

## 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
Youth Fitness		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.	
<b>Sensory Art: Pre-K Art Classes (ages 3-5)</b>		\$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.				