



2016

Aquatics Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer Aquatic Programs

Summer 1 June 6-June 25

Summer 2 June 27-July 18

Summer 3 July 20-August 8

Summer 4 August 10-August 29

Parent observation days are always held on the last swim class of the session.

Parent Child Classes (1 day/week)

Tuesdays 10:30-11:00am

Saturday 9:30-10:00am

Members: \$10.00 Non Members: \$23.00

Preschool Swim Lessons

Monday/Wednesday 3:30-4:00pm

Monday/Wednesday 10:30-11:00am

Tuesday/Thursday 10:30-11:00am

Members: \$16.50 Non Members: \$36.00

Saturday 9:00-9:30am

Members: \$8.25 Non Members: \$18.00

Youth Swim Lessons

Monday/Wednesday 3:30-4:15pm

Monday/Wednesday 10:30-11:15am

Tuesday/Thursday 10:30-11:15am

Members: \$16.50 Non Members: \$36.00

Saturday 9:00-9:30am

Members: \$8.25 Non Members: \$18.00

Diving

Monday/Wednesday/Friday

10:30-11:15 am

Members: \$16.50 Non Members: \$36.00

Youth Triathlon

Kids have the opportunity to participate in our Youth Tri! Swim in our pool, ride their bike, and finish with a run!

Cost Members \$10.00 Non Members \$15.00

Register by July 15th Due to arrangements there will be no late registrations

Call Lisa at 664-7757 for questions

In house Triathlon for kids on July 30th

10:15 am, may start in waves

Lap Swim

Mon/Wed/Fri 5:30-7:30am, T/Thr 6-7:30am

Mon-Fri 11:30-12:30pm

Saturday 8-9am

Also available during any open swim except Fridays

Aquarobics (Shallow Water)

Monday/Wednesday/Friday

9:30-10:30am

Members: Free Non Members: \$5.00

Deepwaterobics

Tuesday/Thursday

9:30-10:30am

Members: Free Non Members: \$5.00

Aqua Tai Chi

This is a condensed version of land Tai Chi formatted to water. For all abilities!

Monday/Wednesday

8:45-9:30am

Members: Free Non Members \$5.00

Pool Pass Fridays

1:00-7:30pm

Open Swim is specially priced at \$2.00 for Community Members. Y members are FREE

Summer Swim League or SSL

Summer Swim League is geared for all abilities. Our goal is to join USA Swim League by July and enter 2 meets if possible. Coached by McKenna Haskins (Gannon Swim Team Member) and Doug Gerould. Times and days will vary. Nutrition, Drylands, Weights. Volunteer coaching appreciated. Practice 5 days a week is not mandatory.

June M/Thur 3-5 T/W/F 1-3

July & Aug M-F 7:30-9:30 am

Members \$24.75/session Non-members \$54/session

Birthday Parties at the Y

Enjoy your birthday at the Y. Parties are held on Saturdays anytime from 12-4. Parties use our party room, pool and gymnasium.

We set the room up with tables and chairs and we do all the CLEAN UP! You can decorate if you choose. We have refrigerators available and electric outlets.

We give you the space and you make the FUN!

Members \$95 Non-members \$110.00

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