

CMT YMCA								
AQUATICS - SWIM LESSONS								
Session	Class Name	Class Number	Day/Time	Start Date	End Date	Ages	Member	Non Member
09 FALL II	Shrimp/Kipper	34473	Monday 5:30PM	10/26/09	12/07/09	6-12 mos.	\$34.00	\$64.00
09 FALL II	Shrimp/Kipper	34474	Saturday 9:00AM	10/31/09	12/12/09	6-12 mos.	\$34.00	\$64.00
09 FALL II	Inia/Perch	34475	Monday 6:00PM	10/26/09	12/07/09	13-36 mos.	\$34.00	\$64.00
09 FALL II	Inia/Perch	34476	Saturday 9:30AM	10/31/09	12/12/09	13-36 mos.	\$34.00	\$64.00
09 FALL II	Pre-Pike	34477	Monday 4:30PM	10/26/09	12/07/09	2-3 yrs	\$34.00	\$64.00
09 FALL II	Pre-Pike	34478	Wednesday 4:30PM	10/28/09	12/09/09	2-3 yrs	\$34.00	\$64.00
09 FALL II	Pre-Pike	34479	Saturday 11:15AM	10/31/09	12/12/09	2-3 yrs	\$34.00	\$64.00
09 FALL II	Pike	34480	Monday 5:00PM	10/26/09	12/07/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Pike	34481	Tuesday 5:00PM	10/27/09	12/08/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Pike	34482	Tuesday 5:45PM	10/27/09	12/08/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Pike	34483	Wednesday 5:00PM	10/28/09	12/09/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Pike	34484	Wednesday 5:45PM	10/28/09	12/09/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Pike**	34485	Thursday 5:00PM	10/29/09	12/10/09	3-5 yrs	\$34.00	\$60.00
09 FALL II	Pike**	34486	Thursday 5:45PM	10/29/09	12/10/09	3-5 yrs	\$34.00	\$60.00
09 FALL II	Pike	34487	Friday 4:30PM	10/30/09	12/11/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Pike	34488	Saturday 9:00AM	10/31/09	12/12/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Pike	34489	Saturday 10:30AM	10/31/09	12/12/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Pike	34490	Saturday 1:30PM	10/31/09	12/12/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Eel	34491	Monday 5:45PM	10/26/09	12/07/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Eel	34492	Tuesday 5:00PM	10/27/09	12/08/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Eel**	34493	Thursday 5:45PM	10/29/09	12/10/09	3-5 yrs	\$34.00	\$60.00
09 FALL II	Eel	34494	Friday 4:30PM	10/30/09	12/11/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Eel	34545	Saturday 9:45AM	10/31/09	12/12/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Ray/Starfish	34496	Monday 5:00PM	10/26/09	12/07/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Ray/Starfish	34495	Tuesday 5:45PM	10/27/09	12/08/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Ray/Starfish	34497	Wednesday 5:00PM	10/28/09	12/09/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Ray/Starfish	34498	Friday 5:15PM	10/30/09	12/11/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Ray/Starfish	34499	Saturday 10:30AM	10/31/09	12/12/09	3-5 yrs	\$39.00	\$69.00
09 FALL II	Polliwog	34500	Monday 5:00PM	10/26/09	12/07/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Polliwog	34501	Tuesday 5:45PM	10/27/09	12/08/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Polliwog	34502	Wednesday 5:45PM	10/28/09	12/09/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Polliwog**	34503	Thursday 5:00PM	10/29/09	12/10/09	6-13 yrs	\$34.00	\$60.00
09 FALL II	Polliwog**	34504	Thursday 5:45PM	10/29/09	12/10/09	6-13 yrs	\$34.00	\$60.00
09 FALL II	Polliwog	34505	Friday 5:15PM	10/30/09	12/11/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Polliwog	34506	Saturday 9:00AM	10/31/09	12/12/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Polliwog	34507	Saturday 11:15AM	10/31/09	12/12/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Polliwog	34508	Saturday 2:15PM	10/31/09	12/12/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Guppy	34509	Monday 5:45PM	10/26/09	12/07/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Guppy	34510	Wednesday 5:00PM	10/28/09	12/09/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Guppy**	34511	Thursday 5:00PM	10/29/09	12/10/09	6-13 yrs	\$34.00	\$60.00
09 FALL II	Guppy	34512	Friday 4:30PM	10/30/09	12/11/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Guppy	34513	Saturday 9:45AM	10/31/09	12/12/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Minnow	34514	Wednesday 5:45PM	10/28/09	12/09/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Minnow	34515	Saturday 10:30AM	10/31/09	12/12/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Fish	34516	Friday 5:15PM	10/30/09	12/11/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Fish	34517	Saturday 11:15AM	10/31/09	12/12/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Flying Fish/Shark	34518	Monday 5:45PM	10/26/09	12/07/09	6-13 yrs	\$39.00	\$69.00
09 FALL II	Flying Fish/Shark	34519	Tuesday 5:00PM	10/27/09	12/08/09	6-13 yrs	\$39.00	\$69.00
**Fees are prorated for Thanksgiving (Thursday, November 26th)								
AQUATICS OTHER								
09 FALL II	Competitive Swim	35030	T/TH 7:30PM	10/27/09	12/10/09	6-18yrs	\$78.00	\$138.00
09 FALL II	Teens (TOW/Beginner)	34521	Sat 1:30PM	10/31/09	12/12/09	13-18 yrs	\$39.00	\$69.00
09 FALL II	Teens (Intermediate/Advance)	34540	Sat 2:15PM	10/31/09	12/12/09	13-18 yrs	\$39.00	\$69.00

