

MONTHLY SWIM LESSONS | MAY & JUNE

PARENT / CHILD SWIM

Parent / Child A (Ages 6-18 Months) | 30 Min

Sat: 9:00am | 10:10am
Sun: 10:10am

Parent / Child B (Ages 18-36 Months) | 30 min

Mon: 10:20am
Tue: 11:00am
Sat: 9:35am
Sun: 9:00am | 9:35am

PRESCHOOL SWIM

Stage 1 | Ages 3-6

30 Minutes

Mon: 9:40am | 3:15pm | 3:50pm | 6:10pm
Tue: 9:40am | 3:50pm | 4:25pm
Wed: 4:25pm | 5:35pm | 6:10pm
Thu: 5:00pm | 6:10pm
Fri: 4:25pm | 5:00pm | 5:35pm
Sat: 9:00am | 10:10am | 11:20am | 11:55pm
Sun: 9:00am | 10:10am | 11:20am

Stage 2 | Ages 3-6

30 Minutes

Mon: 11:00am | 5:00pm
Tue: 10:20am | 3:15pm | 4:25pm
Wed: 5:00pm | 5:35pm
Thu: 3:50pm | 6:10pm
Fri: 11:00am | 3:15pm | 5:00pm | 6:10pm
Sat: 9:00am | 10:10am | 10:45am | 11:20am | 11:55am
Sun: 10:45am | 11:20am

Stage 3 | Ages 3-6

30 Minutes

Mon: 3:50pm
Tue: 9:00am | 3:15pm | 5:00pm
Wed: 4:25pm
Thu: 3:50pm
Fri: 3:50pm | 5:00pm
Sat: 9:00am | 10:10am | 10:45am
Sun: 9:35am | 11:55am

Stage 4 | Ages 3-6

30 Minutes

Mon: 4:25pm
Tue: 5:00pm
Thu: 4:25pm
Fri: 5:00pm
Sat: 9:00am
Sun: 10:45am

YOUTH SWIM

Stage 1 | Ages 6-18 30 Minutes

Tue: 5:35pm
Wed: 4:25pm | 5:00pm
Thu: 5:35pm | 6:10pm
Fri: 4:25pm | 6:10pm
Sat: 9:35am | 11:55am
Sun: 10:10am | 10:45am

Stage 2 | Ages 6-13 30 Minutes

Mon: 4:25pm
Tue: 5:35pm
Wed: 3:50pm
Thu: 5:35pm
Fri: 3:50pm | 5:35pm
Sat: 9:35am | 10:45am | 11:20am
Sun: 9:00am | 9:35am | 10:45am

Stage 3 | Ages 6-18 30 Minutes

Tue: 3:50pm | 4:25pm
Wed: 3:50pm | 4:25pm
Thu: 3:50pm | 5:00pm
Fri: 4:25pm | 6:10pm
Sat: 9:35am | 10:45am | 11:20am
Sun: 9:00am | 10:10am

Stage 4 | Ages 6-18 30 Minutes

Mon: 5:00pm
Tue: 6:10pm
Wed: 5:00pm
Thu: 4:25pm | 5:00pm
Fri: 3:50pm | 6:10pm
Sat: 9:35am | 10:10am | 11:55am
Sun: 9:35am | 11:20am

Stage 5 | Ages 6-18 30 Minutes

Tue: 6:10pm
Wed: 5:35pm
Fri: 4:25pm | 5:35pm
Sat: 11:20am
Sun: 11:20am

Stage 6 | Ages 6-18 30 Minutes

Mon: 5:35pm
Fri: 5:35pm
Sat: 11:55am
Sun: 11:55am

ADULT SWIM

Adult Beginner Swim 30 Minutes

Mon: 5:35pm
Wed: 5:00pm | 5:35pm
Sun: 11:55am | 12:30pm

Adult Intermediate Swim 30 Minutes

Mon: 6:10pm
Wed: 6:10pm
Sun: 12:30pm

SWIM TEAM PREP

30 Minutes
Tue: & Thu: 5:35pm

PRIVATE SWIM LESSONS

Private swim instruction is available for all ages and skill level. For more information, contact Brendon, at bgraffum@metronorthymca.org



Pricing & More Information
See back for program rates and more information about monthly registrations

