



# F224 YOUTH PROGRAMS

Fall 2 2024 • October 28-December 22

Sturgeon Bay Program Center • 920.743.4949  
1900 Michigan St. Sturgeon Bay, WI 54235

### PRESCHOOL ENRICHMENT

| CLASS                            | AGE | DAY | START    | END      | START  | END    | NO CLASS | MBR.    | COMM.   | INST       | LOC          |
|----------------------------------|-----|-----|----------|----------|--------|--------|----------|---------|---------|------------|--------------|
| Wacky Mondays                    | 3-5 | Mon | 9:30 AM  | 10:15 AM | Oct 28 | Dec 16 |          | \$40.00 | \$80.00 | Katie R    | Community Rm |
| Creative Movement                | 3-5 | Mon | 10:30 AM | 11:00 AM | Oct 28 | Dec 16 |          | \$32.00 | \$64.00 | Elena S    | Gym Center   |
| Totally Awesome Tots             | 2   | Mon | 10:30 AM | 11:00 AM | Oct 28 | Dec 16 |          | \$28.00 | \$56.00 | Katie R    | Community Rm |
| Kids Yoga                        | 3-5 | Tue | 10:00 AM | 10:30 AM | Oct 29 | Dec 17 |          | \$32.00 | \$64.00 | Elena S    | Gym Center   |
| Art Adventures                   | 3-5 | Tue | 10:45 AM | 11:15 AM | Oct 29 | Dec 17 |          | \$40.00 | \$80.00 | Rebecca B  | Teen Center  |
| Tumble Tots                      | 2   | Wed | 9:15 AM  | 10:00 AM | Oct 30 | Dec 18 |          | \$28.00 | \$56.00 | Katie R    | Gym Center   |
| Kindersports                     | 3-5 | Wed | 9:30 AM  | 10:00 AM | Oct 30 | Dec 18 |          | \$32.00 | \$64.00 | Lynn R     | Gym C        |
| Kid's in the Kitchen (Preschool) | 3-5 | Wed | 10:15 AM | 11:00 AM | Oct 31 | Dec 19 | Nov 28   | \$35.00 | \$65.00 | Katie/Dori | Kitchen      |
| Pepitas Preschool Spanish        | 3-5 | Thu | 8:45 AM  | 9:30 AM  | Oct 31 | Dec 19 | Nov 28   | \$35.00 | \$65.00 | Gabby M    | Community Rm |
| Kindercubs                       | 3-5 | Thu | 9:45 AM  | 10:30 AM | Oct 31 | Dec 19 | Nov 28   | \$28.00 | \$56.00 | Lynn/Katie | Gym Center   |

### YOUTH DANCE

| CLASS                  | AGE  | DAY     | START   | END     | START  | END      | NO CLASS       | MBR.    | COMM.   | INST    | LOC             |
|------------------------|------|---------|---------|---------|--------|----------|----------------|---------|---------|---------|-----------------|
| Creative Movement      | 3-4  | Tue     | 4:00 PM | 4:30 PM | Oct 29 | Dec 17   |                | \$32.00 | \$64.00 | Elena S | Studio 3        |
| Ballet/Tap 1           | 5-6  | Tue     | 4:45 PM | 5:15 PM | In     | Progress |                |         |         | Elena S | Studio 3        |
| Kids Yoga              | 5-8  | Thu     | 4:00 PM | 4:30 PM | Nov 7  | Dec 19   | Nov 28         | \$24.00 | \$48.00 | Elena S | Studio 3        |
| Contemporary/Hip Hop 1 | 5-7  | Thu     | 4:45 PM | 5:15 PM | In     | Progress | Oct 31, Nov 28 |         |         | Elena S | Studio 3        |
| Contemporary/Hip Hop 2 | 8-12 | Thu     | 5:30 PM | 6:15 PM | In     | Progress | Oct 31, Nov 28 |         |         | Elena S | Studio 3        |
| Winter Dance Rehearsal |      | Mon     | 5:30 PM | 6:30 PM | Dec 16 | Dec 16   |                |         |         | Elena S | Prince of Peace |
| Winter Dance Recital   |      | Tuesday | 6:00 PM | 7:00 PM | Dec 17 | Dec 17   |                |         |         | Elena S | Prince of Peace |