09 FALL II	Adults (TOW/Beginner)	34522	Mon 7:30PM	10/26/09	12/07/09	18+	\$39.00	\$69.00
09 FALL II	Adults (TOW/Beginner)	34523	Tue 10:30AM	10/27/09	12/08/09	18+	\$39.00	\$69.00
09 FALL II	Adults (TOW/Beginner)	34524	Wed 7:30PM	10/28/09	12/09/09	18+	\$39.00	\$69.00
09 FALL II	Adults (TOW/Beginner)	34525	Thur 10:30AM	10/29/09	12/10/09	18+	\$34.00	\$60.00
09 FALL II	Adults (TOW/Beginner)	34526	Sat 1:30PM	10/31/09	12/12/09	18+	\$39.00	\$69.00
09 FALL II	Adults (Intermediate/Advance)	34527	Mon 7:30PM	10/26/09	12/07/09	18+	\$39.00	\$69.00
09 FALL II	Adults (Intermediate/Advance)	34528	Tue 10:30AM	10/27/09	12/08/09	18+	\$39.00	\$69.00
09 FALL II	Adults (Intermediate/Advance)	34529	Wed. 7:30PM	10/28/09	12/09/09	18+	\$39.00	\$69.00
09 FALL II	Adults (Intermediate/Advance)	34530	Thur 10:30AM	10/29/09	12/10/09	18+	\$34.00	\$60.00
09 FALL II	Adults (Intermediate/Advance)	34531	Sat 2:15PM	10/31/09	12/12/09	18+	\$39.00	\$69.00
09 FALL II	Private Lessons (30 minutes)	34532	TBA	10/26/09	12/13/09	2+	\$98.00	\$126.00
09 FALL II	Semi-Priv. (45 min) 2 children	34533	TBA	10/26/09	12/13/09	2+	\$147.00	\$175.00
09 FALL II	YMCA Lifeguard	34546	TBA	10/26/09	12/13/09	16+	\$190.00	\$235.00

