

**Summer Session:**  
**June 23 – August 24**Registration Dates:  
Member Registration: **June 2**  
Non-Member Registration: **June 9**Rate Guide:  
Family Member: F  
Member: M  
Non-Member: NM**PRESCHOOL SWIM**

F: \$116 M: \$171 NM: \$278

**Parent|Child A (Ages 6m–18m)**

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

**Sun 10:10 am****Sat 10:10 am | 11:20 am****Parent|Child B (Ages 19m–42m)**

30 minutes

Parents will be guided by an instructor and toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

**Sun 9:35 am | 10:45 am****Mon 5:35 pm****Wed 5:35 pm****Thu 11:30 am****Sat 9:35 am | 10:45 am****Preschool Stage 1 (Ages 3–5)**

30 minutes

This class is for the child who has some experience in the water. Children are in the water with the instructor learning the fundamentals of water safety through floating and movement with assistance. Please bring goggles to class.

**Sun 9:00 am | 9:35 am | 10:45 am | 11:20 am****Mon 10:30 am | 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm****Tue 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:35 pm****Wed 10:30 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm****Thu 10:30 am | 3:50 pm | 4:25 pm | 5:35 pm****Fri 4:25 pm | 5:35 pm****Sat 9:00 am | 9:35 am | 11:20 am****Preschool Stage 2 (Ages 3–5)**

30 minutes

Swimmers must swim 5 feet without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

**Sun 9:00 am | 9:35 am | 10:10 am | 11:20 am****Mon 11:30 am | 3:50 pm | 5:00 pm****Tue 3:50 pm | 4:25 pm | 5:00 pm****Wed 11:00 am | 3:15 pm | 4:25 pm | 5:35 pm****Thu 11:00 am | 4:25 pm | 5:00 pm | 5:35 pm****Fri 4:25 pm | 5:35 pm****Sat 9:00 am | 10:10 am | 11:20 am****Preschool Stage 3 (Ages 4–5)**

30 minutes

Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self rescue skills performed at longer distances than in previous stages. This class will be taught in the deep end of the pool. Please bring goggles to class.

**Mon 4:25 pm****Tue 11:30 am****Wed 11:30 am | 4:25 pm****Thu 5:00 pm****Sat 9:00 am | 10:45 am****Preschool Stage 4 (Ages 4–5)**

30 minutes

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. This class will be taught in the deep end of the pool. Please bring goggles to class.

**Sun 10:10 am****Tue 3:15 pm****Sat 10:10 am**

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## YOUTH SWIM

F: \$116 M: \$171 NM: \$278

### Youth Stage 1 (Ages 6–12)

30 minutes

This class is for the child who has little or no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Please bring goggles to class.

**Sun 10:10 am**

**Mon 3:15 pm | 5:35 pm**

**Wed 5:00 pm**

**Thu 3:15 pm**

**Sat 9:00 am**

### Youth Stage 2 (Ages 6–12)

30 minutes

Swimmers must swim 5 feet on their front and back without assistance or flotation and fully submerge their face in the water to enter this class. Encourages forward movement in water and basic self-rescue skills performed independently. Please bring goggles to class.

**Sun 10:45 am**

**Mon 3:50 pm**

**Tue 3:15 pm | 5:35 pm**

**Wed 3:50 pm | 5:00 pm**

**Thu 3:50 pm | 4:25 pm**

**Fri 5:00 pm**

**Sat 9:35 am | 10:45 am**

### Youth Stage 3 (Ages 6–12)

30 minutes

Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. This class will be taught in the deep end of the pool. Please bring goggles to class.

**Sun 9:00 am | 11:20 am**

**Mon 5:00 pm**

**Tue 5:00 pm**

**Wed 3:50 pm | 5:35 pm**

**Thu 3:50 pm | 5:00 pm | 5:35 pm**

**Sat 10:45 am**

### Youth Stage 4 (Ages 6–12)

30 minutes

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. This class will be taught in the deep end of the pool. Please bring goggles to class.