MONTHLY SWIM LESSONS | MAY & JUNE

MAY

PARENT CHILD | PRESCHOOL | YOUTH | ADULT SWIM LESSONS

MONDAYS

FAMILY: \$46 | MEMBER: \$60 | NON-MEMBER: \$110

SUNDAYS | TUESDAYS | SATURDAYS

FAMILY: \$60 | MEMBER: \$80 | NON-MEMBER: \$142

WEDNESDAYS | THURSDAYS | FRIDAYS

FAMILY: \$73 | MEMBER: \$99 | NON-MEMBER: \$176

SWIM TEAM PREP

MONDAYS

FAMILY: \$83 | MEMBER: \$104 | NON-MEMBER: \$193

SUNDAYS | TUESDAYS | SATURDAYS

FAMILY: \$108 | MEMBER: \$139 | NON-MEMBER: \$249

WEDNESDAYS | THURSDAYS | FRIDAYS

FAMILY: \$131 | MEMBER: \$174 | NON-MEMBER: \$308

May

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

*No classes May 27th, Memorial Day

JUNE

PARENT CHILD | PRESCHOOL | YOUTH | ADULT SWIM LESSONS

MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS

FAMILY: \$60 | MEMBER: \$80 | NON-MEMBER: \$142

SATURDAYS | SUNDAYS

FAMILY: \$73 | MEMBER: \$99 | NON-MEMBER: \$176

SWIM TEAM PREP

MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS

FAMILY: \$108 | MEMBER: \$139 | NON-MEMBER: \$249

SATURDAYS | SUNDAYS

FAMILY: \$131 | MEMBER: \$174 | NON-MEMBER: \$308

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June

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MONTHLY FITNESS CLASSES | MAY & JUNE

ADULT FITNESS | SMALL GROUP TRAINING

60 minutes

WEIGHT LOSS BASICS

Join this class if you are looking to lose weight! This is a beginner friendly class where a Trainer will guide you through an simple workout designed to help you lose weight in a healthy way.

Tue: 5:30pm with Gentry
Tue: 8:30am with Christian
Thu: 9:00am with Christian
Sat: 10:00am with Andrew

INTRO TO WEIGHT LIFTING

Learn the basics of lifting weights and strength training in this class! A Personal Trainer will teach you form and safety as well as a full routine to follow. You will build strength and muscle while being kept consistent and accountable.

Tue: 9:30am with Christian
Wed: 8:00am with Christian
Fri: 6:00pm with Jovani
Sat: 9:00am with Christian

BOXING BASICS

Work with a coach to build on form and skills for boxing. This class will include heavy bag work, mitt trainings, and plenty of condition to improve your fitness. Bring your own gloves and wraps or we can provide them.

Mon: 6:30pm with Jovani
Wed: 6:30pm with Jovani
Thu: 10:00am with Jovani



STRENGTH TRAIN FOR WOMEN

A class designed with a women's body in mind. This will guide you through a full body strength workout to help you reach your goal strength and bodyweight.

Tue: 6:30pm with Gentry
Wed: 6:30pm with Gentry
Thu: 5:30pm with Gentry

TRAIN FOR 70 - GOLF TRAINING

45 minutes

Start this golf season off right! Our qualified personal trainers will work on building your power while also focusing on injury prevention. Get ready to feel your best on the course this season!

Mon & Wed: 9:00am with Christian
Wed & Fri 4:30pm with Jovani

PREHAB/REHAB

45 minutes

Injuries can be devastating to your training routine. By focusing on corrective movements, our trainers will give you the tools needed to stay healthy and keep going no matter what life throws at you.

Tue: 5:00pm Lower Body
Tue: 5:45pm Upper Body
Sat: 11:00am Upper Body
Sat: 11:45am Lower Body

PERSONAL TRAINING

Reach your goals faster with the guidance of our team of certified personal trainers! With affordable training packages, we can get you the results you need. Our trainers have flexible scheduling and are ready when you are. Visit www.ymcametronorth.org/personal-training/ to connect with a trainer or scan below.

Scan the QR Code to set up your first session FREE!



MONTHLY FITNESS CLASSES | MAY & JUNE

MAY

ADULT FITNESS | SMALL GROUP TRAINING 60 MINUTES

MONDAYS
 MEMBER: \$50 | NON-MEMBERS: \$104

SUNDAYS | TUESDAYS | SATURDAYS
 MEMBER: \$66 | NON-MEMBERS \$139

WEDNESDAYS | THURSDAYS | FRIDAYS
 MEMBER: \$83 | NON-MEMBERS: \$173

ADULT FITNESS | SMALL GROUP TRAINING 45 MINUTES

MONDAYS
 MEMBER: \$45 | NON-MEMBERS: \$94

SUNDAYS | TUESDAYS | SATURDAYS
 MEMBER: \$59 | NON-MEMBERS: \$125

WEDNESDAYS | THURSDAYS | FRIDAYS
 MEMBER: \$74 | NON-MEMBERS: \$156

May

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JUNE

ADULT FITNESS | SMALL GROUP TRAINING 60 MINUTES

MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS
 MEMBER: \$66 | NON-MEMBERS \$139

