



the

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2017 WINTER PROGRAM GUIDE



TRI-LAKES FAMILY YMCA
17250 Jackson Creek Parkway
P 719 481 8728

www.ppymca.org

ABOUT THE TRI-LAKES FAMILY CENTER YMCA

Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Donate

Each year the YMCA of the Pikes Peak Region raises money to help those less fortunate. All funds raised through the Annual Support Campaign stay in our community and help to provide opportunities for lower income families to participate in programs and activities focusing on youth development, healthy living and social responsibility.

Putting your gift to work:

- \$100 will help provide 4 children of our community the chance to learn to swim and be safe around water.
- \$250 for six of our future friends to learn sportsmanship and skills with Y sports.
- \$500 for six youth to be safe and actively engaged after school 5 days a week.
- \$1000 will provide 4 teens the tools to reach their full potential by touring colleges and having an experience of a lifetime.
- \$2,500 will provide a week at Camp Shady Brook for six kids who otherwise couldn't afford to have the best week of their summer.
- \$5,000 will help give 12 cancer survivors the chance to regain hope and strength through the LIVESTRONG® at the YMCA program.

Volunteer

"Volunteers are not paid, because they are priceless." —Unknown

The YMCA was founded by volunteers, and still today we are a volunteer-led and volunteer-driven organization. Volunteering with the YMCA can not only greatly improve the lives of others and strengthen our community, but it can greatly impact your life.

HOURS

Facility Hours

Monday–Friday	5:00 am – 9:30 pm
Saturday	7:00 am – 7:00 pm
Sunday	12:00pm – 6:00 pm

Child Watch Hours (Ages 6 weeks–6 years)

Mon–Fri	8:00 am – 1:00 pm
Mon/Wed	2:00 pm – 8:30 pm
Tues/Thurs	2:00 pm – 8:00 pm
Fri	2:00 pm – 7:00 pm
Sat	8:00 am – 1:00 pm
Sun	12:20 pm – 4:00 pm

Kids Zone Hours (Ages 7–12 years)

There will be additional hours for Kid Zone during the summer and school out days

Mon/Wed	4:30 pm – 8:30 pm
Tues/Thurs	4:30 pm – 8:00 pm
Sat	8:30 am – 1:00 pm

Structured activities during these hours.

No Kid Zone activities on Friday and Sunday

CONTENTS

MEMBERSHIP INFORMATION.....	3
YOUTH	
Ages 3 & under.....	4
Ages 4-6.....	4-5
Ages 7-12.....	5-6
Ages 13+.....	6-7
BIRTHDAY PARTIES.....	7
ADULTS.....	8
PERSONAL TRAINING.....	8
FAMILY EVENTS.....	9
AQUATIC INFORMATION.....	10-11

WELCOME TO TRI-LAKES FAMILY CENTER YMCA Membership

Y membership is month to month. We do not have lengthy contracts or outrageous joining fees. In fact, we offer a 30 day money back guarantee—we want you to be happy here! Take one of our hassle free Y facility tours and experience the Y difference.

Y Memberships include:

- Free Fit Path Appointment with a personal trainer
- Friendly, caring staff to help you at anytime
- Family friendly environment
- Use of all 6 local facilities and 2 City Owned Recreation Centers
- Members may bring in guests to try out the Y
- Free group exercise classes—Aerobics, Mat Pilates, Yoga, Indoor Cycling and more
- Great variety of exercise equipment
- Child Watch (all children must have membership)
- Swim Lessons
- Open Gym, Open Swim
- Free adult & family activities
- Reduced program fees & early registration
- Opportunities to build a better community
- Guest privileges at many YMCAs nationwide and much more!

The Y has an Income-Based Rate Scale!

Financial assistance is available. We've created a new income-based rate scale with a simple one-step application. Please see the front desk for more details.

