



LAKEWOOD-TRUMBULL YMCA PROGRAM SCHEDULE

2010 Fall Programs



For More Information Check Out Our Website @ www.cccymca.org or Call 203-445-9633

Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
DANCE Performing	Tiny Tutus	2 yrs	September 1st - May 31st	Tuesday	10:30 am - 11:00 am	\$ 34.00	\$ 44.00	Family Program Center
	Combo 3-4 yrs	3 - 4 yrs	September 1st - May 31st	Tuesday	9:45 am - 10:30 am	\$ 44.00	\$ 52.00	
		3 - 4 yrs	September 1st - May 31st	Wednesday	10:00 am - 10:45 am	\$ 44.00	\$ 52.00	
		3 - 4 yrs	September 1st - May 31st	Thursday	3:45 pm - 4:30 pm	\$ 44.00	\$ 52.00	
		3 - 4 yrs	September 1st - May 31st	Saturday	9:30 am - 10:15 am	\$ 44.00	\$ 52.00	
		3 - 4 yrs	September 1st - May 31st	Saturday	11:15 am - 12:00 pm	\$ 44.00	\$ 52.00	
		Combo 5-6 yrs	5 - 6 yrs	September 1st - May 31st	Thursday	4:30 pm - 5:30 pm	\$ 44.00	
	5 - 6 yrs		September 1st - May 31st	Saturday	10:15 am - 11:15 am	\$ 44.00	\$ 52.00	
	Ballet A	7 - 9 yrs	September 1st - May 31st	Wednesday	5:00 pm - 6:00 pm	\$ 44.00	\$ 52.00	
	Ballet B	10 - 12 yrs	September 1st - May 31st	Thursday	5:30 pm - 6:30 pm	\$ 44.00	\$ 52.00	
	Ballet C	13 yrs & older	September 1st - May 31st	Wednesday	7:00 pm - 8:00 pm	\$ 44.00	\$ 52.00	
	Hip Hop A	7 - 9 yrs	September 1st - May 31st	Tuesday	5:00 pm - 6:00 pm	\$ 44.00	\$ 52.00	
			September 1st - May 31st	Friday	4:30 pm - 5:30 pm	\$ 44.00	\$ 52.00	
	Hip Hop B	10 - 12 yrs	September 1st - May 31st	Friday	5:30 pm - 6:30 pm	\$ 44.00	\$ 52.00	
	Hip Hop C	13 yrs & older	September 1st - May 31st	Tuesday	6:00 pm - 7:00 pm	\$ 44.00	\$ 52.00	
	Jazz A	7 - 9 yrs	September 1st - May 31st	Wednesday	6:00 pm - 7:00 pm	\$ 44.00	\$ 52.00	
	Jazz B	10 - 12 yrs	September 1st - May 31st	Thursday	6:30 pm - 7:30 pm	\$ 44.00	\$ 52.00	
	Jazz C	13 yrs & older	September 1st - May 31st	Friday	4:30 pm - 5:30 pm	\$ 44.00	\$ 52.00	
	Tap A	7 - 9 yrs	September 1st - May 31st	Monday	5:00 pm - 5:45 pm	\$ 44.00	\$ 52.00	
	Tap B	10 - 12 yrs	September 1st - May 31st	Monday	5:45 pm - 6:30 pm	\$ 44.00	\$ 52.00	
Modern Dance	12 yrs & older	September 1st - May 31st	Wednesday	8:00 pm - 9:00 pm	\$ 44.00	\$ 52.00		
Costume A	2 - 6 yrs	November 10th			\$ 45.00	\$ 45.00		
Costume B	7 yrs & older	November 10th			\$ 60.00	\$ 60.00		
DANCE Non-Performing	Mommy and Me	2 yrs	September 8th-December 8th	Wednesday	9:30 am - 10:00 am	\$ 122.00	\$ 153.00	Family Program Center
	Mommy and Me	2 yrs	September 13th - December 13th	Monday	10:15 am - 10:45 am	\$ 122.00	\$ 153.00	
	Combo 3-4 yrs - non-performing	3 - 4 yrs	September 7th- December 7th	Tuesday	11:00 am-11:45 am	\$ 138.00	\$ 184.00	
		3 - 4 yrs	September 13th-December 13th	Monday	10:45 am-11:30 am	\$ 138.00	\$ 184.00	
	Hip Hop - non-performing	8 - 12 yrs	September 10th - December 17th	Friday	6:30 pm-7:30 pm	\$ 138.00	\$ 184.00	
	Adult Hip Hop	16 yrs & older	September 10th - December 17th	Friday	7:30 pm - 8:30 pm	\$ 138.00	\$ 184.00	