SATURDAYS | SUNDAYS
 MEMBER: \$83 | NON-MEMBERS: \$173

ADULT FITNESS | SMALL GROUP TRAINING 45 MINUTES

MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS
 MEMBER: \$59 | NON-MEMBERS: \$125

SATURDAYS | SUNDAYS
 MEMBER: \$74 | NON-MEMBERS: \$156

June

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MONTHLY FITNESS CLASSES | MAY & JUNE

TEEN FITNESS | SMALL GROUP TRAINING 60 minutes

TEEN BOXING (AGES 12-16)

Work with a coach to build on form and skills for boxing. This class will include heavy bag work, mitt trainings, and plenty of condition to improve your fitness. We encourage you to bring your own gloves and wraps but can provide them if needed. All skills, safety techniques will be taught in this class.

Mon: 5:30pm with Jovani

Wed: 5:30pm with Jovani

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 with a focus on safety in the fitness center.

Tue: 4:00pm

Wed: 3:30pm

Sat: 10:00am

YOUTH FITNESS | SMALL GROUP TRAINING 45 minutes

YOUTH CIRCUIT TRAINING (AGES 8-11)

A fun and interactive way for kids to be physically active. Work through several circuits for a total body workout. This class will safely and effectively incorporate various pieces of equipment to teach a love of leading an active and healthy lifestyle.

Mon: 3:30pm with Jovani

Sat: 9:00am with Andrew

HEALTHY FAMILIES FOR LIFE

Physical activity and Exercise is crucial for a healthy and happy lifestyle. The Y is dedicated to providing safe and accessible options to you and your family. Whether it's in Sports, Ninja Warrior, or one of our Youth and Teen Fitness classes, our staff are here to make sure your family is set up for success.

All of our Youth and Teen classes are designed to introduce healthy physical activity and develop a love for movement. Whether it's their first time taking a class, or they've been with us session after session, there is always something to learn!



MONTHLY FITNESS CLASSES | MAY & JUNE

MAY

YOUTH FITNESS

45 MINUTES

MONDAYS

FAMILY: \$45 | MEMBER: \$58 | NON-MEMBER: \$98

SUNDAYS | TUESDAYS | SATURDAYS

FAMILY: \$59 | MEMBER: \$77 | NON-MEMBER: \$131

WEDNESDAYS | THURSDAYS | FRIDAYS

FAMILY: \$74 | MEMBER: \$92 | NON-MEMBER: \$163

TEEN FITNESS

60 MINUTES

MONDAYS

FAMILY: \$50 | MEMBER: \$65 | NON-MEMBER: \$109

SUNDAYS | TUESDAYS | SATURDAYS

FAMILY: \$66 | MEMBER: \$86 | NON-MEMBER: \$145

WEDNESDAYS | THURSDAYS | FRIDAYS

FAMILY: \$83 | MEMBER: \$103 | NON-MEMBER: \$182

May

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JUNE

YOUTH FITNESS

45 MINUTES

MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS

FAMILY: \$59 | MEMBER: \$77 | NON-MEMBER: \$131

SATURDAYS | SUNDAYS

FAMILY: \$74 | MEMBER: \$92 | NON-MEMBER: \$163

TEEN FITNESS

60 MINUTES

MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS

FAMILY: \$66 | MEMBER: \$86 | NON-MEMBER: \$145

SATURDAYS | SUNDAYS

FAMILY: \$83 | MEMBER: \$103 | NON-MEMBER: \$182

June

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MONTHLY SPORTS CLASSES | MAY & JUNE

SPORTS | YOUTH & TEENS

45 minutes

BASKETBALL SKILLS AND DRILLS

In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

- Wed: 5:00 pm (Ages 4-6)
- Wed: 5:45 pm (Ages 7-10)
- Wed: 6:30 pm (Ages 11-15)
- Sat: 9:00 am (Ages 4-6)
- Sat: 10:00 am (Ages 7-10)
- Sat: 11:00 am (Ages 11-15)

MASH-UP MANIA

This program will cover the basics of a different sport each week. Discover basketball, soccer, floor hockey, dodgeball and more in this sports mania program.

- Mon: 5:00 pm (Ages 4-6)
- Mon: 5:45 pm (Ages 7-10)

VOLLEYBALL SKILLS AND DRILLS

In this program children will learn the basics of basketball including dribbling, shooting, defense and working as a team.

