

y's fitness

eliminating racism
empowering women
ywca

St. Paul

Health & Fitness Center Specialty Class Catalog

Winter 2009-2010



solutions for your resolutions

Winter Session I begins January 4 — 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 1/1/10-1/31/10.

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.

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
Saturday	8:00 am-12:00 pm

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

Holiday Schedule:

January 1: Closed

Jan 18: 5:30 am - 7:00 pm
(No specialty classes)

April 4: Closed

silver sneakers



YWCA St. Paul is proud to welcome the SilverSneakers® Fitness Program! SilverSneakers is the nation's leading exercise program designed exclusively for adults 65 or older.

Free to Medicare-eligible individuals with a qualified Medica or Humana health plan, the program includes use of basic amenities and access to signature SilverSneakers classes.

SilverSneakers classes are featured in the group fitness schedule available at the Member Services Desk and online at www.ywcaofstpaul.org. If you would like to learn more, please contact Tamara Burch at (651) 265-0736 or email tburch@ywcaofstpaul.org.

®SilverSneakers is a registered trademark of Healthways, Inc.

adult classes

Session I: Jan. 4 - Feb. 21 • **Registration Deadline: Dec. 28**
 Session II: Feb. 22 - April 11 • **Registration Deadline: Feb. 15**



aquatics

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.

Wednesday, 7:00-7:45 pm	#	M	N
Sess. I A101-300A	7	\$49	\$84
Sess. II A101-300B	7	\$49	\$84

Sunday, 3:40-4:25 pm	#	M	N
Sess. I A101-301A	7	\$49	\$84
Sess. II A101-301B	6*	\$42	\$72

Masters Swimming

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

Tuesday & Thursday, 9:30-10:30 am	#	M	N
Sess. I A101-320A	14	\$0	\$98
Sess. II A101-320B	14	\$0	\$98

Tuesday & Thursday, 7:30-8:30 pm	#	M	N
Sess. I A101-321A	14	\$0	\$98
Sess. II A101-321B	14	\$0	\$98

Sunday, 6:00-7:00 pm	#	M	N
Sess. I A101-322A	7	\$0	\$49
Sess. II A101-322B	6*	\$0	\$42

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, contact Neil Erickson at (651) 265-0746.

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 pool and 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 A101-500A		6*	\$42	\$72
Sess. II A101-500B		7	\$49	\$84

Wednesday, 7:30-8:30 am	Instructor: Andrea Gleason	#	M	N
Sess. I A101-501A		7	\$49	\$84
Sess. II A101-501B		7	\$49	\$84

Monday & Wednesday, 7:30-8:30 am	Instructor: Andrea Gleason	#	M	N
Sess. I A101-502A		13*	\$82	\$141
Sess. II A101-502B		14	\$88	\$152

Prenatal & Postnatal Water Fitness

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

Thursday, 6:00-7:00 pm	#	M	N
Sess. I A101-600A	7	\$49	\$84
Sess. II A101-600B	7	\$49	\$84

Sunday, 4:30-5:30 pm	#	M	N
Sess. I A101-601A	7	\$49	\$84
Sess. II A101-601B	6*	\$42	\$72

Water Walking For Strength & Healing

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
Sess. I A101-700A	7	\$28	\$42
Sess. II A101-700B	7	\$28	\$42

Sunday, 5:30-6:00 pm	#	M	N
Sess. I A101-701A	7	\$28	\$42
Sess. II A101-701B	6*	\$24	\$36



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adult classes

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mind & body

Tai Pi Yo

Strengthen and stretch your body using the movements of Tai Chi, Pilates and yoga. Set to music, this class helps participants improve flexibility of the hips and back, build core strength and focus on relaxation.

