

**CMT YMCA
AQUATICS - SWIM LESSONS**

Session	Class Name	Class		Start Date	End Date	Ages	Member	Non Member
		Number	Day/Time					
10 WIN I	Shrimp/Kipper	36457	Mon. 5:30-6:00PM	01/04/10	02/15/10	6-12 mos.	\$34.00	\$64.00
10 WIN I	Shrimp/Kipper	36458	Fri. 10:15-10:45AM	01/08/10	02/19/10	6-12 mos.	\$34.00	\$64.00
10 WIN I	Shrimp/Kipper	36459	Sat. 9:00-9:30AM	01/09/10	02/20/10	6-12 mos.	\$34.00	\$64.00
10 WIN I	Inia/Perch	36460	Mon. 6:00-6:30PM	01/04/10	02/15/10	13-36 mos.	\$34.00	\$64.00
10 WIN I	Inia/Perch	36461	Fri. 10:45-11:15AM	01/08/10	02/19/10	13-36 mos.	\$34.00	\$64.00
10 WIN I	Inia/Perch	36462	Sat. 9:30-10:00AM	01/09/10	02/20/10	13-36 mos.	\$34.00	\$64.00
10 WIN I	Pre-Pike	36463	Mon. 4:30-5:00PM	01/04/10	02/15/10	2-3 yrs	\$34.00	\$64.00
10 WIN I	Pre-Pike	36464	Wed. 4:30-5:00PM	01/06/10	02/17/10	2-3 yrs	\$34.00	\$64.00
10 WIN I	Pre-Pike	36465	Sat. 11:15-11:45AM	01/09/10	02/20/10	2-3 yrs	\$34.00	\$64.00
10 WIN I	Pike	36466	Sun. 1:00-1:45PM	01/10/10	02/21/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Pike	36467	Tue. 5:45-6:30PM	01/05/10	02/16/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Pike	36468	Wed. 5:00-5:45PM	01/06/10	02/17/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Pike	36469	Wed. 5:45-6:30PM	01/06/10	02/17/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Pike	36470	Wed. 6:30-7:15PM	01/06/10	02/17/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Pike	36471	Thur. 5:00-5:45PM	01/07/10	02/18/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Pike	36472	Sat. 9:00-9:45AM	01/09/10	02/20/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Pike	36473	Sat. 10:30-11:15AM	01/09/10	02/20/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Eel	36474	Mon. 5:45-6:30PM	01/04/10	02/15/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Eel	36475	Tue. 5:00-5:45PM	01/05/10	02/16/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Eel	36476	Sat. 9:45-10:30AM	01/09/10	02/20/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Ray/Starfish	36477	Mon. 5:00-5:45PM	01/04/10	02/15/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Ray/Starfish	36478	Thur. 5:45-6:30PM	01/07/10	02/18/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Ray/Starfish	36479	Sat. 11:15-12:00PM	01/09/10	02/20/10	3-5 yrs	\$39.00	\$69.00
10 WIN I	Polliwog	36480	Sun. 1:45-2:30PM	01/10/10	02/21/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Polliwog	36481	Tue. 5:45-6:30PM	01/05/10	02/16/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Polliwog	36482	Wed. 5:00-5:45PM	01/06/10	02/17/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Polliwog	36483	Wed. 6:30-7:15PM	01/06/10	02/17/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Polliwog	36484	Thur. 5:00-5:45PM	01/07/10	02/18/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Polliwog	36485	Sat. 9:00-9:45AM	01/09/10	02/20/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Polliwog	36486	Sat. 10:30-11:15AM	01/09/10	02/20/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Guppy	36487	Mon. 5:00-5:45PM	01/04/10	02/15/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Guppy	36488	Tue. 5:00-5:45PM	01/05/10	02/16/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Guppy	36489	Tue. 6:30-7:15PM	01/05/10	02/16/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Guppy	36490	Thur. 5:45-6:30PM	01/07/10	02/18/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Guppy	36491	Sat. 9:45-10:30AM	01/09/10	02/20/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Minnow	36492	Wed. 5:45-6:30PM	01/06/10	02/17/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Minnow	36493	Thur. 6:30-7:15PM	01/07/10	02/18/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Minnow	36494	Sat. 11:15-12:00PM	01/09/10	02/20/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Fish	36495	Sat. 10:30-11:15AM	01/09/10	02/20/10	6-13 yrs	\$39.00	\$69.00
10 WIN I	Flying Fish/Shark	36496	Mon. 5:45-6:30PM	01/04/10	02/15/10	6-13 yrs	\$39.00	\$69.00
AQUATICS - TEEN & ADULT								
10 WIN I	Teen Lessons (TOW/Beg)	36497	Sat. 2:15-3:00PM	01/09/10	02/20/10	13-18 yrs	\$39.00	\$69.00
10 WIN I	Adult Lessons (TOW/Beg)	36498	Mon. 10:30-11:15AM	01/04/10	02/15/10	18+	\$39.00	\$69.00
10 WIN I	Adult Lessons (TOW/Beg)	36499	Tue. 7:30-8:15PM	01/05/10	02/16/10	18+	\$39.00	\$69.00
10 WIN I	Adult Lessons (TOW/Beg)	36500	Wed. 10:30-11:15AM	01/06/10	02/17/10	18+	\$39.00	\$69.00
10 WIN I	Adult Lessons (TOW/Beg)	36501	Thur. 7:30-8:15PM	01/07/10	02/18/10	18+	\$39.00	\$69.00
10 WIN I	Adult Lessons (TOW/Beg)	36502	Sat. 1:30-2:15PM	01/09/10	02/20/10	18+	\$39.00	\$69.00
AQUATICS - SPECIALTY								
10 WIN I	Private Lessons (30 min)	36503	TBA	01/04/10	02/21/10	2+	\$98.00	\$126.00
10 WIN I	Semi-Private Lessons (45 min) *2 children*	36504	TBA	01/04/10	02/21/10	2+	\$147.00	\$175.00
10 WIN I	Competitive Swim COMBO	36505	M/W 7:30-8:30PM	01/04/10	02/17/10	6-18 yrs	1x/wk \$39 2x/wk \$78	1x/wk \$69 2x/wk \$138
10 WIN I	Master's Swim	36506	Mon. 6:30-7:30PM	01/04/10	02/15/10	18+	\$39.00	\$69.00

