

# y's fitness

eliminating racism  
empowering women  
**ywca**

St. Paul

## Health & Fitness Center Specialty Class Catalog

Winter 2008-2009



train smarter,  
not harder

winter sessions begin december 29 — register today!

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# winter fitness happenings

**Trainer's Dozen**

**save \$50**

**12 Personal Training Sessions for \$625**

*Package expires 6 months from purchase. Limit two per membership. Other restrictions may apply.  
Offer valid 1/1/09 - 1/31/09*

## youth in motion Focuses Youth on Better Health

You may have noticed something new happening in the Health and Fitness Center.

Four days a week, our new Youth in Motion (YIM) project is getting kids moving! YIM is a three-year project funded by the Greater Twin Cities United Way.

Serving youth enrolled in our IMPACT and Youth Achievers Program, YIM combats childhood obesity and the associated health risks by helping youth ages 11-18 to build active, healthy habits.

Whether cardio kick boxing, circuit training or spinning, participants are not only getting active, but also having fun learning about nutrition and healthy eating.

As we help our young participants to reduce their risks for type 2 diabetes, high blood pressure and asthma, it's fun to see their enthusiasm and knowledge grow.



*On days when YIM participants aren't working up a sweat with the personal trainers, activities and field trips help them to explore nutrition and healthy eating.*

We're thrilled to have the opportunity to help them develop healthy habits and look forward to celebrating their many successes in months to come.

Yours in good health,

Tamara Burch  
Director of Health & Fitness

### Membership Information

The YWCA St. Paul offers a range of membership options. Contact the Member Services Desk at 651-225-9922 or [hfc@ywcaofstpaul.org](mailto:hfc@ywcaofstpaul.org).

### Fitness Discounts

The YWCA St. Paul participates in membership dues reimbursement programs for the following insurance providers: Blue Cross and Blue Shield of Minnesota, Blue Cross and Blue Shield of North Dakota, Definity Health, HealthPartners, Medica, UCARE. For more information contact your insurance provider.

### Health & Fitness Center Hours

Monday - Thursday	5:30 am-10:00 pm
Friday	5:30 am-9:00 pm
Saturday	7:00 am-7:00 pm
Sunday	7:00 am-9:00 pm

### Kids Care Hours

Monday	9:00 am-12:00 pm 5:00 pm-8:00 pm
Tuesday	9:00 am-12:00 pm 4:30 pm-8:00 pm
Wednesday	9:00 am-12:00 pm 5:00 pm-8:00 pm
Thursday	9:00 am-12:00 pm 4:30 pm-8:00 pm
Friday	9:00 am-12:00 pm 5:00 pm-8:00 pm
Saturday	8:00 am-12:00 pm

*Please Note: Schedules for specialty classes listed in this catalog may change without notice.*

### Holiday Schedule

December 31: 5:30 am-7:00 pm  
(no specialty classes)

January 1: Closed

January 19: 5:30 am-7:00 pm  
(no specialty classes)

# adult classes

Session I: Dec. 29 - Feb. 15 • Registration Deadline: Dec. 22  
 Session II: Feb. 16 - Apr. 5 • Registration Deadline: Feb. 9

**New!**

## indoor cycling training



Join the YWCA St. Paul premiere indoor cycling program led by USA Cycling Level II and Carmichael Training Systems certified coach, Fiona Lockhart. This class is designed for both recreational and competitive cyclists who would like to build strength and stamina to prepare for the outdoor riding season. Unlike most traditional spin classes, this class uses specific intervals to develop some of the skills necessary to ride strong outdoors. Learn to train smarter to gain power, speed and endurance!

Required Equipment: Road bike, indoor cycling trainer and heart rate monitor or power meter.

**Sunday, 12:30-1:30 pm** # M N  
 Instructor: Fiona Lockhart  
 Sess. I L091-280B 6\* \$120 \$216  
 \*Begins March 1.

**Sunday, 2:45-3:30 pm**  
 Sess. I A091-301A 7 \$49 \$84  
 Sess. II A091-301B 7 \$49 \$84

### Stroke Development

Formerly called "Efficient Swim Training," this class is for intermediate swimmers who have the ability to swim two lengths of front crawl comfortably and want to improve stroke mechanics and endurance.