Tuesday, 5:30-6:30 pm

Instructor: Libby Petit	#	M	N
Sess. I L101-270A	7	\$49	\$77
Sess. II L101-270B	7	\$49	\$77

Thursday, 10:35-11:35 am

Instructor: Libby Petit	#	M	N
Sess. I L101-271A	7	\$49	\$77
Sess. II L101-271B	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 L101-100A	6*	\$42	\$66
Sess. II L101-100B	7	\$49	\$77

Monday, 5:30-6:30 pm

Instructor: KaLynn Okerstrom	#	M	N
Sess. I L101-101A	6*	\$42	\$66
Sess. II L101-101B	7	\$49	\$77

Saturday, 1:30-2:30 pm

Instructor: Fran Ouellette	#	M	N
Sess. I L101-102A	7	\$49	\$77
Sess. II L101-102B	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 L101-110A	6*	\$42	\$66
Sess. II L101-110B	7	\$49	\$77

Wednesday, 5:30-6:30 pm

Instructor: KaLynn Okerstrom	#	M	N
Sess. I L101-111A	7	\$49	\$77
Sess. II L101-111B	7	\$49	\$77

Saturday, 12:15-1:15 pm

Instructor: Fran Ouellette	#	M	N
Sess. I L101-112A	7	\$49	\$77
Sess. II L101-112B	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.

Wednesday, 6:00-7:00 am

Instructor: Infin Tuan	#	M	N
Sess. I L101-221A	7	\$49	\$77
Sess. II L101-221B	7	\$49	\$77

Wednesday, 6:30-7:30 pm

Instructor: Michelle Trow	#	M	N
Sess. I L101-222A	7	\$49	\$77
Sess. II L101-222B	7	\$49	\$77

Friday, 10:30-11:30 am

Instructor: Cathy Elness	#	M	N
Sess. I L101-225A	7	\$49	\$77
Sess. II L101-225B	7	\$49	\$77

Sunday, 6:00-7:00 pm

Instructor: Cathy Elness	#	M	N
Sess. I L101-226A	7	\$49	\$77
Sess. II L101-226B	6*	\$42	\$66

Gentle Yoga

Gentle yoga provides light stretching and flexibility-enhancing movements, especially in weak or injured joints. Ideal for those new to yoga, suffering from chronic back pain or who want a less intense yoga practice.

Wednesday, 7:40-8:40 pm

Instructor: Michelle Trow	#	M	N
Sess. I L101-202A	7	\$49	\$77
Sess. II L101-202B	7	\$49	\$77

Saturday, 10:20-11:20 am

Instructor: Michelle Trow	#	M	N
Sess. I L101-203A	7	\$49	\$77
Sess. II L101-203B	7	\$49	\$77

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: Wes Cutter	#	M	N
Sess. I L101-230A	6*	\$48	\$76
Sess. II L101-230B	7	\$56	\$88

Thursday, 6:30-7:45 pm

Instructor: Stacey Becklund	#	M	N
Sess. I L101-232A	7	\$56	\$88
Sess. II L101-232B	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, 9:10-10:10 am

Instructor: Michelle Trow	#	M	N
Sess. I L101-240A	7	\$49	\$77
Sess. II L101-240B	7	\$49	\$77

Vinyasa Yoga

Vinyasa builds core strength, coordination and flexibility. The class utilizes a series of hatha yoga poses practiced in a "flow" using the breath to facilitate the movement from one posture to the next. The flow of poses will vary from class to class.

Monday, 10:30-11:45 am

Instructor: Alicia Ziebarth	#	M	N
Sess. I L101-280A	6*	\$48	\$76
Sess. II L101-280B	7	\$56	\$88

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adult classes

Session I: Jan. 4 - Feb. 21 • **Registration Deadline: Dec. 28**
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New!

sense of balance



Designed specifically for seniors, this class will help reduce both the fear and risk of falling. Simple low-impact exercises and strength training will help improve balance and empower participants to move confidently and independently during daily living. A variety of equipment including chairs, bands and stability balls will be utilized.

Wednesday, 9:30-10:30 am

Instructor: Andrea Gleason	#	M	N
Sess. I P101-700A	7	\$77	\$154
Sess. II P101-700B	7	\$77	\$154

personal training

All personal training participants are required to complete a health history form during the first class.

Groups

Indoor Cycling Training

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: bike, indoor cycling trainer, heart rate monitor or power meter.

