



LAKEWOOD-TRUMBULL YMCA PROGRAM SCHEDULE 2012 Spring Programs

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Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
DANCE	Mommy & Me	2 yrs	March 28th - June 13th	Wednesday	9:30 am - 10:00 am	\$ 95.00	\$ 152.00	Family Program Center
	Ballet 3-4	3 -4 yrs	March 27th - June 12th	Tuesday	10:30 am - 11:00 am	\$ 95.00	\$ 152.00	
	Combo 3-4	3-4 yrs	March 27th - June 12th	Tuesday	11:00 am - 11:45 am	\$ 118.00	\$ 175.00	
			March 28th - June 13th	Wednesday	10:45 am - 11:30 am	\$ 118.00	\$ 175.00	
	Hip Hop Junior	5 - 7 yrs	March 26th - June 11th	Monday	5:45 pm - 6:30 pm	\$ 118.00	\$ 175.00	
	Hip Hop 8-12	8-12 yrs	March 30th - June 15th	Friday	6:30 pm - 7:30 pm	\$ 128.00	\$ 195.00	
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
HEALTH & WELLNESS	Circuits & Strength	Adult	March 27th - June 19th	Tuesday	7:15 am -8:00 am	Free	\$ 192.00	Family Program Center
	PACT Class	12 & 13 yrs	March 26th - June 22nd	Appointment	Appointment Only	Free	N/A	
	Family Zumba	All Ages	March 31st - June 24th	Saturday	12:15 pm - 1:00 pm	Free	\$ 140.00	
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
GYMNASTICS PRESCHOOL	Acro Cats I	4 1/2 - 6 years	March 26th - June 18th	Monday	10:10 am - 11:10 am	\$ 184.00	\$ 232.00	Family Program Center
			March 27th - June 12th	Tuesday	5:15 pm - 6:15 pm	\$ 184.00	\$ 232.00	
			March 28th - June 13th	Wednesday	1:40 pm - 2:40 pm	\$ 184.00	\$ 232.00	
			March 29th - June 14th	Thursday	11:10 am - 12:10 pm	\$ 184.00	\$ 232.00	
			March 29th - June 14th	Thursday	1:30 pm - 2:30 pm	\$ 184.00	\$ 232.00	
			March 31st - June 16th	Saturday	9:10 am - 10:10 am	\$ 184.00	\$ 232.00	
	Acro Cats II	4 1/2 - 6 years	March 26th - June 18th	Monday	1:55 pm - 2:55 pm	\$ 184.00	\$ 232.00	
			March 29th - June 14th	Thursday	9:05 am - 10:05 am	\$ 184.00	\$ 232.00	
	Bouncing Bears	3 years	March 26th - June 18th	Monday	9:15 am - 10:00 am	\$ 165.00	\$ 215.00	
			March 28th - June 13th	Wednesday	11:15 am - 12:00 pm	\$ 165.00	\$ 215.00	
			March 29th - June 14th	Thursday	10:15 am - 11:00 am	\$ 165.00	\$ 215.00	
	Discovery Dolphins	3 - 5 years	March 27th - June 12th	Tuesday	9:15 am - 11:15 am	\$ 200.00	\$ 266.00	
			March 27th - June 12th	Tuesday	12:30 pm - 2:30 pm	\$ 200.00	\$ 266.00	
			March 30th - June 15th	Friday	9:15 am - 11:15 am	\$ 200.00	\$ 266.00	
			March 30th - June 15th	Friday	12:30 pm - 2:30 pm	\$ 200.00	\$ 266.00	
	Flipping Frogs	Boys 4-6 yrs	March 26th - June 18th	Monday	12:45 pm - 1:45pm	\$ 184.00	\$ 232.00	
March 27th - June 12th			Tuesday	10:10 am - 11:10 am	\$ 184.00	\$ 232.00		



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GYMNASTICS PRESCHOOL	Hoppin Tots	2 - 3 1/2 years	March 26th - June 18th	Monday	11:20 am - 12:05 pm	\$ 165.00	\$ 215.00	Family Program Center