- Thu: 5:00 pm (Ages 7-10)
- Thu: 5:45 pm (Ages 11-13)

TRACK SKILLS AND DRILLS

Challenge yourself to beat your personal best time each week. Learn the skills of proper running and breathing techniques for long and short distance track events.

- Sat: 12:15 pm (Ages 5-6)
- Sat: 1:00 pm (Ages 7-10)

INDOOR SOCCER FUNDAMENTALS

Our indoor soccer fundamentals class will work on basic skills such as dribbling, shooting and passing to help get players ready for their season.

- Fri: 5:00 pm (Ages 4-6)
- Fri: 5:45 pm (Ages 7-10)

SPORTS | GYMNASTICS & TUMBLING

45 minutes

TINY TUMBLERS

This parent/child class where the children will begin to learn the basics of gymnastics while improving their motor skills.

- Tues: 9:00 am (Ages 2-3)
- Thu: 9:00 am (Ages 2-3)

CHEER TUMBLING SKILLS

Work with a tumbling and varsity cheer coach to focus on basic tumbling including handstands, cartwheels, round-offs and rolls.

- Sat: 2:00 pm (Ages 6-8)
- Sat: 2:45 pm (Ages 9-13)

SPORTS | ADVENTURE ZONE

45 minutes

NINJA WARRIORS (AGES 6-11)

Reach for the next level in the adventure zone with Ninja Warriors! This class will engage kids of all experience and fitness levels to move and have fun in our Adventure Zone course. Kids will gain strength, mobility, dexterity, and most importantly, self-confidence! The course will change weekly based on the skills we are working on.

- Mon: 4:30pm (ages 6-8)
- Mon: 5:30pm (ages 9-11)
- Tue: 5:00pm (ages 9-11)
- Thu: 4:30pm (ages 6-8)
- Sun: 10:00am (ages 6-10)

LIL NINJAS (AGES 4-5)

Find the fun in fitness with Lil Ninjas in the Adventure Zone, our ninja warrior-style course! Kids will learn age appropriate basics of this sport working on strength, coordination, and balance on a variety of different obstacles.

- Mon: 3:30pm
- Sun: 11:00am

MONTHLY SPORTS CLASSES | MAY & JUNE

MAY

YOUTH & TEEN SPORTS

45 MINUTES

MONDAYS

FAMILY: \$35 | MEMBER: \$51 | NON-MEMBER: \$78

SUNDAYS | TUESDAYS | SATURDAYS

FAMILY: \$47 | MEMBER: \$65 | NON-MEMBER: \$104

WEDNESDAYS | THURSDAYS | FRIDAYS

FAMILY: \$59 | MEMBER: \$79 | NON-MEMBER: \$130

NINJA WARRIOR | LIL NINJA | TUMBLING

45 MINUTES

MONDAYS

FAMILY: \$45 | MEMBER: \$58 | NON-MEMBER: \$98

SUNDAYS | TUESDAYS | SATURDAYS

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JUNE

YOUTH & TEEN SPORTS

45 MINUTES

MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS

FAMILY: \$47 | MEMBER: \$65 | NON-MEMBER: \$104

SATURDAYS | SUNDAYS

FAMILY: \$59 | MEMBER: \$79 | NON-MEMBER: \$130

NINJA WARRIOR | LIL NINJA | TUMBLING

45 MINUTES

MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS

FAMILY: \$59 | MEMBER: \$77 | NON-MEMBER: \$131

SATURDAYS | SUNDAYS

FAMILY: \$74 | MEMBER: \$92 | NON-MEMBER: \$163

June

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MONTHLY ADULT SPORTS CLASSES | MAY & JUNE

SPORTS | PICKLEBALL LESSONS

60 minutes

Pickleball Lessons | Beginner I

In this class players will learn basic stroke mechanics, fundamental shots, rules, scoring, and etiquette and court positioning for doubles pickleball.

Tue: 5:30pm

Pickleball Lessons | Beginner II

Players in this class should have already learned the rules and scoring for pickleball and want to learn strategy. Players will work towards better mechanics and consistency with serves/returns, dinks, and volleys, footwork, and court positioning.

Tue: 6:30pm

Pickleball Lessons | Intermediate

This class is for players who are already having success in sustaining longer rallies and are interested in learning more about point strategy and construction, shot selection, speed-ups, and defensive and reset shots. The soft, dinking game will be a primary focus as well as footwork and partner positioning

Tue: 7:30pm

SPORTS | LEAGUES

2 Hours

Pickleball League | Beginners

Come with a friend or by yourself and play in our pickleball league for Pickleball League! This is a weekly league with a tournament at the end of the 3 months.