**Tuesday, 10:45-12:00 pm** # M N  
 Sess. I A091-310A 7 \$70 \$112  
 Sess. II A091-310B 7 \$70 \$112

**Sunday, 1:30-2:45 pm**  
 Sess. I A091-311A 7 \$70 \$112  
 Sess. II A091-311B 7 \$70 \$112

### Masters Swim

The Masters group is great for recreational swimmers that can swim 200 yards. It's great for former swimmers and triathletes in training, but competitive swimming experience is not required.

**Tuesday & Thursday, 9:30-10:30 am** # M N  
 Instructor: Beth Peterson  
 Sess. I A091-312A 13\* \$0 \$91  
 Sess. II A091-312B 14 \$0 \$98

**Tuesday & Thursday, 6:30-7:30 pm**  
 Instructor: Beth Peterson  
 Sess. I A091-313A 13\* \$0 \$91  
 Sess. II A091-313B 14 \$0 \$98

**Sunday, 3:30-4:30 pm**  
 Instructor: Beth Peterson  
 Sess. I A091-314A 7 \$0 \$49  
 Sess. II A091-314B 7 \$0 \$49

### Private Lessons

A Water Safety Instructor will design lessons to help you achieve your goals. Private (one-on-one) and semi-private (two-on-one) lessons are scheduled to fit your needs and schedule and are subject to instructor/pool availability. For more information or to sign up, visit the Member Services Desk.

30 Minute Private Lessons:  
 Cost: \$18 Members, \$26 Non-members

30-Minute Semi-Private Lessons:  
 Cost: \$32 Members, \$50 Non-members

## Water Fitness

### Aqua Boot Camp

This is a fast-paced, high energy class that involves circuits designed to improve stamina, strength, power and speed. Workouts will

take place in the shallow and deep ends as well as on the pool deck. Tubing, dumbbells, aqua-belts, and noodles are used to make this a challenging and creative class. Aqua shoes are strongly recommended.

**Monday, 7:30-8:30 am**  
 Instructor: Andrea Gleason # M N  
 Sess. I A091-500A 6\* \$42 \$72  
 Sess. II A091-500B 6 \$42 \$72

**Monday & Wednesday, 7:30-8:30 am**  
 Sess. I A091-502A 12\* \$76 \$120  
 Sess. II A091-502B 12 \$76 \$120

**Wednesday, 7:30-8:30 am**  
 Sess. I A091-501A 6 \$42 \$72  
 Sess. II A091-501B 6 \$42 \$72

### Prenatal & Postnatal Water Fitness

Get a great workout and feel weightless at the same time! Designed for women that are at least 12 weeks pregnant. This class will help prepare your body for the remainder of your pregnancy, labor and childbirth by strengthening and stretching muscles and increasing your cardiovascular endurance.

**Monday, 7:30-8:30 pm** # M N  
 Instructor: Dacia Boeyink  
 Sess. I A091-601A 6\* \$42 \$72  
 Sess. II A091-601B 7 \$49 \$84

**Sunday, 4:30-5:30 pm**  
 Instructor: Dacia Boeyink  
 Sess. I A091-600A 7 \$49 \$84  
 Sess. II A091-600B 7 \$49 \$84

### Water Walking for Strength & Healing (New!)

This class uses therapeutic techniques for individuals who have had or are currently experiencing chronic back, knee or shoulder pain, neurological disorders, post-surgery pain, problems with balance or other disorders. Progressions are included to build balance, coordination, endurance and trunk stability.

**Wednesday, 9:30-10:00 am** # M N  
 Instructor: Dacia Boeyink  
 Sess. I A091-700A 6\* \$24 \$36  
 Sess. II A091-700B 7 \$28 \$42

**Sunday, 5:30-6:00 pm**  
 Instructor: Dacia Boeyink  
 Sess. I A091-701A 7 \$28 \$42  
 Sess. II A091-701B 7 \$28 \$42

## aquatics

### Group Lessons

#### Adult Beginner

This class is for beginning swimmers who want to become more comfortable in the water and learn basic swimming skills. Participants learn how to submerge their head, float on front and back, and perform the basic strokes.

**Tuesday, 7:30-8:10 pm** # M N  
 Sess. I A091-300A 7 \$49 \$84  
 Sess. II A091-300B 7 \$49 \$84

\*No classes will be held on December 31, January 1 or January 19. Class fees have been adjusted to reflect reduced schedule.