FITNESS	Circuits & Strength	Adult	September 7th - December 14th	Tuesday	9:15 am - 10:00 am	Free	\$ 210.00	Family Program Center
	Easy Does It	Adult	September 7th - December 30th	M, T, Th, F	11:00 am - 12:00 pm	Free	\$ 175.00	
	PACT Class	12 & 13 yrs	September 7th - December 30th	Appointment	Appointment Only	Free	N/A	
	Unlimited Fitness Pass	Adult	September 7th - December 30th	All Classes	All Group Ex. Classes	Free	\$ 285.00	
	Y Be Fit Kids	7 to 11 yrs	September 11th - December 18th	Saturday	12:15 pm - 1:00 pm	Free	\$ 150.00	
	Youth Strength Training	14 to 18 yrs	September 13th - October 20th	Mon & Wed	4:00 pm - 4:45 pm	\$ 85.00	\$ 110.00	
	Women's Strength Training	Adult	September 14th - October 22nd	Tues & Fri	8:45 am - 9:45 am	\$ 85.00	\$ 110.00	
	Family Boot Camp	Family	September 12th- December 19th	Sunday	12:00 pm - 1:00 pm	\$ 60.00	\$ 180.00	



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Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
GYMNASTICS ACADEMY	Pre-Holiday Academy	3-6 years	December 20th	Monday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	Family Program Center
		3-6 years	December 21st	Tuesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
		3-6 years	December 22nd	Wednesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
	Post-Holiday Academy	3-12 years	December 27th	Monday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
		3-12 years	December 28th	Tuesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
		3-12 years	December 29th	Wednesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
GYMNASTICS PRESCHOOL	Acro Cats I	4 1/2 - 6 years	September 13th - December 13th	Monday	10:15 am - 11:00 am	\$ 194.00	\$ 247.00	Family Program Center
			September 7th - December 14th	Tuesday	9:15 am - 10:00 am	\$ 194.00	\$ 247.00	
			September 7th - December 14th	Tuesday	1:30 pm - 2:15 pm	\$ 194.00	\$ 247.00	
			September 9th - December 16th	Thursday	11:15 am - 12:00 pm	\$ 194.00	\$ 247.00	
			September 9th - December 16th	Thursday	1:30 pm - 2:15 pm	\$ 194.00	\$ 247.00	
			September 11th - December 18th	Saturday	9:20 am - 10:05 am	\$ 194.00	\$ 247.00	
	Acro Cats II	4 1/2 - 6 years	September 13th - December 13th	Monday	1:30 pm - 2:20 pm	\$ 194.00	\$ 247.00	
			September 9th - December 16th	Thursday	10:15 am - 11:05 am	\$ 194.00	\$ 247.00	
	Bouncing Bears	3 years	September 13th - December 13th	Monday	9:15 am - 10:00 am	\$ 194.00	\$ 247.00	
			September 7th - December 14th	Tuesday	10:15 am - 11:00 am	\$ 194.00	\$ 247.00	
			September 8th - December 15th	Wednesday	11:15 am - 12:00 pm	\$ 194.00	\$ 247.00	
	Discovery Dolphins	3 - 5 years	September 10th - December 17th	Friday	9:15 am - 11:15 am	\$ 242.00	\$ 296.00	
			September 10th - December 17th	Friday	12:30 pm - 2:30 pm	\$ 242.00	\$ 296.00	
	Flipping Frogs	Boys 4-5 yrs	September 7th - December 14th	Tuesday	12:30 pm - 1:15 pm	\$ 194.00	\$ 247.00	
			September 9th - December 16th	Thursday	9:15 am - 10:00 am	\$ 194.00	\$ 247.00	