### PROGRESSIVE GYMNASTICS

| CLASS                  | AGE         | DAY  | START   | END     | START   | END    | NO CLASS         | MBR.    | COMM.   | INST                | LOC      |
|------------------------|-------------|------|---------|---------|---------|--------|------------------|---------|---------|---------------------|----------|
| KinderGymnastics       | 4 to 6      | Mon  | 5:00 PM | 5:45 PM | Oct. 28 | Dec 16 |                  | \$44.00 | \$84.00 | Demi P.             | Gym Ctr. |
| KinderGymnastics       | 4 to 6      | Mon  | 5:45 PM | 6:30 PM | Oct. 28 | Dec 16 |                  | \$44.00 | \$84.00 | Demi P.             | Gym Ctr. |
| KinderGymnastics       | 4 to 6      | Wed  | 5:45 PM | 6:30 PM | Oct. 30 | Dec 18 |                  | \$44.00 | \$84.00 | Alyssa L.           | Gym Ctr. |
| Progressive Gymnastics | 7 to 13     | Tues | 3:30 PM | 4:15 PM | Oct. 29 | Dec 17 |                  | \$44.00 | \$84.00 | Stacey B.           | Gym Ctr. |
| Progressive Gymnastics | 7 to 13     | Wed  | 5:00 PM | 5:45 PM | Oct. 30 | Dec 18 |                  | \$44.00 | \$84.00 | Stacey B.           | Gym Ctr. |
| Progressive Gymnastics | 7 to 13     | Fri  | 3:30 PM | 4:15 PM | Nov. 1  | Dec 20 |                  | \$44.00 | \$84.00 | Stacey B.           | Gym Ctr. |
| Progressive Gymnastics | 7 to 13     | Fri  | 4:15 PM | 5:00 PM | Nov. 1  | Dec 20 |                  | \$44.00 | \$84.00 | Stacey B.           | Gym Ctr. |
| Pre-Team               | Invite Only | Tue  | 3:30 PM | 4:30 PM | Oct. 29 | Dec 17 |                  | \$66.00 | \$98.00 | Demi P./ Heather H. | Gym Ctr. |
| Pre-Team               | Invite Only | Thu  | 3:30 PM | 4:30 PM | Nov. 7  | Dec 19 | Oct. 31, Nov. 28 | \$49.50 | \$73.50 | Demi P./ Stacey B.  | Gym Ctr. |

**COMPETITIVE GYMNASTICS TEAM**

| CLASS                    | AGE               | DAY         | START  | END     | START   | END    | NO CLASS      | MBR.       | INST                | LOC      |
|--------------------------|-------------------|-------------|--|---------|---------|--------|---------------|------------|---------------------|----------|
| Silver Striver Team Time | Silver Team Only  | Tue         | 4:30 PM                                      | 6:00 PM | Oct. 29 | Mar 16 | See Handbook. | \$340.00   | Demi P./ Heather H. | Gym Ctr. |
| Silver Striver Team Time | Silver Team Only  | Thu         | 4:30 PM                                      | 6:00 PM | Oct. 31 | Mar 16 | See Handbook. | \$340.00   | Demi P./ Stacey B.  | Gym Ctr. |
| Gold/ Level 8 Team Time  | Gold/Level 8 Only | 2x a season | Between Nikki and Gerrit times (37 workouts) |         | Oct. 28 | Mar 16 | See Handbook. | \$680.00   | Nikki P./Gerrit D.  | Gym Ctr. |
| Gold/ Level 8 Team Time  | Gold/Level 8 Only | 3x a season | Between Nikki and Gerrit times (55 workouts) |         | Oct. 28 | Mar 16 | See Handbook. | \$1,050.00 | Nikki P./Gerrit D.  | Gym Ctr. |
| Gold/ Level 8 Team Time  | Gold/Level 8 Only | 4x a season | Between Nikki and Gerrit times (74 workouts) |         | Oct. 28 | Mar 16 | See Handbook. | \$1,390.00 | Nikki P./Gerrit D.  | Gym Ctr. |

