

# Program Schedule Orillia YMCA

*A friendly, welcoming environment for all*

## HOURS OF OPERATION

Monday – Friday	5:30am - 10:00pm
Saturday	7:00am - 7:00pm
Sunday	7:00am - 5:00pm

### Holiday Hours

Statutory	10:00am - 5:00pm (April 3, May 24)
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### Day Use Fee (Including Open Swims)

Child (0 - 12) (under 12, accompanied by an adult)	\$4.00
Youth/Student (13+)	\$5.00
Seniors (60+)	\$7.00
Adults (18+)	\$9.00
Family (Minimum one adult)	\$12.00

### Session Dates

Spring March 22 - June 13, 2010

## Childminding

MON - FRI: 9:00am - 12:00 noon

Members: \$30.00/10 hour ticket  
or \$3.50 per child/hour.

Non-Members: \$5.00/child/hour

Members engaging in physical activity are encouraged to have a medical checkup performed by their physician before participating in active exercise. You may wish to review the results with a YMCA Conditioning Coach.

### For more information or to register contact:

YMCA of Simcoe/Muskoka  
Orillia YMCA

300 Peter Street North  
Orillia, Ontario L3V 5A2  
Tel: 705-325-6168  
Fax: 705-325-0243

Program descriptions available on our website

## CONSTRUCTION IS BEGINNING SOON!

Our upcoming building renovation will add 5000+ square feet to the existing building:

- Second floor cardio & conditioning room with state of the art equipment, including Gravity.
- Family & special needs locker room.
- Upgrades to existing locker rooms.
- Renovated childcare and child minding space.
- Meeting space for YMCA and community use.
- Improved accessibility.

## Orillia YMCA Strong Kids Campaign!

Make a difference in a child's life.

Ask our membership services staff how you can donate today.

"No Risks, Only Returns"



## MEMBERSHIP FEES

### GENERAL MEMBERSHIP

Child	\$ 20.00/Month
Youth	\$ 25.00/Month
Student	\$ 34.00/Month
Adult	\$ 46.00/Month
Senior	\$ 40.00/Month
Adult Couple	\$ 86.00/Month
Senior Couple	\$ 74.00/Month
1 Parent Family	\$ 59.00/Month
2 Parent Family	\$ 89.00/Month

**YMCA BUILDING FUND FEE:** The YMCA Building Fund Fee is used for maintenance and improvements of our high quality facilities through renovations and refurbishment. This is a one time contribution of \$75.00 for all new adult members provided membership is continuous and does not lapse for more than 6 months. Note: Only one fee per family/couple.

**MEMBERSHIP ASSISTANCE** No one is ever refused a YMCA Membership due to an inability to pay the full fee. Please ask our staff for details.

\* All Fees are subject to applicable Taxes. Fees subject to change without notice.

\* In order to maintain our equipment and facilities in as new condition, The YMCA reserves the right to close program and service areas for repair and refurbishment. Where possible advance notice will be given. We are unable to provide refunds in these cases.

\* Programs may be subject to change or cancellation due to low enrolment.

**Etiquette:** The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, participants, staff and volunteers all pledge to treat one another with respect and dignity.

**Mission:** The YMCA of Simcoe/Muskoka is a charity that excels at strengthening our communities by providing opportunities for all to grow in spirit, mind and body.

**Vision:** The YMCA of Simcoe/Muskoka will be the recognized leader in lifelong health and personal growth.

**Values:** Caring, Honesty, Inclusiveness, Respect, Responsibility

**PRIVACY STATEMENT:** The YMCA strives to ensure that volunteers and staff conduct their relationships with each other, participants and all other Association contacts with integrity, good judgment and fairness. The YMCA respects the right of individuals to the protection of their personal information. The YMCA is committed to maintaining the confidentiality, privacy and accuracy of personal information it collects, uses and discloses about its participants, members, donors, parents/guardians, staff and volunteers.

We build strong kids,  
strong families,  
strong communities.



