GROWING STRONGER TOGETHER

celebrating 100 years
the YMCA
1919 YMCA OF LONG ISLAND 2019

For a better us.™
YMCALI.org

Register now for Summer Day Camp and Child Care

SPRING 2019 | Program Guide
GREAT SOUTH BAY YMCA

Spring Programs run
April 14 – June 22, 2019
(10 week sessions)

FACILITY HOURS

Monday – Friday	5:00am – 10:00pm
Saturday & Sunday	6:00am – 6:00pm

HOLIDAY SCHEDULE

Easter, April 21	closed
Memorial Day, May 27	5:00am – 2:00pm

TWO WAYS TO REGISTER:

Starting March 31st:

ONLINE YMCALI.org/programs

OR

IN PERSON

ADULT SPORTS & FITNESS

Despina Tenedorio x177 Despina.Tenedorio@ymcali.org

BOGA-FITNESS CLASSES!

Boga-fitness offers a unique workout on water, utilizing traditional gym exercises to improve balance and core strength by doing a new fusion of Yoga, Pilates and Boot camp.

BOGA CLASSES (9 WEEK PROGRAM):

CLASS	MON	TUES	WED	THURS	FRI	SAT
BOGA-BOOTCAMP w/Despina		10:15-11:00am				
BOGA-FIT w/Keri			7:30-8:15pm		10:30-11:15am	
BOGA-BEGINNER w/Jane					2:00-2:45pm	

$100 / Full $125 / Program
$15 Drop-in (membership required)
* Rate includes 2 classes per week. Must register for 2nd class with Despina.

ADULT FITNESS Despina Tenedorio x177 Despina.Tenedorio@ymcali.org

CLASS	MON	TUES	WED	THURS	FRI	SAT
Les Mills Grit Ages 15 + w/Maria $85 Full/$105 Prog $15 Drop-in		7:30 – 8:00am 8:30 – 9:00am	5:45 – 6:15pm	7:30 – 8:00am	6:00 – 6:30am 9:00 – 9:30am	
Adult Functional Training Ages 18 + $125 Full/$156 Prog $20 Drop-in		9:15–10:00am w/Despina 7:00–7:45pm w/Nick		6:00-6:45am w/Angel		
NEW 8 Week Challenge!*	8:15–9:00am w/Nicole 5:45–6:30pm w/Vasilis					

PILATES REFORMER CLASSES AVAILABLE! Contact Despina for more information.

ADULT SPORTS John Borromeo x182 John.Borromeo@ymcali.org

CLASS	MON	TUES	WED			
Co-ed Volleyball Ages 16+		7:00 -10:00pm Team Fee $350				
Men's Basketball League Ages 35+			7:00 -10:00pm $75 Full/$95 Program			

PERSONAL TRAINING PACKAGES Please contact Despina x177

ONE HOUR PACKAGES
One Hour = $60
4 Sessions = $225
8 Sessions = $425
12 Sessions = $600
24 Sessions = $1,130

HALF-HOUR PACKAGES
Half-hour = $36
4 1/2 Hour Sessions = $136
8 1/2 Hour Sessions = $256
12 1/2 Hour Sessions = $365

6 MONTH PACKAGES
48 Sessions (2x a week):
1/2 Hour = $1,200 1 Hour = $2,016

72 Sessions (3x a week):
1/2 Hour = $1,800 1 Hour = $3,024

SWIM LESSONS

Lisa McKeown or Keri Bruder x122 Lisa.McKeown@ymcali.org / Keri.Bruder@ymcali.org

