



NORTHFIELD AREA FAMILY YMCA FALL 2 SESSION PROGRAMMING OCT 30—DEC 21

PRESCHOOL ENRICHMENT

CLASS	AGE	DAY	START	END	START	END	NO		MBR.	COMM.	INST	LOC
							CLASS	CLASS				
Wiggles and Giggles	3 - 5	Mon	9:30 AM	10:15 AM	Oct 30	Dec 18			\$18.00	\$36.00	Heidi	Gym
Kindersports	3 - 5	Tue	9:30 AM	10:15 AM	Nov 7	Dec 19			\$18.00	\$36.00	Heidi	Comm Room
Monkey Tales	3 - 5	Wed	9:30 AM	10:15 AM	Nov 1	Dec 20			\$18.00	\$36.00	Heidi	Gym

YOUTH SPORTS

CLASS	GRADE	DAY	START	END	START	END	NO		MBR.	COMM.	INST	LOC
							CLASS	CLASS				
Volleyball	1st - 5th	Mon	3:45 PM	4:45 PM	Oct 30	Dec 18	Nov 6		\$24.00	\$48.00	Heidi/ Izzy	Outside YMCA
Sports of All Sorts	1st - 5th	Tues	3:45 PM	4:45 PM	Nov 7	Dec 19			\$24.00	\$48.00	Heidi/ Izzy	1/2 Gym
Dodgeball	1st - 5th	Wed	3:45 PM	4:45 PM	Nov 1	Dec 20			\$24.00	\$48.00	Heidi/ Izzy	1/2 Gym
Kids Karate	3rd-7th	Wed	4:45 PM	5:30 PM	Nov 1	Dec 20			\$35.00	\$70.00	Tom	Studio
Volleyball	1st - 5th	Thurs	3:45 PM	4:45 PM	Nov 2	Dec 21	Nov 23		\$24.00	\$48.00	Heidi/ Izzy	1/2 Gym
HS Intramural Volleyball	9th - 12th	Thurs	5:45 PM	8:00 PM	Oct 5	Nov 16	Oct 19 Nov 23		Free	Free	Izzy	1/2 Gym

YOUTH SPECIALTY

CLASS	AGE/GRADE	DAY	START	END	START	END	NO		MBR.	COMM.	INST	LOC
							CLASS	CLASS				
Youth In Government	8th - 12th	Mon	6:30 PM	7:30 PM					TBD	TBD	Brent Horwart	NHS
Afterschool STEM	1st - 5th	Tue	3:45 PM	4:45 PM	Nov 7	Dec 19			\$24.00	\$48.00	TBD	Child Watch
Teen Fitness Training	Ages 13+	Tue/Thurs	3:30 PM	4:30 PM	Nov 2	Dec 21	Nov 23		\$70.00	\$120.00	TBD	Studio and Wellness
Afterschool Crafts Club	1st - 5th	Wed	3:45 PM	4:45 PM	Nov 1	Dec 20			\$24.00	\$48.00	TBD	Child Watch
Afterschool LEGO Builders	1st - 5th	Thurs	3:45 PM	4:45 PM	Nov 2	Dec 21	Nov 23		\$24.00	\$48.00	Heidi/ Izzy	1/2 Gym
Homeschool PE	1st - 10th	Fri	10:00 AM	11:00 AM	Nov 3	Dec 22			\$24.00	\$48.00	Heidi/ Izzy	1/2 Gym
October School's Out Day	K - 5th	Thurs	7:00 AM	5:00 PM	Oct 19	--	--		\$60.00	\$120.00	Izzy/ Heidi	Gym, Pool, Comm Room
November School's Out Day	K - 5th	Mon	7:00 AM	5:00 PM	Nov 6	--	--		\$60.00	\$120.00	Izzy/ Heidi	Gym, Pool, Comm Room
October Middle School Night	6th - 8th	Fri	7:30 PM	10:00 PM	Oct 27	--	--		Free	Free	Izzy/ Heidi	Gym, Pool, Comm Room
November Middle School Night	6th - 8th	Fri	7:30 PM	10:00 PM	Nov 17	--	--		Free	Free	Izzy/ Heidi	Gym, Pool, Comm Room
December Middle School Night	6th - 8th	Fri	7:30 PM	10:00 PM	Dec 15	--	--		Free	Free	Izzy/ Heidi	Gym, Pool, Comm Room



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ADULT PROGRAMMING

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Circuit Balance	18+	Mon	8:00 AM	8:30 AM	Oct 30	Dec 18		\$35.00	\$70.00	Erik	Studio
Foundations of Yoga	13+	Mon	6:30 PM	7:45 PM	Oct 30	Dec 18		\$50.00	\$100.00	Holly	Studio
Nutrition Series	18+	Mon	6:30 PM	7:30 PM	Nov 6	Dec 18		\$50.00	\$100.00	Caitlin W	Community Room
Chair Yoga/Chair Fit	13+	Tues	10:45 AM	11:35 AM	Oct 31	Dec 19	--	\$50.00	\$100.00	Ashley	Studio
Shotokan Karate	13+	Wed/Fri	Wed: 6:30 PM Fri: 5:30 PM	Wed: 7:30 PM Fri: 6:30 PM	Nov 1	Dec 22	--	\$80.00	\$140.00	Tom	Studio

FAMILY EVENTS/PROGRAMMING

CLASS/EVENT	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Winter Bash	All Ages	Sat	9:00 AM	12:00 PM	Dec 16	--	--	Free to everyone!	Free to everyone!	--	YMCA
Jingle Bell Run	All Ages	Sat	9:00 AM	10:00 AM	Dec 16	--	--	\$20.00	\$40.00	--	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	Nov 6	Dec 18	--	\$25.00	\$50.00	TBD	Pool
Prek-K Stage 1	3-5	Mon	4:35 PM	5:05 PM	Nov 6	Dec 18	--	\$45.00	\$65.00	TBD	Pool
Prek-K Stage 2	3-5	Mon	5:10 PM	5:40 PM	Nov 6	Dec 18	--	\$45.00	\$65.00	TBD	Pool
Prek-K Stage 3	3-5	Mon	5:45 PM	6:15 PM	Nov 6	Dec 18	--	\$45.00	\$65.00	TBD	Pool
School Age Stage 1	5-12	Mon	6:20 PM	6:50 PM	Nov 6	Dec 18	--	\$45.00	\$65.00	TBD	Pool
School Age Stage 1	5-12	Tues	4:00 PM	4:30 PM	Nov 7	Dec 19	--	\$45.00	\$65.00	TBD	Pool
School Age Stage 2	5-12	Tues	4:35 PM	5:05 PM	Nov 7	Dec 19	--	\$45.00	\$65.00	TBD	Pool
School Age Stage 3	5-12	Tues	5:10 PM	5:40 PM	Nov 7	Dec 19	--	\$45.00	\$65.00	TBD	Pool
School Age Stage 4	5-12	Tues	5:45 PM	6:15 PM	Nov 7	Dec 19	--	\$45.00	\$65.00	TBD	Pool
School Age Stages 5/6	5-12	Tues	6:20 PM	6:50 PM	Nov 7	Dec 19	--	\$45.00	\$65.00	TBD	Pool
Adult Group Swimming Lessons	13+	Wed	5:30 PM	6:15 PM	Nov 1	Dec 20	--	\$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