			March 28th - June 13th	Wednesday	9:15 am - 10:00 am	\$ 165.00	\$ 215.00	
			March 31st - June 16th	Saturday	8:20 am - 9:05 am	\$ 165.00	\$ 215.00	
	Preschool Open Gym	18+ months	March 28th - June 13th	Wednesday	10:15 am - 11:00 am	\$ 5.00	\$ 10.00	
			March 29th - June 14th	Thursday	12:30 pm - 1:15pm	\$ 5.00	\$ 10.00	
			March 30th - June 15th	Friday	11:30 am - 12:15 pm	\$ 5.00	\$ 10.00	
	Rollin Rascals	12 - 24 months	March 27th - June 12th	Tuesday	11:20 am - 12:05 pm	\$ 165.00	\$ 215.00	
	Tumbling Tigers	3 1/2 - 4 1/2 yrs.	March 26th - June 18th	Monday	9:15 am - 10:00 am	\$ 165.00	\$ 215.00	
			March 27th - June 12th	Tuesday	9:15 am - 10:00 am	\$ 165.00	\$ 215.00	
			March 28th - June 13th	Wednesday	12:45 pm - 1:30 pm	\$ 165.00	\$ 215.00	
March 29th - June 14th			Thursday	1:30 pm - 2:15 pm	\$ 165.00	\$ 215.00		
March 31st - June 16th			Saturday	9:10 am - 9:55 am	\$ 165.00	\$ 215.00		
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
GYMNASTICS BOYS	Boys Level I	K - 12th Grade	March 28th - June 13th	Wednesday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	Family Program Center
			March 31st - June 16th	Saturday	10:15 am - 11:15 am	\$ 184.00	\$ 232.00	
	Boys level I Advanced	K - 12th Grade	March 28th - June 13th	Wednesday	5:25 pm - 6:25 pm	\$ 184.00	\$ 232.00	
			March 30th - June 15th	Friday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	
	Boys Level II	K - 12th Grade	March 28th - June 13th	Wednesday	5:25 pm - 6:25 pm	\$ 184.00	\$ 232.00	
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
GYMNASTICS GIRLS	Girls Accelerated I	K - 12th Grade	March 28th - June 13th	Wednesday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	Family Program Center
			March 30th - June 15th	Friday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	
			March 28th - June 15th	Wed & Fri	4:15 pm - 5:15 pm	\$ 226.00	\$ 290.00	
	Girls Accelerated II	K - 12th Grade	March 27th - June 15th	Tues & Fri	4:15 pm - 5:45 pm	\$ 310.00	\$ 410.00	
	Girls Level I	K - 12th Grade	March 27th - June 12th	Tuesday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	
			March 28th - June 13th	Wednesday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	
			March 28th - June 13th	Wednesday	5:25 pm - 6:25 pm	\$ 184.00	\$ 232.00	
			March 30th - June 15th	Friday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	
			March 31st - June 16th	Saturday	10:15 am - 11:15 am	\$ 184.00	\$ 232.00	
March 31st - June 16th			Saturday	11:20 am - 12:20 pm	\$ 184.00	\$ 232.00		



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Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
GYMNASTICS GIRLS	Girls Level I Advanced	K - 12th Grade	March 27th - June 12th	Tuesday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	Family Program Center
			March 28th - June 13th	Wednesday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	