	Hoppin Tots	2 - 3 1/2 years	September 13th - December 13th	Monday	11:15 am - 12:00 pm	\$ 194.00	\$ 247.00	
			September 8th - December 15th	Wednesday	9:15 am - 10:00 am	\$ 194.00	\$ 247.00	
			September 11th - December 18th	Saturday	8:30 am - 9:15 am	\$ 194.00	\$ 247.00	
	Preschool Open Gym	18+ months	September 13th - December 13th	Monday	12:30 pm - 1:15 pm	\$ 5.00	\$ 10.00	
			September 8th - December 15th	Wednesday	10:15 am - 11:00 am	\$ 5.00	\$ 10.00	
			September 10th - December 17th	Friday	11:30 am - 12:15 pm	\$ 5.00	\$ 10.00	
	Tumbling Tigers	3 1/2 - 4 1/2 yrs.	September 13th - December 13th	Monday	9:15 am - 10:00 am	\$ 194.00	\$ 247.00	
			September 7th - December 14th	Tuesday	11:15 am - 12:00 pm	\$ 194.00	\$ 247.00	
			September 8th - December 15th	Wednesday	1:30 pm - 2:15 pm	\$ 194.00	\$ 247.00	
September 9th - December 16th			Thursday	12:30 pm - 1:15 pm	\$ 194.00	\$ 247.00		
September 11th - December 18th			Saturday	9:20 am - 10:05 am	\$ 194.00	\$ 247.00		
Exceptional Dynamic Gymnast	4-13 yrs old	September 12th - December 12th	Sunday	9:30 am - 10:30 am	\$ 126.00	\$ 126.00		
		September 12th - December 12th	Sunday	10:30 am - 11:30 am	\$ 126.00	\$ 126.00		



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Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
GYMNASTICS BOYS	Boys Level I	K - 12th Grade	September 7th - December 14th	Tuesday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	Family Program Center
			September 8th- December 15th	Wednesday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	
			September 11th - December 18th	Saturday	10:15 am - 11:15 am	\$ 185.00	\$ 218.00	
	Boys level I Advanced	K - 12th Grade	September 8th- December 15th	Wednesday	5:25 pm - 6:25 pm	\$ 185.00	\$ 218.00	
			September 10th - December 17th	Friday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	
Boys Level II	K - 12th Grade	September 8th- December 15th	Wednesday	5:25 pm - 6:25 pm	\$ 185.00	\$ 218.00		
GYMNASTICS GIRLS	Girls Accelerated I	K - 12th Grade	September 8th- December 15th	Wednesday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	Family Program Center
			September 10th - December 17th	Friday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	
			September 8th - December 17th	Wed & Fri	4:15 pm - 5:15 pm	\$ 277.00	\$ 332.00	
	Girls Accelerated II	K - 12th Grade	September 7th - December 17th	Tues & Fri	4:15 pm - 5:45 pm	\$ 380.00	\$ 450.00	
	Girls Level I	K - 12th Grade	September 7th - December 14th	Tuesday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	
			September 8th- December 15th	Wednesday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	
			September 8th- December 15th	Wednesday	5:25 pm - 6:25 pm	\$ 185.00	\$ 218.00	
			September 10th - December 17th	Friday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	
			September 11th - December 18th	Saturday	10:15 am - 11:15 am	\$ 185.00	\$ 218.00	
			September 11th - December 18th	Saturday	11:20 am - 12:20 pm	\$ 185.00	\$ 218.00	