# Number of Classes M Member Price N Non-member Price

# adult classes

Session I: Dec. 29 - Feb. 15 • Registration Deadline: Dec. 22  
 Session II: Feb. 16 - Apr. 5 • Registration Deadline: Feb. 9

## mind & body

### Tai Pi Yo

Combine music and the movements of Tai Chi, yoga, and Pilates to strengthen and stretch your body. Class emphasizes improving flexibility of hips and back, improving core strength and focusing on relaxation.

#### Tuesday, 5:30-6:30 pm

Instructor: Libby Petit	#	M	N
Sess. I L091-270A	7	\$49	\$77
Sess. II L091-270B	7	\$49	\$77

#### Thursday, 10:35-11:35 am

Instructor: Libby Petit			
Sess. I L091-271A	6*	\$42	\$66
Sess. II L091-271B	7	\$49	\$77

## Pilates

### Beginning Pilates

Classes are designed for individuals who have no previous Pilates experience. Combining controlled movements and breathing techniques, exercises will improve abdominal and back strength, flexibility, posture, balance, coordination, injury prevention and stress reduction.

#### Monday, 1:30-2:30 pm

Instructor: Fran Ouellette	#	M	N
Sess. I L091-100A	6*	\$42	\$66
Sess. II L091-100B	7	\$49	\$77

#### Monday, 5:30-6:30 pm

Instructor: KaLynn Okerstrom			
Sess. I L091-101A	6*	\$42	\$66
Sess. II L091-101B	7	\$49	\$77

#### Saturday, 1:30-2:30 pm

Instructor: Fran Ouellette			
Sess. I L091-102A	7	\$49	\$77
Sess. II L091-102B	7	\$49	\$77

### Intermediate Pilates

Previous Pilates experience is strongly recommended. More advanced exercises are taught at a faster pace.

#### Monday, 12:15-1:15 pm

Instructor: Fran Ouellette	#	M	N
Sess. I L091-110A	6*	\$42	\$66
Sess. II L091-110B	7	\$49	\$77

#### Wednesday, 5:30-6:30 pm

Instructor: KaLynn Okerstrom			
Sess. I L091-111A	6*	\$42	\$66
Sess. II L091-111B	7	\$49	\$77



#### Saturday, 12:15-1:15 pm

Instructor: Fran Ouellette	#	M	N
Sess. I L091-112A	7	\$49	\$77
Sess. II L091-112B	7	\$49	\$77

## Yoga

### Fitness Yoga

Classes are designed for all ages and fitness levels. Exercises focus on traditional yoga poses, breathing techniques and relaxation to increase flexibility, strengthen muscles and improve balance while creating body awareness.

#### Monday, 10:30-11:30 am

Instructor: Kelsey Lumpkin	#	M	N
Sess. I L091-220A	6*	\$42	\$66
Sess. II L091-220B	7	\$49	\$77

#### Wednesday, 6:00-7:00 am

Instructor: Infin Tuan			
Sess. I L091-221A	6*	\$42	\$66
Sess. II L091-221B	7	\$49	\$77

#### Wednesday, 8:30-9:30 am

Instructor: Kelsey Lumpkin			
Sess. I L091-225A	6*	\$42	\$66
Sess. II L091-225B	7	\$49	\$77

#### Wednesday, 6:30-7:30 pm

Instructor: Michelle Trow			
Sess. I L091-222A	6*	\$42	\$66
Sess. II L091-222B	7	\$49	\$77

#### Friday, 10:30-11:30 am

Instructor: Cathy Elness			
Sess. I L091-226A	7	\$49	\$77
Sess. II L091-226B	7	\$49	\$77

#### Saturday, 8:30-9:30 am

Instructor: Michelle Trow	#	M	N
Sess. I L091-223A	7	\$49	\$77
Sess. II L091-223B	7	\$49	\$77

#### Sunday, 6:00-7:00 pm

Instructor: Cathy Elness			
Sess. I L091-224A	7	\$49	\$77
Sess. II L091-224B	7	\$49	\$77

### Gentle Yoga

Perfect for those with little or no yoga experience. Gentle yoga provides light stretching and flexibility-enhancing movements, especially in weak or injured joints. Ideal for those new to yoga, individuals suffering from chronic back pain or those wanting a less intense yoga practice.

