



NORTHFIELD AREA FAMILY YMCA WINTER 1 SESSION PROGRAMS

JAN 2—FEB 23

PRESCHOOL ENRICHMENT

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Kindersports	3 - 5	Tues	9:30 AM	10:15 AM	Jan 2	Feb 20	Jan 23	\$18.00	\$36.00	Heidi	Gym
Monkey Tales	3 - 5	Wed	9:30 AM	10:15 AM	Jan 3	Feb 21		\$18.00	\$36.00	Heidi	Comm Room
Spanish Storytime	3 - 5	Thurs	9:30 AM	10:15 AM	Jan 4	Feb 22		\$18.00	\$36.00	Michelle	Comm Room

YOUTH SPORTS

CLASS	GRADE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Dodgeball	1st - 5th	Tues	3:45 PM	4:45 PM	Jan 2	Feb 20	Jan 23	\$24.00	\$48.00	Heidi/ Izzy	1/2 Gym
Basketball	1st - 5th	Wed	3:45 PM	4:45 PM	Jan 3	Feb 21		\$24.00	\$48.00	Heidi/ Izzy	1/2 Gym
Volleyball	1st - 5th	Thurs	3:45 PM	4:45 PM	Jan 4	Feb 22		\$24.00	\$48.00	Heidi/ Izzy	1/2 Gym
HS Intramural 3 v. 3 Basketball	9th - 12th	Tues	5:30 PM	8:00 PM	Jan 16	Mar 12	Jan 23	Free	Free	Izzy	1/2 Gym

YOUTH SPECIALTY PROGRAMMING

CLASS	AGE/GRADE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Youth In Government	8th - 12th	Mon	6:30 PM	7:30 PM				TBD	TBD	Brent Horwart	NHS
Afterschool Game Club	1st - 5th	Tues	3:45 PM	4:45 PM	Jan 2	Feb 20	Jan 23	\$24.00	\$48.00	TBD	Child Watch
Afterschool Crafts Club	1st - 5th	Wed	3:45 PM	4:45 PM	Jan 3	Feb 21		\$24.00	\$48.00	TBD	Child Watch
Afterschool Spanish Club	1st - 5th	Thurs	3:45 PM	4:45 PM	Jan 4	Feb 22	Jan 23	\$24.00	\$48.00	Heidi/ Izzy	1/2 Gym
Homeschool PE	1st - 10th	Fri	10:00 AM	11:00 AM	Jan 5	Feb 23		\$24.00	\$48.00	Heidi/ Izzy	1/2 Gym
School's Out Day: Jan. 15th	K - 5th	Mon	7:00 AM	5:00 PM	Jan 15			\$60.00	\$85.00	Izzy/ Heidi	Gym, Pool, Comm Room
School's Out Day: Jan. 22nd	K - 5th	Mon	7:00 AM	5:00 PM	Jan 22			\$60.00	\$85.00	Izzy/ Heidi	Gym, Pool, Comm Room
School's Out Day: Jan. 23rd	K - 5th	Tues	7:00 AM	5:00 PM	Jan 23			\$60.00	\$85.00	Izzy/ Heidi	Gym, Pool, Comm Room
School's Out Day: Feb 19th	K - 5th	Mon	7:00 AM	5:00 PM	Feb 19			\$60.00	\$85.00	Izzy/ Heidi	Gym, Pool, Comm Room
January Middle School Night	6th - 8th	Fri	7:30 PM	10:00 PM	Jan 19			Free	Free	Izzy/ Heidi	Gym, Pool, Comm Room
February Middle School Night	6th - 8th	Fri	7:30 PM	10:00 PM	Feb 16			Free	Free	Izzy/ Heidi	Gym, Pool, Comm Room

FAMILY EVENTS

CLASS/EVENT	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Valentine's Day Dance	All Ages	Fri	6:00 PM	8:00 PM	Feb 9			TBD	TBD		YMCA



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ADULT WELLNESS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Senior Fit	18+	Tues	10:45 AM	11:30 AM	Jan 9	Feb 20		\$65.00	\$110.00	Erik	Studio
Kickboxing	13+	Tues	6:45 PM	7:30 PM	Jan 2	Feb 20		\$65.00	\$110.00	TBD	Studio
Basic Self-Defense	13+	Sat	11:00 AM	12:30 PM	Jan 6	Jan 20		\$80.00	\$140.00	Tom	Studio
Foundations of Yoga	13+	Mon	6:30 PM	7:30 PM	Jan 8	Feb 19		\$80.00	\$140.00	Ashley	Studio
Nutrition Series	18+	Mon	6:30 PM	7:30 PM	Jan 8	Feb 19	Jan 15	\$80.00	\$140.00	Caitlin W	Community Room

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	Jan 8	Feb 19		\$25.00	\$50.00	TBD	Pool
Prek-K Stage 1	3-5	Mon	4:35 PM	5:05 PM	Jan 8	Feb 19		\$45.00	\$65.00	TBD	Pool
Prek-K Stage 1	5-12	Mon	6:20 PM	6:50 PM	Jan 8	Feb 19		\$45.00	\$65.00	TBD	Pool
Prek-K Stage 2	3-5	Mon	5:10 PM	5:40 PM	Jan 8	Feb 19		\$45.00	\$65.00	TBD	Pool
Prek-K Stage 3	3-5	Mon	5:45 PM	6:15 PM	Jan 8	Feb 19		\$45.00	\$65.00	TBD	Pool
School Age Stage 1	5-12	Tues	4:00 PM	4:30 PM	Jan 9	Feb 20		\$45.00	\$65.00	TBD	Pool
School Age Stage 2	5-12	Tues	4:35 PM	5:05 PM	Jan 9	Feb 20		\$45.00	\$65.00	TBD	Pool
School Age Stage 3	5-12	Tues	5:10 PM	5:40 PM	Jan 9	Feb 20		\$45.00	\$65.00	TBD	Pool
School Age Stage 4	5-12	Tues	5:45 PM	6:15 PM	Jan 9	Feb 20		\$45.00	\$65.00	TBD	Pool
School Age Stages 5/6	5-12	Tues	6:20 PM	6:50 PM	Jan 9	Feb 20		\$45.00	\$65.00	TBD	Pool
Adult Group Swimming Lessons (Beginner)	13+	Wed	5:30 PM	6:15 PM	Jan 3	Feb 21		\$80.00	\$140.00	TBD	Pool

PRIVATE SWIM LESSONS

CLASS	MBR.	COMM.	INST	LOC	
Group Private Swim Lessons	By Appointment (6 - 30 Minute Sessions)	\$60.00	\$105.00	TBD	Pool
Individual Swim Lessons	By Appointment (6 - 30 Minute Sessions)	\$100.00	\$150.00	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