



Golden Rhythms

Days & Times	Ages	Mem/Program
01 Thursday 8:45-9:30 am	55-99	\$0.00/\$40.00

Plyo Beat

Days & Times	Ages	Mem/Program
01 Thursday 7:00 - 7:45pm	13-99	\$0.00/\$40.00

Strength and More

Days & Times	Ages	Mem/Program
01 Thursday 5:15 - 5:45pm	13-99	\$0.00/\$40.00



Shrimps - (6-30 months)

Days & Times	Ages	Mem/Program
01 Monday 7:05 - 7:35 pm	Max 3	\$20.00/\$40.00
03 Wednesday 7:05 - 7:35 pm	Max 3	\$20.00/\$40.00
04 Thursday 9:55 - 10:25 am	Max 3	\$20.00/\$40.00
05 Saturday 8:30- 9:00 am	Max 3	\$20.00/\$40.00

Perch - 19 - 30 months

Days & Times	Ages	Mem/Program
01 Tuesday 6:20 - 6:50 pm	1-3	\$20.00/\$40.00

Pre-Pike - (2 years - 4 years)

Days & Times	Ages	Mem/Program
01 Thursday 6:20 - 6:50 pm		\$35.00/\$70.00
02 Saturday 10:05 - 10:50 am	2-4	\$35.00/\$70.00
03 Sum 1 Mon & Weds 9:10 - 9:55 am		\$35.00/\$70.00
03 Sum 2 Mon & Weds 9:10 - 9:55 am		\$35.00/\$70.00
04 Sum 1 Mon & Weds 5:50 - 6:20 pm		\$35.00/\$70.00
04 Sum 2 Mon & Weds 5:50 - 6:20 pm	2-4	\$35.00/\$70.00
05 Sum 1 Tues & Thurs 11:05 - 11:35 am	2-4	\$35.00/\$70.00
05 Sum 2 Tues & Thurs 11:05 - 11:35 am	2-4	\$35.00/\$70.00

Pike - (3-5 years)

Days & Times	Ages	Mem/Program
01 Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
02 Saturday 11:00 - 11:45 am	3-5	\$35.00/\$70.00
03 Sum 1 Mon & Wed 10:05 - 10:50 am	3-5	\$35.00/\$70.00
03 Sum 2 Mon & Wed 10:05 - 10:50 am	3-5	\$35.00/\$70.00
04 Sum 1 Mon & Wed 11:00 - 11:45 am	3-5	\$35.00/\$70.00
04 Sum 2 Mon & Wed 11:00 - 11:45 am	3-5	\$35.00/\$70.00
05 Sum 1 Tues & Thurs 10:05 - 10:50 am	3-5	\$35.00/\$70.00
05 Sum 2 Tues & Thurs 10:05 - 10:50 am	3-5	\$35.00/\$70.00
06 Sum 1 Tues & Thurs 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
06 Sum 2 Tues & Thurs 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
07 Sum 1 Tues & Thurs 5:25 - 6:10 pm		\$35.00/\$70.00
07 Sum 2 Tues & Thurs 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
08 Sum 1 Mon & Wed 4:30-5:00 pm (Pike Nig		\$35.00/\$70.00
08 Sum 2 Mon & Wed 4:30-5:00 pm (Pike Nig		\$35.00/\$70.00
09 Sum 1 Mon & Wed 5:10-5:40 pm (Pike Nig		\$35.00/\$70.00
09 Sum 2 Mon & Wed 5:10-5:40 pm (Pike Nig		\$35.00/\$70.00
10 Sum 1 Mon & Wed 6:30-7:00 pm (Pike Nig	3-5	\$35.00/\$70.00
10 Sum 2 Mon & Wed 6:30-7:00 pm (Pike Nig	3-5	\$35.00/\$70.00

*4 Week I, 6/25 - 7/22; 4 Week II, 7/23 - 8/19

Eels - (3-5 years)

Days & Times	Ages	Mem/Program
01 Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
02 Sum 1 Mon & Wed 9:10 - 9:55 am	3-5	\$35.00/\$70.00
02 Sum 2 Mon & Wed 9:10 - 9:55 am	3-5	\$35.00/\$70.00
05 Sum 1 Mon & Wed 4:30-5:00 pm (Pike Nig	3-5	\$35.00/\$70.00
05 Sum 2 Mon & Wed 4:30-5:00 pm (Pike Nig	3-5	\$35.00/\$70.00
06 Sum 1 Mon & Wed 5:10-5:40 pm (Pike Nig	3-5	\$35.00/\$70.00
06 Sum 2 Mon & Wed 5:10-5:40 pm (Pike Nig	3-5	\$35.00/\$70.00
07 Sum 1 Mon & Wed 5:45-6:15 pm (Pike Nig	3-5	\$35.00/\$70.00
07 Sum 2 Mon & Wed 5:45-6:15 pm (Pike Nig	3-5	\$35.00/\$70.00
08 Sum 1 Tues & Thurs 11:05- 11:50 am	3-5	\$35.00/\$70.00
08 Sum 2 Tues & Thurs 11:05 - 11:50 am	3-5	\$35.00/\$70.00
09 Sum 1 Tues & Thurs 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
09 Sum 2 Tues & Thurs 5:25 - 6:10 pm	3-5	\$35.00/\$70.00

