



Fall I Session | Sept 2 - Oct 27, 2024

Family Member Registration 8/3 | Member Registration 8/10 | Community Registration 8/17

(as of 8.2.24)

Need Financial Assistance? Just Ask.

| CLASS NAME  | LEVEL/AGE RANGE  | AGE GROUP      | Ratio | DAY         | START TIME | END TIME | MEMBER FEE              | COMMUNITY FEE    | ROOM     |
|---|--|----------------|-------|-------------|------------|----------|-------------------------|------------------|----------|
| <b>PRESCHOOL/TODDLER</b>                                    |  |                |       |             |            |          |                         |                  |          |
| Separation  | Enrichment Classes   | Ages 2-3       |       | Mon - Wed   | 9:00 AM    | 12:00 PM | Contact Member Services |                  | Studio B |
| Separation  | Enrichment Classes   | Ages 2-3       |       | Mon - Thurs | 9:00 AM    | 12:00 PM | Contact Member Services |                  | Studio B |
| MG & Me   | Movement   | Ages 1-3       |       | Saturday    | 10:00 AM   | 10:45 AM | \$183                   | \$257            | Studio C |
| MG & Me   | Open Gym Playdate  | Ages 4 & under |       | M, T, Th    | 11:00 AM   | 11:50 AM | Free                    | \$10/ adult/ day | Gym      |
| <b>SPORTS, DANCE &amp; ARTS</b>                             |  |                |       |             |            |          |                         |                  |          |
| Youth Arts  | Ballet   Beginner  | Ages 3-5       |       | Wednesday   | 5:00 PM    | 6:00 PM  | \$183                   | \$257            | Studio C |
| Youth Arts  | Ballet & Tap   Beginner                                    | Ages 5-7       |       | Saturday    | 11:00 AM   | 12:00 PM | \$183                   | \$257            | Studio C |
| Youth Arts  | Ballet II   Beg/ Intermediate                              | Ages 8-12      |       | Saturday    | 12:00 PM   | 1:00 PM  | \$183                   | \$257            | Studio C |
| Youth Sports  | Basketball   Beginner                                      | Ages 4-6       |       | Wednesday   | 4:00 PM    | 5:00 PM  | \$183                   | \$257            | Gym      |
| Youth Sports  | Basketball   Intermediate                                  | Ages 7-12      |       | Wednesday   | 5:00 PM    | 6:00 PM  | \$183                   | \$257            | Gym      |
| Youth Sports  | Basketball   Beginner                                      | Ages 4-6       |       | Saturday    | 10:15 AM   | 11:15 AM | \$183                   | \$257            | Gym      |
| Youth Sports  | Basketball   Intermediate                                  | Ages 7-12      |       | Saturday    | 11:30 AM   | 12:30 PM | \$183                   | \$257            | Gym      |
| Youth Sports  | Capoeira   | Ages 5-10      |       | Friday      | 5:00 PM    | 6:00 PM  | \$183                   | \$257            | Gym      |
| Youth Sports  | Muay Thai (Martial Arts) <b>NEW</b>                        | Ages 5-10      |       | Saturday    | 10:00 AM   | 11:00 AM | \$183                   | \$257            | Studio C |
| Youth Sports  | Muay Thai (Martial Arts) <b>NEW</b>                        | Ages 11-17     |       | Saturday    | 11:00 AM   | 12:00 PM | \$183                   | \$257            | Studio A |
| Youth Sports  | Shotokan Karate   Beginner                                 | Ages 5-10      |       | Tuesday     | 6:30 PM    | 7:30 PM  | \$183                   | \$257            | Studio B |
| Youth Sports  | Shotokan Karate   Beginner                                 | Ages 5-10      |       | Friday      | 5:30 PM    | 6:30 PM  | \$183                   | \$257            | Studio B |
| Youth Sports  | Shotokan Karate   Intermediate                             | Ages 11-17     |       | Friday      | 6:30 PM    | 7:30 PM  | \$183                   | \$257            | Studio B |
| Youth Sports  | Soccer   Beginner  | Ages 4-6       |       | Friday      | 3:00 PM    | 4:00 PM  | \$183                   | \$257            | Gym      |
| Youth Sports  | Soccer   Beginner  | Ages 7-12      |       | Friday      | 4:00 PM    | 5:00 PM  | \$183                   | \$257            | Gym      |
| <b>SWIM STARTERS   PARENT/ CHILD SWIM   6-36 MONTHS OLD</b> |  |                |       |             |            |          |                         |                  |          |
| Swim Starters   | Stage A/Water Discovery                                    | 6-18 months    | 1:6   | Saturday    | 9:15 AM    | 9:45 AM  | \$185                   | \$262            | Pool     |
| Swim Starters   | Stage A/Water Discovery                                    | 6-18 months    | 1:6   | Sunday      | 9:15 AM    | 9:45 AM  | \$185                   | \$262            | Pool     |
| Swim Starters   | Stage B/ Water Exploration                                 | 18-36 months   | 1:6   | Saturday    | 10:00 AM   | 10:30 AM | \$185                   | \$262            | Pool     |
| Swim Starters   | Stage B/ Water Exploration                                 | 18-36 months   | 1:6   | Sunday      | 10:00 AM   | 10:30 AM | \$185                   | \$262            | Pool     |
