

**Spring I Session:  
February 22 - April 18**

Registration Date  
Member Registration: **February 8**

**Rate Guide:**  
F = Family Member  
M = Member

## AQUATICS

### PRESCHOOL SWIM

**30 minutes**  
F: \$101 M: \$157

### Parent/Child Swim (6-36 months)

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

### Parent/Child Swim Preschool 1&2

For children aged 3 to 6 years.  
 Mon 11:20am  
 Sat 10:20am  
 Sun 11:20am

### Parent/Child Swim Preschool Stage 3

For children aged 3 to 6 years, children should be able to swim 5 feet without assistance.  
 Wed 5:20pm  
 Sun 10:20am

### Preschool Stage 4

For children aged 3 to 6 years, children should be able to swim 15 feet without assistance.  
 Mon 4:20pm  
 Sun 11:20am

### YOUTH SWIM

**30 minutes**  
F: \$101 M: \$157

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

For children aged 7 to 12 years.  
 Mon 5:20pm  
 Sat 11:20am

### Youth Stage 3

For children aged 7 to 12 years, swimmers should be able to confidently swim 15 yards on their stomach.  
 Thu 3:20pm  
 Sat 10:20am  
 Sun 9:20am

### Youth Stage 4

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.  
 Tue 3:20pm  
 Wed 3:20pm  
 Sat 9:20am, 11:20am  
 Sun 9:20am, 10:20am

### Youth Stage 5

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

### Youth Stage 6

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.  
 Thu 4:20pm  
 Sun 11:20am

### Competitive Swim Prep

F: \$96 M: \$130  
**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  
 Sat 11:20am

### Springboard Diving

F: \$120 M: \$206

**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. Aged 7+ years.  
 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: \$100**

### Adult Beginner

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

Tue 4:20pm

### 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

Tue 5:20pm

Sun 8:20am

### Adult Swim Club

**M: \$144**

**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, 7:15am

### CANCELLATION POLICY

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## YOUTH DEVELOPMENT

### YOUTH SPORTS

**45 minutes**  
F: \$90 M: \$124

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

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)**

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

Sat 2:15pm

Sun 12:15pm

#### **Basketball (Ages 9-12)**

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

Sat 12:15pm

Sat 1:15pm

#### **Soccer (Ages 5-8)**

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

Thu 3:30pm

Sun 11:15am

### YOUTH ENRICHMENT

**F: \$90 M: \$124**

#### **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: \$96 M: \$128**

**2x Week**  
**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

Wed 3:30pm \*NEW\*

Thu 3:30pm

Fri 3:30pm



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## HEALTHY LIVING

### ADULT FITNESS

**60 minutes**  
M: \$240 2x Week  
M:\$120 1x Week

#### Women on Weights (WOW)

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 6 people and masks must be worn while exercising.

Mon & Wed 6:00pm with Danielle  
Sun 8:30am with Melissa  
Sun 9:30am with Melissa

#### Tread and Shred

A perfect combination of heart pumping and muscle toning in one class. A personal trainer will guide you and your peers through a challenging treadmill walking or running workout, mixed in with strength training that focuses on toning and sculpting the total body.

Tue 7:00am with Ali  
Thu 8:00am with Ali

### ADULT FITNESS

**60 minutes**  
M: \$ 120

#### Y Circuit

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 6 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

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 6 masks must be worn while exercising.

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

#### Crunch and Core

A 60 minute class hitting all parts of the core with fun and challenging intervals. Feel the burn on the lower abs, upper abs, obliques and everything in between. Finish the class off with a relaxing guided cool down and stretch.

Mon 8:30am

### TEEN FITNESS

**60 minutes**  
M: \$ 120

#### Teen Sport Conditioning (Ages 12-16)

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, battle ropes, medicine balls, kettlebells, body weight exercises and more!

Tue 4:00pm with Steve

#### L.I.F.T. (Ages 12-16)

Lifting Instruction for Teens provides a safe and effective introduction to free weight exercise. This introductory class will guide teens through proper form and function of primary lifts and teaches them how to build their own routines.

Thu 4:00pm with Steve  
Fri 4:00pm with Steve

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