



LAKWOOD-TRUMBULL YMCA PROGRAM SCHEDULE



2010 Spring Programs

Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
Dance	Combo 3-4 Non-performing	3-4 yrs	March 29th-June 7th	Monday	10:45 am - 11:30 am	\$ 110.00	\$ 165.00	Family Program Center
			March 29th-June 7th	Monday	3:15 pm - 4:00 pm	\$ 110.00	\$ 165.00	
	Mommy & Me Non-performing	2 yrs	March 31st-June 9th	Wednesday	9:30 am - 10:00 am	\$ 88.00	\$ 143.00	
			March 29th-June 7th	Monday	10:15 am - 10:45 am	\$ 88.00	\$ 143.00	
	Combo 3-4 Non-performing	3-4 yrs	March 30th-June 8th	Tuesday	11:00 am - 11:45 am	\$ 110.00	\$ 165.00	
	Hip Hop 8-12 Non-performing	8-12 yrs	April 2nd-June 11th	Friday	6:30 pm - 7:30 pm	\$ 110.00	\$ 165.00	
Adult Dance Hip Hop Non-performi	13 yrs and up	April 2nd-June 11th	Friday	7:30 pm - 8:30 pm	\$ 110.00	\$ 165.00		
Fitness	Circuits & Strength	Adult	March 30th - June 8th	Tuesday	9:15 am - 10:00 am	Free	\$ 155.00	Family Program Center
	Easy Does It	Adult	March 29th - June 11th	M, T, Th, F	11:00 am - 12:00 pm	Free	\$40.00/1x wk	
			March 29th - June 11th	M, T, Th, F	11:00 am - 12:00 pm	Free	\$85.00/2x wk	
			March 29th - June 11th	M, T, Th, F	11:00 am - 12:00 pm	Free	\$135.00/3x wk	
			March 29th - June 11th	M, T, Th, F	11:00 am - 12:00 pm	Free	\$175.00/4x wk	
	PACT Class	12 & 13 yrs	March 29th - June 12th	Appointment	Appointment Only	Free	N/A	
	Pilates One on One	Adult	March 29th - June 12th	Appointment	Appointment Only	\$60.00/1x	N/A	
	Unlimited Fitness Pass	Adult	March 29th - June 12th	All Classes	All Group Ex. Classes	Free	\$ 210.00	
	Y Be Fit Kids	7 to 11 yrs	April 3rd - June 12th	Saturday	12:15 pm - 1:00 pm	Free	\$ 110.00	
	Women's Strength Training	Adult	March 29th - June 10th	Mon & Thurs	9:30 am - 10:30 am	\$ 160.00	\$ 200.00	