			September 11th - December 18th	Saturday	12:25 pm - 1:25 pm	\$ 185.00	\$ 218.00	
	Girls Level I Advanced	K - 12th Grade	September 8th- December 15th	Wednesday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	
			September 8th- December 15th	Wednesday	5:25 pm - 6:25 pm	\$ 185.00	\$ 218.00	
			September 10th - December 17th	Friday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	
			September 11th - December 18th	Saturday	10:15 am - 11:15 am	\$ 185.00	\$ 218.00	
			September 11th - December 18th	Saturday	12:25 pm - 1:25 pm	\$ 185.00	\$ 218.00	
	Girls Level II	K - 12th Grade	September 8th- December 15th	Wednesday	5:25 pm - 6:25 pm	\$ 185.00	\$ 218.00	
			September 10th - December 17th	Friday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	
			September 11th - December 18th	Saturday	10:15 am - 11:15 am	\$ 185.00	\$ 218.00	
			September 11th - December 18th	Saturday	11:20 am - 12:20 pm	\$ 185.00	\$ 218.00	
	Girls Level II Advanced	K - 12th Grade	September 8th- December 15th	Wednesday	6:35 pm - 8:05 pm	\$ 245.00	\$ 304.00	
			September 7th - December 14th	Tuesday	4:15 pm - 5:45 pm	\$ 245.00	\$ 304.00	
			September 11th - December 18th	Saturday	11:20 am - 12:50 pm	\$ 245.00	\$ 304.00	
	Girls Level III	K - 12th Grade	September 8th- December 15th	Wednesday	6:35 pm - 8:05 pm	\$ 245.00	\$ 304.00	
			September 7th - December 14th	Tuesday	4:15 pm - 5:45 pm	\$ 245.00	\$ 304.00	
			September 11th - December 18th	Saturday	11:20 am - 12:50 pm	\$ 245.00	\$ 304.00	
	Girls Level III Advanced	K - 12th Grade	September 8th- December 15th	Wednesday	6:35 pm - 8:35 pm	\$ 310.00	\$ 373.00	
K - 12th Grade		September 7th - December 14th	Tuesday	4:15 pm - 6:15 pm	\$ 310.00	\$ 373.00		
Girls Level IV	K - 12th Grade	September 7th - December 14th	Tuesday	4:15 pm - 6:15 pm	\$ 310.00	\$ 373.00		
	K - 12th Grade	September 8th- December 15th	Wednesday	6:35 pm - 8:35 pm	\$ 310.00	\$ 373.00		



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GYMNASTICS TUMBLING	Cheerleader Tumbling	6th- 12th Grade	September 13th - December 13th	Monday	3:00 pm - 4:30 pm	\$ 310.00	\$ 373.00	Family Program Center
			December 10th - December 17th	Friday	3:00 pm - 4:30 pm	\$ 310.00	\$ 373.00	
			September 13th - December 17th	Mon & Fri	3:00 pm - 4:30 pm	\$ 387.00	\$ 466.00	
	Beginner Tumbling	K - 5th Grade	September 8th- December 15th	Wednesday	4:15 pm - 5:15 pm	\$ 185.00	\$ 218.00	
	Intermediate/Advanced	2 - 8th Grade	September 7th - December 14th	Tuesday	3:00 pm - 4:00 pm	\$ 185.00	\$ 218.00	
AFTERSCHOOL GYMNASTICS	Open Gym	K - 8th Grade	September 10th - December 17th	Friday	8:00 pm - 9:00 pm	\$ 45.00	\$ 90.00	Family Program Center
	Open Gym (Drop In)	K - 8th Grade	September 10th - December 17th	Friday	8:00 pm - 9:00 pm	\$ 5.00	\$ 10.00	
MARTIAL ARTS	Beginner's Level: White Orange & Blue Belts	6 yrs & older	September 10th - December 17th	Monday	6:00 pm - 7:15 pm	\$ 270.00	\$ 345.00	Family Program Center
			September 13th - December 20th	Friday	6:00 pm - 7:15 pm	\$ 270.00	\$ 345.00	