Sunday, 12:30-1:30 pm

Instructor: Fiona Lockhart	#	M	N
Sess. I L101-290A	7	\$140	\$252

Senior Strength

Designed specifically for seniors, this low impact class utilizes low intensity weight training to build strength, balance, flexibility and proper lifting technique.

Sunday, 11:00-12:00 pm

Instructor: Jami Bauer	#	M	N
Sess. I P101-600A	7	\$77	\$154
Sess. II P101-600B	6*	\$66	\$132

Women on Weights

Group training designed especially for women. Participants learn the most effective way to tone muscles, how to incorporate free weights into a strength training routine and how to create an efficient, safe weight training program. Instructor to student ratio is 1:5.

Thursday, 8:00-9:00 am

Instructor: Andrea Gleason	#	M	N
Sess. I P101-100A	7	\$103	\$207
Sess. II P101-100B	7	\$103	\$207

Thursday, 10:30-11:30 am

Instructor: Andrea Gleason	#	M	N
Sess. I P101-101A	7	\$103	\$207
Sess. II P101-101B	7	\$103	\$207

The Yard

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

New!

trx suspension training



Whether you are a fitness novice or an elite athlete, TRX Suspension Training offers a fun, dynamic workout that is like nothing you've ever done before! Using your own body weight as resistance, you'll develop lean muscle, build core strength and improve flexibility, balance and stability.

Monday, 5:30-6:30 pm

Instructor: Troy Shoberg	#	M	N
Sess. I P101-800A	6*	\$102	\$204
Sess. II P101-800B	7	\$119	\$238

Interested in an individual TRX program? Contact Troy Shoberg today.

Tuesday, 4:30-5:30 pm

Instructor: Troy Shoberg	#	M	N
Sess. I P101-610A	7	\$103	\$207
Sess. II P101-610B	7	\$103	\$207

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

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 personal training and fitness services, please call (651) 265-0771, stop by the Personal Training Desk or email tshoberg@ywcaofstpaul.org.

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youth classes

Session I: Jan. 4 - Feb. 21 • **Registration Deadline: Dec. 28**
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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.

Saturday, 9:30-10:00 am	#	M	N
Sess. I A101-100A	7	\$49	\$84
Sess. II A101-100B	7	\$49	\$84

Saturday, 11:30-12:00 pm			
Sess. I A101-101A	7	\$49	\$84
Sess. II A101-101B	7	\$49	\$84

Tuesday, 5:00-5:30 pm			
Sess. I A101-102A	7	\$49	\$84
Sess. II A101-102B	7	\$49	\$84

Tuesday, 6:00-6:30 pm			
Sess. I A101-103A	7	\$49	\$84
Sess. II A101-103B	7	\$49	\$84

Thursday, 9:30-10:00 am			
Sess. I A101-104A	7	\$49	\$84
Sess. II A101-104B	7	\$49	\$84

Thursday, 5:00-5:30 pm			
Sess. I A101-105A	7	\$49	\$84
Sess. II A101-105B	7	\$49	\$84

Thursday, 6:00-6:30 pm			
Sess. I A101-106A	7	\$49	\$84
Sess. II A101-106B	7	\$49	\$84

Aqua Tots

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

Saturday, 11:35-12:05 pm	#	M	N
Sess. I A101-110A	7	\$49	\$84
Sess. II A101-110B	7	\$49	\$84



Tuesday, 5:35-6:05 pm			
Sess. I A101-111A	7	\$49	\$84
Sess. II A101-111B	7	\$49	\$84

Tuesday, 6:30-7:00 pm			
Sess. I A101-112A	7	\$49	\$84
Sess. II A101-112B	7	\$49	\$84

Thursday, 10:00-10:30 am			
Sess. I A101-113A	7	\$49	\$84
Sess. II A101-113B	7	\$49	\$84

Thursday, 5:35-6:05 pm			
Sess. I A101-114A	7	\$49	\$84
Sess. II A101-114B	7	\$49	\$84

Thursday, 6:30-7:00 pm			
Sess. I A101-115A	7	\$49	\$84
Sess. II A101-115B	7	\$49	\$84

Ages 3-4

Junior Jollytails

Swimmers will learn to become comfortable in the water and will also touch on beginner skills such as kicking, floating and putting their heads under water. No parent participation is required.