			March 28th - June 13th	Wednesday	5:25 pm - 6:25 pm	\$ 184.00	\$ 232.00	
			March 30th - June 15th	Friday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	
			March 31st - June 16th	Saturday	10:15 am - 11:15 am	\$ 184.00	\$ 232.00	
			March 31st - June 16th	Saturday	11:20 am - 12:20 pm	\$ 184.00	\$ 232.00	
	Girls Level II	K - 12th Grade	March 28th - June 13th	Wednesday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	
			March 28th - June 13th	Wednesday	5:25 pm - 6:25 pm	\$ 184.00	\$ 232.00	
			March 30th - June 15th	Friday	4:15 pm - 5:15 pm	\$ 184.00	\$ 232.00	
			March 31st - June 16th	Saturday	10:15 am - 11:15 am	\$ 184.00	\$ 232.00	
			March 31st - June 16th	Saturday	11:20 am - 12:20 pm	\$ 184.00	\$ 232.00	
	Girls Level II Advanced	K - 12th Grade	March 27th - June 12th	Tuesday	4:15 pm - 5:45 pm	\$ 206.00	\$ 275.00	
			March 28th - June 13th	Wednesday	6:35 pm - 8:05 pm	\$ 206.00	\$ 275.00	
			March 31st - June 16th	Saturday	11:20 am - 12:50 pm	\$ 206.00	\$ 275.00	
	Girls Level III	K - 12th Grade	March 28th - June 13th	Wednesday	6:35 pm - 8:05 pm	\$ 206.00	\$ 275.00	
			March 31st - June 16th	Saturday	11:20 am - 12:50 pm	\$ 206.00	\$ 275.00	
	Girls Level III Advanced	K - 12th Grade	March 28th - June 13th	Wednesday	6:35 pm - 8:35 pm	\$ 236.00	\$ 302.00	
	Girls Level IV	K - 12th Grade	March 28th - June 13th	Wednesday	6:35 pm - 8:35 pm	\$ 236.00	\$ 302.00	
Pre Op	K - 12th Grade	April 2nd - June 26th	Tuesday, Wednesday	4:00 pm - 6:00 pm 6:35 pm - 8:35 pm	\$123/month	\$140/month		
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
GYMNASTICS TUMBLING	Cheerleader Tumbling	6th- 12th Grade	March 26th - June 11th	Monday	3:00 pm - 4:30 pm	\$ 206.00	\$ 275.00	Family Program Center
			March 30th - June 15th	Friday	3:00 pm - 4:30 pm	\$ 206.00	\$ 275.00	
			March 26th - June 15th	Monday, Friday	3:00 pm - 4:30 pm	\$ 310.00	\$ 410.00	
	Cheerleading Tumbling Drop In	March 26th - June 15th	Monday, Friday	3:00 pm - 4:30 pm	\$ 20.00	\$ 10.00		
		Open Gym	K - 12th Grade	March 30th - June 15th	Friday	8:00 pm - 9:00 pm	\$ 10.00	



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Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location	
MARTIAL ARTS	"Little Ninjas" - Beginner	4 - 6 yrs old	March 5th - April 26th	Mon & Thurs	5:15 pm - 5:45 pm	\$ 120.00	\$ 150.00	Family Program Center	
			March 5th - April 26th	Mon or Thurs	5:15 pm - 5:45 pm	\$ 75.00	\$ 95.00		
	"Little Ninjas" - Advanced	4 - 6 yrs old	March 5th - April 26th	Mon & Thurs	5:45 pm - 6:15 pm	\$ 120.00	\$ 150.00		
			March 5th - April 26th	Mon or Thurs	5:45 pm - 6:15 pm	\$ 75.00	\$ 95.00		
	Little Ninjas - Beg/Adv	4 - 6 yrs old	March 9th - April 27th	Friday	6:15 pm - 6:45 pm	\$ 85.00	\$ 125.00		
	Beginner Karate (2x per wk)	7 yrs & older	March 5th - April 27th	Mon, Thurs (all levels) or Fri	6:30 pm - 7:30 pm (Mon)	\$ 155.00	\$ 195.00		
