



### Shrimps - (6-30 months)

Days & Times	Ages	Mem/Program
01 Tuesdays 10:00-10:30 am	Max 3	\$20.00/\$40.00
02 Tuesdays 6:25-6:55 pm	Max 3	\$20.00/\$40.00
03 Saturdays 10:40-11:10 am	Max 3	\$20.00/\$40.00

\* Parent/Child participation class

### Pre-Pike - (2 years - 4 years)

Days & Times	Ages	Mem/Program
01 Tuesdays 5:35-6:20 pm	2-4	\$35.00/\$70.00
02 Thursdays 10:00-10:45 am	2-4	\$30.00/\$60.00
03 Saturdays 9:00-9:45 am	2-4	\$35.00/\$70.00

\* Parent/Child part. class; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Pike - (3-5 years)

Days & Times	Ages	Mem/Program
01 Mondays 4:45-5:30 pm	3-5	\$35.00/\$70.00
02 Mondays 6:25-7:10 pm	3-5	\$35.00/\$70.00
03 Tuesdays 10:30-11:15 am	3-5	\$35.00/\$70.00
04 Tuesdays 4:45-5:30 pm	3-5	\$35.00/\$70.00
05 Tuesdays 6:25-7:10 pm	3-5	\$35.00/\$70.00
06 Thursdays 4:45-5:30 pm	3-5	\$30.00/\$60.00
07 Thursdays 6:25-7:10 pm	3-5	\$30.00/\$60.00
09 Saturdays 10:40-11:25 am	3-5	\$35.00/\$70.00
09 Saturdays 9:50-10:35 am	3-5	\$35.00/\$70.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Eels - (3-5 years)

Days & Times	Ages	Mem/Program
01 Mondays 4:45-5:30 pm	3-5	\$35.00/\$70.00
02 Mondays 6:25-7:10 pm	3-5	\$35.00/\$70.00
03 Tuesdays 4:45-5:30 pm	3-5	\$35.00/\$70.00
04 Thursdays 10:45-11:30 am	3-5	\$30.00/\$60.00
05 Thursdays 4:45-5:30 pm	3-5	\$30.00/\$60.00
06 Thursdays 6:25-7:10 pm	3-5	\$30.00/\$60.00
07 Saturdays 9:00-9:45 am	3-5	\$35.00/\$70.00
08 Saturdays 9:50-10:35 am	3-5	\$35.00/\$70.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Rays - (3-5 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	3-5	\$35.00/\$70.00
02 Tuesdays 6:25-7:10 pm	3-5	\$35.00/\$70.00
03 Saturdays 9:00-9:45 am	3-5	\$35.00/\$70.00

\* Mon classes 11/7-12/19

### Starfish - (3-5 years)

Days & Times	Ages	Mem/Program
01 Thursdays 5:35-6:20 pm	3-5	\$30.00/\$60.00

\* No class/no makeup for Thanksgiving (dues have been prorated)

### Polliwog Beg. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Mondays 4:45-5:30 pm	6-12	\$35.00/\$70.00
02 Mondays 6:25-7:10 pm	6-12	\$35.00/\$70.00
03 Tuesdays 4:45-5:30 pm	6-12	\$35.00/\$70.00
04 Thursdays 4:45-5:30 pm	6-12	\$30.00/\$60.00
05 Thursdays 5:35-6:20 pm	6-12	\$30.00/\$60.00
06 Saturdays 10:40-11:25 am [Lap Pool]	6-12	\$35.00/\$70.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Polliwog Adv. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	6-12	\$35.00/\$70.00
02 Tuesdays 5:35-6:20 pm	6-12	\$35.00/\$70.00
03 Tuesdays 6:25-7:10 pm	6-12	\$35.00/\$70.00
04 Thursdays 5:35-6:20 pm	6-12	\$30.00/\$60.00
05 Saturdays 9:50-10:35 am	6-12	\$35.00/\$70.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Guppy - (6-12 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	6-12	\$35.00/\$70.00
02 Tuesdays 5:35-6:20 pm	6-12	\$35.00/\$70.00
03 Thursdays 5:35-6:20 pm	6-12	\$30.00/\$60.00
04 Saturdays 10:40-11:25 am	6-12	\$35.00/\$70.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)