**YOUTH SPORTS**

| CLASS                        | AGE        | DAY | START    | END      | START  | END    | NO CLASS | MBR.    | COMM.   | INST    | LOC     |
|------------------------------|------------|-----|----------|----------|--------|--------|----------|---------|---------|---------|---------|
| Basketball Skills and Drills | Gr 1st-6th | Mon | 3:45 PM  | 4:45 PM  | Oct 28 | Dec 16 |          | \$30.00 | \$60.00 | Paul B. | Gym A/B |
| Basketball Skills and Drills | Gr 1st-6th | Tue | 3:45 PM  | 4:45 PM  | Oct 29 | Dec 17 |          | \$30.00 | \$60.00 | Paul B. | Gym A/B |
| Volleyball                   | Gr 3rd-8th | Wed | 3:45 PM  | 4:45 PM  | Oct 30 | Dec 18 |          | \$30.00 | \$60.00 | Staff   | Gym A/B |
| Dodgeball                    | Gr 1st-6th | Thu | 3:45 PM  | 4:45 PM  | Oct 31 | Dec 19 | Nov 28   | \$30.00 | \$60.00 | Paul B. | Gym A/B |
| Homeschool PE                | 5-8 yr     | Fri | 10:15 AM | 11:00 AM | Nov 1  | Dec 20 | Nov 29   | \$24.00 | \$48.00 | Demi    | Gym A/B |
| Homeschool PE                | 9-15 yr    | Fri | 11:00 AM | 11:45 AM | Nov 1  | Dec 20 | Nov 29   | \$24.00 | \$48.00 | Demi    | Gym A/B |

**SPORTS PERFORMANCE**

\*\*\*\*UNLIMITED PACKAGE\*\*\* enjoy unlimited classes throughout the week during our 8 week session for **\$115**

**UNLOCK YOUR FITNESS POTENTIAL** and elevate your training to new heights through the YMCA's cutting-edge sports performance training program on our new Performance Field. Transform your body as you build lean muscle, reduce the risk of injury, and unleash your strength and power.

| CLASS   | AGE        | DAY | START   | END     | START  | END    | NO CLASS | MBR.    | COMM.    | INST       | LOC        |
|---|------------|-----|---------|---------|--------|--------|----------|---------|----------|------------|------------|
| <b>2x/wk discount (50% off 2nd day)</b>                         |            |     |         |         |        |        |          |         |          |            |            |
| <b>UNLIMITED PACKAGE (15+ see adult guide for more options)</b> | 15+ Yrs    |     |         |         |        |        |          |         |          |            |            |
| Sports Performance Training Teens                               | Ages 12-17 | Mon | 4:00 PM | 5:00 PM | Oct 28 | Dec 16 |          | \$52.00 | \$104.00 | Mike/Aiden | S.P. Field |
| Sports Performance Training Teens                               | Ages 12-17 | Tue | 4:00 PM | 5:00 PM | Oct 29 | Dec 17 |          | \$52.00 | \$104.00 | Mike/Aiden | S.P. Field |
| Sports Performance Training Teens                               | Ages 12-17 | Wed | 4:00 PM | 5:00 PM | Oct 30 | Dec 18 |          | \$52.00 | \$104.00 | Mike/Aiden | S.P. Field |
| Sports Performance Training Teens                               | Ages 12-17 | Thu | 4:00 PM | 5:00 PM | Oct 31 | Dec 19 | Nov 28   | \$52.00 | \$104.00 | Mike/Aiden | S.P. Field |

