



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDS HEALTHY LIVING CLASSES



DAYS	TIMES	CLASS / AGE	INSTRUCTOR	LOCATION
Monday - Friday	Morning, Afternoon & Evening	Swim Lessons and Swim Clubs * Infant – 18 years	Various	Indoor & Outdoor Pools
Mondays	9 a.m.	Music & Me 1 to 5 years	Summer	Studio 2
Mondays	11:30 a.m.	Kids Beats! 3 to 6 years	Charlotte	Studio 2
Mondays	4 p.m.	Kids Beats! 7 to 13 years	Charlotte	Studio 2
Tuesday	10 a.m.	Kid Fit 5 to 10 years	Dale	Studio 4
Wednesdays	9 a.m.	Music & Me 1 to 5 years	April	Studio 2
Wednesdays	9:30 a.m.	Youth Yoga 3 to 7 years	Leah	Studio 4
Wednesdays	3:30 p.m.	Hip Hop 5 to 11 years	Lisa Marie	Studio 2
Wednesdays	4:30 p.m.	Hip Hop 12 to 17 years	Lisa Marie	Studio 2
Thursdays	9:30 a.m.	Kid Fit 5 to 10 years	Dale	Outdoor/Studio 2
Thursdays	4 p.m.	Kid Fit 5 to 10 years	Dale	Studio 2
Fridays	9 a.m.	Zumba 6 to 11 years	Haley	Studio 4
Fridays	4 p.m.	Youth Agility 8 to 12 years	Dale	Studio 2
Fridays	4:30 p.m.	Family Hip Hop All Ages	Lisa Marie	Studio 2

JOIN US
THIS SUMMER

JUNE 8 to
AUGUST 14

THE Y IS FOR FAMILIES

Summer classes free to members!

We also offer a variety of paid programs such as swim lessons and swim clubs*, gymnastics, cooking, crafts, & karate.

See our group exercise and swim lesson schedules for complete youth activity listing.