**HOURS OF OPERATION**

Monday - Friday  5:30 AM - 10:00 PM  
Saturday & Sunday  8:00 AM - 6:00 PM

**CHILD WATCH HOURS**

Monday - Friday  8:00 AM - 8:30 PM  
Saturday  8:00 AM - 2:00 PM

**HOLIDAY HOURS**

Easter  CLOSED  
Memorial Day  8:00 AM - 1:00 PM

**SPRING SESSION DATES**

February 24 – April 19

**Registration:**  
Family member: January 27 - March 22  
Member: January 29 - March 22  
Non-member: February 3 - March 22

**LATE SPRING SESSION DATES**

April 20 – June 14

**Registration:**  
Family Member: March 23 - May 24  
Member: March 25 - May 24  
Non-member: March 30 - May 24

**HOW TO REGISTER FOR PROGRAMS**

- Register for classes any time at philaymca.org  
- By calling 215-235-6440 during normal business hours  
- Stop by the branch during normal business hours to register at the Welcome Center Desk

**CHILD WATCH**

(Ages 3 months-11 years)  
Child Watch is a value added member benefit and is included with the cost of Full Privilege adult or family memberships. This service is offered on-site with convenient drop-in hours that vary by location. Hours are subject to change around holidays. Registration is not required and Child Watch is operated on a first come, first served basis. This service is intended to support parents while working out. Parents must remain at the YMCA and are limited to two hours per day. Parents will be contacted to pick up their child if there are any problems.

**MISSION:**

To translate the principles of the YMCA’s Christian heritage into programs that nurture children, strengthen families, build strong communities and develop healthy spirits, minds and bodies for all.

**TABLE OF CONTENTS**

YOUTH ........................................... 3  
TEENS ........................................... 9  
ADULTS ........................................... 9  
COMMUNITY ..................................... 11

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**MEET OUR STAFF**

- **Claine Crew**  
  Executive Director  
  ext. 1701

- **Chante Beverly**  
  Business Office Admin. Asst.  
  ext. 1750

- **Roseno Callendar**  
  Facility Director  
  ext. 1705

- **James Davis**  
  Asst. Director, BASE & Sports  
  ext. 1711

- **Jonas Floyd**  
  Wellness Director  
  ext. 1718 & 1901

- **Anthony Guilford**  
  Sr. Director, Childcare  
  ext. 1727

- **Chava Gindi**  
  Adv. Aquatics Director  
  ext. 1735

- **Leandra Jackson**  
  Camp and Teen Director  
  ext. 1771

- **Erika Landry**  
  Healthy Living Director  
  ext. 1710

- **Kevin Oberst**  
  Adv. Membership Director  
  ext. 1731

- **Nia Pettis**  
  Membership Service Supervisor  
  ext. 1730

- **Rose Rivera**  
  Business Manager  
  ext. 1703
AQUATICS

AGE KEY:
Preschool: Ages 3-5
School Age: Ages 6-12
Teen/Adult: Ages 13+

SWIM STARTERS (30 minutes)
Develops water enrichment and aquatic readiness in children. In the two stages that make up this parent-child category, children learn to be comfortable in the water. Swim Starters focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn essential skills in Swim Starters. Parents learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.

Swim-Parent/Child (6-18 months)
Water Discovery - Parents accompany children in the water in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Tuesday 5:35 PM - 6:05 PM
Thursday 5:35 PM - 6:05 PM
Saturday 10:45 AM - 11:15 AM
Family Members: $26
Members: $51
Non-Members: $102

Swim Basics - Stage 1
Water Acclimation - Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water.

Preschool
Monday 5:00 PM - 5:30 PM
Tuesday 6:10 PM - 6:40 pm
Thursday 5:35 PM - 6:05 pm
Saturday 9:00 AM - 9:30 AM
11:20 AM - 11:50 AM
Members: $62
Non-Members: $124

School Age
Monday 5:00 PM - 5:40 PM
Thursday 5:00 PM - 5:40 PM
Saturday 9:00 AM - 9:40 AM
Members: $70
Non-Members: $140

Teen/Adult
Saturday 9:00 AM - 9:40 AM
Members: $70
Non-Members: $140

Swim Basics - Stage 2
Water Movement - Students focus on body position and control, directional change and forward movement in the water while continuing to practice how to safely exit in the event of falling into a body of water.

