



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

START YOUR YEAR FRESH

WESTSIDE YMCA



Winter 2 Session
2/20 - 4/8/12

Registration Begins
2/6/12

WESTSIDE YMCA
3700 Old Lansing Rd.
517.827.9670
ymcaoflansing.org

WELCOME

Westside YMCA

ABOUT THE YMCA OF LANSING

When you join the YMCA of Lansing, you are coming together with men, women and children from your community who are committed to youth development, healthy living and social responsibility.

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive.

We do that by encouraging good health and fostering connections with new and old friends through sports, fun and shared interests.

AREAS OF FOCUS

The Y offers programs, services and initiatives focused on youth development, healthy living and social responsibility, according to the unique needs of the communities it engages.

The Y is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership.

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HOURS

Branch Hours

Monday - Friday	5:00am - 10:00pm
Saturday	7:00am - 10:00pm
Sunday	7:00am - 8:00pm

Holiday Hours

Easter Sunday, April 8th	Closed
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STAFF

Marcus Kirkpatrick, Executive Director
Patty Dickson, Administrative Assistant
Joy Berwald, Fitness Director
Mary Robinson, Building & Grounds Manager
Jennifer Dunlap, Youth & Family Director
Emily Quintero, Member Engagement Coordinator
Theresa Sheridan, Aquatics Director
Jena Krumm, Asst. Youth & Family Director
Matt Mansberger, Youth Sports Coordinator
Aaron Wresinski, Adult Sports Coordinator



VISIT US ON FACEBOOK!

Become a Fan Today

YMCA of Lansing, Westside Branch

YOUTH DEVELOPMENT

Westside YMCA

EDUCATION LEADERSHIP

ACADEMIC ENRICHMENT

Computer Class-Game Design

ITEC wants inspired game mechanics to fix broken games. Gamestar Mechanic is a game and community about playing, designing, and sharing games. Come design and play your own game and take part in the epic struggle between the Schools of Game Design!

Age	Date	Time	Days	Member	Guest	Class #
10+	2/20-4/4	5:30pm-7:00pm	M, W	\$15	\$25	80523

Computer Class-Lego Robotics

Participants will work in small engineering teams to build and program robots to navigate in space and to pull or push other objects. We will learn about gears and motors, light and touch sensors and effective building techniques. Toward the end of the week, teams will modify their robots to accomplish one or two challenges from the First Lego League tournaments. Lego robotics teaches design and building of mechanical objects, programming basics, along with teamwork and project management skills.

Age	Date	Time	Days	Member	Guest	Class #
10+	2/21-4/5	5:30pm-7:00pm	Tu, Th	\$15	\$25	80350



SWIM SPORTS PLAY

YOUTH SPORTS PROGRAMS

Basketball League 11 & U Boys

Players will sign up as individuals and be placed on teams. Mandatory coaches' training is Wednesday March 21 at 6pm. This is a boys division. Game times will be determined by the number of registrations at the deadline. (If there is not enough participants for the boys/girls divisions, it will become a co-ed division).

Age	Date	Time	Days	Member	Guest	Class #
9-11	4/9-6/2	8:00am-4:00pm	Sa	\$60	\$70	81224

Basketball League 11 & U Girls

Players will sign up as individuals and be placed on teams. Mandatory coaches' training is Wednesday March 21 at 6pm. This is a Girls division. Game times will be determined by the number of registrations at the deadline. (If there is not enough participants for the boys/girls divisions, it will become a co-ed division).

Age	Date	Time	Days	Member	Guest	Class #
9-11	4/9-6/2	8:00am-4:00pm	Sa	\$60	\$70	81226

Basketball League 13 & U Boys

Players will sign up as individuals and be placed on teams. Mandatory coaches' training is Wednesday March 21 at 6pm. This is a boys division. Game times will be determined by the number of registrations at the deadline. (If there is not enough participants for the boys/girls divisions, it will become a co-ed division).

