

FIND YOUR PURPOSE. FIND YOUR Y.

Become a Member



VALPARAISO FAMILY YMCA
2023 PROGRAM GUIDE

Discover Your Place at the Y

The Y has so much to offer. Whether it's becoming a member, coaching a soccer team, or volunteering for a special event, everyone can find a way to be involved.



Become a Member

When you join the Y, you'll discover new ways to connect with your potential, purpose, and community. No matter where you are on your journey, the Y is where you can be, belong, and become.



Participate in a Program

We offer a wide range of programs that engage young people, improve health and wellbeing, provide support, and inspire action. Have fun learning and exploring new ways to connect with your community and neighbors.



Volunteer

Become a part of something bigger than yourself. Volunteer with the Y and help your community in direct and meaningful ways.

Join us in **Giving Back.**

ANNUAL EVENTS

YBASH – Feb 25, 2023



Porter County Expo Center

Follow the yellow brick road for an evening of dancing, food, silent auctions, and more – all to benefit the Valparaiso Family YMCA!

Learn More at:
VALPOYMCA.ORG/YBASH

Ring in Spring 5K April 1, 2023



Valparaiso YMCA

Join us in celebrating our 30th anniversary of Ringing in Spring 5K in Valparaiso.

Learn More at:
VALPOYMCA.ORG/RINGING-IN-SPRING



Drive Change in Your Community

The Y works to support and engage young people to be the next generation of changemakers. They provide them with opportunities to learn new skills and become leaders in their communities now and throughout their lives.



Work at the Y

Turn your passion for strengthening community into a career. We offer a wide range of positions and opportunities, so you can find a role that is best for you.

Learn more and apply online today at: valpoymca.org/careers



Partner with the Y

Everything we do is grounded in meeting the unique needs of our community – and we can't do it alone. When you partner with the Y, we expand our impact to ensure all people and community can thrive.

Golf Outing – July 17, 2023



Valparaiso Country Club

Every year we take to the course to support our cause – building strong communities!

Learn More at: VALPOYMCA.ORG/GOLFOUTING

PUMPKIN PLUNGE
October 2023
Come take a plunge in our floating pumpkin patch!

SUPPER WITH SANTA
VALPARAISO FAMILY YMCA
DEC. 1
VALPOYMCA.ORG

HOLIDAY MARKET
Shop for unique gifts from all of our great vendors!
FRIDAY, DECEMBER 1
VALPOYMCA.ORG
VALPARAISO FAMILY YMCA

HEALTHY FAMILY DAY
MARCH 11, 2023
Learn how to stay fit, healthy and active with expert advice from the YMCA and Community Healthcare System!

THE VALPO Y IS MORE THAN A PLACE. WE'RE A CAUSE.

THE Y FOR ALL

Every day we work side-by-side with our neighbors to make sure that everyone regardless of age, income or background, has the opportunity to learn, grow, and thrive. When you are a part of the YMCA, you are helping to strengthen our community.



\$400,000+ is given in scholarships each year, keeping the Y's life-changing programs and doors open FOR ALL.

A strong community begins with you, and it can only be created together.

Give today for a better tomorrow.
WWW.VALPOYMCA.ORG/DONATE



VOLUNTEER WITH US!

To find out about volunteer opportunities, go to:
WWW.VALPOYMCA.ORG/VOLUNTEER

Togetherhood™

Join us in Giving Back

Gives Y members the opportunity to plan, lead, and volunteer for meaningful community service projects outside of the Y!

Annual Campaign Volunteer

When you share your love of the Y, you open the door for new supporters to make this community stronger.

Corporate Volunteer

Strengthen Your Community

The YMCA will work with your business or group to find a fulfilling volunteering opportunity.

Special Events

Volunteers Make the Mission Possible

Volunteers at our annual events help with keeping race routes safe to helping create memories for families.



Volunteer Coaching

Be the coach that makes an impact!

Being a YMCA coach gives you the opportunity to model our core values (Honesty, Respect, Responsibility, and Caring) to your players.



WE ARE FOR ALL

VALPARAISO FAMILY YMCA | INCOME-BASED SCHOLARSHIPS

AWARDS BASED ON HOUSEHOLD INCOME

WE BELIEVE that everyone, regardless of background or income, deserves the opportunity to learn, grow, and thrive. At the Y, we never want to turn anyone away due to inability to pay. Through the work of generous donors, we are able to offer **Income-Based Scholarships** to help every individual live their healthiest life.

Applying for Income-Based Scholarships is easy! Simply fill out our short application at www.valpoyymca.org/scholarships or reach out to Noel Villasenor, Specialty Membership & Outreach Coordinator at noelvillasenor@valpoyymca.org. Scholarships can apply to Membership dues, Programming, and even Childcare fees. **We are here to help support our community every step of the way!**



MEMBERSHIP SCHOLARSHIP AWARDS

GROSS ANNUAL INCOME	NUMBER OF PERSONS IN HOUSEHOLD								
	1	2	3	4	5	6	7	8	9+
<\$13,590	85%	85%	85%	85%	85%	85%	85%	85%	85%
\$13,590	75%	85%	85%	85%	85%	85%	85%	85%	85%
\$23,030	65%	75%	85%	85%	85%	85%	85%	85%	85%
\$27,750	55%	65%	75%	85%	85%	85%	85%	85%	85%
\$32,470	45%	55%	65%	75%	85%	85%	85%	85%	85%
\$37,190	35%	45%	55%	65%	75%	85%	85%	85%	85%
\$41,910	25%	35%	45%	55%	65%	75%	85%	85%	85%
\$46,630	15%	25%	35%	45%	55%	65%	75%	85%	85%
\$51,350	10%	15%	25%	35%	45%	55%	65%	75%	85%
\$56,070	10%	10%	15%	25%	35%	45%	55%	65%	75%
\$60,790	10%	10%	10%	15%	25%	35%	45%	55%	65%
\$65,510	10%	10%	10%	10%	15%	25%	35%	45%	55%
\$70,230	10%	10%	10%	10%	10%	15%	25%	35%	45%
\$74,950	10%	10%	10%	10%	10%	10%	15%	25%	35%
\$79,670	10%	10%	10%	10%	10%	10%	10%	15%	25%
\$84,390	10%	10%	10%	10%	10%	10%	10%	10%	15%

