



Parent/Child Stage A Water Discovery

Days & Times	Ages	Mem/Program
01 Tuesday 6:15 - 6:45 pm	Max 3	\$35.00/\$70.00
02 Saturday 10:45 - 11:15 am	Max 3	\$35.00/\$70.00

Parent/Child Stage B Water Exploration

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:00 pm	Max 3	\$35.00/\$70.00
02 Saturday 10:00 - 10:30 am	Max 3	\$35.00/\$70.00

Preschool Stage 1 Water Acclimation

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00
02 Monday 6:15 - 7:00 pm	3-5	\$35.00/\$70.00
03 Thursday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00
04 Saturday 9:45 - 10:30 am	3-5	\$35.00/\$70.00
05 Saturday 10:30 - 11:15 am	3-5	\$35.00/\$70.00

Preschool Stage 2 Water Movement

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 pm	3-5	\$35.00/\$70.00
02 Tuesday 6:00 - 6:45 pm	3-5	\$35.00/\$70.00
03 Tuesday 6:45 - 7:30 pm	3-5	\$35.00/\$70.00
04 Thursday 6:15 - 7:00 pm	3-5	\$35.00/\$70.00
05 Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
06 Saturday 11:15 am - 12:00 pm	3-5	\$35.00/\$70.00

Preschool Stage 3 Water Stamina

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 pm	3-5	\$35.00/\$70.00
02 Tuesday 6:45 - 7:30 pm	3-5	\$35.00/\$70.00
03 Thursday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00
04 Saturday 10:30 - 11:15 am	3-5	\$35.00/\$70.00
05 Saturday 11:15 am - 12:00 pm	3-5	\$35.00/\$70.00

Preschool Stage 4 Stroke Introduction

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00

Youth Stage 1 Water Acclimation

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:15 pm	6-12	\$35.00/\$70.00
02 Tuesday 6:00 - 6:45 pm	6-12	\$35.00/\$70.00
03 Saturday 9:45 - 10:30 am	6-12	\$35.00/\$70.00
04 Saturday 10:30 - 11:15 am	6-12	\$35.00/\$70.00

Youth Stage 2 Water Movement

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:15 pm	6-12	\$35.00/\$70.00
02 Monday 6:15 - 7:00 pm	6-12	\$35.00/\$70.00
03 Tuesday 6:00 - 6:45 pm	6-12	\$35.00/\$70.00
04 Thursday 5:30 - 6:15 pm	6-12	\$35.00/\$70.00
05 Thursday 6:15 - 7:00 pm	6-12	\$35.00/\$70.00
06 Saturday 9:45 - 10:30 am	6-12	\$35.00/\$70.00
07 Saturday 11:15 am - 12:00 pm	6-12	\$35.00/\$70.00

Youth Stage 3 Water Stamina

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 pm	6-12	\$35.00/\$70.00
02 Tuesday 6:45 - 7:30 pm	6-12	\$35.00/\$70.00
03 Thursday 6:15 - 7:00 pm	6-12	\$35.00/\$70.00
04 Saturday 11:15 am - 12:00 pm	6-12	\$35.00/\$70.00

Youth Stage 4 Stroke Introduction

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

Youth Stage 5 Stroke Development

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 7:45 pm	5-12	\$35.00/\$70.00
02 Saturday 9:00 - 9:45 am	5-12	\$35.00/\$70.00

Youth Stage 6 Stroke Mechanics

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 7:45 pm	5-12	\$35.00/\$70.00
02 Saturday 9:00 - 9:45 am	5-12	\$35.00/\$70.00

Pathways Completed All Stages

Days & Times	Ages	Mem/Program
01 Intro to Synchronized Swimming	5-18	\$35.00/\$70.00

Drew Howell Adaptive Swim Program

Days & Times	Ages	Mem/Program
01 Monday 4:15 - 5:00 pm	6-12	\$35.00/\$70.00

Teen/Adult Group Swim Lessons

Days & Times	Ages	Mem/Program
01 Teen Lessons Monday 7:00 - 7:45 pm	12-18	\$35.00/\$70.00
02 Adult Lessons Monday 7:00 - 7:45 pm	18-99	\$35.00/\$70.00



Private Swim Lessons

Days & Times	Ages	Mem/Program
01 Private Swim Lessons (TBD)	3-99	\$110.00/\$130.00
02 Semi - Private 2 Swimmers (TBD)	3-99	\$135.00/\$155.00

Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 8:30 - 9:30 am	16-99	\$10.00/\$35.00
02 Tue, Thu 8:30 - 9:30 am	16-99	\$7.00/\$30.00
03 Tues, Thurs 7:30 - 8:30 pm	16-99	\$7.00/\$30.00

Aqua Stretch & Tone

Days & Times	Ages	Mem/Program
01 Tue, Thu 8:00 - 9:00 am	16-99	\$15.00/\$60.00
02 Wednesday 4:30 - 5:30 pm	16-99	\$10.00/\$40.00

Swim Team

Days & Times	Ages	Mem/Program
01 Level 1 Beginner	5-18	\$175.00/\$175.00
02 Level 2 Intermediate	5-18	\$200.00/\$200.00
03 Level 3 Advanced	5-18	\$235.00/\$235.00