	Beginner Karate (1x per wk)		March 5th - April 27th		6:45 pm - 7:45 pm (Fri)	\$ 85.00	\$ 125.00		
	Advanced Karate (2x per wk)	7 yrs & older	March 5th - April 27th	Mon & Fri	7:45 pm - 8:45 pm	\$ 155.00	\$ 195.00		
	Advanced Karate (1x per wk)		March 5th - April 27th	Mon or Fri	7:45 pm - 8:45 pm	\$ 85.00	\$ 125.00		
	Family Class - All Levels	7 yrs & older	March 8th - April 26th	Thursday	6:30 pm - 7:30 pm	\$ 85.00	\$ 125.00		
	Elite Package - Unlimited	6 yrs & older	March 5th - April 27th	M, Th, F		\$ 185.00	\$ 215.00		
Sparring Class	7 yrs & older	March 8th - April 26th	Thursday	7:30 pm - 8:20 pm	\$ 85.00	\$ 125.00			
Weapons Class	7 yrs & older	March 8th - April 26th	Thursday	8:20 pm - 9:00 pm	\$ 60.00	\$ 95.00			
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location	
NUTRITION	(1) 60 Minute Session	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 62.00	\$ 80.00	Family Program Center	
	(2) 60 Minute Sessions	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 105.00	\$ 130.00		
	(3) 60 Minute Sessions	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 138.00	\$ 155.00		
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location	
PARKOUR	Beginner	5th - 12th Grade	March 27th - April 17th	Tuesday	6:15 pm - 7:15 pm	\$ 66.00	\$ 84.00	Family Program Center	
			March 28th - April 18th	Wednesday	6:35 pm - 7:35 pm	\$ 66.00	\$ 84.00		
	Intermediate/Advance	5th - 12th Grade	March 27th - April 17th	Tuesday	6:15 pm - 7:45 pm	\$ 75.00	\$ 100.00		
			March 28th - April 18th	Wednesday	6:35 pm - 8:05 pm	\$ 75.00	\$ 100.00		
			March 27th - April 17th	Tues & Wed	6:15 pm - 7:45 pm (Tues) 6:35 pm - 8:05 pm (Wed)	\$ 112.00	\$ 150.00		
	Parkour Jams		April 16th - 20th	Mon - Fri	12:30 pm - 3:30 pm	\$25/day	\$40/day		
	Beginner	5th - 12th Grade	April 24th - June 12th	Tuesday	4:15 pm - 5:15 pm	\$ 120.00	\$ 180.00		Camp and Outdoor Center
			April 26th - June 14th	Thursday	4:15 pm - 5:15 pm	\$ 120.00	\$ 180.00		
			April 24th - June 14th	Tues & Thurs	4:15 pm - 5:15 pm	\$ 150.00	\$ 210.00		
	Intermediate/Advance	5th - 12th Grade	April 24th - June 12th	Tuesday	5:15 pm - 6:45 pm	\$ 144.00	\$ 205.00		
			April 26th - June 14th	Thursday	5:15 pm - 6:45 pm	\$ 144.00	\$ 205.00		
Parkour Drop In	5th - 12th Grade	March 27th - June 14th	Tues, Wed, Thur		\$ 10.00	\$ 20.00			



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PERSONAL TRAINING	Single Session Package	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 62.00	N/A	Family Program Center
	Basic Training Package	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 280.00	N/A	
	Deluxe Training Package	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 509.00	N/A	
	Ultimate Training Package	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 705.00	N/A	