Member Fee & Automatic Payment

Monthly payments can be made by credit card or bank account, and funds will be withdrawn from the account of your choice on either the 1st or 15th of each month. To cancel or hold, simply notify us in writing 5 days prior to your scheduled draft date.

Family Program Package

Monthly Dues \$15

An option to provide greater access to YMCA programs for the entire family at a reduced rate. By adding this program onto your monthly membership, your family will receive youth and adult programs* at 50% off the member program rate (25% off qualifying camps).

*Please check with Y staff for qualifying programs.

AWAY (Always Welcome at YMCA's)

As a member of the YMCA of the Pikes Peak Region you may visit participating Y's when you are outside of the YMCA of the Pikes Peak Region service area. Present your membership card at participating Y's and receive access to the facility for free or at no more than half the guest rate.

Guest Privileges

Members may bring a guest with them to experience the facility free of charge. All guests that are interested in membership will receive a one day pass, tour and membership information. All non-members age 14 and older must provide photo ID to gain access to the facility. The maximum number of free visits per guest is 1 per year. After a guest visits 1 times for free we will ask that they purchase a membership or pay the day rate when they come in.

**2017 Rates!
YMCA Membership Rates**

	Monthly Dues	Joining Fee	Active Duty (\$0 join fee)
Youth (Ages 6 weeks-17)	\$30	\$0	\$22.50
Young Adult (Ages 18-28)	\$46	\$69	\$34.50
Adult (Ages 29-64)	\$57	\$69	\$42.75
Senior Citizen (ages 65+)	\$46	\$69	\$34.50
Two Senior Citizen Household (no children)	\$85	\$99	\$63.75
One Adult Household	\$77	\$99	\$57.75
(Any one adult and any children age 21 and younger or a full-time student age 24 and younger living in the same household)			
Two Adult Household	\$97	\$99	\$72.75
(Any two adults and any children age 21 and younger or a full-time student age 24 and younger living in the same household)			
Two Adult Household (no children)	\$90	\$99	\$67.50

YOUTH

Ages 3 & Under

Swim Lessons

Ages: 6-24 months, Swim Starters
3-5 years old, Preschool

Please see pages 10-11 for group and private swim lesson information.

Preschool Ballet

Ages: 3-5 years old
Day/Time: Friday 9:30-10:15
Sessions: January 6-February 24
March 10-April 28
Cost: \$70 Members/\$85 Non-Members

Intro to Gymnastics

Ages: 3-5 years old
Day/Time: Friday 10:30-11:15
Sessions: January 13- February 3
February 10-March 3
Cost: \$45 Members/\$60 Non-Members

Parents Night Out

Ages: 3-10 years old
Children must be potty trained
Day/Time: Saturdays, 4:30-9:30pm
Sessions: January 14
February 11
March 11
April 8
May 13
Cost: \$30 Members/\$40 Non-Members
Parents: Dinner is provided. Emergency information must be on file. Children 7+ and 48" will be able to swim. If children age 7 + do not want to swim they can come at 6:00pm for dinner.

Winter Basketball

Ages: 3-4
Day/Time: Saturday only
Early Reg: October 17th – December 13th
Session: January 21st- March 11th
Cost: \$65 Members/\$80 Non-Members

Spring Soccer

Ages: 3-6
Day/Time: Saturday only (inside)
Early Reg: January 23-March 7
Session: April 8-May 13
Cost: \$50 Members/\$65 Non-Members

Ages 4-6

Swim Lessons

Ages: 3-5 years old, Preschool
6-12 years old, School Aged

Please see pages 10-11 for group and private swim lesson information.

Bounce House

Ages: 4-6 years old
Day/Time: Monday, 9:00am-12:00pm
Cost: Free program for YMCA Members
Kids need to be signed into child watch to participate. Schedule may be change based on gym availability.