Plus de vie à la vie  
des jeunes, des familles  
et de la communauté.

YMCA

# PRESCHOOL PROGRAMS

ages 0-5

All Drop-In and Registered programs are included with your membership.

**Drop-In** FREE to Members.

(G) Gym (P) Pool

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Family Open Gym	10:15 - 11:00am	6:00 - 6:30pm		10:15 - 11:00am 5:00 - 6:00pm	10:15 - 11:00am	11:00 - 12:00pm	11:00 - 12:00pm
Family Swim	11:10 - 12:00pm			11:10 - 12:00pm	11:10 - 12:00pm	12:00 - 1:00pm	12:00 - 1:00pm
Open Swim			4:00 - 4:45pm		7:00 - 9:00pm	1:00 - 3:00pm	1:00 - 3:00pm

**Registered** FREE to Members. Members Only  
Register at the Membership Services Desk.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Active Totz (0-3)	3:30 - 4:00pm		3:00 - 3:30pm				
Jr. Fit Kidz (2-5)	4:00 - 4:30pm		3:30 - 4:00pm				
Tumbling Totz (0-3yrs w/ Parents)	12:00 - 12:30pm			3:00 - 3:30pm			
Jr. Tumblers (2-5 with Parents)	12:30 - 1:00pm			3:30 - 4:00pm			
Movin' and Groovin' (3-5 yrs)		3:00 - 3:30pm			3:00 - 3:30pm		
Jr. All Sports		3:30 - 4:00pm			3:30 - 4:00pm		

**Swim Lessons** FREE to Members. Members Only  
Register at the Membership Services Desk.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Splashers (6-18mos)		11:15 - 11:45am				9:00 - 9:30am	9:00 - 9:30am
Bubblers (18-36mos)		11:15 - 11:45pm				9:00 - 9:30am	9:00 - 9:30am
Bobbers (3-5)	4:00 - 4:30pm	6:30 - 7:00pm		5:00 - 5:30pm 6:00 - 6:30pm		9:30 - 10:00am 3:30 - 4:00pm	9:30 - 10:00am
Floater (3-5)	4:00 - 4:30pm	6:30 - 7:00pm		5:00 - 5:30pm 6:00 - 6:30pm		9:30 - 10:00am 3:30 - 4:00pm	9:30 - 10:00am
Gliders (3-5)		6:00 - 6:30pm	5:30 - 6:00pm	6:30 - 7:00pm		10:00 - 10:30am	10:00 - 10:30am
Divers (3-5)		6:00 - 6:30pm	5:30 - 6:00pm	6:30 - 7:00pm		10:00 - 10:30am	10:00 - 10:30am
Surfers (3-5)		6:30 - 7:00pm		6:30 - 7:00pm	5:00 - 5:30pm	10:30 - 11:00am	10:30 - 11:00am
Dippers (3-5)				6:30 - 7:00pm	5:00 - 5:30pm	10:30 - 11:00am	10:30 - 11:00am

## Private Swim Lessons - All Ages

A great way to increase your skill level through extra pool time working one-on-one with qualified, friendly YMCA Staff.

Call Melissa Bramham to book a time. 325-6168

**Members:** 30 min. Lesson: \$20.00 **Non-Members:** 30 min. Lesson: \$30.00

**Members:** 45 min. Lesson: \$25.00 **Non-Members:** 45 min. Lesson: \$37.50

## Karate

Getting involved in martial arts at any age is a great way to keep your body strong and your mind sharp.

Information is available at the Membership Service Desk.

## Super Fantastic Birthday Parties

Let us host your birthday party. Parties include YMCA supervision, pool time, a party room, lunch and a cake. Parties are held on Saturdays and Sundays.

Please check at the Membership Service Desk for available dates and pricing.