**YOUTH SPECIALTY PROGRAMS**

| CLASS   | AGE                      | DAY  | START    | END      | START    | END      | NO CLASS | MBR.             | COMM.            | INST              | LOC               |
|---|--------------------------|--|----------|----------|----------|----------|----------|------------------|------------------|-------------------|-------------------|
| After School Art                              | 1st-6th                  | Tues   | 3:45 PM  | 4:45 PM  | Oct 29   | Dec 17   |          | \$40.00          | \$80.00          | Rebecca B         | Teen Center       |
| Homeschool Art                                | Ages 5-8                 | Fri  | 9:15 AM  | 10:00 AM | Nov 1    | Dec 20   | Nov 29   | \$40.00          | \$80.00          | Rebecca B         | Teen Center       |
| Homeschool Art                                | Ages 9-15                | Fri  | 10:10 AM | 10:55 AM | Nov 1    | Dec 20   | Nov 29   | \$40.00          | \$80.00          | Rebecca B         | Teen Center       |
| Private Strings Lessons- 8, 30 minute lessons | Gr 3-12                  | Please fill out Strings Request Form at front desk |          |          |          |          |          | \$200.00         | \$240.00         | Mid-Summers Music | Comm. Rm.         |
| Youth In Government                           | Gr 7-12                  | Mon  | 6:30 PM  | 7:30 PM  | Sept 23  | Mar 9    |          | \$325.00         | \$400.00         | Paul B/Colleen    | Meeting Room      |
| Rotary Interact                               | Gr 7-12                  | Tue  | 6:15 PM  | 6:45 PM  | Sept 17  | May 27   |          | <b>FREE</b>      | <b>FREE</b>      | Tonya F/Allyson F | Meeting Room      |
| Super Kids Fun Night Sport Tournaments        | Gr 2-6                   | Fri  | 5:00 PM  | 7:00 PM  | Nov 15   | Nov 15   |          | \$8.00           | \$16.00          | Staff             | Gyms, Gymnastics, |
| Christmas Then and Now Family Night           | Grandparent s/Grandchild | Fri  | 5:00 PM  | 7:00 PM  | Dec 6    | Dec 6    |          | \$8.00 per child | \$8.00 per child | Rebecca B         | Studio 2-3        |
| Money Wise                                    | 7-11 yr                  | Wed  | 3:45 PM  | 4:45 PM  | Oct 30   | Dec 18   |          | <b>FREE</b>      | <b>FREE</b>      | Leslie B          | Meeting Room      |
| Kid's in the Kitchen                          | Gr 1-6                   | Mon  | 4:00 PM  | 5:00 PM  | Oct 28   | Dec 16   |          | \$40.00          | \$80.00          | Rhian M/Rachel P  | Program Kitchen   |
| Kid's in the Kitchen                          | Gr 1-6                   | Thu  | 4:00 PM  | 5:00 PM  | Oct 31   | Dec 19   | Nov 28   | \$40.00          | \$80.00          | Rhian M/Rachel P  | Program Kitchen   |
| Amigos - Kids Spanish                         | Gr 1-6                   | Tue  | 3:45 PM  | 4:45 PM  | Oct 29   | Dec 17   |          | \$40.00          | \$80.00          | Gabby M           | Comm. Rm.         |
| Teen Night                                    | 12+ yr                   | Fri  | 6:00 PM  | 8:00 PM  | Oct 18   | Oct 18   |          | \$5.00           | \$5.00           | Logan/ Rachel     | Underground       |
| Underground Afterschool Program               | 8+ yr                    | Mon-Thur   | 3:00 PM  | 5:00 PM  | Sept 3rd | May 30th |          | <b>Free</b>      | <b>Free</b>      | Logan             | Underground       |
| Underground Teen Hangout                      | 10+                      | T/Th   | 5:00 PM  | 6:30 PM  | Sept 3rd | May 30th |          | <b>Free</b>      | <b>Free</b>      | Logan             | Underground       |
| Underground - Days Off of School              | 8+                       | Thu  | 12:30 PM | 5:00 PM  | Oct 24   | Oct 24   |          | <b>Free</b>      | <b>Free</b>      | Logan             | Underground       |
| Underground - Days Off of School              | 8+                       | Fri  | 11:00 AM | 3:00 PM  | Oct 25   | Oct 25   |          | <b>Free</b>      | <b>Free</b>      | Logan             | Underground       |
| Underground - Days Off of School              | 8+                       | Fri  | 11:00 AM | 3:00 PM  | Nov 8    | Nov 8    |          | <b>Free</b>      | <b>Free</b>      | Logan             | Underground       |