Parents Night Out

Ages: 3-10 years old
Children must be potty trained
Day/Time: Saturdays, 4:30-9:30pm
Sessions: January 14
February 11
March 11
April 8
May 13
Cost: \$30 Members/\$40 Non-Members
Parents: Dinner is provided. Emergency information must be on file. Children 7+ and 48" will be able to swim. If children age 7 + do not want to swim they can come at 6:00pm for dinner.

Preschool Ballet

Ages: 3-5 years old
Day/Time: Friday 9:30-10:15
Sessions: January 6-February 24
March 10-April 28
Cost: \$70 Members/\$85 Non-Members

Intro to Gymnastics

Ages: 3-5 years old
Day/Time: Friday 10:30-11:15
Sessions: January 13- February 3
February 10-March 3
Cost: \$45 Members/\$60 Non-Members

Youth Cooking Class

Ages: 4-6
Day/Time: 1:00-2:30pm
Sessions: January 16
February 20
April 20
Cost: \$20 Members/\$30 Non-Members
This class is a fun introduction to cooking with hands on experience and kids get to eat what they make and take a recipe home.

Ballet I

Ages: 5-7 years old
Day/Time: Thursday, 6:30-7:30pm
Sessions: January 5-February 23
March 9-May 27
Cost: \$70 Members/\$85 Non-Members

Gymnastics 1

Ages: 4-7 years old
Day/Time: Wednesday, 10:30-11:15am
Sessions: January 11-February 1
February 8-March 1
Cost: \$45 Members/\$60 Non-Members

Winter Basketball

Ages: 5-6
Day/Time: Saturday only
Early Reg: October 17th – December 13th
Session: January 21st– March 11th
Cost: \$80 Members/\$105 Non-Members

Spring Soccer

Ages: 3-6
Day/Time: Saturday only (inside)
Early Reg: January 23-March 7
Session: April 8-May 13
Cost: \$50 Members/\$65 Non-Members

Ages 7-12

Swim Lessons

Ages: 6-12 years old, School Age
Please see pages 10-11 for group and private swim lesson information.

Swim Team

Ages: 7+
Please see page 10-11 for swim team information.

Youth Cooking Class

Ages: 7+
Day/Time: 1:00-2:30pm
Sessions: February 10
March 17
Cost: \$20 Members/\$30 Non-Members
This class is a fun introduction to cooking with hands on experience and kids get to eat what they make and take a recipe home.

Parents Night Out

Ages: 3-10 years old
Children must be potty trained
Day/Time: Saturdays, 4:30-9:30pm
Sessions: January 14
February 11
March 11
April 8
May 13
Cost: \$30 Members/\$40 Non-Members
Parents: Dinner is provided. Emergency information must be on file. Children 7+ and 48" will be able to swim. If children age 7 + do not want to swim they can come at 6:00pm for dinner.

Tween Night

Ages: 8-12 years old
Day/Time: Saturdays, 5:00-10:00pm
Sessions: January 28
February 25
March 25
April 22
Early Bird Cost: \$14 Members/\$18 Non-Members
Day of Cost: \$19 Members/\$23 Non-Members
Kids will enjoy swimming, games, nerf wars, and themed activities like fear factor. Pizza, snack and drinks are available to purchase.

Ballet I

Ages: 5-7 years old
Day/Time: Thursday, 6:30-7:30pm
Sessions: January 5-February 23
March 9-May 27
Cost: \$70 Members/\$85 Non-Members

ASHI Babysitting Class

Ages: 11-15 years old
Day/Time: Saturday 9:00am-3:30pm
Sessions: January 14
February 25
March 11
April 8
May 20
Cost: \$75 Members/\$85 Non-Members
No FPP

Little Da Vinci's

Ages: 7-12 years old
Day/Time: Tuesday, 5:30-6:30pm
Sessions: January 10-31
February 7-28
March 7-21
Cost: \$30 Members/\$45 Non-Members
Explore the different types of Art that are expressed around the world. Explore Pointillism, Abstract, Collages, and others in this 4 week program. This class will let students be able to explore their artistic abilities while having fun.

