



# Quick Guide

Program	0-2 Years	3-5 Years	6-12 Years	13-18 Years	College Age	Young Adult	Adult	Senior Golden Adult
<b>Aquatics</b>	Parent/Child Swim Pike w/Parent Family Swim	Pike w/Parent Pike Eel Rays Starfish Family Swim Private Lessons	Polliwog Guppy Minnow Fish Flying Fish Shark Open Swim Swim Team Swim Camps Private Lessons	Teen Beginner Lesson Swim Team Swim Camps Private Lessons CPR (16-18) First Aid (16-18) O2 Adm. (16-18) Lifeguarding (16-18)	Adult Beginner Less. Private Lessons Aerobics classes CPR First Aid Oxygen Admin. Lifeguarding	Adult Beginner Less. Private Lessons Aerobics classes CPR First Aid Oxygen Admin. Lifeguarding	Twinges Aqua Grooves Hydro-Fit Joy of Living Aqua Aerobics Adult Beginner Private Lessons Adult Swim Lap Swim CPR/FirstAid O2 Class	Twinges Aqua Grooves Hydro-Fit Joy of Living Aqua Aerobics Adult Beginner Private Lessons Adult Swim Lap Swim CPR/FirstAid O2 Class
<b>Child Care Camping</b>		Preschool Kinder Kamp	After School Care Summer Camp Holiday Camps Snow Days	Camp Butterfly After School Care Summer Camp				
<b>Health and Well Being</b>				Steph's Fitness Zumba Yoga / Pilates Cycling Circuit Training Ballistic Step Aerobics Turbo Kick Technogym Personal Training	Steph's Fitness Zumba Yoga / Pilates Cycling Circuit Training Ballistic Step Aerobics Turbo Kick Technogym Personal Training Clean Eating	Steph's Fitness Zumba Yoga / Pilates Cycling Circuit Training Ballistic Step Aerobics Turbo Kick Technogym Personal Training Clean Eating	Steph's Fitness Zumba Yoga / Pilates Cycling Circuit Training Ballistic Step Aerobics Turbo Kick Technogym Personal Training Clean Eating	Steph's Fitness Get Moving I & II Easy Riders Cycling Matter of Balance Senior Seminars Zumba Yoga / Pilates Cycling Circuit Training Ballistic Step Aerobics Turbo Kick Technogym Personal Training Clean Eating
<b>Gymnastics</b>	Pajama gym Kindergym Ruff & Tuff	Tiny Tots Young Beginners Mini Elite Preschool Cheer Preschool Tumbling Boys Tumbling Kindergarten Gymnas.	Kindergarten Gymnas. Rollers Swingers Kippers Flyers Twisters Team Jumpers Team Beginner Tumbling Advanced Tumbling Private lessons	Beginner Tumbling Advanced Tumbling Back Handspring class Rollers Swingers Kippers Flyers Team Jumpers Team Open Gym Private Lessons				
<b>Sports</b>		Basketball Indoor Soccer Outdoor Soccer Tball Sports for Sprouts Ruff & Tuff	Basketball Futsal Indoor Soccer Outdoor Soccer Coach Pitch Baseball Flag Football Sports Camps	Basketball Futsal Indoor Soccer Outdoor Soccer Coach Pitch Baseball Flag Football Volleyball Racquetball Sports Camps	Racquetball Basketball Adult Open Gym Volleyball	Racquetball Basketball Adult Open Gym Volleyball	Racquetball Basketball Adult Open Gym Volleyball	Racquetball Basketball Adult Open Gym Volleyball
<b>Family Strengthen- ing</b>	Family Nights Halloween Party	Family Nights Halloween Party	Family Nights Adventure Guide Boys Adventure Guide Girls	Teen Dances Leaders Club Youth Church Night		Adventure Guides Parent/Leader	Adventure Guides Parent/Leader	
<b>Arts and Humanities</b>				Leaders Club				Senior Seminars
<b>Service Learning, Volunteerism And Civic Engagement</b>				Family Nights Youth Sports Ref Leaders Club Swim Assistant Gymnastics Assistant	Family Nights Youth Sports Youth Dances Leaders Club Swim Assistant Swim Team Volunteer Gymnastics Fitness Instructor Wellness Trainer Member Service	Family Nights Youth Sports Youth Dances Gymnastics Aquatics Assistant Twinges Leader Swim Team Volunteer Fitness Instructor Wellness Trainer Member Service	Family Nights Youth Dances Youth Sports Gymnastics Aquatics Assistant Twinges Leader Swim Team Volunteer Fitness Instructor Wellness Trainer Member Service	Family Nights Youth Dances Youth Sports Aquatics Wellness Member Service Center

***We Welcome Program Ideas...Stop by the Member Service Center and  
Speak to a Director Today!***