** Must be a YMCA member at start of season*

Warm Water Arthritis Class

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 8:00 - 9:00 am	16-99	\$15.00/\$60.00
02 Mon, Wed, Fri 9:30 - 10:15 am	16-99	\$15.00/\$60.00
03 Mon, Wed, Fri 10:20 - 11:05 am	16-99	\$15.00/\$60.00
04 Mon, Wed, Fri 11:10 - 11:55 am	16-99	\$15.00/\$60.00
05 Tue, Thu 9:00 - 10:00 am	16-99	\$10.00/\$40.00



Pickleball Tournament

Days & Times	Ages	Mem/Program
01 Mixed Doubles September 29, 2017	60-99	\$0.00/\$0.00

Barre

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

BLT

Days & Times	Ages	Mem/Program
01 Monday 8:15 - 9:00 am	16-99	\$0.00/\$40.00
02 Wednesday 8:15 - 9:00 am	16-99	\$0.00/\$40.00
03 Friday 8:15 - 9:00 am	16-99	\$0.00/\$40.00
04 Saturday 8:15 - 9:00 am	16-99	\$0.00/\$40.00

Boot Camp

Days & Times	Ages	Mem/Program
01 Thursday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00

Cardio Variety

Days & Times	Ages	Mem/Program
01 Thursday 7:15 - 8:00 pm	16-99	\$0.00/\$40.00

Circuit Interval

Days & Times	Ages	Mem/Program
01 Wednesday 9:15 - 10:00 am	16-99	\$0.00/\$40.00

Country Heat

Days & Times	Ages	Mem/Program
01 Tuesday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00

Cycling

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

Kettlebell AMPD

Days & Times	Ages	Mem/Program
01 Tuesday 7:15 - 8:00 pm	16-99	\$10.00/\$50.00

Pilates

Days & Times	Ages	Mem/Program
01 Tuesday 7:15 - 8:15 pm	16-99	\$10.00/\$50.00

PiYo

Days & Times	Ages	Mem/Program
01 Monday 7:15 - 8:00 pm	16-99	\$10.00/\$50.00
02 Thursday 7:15 - 8:00 pm	16-99	\$10.00/\$50.00

Step Aerobics

Days & Times	Ages	Mem/Program
01 Thursday 10:15 - 11:00 am	16-99	\$0.00/\$40.00

SilverSneakers Classic

Days & Times	Ages	Mem/Program
01 Monday 10:00 - 10:45 am	50-99	\$0.00/\$40.00
02 Monday 11:00 - 11:45 am	50-99	\$0.00/\$40.00
03 Tuesday 10:00 - 10:45 am	50-99	\$0.00/\$40.00
04 Tuesday 11:00 - 11:45 am	50-99	\$0.00/\$40.00
05 Wednesday 10:00 - 10:45 am	50-99	\$0.00/\$40.00
06 Wednesday 11:00 - 11:45 am	50-99	\$0.00/\$40.00
07 Thursday 10:00 - 10:45 am	50-99	\$0.00/\$40.00
08 Thursday 11:00 - 11:45 am	50-99	\$0.00/\$40.00

SilverSneakers Yoga

Days & Times	Ages	Mem/Program
01 Wednesday 12:00 - 1:00 pm	50-99	\$0.00/\$40.00
02 Friday 12:00 - 1:00 pm	50-99	\$0.00/\$40.00

Tabata

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00
02 Tuesday 9:15 - 10:00 am	16-99	\$0.00/\$40.00
03 Friday 9:15 - 10:00 am	16-99	\$0.00/\$40.00

Toning

Days & Times	Ages	Mem/Program
01 Monday 9:15 - 10:00 am	16-99	\$0.00/\$40.00
02 Tuesday 10:15 - 11:00 am	16-99	\$0.00/\$40.00
03 Wednesday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00

Turbokick

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



WERQ

Days & Times	Ages	Mem/Program
01 Monday 10:15 - 11:00 am	16-99	\$0.00/\$40.00

Wild Card

Days & Times	Ages	Mem/Program
01 Saturday 9:15 - 10:00 am	16-99	\$0.00/\$40.00

Yoga

Days & Times	Ages	Mem/Program
01 Monday 7:15 - 8:15 pm	16-99	\$10.00/\$50.00

Hatha (Yoga)

Days & Times	Ages	Mem/Program
01 Wednesday 7:15 - 8:15 pm	16-99	\$10.00/\$50.00

Zumba

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00
02 Tuesday 9:15 - 10:00 am	16-99	\$0.00/\$40.00
03 Thursday 9:15 - 10:00 am	16-99	\$0.00/\$40.00
04 Friday 9:15 - 10:00 am	16-99	\$0.00/\$40.00

Zumba Gold

Days & Times	Ages	Mem/Program
01 Monday 9:00 - 9:45 am	50-99	\$0.00/\$40.00

Zumba Toning

Days & Times	Ages	Mem/Program
01 Wednesday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00



Basic Tumbling

Days & Times	Ages	Mem/Program
01 Tuesday 6:15 - 7:00 pm	6-8	\$35.00/\$65.00

Little Kickers Soccer 3-5yrs

Days & Times	Ages	Mem/Program
01 Thursday 6:00 - 6:40 pm	3-5	\$35.00/\$50.00

Soccer League

Days & Times	Ages	Mem/Program
01 Rookies (K-1st) Tuesday 6:00-7:00 pm	5-7	\$50.00/\$65.00
02 Winners (2nd-4th) Tuesday 7:00-8:00 pm	7-10	\$50.00/\$65.00

**Location TBD*

Tiny Tumblers

Days & Times	Ages	Mem/Program
01 Saturday 10:30 - 11:15 am	3-5	\$35.00/\$65.00