



Shrimps - (6-30 months)

Days & Times	Ages	Mem/Program
01 Tuesday 6:15 - 6:45 pm	Max 3	\$35.00/\$70.00
02 Saturday 10:30 - 11:00 am	Max 3	\$35.00/\$70.00
03 Wednesday 9:00 - 9:30 am	Max 3	\$35.00/\$70.00

Pre-Pike - (2 years - 4 years)

Days & Times	Ages	Mem/Program
01 Monday 5:45 - 6:30 pm	2-4	\$35.00/\$70.00
02 Saturday 9:45 - 10:30 am	2-4	\$35.00/\$70.00

Pike - (3-5 years)

Days & Times	Ages	Mem/Program
01 Monday 5:45 - 6:30 pm	3-5	\$35.00/\$70.00
02 Monday 6:30 - 7:15 pm	3-5	\$35.00/\$70.00
03 Tuesday 6:00 - 6:45 pm	3-5	\$35.00/\$70.00
04 Tuesday 6:45 - 7:30 pm	3-5	\$35.00/\$70.00
05 Thursday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00
06 Thursday 6:15 - 7:00 pm	3-5	\$35.00/\$70.00
07 Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
08 Saturday 10:30 - 11:15 am	3-5	\$35.00/\$70.00
09 Mon, Wed 9:45 - 10:30 am (4 Week I)	3-5	\$35.00/\$70.00
10 Mon, Wed 9:45 - 10:30 am (4 Week II)	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 Tuesday 6:00 - 6:45 pm	3-5	\$35.00/\$70.00
02 Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
03 Mon, Wed 9:45 - 10:30 am (4 Week I)	3-5	\$35.00/\$70.00
04 Mon, Wed 9:45 - 10:30 am (4 Week II)	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 Monday 5:45 - 6:30 pm	3-5	\$35.00/\$70.00
02 Thursday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00

Starfish - (3-5 years)

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

Polliwog Beg. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Monday 5:45 - 6:30 pm	6-12	\$35.00/\$70.00
02 Tuesday 6:00 - 6:45 pm	6-12	\$35.00/\$70.00
03 Tuesday 6:45 - 7:30 pm	6-12	\$35.00/\$70.00
04 Thursday 5:30 - 6:15 pm	6-12	\$35.00/\$70.00
05 Saturday 9:45 - 10:30 am	6-12	\$35.00/\$70.00
06 Saturday 10:30 - 11:15 am	6-12	\$35.00/\$70.00
07 Mon, Wed 9:00 - 9:45 am (4 Week I)	6-12	\$35.00/\$70.00
08 Mon, Wed 9:00 - 9:45 am (4 Week II)	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 Monday 6:30 - 7:15 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 9:45 - 10:30 am	6-12	\$35.00/\$70.00
05 Saturday 10:30 - 11:15 am	6-12	\$35.00/\$70.00
06 Mon, Wed 9:45 - 10:30 am (4 Weeks I)	6-12	\$35.00/\$70.00
07 Mon, Wed 9:45 - 10:30 am (4 Week II)	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
01 Tuesday 6:45 - 7:30 pm	6-12	\$35.00/\$70.00
02 Thursday 6:15 - 7:00 pm	6-12	\$35.00/\$70.00
03 Saturday 9:45 - 10:30 am	6-13	\$35.00/\$70.00
04 Mon, Wed 9:00 - 9:45 am (4 Week I)	6-13	\$35.00/\$70.00
05 Mon, Wed 9:00 - 9:45 am (4 Week II)	6-13	\$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 Tuesday 6:45 - 7:30 pm	6-12	\$35.00/\$70.00
02 Saturday 9:45 - 10:30 am	6-12	\$35.00/\$70.00
03 Mon, Wed 9:00 - 9:45 am (4 Week I)	6-12	\$35.00/\$70.00
04 Mon, Wed 9:00 - 9:45 am (4 Week II)	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 Monday 6:30 - 7:15 pm	8-14	\$35.00/\$70.00
02 Saturday 9:00 - 9:45 am	8-14	\$35.00/\$70.00



Flying Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Monday 6:30 - 7:15 pm	8-14	\$35.00/\$70.00
02 Saturday 9:00 - 9:45 am	8-14	\$35.00/\$70.00

Shark - (8-14 years)

Days & Times	Ages	Mem/Program
01 Monday 6:30 - 7:15 pm	8-14	\$35.00/\$70.00
02 Saturday 9:00 - 9:45 am	8-14	\$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 7:15 - 8:00 pm	12-18	\$35.00/\$70.00
02 Adult Lessons Tuesday 7:30 - 8:15 pm	18-99	\$35.00/\$70.00

Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 8:30 - 9:30 am	16-99	\$15.00/\$40.00
02 Mon, Wed 7:30 - 8:30 pm	16-99	\$9.00/\$32.00
03 Tue, Thu 8:30 - 9:30 am	16-99	\$7.00/\$30.00
04 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

Warm Water Arthritis Class

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 8:00 - 9:00 am	16-99	\$20.00/\$70.00
02 Mon, Wed, Fri 9:30 - 10:15 am	16-99	\$20.00/\$70.00
03 Mon, Wed, Fri 10:20 - 11:05 am	16-99	\$20.00/\$70.00
04 Mon, Wed, Fri 11:10 - 11:55 am	16-99	\$20.00/\$70.00
05 Tue, Thu 9:00 - 10:00 am	16-99	\$10.00/\$40.00



Country Heat

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

Pickleball

Days & Times	Ages	Mem/Program
01 Tue, Thu 9:00 - 10:30 am	16-99	\$0.00/\$2.00

Barre

Days & Times	Ages	Mem/Program
01 Tuesday 8:15 - 9:00 am	16-99	\$0.00/\$40.00

BLT

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 8:15 - 9:00 am	16-99	\$0.00/\$40.00
02 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
01 Tuesday 9:15 - 10:00 am	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

Cycling

Days & Times	Ages	Mem/Program
01 Monday 5:15 - 6:00 pm	16-99	\$10.00/\$50.00
02 Tuesday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
03 Wednesday 5:15 - 6:00 pm	16-99	\$10.00/\$50.00
04 Wednesday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
06 Thursday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
07 Friday 9:15 - 10:00 am	16-99	\$10.00/\$50.00
08 Saturday 10:15 - 11:00 am	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
02 Saturday 9:15 - 10:00 am	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 Mon, Wed 10:00 - 10:45 am	16-99	\$0.00/\$40.00
02 Mon, Wed 11:00 - 11:45 am	16-99	\$0.00/\$40.00
03 Tue, Thu 10:00 - 10:45 am	16-99	\$0.00/\$40.00
04 Tue, Thu 11:00 - 11:45 am	16-99	\$0.00/\$40.00

SilverSneakers Yoga

Days & Times	Ages	Mem/Program
01 Wednesday 12:00 - 1:00 pm	16-99	\$0.00/\$40.00
02 Friday 11:00 - 12:00 pm	16-99	\$0.00/\$40.00

Tabata

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

Toning

Days & Times	Ages	Mem/Program
01 Mon 9:15 - 10:00 am	16-99	\$0.00/\$40.00
02 Tuesday 10:15 - 11:00 am	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

Hatha (Yoga)

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

Yoga Flow for Beginners

Days & Times	Ages	Mem/Program
01 Tuesday 5:15 - 6:00 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	16-99	\$0.00/\$40.00
02 Friday 10:15 - 11:00 am	16-99	\$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

Baseball League

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

**Location TBD*

Sporties For Shorties

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

Tiny Tumblers

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