10 WIN I	YMCA Lifeguard	36507	TBA	01/04/10	02/21/10	16+	\$190.00	\$235.00
AQUATIC FITNESS								
1x/wk \$35, 2x/wk \$60, 3x/wk \$67, 4x/wk \$75								
10 WIN I	Water Arthritis COMBO	36508	M/W/F 8:15-9:10AM	01/04/10	02/19/10	16+	FREE	See Above
10 WIN I	Aqua Aerobics COMBO	36509	M-F 9:15-10:10AM	01/04/10	02/19/10	16+	FREE	See Above
10 WIN I	Water Pilates	36510	Mon. 10:15-11:10AM	01/04/10	02/15/10	16+	FREE	See Above
10 WIN I	Aqua Aerobics COMBO	36511	M/W 6:30-7:30PM	01/04/10	02/17/10	16+	FREE	See Above
10 WIN I	Aqua Variety	36512	Tue. 10:15-11:10AM	01/05/10	02/16/10	16+	FREE	See Above
10 WIN I	Water Arthritis COMBO	36513	T/TH 11:15-12:10PM	01/05/10	02/18/10	16+	FREE	See Above
10 WIN I	Deep Water	36514	Tue. 6:00-6:55PM	01/05/10	02/16/10	16+	FREE	See Above
10 WIN I	Water Arthritis	36515	Tue. 7:00-7:55PM	01/05/10	02/16/10	16+	FREE	See Above
10 WIN I	Water Walking	36516	Wed. 10:15-11:10AM	01/06/10	02/17/10	16+	FREE	See Above
10 WIN I	Aqua Tone	36517	Thur. 10:15-11:10AM	01/07/10	02/18/10	16+	FREE	See Above
10 WIN I	Aqua Aerobics	36522	Thur. 6:00-6:55PM	01/07/10	02/18/10	16+	FREE	See Above
10 WIN I	Water Pilates	36518	Thur. 7:00-7:55PM	01/07/10	02/18/10	16+	FREE	See Above
10 WIN I	Deep Water	36519	Fri. 10:15-11:10AM	01/08/10	02/19/10	16+	FREE	See Above
10 WIN I	Silver Splash	36520	Fri. 1:00-1:55PM	01/08/10	02/19/10	16+	FREE	See Above
10 WIN I	Aqua Aerobics	36521	Sat. 8:00-8:55AM	01/09/10	02/20/10	16+	FREE	See Above
FAMILY								
10 WIN I	Family Day	N/A	4th Sunday of the month 2:30-4:30			all ages	FREE	\$5/family
10 WIN I	Parent's Night Out	36590 36591	2nd Saturday of the month 5:00-9:00PM Jan 9 and Feb 13 **registration deadline is the Thursday before**			3-12 yrs	\$6.00	\$10.00
SCHOOL'S OUT CLUB								
09-10 Sch O	School's Out Club	36051	6:30 am-6:00 pm	12/21/09	12/21/09	K-6th Grade	\$30.00	\$40.00
09-10 Sch O	School's Out Club	36051	6:30 am-6:00 pm	12/22/09	12/22/09	K-6th Grade	\$30.00	\$40.00
09-10 Sch O	School's Out Club	36051	6:30 am-6:00 pm	12/23/09	12/23/09	K-6th Grade	\$30.00	\$40.00
09-10 Sch O	School's Out Club	36051	6:30 am-3:00 pm*	12/24/09	12/24/09	K-6th Grade	\$30.00	\$40.00
09-10 Sch O	School's Out Club	36054	6:30 am-6:00 pm	12/28/09	12/28/09	K-6th Grade	\$30.00	\$40.00
09-10 Sch O	School's Out Club	36054	6:30 am-6:00 pm	12/29/09	12/29/09	K-6th Grade	\$30.00	\$40.00
09-10 Sch O	School's Out Club	36054	6:30 am-6:00 pm	12/30/09	12/30/09	K-6th Grade	\$30.00	\$40.00
09-10 Sch O	School's Out Club	36054	6:30 am-6:00 pm	12/31/09	12/31/09	K-6th Grade	\$30.00	\$40.00
*December 24th-YMCA will close at 3:00 pm								
Current School Aged Childcare participants pay \$20.00/day								
HEALTH & FITNESS CLASSES								
10 WIN I	Y Cycling	36299	M 5:45 - 6:30AM	01/04/10	02/15/10	13+	FREE	N/A
10 WIN I	Y Cycling	36452	M 8:00-8:45 AM	01/04/10	02/15/10	13+	FREE	N/A
10 WIN I	Mind Body Fusion	36300	F 5:45 - 6:30AM	01/08/10	02/19/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	PowerPump	36302	M 9:00 - 10:00 AM W 10:00-11:00 AM	01/04/10	02/17/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	TurboKick	36303	T 9:00 - 10:00AM	01/05/10	02/16/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	Zumba	36304	Th 9:00 - 10:00AM	01/07/10	02/18/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	PowerPump	36305	W 5:45-6:30 AM	01/06/10	02/17/10	18+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	Hip Hop Hustle	36306	W 9:00 - 10:00AM	01/06/10	02/17/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70