	Basic Renewal Package	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 260.00	N/A	
	Deluxe Renewal Package	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 458.00	N/A	
	Ultimate Renewal Package	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 610.00	N/A	
	P.T. With A Partner (Basic)	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 422.00	N/A	
	P.T. With A Partner (Deluxe)	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 765.00	N/A	
	P.T. With A Partner (Ultimate)	14 & older	January 2nd - December 31st	Appointment	Appointment Only	\$ 999.00	N/A	
	Pilates One on One	Adult	January 2nd - December 31st	Appointment	Appointment Only	62.00/per	N/A	
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
PRE-SCHOOL CLASSES	Playtime Pals	14 - 24 months	March 29th - June 14th	Thursday	9:30 am - 10:15 am	\$ 130.00	\$ 182.00	Family Program Center
		25 - 36 months	March 29th - June 14th	Thursday	10:30 am - 11:15 am	\$ 130.00	\$ 182.00	
	Stepping Stones	2 & 3 years	March 29th - June 14th	Thursday	11:30 am - 1:15 pm	\$ 170.00	\$ 218.00	
			March 30th - June 15th	Friday	11:30 am - 1:15 pm	\$ 170.00	\$ 218.00	
			March 29th - June 15th	Thurs & Fri	11:30 am - 1:15 pm	\$ 286.00	\$ 373.00	
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
SPORTS- BASKETBALL	Little Dribblers (6 weeks)	3 - 4 years old	March 29th - May 10th	Thursday	2:30 pm - 3:15 pm	\$ 65.00	\$ 98.00	Family Program Center
			March 31st - May 12	Saturday	12:15 pm - 1:00 pm	\$ 65.00	\$ 98.00	
	Junior Hoops (6 weeks)	5 - 7 years old	March 29th - May 10th	Thursday	4:15 pm - 5:00 pm	\$ 65.00	\$ 98.00	
			March 31st - May 12	Saturday	2:00 pm - 2:45 pm	\$ 65.00	\$ 98.00	
	Varsity Hoops (6 weeks)	7 - 9 years old	March 28th - May 9th	Wednesday	4:45 pm - 5:45 pm	\$ 75.00	\$ 108.00	
			March 31st - May 12	Saturday	1:00 pm - 2:00 pm	\$ 75.00	\$ 108.00	



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SPORTS-MULTI-SPORT	Rookies	3 - 5 years old	March 26th - June 11th	Monday	3:30 pm - 4:15 pm	\$ 99.00	\$ 159.00	Family Program Center
			April 15th - June 17th	Sunday	9:15 am - 10:00 am	\$ 90.00	\$ 145.00	
	Champs	6 - 8 years olds	April 15th - June 17th	Sunday	10:00 am - 11:00 am	\$ 90.00	\$ 145.00	
	Gym Pals	2 - 3 years old	March 28th - June 13th	Wednesday	9:45 am - 10:30am	\$ 139.00	\$ 199.00	
			March 29th - June 14th	Thursday	9:15 am - 10:00 am	\$ 139.00	\$ 199.00	
	Fit Kids	4 - 5 years old	March 29th - June 14th	Thursday	10:00 am - 11:00 am	\$ 139.00	\$ 199.00	
		9 - 12 years old	March 27th - June 12th	Tuesday	4:15 pm - 5:00 pm	\$ 119.00	\$ 179.00	
	Dodgeball (and More!)	8 - 11 years old	March 28th - June 13th	Wednesday	4:00 pm -4:45 pm	\$ 119.00	\$ 179.00	
	Fit 'N' Fun	Grades K - 8	March 27th - June 12th	Tuesday	1:00 pm - 2:00 pm	\$ 139.00	\$ 199.00	
			March 30th - June 15th	Friday	1:00 pm - 2:00 pm	\$ 139.00	\$ 199.00	
