

FIND YOUR PURPOSE. FIND YOUR Y.



VALPARAISO FAMILY YMCA
2024 PROGRAM GUIDE

MEMBERSHIP

WHY THE Y?

When you join the Y, you're not just a member of a facility: **you're part of something greater.** You're joining a cause-driven organization whose purpose is deeper than a pool. We nurture the potential in kids, improve health and well-being and meet the needs of our neighbor.

You're part of a community. Surrounded by friends and supportive staff, you can strengthen your spirit, mind and body in ways you never imagined! Belonging to the Y builds character in children, prepares teens for college and careers and helps families bond.

You can save money. Y members receive reduced program fees and priority registration for sports programs, swim lessons, day camps and more!

You're part of a non-for-profit organization. As a Y member, you'll bring about meaningful positive changes as you discover new ways to connect with your community.

You are welcome! The Y welcomes everyone. We support people of all ages and backgrounds to become the best versions of themselves. Programs and services are designed to meet the needs of our community.

RATES

TYPE OF MEMBERSHIP	MEMBERSHIP DESCRIPTION	JOINER FEE	MONTHLY RATE
2 Adult Household	2 Adults & their Dependents	\$100	\$84.00
1 Adult Household	1 Adult & their Dependents	\$80	\$68.00
2 Senior Adult	2 Adults age 65+ & their Dependents	\$80	\$65.00
1 Senior Adult	Age 65+	\$60	\$48.50
1 Adult	Age 27-64	\$75	\$61.00
1 Young Adult	Age 18-26	\$40	\$43.00
2 Youth	Age 10-17	\$30	\$25.00
1 Youth	Age 10-17	\$15	\$15.00

FEES

A one-time fee applies to all new memberships. (Any membership that has been inactive for more than 30 days is considered a new membership.) Membership fees can be paid monthly by bank or credit card draft or annually in one lump sum.

ADD-ON OPTION

One additional adult residing in the same household may be added to a membership for an additional \$24/month. (This option is not available on student memberships or insurance based memberships.)

CORPORATE MEMBERSHIP

The YMCA is a leader in improving the quality of life and nurturing lifelong development of healthier individuals, families and communities. Your employees will enjoy easy access to a full range of health and wellness programs, state of the art fitness facility and a wide variety of volunteer opportunities. YOU INVEST because you care for your team, We INVEST because it is our mission to strengthen our community.

For questions please contact our Membership Administrative Coordinator at fa@valpoyymca.org 219.462.4185 ext. 355

AQUATICS | SWIM LESSONS

PRIVATE & SEMI-PRIVATE SWIM LESSONS

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

M= Valpo Y 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.

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

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

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.

PRESCHOOL & YOUTH

AGES 2-10 YEARS | \$35M / \$70NM

Kids will have fun, stay safe, and master the basics of swimming. Lessons are 45 minutes.

MIDDLE SCHOOL SWIM

AGES 11-13 YEARS | \$35M / \$70NM

Have fun, learn how to be comfortable and safe in the water, while mastering the basics of swimming with your peers.

SWIM TEAM READY

AGES 6-13 YEARS | \$35M / \$70NM

This program is the perfect fit for kids who have successfully completed Level 6 of our swim lesson program which consists of a 150 yards endurance swim of the following strokes: front and back crawl, breast stroke, butterfly and either elementary back stroke or sidestroke. Explore competitive swimming, improve your strokes, and have fun!

AQUATICS

WATER EXERCISE

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.

SILVERSPLASH®

Mid level intensive class

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

DEEP WATER FITNESS

Mid – high level intensive class

Great full body, low impact, strength & cardio fitness class. Uses buoyancy and resistance effects of the deep end of the pool. Some swimming skills and comfort in deep water required. If you are a weak or non-swimmer, please let the instructor know.

AQUANASTICS

Low – mid level intensive class

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

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.

RED CROSS CERTIFICATION

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

M= Valpo Y 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

CPR | FIRST AID

CPR FOR THE LAY PERSON | \$60M / \$80NM

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.

LIFEGUARDS

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

Ages 15+

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.

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

Ages 15+

This course re-certifies Red Cross lifeguards. Participants must hold a current Red Cross Lifeguard certification.

REGISTER: WWW.VALPOYMCA.ORG/REDCROSS.

NOW HIRING
LIFEGUARDS & SWIM INSTRUCTORS
Find more information on our website!
www.valpoyymca.org/careers

ACTIVE OLDER ADULTS

GATHER & GROW

Join us for free monthly workshops that enrich your mind, body, and spirit! Each month we hold educational opportunities for you to learn more about topics! Lunch is provided.

YOGA WORKSHOPS

Quarterly Yoga Workshops, each focusing on different aspects of mind body wellness.