PROGRAM SCHOLARSHIP AWARDS

GROSS ANNUAL INCOME	NUMBER OF PERSONS IN HOUSEHOLD								
	1	2	3	4	5	6	7	8	9+
<\$13,590	50%	50%	50%	50%	50%	50%	50%	50%	50%
\$13,590	50%	50%	50%	50%	50%	50%	50%	50%	50%
\$23,030	45%	50%	50%	50%	50%	50%	50%	50%	50%
\$27,750	40%	45%	50%	50%	50%	50%	50%	50%	50%
\$32,470	35%	40%	45%	50%	50%	50%	50%	50%	50%
\$37,190	30%	35%	40%	45%	50%	50%	50%	50%	50%
\$41,910	25%	30%	35%	40%	45%	50%	50%	50%	50%
\$46,630	20%	25%	30%	35%	40%	45%	50%	50%	50%
\$51,350	10%	20%	25%	30%	35%	40%	45%	50%	50%
\$56,070	10%	10%	20%	25%	30%	35%	40%	45%	50%
\$60,790	10%	10%	10%	20%	25%	30%	35%	40%	45%
\$65,510	10%	10%	10%	10%	20%	25%	30%	35%	40%
\$70,230	10%	10%	10%	10%	10%	20%	25%	30%	35%
\$74,950	10%	10%	10%	10%	10%	10%	20%	25%	30%
\$79,670	10%	10%	10%	10%	10%	10%	10%	20%	25%
\$84,390	10%	10%	10%	10%	10%	10%	10%	10%	20%

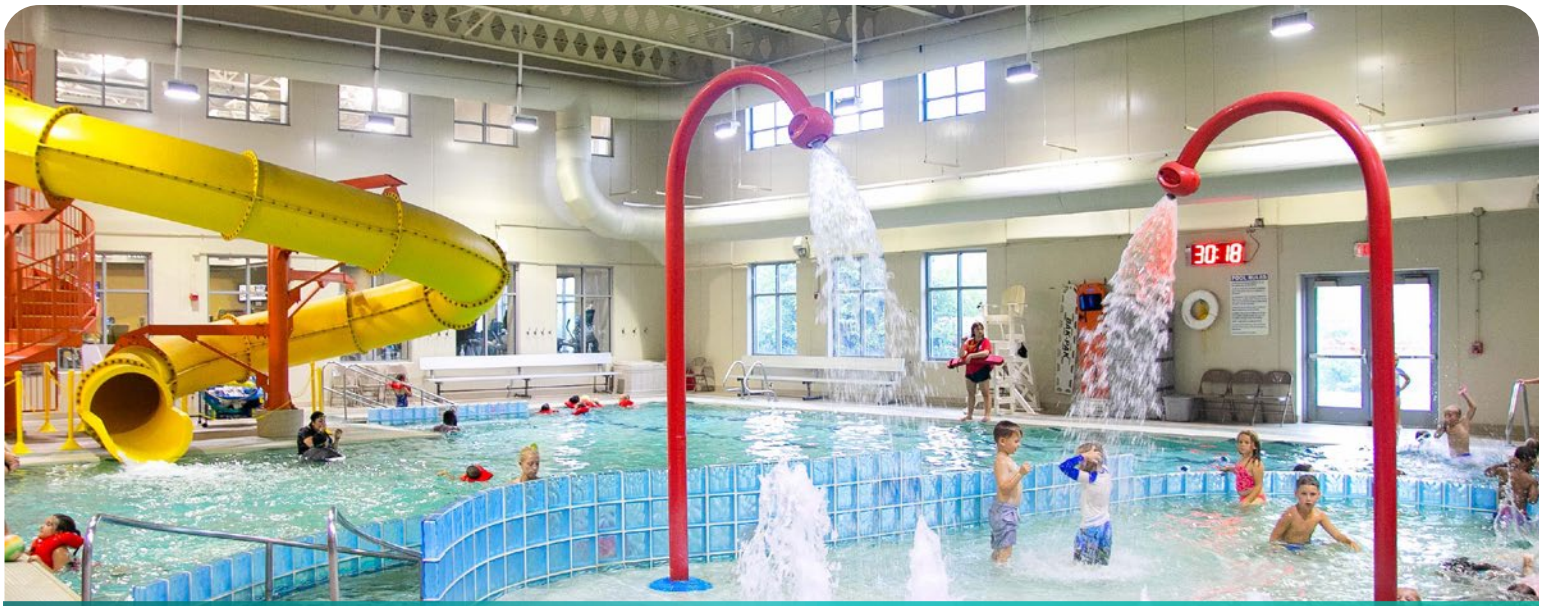
*CHARTS SHOW THE % OF SCHOLARSHIP RECEIVED TO ASSIST IN COVERING FEES

BECAUSE UNLOCKING YOUR POTENTIAL MEANS EVERYTHING

FOLLOW US!



