

Summer Session:
June 22 – August 30

Registration Dates:
Member Registration: **June 1**
Non-Member Registration: **June 8**

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

PRESCHOOL SWIM

F: \$130 M: \$191 NM: \$312

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

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
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 | 10:10 am | 10:45 am | 11:20 am
Mon 11:00am | 3:15 pm | 4:25 pm | 5:00 pm
Tue 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Wed 10:30am | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Thu 11:00 am | 3:15 pm | 3:50 pm | 4:25 pm | 5:35 pm
Fri 5:00 pm
Sat 9:00 am | 9:35 am | 10:10 am | 10:45 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 10:10 am | 10:45 am
Mon 11:30 am | 3:50 pm | 5:00 pm
Tue 10:30 am | 3:50 pm | 4:25 pm | 5:00 pm | 5:35 pm
Wed 11:00 am | 3:15 pm | 4:25 pm | 5:35 pm
Thu 11:30 am | 4:25 pm | 5:00 pm | 5:35 pm
Fri 4:25 pm
Sat 9:00 am | 9:35 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.

Sun 9:00 am
Mon 4:25 pm
Tue 11:30 am
Wed 3:15 pm
Thu 3:15 pm | 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

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**Please note: Saturday programs and leagues will be prorated to 9-weeks due to 4th of July Holiday.

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YOUTH SWIM

F: \$130 M: \$191 NM: \$312

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 9:35 am

Tue 3:15 pm

Wed 5:00 pm

Sat 9:35 am | 10:45 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 9:00 am | 10:45 am

Tue 3:50 pm | 5:35 pm

Wed 4:25 pm | 5:00 pm

Sat 9:00 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 | 10:10 am | 10:45 am | 11:20 am

Mon 3:50 pm

Tue 3:15 pm | 5:00 pm

Wed 3:50 pm | 4:25 pm

Thu 3:50 pm | 4:25 pm

Fri 5:35 pm

Sat 10:10 am | 11:20 am

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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 9:00 am | 10:45 am | 11:20 am

Mon 3:15 pm | 5:35 pm

Tue 3:50 pm

Wed 3:50 pm | 5:35 pm

Thu 3:15 pm | 3:50 pm | 4:25 pm | 5:35 pm

Fri 5:35 pm

Sat 9:00 am | 10:10 am | 10:45 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 9:00 am | 9:35 am

Mon 5:35 pm

Tue 4:25 pm

Wed 5:00 pm

Thu 3:50 pm | 5:00 pm

Sat 9:35 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.

Sun 9:35 am

Mon 5:00 pm

Tue 5:35 pm

Competitive Swim Team Prep (Ages 7-14)

30 minutes

F: \$234 M: \$335 NM: \$546

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: \$191 NM: \$312

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 | 9:05 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 1:00 pm

Thu 1:00 pm

PRIVATE SWIM

Private Lessons

F: \$381 M: \$443 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.

Sun 11:20 am

Mon 10:30 am | 3:15 pm | 3:50 pm | 4:25 pm

Tue 4:25pm | 5:00 pm

Wed 11:30 am | 3:15 pm | 3:50 pm

Thu 10:30 am | 5:00 pm | 5:35 pm

Fri 3:50 pm | 4:25 pm | 5:00 pm

Sat 11:20 am



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YOUTH SPORTS

F: \$113 M: \$154 NM: \$251

Basketball Academy

45 Minutes

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

Tue 10:00 am (Ages 6-9) Beginner

Tue 11:00 am (Ages 10-13) Beginner

Thu 10:00 am (Ages 6-9) Int/Adv

Thu 11:00 am (Ages 10-13) Int/Adv

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 4:15 pm

Girls Got Strength (Ages 7-12)

F: \$123 M: \$170 NM: \$272

45 Minutes

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

Thu 4:15 pm with Coach Lyndsey (Beg/Int)

Thu 5:00 pm with Coach Lyndsey (Advanced)

ADULT SPORTS

Adult Basketball League

M: \$90 MEMBERS ONLY

Whether you are looking to get back on the court or want to take up a new hobby, adult basketball at the YMCA is a fun way to stay active!

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

Adult Volleyball League

M: \$90 NM: \$260

This league is dedicated to giving adults an opportunity to participate in an organized team sport while having fun and meeting new friends. The league is based on keeping winning in perspective with fair play and good sportsmanship. All levels of experience are welcome and games are self-monitored.

Tue 6:45 pm-8:45pm

Thu 6:45 pm-8:45pm

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ADULT FITNESS

Lift Heavy, Look Lean

2x Per Week | M: \$301 NM: \$633

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 5:30 pm | 6:30 pm | 7:30 pm

Tue & Thu 8:00am | 5:30 pm | 6:30 pm | 7:30 pm

Build & Protect: Lifting for Bone Density

M: \$167 NM: \$352

60 Minutes

Build bone density and strength safely in this beginner-friendly class for women in menopause and beyond.

Great for those with osteoporosis or osteopenia.

Mon 1:00 pm

Wed 11:00 am

Y-ROX Strength and Endurance

M: \$151 NM: \$316

60 Minutes

This is a class open to anybody who wants to challenge themselves using the specific training styles and techniques used for the HYROX competition. The focus is high intensity combined with overall strength and increasing cardiovascular endurance.

Tue 7:00am

Thu 7:00am

Build & Protect: Lifting for Bone Density

M: \$167 NM: \$352

60 Minutes

Build bone density and strength safely in this beginner-friendly class for women in menopause and beyond.

Great for those with osteoporosis or osteopenia.

Mon 1:00 pm

Wed 11:00 am

Healthy Heart Maintenance

M: FREE NM: \$100

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

M: FREE NM: \$100

60 Minutes

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

Tue 12:00 pm

Thu 12:00 pm

Fri 12:00 pm

Reformer Pilates

M: \$250 NM: \$400

55 Minutes

Reformer Pilates is a full body workout, with an emphasis on stability,

core strength, mind-body connection. Sessions are challenging and fun and designed to keep you moving the whole time!

All Classes are suitable for all levels

Mon 5:45 pm with Cynthia

Tue 10:30 am with Kristina

Wed 8:30 am with Kristina | 5:30 pm with Anna | 6:30 pm with Anna

Thu 8:30 am with Jaclyn

Fri 8:30 am with Kristina | 12:00 pm with Patty

Yoga for Pelvic Floor Health

M: \$167 NM: \$352

60 Minutes

This progressive yoga series supports pelvic floor health through mindful movement, breath, posture, and nervous system regulation. Each class builds on the last to help develop awareness, coordination, strength, and relaxation in an integrated, supportive way. Classes are accessible and adaptable for a wide range of bodies and experience levels.

Wed 5:30 pm

YOUTH FITNESS

F: \$123 M: \$170 NM: \$272

Boxing & Teen Boxing

45 Minutes

This class introduces boxing skills and techniques to kids in a small group setting.

Sun 11:00 am (Ages 8-11)

Sun 12:00 pm (Ages 12-16)

Strength and Conditioning (Ages 9-13)

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.

Thu 3:30 pm | 4:30 pm (with Coach Kyle)

Intro to Weight Training (Ages 9-13)

45 Minutes

This class is designed for youths interested in various forms of weight training including weightlifting, power lifting and lifting for strength.

Tue 3:30 pm | 4:30 pm

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