Family Boot Camp	Family	April 11th - June 20th	Sunday	12:00 pm - 1:00 pm	\$ 40.00	\$ 120.00		
Youth Strength Training	14 to 18 yrs	March 29th - June 16th	Mon & Wed	4:00 pm - 5:00 pm	\$ 115.00	\$ 180.00		
Preschool Gymnastics	Acro Cats I	4 1/2 - 6 years	March 29th - June 21st	Monday	10:15 am - 11:00 am	\$ 162.00	\$ 205.00	Family Program Center
			March 30th - June 15th	Tuesday	9:15 am - 10:00am	\$ 162.00	\$ 205.00	
			March 30th - June 15th	Tuesday	1:30 pm - 2:15 pm	\$ 162.00	\$ 205.00	
			April 1st - June 17th	Thursday	11:15 am - 12:00 pm	\$ 162.00	\$ 205.00	
			April 1st - June 17th	Thursday	1:30 pm - 2:15 pm	\$ 162.00	\$ 205.00	
			April 3rd - June 12th	Saturday	9:20 am - 10:05 am	\$ 162.00	\$ 205.00	
	Acro Cats II	4 1/2 - 6 years	March 29th - June 21st	Monday	1:30 pm - 2:20 pm	\$ 162.00	\$ 205.00	
			April 1st - June 17th	Thursday	10:15 am - 11:05 am	\$ 162.00	\$ 205.00	
	Bouncing Bears	3 years	March 29th - June 21 st	Monday	9:15 am - 10:00 am	\$ 162.00	\$ 205.00	
			March 30th - June 15th	Tuesday	10:15 am - 11:00 am	\$ 162.00	\$ 205.00	
			March 31st - June 16th	Wednesday	11:15 am - 12:00 pm	\$ 162.00	\$ 205.00	
	Discovery Dolphins	3 - 5 years	April 9th - June 18th	Friday	9:15 am - 11:15 am	\$ 205.00	\$ 243.00	
			April 9th - June 18th	Friday	12:30 pm - 2:30 pm	\$ 205.00	\$ 243.00	
	Flipping Frogs	4 - 6 years	March 30th - June 15th	Tuesday	12:30 pm - 1:15 pm	\$ 162.00	\$ 205.00	
			April 1st - June 17th	Thursday	9:15 am - 10:00am	\$ 162.00	\$ 205.00	
	Hoppin Tots	2 - 3 1/2 years	March 29th - June 21 st	Monday	11:15 am - 12:00 pm	\$ 162.00	\$ 205.00	
March 31st - June 16th			Wednesday	9:15 am - 10:00am	\$ 162.00	\$ 205.00		
April 3rd - June 12th			Saturday	8:30 am - 9:15 am	\$ 162.00	\$ 205.00		

