

Winter Session:  
**January 4 - February 14**

Registration Dates:  
 Member Registration: **December 7**

Rate Guide:  
 F = Family Member  
 M = Member

# AQUATICS

## PRESCHOOL SWIM

**F: \$67 M: \$92**

### Parent/Child Swim

**30 minutes**  
 For children aged 6 months to 36 months  
**Sun 9:20am, 10:20am**  
**Tue 11:20am**  
**Sat 9:20am**

### Parent/Child Swim Preschool 1 & 2

**30 minutes**  
 For children aged 3 years to 6 years  
**Sun 11:20am**  
**Mon 11:20am**  
**Tue 3:20pm**  
**Thu 12:20pm**  
**Thu 3:20pm**  
**Sat 10:20am**

### 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.  
**Sun 10:20am**  
**Wed 5:20pm**  
**Thu 11:20am**

### Preschool Stage 4

**30 minutes**  
 For Children aged 3 years to 6 years, children should be able to swim 15 feet without assistance.  
**Mon 4:20pm**

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

**30 minutes**  
 For children aged 7 years - 12 years  
**Mon 5:20pm**  
**Sat 11:20am**

## CANCELLATION POLICY

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

## YOUTH SWIM

**F: \$67 M: \$92**

### Stage 3

**30 minutes**  
 For children aged 7 to 12 years, swimmers should be able to confidently swim 15 yards on their stomach.  
**Sat 10:20am**

### Stage 4

**30 minutes**  
 For children aged 7 to 12 years, swimmers should be able to confidently swim 25 yards on their stomach and 15 yards on their back  
**Sun 9:20am, 10:20am**  
**Wed 3:20pm**  
**Sat 9:20am**

### Stage 5

**30 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.  
**Mon 3:20pm**  
**Wed 4:20pm**  
**Sat 9:20am**

### Stage 6

**30 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.  
**Sun 11:20am**  
**Thu 4:20pm**

### Competitive Swim Prep

**F: \$72 M: \$97**  
**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.  
**Tue 6:15pm**  
**Thu 5:20pm**

## Springboard Diving

**F: \$90 M: \$115**

**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+  
**Sat 8:15am**  
**Sat 9:15am**

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.  
**Sat 10:15am**

## ADULT SWIM

**M: \$67**

### Adult Beginner A

**30 minutes**  
 For swimmers aged 17+. Participants will learn basic water comfort, floating, treading, and begin moving in the water.  
**Tue 4:20pm**

### Adult Beginner B

**30 minutes**  
 For swimmers aged 17+. Participants will begin building stamina, proper breathing, and building deep end comfort  
**Tue 5:20pm**

### Adult Stroke Development

**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  
**Sun 8:20am**

### Adult Swim Club

**M: \$108**  
**45 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.  
**Tue/Thu 6:15am**  
**Tue/Thu 7:15am**

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## YOUTH DEVELOPMENT

### YOUTH SPORTS

**F: \$57 M: \$79**

#### Super Sports (Ages 3-5)

**45 Minutes**

Learn basic skills of a different sport each week such as basketball, soccer, hockey, tee-ball and more!

**Sat 10:15am**

#### Basketball (Ages 5-8)

**45 Minutes**

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun!

**Mon 4:00pm****Sat 11:15am**

#### Basketball (Ages 9-12)

**45 Minutes**

Dribbling! Passing! Shooting! From beginner to those looking to enhance their skills, come join us for some basketball fun!

**Sat 12:15pm**

#### Soccer (Ages 5-8)

**45 Minutes**

Learn to dribble, pass and kick with fun drills and skills! This is an outdoor class.

**Thu 3:30pm**

### YOUTH ENRICHMENT

**F: \$57 M: \$79**

#### Messy Play (Ages 3-5)

**45 Minutes**

Make the mess you don't want to make at home! Kids will play and make new art each week!

**Wed 11:00am**

### YOUTH SPORTS

**F: \$72 M: \$96 2x Week**  
**F: \$36 M: \$48 1x Week**

#### PE at the Y (Ages 8-11)

**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.

**Mon 3:30pm****Tue 3:30pm****Thu 3:30pm****Fri 3:30pm**

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## HEALTHY LIVING

### ADULT FITNESS

**M: \$180 2x Week**  
**M: \$90 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 a 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 6:00pm with Danielle**  
**Sun 8:30am with Melissa**  
**Sun 9:30am with Melissa**

### ADULT FITNESS

**M: \$90**

#### 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 5:00pm with Steve**  
**Tue 5:30pm with Emily**  
**Tue 7:00pm with Emily**  
**Wed 5:00pm with Steve**

#### Glute Camp - NEW!

**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 9:00am with Danielle**  
**Sat 10:00am with Danielle**

### ADULT FITNESS

**M: \$90**

#### Pre/Postnatal Fitness

**60 Minutes**

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

**Sat 9:00am with Taylor**

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