Preschool
Tuesday 5:35 PM - 6:05 PM
6:30 PM - 7:00 PM
Thursday 5:00 PM - 5:30 PM
Saturday 9:35 AM - 10:05 AM
Members: $62
Non-Members: $124

YOUTH

View current schedules online: philaymca.org
YOUTH

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Swim Basics – Stage 3

Water Stamina - Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Preschool

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Swim Strokes – Stage 4

Stroke Introduction - Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Preschool

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Swim Strokes – Stage 5

Stroke Development - Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

School Age

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Swim Strokes – Stage 6
Stroke Development - Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

**School Age**

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Private Swim Lessons
Private lessons are for all ages and swimming ability. Individual lessons are scheduled with an instructor and participant. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Private lessons are schedule in 30 minute increments. For more information contact Chava Gindi at ext. 1735.

**5 Lessons:**
- Members: $150
- Non-Members: $300

Semi-Private Swim Lessons
Semi-Private lessons are for all ages and swimming ability. Lessons are scheduled with an instructors and two or three participants. They will learn the basics of swimming, refine current skills or perfect your stroke mechanics. Semi-Private lessons are schedule in 30 minute increments and each participant will register individually.

**5 Lessons:**
- Members: $100 per person
- Non-Members: $200 per person

For more information contact the Aquatics Office at ext. 1735

Swim Along Program

Jr. Lifeguarding
Includes and Jr. Lifeguard shirt and Jr. Lifeguard Certification.

American Red Cross Junior Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills. They should learn techniques and build stamina during this program. The Junior Lifeguarding course does not certify participants in first aid, CPR or AED or as a lifeguard.

Jr. Lifeguarding is an effective transition from upper-level Learn-to-Swim courses to the American Red Cross Lifeguarding program, challenging and encouraging participants to stay involved with aquatics.

In order to participate in this course, participants must meet the following qualifications:

1. Complete the water competency sequence without stopping
   - Step into water from the side and totally submerge.
   - Maintain position for 1 minute by treading water or floating (or a combination of the two).
   - Rotate one full turn and orient to the exit.
   - Level off and swim on the front or back 25 yards.
   - Exit without using a ladder or steps.
2. Swim the front crawl for 25 yards continuously while breathing to the front or side.
3. Swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence.
   
   **Art & Humanities**

Arts & Crafts – Youth (Ages 6-12)
Let your child create their own masterpiece. Students will create a new project to take home nearly every week. Please have your child bring a smock or wear old clothes.

**Saturday**
10:00 AM - 10:45 AM
- Family Members: $20
- Members: $40
- Non-Members: $80

Chess Class – Youth
Learn the fundamentals and strategy of chess. This class gives youth the chance to exercise their mental skills while having fun and competing with their peers.

**Wednesday**
6:00 PM - 6:45 PM
- Family Members: $20
- Members: $40
- Non-Members: $80

Cooking – Youth (Ages 6-12)
Hands- on food preparation will teach healthy eating; basic cooking terms, sharing and teamwork please inform Program Director of allergies prior to the start of the session.

**Saturday**
9:00 AM - 10:00 AM
- Family Members: $20
- Members: $40
- Non-Members: $80
**Science – Youth (Ages 6-12)**
Children will begin to understand the value of nature and take a closer look at the world that surrounds us through exploration, creative projects and hand on experiments.

**Saturday**
12:00 PM - 1:00 PM

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**School of Dance**
The Columbia North School of Dance focuses on proper technique and placement while in a fun and supportive environment. Our goal is to provide every student with a solid foundation for dance while helping them discover their strengths and reach their own personal potential.

