

MON VALLEY YMCA PROGRAM GUIDE



May • June

2017

GROUP FITNESS

May 1 – July 1 (9 week session)



Balanced Body

Members: Free

Non-Members: \$68

Zumba

Members & Balanced Body Participants: \$27

Non-Members: \$54

Baby Boomer Boot Camp Thursdays at 8:30 AM • Intervals of endurance, compound strength training, and a yoga cool down • This is a *pay as you go* class.

Cost: Members: \$5.00 per class • Non-Members: \$10.00 per class

Chuck Trained Small group personal training. This class is not for the faint of heart. Personal trainer Charlie Fritch will get your heart pumping in the intense early morning workout. Class will be held at 6am in the gymnasium on Tuesdays and Thursdays.

Cost: Members: \$100 per month • Non-Members: \$125 per month

Pickleball Pickleball is much like tennis, but with a few modifications such as smaller court and the use of solid wood or composite paddles to hit a plastic ball over a net.

Mondays: 10am-2pm, Thursdays: 10am-12pm • **Cost:** Members-Free, Non-Members-\$5

WATER EXERCISE

May 1 – June 23 (8 week session)

Aqua Motion: Members-\$40, Non-Members-\$69

AquaFit: Members-\$40, Non-Members-\$69

Deep Water Running: Members-\$40, Non-Members-\$69

Splash Dance: Members-\$40, Non-Members-\$69

Splash: Members-FREE, Non-Members-\$69

***W.E.T.:** Members-\$23, Non-Members-\$37

*The price shown is for once a week. The class can be taken up to three times a week.

The Outdoor Pool opens on Monday, June 5!

During the summer months, our outdoor pool is a great way to cool off and spend the day with family and friends. The separate wading pool, for children under 6, makes it convenient and safe for parents to get wet with their little ones.

Visit our website at www.monvalleyymca.org for more information.

CHILDREN'S PROGRAMS

Dance Fitness

Monday's, April 17 - May 22

Toddler Move & Play

Time: 5:00 – 5:45pm

Ages: 1-3

Members: \$40 • Non-Members: \$53

Move & Groove

Time: 6:45 – 7:30pm

Ages: 6-8

Members: \$40 • Non-Members: \$53

Dance & Roll

Time: 5:50 – 6:35pm

Ages: 3-5

Members: \$40 • Non-Members: \$53

Fridays, April 21 - May 26

Toddler Move & Play

Time: 10:00 – 10:45am

Ages: 1-3

Members: \$40 • Non-Members: \$53

Dance & Roll

Time: 11:00 – 11:45am

Ages: 3-5

Members: \$40 • Non-Members: \$53

Boot Camp for Kids

Focuses on improving your child's stamina, endurance, strength, and flexibility.

Wednesdays, May 3 – June 28 (9 weeks)

5:30pm – ages 5-8

6:15pm – ages 8-13

Members: Free • Non-Members: \$50

Youth Basketball

Students will learn the fundamentals of the game including dribbling, shooting, rebounding and defense.

Saturdays, June 17-July 29 (7 weeks)

9:30-10:30am - Grades K-1 (ages 5-7)

11:00am-12:00pm - Grades 2-3 (ages 8-10)

Members: \$48.00 • Non-members: \$60

SWIM LESSONS

June 5 - July 15 (6 weeks)

Guppy/Minnow

Member

Non-Member

Wed - 7:10pm

\$30

\$46

Sat - 9:00am

\$30

\$46

Polliwog

Mon - 6:35/7:10pm

\$39

\$55

Wed - 6:35pm

\$39

\$55

Sat - 9:35/10:10am

\$39

\$55

Shrimp

Sat - 10:45/11:20am

\$30

\$46



**Each lesson runs for 30 minutes.*