Grades 6 - 8  
7:00 - 10:00 pm  
Orillia YMCA



Sat, March 27, 2010  
Sat, April 17, 2010  
Sat, May 15, 2010  
Sat, June 19, 2010

Members: \$5.00 / Non Members: \$10.00  
YMCA Members must bring membership card  
Call (705-325-6168) for details

# CHILD PROGRAMS

ages 6+

All Drop-In and Registered programs are included with your membership.

**Drop-In** FREE to Members.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Family Gym	10:15 – 11:00am	6:00 - 6:30pm		10:15 – 11:00am 5:00 - 6:00pm	10:15 – 11:00am	11:00 – 12:00pm	11:00 – 12:00pm
Family Swim	11:10 – 12:00pm			11:10 – 12:00pm	11:10 – 12:00pm	12:00 – 1:00pm	12:00 – 1:00pm
Open Swim			4:00 – 4:45pm		7:00 – 9:00pm	1:00 – 3:00pm	1:00 – 3:00pm
Supervised Open Gym (9 - 14 yrs)					7:00 - 9:00pm		

**Registered** FREE to Members. Members Only  
Register at the Membership Services Desk.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Fit Kidz (6-12yrs)					6:00 - 6:30pm	1:00 - 1:45pm	
Jr. Lifeguard Club (8-15yrs)	5:00 - 6:00pm					3:00 - 4:00pm	
Freestyle Dance (6-12yrs)				4:00 - 4:30pm			
Youth Yoga (6-12yrs)			4:30 - 5:00pm				
All Sport (6-12 yrs)			5:15 - 6:00pm		5:15 - 6:00pm		
Boot Camp Kids (9-12)		5:00 – 6:00pm					
Junior Leaders(12-14)					4:00 – 5:00pm		
Youth Tri Club (6-9yrs)				4:30 – 5:00pm			
Youth Cycle (9-12yrs)		4:30 - 5:00pm		4:00 - 4:30pm			
Kids Squash (9-12yrs)				6:00 - 6:30pm		11:00 – 12:00pm	

**Swim Lessons** FREE to Members. Members Only  
Register at the Membership Services Desk.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Otter	4:30 - 5:00pm	6:00 - 6:30pm		6:00 - 6:30pm 6:30 - 7:00pm		9:30 - 10:00am	9:30 - 10:00am
Seal	4:30 - 5:00pm	6:00 - 6:30pm		6:00 - 6:30pm 6:30 - 7:00pm		9:30 - 10:00am	9:30 - 10:00am
Dolphin		5:30 - 6:00pm		5:30 - 6:00pm 6:00 - 6:30pm		9:00 - 9:30am 3:00 - 3:30pm	9:00 - 9:30am
Swimmer		5:30 - 6:00pm		5:30 - 6:00pm 6:00 - 6:30pm		9:00 - 9:30am 3:00 - 3:30pm	9:00 - 9:30am
Star 1		5:00 - 5:30pm		7:00 - 7:30pm		10:00 - 10:30am	10:00 - 10:30am
Star 2		5:00 - 5:30pm		7:00 - 7:30pm		10:00 - 10:30am	10:00 - 10:30am
Star 3		6:30 - 7:00pm		7:30 - 8:00pm	5:30 - 6:00pm	10:30 - 11:00am	11:15 - 11:45am
Star 4			4:45 - 5:30pm		5:30 - 6:15pm	10:30 - 11:15am	11:15 - 12:00pm
Star 5	5:00 – 5:45pm		4:45 - 5:30pm		6:15 - 7:00pm	11:15 - 12:00pm	10:30 - 11:15am
Star 6	5:00 – 5:45pm				6:15 - 7:00pm	11:15 - 12:00pm	10:30 - 11:15am