Tuesday, 5:00-5:30 pm	#	M	N
Sess. I A101-150A	7	\$49	\$84
Sess. II A101-150B	7	\$49	\$84

Thursday, 10:30-11:00 am			
Sess. I A101-151A	7	\$49	\$84
Sess. II A101-151B	7	\$49	\$84

Thursday, 5:00-5:30 pm			
Sess. I A101-152A	7	\$49	\$84
Sess. II A101-152B	7	\$49	\$84

Saturday, 9:30-10:00 am			
Sess. I A101-153A	7	\$49	\$84
Sess. II A101-153B	7	\$49	\$84

Ages 4-5

Jelly Fish

This class is for beginner swimmers with little or no experience in the water. In addition to helping swimmers become comfortable putting their faces under water, the class works on helping swimmers to hold their breath, float and complete the arm and leg actions for the front and back crawl with assistance.

Tuesday, 5:35-6:05 pm	#	M	N
Sess. I A101-120A	7	\$49	\$84
Sess. II A101-120B	7	\$49	\$84

Tuesday, 6:45-7:15 pm			
Sess. I A101-121A	7	\$49	\$84
Sess. II A101-121B	7	\$49	\$84

Thursday, 9:30-10:00 am			
Sess. I A101-123A	7	\$49	\$84
Sess. II A101-123B	7	\$49	\$84

Thursday, 5:35-6:05 pm			
Sess. I A101-124A	7	\$49	\$84
Sess. II A101-124B	7	\$49	\$84

Thursday, 6:45-7:15 pm			
Sess. I A101-125A	7	\$49	\$84
Sess. II A101-125B	7	\$49	\$84

Saturday, 9:30-10:00 am			
Sess. I A101-126A	7	\$49	\$84
Sess. II A101-126B	7	\$49	\$84

Blow Fish

To participate in Blow Fish, swimmers must be able to comfortably put their faces and heads under water. This class will focus on helping swimmers to hold their breath under water, float without assistance, glide, retrieve objects under water and complete the arm and leg actions for the front and back crawl for 15 feet without assistance.

Tuesday, 6:10-6:40 pm	#	M	N
Sess. I A101-130A	7	\$49	\$84
Sess. II A101-130B	7	\$49	\$84

Tuesday, 7:20-7:50 pm			
Sess. I A101-131A	7	\$49	\$84
Sess. II A101-131B	7	\$49	\$84

Thursday, 10:00-10:30 am			
Sess. I A101-132A	7	\$49	\$84
Sess. II A101-132B	7	\$49	\$84

Thursday, 6:10-6:40 pm			
Sess. I A101-133A	7	\$49	\$84
Sess. II A101-133B	7	\$49	\$84

Thursday, 7:20-7:50 pm			
Sess. I A101-134A	7	\$49	\$84
Sess. II A101-134B	7	\$49	\$84

Saturday, 10:05-10:35 am			
Sess. I A101-135A	7	\$49	\$84
Sess. II A101-135B	7	\$49	\$84

Clown Fish

In Clown Fish, swimmers will work on holding their breath for longer amounts of time and are introduced to rhythmic breathing. Swimmers also focus on retrieving objects from the shallow end of the pool and completing the arm and leg actions for the front and back crawl for 15 yards without assistance.

