



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2 TEEN / ADULT AQUATICS CLASSES

Monday 04/29/19 through Sunday 06/23/19

[No classes running on Memorial Day, Monday May 27th]

NAME _____ *Please PRINT and fill out completely*

PHONE #1 _____ e-mail: _____

MEMBER ID# _____ address: _____

<p><u>TEEN STAGES 1 & 2 (12-17YRS):</u> Fri 7:30-8:30pm <u>WATER ACCLIMATION & WATER MOVEMENT</u> M \$140; NM \$259</p>	<p><u>AQUA EXERCISE (18+YRS):</u> Members: FREE! Non-Members: 1X \$91/ 2X \$130/ 3X \$169/ 4X \$208 Monday, 11:00am-12:00pm, with Sandra Monday, 7:30-8:30pm, with Elisa Tuesday, 8:00-9:00am, with Francine Wednesday, 11:00am-12:00pm with Sandra Wednesday, 7:30-8:30pm, with Elisa Thursday, 6:30-7:30am, with Francine Friday, 11:00am-12:00pm, with Christine Sunday, 8:45-9:45am, with Iva</p>
<p><u>TEEN STAGES 3 & 4 (12-17YRS):</u> Thu 7:30-8:30pm <u>WATER STAMINA & STROKE INTRODUCTION</u> M \$140; NM \$259</p>	
<p><u>TEEN STAGES 5 & 6 (12-17YRS):</u> Fri 8:30-9:30pm <u>STROKE DEVELOPMENT & STROKE MECHANICS</u> M \$140; NM \$259</p>	
<p><u>LIFEGUARD PREP:</u> Fri 7:30-8:30pm M \$140; NM \$259</p>	
<p><u>ADULT STAGES 1 & 2 (18+YRS):</u> Tue 8:30-9:30pm <u>WATER ACCLIMATION & WATER MOVEMENT</u> M: 1X \$149; Non-M: 1X \$276</p>	<p><u>AQUA EXERCISE: DEEP WATER (18+YRS):</u> Members: FREE! Non-M: 1X \$91/ 2X \$130 Tuesday, 6:30-7:30pm, with Joan Thursday, 6:30-7:30pm, with Joan</p>
<p><u>ADULT STAGES 3 & 4 (18+YRS):</u> Tue 7:30-8:30pm <u>WATER STAMINA & STROKE INTRODUCTION</u> M \$149; NM \$276</p>	<p><u>WATER WORKOUT (18+YRS):</u> Members: FREE! Non-Members: \$91 1Xwk Wed, 8:30-9:30am, with Pat</p>

YMCA OF GREATER NEW YORK Staten Island, South Shore

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