

<b>CMT YMCA</b>								
<b>AQUATICS - SWIM LESSONS</b>								
<b>Session</b>	<b>Class Name</b>	<b>Class Number</b>	<b>Day/Time</b>	<b>Start Date</b>	<b>End Date</b>	<b>Ages</b>	<b>Member</b>	<b>Non Member</b>
10 SUM I	Shrimp/Kipper*	41446	Mon. 5:30-6:00PM	06/07/10	07/05/10	6-12 mos.	\$24.00	\$46.00
10 SUM I	Shrimp/Kipper	41447	Wed. 5:30-6:00PM	06/02/10	07/07/10	6-12 mos.	\$29.00	\$55.00
10 SUM I	Shrimp/Kipper	41448	Sat. 9:30-10:00AM	06/05/10	07/10/10	6-12 mos.	\$29.00	\$55.00
10 SUM I	Inia/Perch*	41449	Mon. 6:00-6:30PM	06/07/10	07/05/10	13-36 mos.	\$24.00	\$46.00
10 SUM I	Inia/Perch	41450	Wed. 6:00-6:30PM	06/02/10	07/07/10	13-36 mos.	\$29.00	\$55.00
10 SUM I	Inia/Perch	41451	Sat. 10:00-10:30AM	06/05/10	07/10/10	13-36 mos.	\$29.00	\$55.00
10 SUM I	Pre-Pike*	41452	Mon. 4:30-5:00PM	06/07/10	07/05/10	2-3 yrs	\$24.00	\$46.00
10 SUM I	Pre-Pike	41453	Wed. 4:30-5:00PM	06/02/10	07/07/10	2-3 yrs	\$29.00	\$55.00
10 SUM I	Pre-Pike	41454	Sat. 11:15-11:45AM	06/05/10	07/10/10	2-3 yrs	\$29.00	\$55.00
10 SUM I	Pike*	41455	Mon. 5:00-5:45PM	06/07/10	07/05/10	3-5 yrs	\$29.00	\$51.00
10 SUM I	Pike	41456	Tue. 5:45-6:30PM	06/01/10	07/06/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Pike	41457	Wed. 5:00-5:45PM	06/02/10	07/07/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Pike	41458	Thur. 5:45-6:30PM	06/03/10	07/08/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Pike	41459	Fri. 11:15-12:00PM	06/04/10	07/09/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Pike	41460	Sat. 9:00-9:45AM	06/05/10	07/10/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Pike	41461	Sat. 10:30-11:15AM	06/05/10	07/10/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Pike**	41462	Sun. 1:00-1:45PM	06/06/10	07/11/10	3-5 yrs	\$29.00	\$51.00
10 SUM I	Eel*	41463	Mon. 5:45-6:30PM	06/07/10	07/05/10	3-5 yrs	\$29.00	\$51.00
10 SUM I	Eel	41464	Tue. 5:00-5:45PM	06/01/10	07/06/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Eel	41465	Wed. 5:00-5:45PM	06/02/10	07/07/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Eel	41466	Thur. 5:00-5:45PM	06/03/10	07/08/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Eel	41467	Fri. 11:15-12:00PM	06/04/10	07/09/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Eel	41468	Sat. 9:45-10:30AM	06/05/10	07/10/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Eel**	41469	Sun. 1:00-1:45PM	06/06/10	07/11/10	3-5 yrs	\$29.00	\$51.00
10 SUM I	Ray/Starfish	41470	Tue. 5:45-6:30PM	06/01/10	07/06/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Ray/Starfish	41471	Thur 5:00-5:45PM	06/03/10	07/08/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Ray/Starfish	41472	Sat. 11:15-12:00PM	06/05/10	07/10/10	3-5 yrs	\$34.00	\$60.00
10 SUM I	Polliwog*	41475	Mon. 11:15-12:00PM	06/07/10	07/05/10	6-13 yrs	\$29.00	\$51.00