*4 Week I, 6/25 - 7/22; 4 Week II, 7/23 - 8/19

Rays - (3-5 years)

Days & Times	Ages	Mem/Program
01 Saturday 11:00 - 11:45 am	3-5	\$35.00/\$70.00
02 Sum 1 Mon & Wed 10:05 - 10:50 am	3-5	\$35.00/\$70.00
02 Sum 2 Mon & Wed 10:05 - 10:50 am	3-5	\$35.00/\$70.00
04 Sum 1 Tues & Thurs 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
04 Sum 2 Tues & Thurs 4:30 - 5:15 pm	3-5	\$35.00/\$70.00

Polliwog Beg. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00
02 Saturday 10:05 - 10:55 am	6-12	\$35.00/\$70.00
04 Sum 1 Mon & Wed 9:10 - 9:55 am	6-12	\$35.00/\$70.00
04 Sum 2 Mon & Wed 9:10 - 9:55 am	6-12	\$35.00/\$70.00
05 Sum 1 Mon & Wed 10:05 - 10:50 am	6-12	\$35.00/\$70.00
05 Sum 2 Mon & Wed 10:05 - 10:50 am	6-12	\$35.00/\$70.00
06 Sum 1 Mon & Wed 4:30-5:15 pm	6-12	\$35.00/\$70.00
06 Sum 2 Mon & Wed 4:30-5:15 pm	6-12	\$35.00/\$70.00
07 Sum 1 Mon & Wed 5:25 -6:10 pm	6-12	\$35.00/\$70.00
07 Sum 2 Mon & Wed 5:25 -6:10 pm	6-12	\$35.00/\$70.00
08 Sum 1 Tues & Thurs 11:05 - 11:50 am	6-12	\$35.00/\$70.00
08 Sum 2 Tues & Thurs 11:05 - 11:50 am	6-12	\$35.00/\$70.00
09 Sum 1 Tues & Thurs 4:30 - 5:15 pm	6-12	\$35.00/\$70.00
09 Sum 2 Tues & Thurs 4:30 - 5:15 pm	6-12	\$35.00/\$70.00

*4 Week I, 6/25 - 7/22; 4 Week II, 7/23 - 8/19



Polliwog Adv. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00
02 Saturday 10:05 - 10:55 am	6-12	\$35.00/\$70.00
03 Saturday 11:00 - 11:45 pm	6-12	\$35.00/\$70.00
04 Sum 1 Mon & Wed 9:10 - 9:55 am	6-12	\$35.00/\$70.00
04 Sum 2 Mon & Wed 9:10 - 9:55 am	6-12	\$35.00/\$70.00
05 Sum 1 Mon & Wed 10:05 - 10:50 am	6-12	\$35.00/\$70.00
05 Sum 2 Mon & Wed 10:05 - 10:50 am	6-12	\$35.00/\$70.00
06 Sum 1 Mon & Wed 4:30 - 5:15 pm	6-12	\$35.00/\$70.00
06 Sum 2 Mon & Wed 4:30 - 5:15 pm	6-12	\$35.00/\$70.00
07 Sum 1 Mon & Wed 5:25 - 6:10 pm	6-12	\$35.00/\$70.00
07 Sum 2 Mon & Wed 5:25 - 6:10 pm	6-12	\$35.00/\$70.00
08 Sum 1 Tues & Thurs 10:05 - 10:50 am	6-12	\$35.00/\$70.00
08 Sum 2 Tues & Thurs 10:05 - 10:50 am	6-12	\$35.00/\$70.00
09 Sum 1 Tues & Thurs 4:30 - 5:15 pm	6-12	\$35.00/\$70.00
09 Sum 2 Tues & Thurs 4:30 - 5:15 pm	6-12	\$35.00/\$70.00
10 Sum 1 Tues & Thurs 5:25 - 6:10 pm	6-12	\$35.00/\$70.00
10 Sum 2 Tues & Thurs 5:25 - 6:10 pm	6-12	\$35.00/\$70.00

*4 Week I, 6/25 - 7/22; 4 Week II, 7/23 - 8/19

Guppy - (6-12 years)