VALPARAISO FAMILY YMCA
 1201 Cumberland Crossing Drive
 Valparaiso, IN 46383
www.valpoyymca.org | 219.462.4185



Membership

VALPARAISO FAMILY YMCA

1201 CUMBERLAND CROSSING DR., VALPARAISO, IN 46383 | 219.462.4185

Monday-Friday: 5AM-10PM

Saturday: 7AM-6PM | Sunday: 11AM-6PM

2023 HOLIDAY HOURS AND CLOSINGS

OCCASION	DATE	SCHEDULED CLOSINGS
EASTER	April 9	Closed All Day
MEMORIAL DAY	May 29	Closed All Day
INDEPENDENCE DAY	July 4	Closed All Day
SHUT DOWN	Aug 12-20	Closed All Week
LABOR DAY	Sept 4	Closed All Day
THANKSGIVING DAY	Nov 23	Closed All Day
CHRISTMAS EVE	Dec 24	Closing at Noon
CHRISTMAS DAY	Dec 25	Closed All Day
NEW YEAR'S EVE	Dec 31	Closing at 3:00 pm
NEW YEAR'S DAY	Jan 1, 2024	Closed All Day

TO LEARN MORE ABOUT THE VALPARAISO FAMILY YMCA; help you understand who we are, what our policies include, what your membership can do for you, visit: WWW.VALPOYMCA.ORG.

CHILD WATCH | Ages 6 wks - 9 yrs

MONDAY - FRIDAY **SUNDAY**
8:00AM - 8:00PM Closed

SATURDAY

8:00AM - 12:00PM

Members are entitled to up to 2hrs of Child Watch care while in the building OR 2hrs of Drop-Off Care to leave, which is paid, per day. Hours may not be combined. Let us help you get your workout in!

Make sure to book your spot ahead of time!
Call Child Watch at 219.462.4185 ext 240.

YOUTH ACTIVITY ROOM | Ages 5-9

MONDAY - FRIDAY

4:00 - 7:30PM

SATURDAY

9:00AM - 12:00PM

SUNDAY

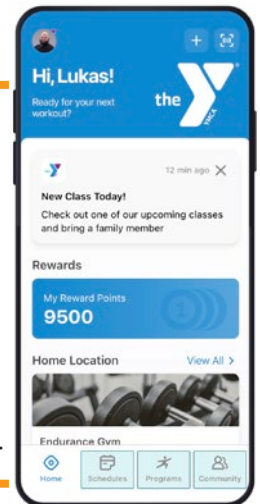
Closed

DOWNLOAD THE VALPARAISO FAMILY YMCA MOBILE APP

AVAILABLE AT THESE APP STORES:



Stay informed on the go for alerts, messages, up to date schedules, and register for programs.



Membership

MEMBERSHIP TYPE	MONTHLY RATE	ONE-TIME JOINER'S FEE
2 Adult Household Two adults, plus dependents under the age of 18. All members of a Household unit must live at the same address.	\$83	\$100
1 Adult Household One adult, plus dependents under the age of 18. All members of a one Adult Household must live at the same address.	\$67	\$80
1 Adult One adult, ages 27-64	\$60	\$75
2 Senior Adult Two senior adults, ages 65+. Both members of a Senior Household must live at the same address. Senior Households have the added benefit of up to 4 months of a Membership hold each year for travel to a secondary home location.	\$64	\$80
1 Senior Adult One senior adult, age 65+. Senior adults have the added benefit of up to 4 months of a Membership hold each year for travel to a secondary home location.	\$47.50	\$60
1 Young Adult One young adult ages 18-26	\$42	\$40
1 Youth One youth, ages 10-17	\$25	\$25

ANNUAL PAY IN FULL - RECEIVE A 5% DISCOUNT

JOIN ONLINE!
WWW.VALPOYMCA.ORG/JOIN

DAY PASSES

Guests are welcome and may purchase a day pass. Guests 15 years and older must present a photo ID card.
Youth \$10* | Young Adult \$15 | Adult \$20 | Family \$25

NATIONWIDE MEMBERSHIP*

Nationwide membership enables you to visit any participating YMCA in the United States through membership at your home YMCA. It is our goal to help you reach your health and wellness goals wherever you live, work and travel.

MEMBER BUDDY VISITS*

When a guest accompanies a member they are welcome to use the Y free of charge - no guest pass required. Stop by the Courtesy Desk to check-in. Guests 15 years or older must present a photo ID card.
***YOUTH UNDER 18 MUST HAVE A PARENT SIGN WAIVER AND LIABILITY FORM UPON FIRST VISIT.**

Policies and services are subject to change.
 Visit valpoymca.org to learn more about membership types.

WORKING TOGETHER FOR A HEALTHIER FUTURE
 Corporate Membership Partnership

LEARN MORE AT WWW.VALPOYMCA.ORG/CORPORATE

LUNCH & LEARNS • CUSTOMIZED RATES
 CHRONIC DISEASE PREVENTION
 ONSITE PROGRAMMING



CELEBRATE WITH US!

PLAN YOUR PARTY AT:
VALPOYMCA.ORG/RENTALS

Birthday Parties • Pavilion Rentals



Child Care

TODDLER CARE | PRESCHOOL | PRE-K

VALPARAISO FAMILY YMCA LOCATION

1201 Cumberland Crossing Dr.

All day Preschool (with extended care) | available all year

TIME	DAYS	AGE
6:00 am - 6:00 pm	Monday - Friday (5 days)	Toddler Care: 2-3 year olds
6:00 am - 6:00 pm	Monday - Friday (5 days)	Preschool: 3-5 year olds
Half day Preschool available during the school year		
9:00 am - 11:30 am	Tuesday & Thursdays	Preschool: 3 year olds
9:00 am - 11:30 am	Monday, Wednesday, Friday	Preschool: 4-5 year olds
12:30 pm - 3:00 pm	Monday - Friday (5 days)	Pre-K - 4 years old (by August 1)