10 SUM I	Polliwog	41473	Tue. 5:00-5:45PM	06/01/10	07/06/10	6-13 yrs	\$34.00	\$60.00
10 SUM I	Polliwog	41474	Wed. 5:45-6:30PM	06/02/10	07/07/10	6-13 yrs	\$34.00	\$60.00
10 SUM I	Polliwog	41476	Sat. 9:00-9:45AM	06/05/10	07/10/10	6-13 yrs	\$34.00	\$60.00
10 SUM I	Polliwog	41477	Sat. 10:30-11:15AM	06/05/10	07/10/10	6-13 yrs	\$34.00	\$60.00
10 SUM I	Polliwog**	41478	Sun. 1:45-2:30PM	06/06/10	07/11/10	6-13 yrs	\$29.00	\$51.00
10 SUM I	Guppy*	41479	Mon. 11:15-12:00PM	06/07/10	07/05/10	6-13 yrs	\$29.00	\$51.00
10 SUM I	Guppy*	41480	Mon. 5:00-5:45PM	06/07/10	07/05/10	6-13 yrs	\$29.00	\$51.00
10 SUM I	Guppy	41481	Tue. 6:30-7:15PM	06/01/10	07/06/10	6-13 yrs	\$34.00	\$60.00
10 SUM I	Guppy	41482	Wed. 5:45-6:30PM	06/02/10	07/07/10	6-13 yrs	\$34.00	\$60.00
10 SUM I	Guppy	41483	Thur. 5:45-6:30PM	06/03/10	07/08/10	6-13 yrs	\$34.00	\$60.00
10 SUM I	Guppy	41484	Sat. 9:45-10:30AM	06/05/10	07/10/10	6-13 yrs	\$34.00	\$60.00
10 SUM I	Guppy**	41485	Sun. 1:45-2:30PM	06/06/10	07/11/10	6-13 yrs	\$29.00	\$51.00
10 SUM I	Minnow	41486	Tue. 5:45-6:30PM	06/01/10	07/06/10	6-13 yrs	\$34.00	\$60.00
10 SUM I	Minnow	41487	Sat. 10:30-11:15AM	06/05/10	07/10/10	6-13 yrs	\$34.00	\$60.00
10 SUM I	Fish	41488	Sat. 11:15-12:00PM	06/05/10	07/10/10	6-13 yrs	\$34.00	\$60.00
10 SUM I	Flying Fish/Shark*	41489	Mon. 5:45-6:30PM	06/07/10	07/05/10	6-13 yrs	\$29.00	\$51.00
*Fees are prorated YMCA Closed on Monday, May 31, 2010 (Memorial Day)								
**Fees are prorated YMCA Closed on Sunday, July 4, 2010 (4th of July)								
<b>AQUATICS - TEEN &amp; ADULT</b>								
10 SUM I	Teens (TOW/Beginner)	41490	Sat. 2:15-3:00PM	06/05/10	07/10/10	13-18 yrs	\$34.00	\$60.00
10 SUM I	Adults (TOW/Beginner)	41492	Thur. 7:30-8:15PM	06/03/10	07/08/10	18+	\$34.00	\$60.00
10 SUM I	Adults (TOW/Beginner)	41491	Sat. 1:30-2:15PM	06/05/10	07/10/10	18+	\$34.00	\$60.00
<b>AQUATICS - SPECIALTY</b>								
10 SUM I	Private Lessons (30 min)	41493 41494	TBA	06/01/10	07/11/10	2+	\$84.00	\$108.00
10 SUM I	Semi-Private Lessons* (45 min) *2 children	41495 41496	TBA	06/01/10	07/11/10	2+	\$126.00	\$150.00
10 SUM I	Pre-Competitive Swim	TBA	Thur. 6:30-7:15PM	06/03/10	07/08/10	6-13 yrs	\$34.00	\$60.00

Session	Class Name	Class Number	Day/Time	Start Date	End Date	Ages	Member	Non Member
10 SUM I	Master's Swim	41497	M/W 7:30-8:30PM	06/07/10	07/07/10	18+	1x/wk \$34	1x/wk \$60 2x/wk \$120
10 SUM I	YMCA Lifeguard	41498	TBA	TBA	TBA	16+	\$190.00	\$235.00
<b>AQUATIC FITNESS</b> 1x/wk \$30, 2x/wk \$52, 3x/wk \$58, 4x/wk \$67								
10 SUM I	Water Arthritis	41695	M/W/F 8:15-9:10AM T/TH 11:15-12:10PM Tue. 7:00-7:55PM	06/01/10	07/11/10	16+	FREE	See Above
10 SUM I	Aqua Aerobics	41695	M-F 9:15-10:10AM M/W 6:30-7:25PM Thur. 6:00-6:55PM Sat. 8:00-8:55AM	06/01/10	07/11/10	16+	FREE	See Above
