



Parent/Child Stage A Water Discovery

Days & Times	Ages	Mem/Program
01 Tuesday 10:00 - 10:30 am	Max 3	\$25.00/\$50.00
02 Tuesday 6:10 - 6:40 pm	Max 3	\$25.00/\$50.00
03 Saturday 10:40 - 11:10 am	Max 3	\$25.00/\$50.00

Parent/Child Stage B Water Exploration

Days & Times	Ages	Mem/Program
01 Tuesday 5:35 - 6:05 pm	Max 3	\$25.00/\$50.00
02 Thursday 10:00 - 10:30 am	Max 3	\$25.00/\$50.00
03 Saturday 9:00 - 9:30 am	Max 3	\$25.00/\$50.00

Preschool Stage 1 Water Acclimation

Days & Times	Ages	Mem/Program
01 Monday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
02 Monday 6:25 - 7:10 pm	3-5	\$35.00/\$70.00
03 Tuesday 10:30 - 11:15 am	3-5	\$35.00/\$70.00
04 Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
05 Thursday 5:35 - 6:20 pm	3-5	\$35.00/\$70.00
06 Thursday 6:25 - 7:10 pm	3-5	\$35.00/\$70.00
07 Saturday 10:40 - 11:25 am	3-5	\$35.00/\$70.00

Preschool Stage 2 Water Movement

Days & Times	Ages	Mem/Program
01 Monday 5:35 - 6:20 pm	3-5	\$35.00/\$70.00
02 Tuesday 6:25 - 7:10 pm	3-5	\$35.00/\$70.00
03 Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
04 Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
05 Saturday 9:50 - 10:35 am	3-5	\$35.00/\$70.00

Preschool Stage 3 Water Stamina

Days & Times	Ages	Mem/Program
01 Monday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
02 Monday 5:35 - 6:20 pm	3-5	\$35.00/\$70.00
03 Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
04 Thursday 10:30 - 11:15 am	3-5	\$35.00/\$70.00
05 Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
06 Thursday 6:25 - 7:10 pm	3-5	\$35.00/\$70.00
07 Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
08 Saturday 9:50 - 10:35 am	3-5	\$35.00/\$70.00

Preschool Stage 4 Stroke Introduction

Days & Times	Ages	Mem/Program
01 Monday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
02 Tuesday 6:25 - 7:10 pm	3-5	\$35.00/\$70.00
03 Thursday 5:35 - 6:20 pm	3-5	\$35.00/\$70.00
04 Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00

Youth Stage 1 Water Acclimation

Days & Times	Ages	Mem/Program
01 Monday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
02 Monday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
03 Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
04 Tuesday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
05 Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
06 Thursday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
07 Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00

Youth Stage 2 Water Movement

Days & Times	Ages	Mem/Program
01 Monday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
02 Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
03 Tuesday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
04 Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
05 Thursday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
06 Saturday 9:50 - 10:35 am	6-12	\$35.00/\$70.00

Youth Stage 3 Water Stamina

Days & Times	Ages	Mem/Program
01 Monday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
02 Tuesday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
03 Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00

Youth Stage 4 Stroke Introduction

Days & Times	Ages	Mem/Program
01 Monday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
02 Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
03 Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00

Youth Stage 5 Stroke Development

Days & Times	Ages	Mem/Program
01 Monday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
02 Tuesday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
03 Thursday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
04 Saturday 9:50 - 10:35 am	6-12	\$35.00/\$70.00



Youth Stage 6 Stroke Mechanics

Days & Times	Ages	Mem/Program
01 Monday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
02 Thursday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
03 Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00

Home School Lessons

Days & Times	Ages	Mem/Program
01 Friday 1:00 - 2:30 pm	6-12	\$35.00/\$70.00

Teen/Adult Group Swim Lessons

Days & Times	Ages	Mem/Program
01 Saturday 8:00 - 8:45 am	13-100	\$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
02 Mon & Wed 7:15-8:00 PM	16-99	\$7.00/\$30.00

Deep Water Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Tues, Thurs 9:00 - 9:50 am	16-99	\$7.00/\$30.00