Building a foundation
for learning

BRIDGEPOINT CHURCH - DOWNTOWN LOCATION

105 N. Washington St.

All day Preschool M - F (with extended care) | 2-3 days a week | available all year

TIME	DAYS	AGE
6:00 am - 6:00 pm	Monday - Friday (5 days)	Preschool: 3-5 year olds
6:00 am - 6:00 pm	Choose T/TH or M/W/F	Preschool: 3-5 year olds
Half day Preschool available during the school year		
9:00 am - 11:30 am	Tuesday & Thursdays	Preschool: 3 year olds
9:00 am - 11:30 am	Monday, Wednesday, Friday	Preschool: 4-5 year olds
9:00 am - 11:45 am	Monday - Friday (5 days)	Pre-K - 4 years old (by August 1)



VISIT WWW.VALPOYMCA.ORG/CHILDCARE FOR FEES



THE Y CREATES OPPORTUNITIES FOR ALL

Thanks to the generosity of donors, the Y offers scholarships to individuals and families for Y membership and programs, including child care.

For more information and to apply, visit www.valpoyymca.org/scholarships

BEFORE & AFTER SCHOOL CARE

Grades K-5th Grade

6:00AM-8:30AM — Before School

Upon Arrival-6:00PM — After School

The YMCA before and after school program is a great way for kids to start and end the day. The YMCA before and after school programs provide an environment where children can easily make friends, be part of a group, and meet physical challenges where they are respected and appreciated.

Activities include:

- Homework assistance
- S.T.E.A.M. Curriculum
- Healthy snacks
- Active fun & fitness
- Outside activity
- Free time
- Transportation is only for the Valparaiso schools listed that we serve. (Space is limited)



FUN DAYS at the Valparaiso Family YMCA

Grades K-5th Grade | 6:00AM – 6:00PM

Full and Half day FUN Days program invites children to try new experiences, giving children opportunities to explore new activities and build relationships.

- Follows planned Valparaiso school closures
- Must be registered for Y child programming with current paperwork on file
- Breakfast is provided 7:00-7:30 am
- Bring a full peanut free lunch and drink
- Depending on the FUN Day there may be a field trip
- Snacks are provided

Visit our website for fees: VALPOYMCA.ORG/SCHOOLAGE

**VISIT OUR WEBSITE TO
LEARN MORE!**

WWW.VALPOYMCA.ORG/CHILDCARE



BEFORE & AFTER SCHOOL SITES!

BEFORE SCHOOL

Location: Valparaiso Family YMCA

Northview
Memorial
Thomas Jefferson E.S.
Parkview
Flint Lake
Central
Cooks Corner



AFTER SCHOOL

Location: Valparaiso Family YMCA

Central
Flint Lake
Memorial
Northview
Parkview
Thomas Jefferson E.S.
Immanuel



PARTICIPANTS MEET AT THEIR SCHOOLS

Kouts
Morgan Township

Washington Township
Cooks Corner





Summer Camp



**BEST
SUMMER
EVER™**

[WWW.VALPOYMCA.ORG/
SUMMERCAMP](http://WWW.VALPOYMCA.ORG/SUMMERCAMP)

Preschool Enrichment Summer Program | Ages 3-6

Day camps are about discovery. Kids have the opportunity to visit the splash pad every Wednesday, explore nature daily, learn something new at the library, and make lasting friendships and memories. Camp is offered at the Valparaiso Family YMCA or downtown at Bridgepoint Church. **Learn More at www.valpoymca.org/childcare**

DISCOVER SUMMER WITH US!

Camp, like many Y programs, is about learning skills, developing character, and making friends. Few environments are as special as camp, where kids become a community as they learn to be more independent and contribute to a group as they engage in physical, social, and educational activities. Y counselors are dedicated to making sure camp is an amazing experience for every camper.

1st-8th Grade
GRADES BASED ON FALL ENROLLMENT

CAMP STARTS: End of May – August

FEATURES OF SUMMER CAMP

- Field Trips
- Open Swim
- STEM Activities
- Art Projects
- Weekly Fitness and Sports Classes
- Structured Activities & Free Choice Time
- Friday Fun Activity

Financial assistance is available.
LEARN MORE
valpoymca.org/scholarships



**YOUTH WELLNESS
CENTER 101**
Youth are invited to
learn how to safely and
properly use the
cardio and weight
training equipment in
our fitness centers.

Youth Programs

At our Y, we believe in our mission to strengthen the community through youth development!

YOUTH WELLNESS CENTER 101

Ages 10-13

Youth will work with a certified instructor to learn wellness center etiquette, and the basics of fitness and strength training using the equipment in the Wellness Center. With successful completion of this course, your child will be able to use the Wellness Center, Cardio and Cybex equipment, and studios during Open Studio time to workout.

Free for Members.

REGISTER WWW.VALPOYMCA.ORG/PROGRAMS

SPORTS PERFORMANCE TRAINING FOR YOUNG ATHLETES

Ages 11-18

Improve your strength, speed, explosiveness, body awareness, agility, and more in Sports Performance at the YMCA! Sport-specific workouts are designed by our certified personal trainers. Reach peak performance, challenge your skills, and excel in your sport!