ADULT WELLNESS 101

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

LIVESTRONG®

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.

STAYSTRONG®

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

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.

ROCK STEADY BOXING

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.

ASK THE NURSE

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

ACTIVE OLDER ADULTS

CLASSES

SILVER SNEAKERS® CLASSIC

A variety of exercises and movements taught from seated and standing positions, set to music to increase muscular strength, range of motion and activities for daily living. A chair may be used for balance and support.

SILVER SNEAKERS® YOGA

Stretches taught from seated and standing positions to enhance the flow and energy created in combination with restorative breathing exercises. A chair may be used for balance and support.

SILVER SPLASH®

Improve agility, flexibility, and cardiovascular endurance along with strength, balance, and coordination. No swimming skills required.

SILVER SNEAKERS® STABILITY

Stability is designed to help you become stronger and improve balance as well as increase your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. A chair may be used for balance and support.

SILVER SNEAKERS® ENERCHI

Combines easy to learn tai chi forms and qigong exercises to improve well-being through mindful movement. Benefits include increased muscular endurance, improved balance recovery and a calm mind. A chair may be used for support.

ZUMBA® GOLD

The Zumba party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles!

EVENTS

- ROAD TRIPS
- CHICAGO THEATER OUTINGS
- CHRISTMAS LIGHT SHOWS
- QUARTERLY SILVER SOCIAL EVENTS

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.

CHILDCARE

PRESCHOOL & PRE-K | AGES 3-5

Preschool programs provide students with the foundation of learning to prepare them for future success. Children engage in language arts, handwriting, math concepts, science, social and emotional awareness, music, visual arts, and large and small muscle development.

Full Day 6 am – 6 pm (available all year) | Half Day (available during the school year) 9:00-11:30 am & 12:30-3 pm

TO REGISTER : Call the Child Care office at 219.464.9543. Half Day preschool can be registered through the front desk.

TODDLER | AGES 2-3

At the Valparaiso Family YMCA, every activity is carefully designed to expand imaginations and encourage lifelong friendships and positive values. Children who come to the Y's toddler program feel safe, understood and secure. Our educated and trained staff are skilled in areas of developmental growth, giving children the opportunities to learn, grow and thrive through play!

TO REGISTER: Call the Child Care office at 219.464.9543

BEFORE & AFTER SCHOOL CARE

GRADES K – 5TH GRADE

Before School | 6:00AM – 8:30AM

After School | Upon Arrival – 6:00PM

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

**FAMILY MEMBERSHIP
DISCOUNT**
15% OFF SECOND CHILD

Transportation is only for the Valparaiso schools listed that we serve. (Space is limited)

ENRICHMENT CLASSES

AGES 2-4 | DOWNTOWN AND MAIN LOCATION

Register at the front desk or online. Classes will be offered at the main Y and Downtown location.

CLASSES OFFERED:

- Play,play,play | Ages 2-3
- Fun with friends | Ages 2-3

Visit our website for more: VALPOYMCA.ORG

CHILDCARE

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

OUR LOCATIONS

PRESCHOOL

VALPARAISO FAMILY YMCA

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
6:00 AM – 6:00 PM	Monday –Friday (5 Days)	Preschool

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 to 4 years old (by August 1)

LITTLE ANGELS LEARNING CENTER

103 Franklin 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: 2½ –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 to 4 years old (by August 1)



United Way of Northwest Indiana

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 SITES!

BEFORE SCHOOL

VALPARAISO FAMILY YMCA

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

AFTER SCHOOL

VALPARAISO FAMILY YMCA

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

PARTICIPANTS MEET AT THEIR SCHOOLS

Kouts
Morgan Township
Washington Township
Cooks Corner

SUMMER CAMP



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: June 3 – August 9

FEATURES OF SUMMER CAMP

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

**FINANCIAL ASSISTANCE
IS AVAILABLE**

LEARN MORE

valpoyymca.org/scholarships



ADULT PROGRAMS

PICKLEBALL

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 Valpo Y members. Non-Members pay daily use fee.**

DAY	TIME
Tuesday	10:30 am – 2:00 pm
Thursday	11:00 am – 2:30 pm
Sunday	11:00 am – 2:00 pm

ULTIMATE FRISBEE

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

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

SUMMER KICKOFF

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

DATES	FEE	REGISTER
Sat, May 18, 3pm	\$50 per team	May 1

COMPETITIVE VOLLEYBALL

CO-ED VOLLEYBALL

DATES	FEE	REGISTER
April 3–May 15	\$240 per team	By March 26

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

WOMENS VOLLEYBALL

DATES	FEE	REGISTER
July 10–August 7	\$240 per team	By July 7

ADULT PROGRAMS

MARTIAL ARTS

TAE KWON DO

DAY	TIME	LOCATION	FEE
Tues/Thu	7:00 – 8:00 pm	Studio AB	\$40M/\$80NM

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.