CLASS	SUN	MON	TUES	WED	THURS	FRI	SAT
Stage A: Water Discovery Infant & Toddler (6 months -3 years)		11:00–11:30am		10:15–10:45am	11:00–11:30am 6:00–6:30pm		11:15–11:45am
Stage B: Water Exploration Infant & Toddler (6 months -3 years)		11:00–11:30am	11:00–11:30am 6:00–6:30pm	10:15–10:45am	11:00–11:30am	11:00–11:30am	9:00–9:30am
Stage 1: Water Acclimation Preschool (3-5 years)	10:30–11:15am	10:15–11:00am 3:30–4:15pm	1:15–2:00pm 3:30–4:15pm	10:45–11:30am 3:30–4:15pm	10:15–11:00am 2:00–2:45pm 6:45–7:30pm	2:00–2:45pm	9:45–10:30am 12:00–12:45pm 1:30–2:15pm
Stage 1: Water Acclimation School Age (5 -12 years)	9:00–9:45am	4:15–5:00pm 6:45–7:30pm	4:15–5:00pm	4:15–5:00pm	4:15–5:00pm		10:30–11:15am 12:00–12:45pm
Stage 2: Water Movement Preschool (3-5 years)	9:45-10:30am	1:00–1:45pm	10:15–11:00am 1:15–2:00pm 3:30–4:15pm	9:30–10:15am 3:30–4:15pm 6:45–7:30pm	10:15–11:00am 2:45–3:30pm 3:30–4:15pm	2:00–2:45pm	10:30–11:15am 12:45–1:30pm
Stage 2: Water Movement School Age (5 -12 years)	11:15am-12:00pm	4:15–5:00pm 6:45–7:30pm	4:15–5:00pm	4:15–5:00pm			11:15am–12:00pm 12:45–1:30pm
Stage 3: Water Stamina Preschool (3-5 years)	11:15am–12:00pm	3:30–4:15pm	10:15–11:00am 3:30–4:15pm	9:30-10:15am	3:30–4:15pm 6:00–6:45pm	2:00–2:45pm	9:45–10:30am
Stage 3: Water Stamina School Age (5 -12 years)	10:30–11:15am	4:15–5:00pm	6:00–6:45pm	4:15–5:00pm	6:45–7:30pm		9:00–9:45am 1:30–2:15pm
Stage 4: Stroke Introduction Preschool (3-5 years)							9:45–10:30am
Stage 4: Stroke Introduction School Age (5 -12 years)	9:45–10:30am	4:15–5:00pm	6:45–7:30pm	4:15–5:00pm 6:45–7:30pm	4:15–5:00pm		9:45–10:30am 12:00–12:45pm 12:45–1:30pm
Stage 5: Stroke Development School Age (5 -12 years)	9:00–9:45am	3:30–4:15pm		6:45–7:30pm	6:45–7:30pm		9:00–9:45am 1:30–2:15pm
Stage 6: Stroke Mechanics School Age (5 -12 years)	9:00–9:45am	3:30–4:15pm		6:45–7:30pm	6:45–7:30pm		9:00–9:45am 1:30–2:15pm
Stages 1-6: Swim Basics Teen (12-17 years)		6:00–6:45pm			4:15–5:00pm		
Stages 1-6: Swim Basics Adult (17 and over)			7:15–8:00pm		8:30–9:15am		
COMPETITION							
Beginner Pre-Swim Team					6:00–6:45pm		
Intermediate Pre-Swim Team			6:00–7:00pm				
Advanced Pre-Swim Team 2x week			3:30–5:00pm		3:30–5:00pm		
LEADERSHIP							
Lifeguard Prep	11:00am–12:00pm					7:30–8:30pm	
RECREATION							
Sensational Swim special needs		6:00–6:30pm		6:00–6:30pm			
NEW! Sensational Swimmer Pals (3-6 yrs) w/parent			2:00–2:30pm				
WATER FITNESS							
Adult Swim work-out				5:30–7:00am		5:30–7:00am	
Arthritis Program		1:00–1:45pm	10:15–11:00am 6:30–7:15pm	1:00–1:45pm		10:15–11:00am	
Aqua Jog				8:30–9:30am			
Senior Shape Up			1:00-2:00pm		1:00–2:00pm		
Slimnastics		9:15–10:15am	8:30–9:30am			9:15–10:15am	
Power Water Walking				9:30–10:15am	9:00–9:45am		
NEW Aqua Power Express					8:30–9:00am		
NEW Aqua Balance				2:00–2:30pm	10:00–10:30am		

Private or Semi-Private Instruction

	One-on-One	Semi-Private
3-pack starter (1/2 hour)	$140	$200
6 (1/2 hour)	$260	$350
12 (1/2 hour)	$500	$670