**Ballet – Preschool (Ages 3-5)**
A combination of ballet and tap, dancers will work on coordination, rhythm, creativity, technique and terminology in both dance forms

**Saturday**
9:00 AM - 9:45 AM
11:00 AM - 11:45 AM

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**Ballet – Youth (Ages 6-12)**
Dancers will learn fundamental ballet technique with emphasis on proper placement and alignment while developing rhythm, coordination, and creativity.

**Saturday**
10:00 AM - 10:45 AM

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**Ballet – Parent/Child (Ages 6-12)**
An introduction to basic ballet technique will be taught in this class and will allow young dancers and parents to explore movement. It encourages children to develop motor skills, agility, coordination and flexibility. Best part is the parents are involved!

**Saturday**
10:00 AM - 10:45 AM

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**Hip-Hop – Youth/Teen (Ages 6-12)**
Students will learn routines that fuse both hip hop and jazz styles. Students will be challenged with choreography and have the opportunity to express themselves through movement and music.

**Saturday**
11:00 AM - 11:45 AM

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**INSTRUCTIONAL SPORTS**

**Basketball – Preschool**
This class will teach the fundamentals and rules of basketball and assist in developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation. Parents are encouraged to participate.

**(Ages 3-5)**

**Monday**
5:00 PM - 5:45 PM

**Saturday**
9:00 AM - 9:45 AM

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**Basketball – Youth**
This class will teach the fundamentals and rules of basketball and assist in developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

**(Ages 6-8)**

**Monday**
6:00 PM - 6:45 PM

**Saturday**
10:00 AM - 10:45 AM

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**Boxing – Youth**
Boxing strength and conditioning mixed with technique training. Participants are required to bring their own gloves.

**(Ages 6-9)**

**Saturday**
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**Gym and Swim – Preschool**
This class will consist of a 45 minute gym class followed by 30 minutes of swim. In the gym children will learn a new sport each week through skill building and games. In the pool each child will play games to learn and practice basic swim skills in a fun environment.

**(Ages 3-5)**

**Tuesday**
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**Basketball – Youth**
This class will teach the fundamentals and rules of basketball and assist in developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation. Parents are encouraged to participate.

**(Ages 9-12)**

**Monday**
6:00 PM - 6:45 PM

**Saturday**
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**Boxing – Youth**
Boxing strength and conditioning mixed with technique training. Participants are required to bring their own gloves.

**(Ages 8-11)**

**Saturday**
12:00 PM - 12:45 PM

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**(Ages 3-5)**

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**KARATE – YOUTH**

Karate for ages 6-10 taught in a fun, energetic, yet well-structured setting. Children will have a great workout learning discipline, focus, leadership, teamwork, and self-confidence, and will have the capability to earn belt rankings.

Class will meet in Studio 3 (Ages 6-12)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Family Members</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>6:00 PM - 6:45 PM</td>
<td>$25</td>
<td>$50</td>
<td>$100</td>
</tr>
</tbody>
</table>

**SOCCER – PRESCHOOL**

(Ages 3-5)

This class will teach the fundamentals and rules of soccer and assist in developing sportsmanship. Emphasis is on skill development, fun and participation. Parents welcome to participate.

Sat | 9:00 AM - 9:45 AM | $20 | $40 | $80 |

**SOCCER – YOUTH**

(Ages 6-8)

<table>
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<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>10:00 AM - 10:45 AM</td>
<td>$25</td>
<td>$50</td>
<td>$100</td>
</tr>
</tbody>
</table>

**SPORTS INTRODUCTION – PRESCHOOL**

(Ages 3-5)

Children are introduced to a variety of different sports and games. This is a great way to get your child excited about playing sports while building self-esteem and improving coordination and motor skills.

Sat | 10:00 AM - 10:45 AM | $20 | $40 | $80 |

**TUMBLING – PRESCHOOL**

(Ages 3-5)

Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age appropriate equipment to ensure the safest and most effective learning environment.

Wed | 5:00 PM - 5:45 PM | $25 | $50 | $100 |

**TUMBLING – YOUTH**

(Ages 6-12)

Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age appropriate equipment to ensure the safest and most effective learning environment.

