



### Parent/Child Stage A Water Discovery

Days & Times	Ages	Mem/Program
01 Tuesday 10:00 – 10:30 am	Max 3	\$25.00/\$50.00
02 Thursday 5:35 – 6:05 pm	Max 3	\$22.00/\$44.00
03 Saturday 9:50 – 10:20 am	Max 3	\$25.00/\$50.00

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

### Parent/Child Stage B Water Exploration

Days & Times	Ages	Mem/Program
01 Tuesday 10:30 – 11:00 am	Max 3	\$25.00/\$50.00
02 Thursday 6:10 – 6:40 pm	Max 3	\$22.00/\$44.00
03 Saturday 10:25 – 10:55 am	Max 3	\$25.00/\$50.00

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

### Preschool Stage 1 Water Acclimation

Days & Times	Ages	Mem/Program
01 Monday 4:45 – 5:30 pm	3-5	\$35.00/\$70.00
02 Monday 6:25 – 7:10 pm	3-5	\$35.00/\$70.00
03 Tuesday 11:10 – 11:55 am	3-5	\$35.00/\$70.00
04 Tuesday 4:45 – 5:30 pm	3-5	\$35.00/\$70.00
05 Thursday 5:35 – 6:20 pm	3-5	\$30.00/\$60.00
06 Thursday 6:25 – 7:10 pm	3-5	\$30.00/\$60.00
07 Saturday 9:00 – 9:45 am	3-5	\$35.00/\$70.00
08 Saturday 10:40 – 11:25 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 5:35 – 6:20 pm	3-5	\$35.00/\$70.00
02 Tuesday 6:25 – 7:10 pm	3-5	\$35.00/\$70.00
03 Thursday 10:00 – 10:45 am	3-5	\$30.00/\$60.00
04 Thursday 4:45 – 5:30 pm	3-5	\$30.00/\$60.00
05 Saturday 9:50 – 10:35 am	3-5	\$35.00/\$70.00
06 Saturday 10:40 – 11:25 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 4:45 – 5:30 pm	3-5	\$35.00/\$70.00
02 Tuesday 4:45 – 5:30 pm	3-5	\$35.00/\$70.00
03 Tuesday 5:35 – 6:20 pm	3-5	\$35.00/\$70.00
04 Thursday 10:45 – 11:30 am	3-5	\$30.00/\$60.00
05 Thursday 4:45 – 5:30 pm	3-5	\$30.00/\$60.00
06 Saturday 10:40 – 11:25 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 Monday 6:25 – 7:10 pm	3-5	\$35.00/\$70.00
02 Thursday 5:35 – 6:20 pm	3-5	\$30.00/\$60.00
03 Saturday 9:00 – 9:45 am	3-5	\$35.00/\$70.00

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

### Youth Stage 1 Water Acclimation

Days & Times	Ages	Mem/Program
01 Monday 4:45 – 5:30 pm	6-12	\$35.00/\$70.00
02 Tuesday 4:45 – 5:30 pm	6-12	\$35.00/\$70.00
03 Tuesday 5:35 – 6:20 pm	6-12	\$35.00/\$70.00
04 Thursday 4:45 – 5:30 pm	6-12	\$30.00/\$60.00
05 Saturday 9:00 – 9:45 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 Monday 5:35 – 6:20 pm	6-12	\$35.00/\$70.00
02 Tuesday 5:35 – 6:20 pm	6-12	\$35.00/\$70.00
03 Tuesday 6:25 – 7:10 pm	6-12	\$35.00/\$70.00
04 Thursday 5:35 – 6:20 pm	6-12	\$30.00/\$60.00
05 Saturday 9:00 – 9:45 am	6-12	\$35.00/\$70.00
06 Saturday 9:50 – 10:35 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
01 Monday 6:25 – 7:10 pm	6-12	\$35.00/\$70.00
02 Tuesday 5:35 – 6:20 pm	6-12	\$35.00/\$70.00
03 Thursday 6:25 – 7:10 pm	6-12	\$30.00/\$60.00
04 Saturday 10:40 – 11:25 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 Monday 5:35 – 6:20 pm	6-12	\$35.00/\$70.00
02 Tuesday 6:25 – 7:10 pm	6-12	\$35.00/\$70.00
03 Thursday 6:25 – 7:10 pm	6-12	\$30.00/\$60.00
04 Saturday 9:50 – 10:35 am	6-12	\$35.00/\$70.00

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



### Youth Stage 5 Stroke Development

Days & Times	Ages	Mem/Program
01 Monday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
02 Tuesday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
03 Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00

### Youth Stage 6 Stroke Mechanics

Days & Times	Ages	Mem/Program
01 Monday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
02 Tuesday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
03 Saturday 9:50 - 10:35 am	6-12	\$35.00/\$70.00