10 SUM I	Water Pilates	41695	Mon. 10:15-11:10AM Thur. 7:00-7:55PM	06/01/10	07/11/10	16+	FREE	See Above
10 SUM I	Aqua Variety	41695	Tue. 10:15-11:10AM	06/01/10	07/11/10	16+	FREE	See Above
10 SUM I	Deep Water	41695	Tue. 6:00-6:55PM	06/01/10	07/11/10	16+	FREE	See Above
10 SUM I	Water Walking	41695	Wed. 10:15-11:10AM	06/01/10	07/11/10	16+	FREE	See Above
10 SUM I	Aqua Tone	41695	Thur. 10:15-11:10AM	06/01/10	07/11/10	16+	FREE	See Above
10 SUM I	Silver Splash	41695	Wed. 11:15-12:10PM Fri. 10:15-11:10AM	06/01/10	07/11/10	16+	FREE	See Above
<b>FAMILY</b>								
Sp Event	Family Day	N/A	June YMCA Cardinals Baseball Family Night Call for Ticket Info!					
10 SUM I	Parent's Night Out	41158 41159	2nd Saturday of the month 5:00-9:00PM June 12th & July 10th			3-12 yrs	\$6.00	\$10.00
<b>HEALTH &amp; FITNESS CLASSES</b>								
10 SUM I	Y Cycling	41444	M 5:45 - 6:30AM	06/01/10	07/11/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	PiYo	41444	F 5:45 - 6:30AM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	PowerPump	41444	M 9:00 - 10:00 AM	06/01/10	07/11/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	TurboKick	41444	T 9:00 - 10:00AM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	Zumba	41444	Th 9:00 - 10:00AM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	Pilates	41444	SA 8:00 - 9:00 AM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	Crosstraining	41444	W 5:45-6:30 AM	06/01/10	07/11/10	18+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	Hip Hop Hustle	41444	W 9:00 - 10:00AM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	Zumba	41444	MW 5:30-6:30 PM F 6:30-7:30 PM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	Silver Sneakers	41444	T/TH 10:05 -11:05AM	06/01/10	07/11/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	ABC Fitness	41444	M 4:30-5:30 PM	06/01/10	07/11/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	Starter Cycling	41444	T/TH 4:30 -5:15 PM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70

Session	Class Name	Class Number	Day/Time	Start Date	End Date	Ages	Member	Non Member
10 SUM I	PowerPump	41444	T/Th 5:30 - 6:30PM	06/01/10	07/11/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	Y Cycling	41444	T/TH 6:40 - 7:25PM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	Boot Camp	41444	M 6:30-8:00 PM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	TurboKick	41444	W 6:30-7:30 PM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	PowerPump	41444	SA 10:05 - 11:05 AM	06/01/10	07/11/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	PiYo	41444	M 7:30-8:30 PM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$71
