

2010 Spring I Programs (Feb 22 - April 11)

Class Name	Day/Time	Start Date	End Date	Ages	Member	Non-Member
Shrimp & Kipper	T 11am	02/22/10	04/11/10	6 - 12 months	\$34.00	\$64.00
	T 5:30pm					
	Th 5:30pm					
	F 5:30 pm					
	Sa 9:15 am					
Sa 10:00 am						
Inias & Perch	T 11am	02/22/10	04/11/10	13 - 36 months	\$34.00	\$64.00
	T 5:30pm					
	Th 5:30pm					
	F 5:30 pm					
	Sa 9:15 am					
Sa 10:00 am						
Pre-Pike	W 11am	02/22/10	04/11/10	3-5 years	\$39.00	\$69.00
	W 6pm					
	F 4 pm					
	Sa 9am					
	Sa 11:15 am					
Pike	M 6pm	02/22/10	04/11/10	3 - 5 years	\$39.00	\$69.00
	T 5:30pm					
	W 6pm					
	Th 11am					
	Th 5:30 pm					
	Th 6:15pm					
	F 4pm					
	F 4:45pm					
	Sa 9am					
	Sa 9:45 am					
	Sa 10:30 am					
	Sa 11:15 am					
Su 1:15pm						
Eel	M 6pm	02/22/10	04/11/10	3 - 5 years	\$39.00	\$69.00
	T 5:30pm					
	W 6pm					
	Th 5:30pm					
	Th 6:15 pm					
	F 4:45 pm					
	Sa 9:45 am					
	Sa 10:30 am					
	Su 1:15pm					
Ray	M 6pm	02/22/10	04/11/10	3 - 5 years	\$39.00	\$69.00
	T 6:15 pm					
	W 6pm					
	Th 6:15pm					
	F 5:30 pm					
	Sa 9:45 am					
Sa 10:30 am						
Starfish	M 6pm	02/22/10	04/11/10	3 - 5 years	\$39.00	\$69.00
	T 6:15pm					
	W 6pm					
	Th 6:15pm					
	F 5:30pm					
	Sa 9am					
Su 2pm						
SWIM LESSONS CONTINUED						
Polliwog	M 6pm	02/22/10	04/11/10	6 - 12 years	\$39.00	\$69.00
	T 6:15pm					
	W 6pm					
	Th 5:30 pm					
	F 4pm					
	Sa 9:45 am					
	Sa 11:15 am					
	Su 1:15pm					

Guppy	M 6pm	02/22/10	04/11/10	6 - 12 years	\$39.00	\$69.00
	T 6:15pm					
	W 6pm					
	Th 6:15pm					
	F 4:45pm					
	Sa 9:45am					
	Sa 10:30am					
	Sa 11:15am					
Su 2pm						
Minnow	T 5:30pm	02/22/10	04/11/10	6 - 12 years	\$39.00	\$69.00
	Th 5:30pm					
	F 5:30pm					
	Sa 9am					
	Sa 11:15am					
Fish	T 6:15pm	02/22/10	04/11/10	6 - 12 years	\$39.00	\$69.00
	Sa 9am					
Flying Fish & Shark	Th 6:15pm	02/22/10	04/11/10	6 - 12 years	\$39.00	\$69.00
	Sa 10:30 am					
Teen Instruction	T 7pm	02/22/10	04/11/10	13-17 years	\$39.00	\$69.00
Adult TOW	T 7pm	02/22/10	04/11/10	18+ years	\$39.00	\$69.00
	Th 1pm					
Adult Intermediate	T 7pm	02/22/10	04/11/10	18+ years	\$39.00	\$69.00
	Th 7pm					
AQUATICS OTHER						
Private Swim Lessons	by appointment only				\$98.00	\$126.00
Semi Private Lessons	by appointment only				\$147.00	\$175.00
AQUATIC FITNESS						
Aqua Aerobics	M, W 7pm	All Sessions	13 + years	Free		1/week \$35 2/week \$60 3/week \$67
	T, Th 7:30pm					
	Sa 8am					
Aquacise	M,W, F 8:30am					
T, Th 7:40am						
Aqua Natal	T 6pm					
Arthritis	M - F 10:10am					
Deep Water Aerobics	M - F 9:20am					
	T & Th 6pm					
	W 7pm					
T.U.F.F	T & Th 5:30pm					
Water Pi-Yo-Chi	W & F 11am					
	Th 8:30am					
Water Walking	M,W, F 7:30am					
	T 8:30am					
HEALTH & FITNESS						
Fitness Orientations						
Fitness Assessment						
Personal Training	By appointment only		13 + years	1 session \$35	1 session \$50	
				3 sessions \$105	3 sessions \$120	
				6 sessions \$170	6 sessions \$185	
				10 sessions \$260	10 sessions \$275	
				15 sessions \$365	15 sessions \$380	
Group Personal Training				1 session \$60	N/A	
				3 sessions \$200		
				6 sessions \$330		
				10 sessions \$500		
				15 sessions \$710		
GROUP EXERCISE						
Start Step'n	T 6pm	02/22/10	04/11/10	13+ years	FREE	1/week \$35 2/week \$50 3/week \$70
Core Essentials	T, Th 10:10am	02/22/10	04/11/10			
Cardio Blitz	T, Th, Sa 8:40am	02/22/10	04/11/10			
Step-n-Sculpt	M, W 5pm	02/22/10	04/11/10			
Power Pump	T, Th, Sa 9:10a	02/22/10	04/11/10			
	T 5pm	02/22/10	04/11/10			
Kickfit Kickboxing	M 6:10pm	02/22/10	04/11/10			
	Sa 10:30am	02/22/10	04/11/10			
Cardio Sampler	Th 5:45pm	02/22/10	04/11/10			
Core Motion	M, F 10:05am	02/22/10	04/11/10			
Y.A.P. (Yoga,Abs, Pilates)	W 7:10pm	02/22/10	04/11/10			

