

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 10:50am–11:20am A	1:45pm–2:15pm A 6:10pm–6:40pm A	9:15am–9:45am A	9:10am–9:40am A	9:15am–9:45am A 12:20pm–12:50pm N	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	2:30pm–3:00pm A 4:45pm–5:15pm N	1:45pm–2:15pm A 3:15–3:45pm 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	3:15pm–3:45pm A 4:05pm–4:35pm N	2:30pm–3:00pm A 4:45pm–5:15pm N	2:30pm–3:00pm 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	3:15pm–3:45pm A		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				\$171	\$257
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	8:00am-9:00am N Carrie	7:00pm-8:00pm N Karen			\$105	\$158
NEW! AQUA JOG		10:00am-11:00am 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!**

Full Membership: \$105

Program Membership: \$158

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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						1:00pm-1:45pm	\$116 \$183
PARENT/CHILD CLASSES (18-36 MONTHS)								
You and Me Tumbling	10:15am-11:00am						11:15am-12:00pm	\$116 \$183
BUMBLEBEES ENRICHMENT (3-5 YEARS OLD) Classes meet once per week for 10 weeks								
Tumbling	12:00pm-12:45pm 2-5 years *Separation Class			4:00pm-4:45pm 3-5 years			10:15am-11:00am 2-5 years *Separation Class	\$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)				5:00pm-6:00pm				\$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 (4-9 years)						\$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 \$190
Arts and Crafts			6:30pm-7:30pm (Grades 3-6)					\$116 \$183
Digital Art					6:00pm-7:00pm (8-12 years old)			\$116 \$183
Cooking & Art Series				6:15pm-8:15pm Ages 13+ Check Monthly Calendar				\$25 Per Class

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YOUTH SPORTS

BUMBLE BEE SPORTS (AGES 3-5) Classes meet once per week for 10 weeks								FULL	PROGRAM
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
Dodgeball/NERF				5:00pm-6:00pm K-5th Grade				\$116	\$183

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

Instructional Basketball			6:00pm-7:00pm				11:00am-12:00pm	\$116	\$183
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YOUTH SPORTS (AGES 8-12) Classes meet once per week for 10 weeks

Futsal						6:00pm-7:00pm		\$116	\$183
Dodgeball/NERF					5:00pm-6:00pm 6th-8th Grade			\$116	\$183
Pickleball Learn & Play		6:00pm-7:00pm			6:00pm-7:00pm			FREE	\$183

Half-Day Sports Camp 2024 Dates: Grades K-6 | 9:00am-12:00pm | \$40/day
April 22-26

Holiday Camp Dates: Grades K-6 | 8:00am-6:00pm | \$70/day
April 22-26

Healthy Kids Day:
April 20 – 12-2pm
RSVP for this free community event!



Spring Intramural Soccer League: Runs April 20 – June 15

The YMCA’s Spring Soccer League will run from April 20- June 15th. Our 3 & 4-year-old Pee Wee groups will have a practice and games on Saturday Morning. Grades K-8 will have practice during the week and their games on Saturday. Teams Divisions are Pee Wee 3s, Pee Wee 4, Grades K-2, 3rd-5th and 6th-8th.

Full Membership: \$125 Program Membership: \$150

Soccer ball, cleats and shin guards required per player.

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HEALTH AND WELLNESS

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

								FULL	PROGRAM
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TEEN BOXING SGT			5:30pm-6:30pm Wally (HLC)					\$160	\$240
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ADULT FITNESS (AGES 18+) Classes meet once per week for 10 weeks

SMALL GROUP TRAINING				8:00am-9:00am Lauren (FC) 10:00am-11:00am Lauren (FC)		8:00am-9:00am Lauren (FC) 9:45am-10:45am Lauren (FC)		\$160	\$240
SENIOR SMALL GROUP TRAINING				11:30-12:30pm Jane (FC)				\$160	\$240
ADULT BARBELL WEIGHTLIFTING				11:00am-12:00pm Shea (FC) 3:00pm-4:00pm Shea (FC)	11:00am-12:00pm Shea (FC) 12:00pm-1:00pm Shea (FC)	11:00am-12:00pm Shea (FC) 12:00pm-1:00pm Shea (FC)		\$160	\$240
ADULT BOXING SGT					5:30pm-6:30pm Wally (HLC)			\$160	\$240
INTERMEDIATE TRAINING			4:30pm-5:30pm Linda (FC)					\$160	\$185
BRAIN-BODY CONNECTIONS					9:00am-10:00am Russ			\$160	\$185
WEIGHT LOSS NUTRITION SERIES					12:30pm-1:30pm Colleen D			\$20/week	

Huntington YMCA 5k Run/Walk in Memory of Marcie Mazzola

Sunday, May 5th
Register at YMCALI.ORG/5Kseries