| <b>PRESCHOOL SWIM   3-5 YEARS OLD</b>                       |  |                |       |             |            |          |                         |                  |          |
| Swim Basics   | Stage 1/ Water Accl w/ par                                 | Ages 3-5       | 1:6   | Sunday      | 10:45 AM   | 11:15 AM | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 1/ Water Accl w/ par                                 | Ages 3-5       | 1:6   | Saturday    | 10:45 AM   | 11:15 AM | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 1/ Water Acclimation                                 | Ages 3-5       | 1:6   | Wednesday   | 3:00 PM    | 3:30 PM  | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 2/ Water Movement                                    | Ages 3-5       | 1:6   | Wednesday   | 3:40 PM    | 4:10 PM  | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 2/ Water Movement                                    | Ages 3-5       | 1:6   | Saturday    | 12:00 PM   | 12:30 PM | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 2/ Water Movement                                    | Ages 3-5       | 1:6   | Sunday      | 12:00 PM   | 12:30 PM | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 3/ Water Stamina                                     | Ages 3-5       | 1:6   | Saturday    | 12:30 PM   | 1:00 PM  | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 3/ Water Stamina                                     | Ages 3-5       | 1:6   | Sunday      | 12:30 PM   | 1:00 PM  | \$185                   | \$262            | Pool     |
| <b>YOUTH SWIM   AGES 5-12</b>                               |  |                |       |             |            |          |                         |                  |          |
| Swim Basics   | Stage 1/ Water Acclimation                                 | Ages 5-12      | 1:6   | Friday      | 3:00 PM    | 3:30 PM  | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 1/ Water Acclimation                                 | Ages 5-12      | 1:6   | Saturday    | 1:10 PM    | 1:40 PM  | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 1/ Water Acclimation & Stage 2/ Water Movement       | Ages 5-12      | 1:6   | Wednesday   | 4:20 PM    | 4:50 PM  | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 2/ Water Movement                                    | Ages 5-12      | 1:6   | Friday      | 3:40 PM    | 4:10 PM  | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 2/ Water Movement                                    | Ages 5-12      | 1:6   | Sunday      | 1:10 PM    | 1:40 PM  | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 3/ Water Stamina                                     | Ages 5-12      | 1:6   | Friday      | 4:20 PM    | 4:50 PM  | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 3/ Water Stamina                                     | Ages 5-12      | 1:6   | Saturday    | 1:50 PM    | 2:20 PM  | \$185                   | \$262            | Pool     |
| Swim Basics   | Stage 3/ Water Stamina                                     | Ages 5-12      | 1:6   | Sunday      | 1:50 PM    | 2:20 PM  | \$185                   | \$262            | Pool     |
| Swim Strokes  | Stage 4/ Stroke Introduction & Stage 5/ Stroke Development | Ages 5-12      | 1:8   | Wednesday   | 5:00 PM    | 5:45 PM  | \$187                   | \$267            | Pool     |
| Swim Strokes  | Stage 4/ Stroke Introduction                               | Ages 5-12      | 1:8   | Saturday    | 2:30 PM    | 3:15 PM  | \$187                   | \$267            | Pool     |
| Swim Strokes  | Stage 5/ Stroke Development & Stage 6/ Stroke Mechanics    | Ages 5-12      | 1:8   | Sunday      | 2:30 PM    | 3:15 PM  | \$187                   | \$267            | Pool     |
| <b>TEEN SWIM   AGES 13-17</b>                               |  |                |       |             |            |          |                         |                  |          |
| Swim Basics   | Stage 2/ Water Movement Stage 3/ Water Stamina             | Ages 13-17     | 1:8   | Friday      | 5:00 PM    | 5:45 PM  | \$187                   | \$267            | Pool     |
| <b>ADULT SWIM   AGES 18+</b>                                |  |                |       |             |            |          |                         |                  |          |
| Swim Basics   | Stage 2/ Water Movement                                    | Ages 18+       | 1:8   | Wednesday   | 6:00 PM    | 6:45 PM  | \$187                   | \$267            | Pool     |
| Swim Strokes  | Stage 5/ Stroke Development & Stage 6/ Stroke Mechanics    | Ages 18+       | 1:8   | Wednesday   | 7:00 PM    | 7:45 PM  | \$187                   | \$267            | Pool     |
| Swim Basics   | Stage 3/ Water Stamina                                     | Ages 18+       | 1:8   | Friday      | 6:00 PM    | 6:45 PM  | \$187                   | \$267            | Pool     |
| Swim Strokes  | Stage 4/ Stroke Intro                                      | Ages 18+       | 1:8   | Friday      | 7:00 PM    | 7:45 PM  | \$187                   | \$267            | Pool     |