Arthritis Plus

Days & Times	Ages	Mem/Program
01 Mon, Wed 7:15-8:00 pm	16-99	\$10.00/\$40.00
02 Tues, Thurs 7:15-8:00 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 10:45-11:30 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 8:00 - 8:50 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 Monday 6:30 - 7:15 pm	16-99	\$10.00/\$50.00
03 Tuesday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
04 Tuesday 9:00 - 9:45 am	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 9:30 - 10:15 am	16-99	\$10.00/\$50.00
08 Friday 9:30 - 10:15 am	16-99	\$10.00/\$50.00
09 Saturday 7:00 - 7:45 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
02 Saturday 10:30 - 11:15 am	16-99	\$10.00/\$50.00

LOSE4U

Days & Times	Ages	Mem/Program
01 Mon & Wed 7:00 - 8:00 pm	16-99	\$125.00/\$160.00
02 Tue & Thur 7:00 - 8:00 pm	16-99	\$125.00/\$160.00

Pilates

Days & Times	Ages	Mem/Program
01 Monday 6:00 pm - 6:45 pm	16-99	\$10.00/\$50.00
02 Saturday 9:30 am - 10:15 pm	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 11:30 - 12:15 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

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 9:00 - 9:45 am	16-99	\$0.00/\$40.00
05 Thursday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
06 Friday 5:45 - 6:30 am (Core)	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 Mon 10:30 - 11:15 am	16-99	\$0.00/\$40.00
02 Wed 5:45 - 6:30 am	16-99	\$0.00/\$40.00
03 Thur 11:00 - 11:45 am	16-99	\$0.00/\$40.00
04 Fri 5:45 - 6:30 am	16-99	\$0.00/\$40.00
05 Sat 7:00 - 7:45 am	16-99	\$0.00/\$40.00
06 Tue 9:30 - 10:15 am (Senior)	50-99	\$0.00/\$40.00
07 Fri 8:35 - 9:20 am (Senior)	50-99	\$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 Mon 6:00 - 6:45 pm (beginner)	16-99	\$10.00/\$50.00
02 Tue 9:00 - 9:45 am	16-99	\$10.00/\$50.00
03 Tue 10:00 - 10:45 am (power)	16-99	\$10.00/\$50.00
04 Wed 9:00 - 9:45 am (beginner)	16-99	\$10.00/\$50.00
05 Wed 10:00 - 10:45 am	16-99	\$10.00/\$50.00
06 Wed 5:00 - 5:45 pm	16-99	\$10.00/\$50.00
07 Wed 6:00 - 6:45 pm (beginner)	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

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



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/\$40.00

Backyard Sports

Days & Times	Ages	Mem/Program
01 Monday 6:30 - 7:15pm	6-10	\$10.00/\$25.00

Basic Tumbling

Days & Times	Ages	Mem/Program
01 Thursday 5:30 - 6:15pm	6-12	\$25.00/\$50.00

Baton Twirling

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

* Batons 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	5-8	\$25.00/\$50.00

Creative Movement

Days & Times	Ages	Mem/Program
01 Tuesday 4:15 - 5:00pm	3-5	\$25.00/\$50.00
02 Thursday 10:30 - 11:15am	3-5	\$25.00/\$50.00

Date Night

Days & Times	Ages	Mem/Program
01 Sept. 16 4:00 - 9:00 pm - First Child	4-12	\$25.00/\$35.00
02 Sept. 16 4:00 - 9:00 pm - Additional Sibling	4-12	\$5.00/\$5.00
03 Oct. 21 4:00 - 9:00 pm - First Child	4-12	\$25.00/\$35.00
04 Oct. 21 4:00 - 9:00 pm - Additional Sibling	4-12	\$5.00/\$5.00