When: Mondays 6:00-6:50 pm

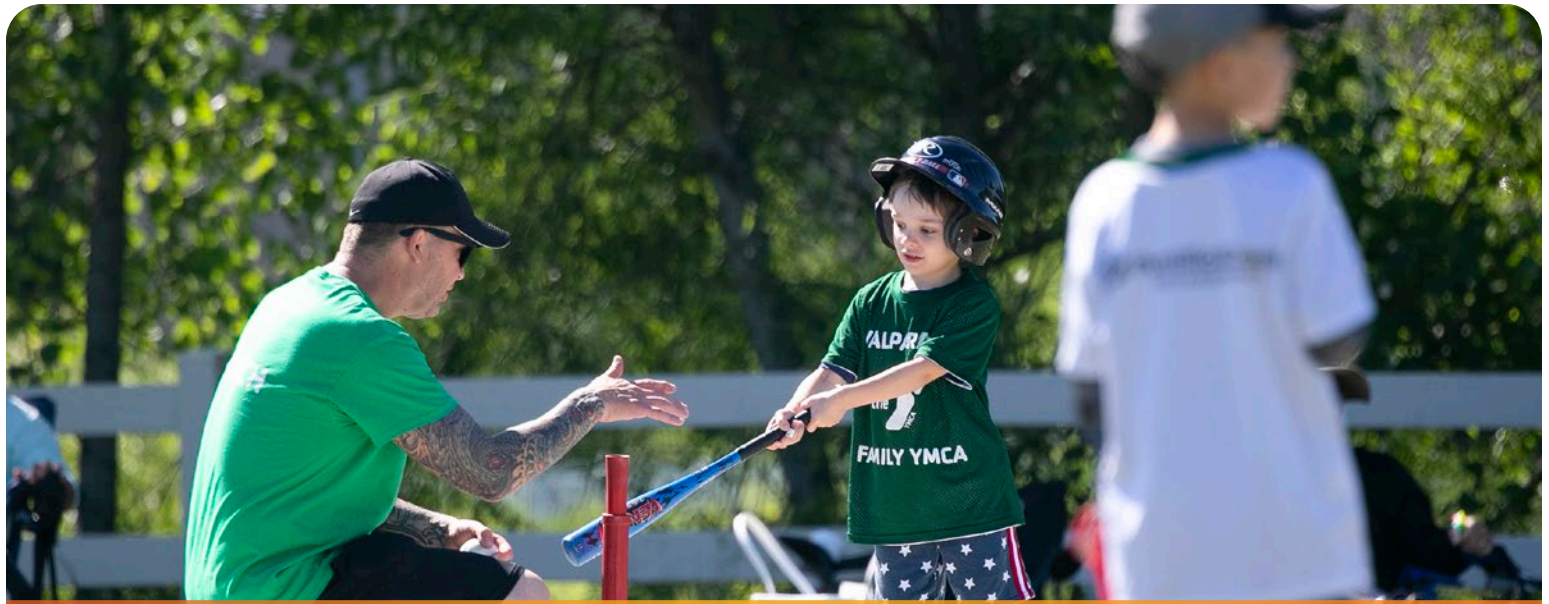
Cost: Members: \$55/Non-Members: \$75

Register: WWW.VALPOYMCA.ORG/PROGRAMS,
Mobile App, or at the Front desk



**SPORTS PERFORMANCE
TRAINING**

For Young Athletes



Youth Sports

At the YMCA, kids develop all of their skills, from catching and dribbling, to teamwork and sportsmanship. Just as important, they learn firsthand the benefits of being healthy & active! **M= Member Pricing | NM= Non-Member Pricing**



BASKETBALL

YOUTH BASKETBALL

Ages 3 - Grade 6

DATES	FEE	REGISTER
Jan 16- March 11	\$48M/\$80NM	By January 3

Volunteer coaches will lead children through practices focusing on the fundamentals of dribbling, shooting, passing, and defense.

BASKETBALL MINI-SESSION

Ages 7-12

DATES	FEE	REGISTER
Aug 24 - Sept 28	\$35M/\$70NM	By Aug 16



BASKETBALL SKILLS TRAINING

Ages 4+

Work with a personal coach during your 30 minute sessions for a personalized workout to refine your skills.

MEMBER FEE

2 Sessions: \$50

5 Sessions: \$100

10 Sessions: \$160

NON-MEMBER FEE

2 Sessions: \$70

5 Sessions: \$125

10 Sessions: \$180

All team Youth Sports require a reversible Y jersey.

Jerseys are available as a one-time fee of \$16 and may be used for all sports in a given year.

Example: Youth sports jersey purchased for Basketball may also be used for Volleyball, Soccer, T-Ball, etc.



Youth Sports



VOLLEYBALL

CO-ED VOLLEYBALL

Grades 1 - 9

DATES	FEE	REGISTER
March 20 - May 20	\$48M/\$80NM	By March 6

Pass, set, hit! With an emphasis on team spirit and sportsmanship, players have the opportunity to learn the basic volleyball fundamentals such as underhand serving, setting, hitting, blocking, and digging in a fun and positive environment.

OPEN GYM VOLLEYBALL

Ages: 14-17

Tuesday Evenings: Ages 14-17 from 7:00 pm to 8:30 pm and 18+ are 7:00 pm to 10:00 pm

Fridays: 6 pm to 8 pm is Age 14 +

Free for Members. Non-Members can pay a daily drop in fee.



DODGEBALL LEAGUE

Division 1: 3rd-5th grade | Division 2: 6th-8th grade

DATES	FEE	REGISTER
April 13- May 18	\$28M/\$40NM	By April 4

Dodgeball is a team sport in which players on two teams try to throw balls and hit opponents, while avoiding being hit themselves. Kids will be split up into teams. The league runs Thursday evenings.



SOCCER

OUTDOOR SOCCER

Ages 3 - Grade 6

DATES	FEE	REGISTER
May 22 - July 22	\$48M/\$80NM	By May 8

INDOOR SOCCER

Ages 3 - Grade 6

DATES	FEE	REGISTER
Oct 9 - Dec 9	\$48M/\$80NM	By Sept 25

Learn the fundamentals of ball control, passing, and shooting.