GROUP EXERCISE CONTINUED

Zumba	T 4pm	02/22/10	04/11/10	13+ years	FREE	1/week \$35 2/week \$50 3/week \$70
	Th 4:30pm	02/22/10	04/11/10			
	Su 2pm	02/22/10	04/11/10			
Fitness Yoga	T, Th 6am	02/22/10	04/11/10			
	T 8pm	02/22/10	04/11/10			
Pilates	W 9:20am	02/22/10	04/11/10			
Y Cycling	M,W, F 8:30am	02/22/10	04/11/10			
	M, T 7:10pm	02/22/10	04/11/10			
	W 6:10pm	02/22/10	04/11/10			
	W, F 5:45am	02/22/10	04/11/10			

SPECIALTY FITNESS

W.O.W. (women on weights)	M & W 11am	02/22/10	04/11/10	13+ years	\$42.00	\$64.00
	T & Th 6:30pm	02/22/10	04/11/10			
Lean & Fit	M & W 9:30am	02/22/10	04/11/10		\$60.00	\$80.00
Bootcamp	T & Th 6am	02/22/10	04/11/10	\$40.00	\$60.00	

ACTIVE OLDER ADULTS

Silver Sneakers Fitness Class	T, Th 9am	02/22/10	04/11/10	55+ years	FREE	N/A
Potluck	3rd Wednesday	02/22/10	04/11/10	ALL	FREE	FREE

ADULT SPORTS

Morning Basketball	M/W/F 6-8am	02/22/10	04/11/10	18+ years	FREE	\$5/visit
Basketball Pick-Up Games	Th 8:15pm	02/22/10	04/11/10	16+ years		
Adult Volleyball	M 6-9pm	02/22/10	04/11/10	18+ years		
Karate	T/Th 7pm	02/22/10	04/11/10	13+ years	\$30.00	\$55.00

DANCE/GYMNASTICS

Preschool Ballet	F 5pm	02/22/10	04/11/10	3 - 5 years	\$36.00	\$55.00
Beginning Dance	F 6pm	02/22/10	04/11/10	5 - 8 years	\$36.00	\$55.00
Ballroom Dance Intermediate	Th 7pm	02/22/10	04/11/10	18+	\$40/ Couple	\$60/Couple
Ballroom Dance Beginners	Th 8pm					

YOUTH SPORTS

See Front Desk for More Options

HOME SCHOOL PROGRAMS

Sports	T 1pm	02/22/10	04/11/10	5 - 18 yrs	\$30 1st child	\$25 per child after first
Swimming	T 1pm or 2pm	02/22/10	04/11/10		\$28.00	\$28.00

FAMILY PROGRAMS

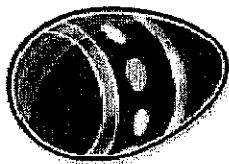
Parent's Night Out	3rd Friday 6:00 - 8:45pm	All Sessions	3 - 13 years	\$5.00	\$8.00
Family Night	1st Friday 6:00 - 8:45pm		ALL	FREE	FREE

SPECIAL EVENTS



Sweetheart Run 5k/Fun Run

February 13



Easter Egg Dive

March 19th 6:30pm



Youth Leaders Club: Contact Monet for more information