



Good Friday Prayer Breakfast

Days & Times	Ages	Mem/Program
Good Friday Prayer Breakfast		\$0.00/\$0.00



Warm Water Open Swim

Days & Times	Ages	Mem/Program
01 Open Swim	18-99	\$10.00/\$40.00

Shrimps - (6-30 months)

Days & Times	Ages	Mem/Program
01 Thursday 9:30 - 10:00 am	Max 2	\$20.00/\$40.00
02 Saturday 10:50 - 11:20 am	Max 2	\$20.00/\$40.00

*Parent/child participation class

Pre-Pike - (2 years - 4 years)

Days & Times	Ages	Mem/Program
01 Thursday 9:30 - 10:00 am	Max 2	\$20.00/\$40.00
02 Saturday 10:50 - 11:20 am	Max 2	\$20.00/\$40.00

*Parent/child participation class

Pike - (3-5 years)

Days & Times	Ages	Mem/Program
01 Tuesday 5:00 - 5:45 pm	3-5	\$35.00/\$70.00
02 Wednesday 9:45 - 10:30 am	3-5	\$35.00/\$70.00
03 Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00

Eels - (3-5 years)

Days & Times	Ages	Mem/Program
01 Tuesday 5:00 - 5:45 pm	3-5	\$35.00/\$70.00
03 Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00

Rays - (3-5 years)

Days & Times	Ages	Mem/Program
01 Tuesday 5:55 - 6:40 pm	3-5	\$35.00/\$70.00
02 Saturday 9:55 - 10:40 am	3-5	\$35.00/\$70.00

Polliwog Beg. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Tuesday 5:00 - 5:45 pm	6-12	\$35.00/\$70.00
02 Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00

Polliwog Adv. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Tuesday 5:55 - 6:40 pm	6-12	\$35.00/\$70.00
02 Saturday 9:55 - 10:40 am	6-12	\$35.00/\$70.00

Guppy - (6-12 years)

Days & Times	Ages	Mem/Program
01 Tuesday 5:55 - 6:40 pm	6-12	\$35.00/\$70.00
02 Saturday 9:55 - 10:40 am	6-12	\$35.00/\$70.00

Minnow - (6-12 years)

Days & Times	Ages	Mem/Program
01 Tuesday 5:55 - 6:40 pm	6-12	\$35.00/\$70.00
02 Saturday 9:55 - 10:40 am	6-12	\$35.00/\$70.00

Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Tuesday 6:50 - 7:35 pm	8-14	\$35.00/\$70.00
02 Saturday 10:50 - 11:35 am	8-14	\$35.00/\$70.00

Flying Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Tuesday 6:50 - 7:35 pm	8-14	\$35.00/\$70.00

Shark - (8-14 years)

Days & Times	Ages	Mem/Program
01 Tuesday 6:50 - 7:35 pm	8-14	\$35.00/\$70.00
02 Saturday 10:50 - 11:35 am	8-14	\$35.00/\$70.00

Teen/Adult Group Swim Lessons

Days & Times	Ages	Mem/Program
01 Tuesday 6:50 - 7:35 pm	14-99	\$35.00/\$70.00
02 Saturday 8:00 - 8:45 am	14-99	\$35.00/\$70.00

Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 9:00 - 9:45 am	16-99	\$10.00/\$35.00

Aqua Stretch & Tone

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 11:30 - 12:15 pm	18-99	\$15.00/\$60.00

Warm Water Arthritis Class

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 10:45 - 11:30 am	18-99	\$15.00/\$60.00
02 Mon, Wed, Fri 4:45 - 5:30 pm	18-99	\$15.00/\$60.00
03 Mon, Wed, Fri 5:30 - 6:15 pm	18-99	\$15.00/\$60.00
04 Tue, Thu 11:00 - 11:45 am	18-99	\$10.00/\$40.00
05 Tue, Thu 11:45 - 12:30 pm	18-99	\$10.00/\$40.00