	Advanced Level	6 yrs & older	September 10th - December 17th	Monday	7:15 pm - 8:30 pm	\$ 270.00	\$ 345.00	
			September 9th - December 16th	Friday	7:15 pm - 8:30 pm	\$ 270.00	\$ 345.00	
	All Levels	6 yrs & older	September 13th - December 20th	Thursday	6:15 pm - 7:30 pm	\$ 270.00	\$ 345.00	
	Ninja Kids	5 & 6 yrs	September 10th - December 17th	Friday	5:00 pm - 5:45 pm	\$ 215.00	\$ 300.00	
	Martial Arts Package	6 yrs & older	September 9th - December 21st	M, Th, F	Assigned By Instructor	\$ 300.00	\$ 400.00	
	Black Belt Training	6 yrs & older	September 9th - December 16th	M, Th, F	Assigned By Instructor	\$ 290.00	\$ 380.00	
Weapons Class	7 yrs & older	September 9th - December 16th	Thursday	7:30 pm - 8:30 pm	\$ 270.00	\$ 345.00		
NUTRITION	(1) 60 Minute Session	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 60.00	\$ 75.00	Family Program Center
	(2) 60 Minute Sessions	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 100.00	\$ 125.00	
	(3) 60 Minute Sessions	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 135.00	\$ 150.00	
PARKOUR	Parkour	7-12th Grade	September 8th- December 15th	Wednesday	3:00 pm - 4:00 pm	\$ 310.00	\$ 373.00	Family Program Center
PERSONAL TRAINING	Single Session Package	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 60.00	N/A	Family Program Center
	Basic Training Package	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 275.00	N/A	
	Deluxe Training Package	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 499.00	N/A	
	Ultimate Training Package	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 695.00	N/A	
	Basic Renewal Package	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 250.00	N/A	
	Deluxe Renewal Package	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 449.00	N/A	
	Ultimate Renewal Package	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 600.00	N/A	
	P.T. With A Partner (Basic)	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 415.00	N/A	
	P.T. With A Partner (Deluxe)	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 750.00	N/A	
	P.T. With A Partner (Ultimate)	14 & older	September 7th - December 30th	Appointment	Appointment Only	\$ 990.00	N/A	
	Pilates One on One	Adult	September 7th - December 30th	Appointment	Appointment Only	60.00/per	N/A	



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PRESCHOOL CLASSES	Playtime Pals	14 - 24 months	September 9th - December 9th	Thursday	9:30 - 10:15	\$ 160.00	\$ 204.00	Family Program Center
		25 - 36 months	September 9th - December 9th	Thursday	10:30 - 11:15	\$ 160.00	\$ 204.00	
	Stepping Stones	2 & 3 years	September 9th - December 9th	Thursday	11:30 - 1:15	\$ 186.00	\$ 239.00	
		2 & 3 years	September 10h - December 10h	Friday	11:30 - 1:15	\$ 186.00	\$ 239.00	
SPINNING	Class day and times	Adult	September 7th - December 31st	Monday	5:15 am - 6:05 am	see fees below	N/A	Family Program Center
		Adult	September 7th - December 31st	Tuesday	7:30 pm - 8:20 pm		N/A	