Wed: 7:15 pm

Pickleball League | Women

Come with a friend or by yourself and play in our women only Pickleball League! This is a weekly league with a tournament at the end of the 3 months.

Mon: 10:15am



MONTHLY SPORTS CLASSES | MAY & JUNE

MAY

PICKLEBALL LESSONS

60 MINUTES

TUESDAYS

FAMILY: \$64 | MEMBER: \$64 | NON-MEMBER: \$109

PICKLEBALL LEAGUE

2 HOURS

MONDAYS

FAMILY: \$45 | MEMBER: \$45 | NON-MEMBER: \$125

WEDNESDAYS

FAMILY: \$72 | MEMBER: \$72 | NON-MEMBER: \$200

May

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12	13	14	15	16	17	18
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JUNE

PICKLEBALL LESSONS

60 MINUTES

TUESDAYS

FAMILY: \$64 | MEMBER: \$64 | NON-MEMBER: \$109

PICKLEBALL LEAGUE

2 HOURS

MONDAYS | WEDNESDAYS

FAMILY: \$61 | MEMBER: \$61 | NON-MEMBER: \$166

June

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						1
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MONTHLY ENRICHMENT CLASSES | MAY & JUNE

ENRICHMENT | COOKING PROGRAMS 60 MINUTES

HEALTHY KIDS KITCHEN

Children will create a simple dish each week that they could recreate at home. Deliciousness is just a few chops away!

Wed: 4:00 pm (Ages 7-12)

Sat: 12:15 pm (Ages 7-12)

Sat: 1:15 pm (Ages 7-12)

ENRICHMENT | CREATIVE ARTS PROGRAMS 45 MINUTES

PAINT NIGHTS

Get inspired to create a master piece in this weekly painting class. Our instructor will lead children through various forms and techniques of painting.

Tue: 5:30pm (Ages 7-12)



BRACELET MAKING

CALLING ALL SWIFTIES! Come be fearless in this Taylor Swift themed bracelet making class. Fill in all of those blank spaces to create bracelets for you and your friends. Our instructor will help you make the bracelet the right size so you can't just shake it off.

Thu: 5:30 pm (Ages 7-12)

INTRO TO VIDEO PRODUCTION

This class will teach and guide your child through the basics of broadcasting and video production. They will be introduced to what happens on screen and behind the camera.

Thu: 5:00 pm (Ages 7-12)

ENRICHMENT | STEM CLASSES 45 MINUTES

LITTLE SCIENTIST

Children will explore the world of science around them through fun, interactive activities and experiments.

Fri: 10:30 am (Ages 4-6)

FULL STEAM AHEAD!

Engaging activities that promote Science, Technology, Engineering, Art and/or Math. Let your little one's imagination explore! *Please wear appropriate clothing as kids may get messy.

Wed: 5:00 pm (Ages 7-12)



MONTHLY ENRICHMENT CLASSES | MAY & JUNE

MAY

CREATIVE ARTS | STEM PROGRAMING 45 MINUTES

MONDAYS
 FAMILY: \$35 | MEMBER: \$51 | NON-MEMBER: \$78

SUNDAYS | TUESDAYS | SATURDAYS
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WEDNESDAYS | THURSDAYS | FRIDAYS
 FAMILY: \$59 | MEMBER: \$79 | NON-MEMBER: \$130

COOKING PROGRAMS 60 MINUTES

MONDAYS
 FAMILY: \$39 | MEMBER: \$57 | NON-MEMBER: \$82

SUNDAYS | TUESDAYS | SATURDAYS
 FAMILY: \$52 | MEMBER: \$72 | NON-MEMBER: \$109

WEDNESDAYS | THURSDAYS | FRIDAYS
 FAMILY: \$65 | MEMBER: \$88 | NON-MEMBER: \$137

May

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CREATIVE ARTS | STEM PROGRAMING 45 MINUTES

MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS
 FAMILY: \$47 | MEMBER: \$65 | NON-MEMBER: \$104

SATURDAYS | SUNDAYS
 FAMILY: \$59 | MEMBER: \$79 | NON-MEMBER: \$130

COOKING PROGRAMS 60 MINUTES

MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS
 FAMILY: \$52 | MEMBER: \$72 | NON-MEMBER: \$109

SATURDAYS | SUNDAYS
 FAMILY: \$65 | MEMBER: \$88 | NON-MEMBER: \$137

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