Age	Date	Time	Days	Member	Guest	Class #
10-13	4/9-6/2	8:00am-4:00pm	Sa	\$60	\$70	81229

Basketball League 13 & U Girls

Players will sign up as individuals and be placed on teams. Mandatory coaches' training is Wednesday March 21 at 6pm. This is a girls division. Game times will be determined by the number of registrations at the deadline. (If there is not enough participants for the boys/girls divisions, it will become a co-ed division).

Age	Date	Time	Days	Member	Guest	Class #
10-13	4/9-6/2	8:00am-4:00pm	Sa	\$60	\$70	81230

YOUTH DEVELOPMENT

Westside YMCA

Basketball League 15 & U Boys

Players will sign up as individuals and be placed on teams. Mandatory coaches' training is Wednesday March 21 at 6pm. This is a boys division. Game times will be determined by the number of registrations at the deadline. (If there is not enough participants for the boys/girls divisions, it will become a co-ed division).

Age	Date	Time	Days	Member	Guest	Class #
13-15	4/9-6/2	8:00am-4:00pm	Sa	\$60	\$70	81231

Basketball League 15 & U Girls

Players will sign up as individuals and be placed on teams. Mandatory coaches' training is Wednesday March 21 at 6pm. This is a Girls division. Game times will be determined by the number of registrations at the deadline. (If there is not enough participants for the boys/girls divisions, it will become a co-ed division).

Age	Date	Time	Days	Member	Guest	Class #
13-15	4/9-6/2	8:00am-4:00pm	Sa	\$60	\$70	81232

Basketball League 7 & U

Players will sign up as individuals and be placed on teams. Mandatory coaches' training is Wednesday March 21 at 6:00pm. This is a coed division. Game times will be determined by the number of registrations at the deadline. This instructional program runs on Saturday's only with a 1/2 hour practice, followed by a game against another team.

Age	Date	Time	Days	Member	Guest	Class #
4-7	4/9-6/2	8:00am-4:00pm	Sa	\$45	\$55	81236

Basketball League 9 & U

Players will sign up as individuals and be placed on teams. Mandatory coaches' training is Wednesday March 21 at 6:00pm. This is a coed division. Game times will be determined by the number of registrations at the deadline.

Age	Date	Time	Days	Member	Guest	Class #
7-9	4/9-6/2	8:00am-4:00pm	Sa	\$60	\$70	81234

Group Move

A circuit of machine work and then group activities in the center- teaches the kids about teamwork all while making friends

Age	Date	Time	Days	Member	Guest	Class #
9-15	2/25-4/7	10:00am-10:30am	Sa	\$20	\$40	80442

Jr Bootcamp

Jr. Bootcamp is our youth advanced workout- Perfect for the kid who is looking for a challenge. This class is meant to push your kid harder than they have worked all week.

Age	Date	Time	Days	Member	Guest	Class #
9-15	2/21-4/3	6:00pm-7:00pm	Tu	\$30	\$60	80356

Parent/Child Sports Sampler

This is class is for Parents and children to play, grow, and learn sports together. A variety of sports will be introduced.

Age	Date	Time	Days	Member	Guest	Class #
2-4	2/22-3/28	6:00pm-6:30pm	W	\$20	\$35	80450

Pre-School Basketball

This classes teaches the basics of dribbling,passing,shooting by using games and drills. Parents are encouraged to join in.

Age	Date	Time	Days	Member	Guest	Class #
3-5	2/20-3/26	6:30pm-7:15pm	M	\$25	\$40	80498

YOUTH DEVELOPMENT

Westside YMCA

Pre-School Soccer

This classes teaches the basics of dribbling, passing, shooting by using games and drills. Parents are encouraged to join in.

Age	Date	Time	Days	Member	Guest	Class #
3-5	2/20-3/26	5:30pm-6:15pm	M	\$25	\$40	80446

Speed & Agility

Circuit training- Movement between machines and speed & agility exercises. Transitional movement (exercises between machines) will include ladder drills, box drills, dot drills, abdominal strengthening, and body weight movements.

Age	Date	Time	Days	Member	Guest	Class #
8-15	2/20-4/2	5:00pm-6:00pm	M	\$30	\$60	80441

Sport Prep for Youth

Youth will enjoy conditioning, while becoming a faster stronger athlete. In addition, teamwork will be developed, as they work together and encourage one another through group exercise activities.