#### Monday, 12:15-1:15 pm

Instructor: Kelsey Lumpkin	#	M	N
Sess. I L091-211A	6*	\$42	\$66
Sess. II L091-211B	7	\$49	\$77

#### Wednesday, 9:45-10:45 am

Instructor: Kelsey Lumpkin			
Sess. I L091-212A	6*	\$42	\$66
Sess. II L091-212A	7	\$49	\$77

#### Wednesday, 7:35-8:35 pm

Instructor: Michelle Trow			
Sess. I L091-210A	6*	\$42	\$66
Sess. II L091-210B	7	\$49	\$77

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# adult classes

Session I: Dec. 29 - Feb. 15 • Registration Deadline: Dec. 22  
 Session II: Feb. 16 - Apr. 5 • Registration Deadline: Feb. 9

## Kundalini Yoga

Classes are designed for all ages and fitness levels. Exercises focus on strengthening, cleansing and detoxifying the body while increasing flexibility and calming the mind.

### Monday, 6:30-7:45 pm

Instructor: Susan Evans	#	M	N
Sess. I L091-230A	6*	\$48	\$76
Sess. II L091-230B	7	\$56	\$88

### Thursday, 6:30-7:45 pm

Instructor: Stacey Becklund	#	M	N
Sess. I L091-231A	6*	\$48	\$76
Sess. II L091-231B	7	\$56	\$88

## Prenatal Yoga

Enjoy a gentle yoga practice especially for expectant mothers. Yoga provides strengthening and flexibility to accommodate your changing body. You will be encouraged to work within your body's abilities as your pregnancy progresses. Class will include movement, relaxation and discussion. Please bring a note from your doctor providing medical clearance to the first class session.

### Saturday, 9:35-10:35 am

Instructor: Michelle Trow	#	M	N
Sess. I L091-240A	7	\$49	\$77
Sess. II L091-240B	7	\$49	\$77

## personal training Groups

### Women on Weights

Group training designed especially for women. Emphasis will be placed on the most effective way to tone muscles, how to incor-

porate free weights into your strength training routine and how to create an efficient, safe weight training program. Instructor to student ratio is 1:6.

### Thursday, 8:00-9:00 am

Instructor: Andrea Gleason	#	M	N
Sess. I P091-100A	6*	\$88	\$177
Sess. II P091-100B	6	\$88	\$177

### Thursday, 10:30-11:30 am

Instructor: Andrea Gleason	#	M	N
Sess. I P091-200A	6*	\$88	\$177
Sess. II P091-200B	6	\$88	\$177

## Triple Threat

This class combines water and land-based training all in one. It provides an energetic mix of high intensity deep/shallow water running, muscular strength training and Pilates that will leave you feeling invigorated and strong. Each week the class will alternate between water and land-based exercises.

### Thursday, 7:00-8:00 am

Instructor: Andrea Gleason	#	M	N
Sess. I P091-300A	6*	\$88	\$177
Sess. II P091-300B	6	\$88	\$177

## The Yard

This outdoor boot camp will push you to your limits and beyond. Featuring bodyweight exercise, resistance bands, medicine balls and a variety of cardio, the yard provides a one-of-a-kind workout.

### Tuesday, 6:00-7:00 pm

Instructor: Troy Shoberg	#	M	N
Sess. I P091-400A	7	\$103	\$206
Sess. II P091-400B	7	\$103	\$206

## Individual Personal Training Sessions

Meet your goals and discover your personal best with help from a professional trainer!

YWCA St. Paul is proud to offer the services of our experienced personal trainers to members and guests. Trainers will help you meet your fitness goals during scheduled one-hour sessions.

Cost per session: \$60 Members;  
\$85 Non-members.

## Personal Training in the Pool

The water provides a high-resistance and low-impact environment that is great for individuals of all ability levels.

Cost per session: \$60 Members;  
\$85 Non-members.

*For more information on personal training services, please call 651-225-9922 ext. 752 or stop by the Member Services Desk. Staff will be happy to assist you.*

## New! fitness services



**Body Composition Assessment:** Trying to lose weight or build lean muscle mass? A Body Composition Assessment will help you to set realistic goals and gauge your progress. Your scale is only telling you half the story — fill in the blanks today!

Cost per session: \$50 Members;  
\$100 Non-members.