MIND & BODY PRIVATE TRAINING

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

PILATES REFORMER

Pilates Reformer is a system of controlled movements performed on a special bed or frame with a movable, sliding carriage or platform. The Valparaíso 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.

ADULT PROGRAMS

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 Matrix weight machines and strength training recommendations. Register online.

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!

LIVESTRONG®

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.

ROCK STEADY BOXING

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.

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.
Valpo Y Member/Non-Member pricing

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.
Valpo Y Member/Non-Member pricing

SMALL GROUP TRAINING

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

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

GETTING STARTED IS EASY

- 1 Complete the Personal Training Interest Form at [VALPOYMCA.ORG/PERSONALTRAINING](https://valpoymca.org/personaltraining) and we will match you with a trainer based on your needs.
- 2 Come in for a FREE Personal Training Fitness Assessment
- 3 Purchase your sessions and start scheduling with your trainer!

YOUTH SPORTS

BASKETBALL

YOUTH BASKETBALL

Ages 3 – Grade 6

DATES	FEE	REGISTER
Jan 8- March 2	\$50M/\$85NM	By December 19

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 22 – Sept 12	\$35M/\$70NM	By Aug 14

VOLLEYBALL

CO-ED VOLLEYBALL

Grades 1 – 9

DATES	FEE	REGISTER
March 18 – May 18	\$50M/\$85NM	By February 29

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.

DODGEBALL

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

DATES	FEE	REGISTER
April 4 – May 9	\$28M/\$40NM	By March 28

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.

T-BALL

Ages 3 – 7

DATES	FEE	REGISTER
July 29 – Sept 28	\$50M/\$85NM	By July 11

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

YOUTH SPORTS

SOCCER

OUTDOOR SOCCER

Ages 3 – Grade 6

DATES	FEE	REGISTER
May 20 – July 20	\$50M/\$85NM	By May 1

INDOOR SOCCER

Ages 3 – Grade 6

DATES	FEE	REGISTER
Oct 14 – Dec 14	\$50M/\$85NM	By Sept 25

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

TAE KWON DO

Ages 7–12

DAY	TIME	LOCATION	FEE
Tues/Thu	6 – 7 pm	Studio AB	\$40M/\$80NM

Ages 13+

DAY	TIME	LOCATION	FEE
Tues/Thu	7 – 8 pm	Studio AB	\$40M/\$80NM

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

JIU JITSU

LITTLE NINJAS

Ages 4 – 6

DAY	TIME	LOCATION	FEE
Saturday	2:30 – 3 pm	Studio AB	\$30M/\$60NM

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

BRAZILIAN JIU-JITSU

Ages 13+

DAY	TIME	LOCATION	FEE
Mon & Wed	7 – 8:30 pm	Studio AB	\$40M/\$80NM
Tues & Thur	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.

YOUNG NINJAS

Ages 7 – 12

DAY	TIME	LOCATION	FEE
Saturday	3 – 4 pm	Studio AB	\$35M/\$70NM

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

HOURS

VISIT OUR WEBSITE FOR
MORE INFORMATION

www.valpoyymca.org

FACILITY HOURS

DAY	HOURS
Monday	5:00 AM – 10:00 PM
Tuesday	5:00 AM – 10:00 PM
Wednesday	5:00 AM – 10:00 PM
Thursday	5:00 AM – 10:00 PM
Friday	5:00 AM – 10:00 PM
Saturday	7:00 AM – 6:00 PM
Sunday	11:00 AM – 6:00 PM

1201 Cumberland Crossing Dr. Valparaiso, IN 46383

CHILD WATCH HOURS

DAY	HOURS
Monday	8:00 AM – 7:00 PM
Tuesday	8:00 AM – 7:00 PM
Wednesday	8:00 AM – 7:00 PM
Thursday	8:00 AM – 7:00 PM
Friday	8:00 AM – 7:00 PM
Saturday	8:00 AM – 12:00 PM
Sunday	CLOSED

1201 Cumberland Crossing Dr. Valparaiso, IN 46383

PRESCHOOL HOURS

LITTLE ANGELS LEARNING CENTER	
MONDAY-FRIDAY	6:00 AM – 6:00 PM
SAT-SUN	CLOSED

103 Franklin St.
Valparaiso, IN 46383
219.462.0040

VALPARAISO FAMILY YMCA	
MONDAY-FRIDAY	6:00 AM – 6:00 PM
SAT-SUN	CLOSED

1201 Cumberland Crossing Dr.
Valparaiso, IN 46383
219.462.4185