***Enjoy 3 adult water exercise classes for the price of 2! See Member Services for details. Does not include Bogafit classes.**

AQUATICS ARE 9WK SESSIONS
Classes meet 1x/wk per session.
Stages A & B Fees: Full $80 Prog $105
Beginner Pre-Swim Team Full $132 Prog $168
Intermediate Pre-Swim Team Full $145 Prog $190
Advanced Pre-Swim Team (meets 2x/wk) Full $180 Prog $230
Lifeguard Prep: Full $110 Prog $140
All other program fees: Full $104 Prog $132

AQUATICS ARE 9WK SESSIONS
Classes meet 1x per wk per session
Adult swim instruction
Full $104 Program $132
Adult swim workout (meets 2x/wk)
Full $160 Program $205
Arthritis & Power Water Walking
Full $79 Program $103
Aqua Power Express & Aqua Balance
Full $45 Program $55
All other adult classes
Full $85 Program $110
Water exercise class drop in fee $15

CULTURAL ARTS

Tiana Christoforidis x148 Tiana.Christoforidis@ymcali.org

ACT OUT THEATRE PRESENTS:

BEAUTY AND THE BEAST JR
Saturday, May 18 4pm and 7pm and Sunday, May 19 4pm and 7pm

ACT OUT TEENS:

URINETOWN THE MUSICAL
Sunday, May 5 2pm and 7pm

BROADWAY AT THE BOULTON:

URINETOWN (adult cast)
Thursday, May 2 and Friday, May 3 8pm Saturday, May 4 2pm and 8pm

Limited tickets available. Email tiana.christoforidis@ymcali.org

ACT OUT THEATRE
Session will start again in the Fall with a great line up of shows. Productions are fully designed with costumes, sets, lights and choreography!

Shows and schedule subject to change.

REGISTER NOW FOR PERFORMING ARTS CAMPS!
(entering grades K-3)
SESSION 1 A YEAR WITH FROG AND TOAD
SESSION 2 DISNEY'S SLEEPING BEAUTY
(entering grades 4-7)
SESSION 1 SHREK
SESSION 2 ONCE UPON A MATTRESS
(entering grades 8-11)
SESSION 1-2 (Combined) RENT
BROADWAY CABARET NIGHT

SESSION 3 (entering grades 3-11: Held at the YMCA Boulton Center For The Performing Arts
ONCE ON THIS ISLAND JR.

ARTIST IN TRAINNG (CIT) PROGRAM
for entering grades 11-12

CULTURAL ARTS AND DANCE FAMILY/MULTIPLE CLASSES!
10% Discount-Applies to 2nd child and subsequent class only for Cultural Arts & Dance.

Y DANCE Oyah Bangura x115 or 631.678.7582
Oyah.Bangura@ymcali.org

CLASS	MON	TUES	WED	THURS	FRI	SAT
Parent & Child (perform at dance recital)						1:30-2:30pm 8 week session
Dance With Me Parent with child (Ages 1 ½ -3)						9:30-10am 10 week session
Pre School Combo Ballet/Tap (Ages 3-4)	4:30-5:15pm	4:30-5:15pm			3:15-4:00pm	10-10:45am
Ballet I Beginner (Ages 5+)		5:15-6:15pm				
Ballet II Technique (Ages 6+)						10:45-11:30am
Ballet III Contemporary (Ages 8+)						11:30am-12:30pm
Drill/Cheer/Step (Ages 7+)						12:30-1:30pm
Tap I (Ages 8+)			6:30-7:15pm			
Jazz/Video Dance (Ages 7+)				6:15-7:15pm		
Lyrical I Beginner (Ages 8+)			5:30-6:30pm			
Lyrical II Technique (Ages 6+)	CLASS ON HOLD			4:30-5:30pm		
International Dance (Adult) (Ages 16+)		6:15-7:15pm 10 week session				
Hip Hop I (*open level)			4:30-5:30pm			
Adult Afro Beats (Ages 16+)				7:15-8:15pm 10 week session		
Contemporary I/II (*open level)						11:30am-12:30pm
Adult Tap (Ages 16+)						12:30-1:30pm 10 week session
FREE FOR FULL MEMBERS						
Jazz/Video Dance (Ages 10+)	7:15-8:15pm					
International Dance Live Drum (Ages 8+)		5:00-6:00pm				
Tap II (Ages 10+)					6:00-7:00pm	
Hip Hop II (*open level)					5:00-6:00pm	
Contemporary Modern (*open level)					7:00-8:00pm	
Jazz (Ages 6+)					4:30-5:30pm	