**Kids Club**

| CLASS                             |   | MBR.    | COMM.    | LOCATION                    |
|-----------------------------------|---|---------|----------|-----------------------------|
| Before School Care Daily          | 6:15-7:45 AM School Year, Paid Daily                    | \$15.00 | \$20.00  | Kress Youth Activity Center |
| Before School Care 3 Days         | 6:15-7:45am School Year, Paid Weekly                    | \$27.50 | \$32.50  | Kress Youth Activity Center |
| Before School Care 4 Days         | 6:15-7:45am School Year, Paid Weekly                    | \$30.00 | \$35.00  | Kress Youth Activity Center |
| Before School Care 5 Days         | 6:15-7:45am School Year, Paid Weekly                    | \$32.50 | \$37.50  | Kress Youth Activity Center |
| Preschool 2 Days                  | Runs until 5/22 8AM-11:45AM                             | \$60.00 | \$70.00  | Kress Youth Activity Center |
| Preschool 4 Days                  | Runs until 5/22 8AM-11:45AM                             | \$90.00 | \$100.00 | Kress Youth Activity Center |
| Preschool Wrap-Around Care 2 Days | Runs 6:15AM-8AM and 12PM-5:30PM until 5/22, Paid Weekly | \$40.00 | \$50.00  | Kress Youth Activity Center |
| Preschool Wrap-Around Care 4 Days | Runs 6:15AM-8AM and 12PM-5:30PM until 5/22, Paid Weekly | \$75.00 | \$85.00  | Kress Youth Activity Center |
| After School Care Daily           | 3-5:30 pm School Year, Paid Weekly                      | \$25.00 | \$35.00  | Kress Youth Activity Center |
| After School Care 3 Days          | 3-5:30 pm School Year, Paid Weekly                      | \$60.00 | \$70.00  | Kress Youth Activity Center |
| After School Care 4 Days          | 3-5:30 pm School Year, Paid Weekly                      | \$68.00 | \$78.00  | Kress Youth Activity Center |
| After School Care 5 Days          | 3-5:30 pm School Year, Paid Weekly                      | \$72.00 | \$82.00  | Kress Youth Activity Center |
| Kids Day Out 1/2 Day              | 10:45 AM-5:30 PM October 24th, November 8th             | \$36.00 | \$46.00  | Kress Youth Activity Center |
| Kids Day Out Full Day             | 6:15 AM- 5:30 PM October 25th, November 27th            | \$50.00 | \$60.00  | Kress Youth Activity Center |

**PARENT/CHILD SWIM LESSONS**

| CLASS            | AGE         | DAY | START   | END     | START  | END    | NO CLASS | MBR.    | COMM.   | LOCATION |
|------------------|-------------|-----|---------|---------|--------|--------|----------|---------|---------|----------|
| Parent/Child A   | 6-18 months | Tue | 4:10 PM | 4:45 PM | Oct 29 | Dec 10 | Nov 19   | \$28.50 | \$57.00 | Rec Pool |
| Parent/Child B   | 18mo-3yrs   | Tue | 4:55 PM | 5:30 PM | Oct 29 | Dec 10 | Nov 19   | \$28.50 | \$57.00 | Rec Pool |
| Parent/Child A/B | 6mo-3yrs    | Wed | 9:10 AM | 9:45 AM | Oct 30 | Dec 11 |          | \$33.25 | \$66.50 | Rec Pool |
| Parent/Child A/B | 6mo-3yrs    | Fri | 8:30 AM | 9:05 AM | Nov 1  | Dec 13 |          | \$33.25 | \$66.50 | Rec Pool |

**PRESCHOOL SWIM LESSONS**

| CLASS                  | AGE    | DAY | START    | END      | START  | END    | NO CLASS        | MBR.    | COMM.   | LOCATION |
|------------------------|--------|-----|----------|----------|--------|--------|-----------------|---------|---------|----------|
| Preschool Swim Stage 1 | 3 to 5 | Tue | 5:20 PM  | 5:55 PM  | Oct 29 | Dec 10 |                 | \$33.25 | \$66.50 | Rec Pool |
| Preschool Swim Stage 1 | 3 to 5 | Wed | 8:30 AM  | 9:05 AM  | Oct 30 | Dec 11 |                 | \$33.25 | \$66.50 | Rec Pool |
| Preschool Swim Stage 1 | 3 to 5 | Fri | 9:10 AM  | 9:45 AM  | Nov 1  | Dec 13 |                 | \$33.25 | \$66.50 | Rec Pool |
| Preschool Swim Stage 2 | 3 to 5 | Tue | 4:40 PM  | 5:15 PM  | Oct 29 | Dec 10 |                 | \$33.25 | \$66.50 | Rec Pool |
| Preschool Swim Stage 2 | 3 to 5 | Thu | 5:30 PM  | 6:05 PM  | Nov 7  | Dec 12 | Oct.31, Nov. 28 | \$23.75 | \$47.50 | Rec Pool |
| Preschool Swim Stage 3 | 3 to 5 | Thu | 4:45 PM  | 5:20 PM  | Nov 7  | Dec 12 | Oct.31, Nov. 28 | \$23.75 | \$47.50 | Rec Pool |
| Preschool Swim Stage 3 | 3 to 5 | Sun | 9:45 AM  | 10:20 AM | Nov 3  | Dec 15 |                 | \$33.25 | \$66.50 | Rec Pool |
| Preschool Swim Stage 3 | 3 to 5 | Sun | 10:30 AM | 11:05 AM | Nov 3  | Dec 15 |                 | \$33.25 | \$66.50 | Rec Pool |
| Preschool Swim Stage 4 | 3 to 5 | Sun | 9:00 AM  | 9:35 AM  | Nov 3  | Dec 15 |                 | \$33.25 | \$66.50 | Rec Pool |