Masala Bhangra

Days & Times	Ages	Mem/Program
01 Saturday 11:00 - 11:45 am	16-99	\$0.00/\$40.00

Cardio Variety

Days & Times	Ages	Mem/Program
01 Saturday 8:00 - 8:45 am	16-99	\$0.00/\$40.00
TEST - Saturday 8:00 - 8:45 am	16-99	\$0.00/\$3.00

Cycling

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
02 Tuesday 6:30 - 7:30 am	16-99	\$10.00/\$50.00
03 Tuesday 12:00 - 1:00 pm	16-99	\$10.00/\$50.00
04 Wednesday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
05 Wednesday 5:00 - 6:00 pm	16-99	\$10.00/\$50.00
06 Thursday 6:30 - 7:30 am	16-99	\$10.00/\$50.00
07 Thursday 12:00 - 1:00 pm	16-99	\$10.00/\$50.00
08 Friday 5:00 - 6:00 am	16-99	\$10.00/\$50.00

Kickboxing

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00
02 Wednesday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00

Line Dancing

Days & Times	Ages	Mem/Program
01 Monday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00
02 Tuesday 1:00 - 2:00 pm	16-99	\$0.00/\$40.00
03 Wednesday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00
04 Friday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00

SilverSneakers Circuit

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

SilverSneakers Classic

Days & Times	Ages	Mem/Program
01 Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
02 Monday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
03 Tuesday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
04 Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
05 Wednesday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
06 Thursday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
07 Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
08 Friday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00

SilverSneakers Yoga

Days & Times	Ages	Mem/Program
01 Tuesday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
02 Thursday 10:00 - 10:45 am	16-99	\$0.00/\$40.00

Tabata

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
02 Tuesday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
03 Wednesday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
04 Thursday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
05 Friday 6:15 - 7:00 am	16-99	\$0.00/\$40.00

Toning

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 6:45 pm	16-99	\$0.00/\$40.00
02 Wednesday 6:00 - 6:45 pm	16-99	\$0.00/\$40.00

Stretching for Better Performance

Days & Times	Ages	Mem/Program
01 Wednesday 7:45 - 8:15 am	16-99	\$0.00/\$40.00

Wild Card

Days & Times	Ages	Mem/Program
01 Tuesday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
02 Thursday 6:30 - 7:15 pm	16-99	\$40.00/\$40.00



Yoga

Days & Times	Ages	Mem/Program
01 Monday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
02 Monday 5:00 - 5:45 pm	16-99	\$10.00/\$50.00
03 Wednesday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
04 Wednesday 5:00 - 5:45 pm	16-99	\$10.00/\$50.00
05 Sunrise Yoga Tuesday 6:15 - 7:00 am	16-99	\$10.00/\$50.00
06 Sunrise Yoga Thursday 6:15 - 7:00 am	16-99	\$10.00/\$50.00
07 Restorative Yoga Saturday 7:00 - 7:45 am	16-99	\$10.00/\$50.00

Zumba

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 7:45 pm	16-99	\$0.00/\$0.00
02 Wednesday 7:00- 7:45 pm	16-99	\$0.00/\$40.00
03 Friday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00



Kid's Wild Card

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 6:45 pm	8-16	\$0.00/\$40.00
02 Wednesday 6:00 - 6:45 pm	8-16	\$0.00/\$40.00

Basketball Clinic

Days & Times	Ages	Mem/Program
01 Mondays 6:00 - 6:45 pm 2nd - 5th Grade	6-11	\$25.00/\$45.00
01 Tuesdays 6:00 - 6:45 pm 6th - 8th Grade	12-14	\$25.00/\$45.00

Family Fitness

Days & Times	Ages	Mem/Program
01 Saturday 10:00 - 10:45 am		\$10.00/\$50.00

**Price covers whole family*

Sporties For Shorties

Days & Times	Ages	Mem/Program
01 Wednesdays 5:15 - 6:00 pm	3-5	\$35.00/\$50.00

**Parent/Child participation class*