**Sun 9:35 am**

**Mon 3:15 pm | 4:25 pm**

**Tue 3:50 pm | 5:00 pm**

**Wed 3:15 pm | 4:25 pm | 5:35 pm**

**Thu 3:15 pm | 3:50 pm**

**Sat 9:35 am | 11:20 am**

### Youth Stage 5 (Ages 6–12)

30 minutes

Swimmers must be able to swim the entire length of the pool with proficient front crawl and backstroke and tread water for 1 minute to enter this class. Swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits. Please bring goggles to class.

**Sun 10:45 am**

**Mon 5:35 pm**

**Tue 4:25 pm**

**Wed 3:50 pm**

**Thu 5:00 pm**

**Sat 10:10 am**

### Youth Stage 6 (Ages 6–12)

30 minutes

Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breast stroke, butterfly and tread water for 2 minutes to enter this class. Please bring goggles to class.

**Tue 5:35 pm**

**Wed 5:00 pm**

**Thu 4:25 pm**

### Swim Team Prep (Ages 7–14)

30 minutes

F: \$208 M: \$299 NM: \$486

A swim class designed for kids who are interested in joining the swim team or pre team swim team. In this class, kids will learn endurance, flip turns, swimming starts and all four strokes. This class is ideal for those who are not ready to join the pre team or swim team. Swimmers must be stage 5 or 6 eligible and have director approval.

**Thu 5:35 pm & Sun 11:20 am**

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## ADULT AND PRIVATE SWIM

### ADULT SWIM

M: \$171 NM: \$278

#### Adult Beginner

30 minutes

This class is for those wanting to learn the basics of swimming and aquatic safety or learn strokes for lap swim. Please bring goggles to class.

**Sun 9:05 am**

**Sat 8:30 am**

#### Adult Intermediate

30 Minutes

Develop basic swim strokes and use swimming as a source of fitness. It is recommended that participants have taken beginner swim lessons before enrolling in this class.

**Sun 8:30 am**

#### Aquatic Stretch

M: FREE NM: \$170

55 minutes

Low impact exercise with emphasis on improving range of motion. Great for seniors!

**Tue 1:05 pm**

**Thu 1:05 pm**

### PRIVATE SWIM

#### Private Lessons

F: \$333 M: \$387 MEMBERS ONLY

30 minutes

Private lessons are available to both children and adults of all skill levels. Semi-private lessons are available to up to 3 children in a group with similar swimming ability.

**Tue 10:30 am**

**Wed 10:00 am | 3:15 pm**

**Thu 10:00 am | 3:15 pm**

**Fri 3:50 pm | 5:00 pm**

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## SPORTS

F: \$97 M: \$132 NM: \$215

### Mini All Stars (Ages 3-5)

45 Minutes

This program offers different sports and games each week. Adult participation may be required.

**Sat 8:30 am**

### Basketball for Beginners (Ages 3-4)

45 Minutes

Learn the basics such as dribbling, shooting and passing. Adult participation may be required.

**Fri 4:30 pm**

### Basketball Academy

45 Minutes

Participants will learn more in depth ball handling, passing and shooting skills.

**Tue 4:30 pm (Ages 6-9) Beg/Int**

**Tue 5:15 pm (Ages 10-12) Advanced**

### Hoop Strength and Skills (Ages 9-13)

F: \$105 M: \$146 NM: \$233

45 Minutes

Develop your basketball skills, build endurance and gain total body strength this summer with once per week sessions.

**Tue 9:00 am**

**Wed 9:00 am**

### Youth Soccer (Ages 6-9)

45 Minutes

Come learn the fundamentals of soccer. Enhance footwork, improve ball control, increase field awareness and learn the rules of the game.

**Wed 4:30 pm**

### Youth Volleyball

45 Minutes

Bump, set and spike your way to fun with our volleyball program. The more you play, the more you improve. Make new friends and learn valuable lessons about teamwork and communication on and off the court in this fun and fast-paced sport.

**Thu 4:30 pm (Ages 8-11)**

**Thu 5:30 pm (Ages 10-14)**

### One on One Sports Training (Ages 7-18)

F: \$198 M: \$261 NM: \$369

45 Minutes

With the help and support from Coach Alex, youth will learn proper technique and improving skills to get you to the next level.