10 SUM I	Yoga	41444	M 10:00-11:00 AM W/F 8:00-9:00 AM	06/01/10	07/11/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	PiYo	41444	WED 10:00-11:00 AM FRI 9:00-10:00 AM	06/01/10	07/11/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SUM I	Y Cycling	41444	FRI 5:30-6:30 PM	06/01/10	07/11/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 SpecEvt	Run Club	36443	M 5:30 PM T/TH 5:30 AM SA 7:00 AM	01/01/10	12/31/10	18+	FREE	\$35/yr
10 SUM I	Personal Training	41413 41414 41415 41416 41417 41434	Must complete paperwork	ongoing	ongoing	13+	1-\$35 3 - \$105 6 - \$170 10-\$260 15-\$365 30-\$700	1-\$50 3 - \$120 6 - \$185 10-\$275 15-\$380 30-\$715
10 SUM I	Y Personal Fitness	41418	Must register and complete paperwork	ongoing	ongoing	18+	FREE	N/A
<b>HEALTH &amp; FITNESS SPECIALTY CLASSES</b>								
10 SUM I	Youth Fit Club	41419	T 5:30-6:15 PM	06/01/10	07/11/10	10-15 yrs	\$12.00	N/A
10 SUM I	Youth Fit Club	41420	SA 9:00-9:45 AM	06/01/10	07/11/10	10-15 yrs	\$12.00	N/A
10 SpecEvt	Young Runners Club	41150	T/TH 6:00-6:45 PM	06/29/10	09/16/10	6-18 yrs	\$10.00	\$20.00
10 SpecEvt	First 5K	41151	T/TH 6:00-6:45 PM	06/29/10	09/16/10	18-99 yrs	\$10.00	\$20.00
10 SpecEvt	Family 5K (family of 4)	41152	T/TH 6:00-6:45 PM	06/29/10	09/16/10	6-99 yrs	\$30.00	\$50.00
10 SpecEvt	Bootcamp	41928	W/F 5:30-6:30 AM	06/02/10	08/20/10	18+ yrs	\$150.00	\$250.00
10 SUM I	TRX Suspension training	41443	T/TH 9:00-10:00 AM	06/01/10	07/11/10	13+ yrs	\$40.00	\$70.00
10 SUM I	TRX Suspension training	41445	SA 9:00-10:00 AM	06/01/10	07/11/10	13+ yrs	\$20.00	\$35.00
10 SUM I	TRX Suspension training	41439	M 5:30-6:30 PM	06/01/10	07/11/10	13+ yrs	\$20.00	\$35.00
<b>OLDER ADULTS</b>								
10 SUM I	AOA Bingo	N/A	June 16th @ 10:30 AM			50+ yrs	FREE	N/A
10 SUM I	AOA Potluck	N/A	June 4th & July 9th @ 11:30 AM			50+ yrs	FREE	N/A
<b>SPORTS - YOUTH</b>								
10 Leagues	Flag Football League	41161	Saturday Games	TBD	TBD	GR: K-12	\$38.00	\$72.00
10 Leagues	Flag Football Clinic	41163	Please Register	TBD	TBD	GR: K-12	FREE	FREE
10 SUM I	Aikido (Martial Arts)	41160	Wednesday 6-7:30pm	02/24/10	04/07/10	9-Adult	\$36.00	\$63.00
<b>SPORTS - ADULT</b>								
10 SUM I	Aikido (Martial Arts)	41160	Wednesdays 6-7:30pm	06/02/10	07/13/10	9-Adult	\$36.00	\$63.00
<b>SPECIAL INTEREST</b>								

Session	Class Name	Class Number	Day/Time	Start Date	End Date	Ages	Member	Non Member	
Activity	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
Activity	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
Activity	Bounce House 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
**No parties the 4th Sunday of the month from 2:30-4:30PM (Family Day)									
10 TRN-CER	Adult, Child and Infant CPR	41856	Saturday, June 19th 9:00-2:00PM			16+	\$30.00	\$40.00	
10 TRN-CER	Standard First Aid	41857 41859	Thursday, June 10th 5:00-9:00PM Thursday, July 8th 4:00-8:00PM			16+	\$30.00	\$40.00	
10 TRN-CER	CPR/AED for the PR and Oxygen	41858	Saturday, June 26th 8:00AM-5:00PM			16+	<b>STAFF ONLY</b>		