

Spring II Session:  
**April 26 – June 20**

Registration Date  
 Member Registration: **April 12**  
 Non-Member Registration: **April 19**

Rate Guide:  
 F = Family Member  
 M = Member  
 NM = Non Member

# AQUATICS

## PRESCHOOL SWIM

**30 minutes**  
**F: \$101 M: \$157 NM: \$254**

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

For children aged 6 to 36 months.  
**Tue 11:20am**

### Parent/Child Swim Stage A (6 to 18 months)

For children aged 6 to 18 months.  
**Sun 9:10am**

### Parent/Child Swim Stage B (18 to 36 months)

For children aged 18 to 36 months.  
**Tue 4:20pm**  
**Sat 9:20am**  
**Sun 10:10am**

### Parent/Child Swim Preschool Stage 1/2

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

### 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 11:30am**

## CANCELLATION POLICY

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

## YOUTH SWIM

**30 minutes**  
**F: \$101 M: \$157 NM: \$254**

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

For children aged 7 to 12 years.  
**Mon 5:20pm**  
**Wed 4:10pm**  
**Thu 5:10pm**  
**Sat 11:30am**

### Youth Swim Stage 3

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

### Youth Swim 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 3:30pm**  
**Thu 4:30pm**  
**Sat 9:30am, 11:10am**  
**Sun 9:30am, 10:30am**

### Youth Swim Stage 5

**40 minutes**  
**F: \$110 M: \$182 NM: \$291**  
 For children aged 7 to 12 years, swimmers should be able to confidently swim 25 yards in front and back crawl, and 15 yards in breast stroke.  
**Mon 3:20pm**  
**Wed 4:20pm**  
**Sat 9:00am**

### Youth Stage 6

**40 minutes**  
**F: \$110 M: \$182 NM: \$291**  
 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 4:10pm**  
**Sun 11:20am**

## Competitive Swim Prep

**40 minutes**  
**F: \$110 M: \$182 NM: \$291**  
 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 6:10pm**  
**Thu 6:10pm**  
**Sat 11:20am**

## Teen Intermediate Swim

**30 minutes**  
**F: \$101 M: \$157 NM: \$254**  
 Designed for teenagers to begin swimming in the deep end of the pool focusing on stamina, treading, and water safety.  
**Thu 5:20pm**

## Springboard Diving

**45 minutes**  
**F: \$120 M: \$206 NM: \$330**  
 Intro to 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

**30 minutes**  
**M: \$100 NM: \$200**

### Adult Beginner

For swimmers aged 18+. Participants will learn basic water comfort, floating, treading, and begin moving in the water.  
**Tue 4:30pm**

### Adult Stroke Development

For swimmers aged 18+ 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 5:30pm**  
**Sun 8:20am**

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# YOUTH DEVELOPMENT

## YOUTH SPORTS

**45 minutes**  
F: \$90 M: \$124 NM: \$198

### Basketball Skills & Drills (Ages 6-8)

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, 2:15pm**  
**Sun 12:15pm**

### Basketball Skills & Drills (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, 1:15pm**

### Soccer Skills & Drills (Ages 6-8)

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

**Sun 11:15am**

### Soccer Skills & Drills (Ages 9-12)

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

**Thu 3:30pm**

## YOUTH ENRICHMENT

**45 minutes**  
F: \$90 M: \$124 NM: \$198

### Mad Scientist (Ages 2.5- 5)

Let your toddler become a scientist while developing fine motor and sensory skills. Each week, children will be introduced to a new age appropriate science activity and make friends at the same time.

**Tue 10:15am**  
**Thu 11:15am**

### Lil Picasso (Ages 2.5- 5)

Got a preschooler who loves making and creating? This is the beginning of art ed of our young artists. These classes are messy and silly. They are story-filled and sensory-rich. They are irresistible.

**Mon 10:15am**  
**Wed 11:15am**

### Creative Movement (Ages 2.5- 5)

A joyful way for children to explore movement through music, dance, and yoga, while allowing them to express themselves creatively in their own way!

**Mon 11:15am**  
**Wed 10:15am**

### Messy Play (Ages 2.5-5)

Enjoy painting, watercolors, chalk, play dough, glitter, and glue. Wear clothing you don't mind getting dirty.

**Tue 11:15am**  
**Thu 10:15am**

## YOUTH SPORTS

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

**60 minutes**  
F: \$96 M: \$128 NM: \$206 2x Week  
F: \$48 M: \$64 NM: \$103 1x Week

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. Masks must be worn while the group is inside. Financial assistance is available.

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

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## HEALTHY LIVING

### ADULT FITNESS

**60 minutes**  
**M: \$240 NM: \$480 2x Week**  
**M:\$120 NM:\$240 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 5 people and masks must be worn while exercising.

**Mon & Wed 6:00pm with Danielle**  
**Fri 7:30am with Melissa**  
**Sun 8:30am with Melissa**  
**Sun 9:45am 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 NM: \$240**

#### Y Circuit

During this 60-minute class a certified personal trainer will bring you through a total body workout, strengthening all the major muscle groups. 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 5:00pm with Steve**  
**Tue 5:30pm with Emily**  
**Tue 7:00pm with Emily**  
**Wed 5:00pm with Steve**

#### Glute Camp

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! 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 with Taylor**

### TEEN FITNESS

**60 minutes**  
**M: \$ 120 NM: \$240**

#### Teen Sports 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! Upon completion of this class, children aged 12 to 13 years will be permitted to work out on their own outside of family workout times.

**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. Upon completion of this class, children aged 12 to 13 years will be permitted to work out on their own outside of family workout times.

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

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