Days & Times	Ages	Mem/Program
02 Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00
03 Sum 1 Mon & Wed 9:10 - 9:55 am	6-12	\$35.00/\$70.00
03 Sum 2 Mon & Wed 9:10 - 9:55 am	6-12	\$35.00/\$70.00
04 Sum 1 Mon & Wed 5:25 - 6:10 pm	6-12	\$35.00/\$70.00
04 Sum 2 Mon & Wed 5:25 - 6:10 pm	6-12	\$35.00/\$70.00
05 Sum 1 Tues & Thurs 11:05 - 11:50 am	6-12	\$35.00/\$70.00
05 Sum 2 Tues & Thurs 11:05 - 11:50 am	6-12	\$35.00/\$70.00
06 Sum 1 Tues & Thurs 4:30 - 5:15 pm	6-12	\$35.00/\$70.00
06 Sum 2 Tues & Thurs 4:30 - 5:15 pm	6-12	\$35.00/\$70.00

*4 Week I, 6/25 - 7/22; 4 Week II, 7/23 - 8/19

Minnow - (6-12 years)

Days & Times	Ages	Mem/Program
01 Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00
02 Sum 1 Mon & Wed 10:05 - 10:50 am	6-12	\$35.00/\$70.00
02 Sum 2 Mon & Wed 10:05 - 10:50 am	6-12	\$35.00/\$70.00
03 Sum 1 Tues & Thurs 5:25 - 6:10 pm	6-12	\$35.00/\$70.00
03 Sum 2 Tues & Thurs 5:25 - 6:10 pm	6-12	\$35.00/\$70.00

*4 Week I, 6/25 - 7/22; 4 Week II, 7/23 - 8/19

Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Saturday 11:00 - 11:45 am	8-14	\$35.00/\$70.00
02 Sum 1 Tues & Thurs 5:25 - 6:10 pm	8-14	\$35.00/\$70.00
02 Sum 2 Tues & Thurs 5:25 - 6:10 pm	8-14	\$35.00/\$70.00

Flying Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Saturday 11:00 - 11:45am	8-14	\$35.00/\$70.00
02 Sum 1 Tues & Thurs 5:25 - 6:10 pm	8-14	\$35.00/\$70.00
02 Sum 2 Tues & Thurs 5:25 - 6:10 pm	8-14	\$35.00/\$70.00

Shark - (8-14 years)

Days & Times	Ages	Mem/Program
02 Saturday 11:00 - 11:45 am	8-14	\$35.00/\$70.00
03 Sum 1 Tues & Thurs 5:25 - 6:10 pm	8-14	\$35.00/\$70.00
04 Sum 2 Tues & Thurs 5:25 - 6:10pm	8-14	\$35.00/\$70.00

Teen/Adult Group Swim Lessons

Days & Times	Ages	Mem/Program
01 Sum 1 Mon & Wed 6:15 - 7:00pm *Adults	19-99	\$45.00/\$90.00
01 Sum 2 Mon & Wed 6:15-7:00pm *Adults	19-99	\$45.00/\$90.00

Aqua Aerobics

Days & Times	Ages	Mem/Program
02 Tue, Thu 10:00 - 11:00 am	16-99	\$7.00/\$30.00
03 Tue, Thu 6:30 - 7:30 pm	16-99	\$7.00/\$30.00
04 Saturday 8:00 - 9:00 am	16-99	\$5.00/\$25.00

Arthritis Exercise

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 11:00 - 12:00 pm	18-99	\$10.00/\$35.00

Swim Team

Days & Times	Ages	Mem/Program
02 Summer 2017 Long Course	6-18	\$165.00/\$165.00

* Must be a YMCA member at start of season

Older Adult Water Exercise

Days & Times	Ages	Mem/Program
01 Mon - Fri 8:00 - 9:00 am	50-99	\$10.00/\$85.00

* 8 weeks 6/19-8/12



Health and Fitness - Specialty - Self Defense Class

Days & Times	Ages	Mem/Program
01 Tuesday 11:30 - 12:15pm	18-99	\$10.00/\$40.00

Cardio Variety

Days & Times	Ages	Mem/Program
01 Monday 9:30 - 10:15 am	13-99	\$0.00/\$40.00
02 Wednesday 9:30 - 10:15 am	13-99	\$0.00/\$40.00
03 Friday 9:30 - 10:15 am	13-99	\$0.00/\$40.00

Circuit Interval

Days & Times	Ages	Mem/Program
01 Mon 5:00 - 5:30 pm Circuit Intervals	13-99	\$0.00/\$40.00