Gymnastics 1

Ages: 4-7 years old
Day/Time: Wednesday, 10:30-11:15am
Sessions: January 11-February 1
February 8-March 1
Cost: \$45 Members/\$60 Non-Members

Winter Basketball

Ages: 1st-8th Grade
Day/Time: Practice 1 night a week, games on Saturdays
Early Reg: October 17th – December 13th
Session: January 9th- March 11th
Cost: \$80 Member/\$105 Non-Member

Spring Soccer

Ages: 1st-6th Grade
Day/Time: Practice 1 night a week, games on Saturdays
Early Reg: January 23-March 7
Session: March 27-May 13
Cost: \$69 Members/\$94 Non-Members

Spring Volleyball

Ages: 1st-8th Grade
Day/Time: Practice 1 night a week, games on Friday
Early Reg: January 23-March 7
Session: March 27-May 13
Cost: \$69 Members/\$94 Non-Members

Spring Flag Football

Ages: 1st-12th Grade
Day/Time: Practice 1 night a week, games on Saturdays
Early Reg: January 23-March 7
Session: March 27-May 13
Cost: \$69 Members/\$94 Non-Members

Wyldlife Club

Ages: Middle School Teens
Cost: No charge
Location: Young Life Gym
Please make sure and check the Young Life website for meeting days & times and any special events, schedule or location changes.
www.nsm.younglife.org

7th Grade Initiative

Ages: open to all 7th graders in District 38
Day/Time: during open hours
Session: through August 16, 2015
Cost: no charge
All kids have enormous potential. At the Y, we work every day to help children and teens set and achieve their personal and educational goals in settings where they can have a sense of belonging and feel comfortable exploring new interests and passions. The Tri-Lakes Family YMCA is proud to promote the 7th Grade Initiative, which provides a FREE membership to all 7th Graders in District 38 now through the end of summer.

Teens 13-15

*Please see the Adult section for additional specialty classes.

Swim Lessons

*Please see page 10 for private swim lesson information.

Swim Team

Ages: 7+

*Please see page 10 for swim team information

Group Exercise Schedule

Please see the front desk for the group exercise schedule

Winter Basketball

Ages: 9th-12th Grade

Day/Time: Practice 1 night a week, games on weekends

Early Reg: October 17th – December 13th

Session: January 9th– March 11th

Cost: \$80 Member/\$105 Non-Member

This is a league that is combined with other YMCA's in the Pikes Peak Region. Games will be played at a central location.

Spring Volleyball

Ages: 1st-8th Grade

Day/Time: Practice 1 night a week, games on Friday

Early Reg: January 23-March 7

Session: March 27-May 13

Cost: \$69 Members/\$94 Non-Members

Spring Flag Football

Ages: 1st-12th Grade

Day/Time: Practice 1 night a week, games on Saturdays

Early Reg: January 23-March 7

Session: March 27-May 13

Cost: \$69 Members/\$94 Non-Members

ASHI Babysitting Class

Ages: 11-15 years old

Day/Time: Saturday 9:00am-3:30pm

Sessions: January 14

February 25

March 11

April 8

May 20

Cost: \$75 Members/\$85 Non-Members

No FPP

Grilled Cheese Thursdays

Ages: High School Teens

Day/Time: Thursday, 11:00am

Session: January 12, 26

February 9, 23

March 9, 23

April 6, 20

May 4

Cost: No charge

The Tri-Lakes YMCA and Young Life host a grilled cheese lunch during the school year. Please enter through the Young Life entrance.

