



Shrimps - (6-30 months)

Days & Times	Ages	Mem/Program
01 Tuesdays 10:00-10:30 am	Max 3	\$20.00/\$40.00
02 Tuesdays 6:25-6:55 pm	Max 3	\$20.00/\$40.00
03 Thursdays 6:25-6:55 pm	Max 3	\$20.00/\$40.00
04 Saturdays 10:40-11:10 am	Max 3	\$20.00/\$40.00

*Parent/child participation class

Pre-Pike - (2 years - 4 years)

Days & Times	Ages	Mem/Program
01 Tuesdays 5:35-6:20 pm	2-4	\$35.00/\$70.00
02 Thursdays 10:00-10:45 am	2-4	\$35.00/\$70.00
03 Thursdays 5:35-6:20 pm	2-4	\$35.00/\$70.00
04 Saturdays 9:00-9:45 am	2-4	\$35.00/\$70.00

*Parent/child participation class

Pike - (3-5 years)

Days & Times	Ages	Mem/Program
01 Mondays 4:45-5:30 pm	3-5	\$35.00/\$70.00
02 Mondays 5:35-6:20 pm	3-5	\$35.00/\$70.00
03 Mondays 6:25-7:10 pm	3-5	\$35.00/\$70.00
04 Tuesdays 10:30-11:15 am	3-5	\$35.00/\$70.00
05 Tuesdays 11:15 am - 12 pm	3-5	\$35.00/\$70.00
06 Tuesdays 4:45-5:30 pm	3-5	\$35.00/\$70.00
07 Tuesdays 5:35-6:20 pm	3-5	\$35.00/\$70.00
08 Tuesdays 6:25-7:10 pm	3-5	\$35.00/\$70.00
09 Thursdays 4:45-5:30 pm	3-5	\$35.00/\$70.00
10 Thursdays 5:35-6:20 pm	3-5	\$35.00/\$70.00
11 Thursdays 6:25-7:10 pm	3-5	\$35.00/\$70.00
12 Saturdays 9:00-9:45 am	3-5	\$35.00/\$70.00
13 Saturdays 9:50-10:35 am	3-5	\$35.00/\$70.00
14 Saturdays 10:40-11:25 am	3-5	\$35.00/\$70.00
15 Saturdays 10:40-11:25 am	3-5	\$35.00/\$70.00

Eels - (3-5 years)

Days & Times	Ages	Mem/Program
01 Mondays 4:45-5:30 pm	3-5	\$35.00/\$70.00
02 Mondays 6:25-7:10 pm	3-5	\$35.00/\$70.00
03 Tuesdays 4:45-5:30 pm	3-5	\$35.00/\$70.00
04 Thursdays 10:45-11:30 am	3-5	\$35.00/\$70.00
05 Thursdays 6:25-7:10 pm	3-5	\$35.00/\$70.00
06 Saturdays 9:00-9:45 am	3-5	\$35.00/\$70.00
07 Saturdays 9:50-10:35 am	3-5	\$35.00/\$70.00

Rays - (3-5 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	3-5	\$35.00/\$70.00
02 Tuesdays 6:25-7:10 pm	3-5	\$35.00/\$70.00
03 Saturdays 9:00-9:45 am	3-5	\$35.00/\$70.00

Starfish - (3-5 years)

Days & Times	Ages	Mem/Program
01 Thursdays 5:35-6:20 pm	3-5	\$35.00/\$70.00

Polliwog Beg. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Mondays 4:45-5:30 pm	6-12	\$35.00/\$70.00
02 Mondays 6:25-7:10 pm	6-12	\$35.00/\$70.00
03 Tuesdays 4:45-5:30 pm	6-12	\$35.00/\$70.00
04 Tuesdays 5:35-6:20 pm	6-12	\$35.00/\$70.00
05 Tuesdays 6:25-7:10 pm	6-12	\$35.00/\$70.00
06 Thursdays 4:45-5:30 pm	6-12	\$35.00/\$70.00
07 Thursdays 4:45-5:30 pm	6-12	\$35.00/\$70.00
08 Thursdays 5:35-6:20 pm	6-12	\$35.00/\$70.00
09 Saturdays 9:50-10:35 am	6-12	\$35.00/\$70.00
10 Saturdays 10:40-11:25 am [Lap Pool]	6-12	\$35.00/\$70.00

