



Warm Water Open Swim

Days & Times	Ages	Mem/Program
01 Open Swim	18-99	\$10.00/\$40.00

Shrimps - (6-30 months)

Days & Times	Ages	Mem/Program
01 Tuesday 4:45 - 5:15 pm	Max 2	\$20.00/\$40.00
02 Wednesday 10:30 - 11:00 am	Max 2	\$20.00/\$40.00
03 Saturday 10:40 - 11:10 am	Max 2	\$20.00/\$40.00

Pre-Pike - (2 years - 4 years)

Days & Times	Ages	Mem/Program
01 Tuesday 4:45 - 5:15 pm	Max 4	\$20.00/\$40.00
02 Saturday 10:40 - 11:10 am	Max 4	\$20.00/\$40.00
02 Wednesday 10:30 - 11:00 am	Max 4	\$20.00/\$40.00

Pike - (3-5 years)

Days & Times	Ages	Mem/Program
01 Tuesday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
02 Tuesday 6:10 - 6:55 pm	3-5	\$35.00/\$70.00
03 Wednesday 9:45- 10:30 am	3-5	\$35.00/\$70.00
04 Thursday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
05 Tuesday 6:10 - 6:55 pm	3-5	\$35.00/\$70.00
06 Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
07 Saturday 9:50 - 10:35 am	3-5	\$35.00/\$70.00

Eels - (3-5 years)

Days & Times	Ages	Mem/Program
01 Tuesday 4:30-5:15 pm	3-5	\$35.00/\$70.00
02 Tuesday 6:10 - 6:55 pm	3-5	\$35.00/\$70.00
03 Wednesday 9:45 - 10:30 am	3-5	\$35.00/\$70.00
04 Thursday 4:30-5:15 pm	3-5	\$35.00/\$70.00
05 Thursday 6:10 - 6:55 pm	3-5	\$35.00/\$70.00
06 Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00

Rays - (3-5 years)

Days & Times	Ages	Mem/Program
01 Tuesday 6:10 - 6:55 pm	3-5	\$35.00/\$70.00
02 Thursday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
03 Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00

Polliwog Beg. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Tuesday 5:20 - 6:05 pm	6-12	\$35.00/\$70.00
02 Wednesday 9:45 - 10:30 am	6-12	\$35.00/\$70.00
03 Thursday 5:20 - 6:05 pm	6-12	\$35.00/\$70.00
04 Thursday 6:10 - 6:55 pm	6-12	\$35.00/\$70.00
05 Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00
06 Saturday 9:50-10:35 am	6-12	\$35.00/\$70.00

Polliwog Adv. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Thursday 5:20 - 6:05 pm	6-12	\$35.00/\$70.00
01 Tuesday 5:20 - 6:05 pm	6-12	\$35.00/\$70.00
02 Saturday 9:50 - 10:35 am	6-12	\$35.00/\$70.00

Guppy - (6-12 years)

Days & Times	Ages	Mem/Program
01 Tuesday 5:20 - 6:05 pm	6-12	\$35.00/\$70.00
02 Thursday 5:20 - 6:05 pm	6-12	\$35.00/\$70.00
03 Saturday 9:50 - 10:35 am	6-12	\$35.00/\$70.00

Minnow - (6-12 years)

Days & Times	Ages	Mem/Program
01 Tuesday 5:20 - 6:05 pm	6-12	\$35.00/\$70.00
02 Thursday 5:20 - 6:05 pm	6-12	\$35.00/\$70.00
03 Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00

Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Tuesday 7:00 - 7:45 pm	8-14	\$35.00/\$70.00
02 Saturday 10:40 - 11:25 am	8-14	\$35.00/\$70.00

Flying Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Tuesday 7:00 - 7:45 pm	8-14	\$35.00/\$70.00
02 Saturday 10:40 - 11:25 am	8-14	\$35.00/\$70.00

Shark - (8-14 years)