**Metabolic Assessment:** Using the New Leaf Metabolic Assessment System, our trainers can help you to identify exactly how many calories your body needs, how long and how hard you should exercise, and how to maximize your workouts to meet your fitness and weight loss goals.

Cost per session: \$110 Members;  
\$165 Non-members.

*For more information on packages and more options, call 651-225-9922 ext. 752 or stop by the Member Services Desk. Staff will be happy to assist you.*



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# Number of Classes M Member Price N Non-member Price

# youth classes

Session I: Dec. 29 - Feb. 15 • Registration Deadline: Dec. 22  
 Session II: Feb. 16 - Apr. 5 • Registration Deadline: Feb. 9

## aquatics

### Ages 0-3

#### Water Babies

This class is for children ages six months to eighteen months who have no water experience. Parent participation is required.

Thursday, 11:00-11:30 am	#	M	N
Sess. I A091-101A	6*	\$42	\$72
Sess. II A091-101B	7	\$49	\$84

Saturday, 10:00-10:30 am	#	M	N
Sess. I A091-100A	7	\$49	\$84
Sess. II A091-100B	7	\$49	\$84

#### Aqua Tots

This class is for children eighteen months to 3 years old. Parent participation is required.

Thursday, 10:30-11:00 am	#	M	N
Sess. I A091-111A	6*	\$42	\$72
Sess. II A091-111B	7	\$49	\$84

Saturday, 10:30-11:00 am	#	M	N
Sess. I A091-110A	7	\$49	\$84
Sess. II A091-110B	7	\$49	\$84

### Ages 3-5

Swimming classes for children ages 3-5 feature a 1:4 teacher to student ratio. Parents are not required to enter the water with their young swimmers.

#### Jelly Fish

This class is for beginner swimmers with little or no experience in the water.

Tuesday, 5:30-6:00 pm	#	M	N
Sess. I A091-122A	7	\$49	\$84
Sess. II A091-122B	7	\$49	\$84



Tuesday, 7:00-7:30 pm	#	M	N
Sess. I A091-123A	7	\$49	\$84
Sess. II A091-123B	7	\$49	\$84

Thursday, 9:30-10:00 am	#	M	N
Sess. I A091-125A	6*	\$42	\$72
Sess. II A091-125B	7	\$49	\$84

Thursday, 5:40-6:10 pm	#	M	N
Sess. I A091-124A	6*	\$42	\$72
Sess. II A091-124B	7	\$49	\$84

Saturday, 9:30-10:00 am	#	M	N
Sess. I A091-120A	7	\$49	\$84
Sess. II A091-120B	7	\$49	\$84

Saturday, 10:40-11:10 am	#	M	N
Sess. I A091-121A	7	\$49	\$84
Sess. II A091-121B	7	\$49	\$84

#### Blow Fish

For children that have some exposure to floating on their back and are comfortable submerging under water while blowing bubbles for three seconds.

Tuesday, 6:00-6:30 pm	#	M	N
Sess. I A091-133A	7	\$49	\$84
Sess. II A091-133B	7	\$49	\$84

Tuesday, 7:30-8:00 pm	#	M	N
Sess. I A091-134A	7	\$49	\$84
Sess. II A091-134B	7	\$49	\$84

Thursday, 10:00-10:30 am	#	M	N
Sess. I A091-136A	6*	\$42	\$72
Sess. II A091-136B	7	\$49	\$84

Thursday, 6:10-6:40 pm	#	M	N
Sess. I A091-135A	6*	\$42	\$72
Sess. II A091-135B	7	\$49	\$84

Saturday, 9:30-10:00 am	#	M	N
Sess. I A091-130A	7	\$49	\$84
Sess. II A091-130B	7	\$49	\$84

Saturday, 10:00-10:30 am	#	M	N
Sess. I A091-131A	7	\$49	\$84
Sess. II A091-131B	7	\$49	\$84

Saturday, 11:10-11:40 am	#	M	N
Sess. I A091-132A	7	\$49	\$84
Sess. II A091-132B	7	\$49	\$84

#### Clown Fish

Must be able to float with face flat in the water while blowing bubbles for seven seconds. Children must also be able to float on their back, ears submerged underwater, with little assistance for 10 seconds.