### Home School Lessons

Days & Times	Ages	Mem/Program
01 Friday 1:00 - 2:30 pm	6-12	\$35.00/\$70.00

### Teen/Adult Group Swim Lessons

Days & Times	Ages	Mem/Program
01 Saturday 8:00 - 8:45 am	13-100	\$35.00/\$70.00

### Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Mon, Wed, Fri 8:30-9:30 am	16-99	\$10.00/\$35.00
02 Mon & Wed 7:15-8:00 PM	16-99	\$7.00/\$30.00

### Deep Water Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Tues, Thurs 9:00 - 9:50 am	16-99	\$7.00/\$30.00

### Arthritis Plus

Days & Times	Ages	Mem/Program
01 Mon, Wed 7:00-7:45 pm	16-99	\$10.00/\$40.00
02 Tues, Thurs 7:00-7:45 pm	16-99	\$10.00/\$40.00

### 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 9:00 - 9:50 am	16-99	\$10.00/\$40.00
05 Wed & Fri 8:10-8:55 am	16-99	\$10.00/\$40.00

### Older Adult Water Exercise

Days & Times	Ages	Mem/Program
01 Tues, Thurs 8:00 - 8:50 am	16-99	\$7.00/\$30.00



### Boot Camp

Days & Times	Ages	Mem/Program
01 Tuesday 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 5:30 - 6:15 pm	16-99	\$0.00/\$40.00

### 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

### Cycling

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

### Kettlebell AMPD

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

### Pilates

Days & Times	Ages	Mem/Program
01 Monday 6:00 pm - 6:45 pm	16-99	\$10.00/\$50.00
02 Saturday 9:30 am - 10:15 pm	16-99	\$10.00/\$50.00

### 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

### 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/\$40.00

### Silver Sneakers BOOM MIND

Days & Times	Ages	Mem/Program
01 Tuesday 12:05 - 12:35 pm	55-99	\$0.00/\$40.00
02 Thursday 12:05 - 12:35 pm	55-99	\$0.00/\$40.00

### Silver Sneakers BOOM MOVE IT

Days & Times	Ages	Mem/Program
01 Tuesday 11:30 - 12:00 pm	55-99	\$0.00/\$40.00
02 Thursday 11:30 - 12:00 pm	55-99	\$0.00/\$40.00

### 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/\$40.00
05 Friday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00

### SilverSneakers Yoga

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

### Tabata

Days & Times	Ages	Mem/Program
01 Monday 8:35 - 9:20 am	16-99	\$0.00/\$40.00
02 Tuesday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
03 Tuesday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
04 Thursday 5:45 - 6:30 am (Core)	16-99	\$0.00/\$40.00
05 Thursday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
06 Thursday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
07 Saturday 8:00 - 8:45 am	16-99	\$0.00/\$40.00

### 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 Mon 10:30 - 11:15 am	16-99	\$0.00/\$40.00
02 Mon 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
03 Wed 5:45 - 6:30 am	16-99	\$0.00/\$40.00
04 Thur 11:00 - 11:45 am	16-99	\$0.00/\$40.00
05 Fri 5:45 - 6:30 am	16-99	\$0.00/\$40.00
06 Sat 7:00 - 7:45 am	16-99	\$0.00/\$40.00
07 Tue 9:30 - 10:15 am (Senior)	50-99	\$0.00/\$40.00
08 Fri 8:35 - 9:20 am (Senior)	50-99	\$0.00/\$40.00

### WERQ

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

### Yoga

Days & Times	Ages	Mem/Program
01 Mon 7:00 - 7:45 pm (beginner)	16-99	\$10.00/\$50.00
02 Tue 9:00 - 9:45 am	16-99	\$10.00/\$50.00
03 Tue 10:00 - 10:45 am (power)	16-99	\$10.00/\$50.00
04 Tue 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
05 Wed 9:00 - 9:45 am (beginner)	16-99	\$10.00/\$50.00
06 Wed 10:00 - 10:45 am	16-99	\$10.00/\$50.00
07 Wed 5:00 - 5:45 pm	16-99	\$10.00/\$50.00
08 Wed 6:00 - 6:45 pm (beginner)	16-99	\$10.00/\$50.00

### Yogilates

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00

### 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/\$40.00
06 Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

### 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/\$40.00

### Adult Open Dodgeball

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

### Open Volleyball

Days & Times	Ages	Mem/Program
01 Sunday 3:30 - 5:30pm	18-99	\$0.00/\$40.00

### Aspiring Actor's Workshop

Days & Times	Ages	Mem/Program
01 Monday 5:15 - 6:00pm	8-16	\$30.00/\$60.00

### Basic Tumbling

Days & Times	Ages	Mem/Program
01 Monday 5:15 - 6:00pm	6-12	\$30.00/\$60.00

### Baton Twirling

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

\* Batons provided during class

### CATCH

Days & Times	Ages	Mem/Program
01 Tuesday 5:45 - 6:45pm	6-12	\$0.00/\$35.00

### CheerNastics

Days & Times	Ages	Mem/Program
01 Tuesday 5:30 - 6:15pm	5-8	\$25.00/\$50.00

### Creative Movement

Days & Times	Ages	Mem/Program
01 Monday 10:00 - 10:45am	3-5	\$25.00/\$50.00
02 Tuesday 4:30 - 5:15pm	3-5	\$25.00/\$50.00