**FAMILY PROGRAMS Drop-In** All Drop-In and Registered programs are included with your membership.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Family Gym	10:15 – 11:00am	6:00 - 6:30pm		10:15 – 11:00am 5:00 - 6:00pm	10:15 – 11:00am	11:00 – 12:00pm	11:00 – 12:00pm
Family Swim	11:10 – 12:00pm			11:10 – 12:00pm	11:10 – 12:00pm	12:00 – 1:00pm	12:00 – 1:00pm
Open Swim			4:00 – 4:45pm		7:00 – 9:00pm	1:00 – 3:00pm	1:00 – 3:00pm
Family Yoga				5:00 - 5:30pm	7:30 - 8:00pm		
Family Cycle (9yrs+)					7:00 - 7:30pm	12:15 - 12:45pm	
Family Boot Camp					6:30 - 7:00pm		
Family Squash					8:30 - 9:00pm		

**SUPERVISION:** Supervision of children under the age of 12 is required in all areas of the building unless in a registered program. This includes open gym times. Supervision ratios for the pool are available at the service desk or aquatics department.

# YOUTH PROGRAMS

ages 13+

All Drop-In and Registered programs are included with your membership.

**Drop-In** FREE to Members.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Family Gym	10:15 – 11:00am	6:00 - 6:30 pm		10:15 – 11:00am 5:00 - 6:00 pm	10:15 – 11:00am	11:00 – 12:00pm	11:00 – 12:00pm
Family Swim	11:10 – 12:00pm			11:10 – 12:00pm	11:10 – 12:00pm	12:00 – 1:00pm	12:00 – 1:00pm
Open Swim			4:00 – 4:45pm		7:00 – 9:00pm	1:00 – 3:00pm	1:00 – 3:00pm
Youth Activity Ctr.					7:00 - 8:00pm		

**Registered** FREE to Members. Members Only  
Register at the Membership Services Desk.

\*Session 1: Mar 23 - Apr 20 or Mar 27 - Apr 24  
\*Session 2: Apr 27 - May 25 or May 1 - 29

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Jr. Leaders (12-14 yrs)					4:00 - 5:00pm		
Advanced Leaders (15-16 yrs)					4:00 - 5:00pm		
Youth Conditioning Room (12+) *		5:30 - 6:30pm				11:00 - 12:00pm	
Youth Squash (13+)				6:30 - 7:00pm			
Teen Yoga (13+)					5:30 – 6:15pm		
Jr. Lifeguard Club (8 -15yrs)	5:00 - 6:00pm					3:00 - 4:00pm	

# ADVANCED AQUATICS

Please Register at the Membership Services Desk.