### Minnow - (6-12 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	6-12	\$35.00/\$70.00
02 Tuesdays 5:35-6:20 pm	6-12	\$35.00/\$70.00
03 Thursdays 6:25-7:10 pm	6-12	\$30.00/\$60.00
04 Saturdays 9:50-10:35 am	6-12	\$35.00/\$70.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	8-14	\$35.00/\$70.00
02 Thursdays 6:25-7:10 pm	8-14	\$30.00/\$60.00
03 Saturdays 9:00-9:45 am	8-14	\$35.00/\$70.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Flying Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	8-14	\$35.00/\$70.00
02 Saturdays 9:00-9:45 am	8-14	\$35.00/\$70.00

\* Mon classes 11/7-12/19

### Shark - (8-14 years)

Days & Times	Ages	Mem/Program
01 Mondays 5:35-6:20 pm	8-14	\$35.00/\$70.00
02 Saturdays 9:00-9:45 am	8-14	\$35.00/\$70.00

\* Mon classes 11/7-12/19

### Home School Lessons

Days & Times	Ages	Mem/Program
01 Fridays 1-2:30 pm	6-12	\$35.00/\$70.00

### Adult/Teen Group Swim Lessons

Days & Times	Ages	Mem/Program
01 Saturdays 8:00-8:45am	13-99	\$35.00/\$70.00

### Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Mon, Wed (8:30-9:30 am), Fri (8:00-9:00 a	16-99	\$10.00/\$35.00
02 Mon, Wed 6:00-7:00 pm	16-99	\$7.00/\$30.00

\* Aqua Aerobics classes 11/2-12/19

### Arthritis Plus

Days & Times	Ages	Mem/Program
01 Mon, Wed 7:25-8:15 pm	16-99	\$10.00/\$40.00
02 Tues, Thurs 7:25-8:15 pm	16-99	\$10.00/\$40.00

\* Mon, Wed class 11/2-12/19

### Warm Water Arthritis Class

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 9:00-9:45 am	16-99	\$15.00/\$60.00
02 Mon, Wed, Fri 9:50-10:35 am	16-99	\$15.00/\$60.00
03 Mon, Wed, Fri 10:45-11:30 am	16-99	\$15.00/\$60.00
04 Tues, Thurs 9:35-10:20 am	16-99	\$10.00/\$40.00
05 Wed & Fri 8:10-8:55 am	16-99	\$10.00/\$40.00

\* Mon, Wed, Fri class 11/2-12/19; Wed, Fri class 11/2-12/16

### Older Adult Water Exercise

Days & Times	Ages	Mem/Program
01 Tues, Thurs 8:30-9:30 am	16-99	\$7.00/\$30.00



### Boot Camp

Days & Times	Ages	Mem/Program
01 Monday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
02 Tuesday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
03 Wednesday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
04 Thursday 5:45 - 6:30 am	16-99	\$0.00/\$34.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Cardio Variety

Days & Times	Ages	Mem/Program
01 Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
02 Friday 10:30 - 11:15 am	16-99	\$0.00/\$40.00

\* Mon classes 11/7-12/19

### Cycling

Days & Times	Ages	Mem/Program
01 Tuesday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
02 Tuesday 9:00- 9:45 am	16-99	\$10.00/\$50.00
03 Tuesday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
04 Wednesday 6:30 - 7:15 pm	16-99	\$10.00/\$50.00
05 Thursday 5:45 - 6:30 am	16-99	\$9.00/\$43.00
06 Thursday 9:00- 9:45 am	16-99	\$9.00/\$43.00
07 Thursday 6:15 - 7:00 pm	16-99	\$9.00/\$43.00
08 Friday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
09 Friday 9:30 - 10:15 am	16-99	\$10.00/\$50.00
10 Saturday 8:00 - 8:45 am	16-99	\$10.00/\$50.00

\* Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Kettlebell AMPD

Days & Times	Ages	Mem/Program
01 Wednesday 10:30 - 11:15 am	16-99	\$10.00/\$50.00

### LOSE4U

Days & Times	Ages	Mem/Program
01 Mon & Wed 7:00 - 8:00 pm	16-99	\$75.00/\$95.00
02 Tue & Thu 6:30 - 7:30 pm	16-99	\$75.00/\$95.00

\* Mon, Wed class 11/2-12/19

### PiYo

Days & Times	Ages	Mem/Program
01 Thursday 5:30 - 6:15 pm	16-99	\$9.00/\$43.00

\* Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### R.I.P.P.E.D.