Sign up by March 19th and have the option for a two payment method. One upon registration and the next on April 10th

\$10.00 late fee charge for Gymnastics Programs after March 28th



LAKWOOD-TRUMBULL YMCA PROGRAM SCHEDULE



2010 Spring Programs

Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location		
Preschool Gymnastics (cont.) Sign up by March 19th and have the option for a two payment method. One upon registration and the next on April 10th \$10.00 late fee charge for Gymnastics Programs after	Preschool Open Gym	18+ months	March 29th - June 21st	Monday	12:30 pm - 1:15 pm	\$ 5.00	\$ 10.00	Family Program Center		
			March 31st - June 16th	Wednesday	10:15 am - 11:00 am	\$ 5.00	\$ 10.00			
			April 9th - June 18th	Friday	11:30 am - 12:15 pm	\$ 5.00	\$ 10.00			
	Tumbling Tigers	3 1/2 - 4 1/2 yrs.	March 29th - June 21 st	Monday	9:15 am - 10:00 am	\$ 162.00	\$ 205.00			
			March 30th - June 15th	Tuesday	11:15 am - 12:00 pm	\$ 162.00	\$ 205.00			
			March 31st - June 16th	Wednesday	1:30 pm - 2:15 pm	\$ 162.00	\$ 205.00			
			April 1st - June 17th	Thursday	12:30 pm - 1:15 pm	\$ 162.00	\$ 205.00			
			April 3rd - June 12th	Saturday	9:20 am - 10:05 am	\$ 162.00	\$ 205.00			
			Exceptional Dynamic Gymnast	4-13 yrs old	April 11th - June 20th	Sunday	9:30 am - 10:30 am		\$ 116.00	\$ 116.00
	Exceptional Dynamic Gymnast	4-13 yrs old	April 11th - June 20th	Sunday	10:30 am - 11:30 am	\$ 116.00	\$ 116.00			
Afterschool Gymnastics Boys Sign up by March 19th and have the option for a two payment method. One upon registration and the next on \$10.00 late fee charge for Gymnastics Programs after	Boys Level I	K - 12th Grade	March 29th - June 14th	Monday	4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00	Family Program Center		
			March 31st - June 9th	Wednesday	4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00			
			April 9th - June 18th	Friday	4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00			
			April 3rd - June 12th	Saturday	11:20 am - 12:20 am	\$ 180.00	\$ 212.00			
	Boys level I Advanced	K - 12th Grade	April 9th - June 18th	Friday	4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00			
			March 31st - June 9th	Wednesday	5:15 pm - 6:15 pm	\$ 180.00	\$ 212.00			
	Boys Level II	K - 12th Grade	March 31st - June 9th	Wednesday	5:15 pm - 6:15 pm	\$ 180.00	\$ 212.00			
Afterschool Gymnastics Girls Sign up by March 19th and have the option for a two payment method. One upon registration and the next on April 10th \$10.00 late fee charge for Gymnastics Programs after March 28th	Girls Accelerated I	K - 12th Grade	April 9th - June 18th	Friday	4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00	Family Program Center		
			March 29th - June 14th	Monday	4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00			
			March 29th - June 18th	Mon. & Fri.	4:15 pm - 5:15 pm	\$ 222.00	\$ 264.00			
	Girls Accelerated II	K - 12th Grade	March 30th - June 10th	Tues. & Thurs.	4:15 pm - 5:15 pm	\$ 222.00	\$ 264.00			
			Girls Level I	K - 12th Grade	March 29th - June 14th	Monday	4:15 pm - 5:15 pm		\$ 180.00	\$ 212.00
	March 31st - June 9th	Wednesday			4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00			
	March 31st - June 9th	Wednesday			5:15 pm - 6:15 pm	\$ 180.00	\$ 212.00			
	April 9th - June 18th	Friday			4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00			
	April 3rd - June 12th	Saturday			10:15 am - 11:15 am	\$ 180.00	\$ 212.00			
	April 3rd - June 12th	Saturday			11:20 am - 12:20 am	\$ 180.00	\$ 212.00			
	Girls Level I Advanced	K - 12th Grade	March 29th - June 14th	Monday	5:15 pm - 6:15 pm	\$ 180.00	\$ 212.00			
			March 31st - June 9th	Wednesday	4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00			
			March 31st - June 9th	Wednesday	5:15 pm - 6:15 pm	\$ 180.00	\$ 212.00			
			April 9th - June 18th	Friday	4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00			
			April 3rd - June 12th	Saturday	11:20 am - 12:20 am	\$ 180.00	\$ 212.00			
	Girls Level II	K - 12th Grade	March 31st - June 9th	Wednesday	5:15 pm - 6:15 pm	\$ 180.00	\$ 212.00			
			April 9th - June 18th	Friday	4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00			
			April 3rd - June 12th	Saturday	10:15 am - 11:15 am	\$ 180.00	\$ 212.00			
			Girls Level II Advanced	K - 12th Grade	March 31st - June 9th	Wednesday	6:15 pm - 7:45 pm		\$ 202.00	\$ 249.00
					April 1st - June 10th	Thursday	4:15 pm - 5:45 pm		\$ 202.00	\$ 249.00
April 3rd - June 12th	Saturday	10:15 pm - 11:45 pm			\$ 202.00	\$ 249.00				