10 WIN I	Zumba	36307	MW 5:30-6:30 PM	01/04/10	02/17/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	Silver Sneakers	36308	T/TH 10:05 -11:05AM	01/05/10	02/18/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	ABC Fitness	36309	M 4:30-5:30 PM	01/04/10	02/15/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	Starter Cycling	36310	T/TH 4:30 -5:15 PM	01/05/10	02/18/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	PowerPump	36311	T/Th 5:30 - 6:30PM	01/05/10	02/18/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	Y Cycling	36312	T/TH 6:40 - 7:25PM	01/05/10	02/18/10	10+	FREE	N/A
10 WIN I	Boot Camp	36435	MW 6:30-8:00 PM	01/04/10	02/17/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	TurboKick	36436	SA 9:00-10:00 AM	01/09/10	02/20/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	PowerPump	36437	SA 10:05 - 11:05 AM	01/09/10	02/10/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	PiYo	36438	M 7:30-8:30 PM	01/04/10	02/15/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$71
10 WIN I	Yoga	36439	M 10:00-11:00 AM W/F 8:00-9:00 AM	01/04/10	02/19/10	13+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	PiYo	36440	FRI 9:00-10:00 AM	01/08/10	02/19/10	10+	FREE	1x/wk \$35 2x/wk \$50 3x/wk \$70
10 WIN I	Y Cycling	36442	FRI 5:30-6:30 PM	01/08/10	02/19/10	13+	FREE	N/A
10 SpecEvt	Run Club	36443	M 5:30 PM T/TH 5:30 AM	01/05/09	02/19/09	18+	FREE	\$35.00
10 WIN I	Personal Training	36444 36445 36446 36447 36448	Must complete paperwork	ongoing	ongoing	13+	1-\$35, 3 - \$105 6 - \$170, 10-\$260, 15-\$365	1-\$50, 3 - \$120 6 - \$185, 10- \$275, 15- \$380
10 WIN I	Y Personal Fitness	36449	Must register and complete paperwork	ongoing	ongoing	13+	FREE	N/A
HEALTH & FITNESS SPECIALTY CLASSES								
10 SpecEvt	Go! Journey	36583	All day, everyday!	02/01/10	03/14/10	13+	FREE	\$60.00
10 SpecEvt	Passport to Wellness	36172	Seminars TBD	01/18/10	04/11/10	18 +	FREE	FREE
OLDER ADULTS								
N/A	AOA Potlucks	N/A	Jan. 8th & Feb. 4th @ 11:30 AM			55+	Free	N/A
SPORTS - YOUTH								
10 WIN I	Bitty Tumbling	36297	Tuesday 5:00-5:45	01/05/10	02/16/10	3-5yrs	\$36.00	\$63.00
10 WIN I	Bitty Basketball	36295	Tuesday 5:00-5:45pm	01/05/10	02/16/10	3-5yrs	\$36.00	\$63.00
10 WIN I	Bitty Cheerleading	36298	Tuesday 6:00-6:45pm	01/05/10	02/16/10	3-5yrs	\$36.00	\$63.00