Polliwog Adv. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Mondays 4:45-5:30 pm	6-12	\$35.00/\$70.00
02 Mondays 4:45-5:30 pm	6-12	\$35.00/\$70.00
03 Mondays 5:35-6:20 pm	6-12	\$35.00/\$70.00
04 Mondays 6:25-7:10 pm	6-12	\$35.00/\$70.00
05 Tuesdays 4:45-5:30 pm	6-12	\$35.00/\$70.00
06 Tuesdays 5:35-6:20 pm	6-12	\$35.00/\$70.00
07 Tuesdays 6:25-7:10 pm	6-12	\$35.00/\$70.00
08 Thursdays 4:45-5:30 pm	6-12	\$35.00/\$70.00
09 Thursdays 5:35-6:20 pm	6-12	\$35.00/\$70.00
10 Saturdays 9:50-10:35 am	6-12	\$35.00/\$70.00
11 Saturdays 10:40-11:25 am	6-12	\$35.00/\$70.00

Guppy - (6-12 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	6-12	\$35.00/\$70.00
02 Tuesdays 5:35-6:20 pm	6-12	\$35.00/\$70.00
03 Thursdays 4:45-5:30 pm	6-12	\$35.00/\$70.00
04 Saturdays 9:50-10:35 am	6-12	\$35.00/\$70.00



Minnow - (6-12 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	6-12	\$35.00/\$70.00
02 Tuesdays 5:35-6:20 pm	6-12	\$35.00/\$70.00
03 Thursdays 6:25-7:10 pm	6-12	\$35.00/\$70.00
04 Saturdays 9:50-10:35 am	6-12	\$35.00/\$70.00

Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	8-14	\$35.00/\$70.00
02 Thursdays 6:25-7:10 pm	8-14	\$35.00/\$70.00
03 Saturdays 9:00-9:45 am	6-14	\$35.00/\$70.00

Flying Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	8-14	\$35.00/\$70.00
02 Thursday 6:25-7:10 pm	8-14	\$35.00/\$70.00
03 Saturdays 9:00-9:45 am	8-14	\$35.00/\$70.00

Shark - (8-14 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	8-14	\$35.00/\$70.00
02 Saturdays 9:00-9:45 am	8-14	\$35.00/\$70.00

Teen/Adult Group Swim Lessons

Days & Times	Ages	Mem/Program
01 Saturdays 8:00-8:45am	13-99	\$35.00/\$70.00

Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 8:30-9:30 am	16-99	\$10.00/\$35.00

Deep Water Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Tues, Thurs 9:15-10:00 am	16-99	\$7.00/\$30.00

Arthritis Plus

Days & Times	Ages	Mem/Program
01 Mon, Wed 7:25-8:15 pm	16-99	\$10.00/\$40.00
02 Tues, Thurs 7:25-8:15 pm	16-99	\$10.00/\$40.00

Warm Water Arthritis Class

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 9:00-9:45 am	16-99	\$15.00/\$60.00
02 Mon, Wed, Fri 9:50-10:35 am	16-99	\$15.00/\$60.00
03 Mon, Wed, Fri 10:40-11:25 am	16-99	\$15.00/\$60.00
04 Tues, Thurs 9:35-10:20 am	16-99	\$10.00/\$40.00
05 Wed & Fri 8:10-8:55 am	16-99	\$10.00/\$40.00

Older Adult Water Exercise

Days & Times	Ages	Mem/Program
01 Tues, Thurs 8:15-9:15 am	16-99	\$7.00/\$30.00



Boot Camp

Days & Times	Ages	Mem/Program
01 Tuesday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
02 Tuesday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
03 Wednesday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
04 Thursday 5:45 - 6:30 am	16-99	\$0.00/\$40.00

Cardio Variety

Days & Times	Ages	Mem/Program
01 Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
02 Friday 10:30 - 11:15 am	16-99	\$0.00/\$40.00