### Dodgeball

Days & Times	Ages	Mem/Program
01 Wednesday 6:30 - 7:15pm	6-10	\$10.00/\$25.00

### Family Fitness

Days & Times	Ages	Mem/Program
01 Tuesday 6:30 - 7:30pm	6-99	\$10.00/\$35.00

### Indoor Soccer

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 5:45pm	6-9	\$30.00/\$60.00

### Jazz

Days & Times	Ages	Mem/Program
01 Wednesday 4:30 - 5:15pm	8-12	\$25.00/\$50.00

### Kid's Boot Camp

Days & Times	Ages	Mem/Program
01 Wednesday 5:15 - 6:00pm	8-12	\$10.00/\$35.00

### Kid's Cycling

Days & Times	Ages	Mem/Program
01 Monday 7:30 - 8:15pm	9-12	\$10.00/\$35.00

### Kid's Strength & Conditioning

Days & Times	Ages	Mem/Program
01 Thursday 4:15 - 5:00pm	8-12	\$10.00/\$35.00

### Kid's Yoga

Days & Times	Ages	Mem/Program
01 Wednesday 4:00 - 4:45pm	3-5	\$10.00/\$35.00
02 Wednesday 4:45 - 5:30pm	6-8	\$10.00/\$35.00
03 Thursday 6:00 - 6:45pm	9-12	\$10.00/\$35.00

### Lil Stars

Days & Times	Ages	Mem/Program
01 Monday 10:00 - 10:45am	3-5	\$20.00/\$40.00

### Little Dribblers Basketball

Days & Times	Ages	Mem/Program
01 Monday 11:00 - 11:45am	3-5	\$30.00/\$60.00

\* Parent/child participation class

### Little Kickers Soccer

Days & Times	Ages	Mem/Program
01 Tuesday 11:00 - 11:45am	3-5	\$30.00/\$60.00
02 Wednesday 5:15 - 6:00pm	3-5	\$30.00/\$60.00

\* Parent/child participation class

### Little Sluggers T-Ball

Days & Times	Ages	Mem/Program
01 Thursday 4:45 - 5:30pm	3-5	\$30.00/\$60.00

\* Parent/child participation class



### Preschool Arts & Crafts

Days & Times	Ages	Mem/Program
01 Wednesday 10:00 - 10:45am	3-5	\$20.00/\$40.00
02 Wednesday 6:30 - 7:15pm	3-5	\$20.00/\$40.00

### Running Club

Days & Times	Ages	Mem/Program
01 Wednesday 6:00 - 6:45pm	7-14	\$10.00/\$25.00
02 Thursday 5:30 - 6:15pm	5-7	\$10.00/\$25.00

### SNAP

Days & Times	Ages	Mem/Program
01 Saturday 9:45 - 10:30am	5-8	\$30.00/\$60.00
02 Saturday 10:45 - 11:30am	9-12	\$30.00/\$60.00

\* Special Needs Activities Program

### Sporties For Shorties

Days & Times	Ages	Mem/Program
01 Monday 5:15 - 6:00pm	3-5	\$30.00/\$60.00
02 Thursday 11:15 - 12:00pm	3-5	\$30.00/\$60.00

\* Parent/child participation class

### Tiny Tumblers

Days & Times	Ages	Mem/Program
01 Monday 11:00 - 11:45am	3-5	\$30.00/\$60.00
02 Monday 4:30 - 5:15pm	3-5	\$30.00/\$60.00
03 Tuesday 10:00 - 10:45am	3-5	\$30.00/\$60.00
04 Thursday 10:30 - 11:15am	3-5	\$30.00/\$60.00
05 Thursday 4:15 - 5:00pm	3-5	\$30.00/\$60.00

### Volleyball Class

Days & Times	Ages	Mem/Program
01 Thursday 6:30 - 7:30pm	9-14	\$30.00/\$60.00

### Youth Basketball

Days & Times	Ages	Mem/Program
01 Tuesday 5:00 - 5:45pm	6-9	\$30.00/\$60.00
02 Thursday 6:30 - 7:15pm	6-9	\$30.00/\$60.00

### Youth Wrestling

Days & Times	Ages	Mem/Program
01 Mondays & Wednesdays 6:00 - 7:00pm	6-12	\$30.00/\$60.00

\* October 23 - November 8

### Wee Music Makers

Days & Times	Ages	Mem/Program
01 Monday 9:00 - 9:45am	1-3	\$20.00/\$40.00

\* Parent/child participation class

### Wee Tumblers

Days & Times	Ages	Mem/Program
01 Tuesday 5:30 - 6:15pm	1-3	\$20.00/\$40.00
02 Wednesday 10:30 - 11:15am	1-3	\$20.00/\$40.00
03 Friday 10:00 - 10:45am	1-3	\$20.00/\$40.00

\* Parent/child participation class