10 WIN I	Bitty Basketball	36296	Tuesday 6:00-6:45pm	01/05/10	02/16/10	3-5yrs	\$36.00	\$63.00
10 Leagues	Fastbreak Basketball	35259	Saturday Games	01/16/10	03/06/10	3rd-12th GR	\$68.00	\$98.00
10 Leagues	Spirit Basketball	35260	Saturday Games	01/16/10	03/06/10	KDG-8th GR	\$58.00	\$88.00
10 Leagues	Cheerleading for Basketball	36047	Saturday Performances	01/16/10	03/06/10	KDG-8th GR	\$58.00	\$88.00
10 Leagues	3 V 3 Soccer League	36592	Saturday Games	03/27/10	05/15/10	KDG-8th GR	\$38.00	\$72.00

YOUTH & TEENS

10 WIN I	Youth Fit Club	36450	Tuesday 5:30-6:15 PM	01/05/10	02/16/10	10-15 yrs	\$12.00	N/A
10 WIN I	Youth Fit Club	36451	Saturday 9:00-9:45 AM	01/09/10	02/20/10	10-15 yrs	\$12.00	N/A
10 WIN I	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
10 WIN I	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
10 WIN I	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)

**SPLASH Parties: First Hour (Swimming) Second Hour (Pool Viewing Area)

**Bounce House/Dodgeball Parties: First Hour (bounce house/dodgeball) Second Hour (Pool Viewing Area)

SPECIAL INTEREST

10 TRN-CER	Adult, Child, and Infant CPR	36622 36623	Saturday, January 16th 9:00-2:00PM Saturday, February 20th 9:00-2:00PM	16+	\$30.00	\$40.00
10 TRN-CER	Standard First Aid	36624 36625	Thursday, January 14th 4:00-8:00PM Thursday, February 11th 5:00-9:00PM	16+	\$30.00	\$40.00
10 TRN-CER	CPR/AED for the PR and Oxygen **CMT Staff ONLY**	36626	Saturday, January 23rd 8:00-5:00PM **45 minute lunch break**	16+	STAFF ONLY	