CLASS	Barrie 705-726-6421	Collingwood 705-445-5705	Innisfil 705-431-9622	Midland 705-526-7828	Orillia 705-325-6168	Wasaga Beach 705-429-9622
<b>Master Swimmer</b> Fees: Member: Free Prereq: Star 6	MON or WED 5:00 - 6:00pm (2 Options)	TUE or WED 7:30 - 8:30pm (2 Options)	FRI 5:00 - 6:00pm	MON 6:00 - 7:00pm	MON 4:00 - 5:00pm	
<b>Bronze Star</b> Fees: Member: \$36.00+GST Non Member: \$105.00+GST	FRI 5:00 - 6:00pm	THURS 7:30 - 8:30pm	SAT 11:00 - 12:00pm	MON 6:00 - 7:00pm	WED 5:00 - 6:00pm	
<b>Bronze Medallion:</b> EFA & CPR'B Fees: Member: \$130.00+GST Non Member: \$195.00+GST Prereq: 13+ or 12 yrs with Bronze Star	MON 5:30 - 7:30pm	MON 6:00 - 8:00pm	WED 6:00 - 8:00pm	MON 5:00 - 7:00pm	FRI 5:00 - 7:00pm	WED 6:00 - 8:00pm
<b>Bronze Cross:</b> SFA & CPR'C Fees: Member: \$156.00+GST Non Member: \$221.00+GST Prereq: 14+, Bronze Medallion, EFA, CPR'B	MON 5:30 - 7:30pm	MON 6:00 - 8:00pm	SAT 9:00 - 11:00am	MON 5:00 - 7:00pm	SAT 9:00 - 12:00pm (8 Weeks)	WED 6:00 - 8:00pm
<b>NLS Certification:</b> Fees: Member: \$150.00+GST Non Member: \$225.00+GST Prereq: Bronze Cross, 16+, SFA, CPR'C		Mar 15 - 19 MARCH BREAK 8:00 - 5:00pm	Apr 30 - May 2 May 14 - 16 FRI 4:00-8:00pm SAT 9:00-9:00pm SUN 8:00-4:00pm	TBA	Apr 10, 11,17,18 24 & 25 May 1 & 2 SAT & SUN 10:00am - 3:00pm	
<b>NLS Recertification:</b> Fees: Member: \$75.00+GST Non Member: \$100.00+GST Prereq: 16+ SFA, CPR'C	Jun 21 9:00 - 1:00pm	Mar 19 8:00 - 5:00pm	Apr 16 12:00 - 4:00pm		SUN May 2 10:00am - 3:00pm	Mar 6 5:00 - 9:00pm
<b>Emergency First Aid, CPR 'B'</b> Fees: Member: \$50.00+GST Non Member: \$75.00+GST		Apr 24 8:00 - 4:00pm				
<b>Standard First Aid, CPR 'C'</b> Fees: Member: \$100.00+GST Non Member: \$125.00+GST	May 1,2 8:00 - 4:00pm	Apr 24 & 25 8:00 - 4:00pm	Apr 24, 25 8:00 - 4:00pm			Jan 17 - 18 8:00 - 4:00pm
<b>SFA Recertification, CPR 'C'</b> Fees: Member: \$50.00+GST Non Member: \$75.00+GST	May 2 8:00 - 4:00pm	Apr 25 8:00 - 4:00pm	Apr 25 1:00 - 4:00pm			Jan 18 8:00 - 4:00pm
<b>YMCA Swim Instructors</b> Fees: Member: \$83.20+GST Non Member: \$89.60+GST			TBA	TBA	TBC	WED 6:00 - 9:00pm (Must be 16yrs by exam date)
<b>YMCA Instructor Crossover Course</b>	JUN 20 9:00 - 5:00pm	MAR 16 8:00 - 5:00pm	JUN 20 9:00 - 5:00pm			

# ADULT PROGRAMS All Drop-In and Registered programs are included with your membership.

**Drop-In** FREE to Members

(\*) = Gym

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Group Fitness</b>	Morning 9:10 - 10:10am	Pump Step 9:10 - 10:10am	TBC 9:10 - 10:10am	Zumba 9:10 - 10:10am	30-30-30 9:10 - 10:40am	Pump Step 8:00 - 9:00am	
		Yoga 10:15 - 11:15am		Yoga 10:15 - 11:15am	Stability & Balance 11:00 - 11:45am	Yoga 10:00 - 11:00am	
	Afternoon 11:15 - 12:00pm	Boot Camp 12:10 - 12:40pm	On the Move 50+ 11:15 - 12:00pm				
	Evening 5:30 - 6:15pm	Yoga 5:30 - 6:30pm	TBC 5:30 - 6:15pm	Fusion 5:30 - 6:30pm			
Core 6:20 - 6:35pm			Core 6:20 - 6:35pm				
			Stability & Balance 7:00 - 7:45pm	Bootcamp 6:00 - 6:45pm			
<b>Group Cycling</b>	Morning 6:30 - 7:15am 9:15 - 10:00am	9:15 - 10:00am	6:30 - 7:15am 9:15 - 10:00am	9:15 - 10:00am	6:30 - 7:15am 9:15 - 10:00am	9:00 - 9:45am	
	Afternoon 12:15 - 12:50pm		12:15 - 12:50pm		12:15 - 12:50pm		
	Evening 5:30 - 6:15pm	5:30 - 6:15pm	5:30 - 6:15pm	5:30 - 6:15pm	5:30 - 6:15pm		
<b>Aquafit</b>	Morning 10:20 - 11:05am	Shallow 10:20 - 11:05am	Shallow 10:20 - 11:05am	Shallow 10:20 - 11:05am	Shallow 10:20 - 11:05am	Deep 10:20 - 11:05am	
	Afternoon 12:15 - 1:00pm		Aqua Therapy 12:15 - 1:00pm				
	Evening 8:10 - 8:55pm		Combo 8:10 - 8:55pm				
			Water Jogging 9:00 - 9:30pm				