BE THE COACH THAT MAKES AN IMPACT!

We appreciate our volunteers because they are what makes our Y so strong!

Receive 10 dollar Y Bucks Coupon at the end of the season when you volunteer coach for a youth sports program!

Youth Sports

M= Member Pricing | NM= Non-Member Pricing



T-BALL

Ages 3 - 7

DATES	FEE	REGISTER
July 31 - Sept 30	\$48M/\$80NM	By July 17

Participants will learn the fundamentals of how to catch, throw, and bat in a fun team atmosphere.



CROSS COUNTRY

Ages 4 - 12

DATES	FEE	REGISTER
*Sept 6 - Oct 14	\$48M/\$80NM	By Aug 31

Introduces the sport to young athletes who are looking to be active, add conditioning, or even have plans to one day try out for their school cross country team. *Dates may change depending on course availability.



TAE KWON DO

Ages 7+

DAY	TIME	LOCATION	FEE
Tues/Thu	6:05 - 7:05 pm	Studio AB	\$35M/\$70NM

Tae Kwon Do is an eclectic style of martial arts characterized by spinning and high kicks. Classes are divided Ages 7-12 and 13-Adult.



BRAZILIAN JIU-JITSU

LITTLE NINJAS

Ages 4 - 6

DAY	TIME	LOCATION	FEE
Sat	2:30 - 3 pm	Studio AB	\$25M/\$50NM

This class focuses on the essential movements of Brazilian Jiu-Jitsu.

YOUNG NINJAS

Ages 7 - 12

DAY	TIME	LOCATION	FEE
Sat	3 - 4 pm	Studio AB	\$30M/\$60NM

Young Ninjas will learn self-defense techniques, build confidence and self-discipline.

BRAZILIAN JIU-JITSU

Ages 13+

DAY	TIME	LOCATION	FEE
Mon & Wed	7 - 8:30 pm	Studio AB	\$40M/\$80NM
Tues & Th	8:15-9:45 pm	Studio AB	\$40M/\$80NM

BJJ is a martial art, combat sport, and a self defense system that focuses on grappling and ground fighting.



Adult Sports

We offer a variety of programs for people of all skill levels with fun ways to stay active, get fit, and explore new hobbies.

M= Member Pricing | NM= Non-Member Pricing



PICKLEBALL

DAY	TIME
Tue	10:30 am - 2:00 pm
Thurs	11:00 am - 2:30 pm
Sun	11:00 am - 2:00 pm

Pickleball is a game played on a badminton court with a lowered net at the center. Like a giant game of ping-pong crossed with tennis, we play with a wiffle ball and wood paddles.

Free for members. Non-Members pay daily use fee.



ULTIMATE FRISBEE

DATES	FEE	REGISTER
June 8-July 13	\$25 per individual	By May 31

Using a Frisbee, game consists of throwing a Frisbee to teammates and trying to score goals. The league runs Friday evenings.



VOLLEYBALL COMPETITIVE

DATES	FEE	REGISTER
April 5-May 24	\$240 per team	By March 27

Register as a team or individual. Competitive 6 on 6 league with regular volleyball rules. **Adults 18+**

VOLLEYBALL OPEN GYM

DAY	TIME	
Tues	7 - 10 pm	Teams are made each evening in a pickup format. Pre-registration is required at the Y Courtesy desk. Participants not registered are not guaranteed to play that evening. Free for members/Non-Member pay daily fee
Wed	8 - 10 pm	
Friday	6 - 10 pm	



SUMMER KICKOFF Corn hole & Spike Ball Tournaments

Ages 21+

DATES	FEE	REGISTER
Sat, May 20, 3pm	\$50 per team	May 1

Teams of 2 for both. Tournaments are outside at YMCA Pavilion



MARTIAL ARTS

TAE KWON DO

DAY	TIME	LOCATION	FEE
Tues/Thu	6:05 - 7:05 pm	Studio AB	\$35M/\$70NM

Tae Kwon Do is an eclectic style of martial arts characterized by spinning and high kicks.

BRAZILIAN JIU-JITSU

DAY	TIME	LOCATION	FEE
Mon & Wed	7 - 8:30 pm	Studio AB	\$40M/\$80NM
Tues/Thu	8:15-9:45 pm	Studio AB	\$40M/\$80NM

BJJ is a martial art, combat sport, and a self-defense system that focuses on grappling and ground fighting.



Aquatics

The YMCA is the nationwide leader in helping people of all ages feel safe in the water. You'll find water fun and safe at our Y!
M= Member Pricing | NM= Non-Member Pricing



WATER FITNESS

CLASSES ARE FREE FOR MEMBERS SIGN UP IN THE MOBILE APP



AQUA ARTHRITIS

Low intensive class

Fitness program designed for those with arthritis needs that allows exercise without putting excess strain on joints and muscles. No swimming skills required.

SILVERSPASH®

Mid level intensive class

Improve agility, flexibility, and cardiovascular endurance in shallow water. No swimming skills required.

DEEP WATER BOOTCAMP

Mid - high level intensive class

Great full body, low impact, strength & cardio fitness class with options to utilize the shallow and deep ends of the pool!

AQUANASTICS

Low - mid level intensive class

Promotes strength, mobility, flexibility, improved circulation, and relaxation. No swimming skills required.

AQUA ZUMBA

Mid - high level intensive class

Aqua Zumba is a safe, challenging, water based workout that's cardio-conditioning and body toning.

WATER EXERCISE TIME

Low - mid level intensive class

W.E.T. is an opportunity for adults to participate in self-led water exercise, while enjoying the companionship of other adults.