NEW!
Drop-in classes for all ages:
Stretching & Flexibility:
Friday, 4:00-4:30pm
Fee: $10
So You Think You Can Dance:
Friday, 5:30-6:30pm
Fee: $15
Pay & sign in at Front Desk.

RECITAL CLASSES (Sept-June)
FEE: Full: $360
Program: $450

$68 Non-refundable costume fee must be paid at time of registration

10 week sessions
FEE: Full: $98
Program: $124

8 week session
FEE: Full: $75
Program: $98

*Please contact Oyah for age and level assessment.

DANCE RECITAL: FIND YOUR AWESOME!
HELD AT BAY SHORE MIDDLE SCHOOL
Saturday, June 15 1pm

RECITAL CLASSES (Sept-June)
FEE: Full: **FREE**
Program: $450

$68 Non-refundable costume fee must be paid at time of registration

YOUTH SPORTS & FITNESS

John Borromeo x182 John.Borromeo@ymcali.org

YOUTH SPORTS

CLASS	MON	TUES	WED	THURS	FRI	SAT
Pee-Wee Sport Sampler Ages 3 – 4			4:30pm – 5:30pm $99 Full/$125 Prog			
All Sport Sampler Ages 8 – 11				5:30 - 6:30pm **FREE to Full Members**/$125 Prog		11:00am - 12:00pm **FREE to Full Members**/$125 Prog
Basketball Clinic Grades 1 – 2						9:00 -10:00am $99 Full/$125 Prog
Basketball Clinic Grades 3 – 4						10:00 – 11:00am $99 Full/$125 Prog
Basketball Clinic Grades 5 – 6						10:00 – 11:00am $99 Full/$125 Prog
Beginner Karate Ages 7 – 15		6:15-7:15pm $99 Full/$125 Prog				
Intermediate Karate Ages 7 – 15		7:15-8:15pm $99 Full/$125 Prog				
Soccer Clinic Ages 5 – 7						9:00 – 10:00am $99 Full/$125 Prog
Soccer Clinic Ages 8 – 10			5:30 – 6:30pm **FREE to Full Members**/$125 Prog			11:00am – 12:00pm **FREE to Full Members**/$125 Prog
Dodgeball Fun Ages 8 – 10				4:30 - 5:30pm **FREE to Full Members**/$125 Prog		
Volleyball Training Ages 12 – 16		6:00 -7:00pm $99 Full/$125 Prog				

YOUTH FITNESS

Despina Tenedorio x177 Despina.Tenedorio@ymcali.org

CLASS	MON	TUES	WED	THURS
Speed & Agility Ages 8 – 16 $20 Full/$50 Prog $10 drop-in fee		5:00 -6:00pm 6:00 -7:00pm		
Intro to Weight Lifting Ages 8 – 16 $20 Full/$50 Prog $10 drop-in fee	5:00 -6:00pm 6:00 -7:00pm			
Martial Arts Ages 8 – 16 $20 Full/$50 Prog $10 drop-in fee			4:00 -5:00pm 5:00 -6:00pm	
NEW! Teen Bootcamp Ages 8 – 16 $20 Full/$50 Prog $10 drop-in fee				4:00 -5:00pm
NEW! Soldier UP Ages 8 – 16 $20 Full/$50 Prog $10 drop-in fee			6:00 -6:45pm	

ONE-ON-ONE SPORT TRAINING:

Take your skills to the next level.

