

Fall Session:
Oct 26 – Dec 20, 2020*

Registration Dates:
 Member Registration: **October 13**
***NO CLASSES: Week of November 23**

Rate Guide:
 F = Family Member
 M = Member

AQUATICS

PARENT/CHILD SWIM

F: \$78 M: \$107

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, 2,3

30 Minutes

For Children aged 7 years – 12 years

YOUTH SWIM

Youth Swim Stage 4

F: \$78 M: \$107

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: \$84 M: \$113

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: \$84 M: \$113

40 Minutes

For children aged 7 to 12 years, swimmers should be able to confidently swim 50 yards with correct front and back crawl, and 25 yards with breast stroke.

Competitive Swim Prep

F: \$84 M: \$113

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.

Springboard Diving

F: \$105 M: \$134

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: \$78 M: \$107

30 Minutes

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

Adult Beginner

M: \$78

30 Minutes

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

Adult Swim Stroke Development

M: \$78

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

Adult Swim Club

M: \$125

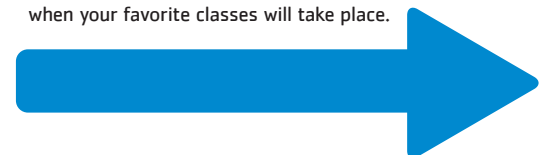
30 Minutes

For swimmers aged 17+ looking to develop their technique and improve their overall fitness. This class is two days per week with challenging workouts to improve stroke technique, endurance, speed, and strength.

CANCELLATION POLICY

A cancellation form must be filled out online 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.



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SCHEDULE

PRESCHOOL SWIM

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Parent/Child	9:20am 10:20am	4:20pm	12:20pm				9:20am
Stage 1 & 2	11:20am	11:20am		11:20am	1:20pm		10:20am 11:20am
Stage 3	10:20am			5:20pm			

YOUTH SWIM

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Stage 1 & 2		5:20pm			1:20pm		11:20am
Stage 3							10:20am
Stage 4	9:20am		4:20pm				
Stage 5				4:20pm			9:20am
Stage 6	11:20am				4:20pm		
Competitive Swim					5:20pm		

TEEN AND ADULT SWIM

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Teen							10:20am
Adult			5:20pm				
Adult Swim Stroke	8:20am						
Adult Swim Club			6:15am		6:15am		

SPRINGBOARD DIVING

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Beginner							8:15am 9:15am
Advanced							10:15am

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YOUTH DEVELOPMENT

YOUTH SPORTS

F: \$78 M: \$107

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

F: \$62 M: \$86

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

F: \$84 M: \$112 **2x Week**
F: \$42 M: \$56 **1x Week**

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

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Super Sports							10:15am
Basketball (5-8)							11:15am
Basketball (9-12)							12:15pm
Soccer					5:15pm		
Messy Play				11:00am		11:00am	
PE at the Y		3:30pm	3:30pm		3:30pm	3:30pm	

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HEALTHY LIVING

ADULT FITNESS

M: \$210 2x Week

M: \$105 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: \$105

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 body-weight, 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

Wed 5:00-6:00pm with Steve

NEW- Glute Camp

60 Minutes

Glute Camp has arrived! Squat, thrust, and lunge your way to your best lower body. You'll improve your physique, build lean muscle, and increase strength in a way you never have before. Let's hit the weights and build that **BOOTY!** Class size is capped at 4 and masks must be worn while exercising.

Sat 10:00-11:00am with Danielle

ADULT FITNESS

M: \$105

NEW- PRE/POSTNATAL FITNESS

60 Minutes

Whether you are 0-36+ weeks pregnant, or just got the OK from your doctor to resume exercise postpartum, this fitness class is a great place to get your body moving and be a part of a safe community and environment

Sat 9-10am with Taylor

SCHEDULE

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Women on Weights	8:30am	6:00pm		6:00pm			
Y Circuit		5:00pm	5:30pm	5:00pm			
			7:00pm				
Glute Camp							10:00am
Pre/Postnatal							9:00am

CANCELLATION POLICY

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