RAD (Real Alternatives to Drinking & Drugs)

Ages: 9th-12th grade

Day/Time: Friday, 8:30-11:30pm

Times may vary depending on the event

Cost: No charge

- Join RAD at the Teen Center for a great night with friends. All high schoolers are welcome. From paint night fights to basketball tournaments, we're ready for anything!
- All participants have to fill out a waiver to participate
- Please see the website for updates and waiver

Young Life Club

Ages: 9th-12th grade

Cost: No charge

Location: Young Life Gym

Please make sure and check the Young Life website for meeting days & times and any special events, schedule or location changes.

www.nsm.younglife.org

Wyldlife Club

Ages: Middle School Teens

Cost: No charge

Location: Young Life Gym

Please make sure and check the Young Life website for meeting days & times and any special events, schedule or location changes.

www.nsm.younglife.org

Birthday Parties

Standard Party

Includes: Two hour party

- Activity: pool or bounce house
- Hostess to greet the guests and help with the party
- Plates, cups, napkins, silverware and tablecloths
- Set up and Clean up of party
- **Bounce House Parties on Sunday only**

For additional information about dates and times please inquire at the front desk or call 719-630-2609

YMCA Member

Up to 20 participants: \$250

Additional participants: \$10 each

Non-Member

Up to 20 participants: \$325

Additional participants: \$10 each

50% discount for Family Program Package on STANDARD PARTY only

Also Available

Add on, prices listed:

- Theme: \$75
- Three pizzas \$30
- Goody bags \$30
- Drinks \$10
- Invitations \$10

Themes:

Pick from a Princess, Sports, Pirate, Mermaid, Lego or Superhero. Each theme will include a Craft, room décor, and games to make the experience extra special for the birthday child!

ADULTS/SENIORS

Group Exercise Schedule

Please see the front desk for the group exercise schedule

Trifecta Training

Ages: 14+ years old

Day/Time: Mon/Wed/Fri, 9:30-10:30

Sessions: January 9-February 3

February 6-March 3

May 9-31

April 3-28

Cost: \$150 Members/\$180 Non-Members

A full body workout that incorporates a progressive method of training that is guaranteed to elevate your workout and evolve your body. You get 3 trainers, 3 days a week, 3 methods of training and 3 times the challenge, encouragement and excitement!

Synergy 360

Ages: 14+ years old

Day/Time: Monday/Wednesday, 6:00-7:00am

Monday/Thursday 5:15-6:15pm

Sessions: January 9-February 2

February 6-March 2

March 6-30

April 3-27

Cost: \$130 Members/\$145 Non-Members

Synergy 360 is about more than just working out. This revolutionary concept provides limitless opportunities to train smarter, better, and more effectively. This class will be taught in a circuit format with a certified personal trainer.

Burn Zone

Ages: 14+

Day/Time: Tuesday/Thursday, 9:30-10:30am

Sessions: January 10-February 2

February 7-March 3

March 7-30

April 4-27

Cost: \$130 Members/\$145 Non-Members

Ready to change up your workout? By using a heart monitor and getting to your "Y" Red Zone, your body has to work harder - burning more calories and fat - and boost metabolism for up to 36 hours!! Great for people looking to lose weight, increase endurance and strength!

All participants must have a heart rate monitor with chest strap and wrist monitor.

Krav maga

Ages: 14+ years old
Day/Time: Wednesday, 6:30-7:30pm
Session: February 8-April 19
Cost: \$200 Members/\$350 Non-Members

Krav Maga is the official hand-to-hand combat system of the Israeli Defense Forces, and is widely regarded as the best self-defense system because of its efficient, no-nonsense, tactics that emphasize instinctive movements, practical techniques, and realistic training scenarios.

Incline Fit

Day/Time: Wednesday/Fridays, 11:30-12:30
Session: January 4-27
February 1-24
March 1-24

Location: Healthy Living Area
Cost: \$130 Members/\$145 Non-Members
Burn more calories plus increase cardio respiratory efficiency while maintaining lower impact on joints. Combines cardio intervals with strength training. Appropriate for all levels, beginners to the advanced athlete .

