



AQUATICS

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ADULT AQUATICS

CLASS	MON	TUES	WED	THURS	FRI	SAT	SUN
Adult Swim Instruction (Ages 18 +)		7:30-8:15pm		8:30-9:15am			
Arthritis Aquatic Program (AFYAP)	1:00-1:45pm		1:00-1:45pm	9:30-10:15am	10:15-11:00am		
Water Slimnastics	9:15-10:15am	8:30-9:30am			9:15-10:15am		
Aqua Jog			8:30-9:30am				
Senior Shape-Up		1:00-2:00pm		1:00-2:00pm			
Adult Swim Workout (meets 2x/wk)	5:30-7:00am				5:30-7:00am		
Adult Swim Stroke Clinic	7:30-8:30pm						
Power Water Walking			10:15-11:00am	10:30-11:15am			
Y-Tri Training				Adult private instruction also available. Call Robbin at ext. 122 to schedule.			6:00-9:00am
Triathlon Swim Clinic			7:30-9:30pm				

Classes meet 1x per wk for 8 wks
Adult swim instruction
 Full \$85 Program \$105
Adult swim workout
 Full \$140 Program \$165
Arthritis & Power Water Walking
 Full \$60 Program \$85
Swim Stroke Clinic: \$160
All other adult classes
 Full \$65 Program \$90
Water exercise class drop in fee: \$15
Y-Tri Training \$275
Triathlon Swim Clinic
 Mem. \$155 Non-Mem. \$185

YOUTH AQUATICS

CLASS	MON	TUES	WED	THURS	FRI	SAT	SUN
S.K.I.P. (6 - 36 months)	11:00-11:30am		9:30-10:00am	11:00-11:30am 6:00-6:30pm		11:15-11:45am	
Pike W/Parent (24 - 36 months)		11:00-11:30am 6:00-6:30pm		2:00-2:30pm	11:00-11:30am	9:00-9:30am	
Pike (3 - 5 years)	2:00-2:45pm	9:30-10:15am 1:15-2:00pm	10:45-11:30am 4:15-5:00pm	10:15-11:00am 3:30-4:15pm 6:45-7:15pm	1:45-2:30pm	9:45-10:30am 12:00-12:45pm	10:30-11:15am
Eel (3 - 5 years)	1:15-2:00pm	10:15-11:00am 2:00-2:45pm	9:30-10:15am 6:45-7:30pm 2:00-2:45pm	9:30-10:15am 1:15-2:00pm 4:15-5:00pm	10:15-11:00am 2:45-3:30pm	10:30-11:15am 12:45-1:30pm	9:45-10:30am
Ray (3 - 5 years)		4:15-5:00pm		2:45-3:30pm 6:00-6:45pm	9:30-10:15am 2:00-2:45pm	9:45-10:30am	11:15-12:00pm
Catfish (5 - 12 years)	6:00-6:30pm		6:15-6:45pm				
Polliwog (6 - 12 years)	3:30-4:15pm 6:45-7:30pm	4:15-5:00pm	3:30-4:15pm	3:30-4:15pm		10:30-11:15am 12:00-12:45pm	9:00-9:45am
Guppy (6 - 12 years)	4:15-5:00pm 6:45-7:30pm	3:30-4:15pm	4:15-5:00pm			11:15-12:00pm 12:45-1:30pm	11:15-12:00pm
Minnow (6 - 12 years)	4:15-5:00pm		4:15-5:00pm	6:45-7:30pm		9:00-9:45am	10:30-11:15am
Fish (6 - 12 years)	4:15-5:00pm		3:30-4:15pm 6:45-7:30pm	Private or semi-private instruction also available. Call Robbin at ext. 122 to schedule.		9:45-10:30am	9:45-10:30am
Flying Fish (6 - 12 years)	3:30-4:15pm		3:30-4:15pm			9:45-10:30am	9:00-9:45am
Shark (6 - 12 years)	3:30-4:15pm		3:30-4:15pm			9:45-10:30am	9:00-9:45am
Porpoise (11 years +)		6:45-7:30pm		3:30-4:15pm		9:00-9:45am	9:45-10:30am
Teen Instruction	6:00-6:45pm	3:30-4:15pm	Classes meet 1x per week for 8 weeks. Skip & Pike w/parent Fees: Full \$70 Program \$80 Pre-Swim Team meets 2x per week Full \$110 Program \$140 Swim Stroke Clinic: \$160 All other program fees: Full \$85 Program \$105				
Guard Start (11 - 14 years)							10:00-11:00am
PreSwim Team (meets 2x/wk)		3:30-5:00pm		3:30-5:00pm			
Youth Swim Stroke Clinic					6:00-7:00pm		