



## NORTHFIELD AREA FAMILY YMCA FALL 1 SESSION PROGRAMMING SEPT 4—OCT 28

### PRESCHOOL ENRICHMENT

| CLASS            | AGE   | DAY   | START   | END      | START | END    | NO CLASS | MBR.    | COMM.   | INST  | LOC       |
|------------------|-------|-------|---------|----------|-------|--------|----------|---------|---------|-------|-----------|
| Kindersports     | 3 - 5 | Tue   | 9:30 AM | 10:15 AM | Sep 5 | Oct 24 | --       | \$18.00 | \$36.00 | Heidi | Gym       |
| Monkey Tales     | 3 - 5 | Wed   | 9:30 AM | 10:15 AM | Sep 6 | Oct 25 | --       | \$18.00 | \$36.00 | Heidi | Comm Room |
| Stretch and Grow | 3 - 5 | Thurs | 9:30 AM | 10:15 AM | Sep 7 | Oct 26 | Oct 19   | \$18.00 | \$36.00 | Heidi | Gym       |

### YOUTH SPORTS

| CLASS                    | GRADE      | DAY   | START    | END      | START  | END    | NO CLASS         | MBR.    | COMM.    | INST       | LOC          |
|--------------------------|------------|-------|----------|----------|--------|--------|------------------|---------|----------|------------|--------------|
| Flag Football Practice   | 1st - 5th  | Mon   | 3:45 PM  | 4:45 PM  | Sep 11 | Oct 23 | --               | \$24.00 | \$48.00  | Heidi/Izzy | Outside YMCA |
| Dodgeball                | 1st - 5th  | Tue   | 3:45 PM  | 4:45 PM  | Sep 5  | Oct 24 | --               | \$24.00 | \$48.00  | Heidi/Izzy | 1/2 Gym      |
| Soccer                   | 1st - 5th  | Wed   | 3:45 PM  | 4:45 PM  | Sep 6  | Oct 25 | --               | \$24.00 | \$48.00  | Heidi/Izzy | Outside YMCA |
| Kids Karate              | 3rd-7th    | Wed   | 4:45 PM  | 5:30 PM  | Sep 6  | Oct 25 | --               | \$35.00 | \$70.00  | Tom        | Studio       |
| Volleyball               | 1st - 5th  | Thurs | 3:45 PM  | 4:45 PM  | Sep 7  | Oct 26 | Oct 19           | \$24.00 | \$48.00  | Heidi/Izzy | 1/2 Gym      |
| HS Intramural Volleyball | 9th - 12th | Thurs | 5:45 PM  | 8:00 PM  | Sep 28 | Nov 30 | Oct 19<br>Nov 23 | Free    | Free     | Izzy       | 1/2 Gym      |
| Flag Football            | PreK - 2   | Sat   | 9:00 AM  | 10:00 AM | Sep 9  | Oct 21 | --               | \$60.00 | \$120.00 | TBD        | NHS Fields   |
| Flag Football            | 3rd - 5th  | Sat   | 10:15 AM | 11:15 AM | Sept 9 | Oct 21 | --               | \$60.00 | \$120.00 | TBD        | NHS Fields   |

### YOUTH SPECIALTY

| CLASS                        | AGE/GRADE   | DAY       | START    | END      | START  | END    | NO CLASS | MBR.    | COMM.    | INST          | LOC                  |
|------------------------------|-------------|-----------|----------|----------|--------|--------|----------|---------|----------|---------------|----------------------|
| Youth In Government          | Gr 8-12     | Mon       | 6:30 PM  | 7:30 PM  | Oct 2  | Jan 7  | --       | TBD     | TBD      | Brent Horwart | Comm Room, NHS       |
| After School Art             | Gr 1-5      | Tue       | 3:45 PM  | 4:45 PM  | Sep 5  | Oct 24 | --       | \$24.00 | \$48.00  | TBD           | Child Watch          |
| Teen Fitness Training        | Ages 13+    | Tue/Thurs | 3:30 PM  | 4:30 PM  | Sept 5 | Oct 26 | Oct 19   | \$70.00 | \$120.00 | TBD           | Studio and Wellness  |
| Home School PE               | Grades 1-10 | Fri       | 10:00 AM | 11:00 AM | Sep 6  | Oct 25 | --       | \$24.00 | \$48.00  | Heidi/Izzy    | 1/2 Gym              |
| Lego Builders After School   | Gr 1-5      | Thurs     | 3:45 PM  | 4:45 PM  | Sep 7  | Oct 26 | 19-Oct   | \$24.00 | \$48.00  | TBD           | Child Watch          |
| October Middle School Night  | Gr 6-8      | Fri       | 7:30 PM  | 10:00 PM | Oct 27 | --     | --       | Free    | Free     | Izzy/Heidi    | Gym, Pool, Comm Room |
| November Middle School Night | Gr 6-8      | Fri       | 7:30 PM  | 10:00 PM | Nov 17 | --     | --       | Free    | Free     | Izzy/Heidi    | Gym, Pool, Comm Room |