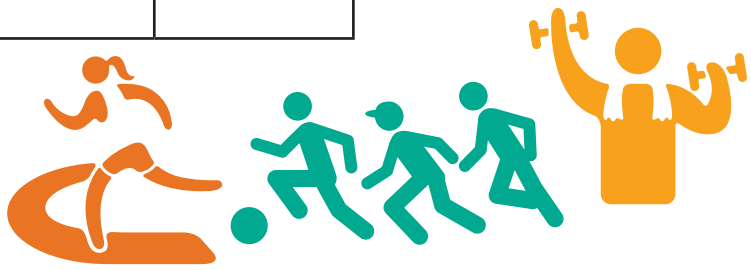
Private:

$50 – one hour
$140 – three hours
$260 – 6 hours
$500 – 12 hours

Semi-private:

$80 – one hour
$200 – 3 hours
$350 – 6 hours
$670 – 12 hours

Special Speed, Strength and Agility classes available for sports teams. Contact Despina Tenedorio for more information.



YOUTH DEVELOPMENT

John Borromeo x182 John.Borromeo@ymcali.org

DON'T MISS OUT! REGISTER NOW FOR 2019-20 SCHOOL YEAR!

PRESCHOOL & FULL DAY CHILD CARE (Ages 18 mo–4 yrs)

Contact Cindy Becker, Child Care Director for all program details and openings. (631) 665-4255 x137 or Cindy.Becker@ymcali.org

Our Early Childhood/Preschool Programs are committed to providing a safe, supportive living and learning environment for young children to learn, grow and develop social skills. **Registration is ongoing.**

SCHOOL VACATION CARE (Grades K–5)

Spring Break Schedule – April 23-26
We are here for you and your family even when school is not in session! $60 per day. Extended AM & PM hours available for additional charge.

Contact Melanie Schiavone, SACC Director for all program details.
(631) 665-4255 x135 or Melanie.Schiavone@ymcali.org

YOUTH MOVEMENT Linda McKeever x180 Linda.McKeever@ymcali.org

CLASS	MON	TUES	WED	THURS	FRI	SAT
Y Tots (with Parent) Ages 12 - 19 mo		9:15-10am $99 Full/$125 Program				
Lightening Bugs (with Parent) Ages 20 mo - 3 yrs				10:15 – 11:15am $100 Full /$130 Program		
Getting Ready (without Parent) Ages 2 ½ - 4 Meets 2 Days		10am - 12:30pm $260 Full/$330 Program (T/Th)		10am - 12:30pm $260 Full/$330 Program (T/Th)		
Getting Ready (without Parent) Ages 2 ½ - 4 Meets 3 Days	9:30am -12pm $315 Full/$384 Program (M/W/F)		9:30am -12pm $315 Full/$384 Program (M/W/F)		9:30am -12pm $315 Full/$384 Program (M/W/F)	
Yoga Bears (Lunch Bunch) Ages 3 – 5	11:30am -1:30pm $147 Full/$184 Program					
Mad Scientists (Lunch Bunch) Ages 3 - 5			11:30am -1:30pm $147 Full/$184 Program			
Tumble Bugs (without Parent) Ages 3 - 5				11:30am -12:30pm $100 Full/$130 Program		
Jitterbug Gym (with Parent) Ages 1 -4						9:00 - 11:00am **FREE to Full Members**/ $50 Program

FREE PRE-TEEN & TEEN PROGRAMS

CLASS	TUES	FRI	SAT
Friday Night Pre-Teen Ages 8 - 13		7:00 - 9:15pm Begins Friday, Feb. 1st	
Teen Drop OFF Ages 13 - 17	2:30 – 6:00pm	2:30 – 6:00pm	
Saturday Night Teen Center Ages 13 – 17			7:00 - 9:45 pm

Teen Drop Off – Registration is ongoing throughout the school year

Saturday Night Teen Center – Registration is ongoing throughout the school year

TEEN FITNESS SCHEDULE

The Y is dedicated to improving the overall health of our teen members. The Fitness Center is open to teens:

Ages 13 - 15:	Mon.- Thurs.	5:30-8:00pm	w/Parent
	Mon.- Thurs.	2:30-5:30pm	w/o Parent
	Fri. - Sun.	All Business Hours	w/o Parent
Ages 16 +:	All days	All Business Hours	w/o Parent

Fitness Center orientation with Y staff trainer required.