	Sports Mix	4 - 6 years	March 26th - June 11th	Monday	12:30 pm - 2:00 pm	\$ 179.00	\$ 269.00	
			March 29th - June 14th	Thursday	12:30 pm - 2:00 pm	\$ 179.00	\$ 269.00	
	Kinder Mix	Grade K	March 27th - June 12th	Tuesday	2:30 pm - 4:00 pm	\$ 179.00	\$ 269.00	
Nerf Attack!	8 - 11 years old	March 30th - June 15th	Friday	5:00 pm - 6:00 pm	\$ 139.00	\$ 199.00		
	10 - 12 years old	April 15th - June 17th	Sunday	11:00 am - 12:00 pm	\$ 109.00	\$ 181.00		
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
SPORTS	Little Bunters (3 Week Indoor Session)	3 - 4 years old	March 28th - April 11th	Wednesday	9:15 am - 10:00 am	\$ 32.00	\$ 48.00	Family Program Center
			March 31st - April 14th	Saturday	10:45 am - 11:30 am	\$ 32.00	\$ 48.00	
	Little Bunters (8 Week Outdoor Session)	3 - 4 years old	April 23rd - June 18th	Monday	9:00 am - 9:45 am	\$ 86.00	\$ 130.00	Wolfe Park
			April 25th - June 13th	Wednesday	9:15 am - 10:00 am	\$ 86.00	\$ 130.00	
			April 26th - June 14th	Thursday	12:30 pm - 1:15pm	\$ 86.00	\$ 130.00	
			April 28th - June 16th	Saturday	9:15 am - 10:00 am	\$ 86.00	\$ 130.00	Holy Cross
			April 28th - June 16th	Saturday	10:45 am - 11:30 am	\$ 86.00	\$ 130.00	
	Little Sluggers (8 Week Outdoor Session)	5 - 7 years old	April 28th - June 16th	Saturday	10:00 am - 10:45 am	\$ 86.00	\$ 130.00	
			April 28th - June 16th	Saturday	11:30 am - 12:15 pm	\$ 86.00	\$ 130.00	



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SOCCER	Soccer Tots (3 Week Indoor Session)	2 - 3 years old	March 26th - April 9th	Monday	9:45 am - 10:30 am	\$ 32.00	\$ 48.00	Family Program Center
			March 31st - April 14th	Saturday	8:15 am - 9:00 am	\$ 32.00	\$ 48.00	
	Star Kickers (3 Week Indoor Session)	4 - 5 years old	March 26th - April 9th	Monday	10:30 am - 11:15 am	\$ 32.00	\$ 48.00	
			March 31st - April 14th	Saturday	9:00 am - 9:45 am	\$ 32.00	\$ 48.00	
Strikers (3 Class Indoor Session)	6 - 7 years old	March 31st - April 14th	Saturday	9:45 am - 10:30 am	\$ 32.00	\$ 48.00		
SPORTS	Soccer Tots (8 Week Outdoor Session)	2 - 3 years old	April 23rd - June 18th	Monday	9:45 am - 10:30 am	\$ 86.00	\$ 130.00	Wolfe Park
			April 25th - June 13th	Wednesday	10:00 am - 10:45 am	\$ 86.00	\$ 130.00	
			April 28th - June 16th	Saturday	9:45 am - 10:30 am	\$ 86.00	\$ 130.00	Holy Cross
	Star Kickers (8 Week Outdoor Session)	3 - 4 years old	April 23rd - June 18th	Monday	10:30 am - 11:15 am	\$ 86.00	\$ 130.00	Wolfe Park
			April 25th - June 13th	Wednesday	10:45 am - 11:30 am	\$ 86.00	\$ 130.00	
			April 26th - June 14th	Thursday	1:15 pm - 2:30 pm	\$ 86.00	\$ 130.00	
			April 28th - June 16th	Saturday	9:00 am - 9:45 am	\$ 86.00	\$ 130.00	Holy Cross
			April 28th - June 16th	Saturday	10:30 am - 11:15 am	\$ 86.00	\$ 130.00	
	Strikers (8 Class Outdoor Session)	5-6 years old	April 28th - June 16th	Saturday	11:15 am - 12:15 pm	\$ 95.00	\$ 144.00	