Age	Date	Time	Days	Member	Guest	Class #
9-15	2/21-4/3	5:00pm-6:00pm	Tu	\$30	\$60	80437

Y Fitness for Teens

Y-Fitness is a 12 week teen fitness program that runs after school 2 days per week. This program helps students 11 to 17 gain a better understanding of good health, good nutrition, and how much fun it can be to be healthy and fit. A wide variety of activities and exercise styles are incorporated to keep this experience exciting and challenging.

Age	Date	Time	Days	Member	Guest	Class #
11-17	2/21-4/6	3:00pm-5:00pm	Tu, F	\$85	\$225	80391

Yoga for Kids

Basic Yoga movements taught with fun and T.L.C.

Age	Date	Time	Days	Member	Guest	Class #
3-7	2/25-4/7	11:00am-11:45am	Sa	\$16	\$32	80389

SWIM SPORTS PLAY

YOUTH SWIM LESSONS

Adult Competitive Stroke

Class is for the Adult who would like to improve their swimming ability. Must be able to swim 50 yards front and back crawl.

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	7:00pm-8:00pm	M	\$24	\$45	80500

Adult/Teen Swim Instruction

Lessons are for the beginner or intermediate swimmer who wants to improve their strokes.

Age	Date	Time	Days	Member	Guest	Class #
13+	2/23-3/29	7:00pm-8:00pm	Th	\$24	\$45	80503

Eel Beg. II

Child must be comfortable putting face in the water and able to swim without assistance wearing a float belt, to enter this class. Children will work on skills to swim without the assistance of a float belt.

Age	Date	Time	Days	Member	Guest	Class #
3-5	2/20-3/26	6:30pm-7:00pm	M	\$24	\$45	80513
3-5	2/21-3/27	4:30pm-5:00pm	Tu	\$24	\$45	80516
3-5	2/21-3/27	6:00pm-6:30pm	Tu	\$24	\$45	80330
3-5	2/22-3/28	6:00pm-6:30pm	W	\$18	\$45	80515
3-5	2/23-3/29	6:30pm-7:00pm	Th	\$24	\$45	80511
3-5	2/25-3/31	10:15am-10:45am	Sa	\$24	\$45	80517

Fish/Flying Fish Adv.

Children must be able to swim 50yds front crawl with rotary breathing to enter this class. Class improves breast stroke, introduces butterfly stroke and increases endurance in the front and back crawl.

Age	Date	Time	Days	Member	Guest	Class #
6-12	2/21-3/27	6:15pm-6:55pm	Tu	\$24	\$45	80335
6-12	2/22-3/28	6:15pm-6:55pm	W	\$18	\$45	80344
6-12	2/25-3/31	9:30am-10:10am	Sa	\$28	\$52	80343

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Guppy Beg. II

Children must be able to swim 15yds independently to enter this class. This class will focus on increasing endurance and introduces rotary breathing and back stroke.

Age	Date	Time	Days	Member	Guest	Class #
6-12	2/20-3/26	6:00pm-6:40pm	M	\$24	\$45	80544
6-12	2/21-3/27	5:30pm-6:10pm	Tu	\$24	\$45	80543
6-12	2/22-3/28	5:30pm-6:10pm	W	\$18	\$45	80473
6-12	2/23-3/29	4:30pm-5:10pm	Th	\$24	\$45	80474
6-12	2/23-3/29	6:15pm-6:55pm	Th	\$24	\$45	80542
6-12	2/25-3/31	9:30am-10:10am	Sa	\$24	\$45	80532
6-12	2/25-3/31	11:00am-11:40am	Sa	\$24	\$45	80475

Homeschool Swim

Children are divided into age appropriate swim lessons and gym class.

Age	Date	Time	Days	Member	Guest	Class #
4-13	2/20-3/26	1:00pm-2:00pm	M	\$27	\$27	80528

Homeschool Swim and Gym

(Ages 4-12 yrs) Children are divided into age appropriate swim lessons and gym class.