Wed | 6:00 PM - 6:45 PM | $25 | $50 | $100 |

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**BIRTHDAY PARTIES**

The Columbia North Y has space available for birthday party rentals. Rental packets are available at the Welcome Center.

*Parties must be booked at least 3 weeks in advance.

**Birthday Party – Pool** (Ages 7-16)

Splash parties include one hour in the pool and one hour in the party room. Party rooms are available at the Y. For more information contact Chava Gindi at chava.gindi@philaymca.org

- Max 25 participants
  - Members & Non-Members: $250
  - Non Members: $325

- Max 50 participants
  - Members & Non-Members: $325
  - Non Members: $400

**Birthday Party – Sports** (Ages 3-12)

Sports parties include one hour of sports activity and one hour in the party room. Sports activities may include: Soccer, Basketball, Baseball, Floor Hockey and Relay Races. For more information contact James Davis at james.davis@philaymca.org or ext. 1711.

Fees are for parties with 25 children or under.

- Members: $250
- Non Members: $325

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**FAMILY SPECIAL EVENTS**

**Family Nights**

Looking for a Fun Filled Friday night? The following Friday evenings have been designed as Family Fun Nights here at the Columbia North Y. Register at the Welcome Center. For more information contact Kimberly Burton ext. 1722.

Registration is required.

- Members: Free
CHILD CARE
A YMCA Membership is required to participate in Child Care programs.

The YMCA Child Readiness Center has earned a 4 Star rating through the Keystone STARS program.

PRESCHOOL PROGRAMS
The Columbia North YMCA Preschool programs are consistent with the Philadelphia Freedom Valley YMCA’s philosophy, which is grounded in a child-centered and holistic approach to early childhood education. This allows us to adjust to the needs of the child with independent classroom exploration and active social time.

- Cheerful atmosphere
- Stimulating environment with texture, sight and sound
- Language development, reading and math readiness
- Age appropriate equipment
- Social skills, independent and group playtime
- Art, music and movement
- Outdoor games & playground activities
- Ongoing communication between parents and staff
- Gym, swim, cooking and Spanish lessons (age appropriate)

FULL DAY PRESCHOOL
Toddler Care (13-35 months)
Teachers and staff support and facilitate child development as toddlers experience their new independence in a stimulating atmosphere.

Preschool (3-5 years)
Hours: 7:00 AM - 6:00 PM
This program provides a beneficial social experience and a good foundation for future education. Experienced teachers and aides utilize child-centered activities to encourage attentive listening skills, pro-social behavior and provide opportunities to increase self-awareness.

Pre K Counts Program is available from 8:30 AM - 3:00 PM.

Full Day Preschool includes:
- Breakfast & lunch
- A healthy snack daily
- Themed weekly/monthly lesson plans
- Developmentally appropriate activities that focus on cognitive, physical, social and emotional development
- Daily/weekly communication with parents
- Character development incorporated in the lessons
- Music and movement activities
- Swimming lessons (Pre-K classes only 3-5 yrs.)
- Weekly gym time
- Younger Toddler/Older Toddler play
- Pre-K outdoor playground
- Family nights and monthly special events (Trips are designed for parents to attend)

For more information, contact Mary Carpenter at ext. 1706 or aguildford@philaymca.org

SCHOOL AGE PROGRAMS
The Columbia North YMCA is committed to providing a quality School Age Program that is both fun and safe for children. Our School Age Programs are licensed by the Pennsylvania Department of Human Services. In addition, Columbia North has achieved a STAR 4 rating based on the Pennsylvania Keystone Stars quality assurance program. Each program day, our qualified staff provide creative learning experiences and supervised activities for a child's development and enjoyment.

After Care (Ages 5-12)
(3:00 PM - 6:00 PM)
Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school hours. The After Care program provides students with a well-rounded learning experience with a focus on fun, friends, and creativity through supervised activities. Transportation may be provided for select schools. Activities include homework assistance, enrichment and interest-driven activity choices, gym/gross-motor movement time, arts & crafts and group games. The participants receive a nutritional snack. Care is also available for early dismissals, days off and holiday breaks.