Core Conditioning

Days & Times	Ages	Mem/Program
01 Wednesday 5:00 - 5:45 pm	16-99	\$0.00/\$40.00

Cycling

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:15 am	13-99	\$10.00/\$50.00
02 Monday 6:00 - 6:45 pm	13-99	\$10.00/\$50.00
03 Wednesday 5:30-6:15 am	13-99	\$10.00/\$50.00
04 Wednesday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
05 Wednesday 6:15 - 7:00 pm	13-99	\$10.00/\$50.00
06 Friday 9:30 - 10:00 am *Senior Cycle	13-99	\$5.00/\$25.00

Kickboxing Cardio

Days & Times	Ages	Mem/Program
01 Thursday 9:30 - 10:15 am	16-108	\$0.00/\$40.00

Pilates

Days & Times	Ages	Mem/Program
01 Tuesday 9:30 - 10:15 am	13-99	\$10.00/\$50.00

Power Pump

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00
02 Wednesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
03 Sunday 12:00 - 12:45 pm	13-99	\$0.00/\$40.00

SilverSneakers Circuit

Days & Times	Ages	Mem/Program
01 Wednesday 8:30 - 9:15 am	50-99	\$0.00/\$40.00

SilverSneakers Classic

Days & Times	Ages	Mem/Program
01 Monday & Wednesday 9:30 - 10:15 am	50-99	\$0.00/\$65.00
02 Tuesday 8:45 - 9:30 am	50-99	\$0.00/\$40.00
03 Thursday 9:45 - 10:30 am	50-99	\$0.00/\$40.00

SilverSneakers Yoga

Days & Times	Ages	Mem/Program
01 Mon, Fri 8:30 - 9:15 am	50-99	\$0.00/\$65.00

Tabata

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 6:45 pm		\$0.00/\$40.00
02 Tuesday 9:45 - 10:30 am		\$0.00/\$40.00
03 Tuesday 7:00 - 7:45 pm		\$0.00/\$40.00
04 Saturday 9:00 - 9:45 am		\$0.00/\$40.00

Tai Chi

Days & Times	Ages	Mem/Program
01 Tues & Thurs 10:30 - 11:15 am	18-108	\$20.00/\$65.00

Toning

Days & Times	Ages	Mem/Program
01 Monday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
02 Monday 11:30 - 12:15 pm	13-99	\$0.00/\$40.00
03 Wednesday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
04 Wednesday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
05 Thursday 5:30 - 6:15 am	13-99	\$0.00/\$40.00
06 Friday 8:30 - 9:15 am	13-99	\$0.00/\$40.00

Stretching for Better Performance

Days & Times	Ages	Mem/Program
01 Tuesday 8:30 - 9:15 am		\$0.00/\$40.00
02 Tuesday 8:00-8:45 pm		\$0.00/\$40.00
03 Thursday 8:30 - 9:15 am		\$0.00/\$40.00

Wild Card

Days & Times	Ages	Mem/Program
01 Tuesday 6:00 - 6:45 pm		\$0.00/\$40.00
02 Saturday 8:00 - 8:45 am		\$0.00/\$40.00



Ashtanga Vinyasa (Yoga)

Days & Times	Ages	Mem/Program
01 Tuesday 5:30 - 6:30 am		\$10.00/\$50.00
02 Thursday 8:30 - 8:45 pm		\$10.00/\$50.00
03 Saturday 7:00 - 7:45 am		\$10.00/\$50.00

Zumba

Days & Times	Ages	Mem/Program
01 Sunday 1:00 - 1:45 pm	13-99	\$0.00/\$40.00
02 Monday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
03 Tuesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
04 Thursday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
05 Friday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
06 Saturday 10:00 - 10:45 am	13-99	\$0.00/\$40.00



Date Night

Days & Times	Ages	Mem/Program
21 June 3, 2017 5:00pm - 10:00pm	3-12	\$35.00/\$40.00
22 June 17, 2017 5:00pm - 10:00pm	3-12	\$35.00/\$40.00
23 July 1, 2017 5:00pm - 10:00pm	3-12	\$35.00/\$40.00

Jump Into Art

Days & Times	Ages	Mem/Program
Tuesday 12:15-1:00pm	2-5	\$30.00/\$55.00

Little Kickers Soccer

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 5:30 pm	3-5	\$30.00/\$55.00

Little Sluggers T-Ball

Days & Times	Ages	Mem/Program
01 Tuesday 5:15 - 5:45 pm	4-6	\$30.00/\$55.00

Wee Tumblers

Days & Times	Ages	Mem/Program
01 Wednesday 10:45 - 11:15 am	1-3	\$25.00/\$45.00

Tae Kwon Do

Days & Times	Ages	Mem/Program
06 Weds 6:00 - 7:00 & Sat 9-10 am-June	5-99	\$40.00/\$55.00
07 Weds 6:00 - 7:00 & Sat 9-10 am-July	5-99	\$40.00/\$55.00
08 Weds 6:00 - 7:00 & Sat 9-10 am-August	5-99	\$40.00/\$55.00