

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
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AQUATICS PROGRAMS

INFANT/TODDLER SWIM LESSONS (6 MONTHS–3 YEARS OLD) Classes meet once per week for 9 weeks FULL PROGRAM

STAGE: A & B Swim Starters	9:05am–9:35 am A	10:10am–10:40am A	1:30pm–2:00pm A 6:10pm–6:40pm A	9:15am–9:45am A	9:10am–9:40am A	9:15am–9:45am A 12:15pm–12:45pm A	9:45am–10:15am A 10:25am–10:55am A	\$153	\$230
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PRESCHOOL SWIM LESSONS (3–5 YEARS OLD) Classes meet once per week for 9 weeks

STAGE 1 Water Acclimation	9:45am–10:15am A 11:05am–11:35am A	2:15pm–2:45pm A 4:05pm–4:35pm N	2:15pm–2:45pm A 4:45pm–5:15pm N	1:30pm–2:00pm A	9:50am–10:20am A 4:45pm–5:15pm N	4:05pm–4:35pm A	9:05am–9:35am A 10:30am–11:00am N 11:05am–11:35am A	\$153	\$230
STAGE 2 Water Movement	9:05am–9:35am A 10:25am–10:55am A	4:05pm–4:35pm N	4:05pm–4:35pm N	2:15pm–2:45pm A 4:45pm–5:15pm N	2:15pm–2:45pm A 4:05pm–4:35pm N	4:45pm–5:15pm A	9:05am–9:35am A 11:10am–11:40am N	\$153	\$230
STAGE 3 Water Stamina	11:50am–12:20pm N			5:25pm–5:55pm N			11:05am–11:35am A	\$153	\$230
STAGE 4 Stroke Introduction	9:50am–10:20am N					4:45pm–5:15pm A		\$153	\$230

SCHOOL-AGE SWIM LESSONS (6–12 YEARS OLD) Classes meet once per week for 9 weeks

STAGE 1 Water Acclimation	9:10am–9:40am N		4:05pm–4:35pm N		4:05pm–4:35pm N		9:10am–9:40am N	\$153	\$230
STAGE 2 Water Movement	9:50am–10:20am N 10:30am–11:00am N			4:05pm–4:35pm N	4:45pm–5:15pm N	5:25pm–5:55pm A	9:50am–10:20am N 10:30am–11:00am N	\$153	\$230
STAGE 3 Water Stamina	10:30am–11:00am N 11:10am–11:40am N	4:45pm–5:15pm N	4:45pm–5:15pm N	4:45pm–5:15pm N	5:25pm–5:55pm N	4:05pm–4:35pm A	9:50am–10:20am N 10:25am–10:55am A	\$153	\$230
STAGE 4 Stroke Introduction	9:10am–9:40am N 10:25am–10:55am A 11:50pm–12:20pm N	4:45pm–5:15pm N	5:25pm–5:55pm N	4:05pm–4:35pm N	5:25pm–5:55pm N	4:45pm–5:15pm A	9:10am–9:40am N 9:45am–10:15am A 11:50am–12:20pm N	\$153	\$230
STAGE 5 Stroke Development	9:45am–10:15am A 11:05am–11:35am A	5:25pm–5:55pm N	5:25pm–5:55pm N	5:25pm–5:55pm N		4:05pm–4:35pm A 5:25pm–5:55pm A	11:10am–11:40am N	\$153	\$230
STAGE 6 Stroke Mechanics	11:10am–11:40am N	5:25pm–5:55pm N				6:05pm–6:35pm A	11:50am–12:20pm N	\$153	\$230

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TEEN SWIM LESSONS (12-17 YEARS OLD) Classes meet once per week for 9 weeks								FULL	PROGRAM
TEEN BASICS (Stage 1-4)	11:45am-12:30pm A						11:45am-12:30pm A	\$171	\$257
TEEN STROKES (Stage 5-6)	11:45am-12:30pm A			6:05pm-6:50pm N			11:45am-12:30pm A	\$171	\$257
SWIM CLUB (Passing Stage 6 Required)		6:05pm-6:50pm N				6:05pm-6:50pm A		\$171	\$257
INSTRUCTOR PREP (Passing Stage 6 Required)	11:45am-12:15pm A			4:45pm-5:15pm N				\$153	\$230
LIFEGUARD PREP				7:00pm-7:45pm N				\$171	\$257
ADULT SWIM LESSONS (AGES 18+) Classes meet once per week for 9 weeks								FULL	PROGRAM
ADULT BASICS (Stage 1-4)			9:15am-10:00am A 6:50pm-7:35pm A			11:15am-12:00pm A		\$171	\$257
ADULT STROKES (Stage 5-6)						11:15am-12:00pm A		\$171	\$257
AQUA FITNESS CLASSES (AGES 18+) Classes meet once per week for 9 weeks									
HYDROFIT		9:00am-10:00am A Jane			10:30am-11:30am A Carrie	10:00am-11:00am A Jane		\$105	\$158
WATER WALKING				10:00am-11:00am A BJ				\$105	\$158
AQUA POWER			10:00am-11:00am N Jane		7:00pm-8:00pm N Karen			\$105	\$158
NEW! AQUA JOG		10:00am-11:00am N Joan		9:00am-10:00am N Joan				\$105	\$158

Water Fitness: 9 Weeks

Want to try out a Water Fitness Class? Drop in available!
Register day of at the welcome desk. **Buy 3 get the 4th FREE!**

Private Swim Lessons: 30 Minutes Private lessons have limited availability each session.
Please join our interest list at the membership.