		Adult	September 7th - December 31st	Wednesday	5:15 am - 6:05 am		N/A	
		Adult	September 7th - December 31st	Wednesday	8:45 am - 9:35 am		N/A	
		Adult	September 7th - December 31st	Thursday	8:45 am - 9:35 am		N/A	
		Adult	September 7th - December 31st	Saturday	8:10 am - 9:00 am		N/A	
		Adult	September 7th - December 31st	Saturday	11:10 am - 12:00 pm		N/A	
		Adult	September 7th - December 31st	Sunday	9:10 am - 10:00 am		N/A	
	Spinning Drop In Fee	Adult	September 7th - December 31st	Sun - Sat	above times	\$ 10.00	N/A	
	10 Session "Punch Card"	Adult	7 weeks from date of issuance	Sun - Sat	above times	\$ 60.00	N/A	
20 Session "Punch Card"	Adult	12 weeks from date of issuance	Sun - Sat	above times	\$ 100.00	N/A		
SPORTS Baseball	Little Bunters ~ T-Ball	3 - 5 years	September 8th - October 27th	Wednesday	10:00 am - 10:45 am	\$ 66.00	\$ 110.00	Outdoor Center
		3 - 5 years	September 9th - October 28th	Thursday	11:00 am - 11:45 am	\$ 66.00	\$ 110.00	Holy Cross Church
		3 - 5 years	September 11th - October 30th	Saturday	10:00 am - 10:45 am	\$ 66.00	\$ 110.00	
		3 - 5 years	September 11th - October 30th	Saturday	12:00 pm - 12:45 pm	\$ 66.00	\$ 110.00	
	Little Sluggers ~ T-Ball	K - 1st Grade	September 8th - October 27th	Wednesday	4:15 pm - 5:15 pm	\$ 124.00	\$ 180.00	Outdoor Center
		K - 1st Grade	September 9th - October 28th	Thursday	4:15 pm - 5:15 pm	\$ 124.00	\$ 180.00	
		K - 1st Grade	September 11th - October 30th	Saturday	11:00 am - 12:00 pm	\$ 124.00	\$ 180.00	
	Y - Baseball Minors	2 - 3rd Grade	September 11th - October 30th	Saturday	11:15 am - 12:15 pm	\$ 124.00	\$ 180.00	
2 - 3rd Grade		September 9th - October 28th	Thursday	5:00 pm - 6:00 pm	\$ 124.00	\$ 180.00		
SPORTS Basketball	Little Dribblers	3 - 4 years old	September 11th - December 11th	Saturday	9:20 am - 10:05 am	\$ 115.00	\$ 192.00	
			September 8th - December 8th	Wednesday	9:45 am - 10:30 am	\$ 115.00	\$ 192.00	
	Basketball Pre K	4 - 6 years old	September 11th - December 11th	Saturday	11:20 am - 12:05 am	\$ 115.00	\$ 192.00	
			September 8th - December 8th	Wednesday	10:15 am - 11:15 am	\$ 115.00	\$ 192.00	
	Basketball K - 2nd	K - 2nd Grades	November 6th - December 18th	Saturday	10:15 am - 11:15 pm	\$ 144.00	\$ 216.00	
			November 4th - December 16th	Thursday	4:15 pm - 5:15 pm	\$ 144.00	\$ 216.00	
	Basketball 3rd - 4th	3rd - 4th Grades	September 9th - October 28th	Saturday	12:10 pm - 1:10 pm	\$ 144.00	\$ 216.00	
			November 4th - December 16th	Thursday	5:30 pm - 6:30 pm	\$ 144.00	\$ 216.00	
	Basketball 5th - 6th	5th - 6th Grades	November 4th - December 16th	Thursday	6:45 pm - 7:45 pm	\$ 144.00	\$ 216.00	
	Travel League ~ Boys	5th - 8th Grades	October 2010 - March 2010	N/A	N/A	\$ 232.00	\$ 310.00	
Travel League ~ Girls	5th - 8th Grades	October 2010 - March 2010	N/A	N/A	\$ 232.00	\$ 310.00		



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SPORTS Soccer	Kick-Start	3 - 4 years old	September 11th - October 30th	Saturday	9:00 am - 9:45 am	\$ 66.00	\$ 110.00	Holy Cross Church
