

Youth Fitness:

Youth Development: Positive, fun activities that build physical and social skills that encourage a lifetime appreciation for active living.

Winter 1: January 7–February 17 Registration: Y Members–December 10 Program Members–December 17 6 week session

Winter 2: February 18–March 31 Registration: Y Members–February 4 Program Members–February 11 6 week session

No classes: Spring Break (WCS)	Price		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	M	PM	M= Y Members PM= Program Members					
Youth Conditioning	Free			5:00–6:00 p.m.		5:00–6:00 p.m.		9:30–10:30 a.m.
Youth Conditioning North Webster	Free		Please call ahead					9:30–10:30 a.m.
Little Ninjas (ages 3–5)	\$19.75	\$45.75	10:30–11:00 a.m.		4:45–5:15 p.m.			
Little Ninjas Plus (ages 3–5)	\$19.75	\$45.75	5:45–6:15 p.m.					
Home School Fit for Kids (ages 6–12)	\$18.75	\$23.25	9:15–10:15 a.m.					
Martial Arts (ages 12–15)	\$28.75	\$64.25	4:30–5:30 p.m.			6:30–7:30 p.m.		
Inclusive Programs								
Sensory Open Swim (all ages)	Free	\$2/visit						11:30 a.m.–12:30 p.m.
Multi Sensory Adaptive (age 3+)	\$14	\$17				4:45–5:15 p.m.		
Mindful Movement	Free	\$2/visit		9:30–10:30 a.m.				
Multi Sensory Adventure (ages 3–7)	\$14	\$17		4:15–4:45 p.m.				
Adaptive Swim Lessons (ages 3–5)	\$29	\$56		5:00–6:00 p.m.				
Adaptive Swim Lessons (ages 6–10)	\$29	\$56		5:00–6:00 p.m.				
Cardio Dance off! (ages 8–15)	Free	\$2/visit				10:30–11:15 a.m.		
Adaptive Performing Arts (age 13+)	\$14	\$17			5:30–7:00 p.m.			
Muscle Up (age 13+)	\$29	\$56		6:00–7:00 p.m.		6:00–7:00 p.m.		
Water Motion Class (age 13+)	Free	\$2/visit		9:30–10:30 a.m.		9:30–10:30 a.m.		
Adaptive Guided Lap Swim (age 13+)	\$29	\$56		7:15–8:00 p.m.		7:15–8:00 p.m.		
Adaptive Cooking Club (age 13+)	\$19	\$24	6:00–7:00 p.m.					
Adaptive Sports Clinic (age 13+)	\$14	\$17				4:30–5:00 p.m. 5:00–5:30 p.m.		
Sensory Art: Pre-K Art Classes (ages 3–5)	\$28.75	\$64.25			1:30–2:30 p.m.			

Youth Sports Be sure to purchase your re-usable, reversible jersey that you can wear for all Youth Sports at the Welcome Center.

Youth Basketball \$42 \$68 Ages 7–11. Registration: October 28–December 30. Games on Saturdays, January 12 to February 16.

Indoor Soccer \$37 \$63 Ages 3–8. Registration: January 11–February 21. Games on Saturdays, March 2 to April 13. No games April 6.