AQUATICS

**PARENT/CHILD SWIM**

**F: $56  M: $77**

**Parent/Child Swim**

30 Minutes
For children aged 6 months to 36 months

**Parent/Child Swim Preschool Stage 1 & 2**

30 Minutes
For children aged 3 years to 6 years

**Parent/Child Swim Preschool Stage 3**

30 Minutes
For children aged 3 years to 6 years, children should be able to swim 5 feet without assistance.

**Parent/Child Swim Youth Stage 1 & 2**

30 Minutes
For children aged 7 years – 12 years

**YOUTH SWIM**

**Youth Swim Stage 4**

**F: $56  M: $77**

30 Minutes
For children aged 7 to 12 years, swimmers should be able to confidently swim 15 yards on their stomach and back.

**Youth Swim Stage 5**

**F: $60  M: $81**

40 Minutes
For children aged 7 to 12 years, swimmers should be able to confidently swim 25 yards on in front and back crawl, and 15 yards in breast stroke.

**Youth Swim Stage 6**

**F: $60  M: $81**

40 Minutes
For children aged 7 to 12 years, swimmers should be able to confidently swim 50 yards with correct front and back crawl.

**Competitive Swim Prep**

**F: $60  M: $81**

40 Minutes
For children aged 7+ looking to be introduced to the fundamentals of competitive swimming. Swimmers should be able to swim 50 yards with correct front and back crawl.

**Competitive Swim Prep**

**F: $75  M: $96**

45 Minutes
Beginner Springboard Diving: Learn the basics of competitive diving. Divers must be able to pass the deep end swim test and do a forward dive from the side of the pool. Ages 7+

Advanced Springboard Diving: For divers who have been promoted from the beginner class or high school divers who want to perfect their advanced skills. Instructor recommendation is required.

**TEEN/ADULT SWIM**

**Teen Beginner**

**F: $56  M: $77**

30 Minutes
For swimmers aged 12+. Participants will learn to float, tread, and begin moving in the water.

**Adult Beginner**

**F: $56  M: $77**

30 Minutes
For swimmers aged 17+. Participants will learn basic water comfort, floating, treading, and begin moving in the water.

**Adult Swim Stroke Development**

**F: $56  M: $77**

30 Minutes
For swimmers aged 17+ looking to use swimming as a source of fitness and an introduction to all 4 strokes. Participants should be able to swim 25 yards

**CANCELLATION POLICY**

A request of cancellation form must be filled out at the Welcome Center before the start of the 2nd class to be eligible for a refund or credit.

Please refer to the class schedule on the reverse side for more information on when your favorite classes will take place.
# Schedule

## Preschool Swim

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<tr>
<td>Parent/Child</td>
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## Youth Swim

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<td>Competitive Swim</td>
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## Teen and Adult Swim

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<td>Adult</td>
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<td>Adult Swim Stroke</td>
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## Springboard Diving

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## Cancellation Policy

A request of cancellation form must be filled out at the Welcome Center before the start of the 2nd class to be eligible for a refund or credit.

Please refer to the class descriptions on the reverse side for more information about what each class entails.
YOUTH DEVELOPMENT

YOUTH SPORTS

Super Sports (3-5 years old)
45 Minutes
Learn basic skills of a different sport each week such as basketball, soccer, hockey, tee-ball and more!

Basketball (5-8 years old)
45 Minutes
Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun!

Basketball (9-12 years old)
45 Minutes
Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun!

Soccer (5-8 years old)
45 Minutes
Learn to dribble, pass and kick with fun drills and skills! This is an outdoor class.

YOUTH FITNESS

MESSY PLAY (3-5 YEARS OLD)
45 Minutes
Make the mess you don’t want to make at home! Kids will play and make new art each week!

YOUTH ENRICHMENT

PE at the Y
60 Minutes
This program will bring your kids through a variety of fun and engaging activities replicating their in school gym class both indoors and outdoors! Kids will learn an active and healthy lifestyle through sports, games, and individual activities. Class size is capped at 10 kids and masks must be worn while the group is inside. Financial assistance is available.

SCHEDULE

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<td>Basketball (9-12)</td>
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HEALTHY LIVING

ADULT FITNESS

M: $150  2x Week
M: $75  1x Week

Women on Weights (WOW)
60 Minutes
This program will bring participants through moderate to heavy lifts with both dumbbells and barbells, Bodyweight exercises will also be incorporated into the workout. Studies have shown that lifting moderate to heavy weights is better way to burn fat and build lean muscle WITHOUT ADDING BULK. Class size is capped at 4 people and masks must be worn while exercising.

Mon & Wed 6pm-7pm with Danielle
Sun 8:30am-9:30am with Melissa

ADULT FITNESS

M: $75

Y Circuit
60 Minutes
During this 60 minute class a certified personal trainer will bring you through a warm up designed to prep you for a total body workout. This class is open to all levels and will challenge you through exercises using bodyweight, trx, dumbbells, kettlebell and more. Class size is capped at 4 people and masks must be worn while exercising.

Mon 5:00-6:00pm with Steve
Tue 5:30pm-6:30pm with Emily
Tue 7:00-8:00pm with Emily

Hiking Club
60 Minutes
Enjoy the peace and safety of the outdoors while keeping active! Patty, a personal trainer, will bring a small group on a hike at Lynn Woods following various paths and trails. The group will meet at the Main entrance to Lynn Woods from Lynnfield Street in Lynn.

SCHEDULE

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<th>SUN.</th>
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<td>Y Circuit</td>
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