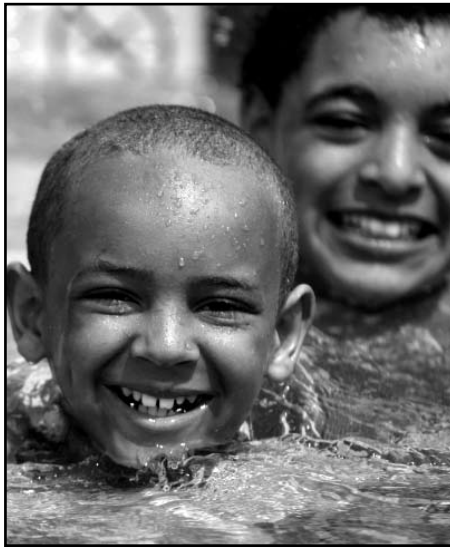
Tuesday, 5:45-6:15 pm	#	M	N
Sess. I A101-140A	7	\$49	\$84
Sess. II A101-140B	7	\$49	\$84

Thursday, 10:30-11:00 am			
Sess. I A101-141A	7	\$49	\$84
Sess. II A101-141B	7	\$49	\$84

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youth classes

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Thursday, 5:45-6:15 pm

Sess. I	A101-142A	7	\$49	\$84
Sess. II	A101-142B	7	\$49	\$84

Saturday, 11:35-12:05 pm

Sess. I	A101-143A	7	\$49	\$84
Sess. II	A101-143B	7	\$49	\$84

Ages 6 & Up

Level 1

This class is for beginner swimmers (at least 6 years old) with little or no experience in the water. It helps swimmers become comfortable with putting their faces under water and also works on helping swimmers to hold their breath, float with assistance and complete the arm and leg actions for the front and back crawl with assistance.

Tuesday, 6:10-6:50 pm

Sess. I	A101-200A	#	M	N	7	\$49	\$84
Sess. II	A101-200B	7	\$49	\$84			

Thursday, 6:10-6:50 pm

Sess. I	A101-201A	7	\$49	\$84
Sess. II	A101-201B	7	\$49	\$84

Saturday, 10:05-10:45 am

Sess. I	A101-202A	7	\$49	\$84
Sess. II	A101-202B	7	\$49	\$84

Level 2

To participate in Level 2, swimmers must be able to comfortably put their faces and heads under water. This class helps swimmers to gain success with fundamental water skills like holding their breath under water, floating without assistance, gliding, retrieving objects under water and completing the arm and leg actions for the front and back crawl for 15 feet without assistance.

Tuesday, 6:20-7:00 pm

Sess. I	A101-211A	#	M	N	7	\$49	\$84
Sess. II	A101-211B	7	\$49	\$84			

Thursday, 6:20-7:00 pm

Sess. I	A101-212A	7	\$49	\$84
Sess. II	A101-212B	7	\$49	\$84

Saturday, 10:05-10:45 am

Sess. I	A101-213A	7	\$49	\$84
Sess. II	A101-213B	7	\$49	\$84

Level 3

To participate in Level 3, swimmers must be able to float without assistance on their front and back, and swim the front and back crawl without assistance for 10 yards. This class helps swimmers work on holding their breath for longer amounts of time, retrieving objects off the bottom of the shallow end of the pool and completing the arm and leg actions for the front and back crawl for 15 yards without assistance. Swimmers will also receive an introduction to rhythmic breathing and treading water.

Tuesday, 5:00-5:40 pm

Sess. I	A101-220A	#	M	N	7	\$49	\$84
Sess. II	A101-220B	7	\$49	\$84			

Thursday, 5:00-5:40 pm

Sess. I	A101-221A	7	\$49	\$84
Sess. II	A101-221B	7	\$49	\$84

Saturday, 10:40-11:20 am

Sess. I	A101-222A	7	\$49	\$84
Sess. II	A101-222B	7	\$49	\$84

Level 4

To participate in Level 4, swimmers must be able to swim the front crawl with rhythmic breathing, and the back crawl for 15 yards. In this class, swimmers learn to swim 25 yards in front crawl, back crawl and elementary backstroke as well as 15 yards each in breaststroke and butterfly. The class also includes an introduction to diving.

Tuesday, 6:55-7:35 pm

Sess. I	A101-230A	#	M	N	7	\$49	\$84
Sess. II	A101-230B	7	\$49	\$84			

Thursday, 6:55-7:35 pm

Sess. I	A101-231A	7	\$49	\$84
Sess. II	A101-231B	7	\$49	\$84

Saturday, 10:50-11:30 am

Sess. I	A101-232A	7	\$49	\$84
Sess. II	A101-232B	7	\$49	\$84

Level 5

To participate in Level 5, swimmers must be able to swim 25 yards front crawl, back crawl, and elementary backstroke and 15 yards each

in breaststroke and butterfly. The class focuses on stroke refinement and helping swimmers to swim 50 yards in the front crawl, back crawl, elementary backstroke, breaststroke, butterfly and sidestroke. The class also includes an introduction to shallow dives and flip turns.