**Fees are prorated for Thanksgiving (Thursday, November 26th)

AQUATIC FITNESS FREE for YMCA members; Nonmembers 1x/week \$35, 2x/week \$60, 3x/week \$67, 4x/week \$75								
09 FALL II	Water Arthritis	34534	M/W/F 8:15AM-9:10AM	10/26/09	12/11/09	16+		See Above
09 FALL II	Aqua Aerobics	34535	M-F 9:15AM-10:10AM	10/26/09	12/11/09	16+		See Above
09 FALL II	Deep Water Aerobics	34536	M/W/F 10:15AM-11:10AM	10/26/09	12/11/09	16+		See Above
09 FALL II	Aqua Variety	34541	T/TH 10:15AM - 11:10AM	10/27/09	12/10/09	16+		See Above
09 FALL II	Water Arthritis	34537	T/TH 11:15AM-12:10PM	10/27/09	12/10/09	16+		See Above
09 FALL II	Aqua Aerobics	34544	Mon. 6:30PM-7:30PM	10/26/09	12/07/09	16+		See Above
09 FALL II	Deep Water Aerobics	34542	Tues. 6:30PM-7:30PM	10/27/09	12/08/09	16+		See Above
09 FALL II	Aqua Aerobics	34538	Wed. 6:30PM-7:30PM	10/28/09	12/09/09	16+		See Above
09 FALL II	Aqua Aerobics	34543	Thur. 6:30PM-7:30PM	10/29/09	12/10/09	16+		See Above
09 FALL II	Aqua Aerobics	34539	Sat. 8:00AM-9:00AM	10/31/09	12/12/09	16+		See Above

FAMILY								
09 FALL II	Family Day	34822	Sunday November 22nd 4-6pm			Family Event		
09 FALL II	Halloween at the YMCA		Friday October 30th			Family Event		
09 FALL II	Parents Day Out	34820 34821	Saturday Nov. 14th & Dec. 12th 2-6pm Register Thursday before event!!			3-13	\$5.00	\$8.00

HEALTH & FITNESS CLASSES								
09 FALL II	Y Cycling	34770	Mon. 5:45 - 6:30AM	10/26/09	12/07/09	10+	FREE	N/A
09 FALL II	Mind/Body Fusion	34771	Fri. 5:45 -6:30 AM	10/30/09	12/11/09	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	PowerPump	34772	Wed. 5:45 - 6:30AM	10/28/09	12/09/09	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	Y Cycling	34743	M 8:00 - 8:45 AM	10/26/09	12/07/09	10+	FREE	N/A
09 FALL II	PowerPump	34746	M 9:00 - 10:00 AM W 10:00 -11:00 AM	10/26/09	12/09/09	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	Hip Hop Hustle	34749	W/F 9:00 AM	10/28/09	12/11/09	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	TurboKick	34750	T 9:00 - 10:00AM	10/27/09	12/08/09	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	Zumba*	34752	Th 9:00-10:00 AM	10/29/09	12/10/09	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70

09 FALL II	Y Cycling	34744	F 5:45-6:30 PM	10/30/09	12/11/09	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	Silver Sneakers*	34754	T/TH 10:05 -10:50AM	10/27/09	12/10/09	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	Zumba	34753	M/W 5:30-6:25 PM	10/26/09	12/09/09	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	PowerPump*	34747	T/Th 5:30 - 6:30PM	10/27/09	12/10/09	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	Y Cycling*	34745	T/TH 6:40 - 7:25PM	10/27/09	12/10/09	10+	FREE	N/A
09 FALL II	TurboKick	34751	SA 9:00-10:00 AM	10/31/09	12/12/09	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	PowerPump	34748	SA 10:05 - 11:05 AM	10/31/09	12/12/09	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	Boot Camp	34756	M/W 6:30-8:00 PM	10/26/09	12/09/09	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	Starter Cycling*	34757	T/Th 4:30 - 5:15 PM	10/27/09	12/10/09	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	Hip Hop Hustle	34768	Mon. 6:35-7:35 PM	10/26/09	12/07/09	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	Yoga	34758	M 10:00 - 11:00AM W/F 8:00 -8:55 AM	10/26/09	12/11/09	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
09 FALL II	Personal Training	34759 34760 34761 34762 34763	Contact Program Dir.	ongoing	ongoing	13+	1-\$35, 3 - \$105, 6 - \$170, 10- \$260, 15- \$365	1-\$50, 3-\$120, 6-\$185, 10- \$275, 15- \$380
09 FALL II	Y Personal Fitness	34764	Must register and complete paperwork.	ongoing	ongoing	13+	FREE	N/A