**Registered** FREE to Members. Members Only  
Register at the Membership Services Desk.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Plateau</b> ( Mar 25-Apr 22 ) ( Apr 29 - May 27 )				7:00 - 7:45pm			
<b>Kick Start</b> (Mar24-Apr 21) (Apr 28 - May 26))			6:45 - 7:45pm				
<b>Triathlon Training</b> (Mar 23 - Apr 20) (Apr 27 - May 25)		6:30 - 8:00pm					
<b>Bootcamp</b> ( Mar 23 - Apr 20 ) ( Apr 27 - May 25 )		7:00 - 7:45pm					
<b>Sports Conditioning</b> ( Mar 22 - Apr 19 ) ( Apr 26 - May 24 )	6:30 - 7:30pm						
<b>Nia</b> (Mar 26 - Apr 23) (Apr 30 - May 28)					6:30 - 7:30pm		

## CAN I USE THE WEIGHT ROOM?

**Yes!** Take our Youth Conditioning Room program for youth 12+.  
This is **FREE** to members. Registration required.

**Fast Track.** Pair up with a YMCA Trainer to work one-on-one over three one hour sessions for quick and easy weightroom access. **Members Only: \$70**

-or-

Register for these programs at the Membership Services Desk.

## WELLNESS COACHING and PERSONAL TRAINING

Exercise and **Wellness Coaching** is included in the price of your YMCA membership. A YMCA Coach will get you started and keep you going in your exercise class, the Wellness Centre or the pool.

**Personal Training** focuses on, but is not exclusive to, advanced participant education, development and performance. Personal Training emphasizes the physiological aspects of exercise and often involves a Coach with advanced training and/or qualifications. This is offered on a fee-for-service basis, as follows:

**1 Session: \$25 +GST**

**3 Sessions: \$70 +GST**

**7 Sessions: \$140 +GST**

Please speak with one of our Membership Service Representatives to arrange a convenient appointment for either of these services.

# Schedules at a glance

## Gym Schedule

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Open Gym</b>	6:00 - 9:00am 12:15 - 2:30pm 8:45 - 9:45pm	6:00 - 9:00am 12:45 - 2:00pm 2:45 - 4:00pm 8:00 - 9:45pm	6:00 - 9:00am 12:15 - 2:00pm 2:45 - 4:00pm 8:45 - 9:45pm	5:00 - 9:00am 11:30 - 1:30pm 8:00 - 9:45pm	6:00 - 9:00am 11:30 - 1:30pm 2:30 - 4:00pm	7:00 - 9:00am 12:00 - 6:45pm	7:00 - 11:00am 12:00 - 4:45pm
<b>Supervised Open Gym</b>					7:00 - 9:00pm		
<b>Family Gym</b>	10:15 - 11:00am	6:00 - 6:30 pm		10:15 - 11:00am 5:00 - 6:00pm	10:15 - 11:00am	11:00 - 12:00pm	11:00 - 12:00pm

Children under the age of 12 must be supervised by a parent or guardian 16+.

Family gym time is for parents and children under the age of 12 to participate together in recreational gym activities.