LAKWOOD-TRUMBULL YMCA PROGRAM SCHEDULE



2010 Spring Programs

Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
Afterschool Gymnastics Girls (cont.)	Girls Level III	K - 12th Grade	March 31st - June 9th	Wednesday	6:15 pm - 7:45 pm	\$ 202.00	\$ 249.00	Family Program Center
			April 1st - June 10th	Thursday	4:15 pm - 5:45 pm	\$ 202.00	\$ 249.00	
	Girls Level III Advanced	K - 12th Grade	March 31st - June 9th	Wednesday	6:15 pm - 8:15 pm	\$ 254.00	\$ 302.00	
	Girls Level IV	K - 12th Grade	March 31st - June 9th	Wednesday	6:15 pm - 8:15 pm	\$ 254.00	\$ 302.00	
Cheerleading & Tumbling	Cheerleader Tumbling	6th- 12th Grade	March 29th - June 14th	Monday	3:00 pm - 4:00 pm	\$ 180.00	\$ 212.00	Family Program Center
			April 9th - June 18th	Friday	3:00 pm - 4:00 pm	\$ 180.00	\$ 212.00	
			March 29th - June 18th	Mon & Fri	3:00 pm - 4:00 pm	\$ 222.00	\$ 264.00	
	Beginner Tumbling	K - 5th Grade	March 31st - June 9th	Wednesday	4:15 pm - 5:15 pm	\$ 180.00	\$ 212.00	
	Intermediate/Advanced Tumbling	2 - 8th Grade	March 30th - June 8th	Tuesday	5:15 pm - 6:15 pm	\$ 180.00	\$ 212.00	
Gymnastics Academy	April Vacation Academy	K - 7th Grade	April 19th	Monday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	Family Program Center
			April 20th	Tuesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
			April 21st	Wednesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
			April 22nd	Thursday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
			April 23rd	Friday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
Gymnastics Summer Camp and Academy	Session I	K - 7th Grade	June 21st - June 25th	Tues - Fri	9:00 am - 3:30 pm	\$ 212.00	\$ 250.00	Family Program Center
	Session II	K - 7th Grade	June 28th - July 22nd	Mon - Fri	9:00 am - 3:30 pm	\$ 212.00	\$ 250.00	
	Session III	K - 7th Grade	July 5th - July 9th	Mon - Fri	9:00 am - 3:30 pm	\$ 212.00	\$ 250.00	
	Session IV	K - 7th Grade	August 16th - August 20th	Mon - Fri	9:00 am - 3:30 pm	\$ 212.00	\$ 250.00	
	Session V	K - 7th Grade	August 23rd - August 27th	Mon - Fri	9:00 am - 3:30 pm	\$ 212.00	\$ 250.00	
	Preschool Session I	3 - 5 years	June 21st - June 25th	Mon - Fri	9:00 am - 12:30 pm	\$ 120.00	\$ 147.00	
	Preschool Session II	3 - 5 years	June 28th - July 22nd	Mon - Fri	9:00 am - 12:30 pm	\$ 120.00	\$ 147.00	
	Preschool Session III	3 - 5 years	July 5th - July 9th	Mon - Fri	9:00 am - 12:30 pm	\$ 120.00	\$ 147.00	
	Preschool Session IV	3 - 5 years	August 16th - August 20th	Mon - Fri	9:00 am - 12:30 pm	\$ 120.00	\$ 147.00	
	Preschool Session V	3 - 5 years	August 23rd - August 27th	Mon - Fri	9:00 am - 12:30 pm	\$ 120.00	\$ 147.00	
	Cheer Academy Session I	6 - 12 Grade	June 29th - July 3rd	Mon - Fri	3:30 pm - 6:30 pm	\$ 112.00	\$ 139.00	
	Cheer Academy Session II	6 - 12 Grade	July 6th - July 10th	Mon - Fri	3:30 pm - 6:30 pm	\$ 112.00	\$ 139.00	
Martial Arts	Beginner's Level: White Orange & Black	6 & Older	March 29th - June 14th	Monday	6:00 - 7:15 pm	\$ 175.00	\$ 225.00	Family Program Center
	Beginner's Level: Green, Red & Blue	6 & Older	April 9th - June 18th	Friday	6:00 - 7:15 pm	\$ 175.00	\$ 225.00	
	Advanced Level	6 & Older	May 29th - June 14th	Monday	7:15 - 8:30 pm	\$ 175.00	\$ 225.00	
	Advanced Level	6 & Older	April 9th - June 18th	Friday	7:15 - 8:30 pm	\$ 175.00	\$ 225.00	
	All Levels	6 & Older	April 1st - June 10th	Thursday	6:15 - 7:30 pm	\$ 175.00	\$ 225.00	
	Ninja Kids	5 & 6	April 9th - June 18th	Friday	5:00 - 5:45 pm	\$ 140.00	\$ 195.00	
	Martial Arts Package	6 & Older	March 29th - June 14th	M, Th, F	Assigned By Instructor	\$ 255.00	\$ 320.00	
	Black Belt Training	6 & Older	March 29th - June 14th	M, Th, F	Assigned By Instructor	\$ 255.00	\$ 320.00	
	Weapons Class	7 & Older	April 1st - June 10th	Thursday	7:30 - 8:30 pm	\$ 175.00	\$ 225.00	