Tuesday, 6:30-7:00 pm	#	M	N
Sess. I A091-141A	7	\$49	\$84
Sess. II A091-141B	7	\$49	\$84

Thursday, 6:40-7:10 pm	#	M	N
Sess. I A091-142A	6*	\$42	\$72
Sess. II A091-142B	7	\$49	\$84

Saturday, 11:10-11:40 am	#	M	N
Sess. I A091-140A	7	\$49	\$84
Sess. II A091-140B	7	\$49	\$84

### Ages 5 & Up

#### Level 1: Intro to Water Skills

This class is for children who are at least 5 years old with little or no swimming experience.

Tuesday, 5:00-5:30 pm	#	M	N
Sess. I A091-201A	7	\$49	\$84
Sess. II A091-201B	7	\$49	\$84

Thursday, 7:10-7:40 pm	#	M	N
Sess. I A091-202A	6*	\$42	\$72
Sess. II A091-202B	7	\$49	\$84

Saturday, 9:30-10:00 am	#	M	N
Sess. I A091-200A	7	\$49	\$84
Sess. II A091-200B	7	\$49	\$84

#### Level 2: Fundamental Water Skills

Children must be able to float front/back unassisted and submerge head underwater for three seconds.

Tuesday, 5:40-6:20 pm	#	M	N
Sess. I A091-211A	7	\$49	\$84
Sess. II A091-211B	7	\$49	\$84

Thursday, 5:40-6:20 pm	#	M	N
Sess. I A091-212A	6*	\$42	\$72
Sess. II A091-212B	7	\$49	\$84

Saturday, 10:00-10:40 am	#	M	N
Sess. I A091-210A	7	\$49	\$84
Sess. II A091-210B	7	\$49	\$84

#### Level 3: Stroke Development

Children must be able to swim the front and back crawl at least 10 yards each.

Tuesday, 5:00-5:40 pm	#	M	N
Sess. I A091-221A	7	\$49	\$84
Sess. II A091-221B	7	\$49	\$84

Thursday, 5:00-5:40 pm	#	M	N
Sess. I A091-222A	6*	\$42	\$72
Sess. II A091-222B	7	\$49	\$84

Saturday, 10:30-11:10 am	#	M	N
Sess. I A091-220A	7	\$49	\$84
Sess. II A091-220B	7	\$49	\$84

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# youth classes

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## Level 4: Stroke Improvement

Children must be able to swim 25 yards of both front and back crawl.

<b>Tuesday, 6:20-7:00 pm</b>	<b>#</b>	<b>M</b>	<b>N</b>
Sess. I A091-231A	7	\$49	\$84
Sess. II A091-231B	7	\$49	\$84

<b>Thursday, 6:20-7:00 pm</b>			
Sess. I A091-232A	6*	\$42	\$72
Sess. II A091-232B	7	\$49	\$84

<b>Saturday, 11:10-11:50 am</b>			
Sess. I A091-230A	7	\$49	\$84
Sess. II A091-230B	7	\$49	\$84

## Level 5: Stroke Refinement

Children must be able to swim 25 yards front crawl, back crawl and elementary backstroke.

<b>Tuesday, 7:00-7:40 pm</b>	<b>#</b>	<b>M</b>	<b>N</b>
Sess. I A091-241A	7	\$49	\$84
Sess. II A091-241B	7	\$49	\$84

<b>Thursday, 7:00-7:40 pm</b>			
Sess. I A091-242A	6*	\$42	\$72
Sess. II A091-242B	7	\$49	\$84

<b>Saturday, 11:50-12:30 pm</b>			
Sess. I A091-240A	7	\$49	\$84
Sess. II A091-240B	7	\$49	\$84

## Swim Team

Is your son or daughter ready to swim on a competitive swim team? Swimmers are required to be familiar with the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly). Practices will include stroke mechanics, components of competitive starts and turns, and sprint/endurance training. Competitions are not required but are strongly encouraged. Swimmers will be placed in appropriate group (Gold or Black) based on stroke refinement, endurance level and age. Please contact Andrea Gleason at (651) 265-0746 to set up a Piranhas Swim Team tryout.

## Attention

This winter, the Piranhas will follow an expanded schedule:

Session I: Dec. 15 - Feb. 15  
 Registration Deadline: Dec. 8

Session II: Feb. 16 - Apr. 5  
 Registration Deadline: Feb. 9

Fees have been adjusted to reflect the expanded schedule. Please contact Andrea Gleason at (651) 265-0746 for the holiday practice and meet schedule.