Tuesday, 7:40-8:20 pm

Sess. I	A101-240A	#	M	N	7	\$49	\$84
Sess. II	A101-240B	7	\$49	\$84			

Thursday, 7:40-8:20 pm

Sess. I	A101-241A	7	\$49	\$84
Sess. II	A101-241B	7	\$49	\$84

Saturday, 10:50-11:30 am

Sess. I	A101-242A	7	\$49	\$84
Sess. II	A101-242B	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 tryout.

Piranhas – Gold

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

Instructor: Andrea Gleason	#	M	N			
Sess. I	A101-400A	22*	\$88	\$132		
Sess. II	A101-400B	20	\$80	\$120		

Piranhas – Black

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

Instructor: Andrea Gleason	#	M	N			
Sess. I	A101-401A	22*	\$110	\$154		
Sess. II	A101-401B	20	\$100	\$140		

Pool Rental

Want a great way to spend time with family and friends? Planning a special event? Rent out a portion of the pool. To reserve a date or for more information, contact Neil Erickson at (651) 265-0746.

Base fee for 10 people: \$85;
 each additional person: \$5

*No Classes will be held on Monday, January 18 or Sunday, April 4.

youth classes

Session I: Jan. 4 - Feb. 21 • **Registration Deadline: Dec. 28**
 Session II: Feb. 22 - April 11 • **Registration Deadline: Feb. 15**

dance

Creative Dance

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

Ages 3-5

Saturday, 11:00-11:55 am

Instructor: Fran Ouellette	#	M	N
Sess. I Y101-101A	7	\$42	\$67
Sess. II Y101-101B	7	\$42	\$67

Ages 4-6

Saturday, 9:00-9:55 am

Instructor: Fran Ouellette			
Sess. I Y101-100A	7	\$42	\$67
Sess. II Y101-100B	7	\$42	\$67

Ballet

Children learn ballet vocabulary, movement, positions and steps taught using a 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	#	M	N
Sess. I Y101-200A	7	\$42	\$67
Sess. II Y101-200B	7	\$42	\$67



fitness

Tween Spin

Whether you want to build strength or get in shape, this fun indoor cycling workout is something you will want to try. Instruction and music is "geared" toward tweens and teens and instruction will include an orientation to spinning techniques. Water bottles and gel seats or bike shorts are highly recommended.

Ages 9+

4'10" height requirement

Thursday, 4:15-4:55 pm

Instructor: Andrea Gleason	#	M	N
Sess. I Y101-400A	7	\$42	\$67
Sess. II Y101-400B	7	\$42	\$67

Tween Yoga

Yoga offers a fun, challenging workout for both your body and mind. While learning fun poses like the warrior, eagle, tree and cobra, you improve your strength, flexibility, coordination and endurance. Not only will yoga give you an extra energy boost, it can also help you to prevent common sports-related injuries.

Ages 9-15

Thursday, 5:00-5:45 pm

Instructor: Adrienne Vanderborcht	#	M	N
Sess. I Y101-410A	7	\$42	\$67
Sess. II Y101-410B	7	\$42	\$67

Tween Triple Threat

Offering an energetic mix of cross training that includes cardio equipment, strength training and a sports circuit, Tween Triple Threat provides a fun, challenging workout that will leave you feeling strong and invigorated. Participants must be 12 years or older.

Ages 12+

Tuesday, 4:30-5:30 pm

Instructor: Andrea Gleason	#	M	N
Sess. I Y101-420A	7	\$42	\$67
Sess. II Y101-420B	7	\$42	\$67



*No Classes will be held on Monday, January 18 or Sunday, April 4.

Number of Classes M Member Price N Non-member Price