***All non member Thursday participants may take 1 additional class at any other time during Thanksgiving week to replace the missed class due to the holiday.**

HEALTH & FITNESS SPECIALTY CLASSES

09 FALL II	Run Club	34765	M 5:30 PM T/TH 5:30 AM	10/26/09	12/10/09	18+	FREE	\$35.00
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OLDER ADULTS

09 FALL II	AOA Potlucks	N/A	November 6th and December 4th @ 11:30 am	50+	Free	N/A
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SPORTS - ADULT

09 Leagues	Coed indoor volleyball league	33714	Call for more details					
	Adult Volleyball Pick up games		Fridays 6:30-8:45pm	Ongoing	Ages 18+	FREE	\$5.00	
09 FALL II	Aikido (Martial Arts)	35028	Wednesdays 6:00-7:30pm	10/28/09	12/09/09	Ages 9+	\$36.00	\$56.00

SPORTS - YOUTH

09 FALL II	Bitty Flag Football	34818	Tuesday 5:00-5:45pm	10/27/09	12/08/09	3-4yrs	\$34.00	\$60.00
09 FALL II	Bitty Flag Football	34817	Tuesday 6:30-7:15pm	10/27/09	12/08/09	3-4yrs	\$34.00	\$60.00
10 Leagues	Spirit Basketball League	TBD	Saturday Games	01/16/09	03/06/09	5-14yrs	\$55.00	\$88.00

09 FALL II	Bitty Cheerleading	34816	Tuesday 5:45-6:30pm	10/27/09	12/08/09	3-4yrs	\$34.00	\$60.00
10 Leagues	Fastbreak Basketball League	TBD	Saturday Games	01/16/09	03/06/09	9-18yrs	\$68.00	\$98.00
10 Leagues	Cheerleading for Basketball	TBD	Saturday Games	01/23/09	02/27/09	5-18yrs	\$55.00	\$88.00
	Home School Groups		Call to set up days and times for your group.			4-18yrs	Price Varies	
09 FALL II	Evening PE Class	34819	Tuesdays 7:25-8:25pm	10/27/09	12/08/09	6-15yrs	\$10.00	\$17.00
09 FALL II	Aikido (Martial Arts)	35028	Wednesdays 6:00-7:30pm	10/28/09	12/09/09	Ages 9+	\$36.00	\$56.00

YOUTH & TEENS

09 FALL I	Youth Fit Club	34767	Tuesday 5:30-6:15 PM	10/27/09	12/08/09	10-15 yrs	\$11.00	N/A
09 FALL I	Youth Fit Club	34766	Saturday 9:00-9:45 AM	10/31/09	12/12/09	10-15 yrs	\$11.00	N/A
09 FALL II	SPLASH Parties (lifeguard, decorations for pool viewing area and a shirt for the birthday child)	Activity	Friday 6:30-8:30PM Saturday 12:00-2:00PM Saturday 2:30-4:30PM Sunday 12:00-2:00PM Sunday 2:30-4:30PM	APPOINTMENT ONLY		3+	\$85.00	\$115.00
09 FALL II	Dodgeball Parties (staff person, decorations for the pool viewing area and a shirt for the birthday child)	Activity	Sunday 2:30-4:30PM	APPOINTMENT ONLY		3+	\$85.00	\$115.00
09 FALL II	Bounce House Parties	Activity	Sunday 2:30-4:30PM	APPOINTMENT		3+	\$85.00	\$115.00

**No parties the 4th Sunday of the month from 4-6PM (Family Day)

SPECIAL INTEREST

09 TRN-CER	Adult, Child and Infant CPR	34040	Thursday, November 12th 4:00-9:00PM			13+	\$30.00	\$40.00
09 TRN-CER	First Aid	34043	Thursday, November 5th 5:00-9:00PM			13+	\$30.00	\$40.00
09 TRN-CER	CPR/AED for the PR and Oxygen Administration **YMCA of SWIL STAFF ONLY**	34046	Saturday, November 21st 8:00AM-5:00PM CMT STAFF ONLY			16+	\$0.00	\$0.00

MB 9/30