LAKWOOD-TRUMBULL YMCA PROGRAM SCHEDULE



2010 Spring Programs

Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
Nutrition	(1) 60 Minute Session	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 60.00	\$ 75.00	Family Program Center
	(2) 60 Minute Sessions	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 100.00	\$ 125.00	
	(3) 60 Minute Sessions	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 135.00	\$ 150.00	
Parents Time Out	Parents Time Out	3 & Older	February 12th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	Family Program Center
			February 26th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
			March 12th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
			March 26th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
			April 9th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
			April 30th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
			May 14th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
June 4th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family				
Personal Training	Single Session Package	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 60.00	N/A	Family Program Center
	Basic Training Package	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 275.00	N/A	
	Deluxe Training Package	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 499.00	N/A	
	Ultimate Training Package	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 695.00	N/A	
	Basic Renewal Package	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 250.00	N/A	
	Deluxe Renewal Package	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 449.00	N/A	
	Ultimate Renewal Package	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 600.00	N/A	
	P.T. With A Partner (Basic)	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 415.00	N/A	
	P.T. With A Partner (Deluxe)	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 750.00	N/A	
P.T. With A Partner (Ultimate)	14 & Older	March 29th - June 12th	Appointment	Appointment Only	\$ 990.00	N/A		
Preschool Programs	Playtime Pals	14 - 24 months	April 1st - June 10th	Thursday	9:30 am - 10:15 am	\$ 118.00	\$ 164.00	Family Program Center
		25 - 36 months	April 1st - June 10th	Thursday	10:30 am - 11:15am	\$ 118.00	\$ 164.00	
	Stepping Stones	2 & 3 years	April 1st - June 10th	Thursday	11:30 am - 1:15 pm	\$ 156.00	\$ 198.00	
		2 & 3 years	April 9th- June 11th	Friday	11:30 am - 1:15 pm	\$ 140.00	\$ 178.00	
Spinning	Spinning - Session I	Adult	March 29th - May 3rd	Monday	5:30 am - 6:20 am	\$ 42.00	N/A	Family Program Center
			March 30th - May 4th	Tuesday	7:30 pm - 8:20 pm	\$ 42.00	N/A	
			March 31st - May 5th	Wednesday	8:45 am - 9:35 am	\$ 42.00	N/A	
			April 1st - May 6th	Thursday	5:15 am - 6:05 am	\$ 42.00	N/A	
			April 1st - May 6th	Thursday	8:30 am - 9:20 am	\$ 42.00	N/A	
			April 3rd - May 8th	Saturday	8:10 am - 9:00 am	\$ 42.00	N/A	
			April 3rd - May 8th	Saturday	11:00 am - 12:00 pm	\$ 42.00	N/A	
			April 11th - May 16th	Sunday	9:10 am - 10:00 am	\$ 42.00	N/A	



