



Parent/Child Stage A Water Discovery

Days & Times	Ages	Mem/Program
00 Monday 7:00 - 7:30 pm	Max 3	\$25.00/\$50.00
01 Tuesday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
03 Wednesday 9:15 - 9:45 am	Max 3	\$25.00/\$50.00
04 Saturday 8:30 - 9:00am	Max 3	\$25.00/\$50.00

Parent/Child Stage B Water Exploration

Days & Times	Ages	Mem/Program
01 Monday 6:20 - 6:50 pm	Max 3	\$25.00/\$50.00
02 Wednesday 10:00 - 10:30 am	Max 3	\$25.00/\$50.00
03 Thursday 6:35 - 7:05 pm	Max 3	\$22.00/\$44.00
04 Friday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
05 Saturday 11:00 - 11:30 am	Max 3	\$25.00/\$50.00

Preschool Stage 1 Water Acclimation

Days & Times	Ages	Mem/Program
01 Monday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
01 Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
02 Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
02 Tuesday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
02 Tuesday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
03 Thursday 10:05 - 10:50 am	3-5	\$30.00/\$60.00
03 Thursday 4:45 - 5:30 pm	3-5	\$30.00/\$60.00
05 Friday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
05 Friday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
07 Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00

* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

Preschool Stage 2 Water Movement

Days & Times	Ages	Mem/Program
01 Monday 10:05 - 10:50	3-5	\$35.00/\$70.00
01 Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
02 Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
03 Wednesday 11:00 - 11:45 am	3-5	\$35.00/\$70.00
04 Thursday 10:05 - 10:50 am	3-5	\$30.00/\$60.00
04 Thursday 5:40 - 6:25 pm	3-5	\$30.00/\$60.00
05 Friday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
07 Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
08 Saturday 10:05 - 10:50 am	3-5	\$35.00/\$70.00

* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

Preschool Stage 3 Water Stamina

Days & Times	Ages	Mem/Program
01 Monday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
01 Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
02 Tuesday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
02 Tuesday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
03 Thursday 4:45 - 5:30 pm	3-5	\$30.00/\$60.00
04 Friday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
07 Saturday 10:05 - 10:55 am	3-5	\$35.00/\$70.00

* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

Preschool Stage 4 Stroke Introduction

Days & Times	Ages	Mem/Program
01 Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
03 Saturday 11:00 - 11:45 am	3-5	\$35.00/\$70.00

Youth Stage 1 Water Acclimation

Days & Times	Ages	Mem/Program
01 Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
02 Thursday 5:40 - 6:25 pm	6-12	\$30.00/\$60.00
03 Friday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
05 Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00

* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

Youth Stage 2 Water Movement

Days & Times	Ages	Mem/Program
01 Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
02 Thursday 4:45 - 5:30 pm	6-12	\$30.00/\$60.00
03 Friday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
04 Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00

* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

Youth Stage 3 Water Stamina

Days & Times	Ages	Mem/Program
00 Tuesday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
01 Thursday 4:45 - 5:30 pm	6-12	\$30.00/\$60.00
02 Thursday 5:40 - 6:25 pm	6-12	\$30.00/\$60.00
03 Friday 6:35 - 7:20 pm	6-12	\$35.00/\$70.00
05 Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00

* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday



Youth Stage 4 Stroke Introduction

Days & Times	Ages	Mem/Program
01 Tuesday 4:45 - 5:30 pm	5-12	\$35.00/\$70.00
01 Tuesday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
02 Thursday 5:40 - 6:25 pm	5-12	\$30.00/\$60.00
03 Friday 4:45 - 5:30pm	6-12	\$35.00/\$70.00
04 Friday 6:35 - 7:20pm	5-12	\$35.00/\$70.00
05 Saturday 9:10 - 9:55 am	5-12	\$35.00/\$70.00
06 Saturday 11:00 - 11:45 am	6-12	\$35.00/\$70.00

* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

Older Adult Water Exercise

Days & Times	Ages	Mem/Program
01 Mon - Fri 8:00 - 9:00 am	50-99	\$10.00/\$60.00

Youth Stage 5 Stroke Development

Days & Times	Ages	Mem/Program
01 Tuesday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
02 Thursday 5:40 pm - 6:25 pm	5-12	\$30.00/\$60.00
03 Friday 5:40 pm - 6:25 pm	5-12	\$35.00/\$70.00
04 Saturday 11:00 - 11:45 am	5-12	\$35.00/\$70.00

* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

Youth Stage 6 Stroke Mechanics

Days & Times	Ages	Mem/Program
01 Thursday 4:45 - 5:30 pm	5-12	\$30.00/\$60.00
02 Saturday 10:05 - 10:50 am	5-12	\$35.00/\$70.00

Pathways Completed All Stages

Days & Times	Ages	Mem/Program
NEXT STAGE fitness swim for teens	12-18	\$35.00/\$70.00

Teen/Adult Group Swim Lessons

Days & Times	Ages	Mem/Program
01 Saturday 8:10 - 8:55 am ADULTS ONLY	18-100	\$35.00/\$70.00

Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Mon, Wed 5:15 - 6:00 pm	16-99	\$7.00/\$30.00
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



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

Circuit Interval

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

Core Conditioning

Days & Times	Ages	Mem/Program
01 Monday 8:00 - 8:45 pm	16-99	\$0.00/\$40.00
02 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
06 Thursday 6:30 - 7:15 pm	13-99	\$10.00/\$50.00
08 Saturday 8:30 - 9:15 am	13-99	\$10.00/\$50.00

Golden Rhythms

Days & Times	Ages	Mem/Program
01 Friday 9:30-10:15 am	55-99	\$0.00/\$40.00

Kickboxing Cardio

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

Line Dancing

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

Pilates

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

Plyo Beat

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

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 Thursday 8:45 - 9:30 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

Step & Sculpt

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

Strength and More

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 5:45pm	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

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 5:00 - 5:45 pm		\$0.00/\$40.00
04 Tuesday 7:00 - 7:45 pm		\$0.00/\$40.00
05 Wednesday 7:00 - 7:45 pm		\$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
07 Saturday 9:30 - 10:00 am	13-99	\$0.00/\$40.00

Wild Card

Days & Times	Ages	Mem/Program
01 Tuesday 6:00 - 6:45 pm		\$0.00/\$40.00
02 Friday 5:30 - 6:15 am		\$0.00/\$40.00
03 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
03 Saturday 7:00 - 7:45 am		\$10.00/\$50.00
07 Vinyasa-Thursday 11:30 am - 12:15 pm		\$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

Zumba Gold

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



Basketball Clinic

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 7:00 pm ages 4-7	4-7	\$30.00/\$65.00
01 Thursday 6:00- 7:00 pm ages 7-9	7-9	\$30.00/\$65.00
01 Tuesday 7:00pm - 8:00 pm ages 12-14	12-14	\$30.00/\$65.00
01 Wednesday 6:00- 7:00 pm ages 10-11	10-11	\$30.00/\$65.00

Date Night

Days & Times	Ages	Mem/Program
28 October 7, 2017 5:00pm -10:00pm	3-12	\$35.00/\$45.00
29 October 21, 2017 5:00pm -10:00pm	3-12	\$35.00/\$45.00
30 November 4, 2017 5:00pm -10:00pm	3-12	\$35.00/\$45.00
31 November 18, 2017 5:00pm -10:00pm	3-12	\$35.00/\$45.00

Jump Into Art

Days & Times	Ages	Mem/Program
Wednesday 12:00-12:45pm	2-5	\$30.00/\$60.00

Little Dribblers Basketball

Days & Times	Ages	Mem/Program
01 Wednesday 5:15 - 6:00pm ages 4-6	4-6	\$30.00/\$60.00

** Parent/child participation class*

Little Kickers Soccer

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 5:30 pm	3-5	\$30.00/\$60.00

** Parent/child participation class*

Tot-Time

Days & Times	Ages	Mem/Program
01 Monday 10:30am - 11:00am	Max 3	\$0.00/\$40.00
02 Friday 10:30am - 11:00am	Max 3	\$0.00/\$40.00

Tae Kwon Do

Days & Times	Ages	Mem/Program
10 Weds 6:00 - 7:00 & Sat 9-10 am-October	5-99	\$40.00/\$55.00
11 Weds 6:00 - 7:00 & Sat 9-10 am-Novemb	5-99	\$40.00/\$55.00

Wee Tumblers

Days & Times	Ages	Mem/Program
01 Wednesday 10:45 - 11:15 am	1-3	\$30.00/\$60.00

** Parent/child participation class*