

# YOUTH/TEEN AT-A-GLANCE (6 - 18 years)

\*Punch Pass required.

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Memb. Fee	Cmty. Fee	Location	Pg
<b>Aquatics</b>										
Polliwog I	4:30-5:15 pm						20	40	Cool Pool	18
Polliwog II			4:15-5:00 pm				20	40	Cool Pool	18
Polliwog II				10:00-10:45 am			20	40	Cool Pool	18
Polliwog II						10:25-11:10 am	20	40	Cool Pool	18
ES Polliwog I		6:00-6:45 pm					40	80	Cool Pool	18
ES Polliwog I						10:25-11:10 am	40	80	Cool Pool	18
ES Polliwog II	3:45-4:30 pm						40	80	Cool Pool	18
ES Polliwog II						9:35-10:20 am	40	80	Cool Pool	18
Guppy		6:00-6:45 pm					20	40	Cool Pool	18
Guppy			4:15-5:00 pm				20	40	Cool Pool	18
Guppy (Sessions 1 & 2)				10:00-10:45 am			20	40	Cool Pool	18
Guppy						9:35-10:20 am	20	40	Cool Pool	18
ES Guppy	3:45-4:30 pm						40	80	Cool Pool	18
ES Guppy						10:25-11:10 am	40	80	Cool Pool	18
Minnow		6:00-6:45 pm					20	40	Cool Pool	19
Minnow (Sessions 1 & 2)				10:00-10:45 am			20	40	Cool Pool	19
Minnow						10:25-11:10 am	20	40	Cool Pool	19
ES Minnow	4:30-5:15 pm						40	80	Cool Pool	19
ES Minnow			4:15-5:00 pm				40	80	Cool Pool	19
Fish			4:15-5:00 pm				20	40	Cool Pool	19
Fish						9:35-10:20 am	20	40	Cool Pool	19
Flying Fish/Shark			4:15-5:00 pm				20	40	Cool Pool	19
Flying Fish/Shark						9:35-10:20 am	20	40	Cool Pool	19
Adv. Stroke Techniques		6:00-6:45 pm					20	40	Cool Pool	19
Deep Water Exercise		8:00-9:00 am		8:00-9:00 am			20	40	Cool Pool	20
Deep Water Exercise		4:00-5:00 pm		4:00-5:00 pm			20	40	Cool Pool	20
Deep Water Exercise						8:30-9:30 am	FREE	*	Cool Pool	20
High Energy	10:30-11:30 am		10:30-11:30 am		10:30-11:30 am		26	52	Cool Pool	20
High Energy						8:30-9:30 am	FREE	*	Cool Pool	20
Aqua Rock	6:00-7:00 pm		6:00-7:00 pm				20	40	Cool Pool	20
Aqua Rock		10:00-10:45 am					15	30	Cool Pool	20
<b>Sports</b>										
Tae Kwon Do	6:00-7:00 pm		6:00-7:00 pm				40	80	Mississippi Room	22
<b>Rhythm &amp; Movement</b>										
Tumbling-Beginner			4:00-4:45 pm				28	56	Small Gym	23
Tumbling-Adv Beg			4:50-5:35 pm				28	56	Small Gym	23
Tumbling-Int Adv			5:45-6:45 pm				33	66	Small Gym	23
Youth Dance				6:30-7:15 pm			20	40	Mississippi Room	23
<b>Wellness</b>										
Belly Dancing	7:30-8:30 pm						10	20	Studio	24
Cardio Kickboxing		6:30-7:30 pm		6:30-7:30 pm			20	40	Studio	24
Kids' Cycling Club	9:45-10:30 am		9:45-10:30 am				20	40	nrgZone	24
Unlimited Cycling	5:30-6:30 am		5:30-6:30 am				25	50	nrgZone	24
Unlimited Cycling		5:00-6:30 pm		5:00-6:30 pm			25	50	nrgZone	24
Unlimited Cycling		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	25	50	nrgZone	24
Off the Couch Family Fit			6:00-6:45 pm				15	30	YMCA South Field	24
30 Minute Int. Cardio		6:00-6:30 pm		6:00-6:30 pm			18	36	Wellness Center	24
Les Mills BodyJam	7:00-8:00 pm		7:00-8:00 pm				*	*	nrgZone	25
Les Mills BodyJam						9:30-10:30 am	*	*	Studio	25
Les Mills BodyFlow	6:30-7:30 pm		6:30-7:30 pm				*	*	Studio	25
Les Mills BodyFlow		5:30-6:30 am		5:30-6:30 am			*	*	Studio	25
Les Mills BodyFlow		9:30-10:30 am		9:30-10:30 am			*	*	nrgZone	25
Zumba		7:30-8:30 pm		7:30-8:30 pm			20	40	Studio	25
Zumba					9:30-10:30 am		10	20	Studio	25