		3 - 4 years old	September 11th - October 30th	Saturday	12:00 pm - 12:45 pm	\$ 66.00	\$ 110.00	
	Star Kickers	4 - 6 years old	September 11th - October 30th	Saturday	9:45 am - 10:30 am	\$ 66.00	\$ 110.00	
	Strikers	K - 1st	September 11th - October 30th	Saturday	10:45 am - 11:45 pm	\$ 124.00	\$ 180.00	
		K - 1st	September 11th - October 30th	Saturday	11:45 am - 12:45 pm	\$ 124.00	\$ 180.00	
	Indoor Kick-Start	3 - 4 years old	November 8th - December 20th	Monday	10:00 am - 10:45 am	\$ 56.00	\$ 96.00	Family Program Center
Indoor Star Kickers	4 - 6 years old	November 8th - December 20th	Monday	11:00 am - 11:45 am	\$ 56.00	\$ 96.00		
SPORTS Tennis	FCT PeeWee (Outdoor)	4 - 6 years old	September 13th - October 18th	Monday	3:30 pm - 4:00 pm	\$ 49.00	\$ 79.00	Outdoor Center
			September 11th - October 16th	Saturday	9:00 am - 9:45 am	\$ 89.00	\$ 119.00	
	FCT Junior Clinic (Outdoor)	7 - 9 years old	September 13th - October 18th	Monday	4:00 pm - 5:00 pm	\$ 99.00	\$ 129.00	
			September 11th - October 16th	Saturday	10:00 am - 11:00 am	\$ 109.00	\$ 139.00	
		10 - 13 years old	September 13th - October 18th	Monday	5:00 pm - 6:00 pm	\$ 99.00	\$ 129.00	
			September 11th - October 16th	Saturday	11:00 am - 12:00 pm	\$ 109.00	\$ 139.00	
	FCT PeeWee (Indoor)	4 - 6 years old	November 8th - December 13th	Monday	3:30 pm - 4:00 pm	\$ 89.00	\$ 119.00	Family Program Center
			December 20th - January 31st	Monday	3:30 pm - 4:00 pm	\$ 89.00	\$ 119.00	
	FCT Junior Clinic (Indoor)	7 - 9 years old	November 8th - December 13th	Monday	4:00 pm - 5:00 pm	\$ 109.00	\$ 139.00	
			December 20th - January 31st	Monday	4:00 pm - 5:00 pm	\$ 109.00	\$ 139.00	
10 - 13 years old		November 8th - December 13th	Monday	5:00 pm - 6:00 pm	\$ 109.00	\$ 139.00		
		December 20th - January 31st	Monday	5:00 pm - 6:00 pm	\$ 109.00	\$ 139.00		
YOGA	Yoga	Adult	September 13th - December 20th	Monday	9:00 am - 10:00 am	\$ 150.00	\$ 225.00	Family Program Center
		Adult	September 13th - December 20th	Monday	6:30 pm - 7:30 pm	\$ 150.00	\$ 225.00	
		Adult	September 13th - December 20th	Monday	7:40 pm - 8:40 pm	\$ 150.00	\$ 225.00	
		Adult	September 8th - December 15th	Wednesday	8:30 am - 9:30 am	\$ 150.00	\$ 225.00	
		Adult	September 9th - December 16th	Thursday	7:30 pm - 8:45 pm	\$ 150.00	\$ 225.00	
		Adult	September 10th - December 17th	Friday	9:30 am - 10:45 am	\$ 150.00	\$ 225.00	
		Adult	September 12th - December 19th	Sunday	9:15 am - 10:30 am	\$ 150.00	\$ 225.00	
	Yoga 2x Per week	Adult	September 7th - December 20th	Sun - Fri		\$ 275.00	\$ 400.00	
	Yoga 3x Per week	Adult	September 7th - December 20th	Sun - Fri		\$ 400.00	\$ 600.00	
	Yoga Level II	Adult	September 7th - December 18th	Tuesday	7:30 pm - 8:45 pm	\$ 150.00	\$ 225.00	
	Pre Natal Yoga	Adult	10 class package	Saturday	8:15 am - 9:30 am	\$ 125.00	\$ 180.00	
Yoga For Teens	14 to 18 yrs	September 8th - December 15th	Wednesday	4:00 pm - 4:45 pm	\$ 150.00	\$ 225.00		