## FAMILY RECREATIONAL SWIM

|               |                             |            |          |          |         |                           |      |
|---------------|-----------------------------|------------|----------|----------|---------|---------------------------|------|
| Swim - Family | Family Recreation Swim Time | All Ages   | Monday   | 4:00 PM  | 4:45 PM | Free w/ Family Membership | Pool |
| Swim - Family | Family Recreation Swim Time | All Ages   | Monday   | 5:00 PM  | 5:45 PM | Free w/ Family Membership | Pool |
| Swim - Family | Family Recreation Swim Time | All Ages   | Tuesday  | 2:15 PM  | 3:15 PM | Free w/ Family Membership | Pool |
| Swim - Family | Family Recreation Swim Time | All Ages   | Thursday | 3:15 PM  | 4:00 PM | Free w/ Family Membership | Pool |
| Swim - Family | Family Recreation Swim Time | All Ages   | Thursday | 4:15 PM  | 5:00 PM | Free w/ Family Membership | Pool |
| Swim - Family | Family Recreation Swim Time | All Ages   | Saturday | 4:15 PM  | 5:15 PM | Free w/ Family Membership | Pool |
| Swim - Family | Family Recreation Swim Time | All Ages   | Sunday   | 4:45 PM  | 5:45 PM | Free w/ Family Membership | Pool |
| Swim - Teen   | Teens                       | Ages 13-17 | Tuesday  | 6:45 PM  | 7:45 PM | Free w/ Family Membership | Pool |
| Swim - Teen   | Teens                       | Ages 13-17 | Thursday | 12:30 PM | 2:00 PM | Free w/ Family Membership | Pool |
| Swim - Teen   | Teens                       | Ages 13-17 | Thursday | 7:30 PM  | 8:15 PM | Free w/ Family Membership | Pool |
| Swim - Teen   | Teens                       | Ages 13-17 | Saturday | 8:00 AM  | 9:00 AM | Free w/ Family Membership | Pool |
| Swim - Teen   | Teens                       | Ages 13-17 | Sunday   | 8:00 AM  | 9:00 AM | Free w/ Family Membership | Pool |

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# STAGE DESCRIPTIONS

### SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision,



**A / WATER DISCOVERY**  
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water,




**B / WATER EXPLORATION**  
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills,


### SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:


- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



**1 / WATER ACCLIMATION**  
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming,




**2 / WATER MOVEMENT**  
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water,




**3 / WATER STAMINA**  
In stage 3, 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,

### SWIM STROKES


Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity,



**4 / STROKE INTRODUCTION**  
Students in stage 4 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,



**5 / STROKE DEVELOPMENT**  
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke,



**6 / STROKE MECHANICS**  
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle,

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program,

051618 08/16