Alliance for Progress Charter School
After Care (Ages 5-12)
(7:00 AM - 8:30 AM & 3:00 PM - 6:00 PM)
Before Care is a program designed to promote child development by providing activities in the form of arts & crafts, games, and fitness. This program is offered to any child in kindergarten through 7th grade attending the Alliance for Progress Charter School.

Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school hours. Program includes scheduled homework help time, a snack and recreation activities every day. At least once a week, participants will engage in a special program such as Active Science, chess, dance, creative writing and more!

*Subsidy is accepted for all School Age Programs. Financial Assistance options are also available.

For more information, please contact Anthony Guilford at ext. 1711.
**TEENS**

**Teen Leadership**
(Grades: 9th-12th)
The YMCA Teen Leadership High School Program is an academic achievement and career development initiative designed to help youth set and pursue post secondary educational and career goals. This also includes community service opportunities, college tours, and professional networking.

**LOCATION:**
1st and 3rd Saturdays, and 2nd and 4th Tuesdays

10:00 AM - 2:00 PM (transportation provided)

**Teen Leaders Club**
(5th Grade and up)
The YMCA is your place to meet new friends, talk about current events, and build your leadership skills. Emphasis is placed on the core values of the YMCA: Caring, Respect, Honesty, and Responsibility. We learn through games, activities, discussions, and volunteering at the Y and in our local community. All are welcome.

**LOCATION:**
Columbia North Y Zone

**Y Zone**
(Ages 10-18)
This room is stocked with interactive games such as a 4-person Wii, Xbox 1 and a 52” TV. Staff are ready to engage and interact with teens and tweens, play foosball, air hockey and more.

**LOCATION:**
Columbia North Y Zone

**Y Achievers**
Students that participate in the Y Achievers Program will take part in the exploration of various career paths, leadership activities, communication, goal setting, and service learning.

**LOCATION:**
Columbia North B.A.S.E Room

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**ADULTS**

**ADULT SWIM LESSONS**

For more information about swim stages, please refer to page 4.

**Swim Basics – Stage 1**
Saturday
12:00 PM - 12:40 PM

**Swim Basics – Stage 2**
Saturday
1:45 PM - 2:25 PM

Members: $64
Non-Members: $128

**ADULT AQUATIC EXERCISE**

**Aqua Yoga/Aqua Pilates (B I A)**
This class combines one of our oldest forms of exercise (Yoga) with one of our newest (Pilates) to bring the best mind and body disciplines together. The result is a class that can stretch and tone the entire body, lower blood pressure, increase circulation, improve balance and increase core strength.

**LOCATION:**
Columbia North B.A.S.E Room

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For more information about swim stages, please refer to page 4.

**Swim Basics – Stage 1**
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12:00 PM - 12:40 PM

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Saturday
1:45 PM - 2:25 PM

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Non-Members: $128

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**TEENS/ADULTS**

**Teen Leadership**
(Grades: 9th-12th)
The YMCA Teen Leadership High School Program is an academic achievement and career development initiative designed to help youth set and pursue post secondary educational and career goals. This also includes community service opportunities, college tours, and professional networking.

**LOCATION:**
Saturdays at a local University

**Teen Leaders Club**
(5th Grade and up)
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**LOCATION:**
Columbia North B.A.S.E Room
ADULTS

Aqua Zumba (B I A)
A low impact, high energy aquatic exercise program for people of all abilities. Water creates a natural resistance, which means every step is more challenging.

HEALTH & WELLNESS

Personal Training
One on one training with a nationally certified personal trainer. They will help you meet your goals through varied and creative exercise techniques. Personal training is sold in 60 minute sessions and will be tailored to your needs and goals.

1 session: $55
5 sessions $250
10 sessions $475

Partner Training
One on two training with a nationally certified personal trainer. They will help you and a partner meet your goals through varied and creative exercise techniques. Personal training is sold in 60 minute sessions and will be tailored to your needs and goals.