Days & Times	Ages	Mem/Program
01 Tuesday 7:00 - 7:45 pm	8-14	\$35.00/\$70.00
02 Saturday 10:40 - 11:25 am	8-14	\$35.00/\$70.00



Teen/Adult Group Swim Lessons

Days & Times	Ages	Mem/Program
01 Tuesday 7:00 - 7:45	14-99	\$35.00/\$70.00
02 Saturday 8:00 - 8:45 am	14-99	\$35.00/\$70.00

Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 8:15 - 9:00 am	16-99	\$10.00/\$35.00

Aqua Stretch & Tone

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 11:30 - 12:15 pm	18-99	\$15.00/\$60.00

Warm Water Arthritis Class

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 10:45 - 11:30 am	18-99	\$15.00/\$60.00
02 Mon, Wed, Fri 4:45 - 5:30 pm	18-99	\$15.00/\$60.00
03 Mon, Wed, Fri 5:30 - 6:15 pm	18-99	\$15.00/\$60.00
04 Tue, Thu 11:00 - 11:45 am	18-99	\$10.00/\$40.00
05 Tue, Thu 11:45 - 12:30 pm	18-99	\$10.00/\$40.00



Masala Bhangra

Days & Times	Ages	Mem/Program
01 Saturday 10:00 - 10:45 am	16-99	\$0.00/\$40.00

Cycling

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
02 Monday 5:00 - 6:00 pm	16-99	\$10.00/\$50.00
03 Tuesday 6:30 - 7:30 am	16-99	\$10.00/\$50.00
04 Wednesday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
05 Wednesday 5:00 - 6:00 pm	16-99	\$10.00/\$50.00
06 Thursday 6:30 - 7:30 am	16-99	\$10.00/\$50.00
07 Friday 5:00 - 6:00 am	16-99	\$10.00/\$50.00

Line Dancing

Days & Times	Ages	Mem/Program
01 Monday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00
02 Wednesday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00
03 Friday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00

SilverSneakers Circuit

Days & Times	Ages	Mem/Program
01 Monday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
02 Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
03 Friday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

SilverSneakers Classic

Days & Times	Ages	Mem/Program
01 Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
02 Monday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
03 Tuesday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
04 Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
05 Wednesday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
06 Thursday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
07 Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
08 Friday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00

SilverSneakers Yoga

Days & Times	Ages	Mem/Program
01 Tuesday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
02 Thursday 10:00 - 10:45 am	16-99	\$0.00/\$40.00

Tabata

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
03 Wednesday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
04 Thursday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00

Toning

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 6:45 p	16-99	\$0.00/\$40.00
02 Wednesday 6:00 - 6:45 p	16-99	\$0.00/\$40.00

Stretching for Better Performance

Days & Times	Ages	Mem/Program
01 Wednesday 7:45 - 8:15 am	16-99	\$0.00/\$40.00

Wild Card

Days & Times	Ages	Mem/Program
02 Thursday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00

Yoga

Days & Times	Ages	Mem/Program
01 Monday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
02 Monday 5:00 - 5:45 pm	16-99	\$10.00/\$50.00
03 Wednesday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
04 Wednesday 5:00 - 5:45 pm	16-99	\$10.00/\$50.00
05 Sunrise Yoga Tuesday 6:15 - 7:00 am	16-99	\$10.00/\$50.00

Zumba

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
02 Wednesday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
03 Friday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00



Basketball Clinic

Days & Times	Ages	Mem/Program
01 Mondays 6:00 - 6:45 pm 2nd - 5th Grade	6-11	\$25.00/\$45.00

Middle School Basketball

Days & Times	Ages	Mem/Program
Kohl Family YMCA - Middle School Travel	11-15	\$80.00/\$80.00

Sporties For Shorties

Days & Times	Ages	Mem/Program
01 Wednesdays 5:15 - 6:00 pm	3-5	\$35.00/\$50.00