy Kids Day	Family	3 <sup>rd</sup> Sat in April	10am-1pm	Free
Free Fridays in October	Family	Fridays in October	All day	Free day at the Y
Pumpkin Plunge	Family	TBA	10am-2pm	Free family program at the Y

Our financial assistance program makes the Y available to everyone. All Y members receive the same membership benefits, regardless of whether or not they are receiving financial assistance, which takes into consideration family size and all household income. The Y maintains confidentiality of all financial information received in the application process.