DEEP WATER RUNNING

Mid - high level intensive class

Our deep water running class is taught by an experienced runner to create a fun, low-impact running workout in the deep end.

ACTIVE FITNESS

Mid - high level intensive class

Active Fitness provides an ideal way to exercise the entire body with aerobic, flexibility, and resistance components.



SWIM LESSONS

All Ages – All Skill Levels!



REGISTER TODAY!

WWW.VALPOYMCA.ORG

BUILDING CONFIDENCE IN THE WATER



PRIVATE & SEMI-PRIVATE SWIM LESSONS



Lessons are designed to give participants individualized attention to improve or master their swimming skills.

M= Member Pricing | NM= Non-Member Pricing

- **Private Swim Lessons:** One student and instructor.
- **Semi-Private Swim Lessons:** Up to 3 students (at the same swim level) and instructor. Pick 2-3 of your friends or family to form your own private group.

PACKAGE	FEE
(1) Private 30 Minute Swim Lesson	\$25M/\$50NM
(4) Private 30 Minute Swim Lessons	\$100M/\$200NM
(8) Private 30 Minute Swim Lessons	\$180M/\$360NM
(1) Semi-Private 30 Minute Swim Lessons	\$15M/\$30NM
(4) Semi-Private 30 Minute Swim Lessons	\$60M/\$120NM
(8) Semi-Private 30 Minute Swim Lessons	\$100M/\$200NM

Fill out the waitlist form online to get started!

WWW.VALPOYMCA.ORG/SWIMLESSONS

All prices shown as cost per person. All lessons expire one year after purchasing.



Swim Lessons

Learn to swim in a friendly, caring environment at the Valparaiso Family YMCA, where we have been teaching our community how to swim for more than 30 years. At the YMCA, our swim programs teach safety, skill, and how to enjoy water activities for a lifetime.

M= Member Pricing | NM= Non-Member Pricing



Parent Child Water Discovery

Ages 6-36 Months

\$25M / \$50NM Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills. Lessons are 30 minutes in the Leisure Pool.

**Swim Lessons offered MONTHLY
Monday - Saturday!**

REGISTER TODAY!
www.valpoyymca.org/programs

Pick times that are most convenient for your schedule!
All levels offered.



Preschool & Youth

Ages 3 - 11

\$35M / \$70NM Kids will have fun, stay safe, and master the basics of swimming. Lessons are 45 minutes.



Swim Team Ready

Ages 6-13 \$35M / \$70NM

This program is the perfect fit for kids who have passed through all our other levels who want to explore an interest in competitive swimming, or as a refresher before signing up for a swim club!





Certified?
Join our family as a
certified lifeguard!

APPLY TODAY!
WWW.VALPOYMCA.ORG

Red Cross Certification Courses

Those requiring the First Aid Training course may register with an additional fee of \$30 Members or \$35 Non-Member.



CPR | First Aid

CPR FOR THE LAY PERSON | \$65M / \$85NM

The Adult and Pediatric CPR/AED course incorporates the latest science and teaches students how to respond to breathing and cardiac emergencies to help victims of any age – adults (12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric CPR/AED valid for two years.

REGISTER: WWW.VALPOYMCA.ORG/REDCROSS.

CPR FOR PROFESSIONAL RESCUERS & HEALTH CARE PROVIDERS | \$80M / \$100NM

This course is designed for individuals with a duty to respond to emergencies. This program combines discussions with video and hands-on training. Course covers how to respond to emergencies in adults, children, and infants until more advanced medical personnel take over. Participants will be trained on CPR (one- and two-rescuer), AED, Ventilations (including BVM), and Choking (conscious and unconscious). Available in person and via our blended training method, which combines online work with hands-on skills sessions. Our training delivers the latest information in the format that suits you best. The online portion must be completed prior to attending the in-class portion.

REGISTER WWW.VALPOYMCA.ORG/REDCROSS.

M= Member Pricing | NM= Non-Member Pricing

FIRST AID | \$40M / \$50NM

The First Aid course will prepare you to recognize and care for a variety of first aid, and breathing and cardiac emergencies involving adults, children, and infants. The course features award-winning simulation learning and an interactive experience where you will respond to real-world emergencies. Available in person and via our blended training method, which combines online work with hands-on skills sessions. Our first aid training delivers the latest information in the format that suits you best. The online portion must be completed prior to attending the in-class portion.

REGISTER: WWW.VALPOYMCA.ORG/REDCROSS



Lifeguard

Ages 15+

AMERICAN RED CROSS LIFEGUARD COURSE | \$175M / \$225NM

This lifeguard certification includes CPR/AED and First Aid. Class teaches the basics for lifeguarding only. Pre-test is required to enroll. **REGISTER: WWW.VALPOYMCA.ORG/REDCROSS.**

Ages 15+

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION | \$100M / \$150NM

This course re-certifies Red Cross lifeguards. Participants must hold a current Red Cross Lifeguard certification. **REGISTER: WWW.VALPOYMCA.ORG/REDCROSS.**



Personal Training

Whether you are just getting started on your fitness journey, need to increase your mobility, endurance or flexibility, want to lose weight or simply want a little extra coaching and motivation, our certified personal trainers will empower you to reach your health and fitness goals.

TRAINING PACKAGES

Individual Training

PROGRAM	30 MINUTE SESSION	ONE HOUR SESSION
MONTHLY	\$33/\$38	\$53/\$58
3 MONTH	\$28/\$33	\$48/\$53
6 MONTH	\$23/\$28	\$43/48

All prices are shown as cost per person.
Member/Non-Member pricing

Start your journey to better health with us!