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Spinning	Spinning - Session II	Adult	May 10th - June 14th	Monday	5:30 am - 6:20 am	\$ 35.00	N/A	Family Program Center
			May 11th - June 8th	Tuesday	7:30 pm - 8:20 pm	\$ 35.00	N/A	
			May 12th - June 9th	Wednesday	8:45 am - 9:35 am	\$ 35.00	N/A	
			May 13th - June 10th	Thursday	5:15 am - 6:05 am	\$ 35.00	N/A	
			May 13th - June 10th	Thursday	8:45 am - 9:35 am	\$ 35.00	N/A	
			May 15th - June 12th	Saturday	8:10 am - 9:00 am	\$ 35.00	N/A	
			May 15th - June 12th	Saturday	11:00 am - 12:00 pm	\$ 35.00	N/A	
			May 23rd - June 20th	Sunday	9:10 am - 10:00 am	\$ 35.00	N/A	
Sports	Little Dribblers Basketball	3 yrs	April 3rd - June 12th	Saturday	9:15 am - 10:00 am	\$ 99.00	\$ 154.00	Family Program Center
	Youth Basketball	Pre-K	April 3rd - June 12th	Saturday	10:00 am - 11:00 am	\$ 121.00	\$ 176.00	
		K-2nd Grade	March 31st - June 9th	Wednesday	4:00 pm - 5:00 pm	\$ 143.00	\$ 198.00	
		3rd-5th Grade	March 31st-June 9th	Wednesday	5:00 pm - 6:00 pm	\$ 143.00	\$ 198.00	
	Youth Tennis	7-9 yrs	March 29th-June 7th	Monday	3:00 pm - 4:00 pm	\$ 143.00	\$ 198.00	Camp & Outdoor Center
		10-13 yrs	March 29th-June 7th	Monday	4:00 pm - 5:00 pm	\$ 143.00	\$ 198.00	
	Kick Start Soccer	3 yrs	April 3rd-June 12th	Saturday	9:00 am - 9:45 am	\$ 99.00	\$ 154.00	Holy Cross Church
		3 yrs	April 3rd-June 12th	Saturday	12:00 pm - 12:45 pm	\$ 99.00	\$ 154.00	
	Youth Soccer	Pre-K	April 3rd-June 12th	Saturday	10:00 am - 11:00 am	\$ 121.00	\$ 176.00	
		Pre-K	April 3rd-June 12th	Saturday	11:00 am - 12:00 pm	\$ 121.00	\$ 176.00	
Squeaky Sneakers	3-5 yrs	March 1st-March 31th	Mon & Wed	10:30 am - 11:30 am	\$ 150.00	\$ 210.00	Family Program Center	
Vacation Days	April Break	K-5th Grade	April 19th	Monday	8:00 am - 6:00 pm	TBD	TBD	Family Program Center
			April 20th	Tuesday	8:00 am - 6:00 pm	TBD	TBD	
			April 21st	Wednesday	8:00 am - 6:00 pm	TBD	TBD	
			April 22nd	Thursday	8:00 am - 6:00 pm	TBD	TBD	
			April 23rd	Friday	8:00 am - 6:00 pm	TBD	TBD	
Yoga	Yoga (1x per week)	Adult	April 11th - June 20th	Sunday	9:15 am - 10:30 am	\$ 110.00	\$ 150.00	Family Program Center
			March 29th - June 14th	Monday	9:00 am - 10:00 am	\$ 110.00	\$ 150.00	
			March 29th - June 14th	Monday	6:30 pm - 7:30 pm	\$ 110.00	\$ 150.00	
			March 29th - June 14th	Monday	7:40 pm - 8:40 pm	\$ 110.00	\$ 150.00	
			April 6th - June 15th	Tuesday	8:15 am - 9:30 am	\$ 110.00	\$ 150.00	
			March 31st - June 9th	Wednesday	8:30 am - 9:30 am	\$ 110.00	\$ 150.00	
			April 1st - June 10th	Thursday	7:30 pm - 8:45 pm	\$ 110.00	\$ 150.00	
			April 9th - June 18th	Friday	9:30 am -10:45 am	\$ 110.00	\$ 150.00	
	Yoga (2x per week)	Adult	March 29th - June 12th	Sun - Fri		\$ 205.00	\$ 295.00	
	Yoga (3x per week)	Adult	March 29th - June 12th	Sun - Fri		\$ 295.00	\$ 445.00	
	Yoga Level II	Adult	March 30th - June 8th	Tuesday	7:30 pm - 8:45 pm	\$ 110.00	\$ 150.00	
	Pre Natal Yoga	Adult	10 class package	Saturday	8:15 am - 9:30 am	\$ 120.00	\$ 175.00	
Yoga For Kids	7 to 10 yrs	April 1st - June 10th	Thursday	4:15 pm - 5:00 pm	\$ 110.00	\$ 185.00		
Yoga for Teens	14 - 18 yrs	March 31st - June 9th	Wednesday	4:00 pm - 5:00 pm	\$ 110.00	\$ 185.00		

FOR MORE INFORMATION CHECK OUR WEBSITE www.cccymca.org OR CALL 445-9633