## Pool Schedule

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Adult Lane Swim</b> (All Lanes)	7:30 - 9:00am 2:40 - 3:30pm 9:00 - 9:30pm	7:30 - 9:00am 12:15 - 1:00pm 2:40 - 3:55pm 9:00 - 9:30pm	7:30 - 9:00am 2:40 - 3:55pm	7:30 - 9:00am 12:15 - 1:00pm 2:40 - 3:30pm 9:00 - 9:30pm	7:30 - 9:00am 2:40 - 3:55pm	4:00 - 6:00pm	3:00 - 4:30pm
<b>Adult Lane Swim</b> (At least one lane)	7:00 - 7:30am 9:00 - 2:35pm 8:10 - 9:00pm	7:00 - 7:30am 9:00 - 12:15pm 1:00 - 2:35pm 8:00 - 9:00pm	7:00 - 7:30am 9:00 - 2:35pm 4:00 - 4:45pm 8:10 - 9:30pm	7:00 - 7:30am 9:00 - 12:15pm 1:00 - 2:35pm 8:00 - 9:00pm	7:00 - 7:30am 9:00 - 2:35pm 7:00 - 9:00pm	8:00 - 12:00am 12:00 - 4:00pm	8:00 - 12:00pm 12:00 - 3:00pm
<b>Family Swim</b>	11:10 - 12:00pm			11:10 - 12:00pm	11:10 - 12:00pm	12:00 - 1:00pm	12:00 - 1:00pm
<b>Open Swim</b>			4:00 - 4:45pm		7:00 - 9:00pm	1:00 - 3:00pm	1:00 - 3:00pm
<b>Adult Masters</b>		8:00 - 9:00pm		8:00 - 9:00pm		8:00 - 9:00am	
<b>School Groups*</b>	9:00 - 10:15am 1:00 - 2:35pm	9:00 - 10:15am 1:00 - 2:35pm	9:00 - 10:15am 1:00 - 2:35pm	9:00 - 10:15am 1:00 - 2:35pm	9:00 - 10:15am 1:00 - 2:35pm		8:00 - 9:00am

\*Additional lanes may be added and posted if a school group is not scheduled for this timeslot.

Children under 10 must be supervised by a parent or guardian 16+. Please see the Membership Services Desk for parent to child ratios.

## Fitness Workshops!!!

This year we are again offering 5-week fitness workshops, with a very specific focus. These programs will be offered to YMCA members only. Spaces will be limited, and registration is required.

### Nia NEW

Nia is a workout for men and women of all ages looking for functional and natural movements. Nia provides cardiovascular conditioning, flexibility, muscle conditioning and definition, increased overall agility, balance, and strength. Nia takes the conventional workout and turns it into a full spirit/mind/body expressive experience.

**Friday 6:30 - 7:30pm**

**March 26 - April 23 & April 30 - May 28**

### Kick Start

A great way for first time exercisers to learn how to get started in a safe, comfortable learning environment. Sessions will introduce participants to a variety of exercise options (both group and individual), teach how to use a variety of exercise equipment safely and effectively, and touch on effective weight loss techniques. This course is designed to help participants become comfortable with all with everything the YMCA has to offer.

**Tuesday Wednesday, 6:45-7:45 pm**

**March 24 - April 21 & April 28 - May 26**

### Sport Conditioning

Athletes 16+ will benefit from this workshop on sport readiness training. The sessions will focus on all aspects of fitness – balance, coordination, speed, agility, strength, power, core stability, flexibility and aerobic conditioning. Sport specific function will also be emphasized.

**Monday 6:30 - 7:30 pm**

**March 22 - April 19 & April 26 - May 24**

### Boot Camp

Get enlisted and serve in Boot Camp! This 5 week workshop will be a dynamic and challenging workout that combines cardiovascular fitness, muscular strength, core strength stability and endurance using circuit training and functional training techniques. Some classes may take place outdoors.

**Tuesday 7:00 - 7:45 pm,**

**March 23 - April 20 & April 27 - May 25**

### Plateau

This class will push you to a new fitness level. Functional training techniques will shock your routine and move you past the “sticking point”. Great for experienced exercisers who may be in a rut and looking for some new ideas and challenges.

**Thursday 7:00 - 7:45 pm,**

**March 25 - April 22 & April 29 - May 27**