MUCH MORE AVAILABLE AT THE Y!

Y ABILITIES: Together we work to ensure that everyone, regardless of their ability has the opportunity to reach their full potential with dignity.

AQUATICS
Please contact Lisa McKeown x122
- **Water Slimnastics, Partnership with Third-Eye Insight:** Monday, 2:00–3:00pm, Pool

FITNESS
Please contact Despina x177
- **Spin for the Visually Impaired, Partnership with Third-Eye Insight:** Monday 11:30am–12:30pm, Loft

SPECIAL NEEDS CLASSES AVAILABLE:

Sensational Swim: Monday OR Wednesday 6:00-6:30pm

NEW! Sensational Swim Pals: Tuesdays 2-2:30pm
Ages: 3-6 w/parent
New class provides guided instruction for their swim pal to assist them in remaining on task, following directions,
and overcoming their fear and hesitation in the water.

Please contact Tracy x154 for any questions

Y COMMUNITY PROGRAMS

FREE Moving for Better Balance
Mon. 11:30am–12:25pm, Dance Studio Fri. 11:30am–12:25pm, Loft

FREE Enhanced Fitness
Mon./Wed./Fri. 12:30pm–1:30pm, Loft

FREE LiveStrong
Mon. & Thurs. Time: TBA

Lifeguarding Pretest: $25, Membership not required, Dates/Time TBA

Lifeguarding Class: $475, Membership not required, Dates/Time TBA

ARC Babysitting Training (ages 11–15): $90 (Membership not required)
Single class offered 9am–4pm Dates TBD

ARC Adult and Pediatric First Aid/CPR/AED (ages 16+): $65
(Membership not required) Contact Lisa McKeown for more information.

UPCOMING EVENTS!

YMCA KidFest
Saturday, April 13th 12pm – 2pm
Join us and celebrate spring with fun activities for kids and families!
$5 Easter Egg Hunt, Arts & Crafts, Free Gifts

SENIOR BINGO
Thursday, April 25th 1:15pm-2:00pm
2nd floor Gym

LEARN TO BE TOBACCO FREE
Thursday 5:30 – 7:30pm
Hosted by Suffolk County Department of Health Services

FAMILY FUN WEEK AT THE Y BOULTON CENTER

SHREK THE MOVIE ON THE BIG SCREEN!
Tuesday, April 23rd at 11am
Children $12, Adults $15
Meet all of your favorite swamp friends on stage after the film for photos and games!

LIVE PLAY OF THE CAT IN THE HAT
Wednesday, April 24th at 11am
All tickets: $12
Dr. Suess' wonderful story jumps off the pages and comes to life on our stage!

SING-A-LONG PRINCESS PARTY!
Thursday, April 25th at 11am
All tickets: $15
Come dressed up in your fanciest Royal costume and join all of your favorite princesses on stage for a special Sing-a-long party. Special prizes for the best dressed and best singers!

GREAT SOUTH BAY YMCA
200 West Main Street
Bay Shore, NY 11706
631.665.4255 ymcali.org

COME MEET THE DIRECTORS AT OUR CAMP OPEN HOUSE!

Saturday, April 6 10am – 12pm
Tuesday, April 30 7pm – 8pm
Thursday, May 16 7pm – 8pm
Tuesday, June 4 7pm – 8pm

LOCATIONS:
Great South Bay YMCA
200 West Main St.
ALCD Spiegel Children's Center
67 Greenwood Rd.

2ND FLOOR GYMNASIUM SCHEDULE

FAMILY/TEEN TIME
(Children under the age of 13 must be accompanied by an adult)

MON-FRI	12:00pm–2:00pm	HALF GYM*
MON & WED	2:00pm-6:00pm	HALF GYM
TUES & FRI	2:00pm-6:00pm (PICK UP GAMES HALF GYM)	FULL GYM
FRI	9:00pm-9:45pm	HALF GYM
SAT	6:00am-8:45am	FULL GYM
SAT	1:00pm-3:00pm	FULL GYM
SUN	12:00pm-4:00pm	FULL GYM

ADULTS (AGE 18+)

MON-FRI	5:00am-8:45am	FULL GYM
MON	6:30pm-9:45pm (PICK UP GAMES ONLY)	FULL GYM
WED	6:30pm-9:45pm	HALF GYM
FRI	9:00pm-9:45pm	HALF GYM
SAT	3:00pm-5:00pm	FULL GYM
SUN	6:00am-12:00pm (PICK UP GAMES ONLY)	FULL GYM

*Upon Availability

PLEASE NOTE: THESE TIMES ARE SUBJECT TO CHANGE BASED ON THE NEEDS OF THE Y.