Age	Date	Time	Days	Member	Guest	Class #
4-13	2/20-3/26	1:00pm-3:00pm	M	\$37	\$37	80527
4-13	2/22-3/28	1:00pm-3:00pm	W	\$37	\$37	80526

Minnow Inter. I

Children must be able to swim 25yds front and back to enter this class. Skills developed are refinement of rotary breathing, back stroke, and introduction to breast stroke.

Age	Date	Time	Days	Member	Guest	Class #
6-12	2/21-3/27	6:15pm-6:55pm	Tu	\$24	\$45	80331
6-12	2/22-3/28	6:15pm-6:55pm	W	\$18	\$45	80383
6-12	2/23-3/29	6:15pm-6:55pm	Th	\$24	\$45	80334
6-12	2/25-3/31	9:30am-10:10am	Sa	\$24	\$45	80382

Pike Beg. I

While adjusting to water, children will be introduced to kicking, blowing bubbles, paddle stroke, and back float.

Age	Date	Time	Days	Member	Guest	Class #
3-5	2/21-3/27	4:30pm-5:00pm	Tu	\$24	\$45	80400

Pike Beg. I

While adjusting to water, children will be introduced to kicking, blowing bubbles, paddle stroke, and back float.

Age	Date	Time	Days	Member	Guest	Class #
3-5	2/21-3/27	6:00pm-6:30pm	Tu	\$24	\$45	80535
3-5	2/22-3/28	6:00pm-6:30pm	W	\$18	\$45	80372
3-5	2/23-3/29	10:00am-10:30am	Th	\$24	\$45	80401
3-5	2/23-3/29	5:30pm-6:00pm	Th	\$24	\$45	80384

Pike II

This class is for the child who can swim independently in a float belt but is not ready to move to the lap pool

Age	Date	Time	Days	Member	Guest	Class #
3-5	2/20-3/26	5:30pm-6:00pm	M	\$24	\$45	80416
3-5	2/25-3/31	9:30am-10:00am	Sa	\$24	\$45	80525

Pike Low Ratio

This class is for the pre-school age child who is timid about learning to swim. Class ratio is 1 instructor per 3 children.

Age	Date	Time	Days	Member	Guest	Class #
3-5	2/20-3/26	6:00pm-6:30pm	M	\$28	\$52	80524
3-5	2/25-3/31	10:00am-10:30am	Sa	\$28	\$52	80333



YOUTH DEVELOPMENT

Westside YMCA

Polliwog Beg. I

Children are introduced to front and back floating, flutter kick, paddle stroke, and back flutter kick.

Age	Date	Time	Days	Member	Guest	Class #
6-12	2/20-3/26	5:30pm-6:15pm	M	\$24	\$45	80540
6-12	2/21-3/27	5:30pm-6:10pm	Tu	\$24	\$45	80541
6-12	2/22-3/28	5:30pm-6:10pm	W	\$18	\$45	80366
6-12	2/23-3/29	4:30pm-5:10pm	Th	\$24	\$45	80385
6-12	2/23-3/29	5:30pm-6:10pm	Th	\$24	\$45	80539
6-12	2/25-3/31	9:30am-10:10am	Sa	\$24	\$45	80363
6-12	2/25-3/31	11:00am-11:40am	Sa	\$24	\$45	80386

Pre-Pike: A Parent/Child Class

This class is for children who are not ready to swim without their parent. Parents accompany their children into the water and work with them to learn basic swimming skills as well as water safety.

Age	Date	Time	Days	Member	Guest	Class #
2-4	2/20-3/26	6:30pm-7:00pm	M	\$28	\$45	80537
2-4	2/21-3/27	6:30pm-7:00pm	Tu	\$24	\$45	80329
2-4	2/22-3/28	5:30pm-6:00pm	W	\$18	\$45	80362
2-4	2/23-3/29	6:30pm-7:00pm	Th	\$24	\$45	80361
2-4	2/25-3/31	10:30am-11:00am	Sa	\$24	\$45	80536

Ray Inter.

Children must be able to swim 15yds without the aid of a float belt to enter this class. Skills taught in this class include over-arm crawl stroke and back stroke.