Days & Times	Ages	Mem/Program
01 Monday 6:30 - 7:20 pm	16-99	\$10.00/\$50.00
02 Wednesday 6:00 - 6:50 pm	16-99	\$10.00/\$50.00

\* Mon classes 11/7-12/19

### Seniorobics

Days & Times	Ages	Mem/Program
01 Tuesday 8:35 - 9:20 am	50-99	\$0.00/\$40.00
02 Thursday 8:35 - 9:20 am	50-99	\$0.00/\$34.00

\* Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### SilverSneakers Classic

Days & Times	Ages	Mem/Program
01 Monday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
02 Tuesday 10:30 - 11:15 am	50-99	\$0.00/\$40.00
03 Wednesday 12:30 - 1:15 pm	50-99	\$0.00/\$40.00
04 Thursday 10:30 - 11:15 am	50-99	\$0.00/\$34.00
05 Friday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### SilverSneakers Yoga

Days & Times	Ages	Mem/Program
01 Wednesday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
02 Friday 9:30 - 10:15 am	50-99	\$0.00/\$40.00

### Tabata

Days & Times	Ages	Mem/Program
01 Monday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
02 Tuesday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
03 Thursday 9:30 - 10:15 am	16-99	\$0.00/\$34.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Tai Chi

Days & Times	Ages	Mem/Program
01 Wednesday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00
02 Saturday 10:30 - 11:15 am	16-99	\$10.00/\$50.00



### Toning

Days & Times	Ages	Mem/Program
01 Monday 10:30 - 11:15 am	16-99	\$0.00/\$40.00
02 Monday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
03 Tuesday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
04 Thursday 11:00 - 11:45 am	16-99	\$0.00/\$34.00
05 Friday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
06 Saturday 7:00 - 7:45 am	16-99	\$0.00/\$40.00
Senior 01 Tuesday 9:30 - 10:15 am	50-99	\$0.00/\$40.00
Senior 02 Friday 8:35 - 9:20 am	50-99	\$0.00/\$40.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### WERQ

Days & Times	Ages	Mem/Program
01 Thursday 6:30 - 7:15 pm	16-99	\$0.00/\$34.00
02 Saturday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

\* Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Yoga

Days & Times	Ages	Mem/Program
01 Tuesday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
02 Power Tuesday 10:00 - 10:45 am	16-99	\$10.00/\$50.00
03 Tuesday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
04 Wednesday 10:00 - 10:45 am	16-99	\$10.00/\$50.00
05 Basic Wednesday 5:00 - 5:45 pm	16-99	\$10.00/\$50.00
06 Thursday 6:15 - 7:00 pm	16-99	\$9.00/\$43.00

\* Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Yoga Flow for Beginners

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
02 Tuesday 11:00 - 11:45 am	16-99	\$10.00/\$50.00
03 Wednesday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
04 Wednesday 6:00 - 6:45 pm	16-99	\$10.00/\$50.00

\* Mon classes 11/7-12/19

### Yogilates

Days & Times	Ages	Mem/Program
01 Monday 5:15 - 6:00 pm	16-99	\$10.00/\$50.00

\* Mon classes 11/7-12/19

### Zumba

Days & Times	Ages	Mem/Program
01 Monday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
02 Monday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
03 Tuesday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
04 Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
05 Thursday 9:30 - 10:15 am	16-99	\$0.00/\$34.00
06 Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

\* Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Zumba Toning

Days & Times	Ages	Mem/Program
01 Tuesday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
02 Saturday 8:30 - 9:15 am	16-99	\$0.00/\$40.00



### Adult Basketball

Days & Times	Ages	Mem/Program
01 Thursday 7:30 - 9:00pm	18-99	\$0.00/\$34.00

\* Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Adult Open Dodgeball

Days & Times	Ages	Mem/Program
01 Friday 7:00 - 8:30pm	18-99	\$0.00/\$40.00

### Basic Tumbling

Days & Times	Ages	Mem/Program
01 Tuesday 6:45 - 7:30pm	6-12	\$25.00/\$50.00
02 Wednesday 5:15 - 6:00pm	6-12	\$25.00/\$50.00

### Baton Twirling

Days & Times	Ages	Mem/Program
01 Wednesday 5:30 - 6:15pm	5-11	\$25.00/\$50.00
02 Wednesday 6:15 - 7:00pm	5-11	\$25.00/\$50.00

### CATCH

Days & Times	Ages	Mem/Program
01 Tuesday 4:30 - 5:30pm	6-12	\$0.00/\$35.00

### Creative Movement

Days & Times	Ages	Mem/Program
01 Monday 10:00 - 10:45am	3-5	\$25.00/\$50.00

\* Mon classes 11/7-12/19

### Date Nights

Days & Times	Ages	Mem/Program
03 November 19 4:00-9:00 pm	3-11	\$20.00/\$30.00
04 December 17 4:00-9:00 pm	3-11	\$20.00/\$30.00

