



2010 Winter/Spring

Sports

Winter 1: January 4 - February 19

Winter 2: February 22 - April 9

Spring 1: April 12 - May 28

Tae Kwon Do

Acquire disciplined fighting skills with an emphasis on self-defense and form; an excellent means of protection as well as great exercise for both young and old alike.

Ages 5-6

Mondays, 5:30-6 p.m.

Members.....	\$21.75
General Public.....	\$43.50

Ages 7 and up

Mondays, 6-7:45 p.m.

Members.....	\$35
General Public.....	\$63

Youth Strength Training

Learn the benefits of exercising properly while helping transition youth into the weight room and cardiovascular room.

Ages 11-13

Fridays, 4-4:45 p.m.

Members.....	\$29
General Public.....	\$58

Beginning Tumbling- Room 203-204

Learn the basics of tumbling: Front rolls, back rolls, cartwheels, handstands and more. No experience is necessary.

Winter 2: February 22 - April 9

Spring 1: April 12 - May 28

Ages 5 and up

Tuesdays, 5-5:45 p.m.

Members.....	\$29
General Public.....	\$58

Youth Cheerleading Conditioning

If cheerleading is your current or future desire, then this class is for you! Designed to teach and enhance skills that are specific to cheerleading. Curriculum is based on Wisconsin Association of Cheer/Pom Coaches guidelines.

Winter 2: February 22 - April 9

Spring 1: April 12 - May 28

Tuesdays, 5:50 - 6:35pm (ages 8 and older)

6:40 - 7:25pm (ages 9 - 14)

Members	\$29
General Public	\$58

Youth Volleyball

Winter 1: January 4 - January 25

Basic sports fundamentals will be taught using age-appropriate drills and lead-up game activities. Children will learn skills in a fun atmosphere.

Grades 3, 4 & 5

Mondays, 4-5:00 p.m.

Members	\$15
General Public	\$29

Youth Basketball

Winter 2: February 22 - April 9

Spring 1: April 12 - May 28

Basic sports fundamentals will be taught using age-appropriate drills and lead-up game activities. Children will learn skills in a fun atmosphere.

Tuesdays,

6:00- 6:45pm (grades 2 & 3)

6:45 - 7:30pm (grades 4,5 & 6)

Members	\$29
General Public	\$58

REGISTRATION WILL CLOSE 1 WEEK PRIOR TO SESSION START DATE.

Swim Classes

Winter 1: January 4 - February 19

Winter 2: February 22 - April 9

Spring 1: April 12 - May 28

We conduct our swim lesson program using the American Red Cross Learn-to-Swim Curriculum. It is designed to give students a positive learning experience.

Swim Lessons

Members	\$29
General Public	\$58

Mondays

Levels 1 - 6: 5:45-6:30 p.m. or 6:35-7:20 p.m.

Thursdays

Levels 1-4: 6:05 -6:50p.m.

Parent/Child Swim

This class will teach your child basic movements in the water and allow your child to explore the water environment. It is helpful for those children who might be fearful.

Ages 12 months-3 years

Thursdays, 5:30-6:00 p.m.

Members.....	\$21.75
General Public.....	\$43.50

Preschool Aquatics Level 1(3,4 or 5 year old)

This class will teach your child the most elementary aquatic skills. Your child will start developing good attitudes and safe practices around the water.

Requirements: Must have taken parent/child prior to attending this class or be evaluated for developmental readiness, maturity and experience in the water. (Call the aquatics team leader for an evaluation)

Thursdays, 5:30-6:00p.m.

Members.....	\$21.75
General Public.....	\$43.50

Private Swim Lessons

Join us for this excellent opportunity for swimmers of all ages to learn or catch up on swimming skills. Perfect for those who are fearful of the water or struggling to advance in a group setting. All lessons are 30-minutes long.

Members.....	\$15 per session
	\$42 for 3 sessions
	\$91 for 7 sessions
General Public.....	\$20 per session
	\$57 for 3 sessions
	\$126 for 7 sessions

Semi-Private Swim Lessons

2 participants per instructor.

Members	\$11 per session/participant
	\$30 for 3 sessions/participant
	\$63 for 7 sessions/participant
General Public	\$15 per session/participant
	\$42 for 3 sessions/participant
	\$91 for 7 sessions/participant

Youth Dance

This class provides the opportunity to interact with each other and learn exciting new dance moves. Class consists of learning dance choreography in a fun and creative environment. A great way for kids to get active. Tennis shoes and comfortable clothes are required.

Winter 1: January 4 - February 19

Winter 2: February 22 - April 9

Spring 1: April 12 - May 28

Dance (3-5 years)

Wednesdays, 6:15-6:45 p.m. - Ballet
6:50-7:20p.m. - Tap

Members	\$21/class
General Public	\$42/class

Dance (6-8 years) - Winter 1: Jan. 30, Feb. 6 & 20 only (\$9/\$18)

Saturdays, 2:00-2:30 p.m. - Ballet
2:35-3:05 p.m. - Tap
3:10-3:40 p.m. - Jazz

Members	\$21/class
General Public	\$42/class

Dance (8-10 years)

Mondays, 6:15-7:00 p.m. - Ballet
7:05-7:50 p.m. - Tap
Sundays, 1:00-1:45 p.m. - Jazz
1:50-2:35 p.m. - Hip Hop

Members	\$29/class
General Public	\$58/class

Poms (9-12 years) - Winter 1: Jan. 30, Feb. 6 & 20 only (\$14/\$28)

Saturdays, 3:45-4:45 p.m.

Members	\$32
General Public	\$64

REGISTRATION WILL CLOSE 1 WEEK PRIOR TO SESSION START DATE.