**Wed 5:15 pm**

**Thu 5:15 pm**

**Fri 5:15 pm**

**Sat 9:15 am**

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## ENRICHMENT

### Art Medley (Ages 4-8)

45 Minutes

Allow your young learner to try something new every week with a variety of art materials! Children experiment in drawing, painting, collage, printmaking and more for unique and exciting creations.

**Tue 4:45 pm**

### Illustration Station (Ages 6-8)

45 Minutes

Inspired by our favorite picture books, artists, and storytellers; kids will discover techniques for creating their own unique drawings!

**Wed 4:45 pm**

### Build It Up! (Ages 6-10)

45 Minutes

Legos, recyclables, paper, and sticks! This class will allow kids to explore building basics with some STEAM-based activities.

**Tue 5:45 pm**

**NEW!**

### Cartoon & Comic Book Illustrating (Ages 6-10)

45 Minutes

In this class participants will learn the fundamentals of putting their imaginations onto paper with pencil.

**Wed 5:45 pm**

**Thu 4:45 pm**

### Cartoon & Comic Book Illustrating (Ages 9-14)

45 Minutes

In this class participants will learn the fundamentals of putting their imaginations onto paper with pencil.

**Thu 5:45 pm**

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## ADULT FITNESS

### Lift Heavy, Look Lean

2x Per Week | M: \$251 NM: \$527

60 Minutes

Get cut and lean with the use of free weights.

Improve your body composition and learn the secrets to replacing fat with muscle.

**Mon & Wed 6:00 pm | 7:00 pm****Tue & Thu 6:00 pm | 7:00 pm**

### Healthy Heart Maintenance

M: FREE NM: \$90

60 Minutes

For individuals who have experienced a cardiac event and successfully completed cardiac rehabilitation.

Doctor's clearance for exercise is required.

**Mon 8:00 am | 10:00am****Wed 8:00 am | 10:00am****Fri 8:00 am**

### Stay Fit

F: FREE M: FREE NM: \$109

60 Minutes

Join our instructor through an hour long, low impact aerobics class geared towards seniors.

**Tue 12:00 pm****Thu 12:00 pm**

### Fitness for Menopause

M: \$124 NM: \$260

60 Minutes

This class will cover strength training for bone density, muscle mass, and metabolic well-being, as well as stress reduction methods, to help with fat loss.

*NO CLASSES THE WEEK OF JULY 21-JULY 27!***Mon 10:00 am****Tue 6:00 pm****Thu 10:00 am**

## ADULT SPORTS

### Adult Basketball League

M: \$59 MEMBERS ONLY

**Mon & Wed 6:45 pm | 7:45 pm**

### Adult Volleyball League

M: \$59 NM: \$198

All levels of experience are welcome and games are self-monitored.

**Thu 6:45 pm – 8:45 pm**

## YOUTH FITNESS

### Strength and Conditioning (Ages 9-13)

F: \$105 M: \$146 NM: \$233

45 Minutes

This program will develop speed, footwork and jumping ability. Although all athletes can benefit, it is especially beneficial for sports that require small bursts of intermittent speed and footwork.

**Wed 4:30 pm (with Coach Alex)**

### Total Body Conditioning (Ages 9-13)

F: \$105 M: \$146 NM: \$233

45 Minutes

Join us for a total body workout once per week, where we aim to gain strength and build endurance through a combination of calisthenics, weight training, biking, and running.

**Wed 10:00 am**

### Girls Got Strength (Ages 9-13)

F: \$85 M: \$117 NM: \$198

45 Minutes

For young female athletes who want to learn how to gain strength and improve their conditioning level.

**Thu 4:30 pm**

## YOUTH FITNESS MINI SESSIONS

### Summer Strength and Conditioning Bootcamp (Ages 9-13)

45 Minutes

Stay fit throughout summer break with our 2 day per week strength and conditioning bootcamp, where we will focus on various concepts including building endurance, gaining strength, improving speed, agility, quickness, flexibility, and keeping a strong core.

**5 Weeks: June 23-July 27**

F: \$134 M: \$166 NM: \$294

**Tue & Thu 10:00 am****4 Weeks: July 28-August 24**

F: \$107 M: \$139 NM: \$235

**Tue & Thu 10:00 am**