\*May be cancelled if registration is low Thursday prior; \$5.00 per additional child, dinner included

### Dodgeball

Days & Times	Ages	Mem/Program
01 Monday 4:45 - 5:30pm	6-10	\$10.00/\$25.00

\* Mon classes 11/7-12/19

### Family Fitness

Days & Times	Ages	Mem/Program
01 Thursday 5:30 - 6:30pm	6-99	\$9.00/\$30.00

\* Price covers whole family; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Girls Who Can

Days & Times	Ages	Mem/Program
01 Monday 4:00 - 4:45pm	8-16	\$0.00/\$20.00

\* Mon classes 11/7-12/19

### Indoor Soccer

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:15pm	6-8	\$30.00/\$60.00

\* Mon classes 11/7-12/19

### Little Kickers Soccer

Days & Times	Ages	Mem/Program
01 Tuesday 6:00 - 6:45pm	3-5	\$25.00/\$50.00

### Kid's Yoga

Days & Times	Ages	Mem/Program
01 Monday 3:45 - 4:30 pm	3-5	\$10.00/\$35.00
02 Monday 4:30 - 5:15 pm	6-8	\$10.00/\$35.00
03 Thursday 5:45 - 6:30pm	9-12	\$10.00/\$35.00

\* Mon classes 11/7-12/19; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Little Dribblers Basketball

Days & Times	Ages	Mem/Program
01 Monday 10:15 - 11:00am	3-5	\$25.00/\$50.00
02 Tuesday 10:30 - 11:15am	3-5	\$25.00/\$50.00

\* Parent/child participation class; Mon classes 11/7-12/19

### Preschool Arts & Crafts

Days & Times	Ages	Mem/Program
01 Friday 9:45 - 10:30am	3-5	\$20.00/\$40.00

### Running Club

Days & Times	Ages	Mem/Program
01 Monday 5:45 - 6:30pm	5-7	\$10.00/\$35.00
02 Wednesday 5:45 - 6:30pm	7-14	\$10.00/\$35.00

\* Mon classes 11/7-12/19; will be on track or in field house

### Show Tikes

Days & Times	Ages	Mem/Program
01 Thursday 10:00 - 10:45am	3-5	\$18.00/\$34.00

\* Thanksgiving Thursday - no class/no makeup (dues have been prorated)



### Sporties For Shorties

Days & Times	Ages	Mem/Program
01 Wednesday 5:00 - 5:45pm	3-5	\$25.00/\$50.00
02 Thursday 10:30 - 11:15am	3-5	\$22.00/\$43.00

\* Parent/Child part. class; Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Superhero Training

Days & Times	Ages	Mem/Program
01 Tuesday 4:00 - 4:45pm	3-5	\$20.00/\$40.00

\* 3 weeks (11/1-11/15)

### Tiny Tumblers

Days & Times	Ages	Mem/Program
01 Tuesday 6:00 - 6:45pm	3-5	\$25.00/\$50.00
02 Wednesday 4:30 - 5:15pm	3-5	\$25.00/\$50.00

### Wee Tumblers

Days & Times	Ages	Mem/Program
01 Monday 11:00 - 11:45am	1-3	\$20.00/\$40.00
02 Tuesday 5:00 - 5:45pm	1-3	\$20.00/\$40.00
03 Wednesday 10:30 - 11:15am	1-3	\$20.00/\$40.00
04 Wednesday 7:00 - 7:45pm	1-3	\$20.00/\$40.00
05 Friday 10:00 - 10:45am	1-3	\$20.00/\$40.00

\* Parent/Child participation class; Mon classes 11/7-12/19

### Youth Basketball

Days & Times	Ages	Mem/Program
01 Tuesday 7:00 - 7:45pm	6-8	\$30.00/\$60.00

### Teen Strength & Conditioning

Days & Times	Ages	Mem/Program
01 Thursday 6:15 - 7:00pm	13-16	\$9.00/\$18.00

\* Thanksgiving Thursday - no class/no makeup (dues have been prorated)

### Kid's Story

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 5:45pm	6-8	\$20.00/\$40.00

\* Mon classes 11/7-12/19

### Kung Fu

Days & Times	Ages	Mem/Program
01 Friday 4:00 - 4:45pm	11-18	\$40.00/\$60.00

### Princess Adventure

Days & Times	Ages	Mem/Program
01 Tuesday 4:00 - 4:45pm	3-5	\$20.00/\$40.00

\* 3 weeks (11/29-12/13)