Cycling

Days & Times	Ages	Mem/Program
01 Monday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
02 Tuesday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
03 Tuesday 9:00- 9:45 am	16-99	\$10.00/\$50.00
04 Tuesday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
05 Wednesday 6:30 - 7:15 pm	16-99	\$10.00/\$50.00
06 Thursday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
07 Thursday 9:00- 9:45 am	16-99	\$10.00/\$50.00
08 Thursday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
09 Friday 9:30 - 10:15 am	16-99	\$10.00/\$50.00
10 Saturday 8:00 - 8:45 am	16-99	\$10.00/\$50.00

Jazz Cardio for Dancers

Days & Times	Ages	Mem/Program
01 Thursday 5:30 - 6:15 pm	16-99	\$10.00/\$50.00

Kettlebell AMPD

Days & Times	Ages	Mem/Program
01 Wednesday 10:30 - 11:15 am	16-99	\$10.00/\$50.00

R.I.P.P.E.D.

Days & Times	Ages	Mem/Program
01 Monday 6:30 - 7:20 pm	16-99	\$10.00/\$50.00
02 Wednesday 6:00 - 6:50 pm	16-99	\$10.00/\$50.00

Seniorobics

Days & Times	Ages	Mem/Program
01 Tuesday 8:35 - 9:20 am	50-99	\$0.00/\$40.00
02 Thursday 8:35 - 9:20 am	50-99	\$0.00/\$40.00

SilverSneakers Classic

Days & Times	Ages	Mem/Program
01 Monday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
02 Tuesday 10:30 - 11:15 am	50-99	\$0.00/\$40.00
03 Wednesday 12:30 - 1:15 pm	50-99	\$0.00/\$40.00
04 Thursday 10:30 - 11:15 am	50-99	\$0.00/\$40.00
05 Friday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00

SilverSneakers Yoga

Days & Times	Ages	Mem/Program
01 Monday 12:30 - 1:15 pm	50-99	\$0.00/\$40.00
02 Wednesday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
03 Friday 9:30 - 10:15 am	50-99	\$0.00/\$40.00

Small Group Personal Training

Days & Times	Ages	Mem/Program
01 Monday 7:00-8:00pm (6wks)	16-99	\$90.00/\$126.00
02 Tuesday 7:00 - 8:00 pm	16-99	\$105.00/\$147.00
03 Wednesday 7:00 - 8:00 pm	16-99	\$105.00/\$147.00
04 Thursday 7:00 - 8:00 pm	16-99	\$105.00/\$147.00

Tabata

Days & Times	Ages	Mem/Program
01 Monday 8:35 - 9:20 am	16-99	\$0.00/\$40.00
02 Tuesday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
03 Tuesday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
04 Thursday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
05 Thursday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
06 Core Friday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
07 Saturday 8:00 - 8:45 am	16-99	\$0.00/\$40.00

Tai Chi

Days & Times	Ages	Mem/Program
01 Wednesday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00
02 Saturday 10:30 - 11:15 am	16-99	\$10.00/\$50.00



Toning

Days & Times	Ages	Mem/Program
01 Monday 10:30 - 11:15 am	16-99	\$0.00/\$40.00
02 Monday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
03 Wednesday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
04 Thursday 11:00 - 11:45 am	16-99	\$0.00/\$40.00
05 Friday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
06 Saturday 7:00 - 7:45 am	16-99	\$0.00/\$40.00
Senior 01 Tuesday 9:30 - 10:15 am	50-99	\$0.00/\$40.00
Senior 02 Friday 8:35 - 9:20 am	50-99	\$0.00/\$40.00

Zumba Toning

Days & Times	Ages	Mem/Program
01 Tuesday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
02 Saturday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

WERQ

Days & Times	Ages	Mem/Program
01 Thursday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
02 Saturday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

Yoga

Days & Times	Ages	Mem/Program
01 Tuesday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
02 Power Tuesday 10:00 - 10:45 am	16-99	\$10.00/\$50.00
03 Tuesday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
04 Wednesday 10:00 - 10:45 am	16-99	\$10.00/\$50.00
05 Basic Wednesday 5:00 - 5:45 pm	16-99	\$10.00/\$50.00