Dodgeball

Days & Times	Ages	Mem/Program
01 Wednesday 6:30 - 7:15pm	6-10	\$10.00/\$25.00

Family Fitness

Days & Times	Ages	Mem/Program
01 Tuesday 6:30 - 7:30pm	6-99	\$10.00/\$35.00

Hip Hop

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 5:45pm	5-8	\$25.00/\$50.00

Flag Football Clinic

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

* Held outside weather permitting

Girls Who Can

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 5:45pm	8-16	\$0.00/\$20.00

Indoor Soccer

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 5:45pm	6-9	\$30.00/\$60.00

Jazz

Days & Times	Ages	Mem/Program
01 Wednesday 4:30 - 5:15pm	8-12	\$25.00/\$50.00

Jazz 2

Days & Times	Ages	Mem/Program
01 Wednesday 5:15 - 6:00pm	8-12	\$25.00/\$50.00

Jump Rope

Days & Times	Ages	Mem/Program
01 Monday 4:00 - 5:00pm	6-9	\$25.00/\$50.00
02 Monday 4:00 - 5:00pm	10-14	\$25.00/\$50.00

Kid's Boot Camp

Days & Times	Ages	Mem/Program
01 Wednesday 4:00 - 4:45pm	8-12	\$10.00/\$35.00

Kid's Cycling

Days & Times	Ages	Mem/Program
01 Monday 7:15 - 8:00pm	9-12	\$10.00/\$35.00

Kid's Yoga

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



Lil Stars

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

Little Dribblers Basketball

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

* Parent/child participation class

Little Kickers Soccer

Days & Times	Ages	Mem/Program
01 Thursday 4:45 - 5:30pm	3-5	\$25.00/\$50.00

* Parent/child participation class

Little Sluggers T-Ball

Days & Times	Ages	Mem/Program
01 Monday 5:15 - 6:00pm	3-5	\$25.00/\$50.00
02 Thursday 11:15 - 12:00pm	3-5	\$25.00/\$50.00

* Parent/child participation class; held outside weather permitting

Men's 40 & Over Basketball League

Days & Times	Ages	Mem/Program
01 Wednesday 5:45 - 9:00pm	39-99	\$100.00/\$100.00

Open Volleyball

Days & Times	Ages	Mem/Program
01 Sunday 3:30 - 5:30pm	18-99	\$0.00/\$40.00

Preschool Arts & Crafts

Days & Times	Ages	Mem/Program
01 Wednesday 10:00 - 10:45am	3-5	\$20.00/\$40.00
01 Wednesday 6:30 - 7:15pm	3-5	\$20.00/\$40.00

Rising Stars

Days & Times	Ages	Mem/Program
01 Monday 5:15 - 6:00pm	5-9	\$30.00/\$60.00

Running Club

Days & Times	Ages	Mem/Program
01 Wednesday 6:00 - 6:45pm	7-14	\$10.00/\$25.00
02 Thursday 5:30 - 6:15pm	5-7	\$10.00/\$25.00

Sporties For Shorties

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

* Parent/child participation class

Tap & Jazz Combo

Days & Times	Ages	Mem/Program
01 Tuesday 4:30 - 5:15pm	5-8	\$25.00/\$50.00

Tennis

Days & Times	Ages	Mem/Program
01 Saturday 1:00 - 2:00pm	5-8	\$30.00/\$60.00
02 Saturday 2:00 - 3:00pm	9-14	\$30.00/\$60.00

* Held outside on tennis courts weather permitting

Tiny Tumblers

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 6:45pm	3-5	\$25.00/\$50.00
02 Tuesday 10:00 - 10:45am	3-5	\$25.00/\$50.00
03 Thursday 4:15 - 5:00pm	3-5	\$25.00/\$50.00

Ultimate Sports

Days & Times	Ages	Mem/Program
01 Wednesday 5:00 - 5:45pm	7-10	\$30.00/\$60.00

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 Tuesday 5:30 - 6:15pm	1-3	\$20.00/\$40.00
02 Wednesday 10:30 - 11:15am	1-3	\$20.00/\$40.00
03 Friday 10:00 - 10:45am	1-3	\$20.00/\$40.00

* Parent/child participation class

Writing Club

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00pm	8-99	\$20.00/\$40.00

Youth Basketball

Days & Times	Ages	Mem/Program
01 Tuesday 5:00 - 5:45pm	6-9	\$30.00/\$60.00
02 Saturday 10:15 - 11:00am	6-9	\$30.00/\$60.00

Youth Wrestling

Days & Times	Ages	Mem/Program
01 Mondays & Wednesdays 6:00 - 7:00pm	6-12	\$30.00/\$60.00

* October 23 - November 8