**YOUTH SWIM LESSONS**

| CLASS              | AGE | DAY | START   | END     | START  | END    | NO CLASS        | MBR.    | COMM.   | LOCATION      |
|--------------------|-----|-----|---------|---------|--------|--------|-----------------|---------|---------|---------------|
| Youth Swim Stage 1 | 6+  | Mon | 5:30 PM | 6:15 PM | Oct 29 | Dec 10 |                 | \$33.25 | \$66.50 | Rec Pool      |
| Youth Swim Stage 3 | 6+  | Wed | 4:45 PM | 5:30 PM | Oct 30 | Dec 11 |                 | \$33.25 | \$66.50 | Rec Pool      |
| Youth Swim Stage 3 | 6+  | Wed | 5:40 PM | 6:25 PM | Oct 30 | Dec 11 |                 | \$33.25 | \$66.50 | Rec Pool      |
| Youth Swim Stage 4 | 6+  | Thu | 4:00 PM | 4:45 PM | Nov 7  | Dec 12 | Oct.31, Nov. 28 | \$23.75 | \$47.50 | Rec/Comp Pool |
| Youth Swim Stage 5 | 6+  | Wed | 4:50 PM | 5:35 PM | Oct 30 | Dec 11 |                 | \$33.25 | \$66.50 | Comp Pool     |
| Youth Swim Stage 5 | 6+  | Thu | 4:50 PM | 5:35 PM | Nov 7  | Dec 12 | Oct.31, Nov. 28 | \$23.75 | \$47.50 | Comp Pool     |

**COMPETITIVE SWIM TEAM**

| CLASS                          | AGE | DAY                | START            | END               | START  | END    | NO CLASS | MBR.     | COMM.    | LOCATION  |
|--------------------------------|-----|--------------------|------------------|-------------------|--------|--------|----------|----------|----------|-----------|
| Dolphin Club                   | 6+  | M/W                | 3:45 PM          | 4:45 PM           | Oct 28 | Dec 18 |          | \$76.00  | \$152.00 | Comp Pool |
| DCY SWIM Team (Juniors)3 day   | 6+  | M/T/TH             | 3:45 PM          | 5:00 PM           | Oct 28 | Mar 21 | Nov 28   | \$365.00 |          | Comp Pool |
| DCY SWIM Team-JE/Seniors 3 Day | 9+  | M/T/TH             | 5:15 PM          | 7:00 PM           | Oct 28 | Mar 21 | Nov 28   | \$420.00 |          | Comp Pool |
| DCY SWIM Team-JE/Seniors 4 Day | 9+  | M-TH               | 5:15 PM          | 7:00 PM           | Oct 28 | Mar 21 | Nov 28   | \$600.00 |          | Comp Pool |
| DCY SWIM Team-JE/Seniors 5 Day | 9+  | M-Th(PM)<br>F (AM) | 5:15PM<br>6:00AM | 7:00 PM<br>7:00AM | Oct 28 | Mar 21 | Nov 28   | \$760.00 |          | Comp Pool |

**PRIVATE SWIM LESSONS**

| CLASS                     |   | MBR.     | COMM.    | INST | LOC      |
|---------------------------|---|----------|----------|------|----------|
| Private Swim Lessons      | By appointment (price is per person, 4 lessons) | \$100.00 | \$150.00 | TBA  | Rec/Comp |
| Semi-Private Swim Lessons | By appointment (price is per person, 4 lessons) | \$80.00  | \$130.00 | TBA  | Rec/Comp |

**LIFEGUARD CLASS**

| CLASS   |     |          |                               | INST  | LOC                    |
|---|-----|----------|-------------------------------|-------|------------------------|
| Lifeguard Certification Training - <i>MUST attend all four days</i>                     | 15+ | Thu-Sun  | Check back for Winter 1 dates | Heidi | Rec/Comp & Meeting Rm. |
| Lifeguard Recertification Training - <i>MUST hold a current lifeguard certification</i> | 15+ | Saturday | Check back for Winter 1 dates | Heidi | Rec/Comp & Meeting Rm. |