Yoga Flow for Beginners

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
02 Tuesday 11:00 - 11:45 am	16-99	\$10.00/\$50.00
03 Wednesday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
04 Wednesday 6:00 - 6:45 pm	16-99	\$10.00/\$50.00

Yogilates

Days & Times	Ages	Mem/Program
01 Monday 5:15 - 6:00 pm	16-99	\$10.00/\$50.00

Zumba

Days & Times	Ages	Mem/Program
01 Monday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
02 Monday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
03 Tuesday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
04 Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
05 Thursday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
06 Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00



Adult Basketball

Days & Times	Ages	Mem/Program
01 Thursday 7:30 - 9:00pm	18-99	\$0.00/\$40.00

Adult Open Dodgeball

Days & Times	Ages	Mem/Program
01 Friday 7:00 - 8:30pm	18-99	\$0.00/\$34.00

Backyard Sports

Days & Times	Ages	Mem/Program
01 Wednesday 6:00 - 6:45pm	6-10	\$10.00/\$25.00

**Held outside weather permitting; otherwise, in field house*

Ballet

Days & Times	Ages	Mem/Program
01 Thursday 4:00 - 4:45pm	3-5	\$25.00/\$50.00

Basic Tumbling

Days & Times	Ages	Mem/Program
01 Wednesday 5:45 - 6:30pm	6-12	\$25.00/\$50.00
02 Thursday 5:00 - 5:45pm	6-12	\$25.00/\$50.00
03 Saturday 10:30 - 11:15am	6-12	\$25.00/\$50.00

Baton Twirling

Days & Times	Ages	Mem/Program
01 Wednesday 6:15 - 7:00pm	5-11	\$25.00/\$50.00

**Bats provided during class*

CATCH

Days & Times	Ages	Mem/Program
01 Tuesday 4:45 - 5:45pm	6-12	\$0.00/\$35.00

CheerNastics

Days & Times	Ages	Mem/Program
01 Tuesday 5:15 - 6:00pm	6-9	\$25.00/\$50.00
02 Wednesday 5:15 - 6:00pm	6-9	\$25.00/\$50.00

Creative Movement

Days & Times	Ages	Mem/Program
01 Monday 10:00 - 10:45am	3-5	\$25.00/\$50.00
02 Thursday 5:00 - 5:45pm	3-5	\$25.00/\$50.00

Dance Cardio

Days & Times	Ages	Mem/Program
01 Wednesday 4:00 - 4:45pm	13-18	\$10.00/\$25.00

Date Nights

Days & Times	Ages	Mem/Program
09 May 20 4:00-9:00 pm	3-11	\$20.00/\$30.00

**May be cancelled if registration is low Thursday prior; \$5.00 per additional child, dinner included*

Dodgeball

Days & Times	Ages	Mem/Program
01 Tuesday 5:45 - 6:30pm	10-13	\$10.00/\$25.00
02 Thursday 6:00 - 6:45pm	6-10	\$10.00/\$25.00

Family Fitness

Days & Times	Ages	Mem/Program
01 Tuesday 7:00 - 8:00pm	6-99	\$10.00/\$35.00

**Price covers whole family*

Girls Who Can

Days & Times	Ages	Mem/Program
01 Monday 4:30 - 5:15pm	8-16	\$0.00/\$20.00

Jazz 2

Days & Times	Ages	Mem/Program
01 Wednesday 4:45 - 5:30pm	8-12	\$25.00/\$50.00

Jump Rope

Days & Times	Ages	Mem/Program
01 Monday 4:30 - 5:15pm	6-9	\$20.00/\$40.00
02 Monday 4:30 - 5:15pm	10-14	\$20.00/\$40.00

Kid's Boot Camp

Days & Times	Ages	Mem/Program
01 Thursday 6:00 - 6:45pm	9-12	\$10.00/\$35.00

Kid's Cycling

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 7:45pm	9-12	\$10.00/\$35.00