Spring Catalyst

Day/Time: Tuesday/Thursday, 7:30-8:30am
Tuesday/Thursday, 5:30-6:30pm
Session: February 20- May 17
Cost: \$300 Members/\$400 Non-Members

It's not too late to get back into the "Spring" of things! Meet with a certified personal trainer twice a week and work on accomplishing your fitness goals. You will also meet with a registered dietitian and have monthly InBody's to see the exact change your body is making.

Tai Chi

Ages: ages 14+
Day/Time: Monday/Wednesday 12:15-1:00pm
Sessions: January 9-February 22
Cost: \$28 Members/\$60 Non-Members

Senior Coffee

Seniors, come socialize and have coffee and snacks before or after class in the front lobby.

Day/Time: Every Tuesday, 9:30am-11:30am
Cost: No Charge

Pickle ball

Day/Time: Every Tuesday & Friday
11:00am-2:00pm
Sunday: 12:00pm-2:00pm
Location: North side of gym
Cost: No Charge for YMCA members
Open gym Pickle ball, come and try it out!

PERSONAL TRAINING

On sale Dec 15-Jan 15

\$25 off auto payment per month
15% off paid-in-full and buddy packages

Please stop by the front desk for pricing information.

Nutrition Counseling

Meet with a Registered Dietician as a Personal Training session to measure your resting metabolic rate, receive a diet analysis, dietary recommendations, meal planning, shopping, cooking, label reading tips, and recipe modification.

SPECIAL EVENTS

Body Pump 100 Celebration

Day/Time: Saturday, 8:05 & 9:15
Session: January 14
Location: Group Exercise room
Cost: No Charge, open to members
Body Pump information, snacks, and raffle.

Understanding Your Injuries with Dr. Gloria Winters

Day/Time: Monday, 11:15am-12-15pm
Session: January 16
Location: Young Life Gym
Cost: No Charge, open to members and community

Centura Nutrition & Health Talk

Day/Time: Wednesday, 10:30-11:30am
Session: February 15
Location: Young Life Gym
Cost: No Charge, open to the public

Stretching & Flexibility Benefits with Carolyn Owen

Day/Time: Thursday, 1:00-2:00pm
Session: March 16
Location: Young Life Gym
Cost: No Charge, open to members and community

Healthy Kids Day

Day/Time: Saturday, time TBD
Session: April 29
Cost: No Charge, open to the public

PARENT / CHILD Lessons - 6-36mths - 30 minutes

Designed to introduce children to the water with the assistance of their parent or trusted adult. This is a water orientation course that will utilize songs and games while placing focus on basic floating, arm and leg movements in the water, safe exits from the pool, jumping in and use of instructional floatation devices. The instructor to Parent/Child ratio is 1:10

PRE-SCHOOL Lessons - 3-5yrs - 30 minutes

These classes will focus on building an understanding of safety around the water and increasing swimming ability for three to five year old swimmers of all ability levels. With a 1:4 ratio of instructor to student, each child will be able to receive specialized time and training. Classes will be separated by ability level at the start of each session.

SCHOOL AGED Lessons - 6-12yrs - 40 minutes

Similar to the Pre-school classes, Youth classes are designed for swimmers of all ability levels. The focus of these classes will be to increase understanding of water safety and stroke mechanics. Classes will be separated by ability level at the start of each session. The instructor to child ratio is 1:6

SWIM TEAM PREP - 60 minutes

Swim Team Prep is designed for swimmers in the advanced stages of Swim Lessons in preparation for Swim Team. The focus of these classes will be to increase stamina and improve stroke mechanics. To newly join the class they will need to set up an evaluation via 719-630-2605 or receive complete Stage 5 in Swim Lessons. The instructor to child ratio is 1:10

Practice: Wednesday 6:30-7:30 pm

Friday 5:30-6:30 pm

Price: \$30/month for Members \$60/month for Non-Members

SWIM TEAM

Swim Team provides young swimmers with an opportunity to train in a group. The main emphasis is on fun and enjoyment of the sport while developing technique and introducing an aerobic training program.