1 session: $40
5 sessions $190
10 sessions $360

Nutritional Education
Our diet analysis is conducted by a Registered Dietitian and provides an excellent way to learn how to make smart dietary changes for long term weight loss, optimal health or optimal athletic performance. The analysis will examine the aspects of your current dietary intake and our Registered Dietician will be able to find areas where you can improve.

1 session: $75
5 sessions $140
10 sessions $275

Nutrition Seminar
Nutrition 101 - An engaging 5-week nutrition class informing members on how to make healthier choices and build healthier eating habits. Some topic covered include understanding nutrition labels, building a healthy meal plan, sugar blues, and dining out healthy. – free to members.

INSTRUCTIONAL CLASSES

Ballet – Adult
New to ballet or a returning student? All levels are welcome to learn the classical technique of ballet in this friendly and encouraging class. You will learn the basics, expand your pre-existing knowledge, and gain strength and flexibility. (Ages 18+)

Wednesday 7:00 PM - 8:00 PM
Family Members: $30
Members: $60
Non-Members: $120

GROUP EXERCISE

BodyFLOW® (B I A P)
Controlled breathing, concentration and a series of stretches and poses to music create a holistic experience that brings the body into a state of harmony and balance.

BodyPUMP® (B I A)
A strength endurance training class where muscle and music collide! Max results in the shortest amount of time by working your ENTIRE body in one hour.

Boot Camp (I A)
Challenge your limits with a total body workout mixing traditional calisthenics and body weight exercises with interval training and strength training. Program meets outside or in the gym, depending on weather.

Cardio Fusion (B I A)
Full Body workout offering a variety of cardio styles which vary by branch. Program may include kickboxing, step, aerobic dance, and military drills. Also incorporates strength training using weights and resistance moves.

Chair Yoga (B I)
This class is a series of seated poses designed to increase flexibility and strength.

Core & Strength (I A)
Functional, whole body, multi-planar movements are in! Get stronger and leaner working your core from the inside out. Not your typical Total Body class.

Cycle (B I A)
An indoor cycling class created to challenge both the beginner fitness enthusiast and the seasoned athlete. Each ride on the bike helps to increase your cardiovascular endurance, reduce body fat and increase muscular strength. As part of the cycling team you travel on flat roads, climb hills, sprint and race! You get a great workout – no matter what the weather is outside!
Power Pilates (B I A)
Using classical and integrative movements you will find the connection to your core which will completely change the body and decrease chronic weaknesses. This systematic approach allows for clearer and more effective progress.

Silver&Fit® Experience (B I A)
This class is designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help your heart health, muscular endurance and strength, flexibility and balance. All exercises are performed in a standing position with the option of using a chair for light support. This class will help you take on daily tasks with more ease and keep up with your grandkids! 45 Minutes

SilverSneakers® Classic (B I)
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Stretch & Balance (B I A)
Exercises to challenge and improve functional balance of varying levels. Equipment may be used depending on ability. End your day with improved flexibility and balance while creating calm and relaxation.

STRONG45 by Zumba® (B I A)
Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. STRONG45 packs a challenging total-body workout into 45 minutes.

T’ai Chi (B I A P)
Gentle movements foster a relaxed body and a peaceful state of mind, which are essential ingredients for cultivating healthy energy.

Total Body Conditioning (B I A)
Work all the muscles, using your own body weight and various pieces of equipment. Cardio intervals are added to keep the heart rate elevated. Class ends with awesome abs and a final stretch.

Yoga (B I)
Traditional yoga for the first time enthusiast. Learn the foundations of yoga postures for strength, flexibility, balance, breath work and relaxation.

ZUMBA® (B I A)
ZUMBA is a fusion of body sculpting movements with easy to follow dance steps to Latin and International music. Aerobic interval training using fast and slow rhythms maximizes caloric output, fat burning and total body toning.

Silver Pilates (B I A)
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