VALPOYMCA.ORG/PERSONALTRAINING



Buddy Training

PROGRAM	BUDDY TRAINING 30 MINUTES	BUDDY TRAINING 1 HOUR
MONTHLY	\$27/\$30	\$51/\$57
3 MONTH	\$23/\$27	\$43/\$54
6 MONTH	\$20/\$24	\$37/\$51

All buddy training prices are shown as cost per person.
Member/Non-Member pricing

Small Group Training

7-WEEK SESSION, 3-8 PARTICIPANTS	
1X/WEEK	\$75/\$80
2X/WEEK	\$150/\$155

All prices are shown as cost per person.
Member/Non-Member pricing



Go to VALPOYMCA.ORG/PERSONAL TRAINING to answer some quick questions and we'll connect you with the perfect trainer for your journey.



Mind & Body Private Training

The Valparaiso Family YMCA offers a variety of mind/body personal training to help you relax, build strength and improve flexibility!
M= Member Pricing | NM= Non-Member Pricing



Pilates Reformer

Pilates Reformer is a system of controlled movements performed on a special bed or frame with a moveable, sliding carriage or platform. The Valparaiso Family YMCA offers a variety of mind/body personal training to help you relax, build strength, and improve flexibility!

- Top-notch certified instructors
- Professional Pilates equipment
- Class rates lower than those of many Pilates Reformer studios
- Private and buddy private training
- Y members receive a discount on all classes and packages.



Yoga & Pilates Matwork

One-on-one training for those who would like to become more comfortable with yoga or Pilates before attending their first class, or for those looking to advance their practice in a private setting.

MIND & BODY PRIVATE TRAINING FEES

Bring a friend and save on Buddy Packages!

SESSIONS	INDIVIDUAL	BUDDY
1 hour	\$45M/\$60NM	\$35M/\$45NM
5 hours	\$195M/\$270NM	\$145M/\$195NM
10 hours	\$365M/\$505NM	\$265M/\$365NM



Go to VALPOYMCA.ORG/MBPT to sign up for Mind and Body Private Training!



Adult Programs

At our Y, there are so many ways to improve your health and well-being! Try a group exercise class, work with a personal trainer, attend a free wellness workshop, meet new friends in the wellness center, and so much more. **M= Member Pricing | NM= Non-Member Pricing**



Pilates Reformer Group Classes

Pilates Reformer | Level 1

Learn the fundamentals of resistance training.

Pilates Reformer Bootcamp

Fundamentals of resistance training using the Pilates reformer with intervals of cardio and strength training.

Advanced Reformer and Reformer w/ Props

Improve strength, flexibility, and mobility with a series of beginner and intermediate exercises using props including the magic circle, jump board, weights, resistance bands and more. Previous Pilates Reformer experience required.

PILATES REFORMER CLASS PRICING

Monthly Fee: \$45M/\$65NM. Cost is per class/per month.



Adult Wellness Center 101

Instructional workshop where members work with a certified instructor to learn how to use the Cybex weight machines and strength training recommendations. Register online.



Active Older Adults

All adults benefit from engaging in Y activities as they enhance connections and improve overall well-being! Our Active Older Adult and Silver Sneaker classes will teach you how to build muscle strength, endurance, and increase mobility.

Learn more at: www.valpoyymca.org/aoa



Open Studio

Enjoy a private workout in Studio C or Studio D during non-class times! For open studio times, visit www.valpoyymca.org/schedules



Group Fitness Classes

Each week, the Y offers over 160 group exercise classes (land and water) including TRX, Zumba®, Treadmill classes, Barbell, Bootcamps, and Kettlebell, WERQ®, Silver Sneakers, Group Cycling, Aqua Zumba, and more!

Current schedule: www.valpoyymca.org/schedules



Community Health & Wellness

The Y exists to strengthen the foundations of our community through Youth Development, Healthy Living, and Social Responsibility.



Rock Steady Boxing Parkinson's Disease

For those suffering with Parkinson's disease, exercise has been shown to improve function, posture and endurance, while helping to control pain. Open to Members and Community Participants. Enrollment required. **To enroll in the program, contact our St. Mary Medical Physical Therapy Office at 219.286.3890 for a screening today!**



LiveStrong® Cancer Survivorship Program

LIVESTRONG® at the YMCA is a free, 12-week cancer wellness and exercise class program for adults with a current or past cancer diagnosis. Enrollment required. **Enroll in person or online at www.valpoyymca.org/community**



Luncheons and Outings

Join us for free luncheon workshops that enrich your mind, body, and spirit! Check out our website for current outings.



StayStrong For Cancer Survivors

Livestrong Graduates can continue their health and wellness journey at the YMCA.



Ask the Nurse

Meet Christy Cleveland, a Registered Nurse at the Valparaiso Family YMCA! Through our partnership with St. Mary Medical Center, Christy is here to support you in living your best life.



Spiritual Wellness

- **To Join our Faith Committee:** Contact Tracey McElree at 219-462-4185 ext 351
- **Monthly Prayer:** 3rd Wednesday of every month at 10:30am in the President's Room or via Zoom
- **LENTEN LUNCH: MARCH 8, Noon** - Be inspired with a message about gratitude by author and motivational speaker, Stephanie Jones. Enjoy a lunch of soup and bread with friends in recognition of Lent.



VALPARAISO FAMILY YMCA

Our Mission | To be a charitable non-profit organization that improves the quality of life in our communities through programs and services that strengthen the spirit, mind, and body for all.

Our Values | Honesty, Caring, Respect, Responsibility

VALPARAISO FAMILY YMCA

1201 Cumberland Crossing Dr.
Valparaiso, IN 46383

www.valpoyymca.org



Hours:

Monday – Friday, 5 am – 10 pm
Saturday, 7 am – 6 pm
Sunday, 11 am – 6 pm

Phone:

219.462.4185