	Program Descriptions		Ages	Dates	Days	Times	Members	Non Members
SPORTS TENNIS	Pee Wee (8 week session)	3 - 5 years old	April 23rd - June 18th	Monday	4:15 pm - 5:00 pm	\$ 86.00	\$ 130.00	Camp and Outdoor Center
			April 28th - June 16th	Saturday	9:15 pm - 10:00 am	\$ 86.00	\$ 130.00	
	Juniors (8 week session)	6 - 9 years old	April 23rd - June 18th	Monday	5:00 pm - 5:45 pm	\$ 86.00	\$ 130.00	
			April 28th - June 16th	Saturday	10:00 pm - 10:45 pm	\$ 86.00	\$ 130.00	
		10 - 13 years old	April 23rd - June 18th	Monday	5:45 pm - 6:45 pm	\$ 92.00	\$ 142.00	
			April 28th - June 16th	Saturday	10:45 pm - 11:45 pm	\$ 92.00	\$ 142.00	
	Intermediates (8 week session)	10 - 13 years old	April 23rd - June 18th	Monday	6:45 pm - 8:00 pm	\$ 100.00	\$ 160.00	
		14 years +	April 28th - June 16th	Saturday	11:45 pm - 1:15 pm	\$ 100.00	\$ 160.00	



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Teen	Teen Nights	5th - 8th Grade	March 23rd	Friday	8:00 pm - 11:00 pm	\$ 10.00	\$ 20.00	Family Program Center
			April 20th	Friday	8:00 pm - 11:00 pm	\$ 10.00	\$ 20.00	
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
APRIL RECESS	Gymnastics Academy	3 yrs - 6th Grade	April 16th - 20th	Mon - Fri	9:00 am - 12:30 pm	\$ 25.00/day	\$40.00/day	Family Program Center
	Vacation Day Afternoon Program	Grades K - 6th	April 16th - 20th	Mon - Fri	12:30 pm - 6:00 pm	\$35.00/day	\$42.00/day	
Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
YOGA	All Level Vinyasa Yoga	Adult	March 26th - June 11th	Monday	9:00 am - 10:00 am	\$ 132.00	\$ 198.00	Family Program Center
	Gentle Flow Kripalu Yoga	Adult	March 26th - June 11th	Monday	6:30 pm - 7:30 pm	\$ 132.00	\$ 198.00	
	Moderate Flow Kripalu Yoga	Adult	March 26th - June 11th	Monday	7:40 pm - 8:40 pm	\$ 132.00	\$ 198.00	
	Sunrise Yoga	Adult	March 27th - June 12th	Tuesday	7:00 am - 8:00 am	\$ 132.00	\$ 198.00	
	Vinyasa Yoga	Adult	March 27th - June 12th	Tuesday	7:30 pm - 8:45 pm	\$ 132.00	\$ 198.00	
	Weighted Yoga	Adult	March 28th - June 13th	Wednesday	8:30 am - 9:30 am	\$ 132.00	\$ 198.00	
	Sunrise Yoga	Adult	March 29th - June 14th	Thursday	7:00 am - 8:00am	\$ 132.00	\$ 198.00	
	Kripalu Mixed Level Yoga	Adult	March 29th - June 14th	Thursday	7:30 pm - 8:45 pm	\$ 132.00	\$ 198.00	
	Kripalu Mixed Level Yoga	Adult	March 30th - June 15th	Friday	9:30am - 10:45am	\$ 132.00	\$ 198.00	
	Family Yoga	All Ages	April 1st - June 17th	Sunday	1:00 pm - 2:00 pm	\$ 121.00	\$ 182.00	
	Yoga 2x Per week	Adult	March 26th - June 17th	Sun - Fri		\$ 246.00	\$ 350.00	
	Yoga 3x Per week	Adult	March 26th - June 17th	Sun - Fri		\$ 350.00	\$ 525.00	
	Yoga For Teens & Tweens	13 to 18 yrs	March 28th - June 13th	Wednesday	4:00 pm - 4:45 pm	\$ 121.00	\$ 182.00	
	Yoga (Drop In)	Adult	March 26th - June 17th			\$ 15.00	\$ 20.00	