In order to give more options and opportunity to the swim team participants, they can now choose which days per week they will sign up for to practice. To newly join the team they will need to schedule an evaluation through the Aquatics Director to be assessed based on their ability. They will be split into beginner, intermediate, and advanced in practice. Please call 719-630-2605 to schedule an assessment. All swim team participants must be a YMCA member.

Spring Season is January 9th - April 27th

Available Practices:

Mon, Tues, Thur & Fri 6:30-7:30pm

Please see Swim Team flyer for more information.

GROUP LESSON SCHEDULE

Monday & Wednesday	9:00-9:30am	Preschool	Sessions	Cost (8 Lessons)		
	9:45-10:15am	Preschool		1/9-2/1	Members:	Non-Members:
	10:30-11:00am	Preschool			\$45	\$90
	4:30-5:00pm	Preschool		2/6-3/1	\$45	\$90
	4:30-5:10pm	School Aged		3/6-3/22	\$33.75	\$67.50
	5:15-5:45pm	Preschool		4/10-4/26	\$33.75	\$67.50
	5:15-5:55pm	School Aged		5/1-5/24	\$45	\$90
	6:00--6:30pm	Preschool				
6:00-6:40pm	School Aged					
Tuesday & Thursday	8:30-9:00am	Swim Starters (P/C)	Sessions	Cost (8 Lessons)		
	9:00-9:30am	Preschool		1/10-2/2	Members:	Non-Members:
	9:45-10:15am	Preschool			\$45	\$90
	10:30-11:00am	Preschool		2/7-3/2	\$45	\$90
	4:30-5:00pm	Preschool		3/7-3/23	\$33.75	\$67.50
	4:30-5:10pm	School Aged		4/11-4/27	\$33.75	\$67.50
	5:15-5:45pm	Preschool		5/2-5/25	\$45	\$90
	5:15-5:55pm	School Aged				
	6:00--6:30pm	Preschool				
	6:00-6:40pm	School Aged				
*Friday	1:00-1:30pm	Preschool	Sessions	Cost (4 Lessons)		
	1:00-1:40pm	School Aged	Monthly	\$22.50	\$45	
Saturday	8:30-9:00am	Swim Starters (P/C)	Sessions	Cost (8 Lessons)		
	9:00-9:30am	Preschool		1/14-3/4	Members:	Non-Members:
	9:00-9:40am	School Aged			\$45	\$90
	9:45-10:15am	Preschool		4/15-5/27	\$39.38	\$78.75
	9:45-10:25am	School Aged				
	10:30-11:00am	Preschool				
	10:30-11:10am	School Aged				
	11:15-11:45am	Preschool				
	11:15-11:55am	School Aged				

*** Sessions are prorated according to the number of classes**

PRIVATE AND SEMI-PRIVATE LESSONS

Individualized lessons can be arranged with any of our instructors. Simply fill out the aquatic registration form at the front desk and an instructor will contact you within 3 days!

Private Lessons	
1 Session	Members: \$25
	Non: \$35
4 Sessions	Members: \$85
	Non: \$130
8 Sessions	Members: \$160
	Non: \$235

Semi-Private Lessons	
1 Session	Members: \$20
	Non: \$30
4 Sessions	Members: \$70
	Non: \$115
8 Sessions	Members: \$130
	Non: \$210



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER WE CAN
DO SO MUCH



ANNUAL SUPPORT CAMPAIGN PAY IT FORWARD

**IN 2016 THE TRI-LAKES YMCA
PROVIDED \$185,000 IN
FINANCIAL SUPPORT TO FAMILIES
IN NEED RIGHT HERE ON OUR COMMUNITY.**

**GIVE YOUR GIFT TODAY
AND ENSURE THAT NO ONE IS TURNED AWAY
DUE TO THE INABILITY TO PAY.**

**PLEASE STOP BY THE FRONT DESK TO
ASK HOW YOU CAN HELP TODAY!**

www.ppymca.org