

Fall I Session: September 9- October 29

7 Weeks Monday-Friday
 8 Weeks Saturday-Sunday

Registration Dates

Member Registration: **August 14**
 Non-Member Registration: **August 21**

Sat | Sun

Family Member: \$99
 Member: \$146
 Non-Member: \$238

Mon-Fri

Family Member: \$90
 Member: \$131
 Non-Member: \$223

AQUATICS

30 MIN

**Parent / Child Swim A
 Ages 6-18 months**

Tue: 10:15am
 Thu: 10:15am
 Sat: 9:00am | 10:10am

**Parent / Child Swim B
 Ages 18-36 months**

Tue: 10:50am
 Thu: 10:50am
 Sat: 9:35am | 10:45am

Preschool Swim: Stage 1 | Ages 3-5

Mon: 3:45pm | 4:20pm | 4:55pm
 Tue: 11:25am | 3:45pm | 4:20pm | 4:55pm
 Wed: 3:45pm | 4:20pm | 5:30pm
 Thu: 11:25am | 3:45pm | 4:20pm | 4:55pm
 Sat: 9:35am (x2) | 10:10am | 11:20am
 Sun: 9:00am | 9:35am | 10:10am | 10:45am

Preschool Swim: Stage 2 | Ages 3-5

Mon: 3:45pm | 4:20pm | 4:55pm
 Tue: 3:45pm | 4:20pm | 4:55pm
 Wed: 3:45pm | 4:20pm | 4:55pm
 Thu: 3:45pm | 4:20pm
 Sat: 9:00am (x2) | 9:35am | 10:45am
 Sun: 9:00am | 9:35am | 10:10am

Preschool Swim: Stage 3 | Ages 3-5

Mon: 3:45pm
 Wed: 3:45pm
 Sat: 10:45am | 11:20am
 Sun: 10:45am | 11:20am

Preschool Swim: Stage 4 | Ages 3-5

Mon: 3:45pm
 Thu: 5:30pm
 Sun: 11:20am

Private Swim Lesson | 4+ |

Other options available upon request.

Sun | F: \$296 | M: \$344
 Wed | F: \$259 | M: \$301
 Wed: 5:30pm
 Sun: 9:00am | 9:35am | 10:10am | 10:45am

Youth Swim: Stage 1 | Ages 6-13

Mon: 4:20pm | 4:55pm | 5:30pm
 Tue: 3:45pm | 4:20pm | 4:55pm
 Wed: 3:45pm | 4:55pm (x2) | 5:30pm
 Thu: 3:45pm | 4:20pm | 4:55pm | 5:30pm
 Sat: 10:10am | 10:45am | 11:20am
 Sun: 9:00am | 9:35am | 10:10am

Youth Swim: Stage 2 | Ages 6-13

Mon: 4:20pm | 5:30pm
 Tue: 3:45pm | 4:20pm | 4:55pm
 Wed: 4:20pm | 4:55pm
 Thu: 3:45pm | 4:20pm | 4:55pm
 Sat: 9:00am | 10:45am
 Sun: 9:00am | 10:10am | 10:45am | 11:20am

Youth Swim: Stage 3 | Ages 6-13

Mon: 4:55pm | 5:30pm
 Tue: 5:30pm
 Wed: 4:20pm
 Thu: 4:55pm | 5:30pm
 Sat: 10:10am | 11:20am
 Sun: 10:45am | 11:20am

Youth Swim: Stage 4 | Ages 6-13

Tue: 5:30pm
 Thu: 5:30pm
 Sat: 9:35am | 11:20am
 Sun: 9:35am

Youth Swim: Stage 5 | Ages 6-13

Mon: 5:30pm
 Tue: 5:30pm
 Sat: 9:00am

Youth Swim: Stage 6 | Ages 6-13

Tue: 5:30pm
 Wed: 5:30pm
 Sun: 11:20am

**Competitive Swim Team Prep
 30 MIN | Ages 6-13**

F: \$162 | M: \$229 | NM: \$390
 Mon & Wed: 6:15pm
 Thu & Fri: 5:00pm

**Adult & Teen Beginner
 Ages 14+**

Sat: 8:15am
 Sun: 12:00pm

**Adult & Teen Intermediate
 Ages 14+**

Tue: 6:00pm

**Beginner Springboard Diving
 45 MIN | Ages 6 - 18**

F: \$110 | M: \$162 | NM: \$264
 Sat: 8:15am

**Intermediate Springboard Diving
 60 MIN | Ages 6-18**

F: \$121 | M: \$178 | NM: \$290
 Sat: 9:05am

**Advanced Springboard Diving
 60 MIN | Ages 6 - 18**

F: \$121 | M: \$178 | NM: \$290
 Sun: 10:10am

**Master's Swim Team
 90 Mins | Ages 18+**

\$235 per 8-week session
 Tue, Thu, Sun: 6:30am

**Water Polo Lessons
 45 Mins | Ages 10+**

\$235 per 8-week session
 Fri: 7:15pm-8:00pm
 Sun: 12:00pm-12:45pm
Prerequisite: Must have passed the deep end test.

**Clinics
 60 Mins**

\$20 per person
Dive Clinic September 16
 Sat: 12:00pm-1:00pm

Flip Turn Clinic October 7

Sat: 12:00pm-1:00pm

Build a Raft Clinic November 5

Sun: 12:00pm-1:00pm

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.

