

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

(continued on next page)

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Memb. Fee	Cmty. Fee	Location	Pg
<b>Aquatics</b>										
Polliwog I	4:00-4:45 pm		4:00-4:45 pm				38	76	Cool Pool	9
Polliwog II		11:15-Noon		11:15-Noon			38	76	Cool Pool	9
Polliwog II						10:25-11:10 am	20	40	Cool Pool	9
ES Polliwog I		11:15-Noon		11:15-Noon			38	76	Cool Pool	9
ES Polliwog I						10:25-11:10 am	26	52	Cool Pool	9
ES Polliwog II	5:00-5:45 pm						26	52	Cool Pool	9
ES Polliwog II						9:35-10:20 am	26	52	Cool Pool	9
Guppy	4:00-4:45 pm		4:00-4:45 pm				38	76	Cool Pool	9
Guppy		11:15-Noon		11:15-Noon			38	76	Cool Pool	9
Guppy		6:00-6:45 pm					20	40	Cool Pool	9
Guppy						10:25-11:10 am	20	40	Cool Pool	9
ES Guppy	5:00-5:45 pm						26	52	Cool Pool	9
ES Guppy						9:35-10:20 am	26	52	Cool Pool	9
Minnow		11:15-Noon		11:15-Noon			38	76	Cool Pool	9
Minnow		6:00-6:45 pm					20	40	Cool Pool	9
Minnow						10:25-11:10 am	20	40	Cool Pool	9
ES Minnow	4:00-4:45 pm						26	52	Cool Pool	9
ES Minnow			4:00-4:45 pm				26	52	Cool Pool	9
Fish	5:00-5:45 pm		5:00-5:45 pm				38	76	Cool Pool	10
Fish						9:35-10:20 am	20	40	Cool Pool	10
Flying Fish/Shark	5:00-5:45 pm		5:00-5:45 pm				38	76	Cool Pool	10
Flying Fish/Shark						9:35-10:20 am	20	40	Cool Pool	10
Stroke Development		6:00-6:45 pm					20	40	Cool Pool	10
GuardStart	(Summer 1 & 2)			8:00-10:15 am			40	60	Illini Room/Warm Pool	10
<b>Aquatics - Wellness Classes</b>										
Deep Water Exercise	7:30-8:30 am		7:30-8:30 am		7:30-8:30 am		25	50	Cool Pool	11
Deep Water Exercise	8:30-9:30 am		8:30-9:30 am		8:30-9:30 am		25	50	Cool Pool	11
Deep Water Exercise		8:00-9:00 am		8:00-9:00 am			17	34	Cool Pool	11
Deep Water Exercise		4:00-5:00 pm		4:00-5:00 pm			17	34	Cool Pool	11
Deep Water Exercise						8:30-9:30 am	FREE	*	Cool Pool	11
High Energy	10:30-11:30 am		10:30-11:30 am		10:30-11:30 am		25	50	Cool Pool	11
High Energy	6:30-7:15 pm		6:30-7:15 pm				17	34	Cool Pool	11
High Energy		8:00-9:00 am		8:00-9:00 am			17	34	Cool Pool	11
High Energy						8:30-9:30 am	FREE	*	Cool Pool	11
<b>Aquatics - Therapeutic</b>										
Slow & Easy	8:15-9:00 am		8:15-9:00 am		8:15-9:00 am		25	50	Warm Pool	11
Slow & Easy	10:30-11:15 am		10:30-11:15 am		10:30-11:15 am		25	50	Warm Pool	11
Slow & Easy	11:15-Noon		11:15-Noon		11:15-Noon		25	50	Warm Pool	11
Slow & Easy	5:00-5:45 pm		5:00-5:45 pm		5:00-5:45 pm		25	50	Warm Pool	11
<b>Sports</b>										
Tae Kwon Do	6:00-7:00 pm		6:00-7:00 pm				40	80	Mississippi Room	12
Little Chippers Golf	various times						25	50	Golf Range	13
First Tee Golf	various times						50	75	Golf Range	13
<b>Tumbling &amp; Dance</b>										
Tumbling-Beginner			4:00-4:45 pm				15	30	Small Gym	13
Tumbling-Intermediate			4:45-5:30 pm				15	30	Small Gym	13
Tumbling-Advanced			5:30-6:15 pm				15	30	Small Gym	13
Football Cheerleading	Rookies:	K-2nd Grade		4:00-4:45 pm			24	48	YMCA Gyms	13
Football Cheerleading	Winners:	3rd-4th Grade		5:00-5:45 pm			24	48	YMCA Gyms	13