## Piranhas: Gold

**Monday & Wednesday 4:15-5:00 pm & Friday 4:00-4:45 pm**

Instructor: Andrea Gleason			
Sess. I A091-400A	26*	\$104	\$156
Sess. II A091-400B	19	\$76	\$114

## Piranhas: Black

**Monday, 5:00-6:30 & Wednesday, 5:00-7:00 pm & Friday, 4:45-6:15 pm**

Instructor: Andrea Gleason	<b>#</b>	<b>M</b>	<b>N</b>
Sess. I A091-401A	30*	\$165	\$210
Sess. II A091-401B	22	\$121	\$154

## Piranhas Dryland Training

This class is for Piranhas swimmers who are interested in participating in training to improve performance in the water. Training includes stretching, medicine ball work, stretch cord training, running, weights and other sports. Dryland training helps swimmers maintain their motivation with fun activities and helps with flexibility, muscular training, improving coordination, balance, agility, aerobic conditioning and injury prevention.

<i>Ages 12+</i>			
<b>Tuesday, 4:30-5:30 pm</b>	<b>#</b>	<b>M</b>	<b>N</b>
Instructor: Andrea Gleason			
Sess. II A091-402B	5	\$35	\$60

## dance

### Creative Dance

Boys and girls learn how to create movement, design shapes and dance to music in a fun, success-building environment. New material is covered each session emphasizing self-expression, imagination and physical skill development.

<i>Ages 4-6</i>			
<b>Saturday, 9:00-9:55 am</b>	<b>#</b>	<b>M</b>	<b>N</b>
Instructor: Fran Ouellette			
Sess. I Y091-100A	7	\$41	\$65
Sess. II Y091-100B	7	\$41	\$65

<i>Ages 3-5</i>			
<b>Saturday, 11:00-11:55 am</b>			
Instructor: Fran Ouellette			
Sess. I Y091-101A	7	\$41	\$65
Sess. II Y091-101B	7	\$41	\$65

## Ballet

Children learn ballet vocabulary, movement, positions and steps taught using joyful, non-competitive, success building approach respectful of individuality. Students learn to dance expressively while developing and improving physical skills.

*Ages 6-9*

**Saturday, 10:00-10:55 am**

Instructor: Fran Ouellette			
Sess. I Y091-200A	7	\$41	\$65
Sess. II Y091-200B	7	\$41	\$65

## fitness

### Teen Fitness

All lessons present exercise and nutrition concepts that are easily explained and are meaningful for participants. Participants will gain more knowledge regarding ways to feel good in mind and body by learning the importance of being physically active and making healthy choices.

*Ages 12-15*

**Monday, 5:00-6:00 pm**

Instructor: Alex Lewis	<b>#</b>	<b>M</b>	<b>N</b>
Sess. I Y091-800A	4	\$26	\$42
Sess. II Y091-800B	4	\$26	\$42

### Tween Spin

Whether your tween needs to get in shape, build strength or just have some fun, this class is the one to get that all over body workout. Tweens will ride indoor cycling bikes through an instructor-led workout. Music and instruction will be geared more to the younger generation. The first two classes will include an orientation to learn spinning techniques. Water bottles and gel seats or bike shorts are highly encouraged.

*Ages 9-15*

**Thursday, 4:15-4:55 pm**

Instructor: Andrea Gleason	<b>#</b>	<b>M</b>	<b>N</b>
Sess. I Y091-400A	6*	\$36	\$61
Sess. II Y091-400B	6	\$36	\$61

### Tween Yoga

Yoga for tweens offers a challenging way to exercise both body and mind. Through a series of fun poses, you will increase your energy and endurance while promoting deep and healthful breathing. Yoga poses are based on the movements and postures of animals and objects in nature; warrior, eagle, tree and cobra. By practicing these and other poses, you will develop the strength flexibility and coordination to help prevent injury in sports and other physical activities.

*Ages 9-15*

**Thursday, 5:00-5:45 pm**

Instructor: Adrienne Vanderborcht			
Sess. I Y091-401A	6*	\$36	\$61
Sess. II Y091-401B	7	\$42	\$71

\*No classes will be held on December 31, January 1 or January 19. Class fees have been adjusted to reflect reduced schedule.

**#** Number of Classes **M** Member Price **N** Non-member Price