Fall I Session: September 9- October 297 Weeks Monday-Friday
8 Weeks Saturday-Sunday**Registration Dates**Member Registration: **August 14**
Non-Member Registration: **August 21****Sat | Sun**Family Member: \$86
Member: \$117
Non-Member: \$192**Mon-Fri**Family Member: \$79
Member: \$106
Non-Member: \$175**SPORTS & ENRICHMENT
45 MIN****Homeschool PE Ages 5-12 | \$176**

Mon: 10:00am-1:00pm

**Homeschool PE with Swim Lesson
Ages 5-12 | \$255**

Mon: 10:00am-1:00pm

Archery | Ages 7-12

Wed: 4:00pm

Flag Football | Ages 6-8

Wed: 5:00pm

Nerf Blasters | Ages 6-12

Wed: 5:00pm

Running Club | Ages 6-12

Thu: 4:00pm

Super Sports

Tue: 5:00pm Ages 6-10

Thu: 5:00pm Ages 3-5

Soccer | Ages 6-10

Thu: 5:00pm

Youth Fitness & Self-Defense

Sun: 11:00am Ages 5-7

12:00pm Ages 8-12

***New* Disc Golf | Ages 8-12**

Tue: 4:00pm

BASKETBALL

Mon: 4:00pm Ages 6-8

Mon: 5:00pm Ages 9-12

Sat: 10:00am Ages 6-8

Novice/Advanced**Beginner Pickleball League | Ages 18+
M: \$79 | NM: \$249**

Mon: 6:00pm-8:00pm

At this level of league play, players should have experience with the basic rules of scoring, positioning, and techniques like third-shot drop. (Level 2.0-2.5)

Intermediate/Advanced**Pickleball League | Ages 18+
M: \$79 | NM: \$249**

Wed: 6:00pm-8:00pm

At this level of league play, players should strong knowledge of how to vary shots and strategies. (Level 3.0-3.5)

**All Levels Pickleball League | 18+
M: \$84 | NM: \$276**

Sat: 8:00am-10:00am

Sat: 8:00am-10:00am

Mix it up with Pickleball players from all levels.

Adult Pickleball Lessons**60 Minutes | with Sarah Caliento**

M: \$98 | NM: \$168

Thu: 11:00am (Beginner)

Thu: 12:00pm Skills & Drills (Adv. Beginners)

Adult Pickleball Lessons | With Vin Grifoni

M \$98 | NM: \$168

Wed: 11:00am (Beginner)

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Scan to Register

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Rate Guide:
 Member: \$112
 Non Member: \$235

HEALTH & WELLNESS

60 MIN | M: \$112 | NM: \$235

WOMEN ON WEIGHTS

This program will bring participants through moderate to heavy lifts with dumbbells and barbells, and bodyweight exercises.

Mon: 9:30am with Melissa
Fri: 9:00am with Melissa

SENIOR WOMEN STRENGTH

This program will take participants through strength training by learning how to properly set up and use our selectorized machines, bodyweight exercises, and light to moderate weights.

Thu: 10:30am with Melissa

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.

Mon: 5:00pm with Steve
Wed: 5:00pm with Steve

SMALL GROUP TRAINING

2x per/Week Pricing M: \$202 | NM: \$423

This format allows you to work through strength, conditioning, cardio, core, and recovery work with the close guidance of a personal trainer and the support of a group.

Wed: 4:00pm with LeAnn
Mon & Wed: 6:00pm with LeAnn

MINDFULNESS & MEDITATION SERIES

30 Minutes | M: \$78 | NM: \$165

Explore and deepen your mindfulness practice with a variety of guided meditations and mindfulness exercises.

Tue: 6:30pm

Y WEIGHT

During this class, a certified personal trainer will bring you through a total body workout focusing on heavy lifts.

Mon: 7:00pm with Emily
Tue: 5:15am with Emily
Wed: 7:00pm with Emily

METABOLIC CONDITIONING

M: \$202 | NM: \$423

This program includes two 60-minute small group training sessions per week, body composition monitoring, nutrition plans, and strength and cardio plans.

Tue: 9:00am with Chuck
Fri: 9:30am with Chuck

GETTING INTO RUNNING

Coach Bob will lead you through ideal running posture, ways to increase your endurance, stretches and recovery techniques, and more.

Thu: 7:00am with Bob

TEEN FITNESS

60 MIN | Ages 12–16 | F: \$95 | M: \$130 | NM: \$208

TEEN SPORT CONDITIONING

includes functional training, balance, agility, battle ropes, medicine balls, kettlebells, body weight exercises and more!

Tue: 4:00pm with Steve

L.I.F.T.

This introductory class will guide teens through proper form and function of primary lifts and teaches them how to build their own routines.

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

KIDS' FITNESS | 60 MINUTES | AGES 8-11

F: \$161 | M: \$220 | NM: \$353

Our trained staff will bring your child through a warmup before taking them through exercises to help build confidence, strength, and conditioning.

Tue & Thu: 3:30pm

GIRLS WHO LIFT | 60 MIN | AGES 12 – 16

Our certified personal trainer, LeAnn, will teach you the proper form and technique to get the most out of your lifts and avoid injury.

Mon: 4:00pm



Scan the QR Code to Register

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