



Youth Activities Included in Your Membership

Ages 11-13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rec room 4-8	Rec room 4-8	Rec room 4-8	Rec room 4-8	Rec room 4-8	Rec room 9-12:30	
# Swim Lessons 3:45-4:30 Open Swim 4:30-5:15	# Swim Lessons 3:45-4:30 Open Swim 4:30-5:15	# Swim Lessons 3:45-4:30 Open Swim 4:30-5	# Swim Lessons 3:45-4:30 Open Swim 4:30-5:15	Cycling 3:45-4:25	# Swim Lessons 10:15-12:30 Open Swim 12:30-6	# Swim Lessons 10:45-12:15
Family Fitness 4-4:45	Youth Fitness 4:15-5	*Judo (11-12 yrs) 4:30-5:30	*Gymnastics 5:45-6:30	Open Swim 4:45-9	*YBL (11-12 yrs) 9-1	Open Swim 12:15-6
*YBL (11-12 yrs) 6-7	*Karate 6-7	Zumbatonics 5:15-6	Wally ball 4:45-5:30			
		*YBL (11-12yrs) 6-7				

Ages 6-10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rec room 4-8	Rec room 4-8	Rec room 4-8	Rec room 4-8	Rec room 4-8	Rec room 9-12:30	
# Swim Lessons 3:45-4:30	# Swim Lessons 3:45-4:30	# Swim Lessons 3:45-4:30	# Swim Lessons 3:45-4:30	Open Swim 4:45-9 (8+ yrs)	*YBL 9-1	Open Swim 12:15-6
Open Swim (8+ yrs) 4:30-5:15	Open Swim 4:30-5:15 (8+ yrs)	Open Swim 4:30-5 (8+ yrs)	Open Swim 4:30-5:15 (8+ yrs)	Mini Gymies (6 yrs) 4-4:30	# Swim Lessons 10:15-12:30	# Swim Lessons 10:45-12:15
Family Fitness 4-4:45	Youth Fitness 4:15-5	*Judo 4:30-5:30	*Gymnastics 5:45-6:30	Dance Fitness 4:30-5:10	Open Swim 12:30-6	
*Biddy Basketball (6 yrs) 6-7	*Karate 6-7	Zumbatonics (6-7 yrs) 4:30-5:15; (8-10yrs) 5:15-6	Wally ball 4-4:45			

Ages 3-5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# Playtime in Babysitting 4-7	# Playtime in Babysitting 4-7	# Playtime in Babysitting 4-7	# Playtime in Babysitting 4-7	# Playtime in Babysitting 4-7	# Playtime in Babysitting 9-12:30	# Swim Lessons 9:15-10:15
Family Fitness (5 yrs) 4-4:45	Arts & Crafts 5:30-6:30	*Judo (4+ yrs) 4:30-5:30	*Gymnastics (3 yrs) 4-4:30	Mini Gymies (5 yrs) 4-4:30	# Swim Lessons 9:15-10:15	Open Swim w/ parent 12:15-6
# Swim Lessons 3:45-4:30		Zumbatonics (4+ yrs) 4:30-5:15	*Gymnastics (4-5 yrs) 4:45-5:30		Open Swim w/ parent 12:30-6	
		Move & Groove 3 +4 yr olds 5:30-6	Arts & Crafts 5:30-6:30			

FREE to Family Members / *indicates fee based programming / YBL-Youth Basketball League (Hockey begins Feb 11th) 1/16/12