Kid's Story

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:15pm	6-10	\$25.00/\$50.00

Kid's Yoga

Days & Times	Ages	Mem/Program
01 Monday 4:00 - 4:45pm	3-5	\$10.00/\$35.00
02 Monday 4:45 - 5:30pm	6-8	\$10.00/\$35.00
03 Thursday 6:00 - 6:45pm	9-12	\$10.00/\$35.00



Lil Rah Rahs

Days & Times	Ages	Mem/Program
01 Monday 6:30 - 7:15pm	3-5	\$25.00/\$50.00

Lil Stars

Days & Times	Ages	Mem/Program
01 Thursday 10:00 - 10:45am	3-5	\$20.00/\$40.00

Little Dribblers Basketball

Days & Times	Ages	Mem/Program
01 Thursday 10:30 - 11:15am	3-5	\$25.00/\$50.00

**Parent/child participation class*

Little Kickers Soccer

Days & Times	Ages	Mem/Program
01 Monday 11:00 - 11:45am	3-5	\$25.00/\$50.00

**Parent/Child participation class; Held outside weather permitting; otherwise, in field house*

Little Sluggers T-Ball

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 5:45pm	3-5	\$25.00/\$50.00
02 Wednesday 10:30 - 11:15am	3-5	\$25.00/\$50.00

**Parent/Child participation class; Held outside weather permitting; otherwise, in field house*

Open Volleyball

Days & Times	Ages	Mem/Program
01 Sunday 2:00 - 4:00pm	18-99	\$0.00/\$20.00

**No 5/22, 5/29*

Preschool Arts & Crafts

Days & Times	Ages	Mem/Program
01 Friday 10:00 - 10:45am	3-5	\$20.00/\$40.00

Running Club

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00pm	7-14	\$10.00/\$35.00
02 Thursday 5:00 - 5:45pm	5-7	\$10.00/\$35.00

**Held outside weather permitting; otherwise, in field house or on track*

Sporties For Shorties

Days & Times	Ages	Mem/Program
01 Tuesday 10:30 - 11:15am	3-5	\$25.00/\$50.00
02 Wednesday 5:00 - 5:45pm	3-5	\$25.00/\$50.00

**Parent/Child participation class*

Tap Dance

Days & Times	Ages	Mem/Program
01 Tuesday 4:30 - 5:15pm	3-5	\$25.00/\$50.00

Teen Cycling

Days & Times	Ages	Mem/Program
01 Wednesday 7:30 - 8:15pm	13-16	\$10.00/\$25.00

Tennis

Days & Times	Ages	Mem/Program
01 Sunday 1:00 - 2:00pm	5-8	\$21.00/\$43.00
02 Sunday 2:00 - 3:00pm	9-14	\$21.00/\$43.00
03 Sunday 3:00 - 4:00pm	18-99	\$21.00/\$43.00

**No 5/22, 5/29; Held outside on tennis courts weather permitting; otherwise, in field house*

Tiny Tumblers

Days & Times	Ages	Mem/Program
01 Tuesday 6:15 - 7:00pm	3-5	\$25.00/\$50.00
02 Wednesday 5:00 - 5:45pm	3-5	\$25.00/\$50.00
03 Thursday 4:15 - 5:00pm	3-5	\$25.00/\$50.00
04 Saturday 9:00 - 9:45am	3-5	\$25.00/\$50.00
05 Saturday 9:45 - 10:30am	3-5	\$25.00/\$50.00

Volleyball Class

Days & Times	Ages	Mem/Program
01 Thursday 6:30 - 7:30pm	9-14	\$30.00/\$60.00

Wee Tumblers

Days & Times	Ages	Mem/Program
01 Monday 5:45 - 6:30pm	1-3	\$20.00/\$40.00
02 Tuesday 5:30 - 6:15pm	1-3	\$20.00/\$40.00
03 Wednesday 10:00 - 10:45am	1-3	\$20.00/\$40.00
04 Thursday 9:45 - 10:30am	1-3	\$20.00/\$40.00
05 Friday 10:00 - 10:45am	1-3	\$20.00/\$40.00

**Parent/Child participation class*

Youth Basketball

Days & Times	Ages	Mem/Program
01 Thursday 7:00 - 7:45pm	6-9	\$30.00/\$60.00