Full Membership: \$153

Program Membership: \$230

4-pk (\$63.75 Ea.) \$255

6-pk (\$63.75 Ea.) \$382.50

8-pk (\$57.875 Ea.) \$463

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YOUTH ENRICHMENT									
PARENT/CHILD CLASSES (6–18 MONTHS) Classes meet once per week for 10 weeks								FULL	PROGRAM
You and Me Tumbling	1:00pm–1:45pm							\$116	\$183
PARENT/CHILD CLASSES (18–36 MONTHS)									
You and Me Tumbling	10:00am–10:45am						9:30am–10:15am	\$116	\$183
You and Me Play w/ a Purpose				10:00am–10:45am				\$116	\$183
BUMBLEBEES ENRICHMENT (3–5 YEARS OLD) Classes meet once per week for 10 weeks									
Tumbling	12:00pm–12:45pm						10:15am–11:00am 2–5 years old	\$116	\$183
Music and Movement						4:00pm–4:45pm		\$116	\$183
Arts and Crafts			4:30pm–5:30pm					\$116	\$183
YOUTH ENRICHMENT (GRADES K–2) Classes meet once per week for 10 weeks									
Tumbling (Ages 6–9)		6:30pm–7:30pm					11:00am–12:00pm	\$116	\$183
Fun with Food				5:00pm–6:00pm (1st–3rd grade)	5:00pm–6:00pm (1st–3rd grade)			\$130	\$195
Yoga		4:30pm–5:15pm						\$116	\$183
Arts and Crafts			5:30pm–6:30pm					\$116	\$183
YOUTH ENRICHMENT Classes meet once per week for 10 weeks									
Fun with Food					6:15pm–7:15pm (4th–6th grade)			\$130	\$195
Arts and Crafts			6:30pm–7:30pm (Grades 3–6)					\$116	\$183
Digital Art					5:00pm–6:00pm (8–12 years old)			\$116	\$183
Cooking & Art Series				6:15pm–8:15pm Ages 13+ Check Monthly Calendar					

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YOUTH SPORTS

BUMBLE BEE SPORTS (AGES 3-5) Classes meet once per week for 10 weeks

								FULL	PROGRAM
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Soccer			4:00pm-4:45pm					\$116	\$183
Sports Sampler				4:00pm-4:45pm		4:00pm-4:45pm		\$116	\$183
Ninja		4:00pm-4:45pm			4:00pm-4:45pm			\$116	\$183

YOUTH SPORTS (GRADES K-2) Classes meet once per week for 10 weeks

Instructional Soccer		5:00pm-6:00pm						\$116	\$183
Instructional Basketball			5:00pm-6:00pm			5:00pm-6:00pm	10:00am-11:00am	\$116	\$183
Intro to Floor Hockey				5:00pm-6:00pm				\$116	\$183

YOUTH SPORTS (GRADES 3-5) Classes meet once per week for 10 weeks

Instructional Basketball			6:00pm-7:00pm			6:00pm-7:00pm	11:00am-12:00pm	\$116	\$183
Dodgeball/NERF (Grades 3-7)					5:00pm-6:00pm			\$116	\$183

YOUTH SPORTS (AGES 8-12) Classes meet once per week for 10 weeks

Futsal				6:00pm-7:00pm				\$116	\$183
Pickleball Learn & Play		6:00pm-7:00pm			6:00pm-7:00pm			FREE	\$183

Half-Day Sports Camp 2023 Dates: Grades K-6 | 9:00am-12:00pm | \$40/day
February 20-23, March 28, 29 & April 1, April 22-26

Holiday Camp Dates: Grades K-6 | 8:00am-6:00pm | \$70/day
February 20-23, March 28, 29 & April 1, April 22-26

Pre-Teen Nights!: Grades 5-8 | 6:00pm-8:00pm | Free!
January 12 & 26, February 23, March 8 & 22

Family Fun Nights!: Free!
February 2, March 1, April 5

Youth Basketball League (YBL): Runs Feb. 17 - April 13

The YMCA offers a Youth Basketball League for the Fall 2 & Winter Session. This program runs on Saturdays between 12-1:15pm for grades K-2 and 2:30-4pm for grades 3-5. Games times and schedules will be provided prior to the season starting. Players will practice for the first 30 minutes followed by a game. Players' first meeting on will be on February 17th for a 1-hour long skills clinic.

Full Membership: \$121

Program Membership: \$142

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HEALTH AND WELLNESS

TEEN FITNESS (AGES 13-18) Classes meet once per week for 10 weeks

FULL PROGRAM

TEEN BOXING SGT			5:30-6:30pm Wally (HLC)					\$160	\$240
TEEN BARBELL WEIGHTLIFTING				5:00-6:00pm Shea (FC)				\$160	\$240

ADULT FITNESS (AGES 18+) Classes meet once per week for 10 weeks

SMALL GROUP TRAINING		8:00-9:00am Jane (FC)	4:30-5:30pm Linda (FC)	8:00-9:00am 10:00-11:00am Lauren (FC)	4:30-5:30pm Linda (FC)	7:00-8:00am Jane (FC) 8:00-9:00am Lauren (FC) 9:45-10:45am Lauren (FC)		\$160	\$240
SENIOR SMALL GROUP TRAINING				11:30-12:30pm Jane (FC)				\$160	\$240
12 WEEK WEIGHT LOSS PROGRAM			5:30-6:30pm Diane (HLC)			11:30-12:30am Coleen (HLC)		\$190	\$285
ADULT BARBELL WEIGHTLIFTING					11:30am-12:30pm Shea (FC)			\$160	\$240
ADULT BOXING SGT					5:30-6:30pm Wally (HLC)			\$160	\$240
STABILITY BALL & CORE						11:00-12:00pm Jane (HLC)		\$160	\$240
MOVING FOR BETTER BALANCE		11:30am-12:30pm		11:30am-12:30pm				FREE	\$190