## ADULT PROGRAMMING

| CLASS                | AGE | DAY     | START                   | END                    | START  | END    | NO CLASS | MBR.    | COMM.    | INST  | LOC    |
|----------------------|-----|---------|-------------------------|------------------------|--------|--------|----------|---------|----------|-------|--------|
| Foundations of Yoga  | 13+ | Mon     | 6:30 PM                 | 7:45 PM                | Sep 11 | Oct 23 | Oct 2    | \$50.00 | \$100.00 | Deb   | Studio |
| Chair Yoga/Chair Fit | 13+ | Tues    | 10:45 AM                | 11:35 AM               | Sept 5 | Oct 24 | --       | \$50.00 | \$100.00 | Becky | Studio |
| Shotokan Karate      | 13+ | Wed/Fri | Wed: 6:30<br>Fri: 5:30p | Wed: 7:30<br>Fri: 6:30 | Sept 6 | Oct 27 | --       | \$80.00 | \$140.00 | Tom   | Studio |

## FAMILY EVENTS/PROGRAMMING

| CLASS/EVENT            | AGE      | DAY | START    | END      | START  | END | NO CLASS | MBR.              | COMM.             | INST | LOC  |
|------------------------|----------|-----|----------|----------|--------|-----|----------|-------------------|-------------------|------|------|
| Fall Festival          | All Ages | Sat | 9:00 AM  | 12:00 PM | Oct 28 | --  | --       | Free to everyone! | Free to everyone! | --   | YMCA |
| Zombie 5K              | All Ages | Sat | 9:00 AM  | 10:00 AM | Oct 28 | --  | --       | \$20.00           | \$40.00           | --   | YMCA |
| Floating Pumpkin Patch | All Ages | Sat | 11:00 AM | 12:00 PM | Oct 28 | --  | --       | \$10.00           | \$10.00           | --   | YMCA |

## SWIM LESSONS

| CLASS                        | AGE           | DAY  | START   | END     | START  | END    | NO CLASS | MBR.    | COMM.    | INST | LOC  |
|------------------------------|---------------|------|---------|---------|--------|--------|----------|---------|----------|------|------|
| Parent/Child AB              | 6mo - 3 years | Mon  | 4:00 PM | 4:30 PM | Sep 11 | Oct 23 | --       | \$25.00 | \$50.00  | TBD  | Pool |
| Prek-K Stage 1               | 3-5           | Mon  | 4:35 PM | 5:05 PM | Sep 11 | Oct 23 | --       | \$45.00 | \$60.00  | TBD  | Pool |
| Prek-K Stage 2               | 3-5           | Mon  | 5:10 PM | 5:40 PM | Sep 11 | Oct 23 | --       | \$45.00 | \$60.00  | TBD  | Pool |
| Prek-K Stage 3               | 3-5           | Mon  | 5:45 PM | 6:15 PM | Sep 11 | Oct 23 | --       | \$45.00 | \$60.00  | TBD  | Pool |
| School Age Stage 1           | 5-12          | Mon  | 6:20 PM | 6:50 PM | Sep 11 | Oct 23 | --       | \$45.00 | \$60.00  | TBD  | Pool |
| School Age Stage 1           | 5-12          | Tues | 4:00 PM | 4:30 PM | Sep 12 | Oct 24 | --       | \$45.00 | \$60.00  | TBD  | Pool |
| School Age Stage 2           | 5-12          | Tues | 4:35 PM | 5:05 PM | Sep 12 | Oct 24 | --       | \$45.00 | \$60.00  | TBD  | Pool |
| School Age Stage 3           | 5-12          | Tues | 5:10 PM | 5:40 PM | Sep 12 | Oct 24 | --       | \$45.00 | \$60.00  | TBD  | Pool |
| School Age Stage 4           | 5-12          | Tues | 5:45 PM | 6:15 PM | Sep 12 | Oct 24 | -        | \$45.00 | \$60.00  | TBD  | Pool |
| School Age Stages 5/6        | 5-12          | Tues | 6:20 PM | 6:50 PM | Sep 12 | Oct 24 | --       | \$45.00 | \$60.00  | TBD  | Pool |
| Adult Group Swimming Lessons | 13+           | Wed  | 5:30 PM | 6:15 PM | Sep 6  | Oct 25 | --       | \$80.00 | \$140.00 | TBD  | Pool |

## PERSONAL TRAINING

| CLASS         | AGE                                              | DAY | START | END | START | END | NO CLASS | MBR.        | COMM.       | INST                 | LOC            |
|---------------|--------------------------------------------------|-----|-------|-----|-------|-----|----------|-------------|-------------|----------------------|----------------|
| Group PT      | By Appointment (30 & 60 Minute Session Packages) |     |       |     |       |     |          | See Website | See Website | Participant's Choice | Wellness Floor |
| Individual PT | By Appointment (30 & 60 Minute Session Packages) |     |       |     |       |     |          | See Website | See Website | Participant's Choice | Wellness Floor |