SENIOR VOLLEYBALL (Ages 62 +)
Wed & Fri 10:00-11:30am

PICKLEBALL
Adult (18+) Tuesday & Thursday 10:15-12:00pm
Adult (18+) Wednesday 11:30am-1:00pm
Adult (18+) Friday 11:30am-1:00pm
Adult (18+) Sunday 4:00-5:00pm

CHILD WATCH (Ages 6 months and up)
Mon-Fri 8:00am-1:00pm
Mon-Thurs 5:00pm-8:30pm
Sat 8:00am-1:00pm
Sun 8:00am-12:00pm

REC LOUNGE (Ages 7yrs and up)
Mon & Wed 4:00pm-9:00pm
Tues, Thurs, Fri 3:00pm-7:00pm
Sat 9:00am-1:00pm
Sun 9:00am-12:00pm

PARTY RENTALS
At the Y, we specialize in FUN! Make your next celebration unforgettable, and book a party at the Y. Contact Fidelia Tobar 631.665.4255 ext. 132

POOL SCHEDULE

Adult Lap Swim (Ages 16 +)

Mon. – Fri.	5:00am-9:15am
Mon. – Fri.	11:30am-1:00pm
Mon. – Fri.	5:00pm-6:00pm
Mon.	7:30pm-9:45pm
Tues.	8:00pm-9:45pm
Wed.	7:30pm-9:45pm
Thurs.	7:30pm-9:45pm
Fri.	2:00pm-3:30pm
Fri.	8:45pm-9:45pm
Sat.	6:00am-9:00am
Sat.	3:30pm-5:45pm
Sun.	6:00am-9:00am
Sun.	12:00pm-2:00pm
Sun.	2:00pm-3:30pm (half pool)
Sun.	3:30pm-4:45pm
*Mon./Wed.	7:30pm-9:45pm (Teen lap swim Ages13-15)

No Lap Lanes

Mon.	9:15-10:15am
	4:15-5:00pm
Tues.	6:00-8:00pm
Wed.	4:15-5:00pm
	6:45-7:30pm
Thurs.	4:15-5:00pm
	6:00-7:30pm
Fri.	9:15-10:15am
	1:00-1:45pm
	3:30-4:30pm
Sat.	9:00am-3:30pm
Sun.	9:00am-12:00pm

When availability allows, even during class times, we make every effort to maintain 1 lap lane:

Mon-Thurs	5:00am-7:30pm
Fri	5:00am-1:00pm and 2:00pm-3:30pm

Family Swim (Half Pool)
Adult members 18 & over must be accompanied by a child; children 10 and under, parent or guardian 18 years of age or older must be in the water; 8-10 yrs old proficient swimmer, parent must remain on deck-does not have to be in water.

Tues.	2:45pm–3:30pm and 7:30pm–8:30pm
Thurs.	2:45pm–3:30pm and 7:30pm–8:30pm
Fri.	4:15pm–5:00pm and 6:00pm–7:15pm
Sat.	2:15pm–3:30pm
Sun.	10:30am–12:00pm and 2:00pm–3:30pm

All members under the age of 18 must be swim tested before being allowed to swim in the deep end.

Parent*/Tot Swim (Enrolled Stages A & B participants only)

Tues.	2:45pm–3:30pm
Thurs.	3:30pm–4:15pm

*Parent may be a grandparent, caregiver or any trusted adult over 18 yrs. of age.

Pool is subject to closure based upon health dept codes. Please shower before entering the pool. Please leave membership card at the pool while swimming.