Age	Date	Time	Days	Member	Guest	Class #
3-5	2/20-3/26	6:30pm-7:00pm	M	\$24	\$45	80369
3-5	2/21-3/27	5:30pm-6:00pm	Tu	\$24	\$45	80421
3-5	2/22-3/28	6:30pm-7:00pm	W	\$18	\$45	80367
3-5	2/23-3/29	6:30pm-7:00pm	Th	\$24	\$45	80368
3-5	2/25-3/31	10:15am-10:45am	Sa	\$24	\$45	80420

Skip: A Parent/Child Class

A class designed to introduce your child to the aquatic environment; parents and children will learn water safety.

Age	Date	Time	Days	Member	Guest	Class #
0-2	2/21-3/27	5:30pm-6:00pm	Tu	\$24	\$45	80332
0-2	2/22-3/28	6:30pm-7:00pm	W	\$18	\$45	80398
0-3	2/23-3/29	10:30am-11:00am	Th	\$24	\$45	80411
0-2	2/23-3/29	6:00pm-6:30pm	Th	\$24	\$45	80399
0-2	2/25-3/31	11:00am-11:30am	Sa	\$24	\$45	80538

Starfish Adv.

Children must be able to swim 25yds independently to enter this class. Skills taught in this class include rotary breathing, breast stroke, and increased endurance

Age	Date	Time	Days	Member	Guest	Class #
3-6	2/21-3/27	5:30pm-6:00pm	Tu	\$24	\$45	80395
3-6	2/22-3/28	5:30pm-6:00pm	W	\$18	\$45	80336
3-6	2/23-3/29	5:30pm-6:00pm	Th	\$24	\$45	80396
3-6	2/25-3/31	10:15am-10:45am	Sa	\$24	\$45	80397

Swim Club

Children who are able to swim 25 yards front and back crawl who wish to become competitive swimmers. Introductory swim meets will be available.

Age	Date	Time	Days	Member	Guest	Class #
6-14	2/21-3/27	6:00pm-7:30pm	Tu	\$30	\$60	80419
6-14	2/21-3/30	4:30pm-6:00pm	Tu, F	\$50	\$70	80425
6-14	2/24-3/30	4:30pm-6:00pm	F	\$30	\$60	80427



HEALTHY LIVING

Westside YMCA

FAMILY TIME

FAMILY TIME

Birthday Party (2 Hr. Party)

Plan your child's birthday party at the Westside Community YMCA. We provide a quarter sheet of cake, your choice of punch or ice cream, your paper products and up to 20 people total (including adults and children). During your party you will get one hour in the party room and one hour of an activity. Activities to choose from: Swimming, Skating, or the Rock Wall

Age	Date	Time	Days	Member	Guest	Class #
1-12	2/20-4/8		By Appt.	\$100	\$150	80470

Birthday Party (3 Hr. Party)

Plan your child's birthday party at the Westside Community YMCA. We provide a quarter sheet of cake, your choice of punch or ice cream, your paper products and up to 20 people total (including adults and children). During your party you will get one hour in the party room and two hours of activity. Activities to choose from: Swimming, Skating, or the Rock Wall

Age	Date	Time	Days	Member	Guest	Class #
1-12	2/20-4/8		By Appt.	\$130	\$180	80440

Double the Fun Birthday Party (3 Hr. Party)

Plan your child's birthday party at the Westside Community YMCA. We provide 1/2 sheet of cake, your choice of punch or ice cream, your paper products and up to 40 people total (including adults and children). During your party you will get one hour in the party room and two hours of activity. Activities to choose from: Swimming, Skating, or the Rock Wall

Age	Date	Time	Days	Member	Guest	Class #
1-12	2/20-4/8		By Appt.	\$200	\$250	80459

Tea Party 3/3

Tea Parties are both fun and educational! Children will learn social graces, good table manners, how to respect and talk to others and telephone etiquette. Parties will include an educational segment, crafts, playing dress-up and snacks.

Age	Date	Time	Days	Member	Guest	Class #
5-10	3/3-3/3	2:00pm-4:00pm	Sa	\$8	\$12	80432

HEALTH WELL BEING FITNESS

GROUP CLASSES

3 in 1 Power Packed Workout

Three classes in one. Experience Suspension Training, Kettlebell and Stretch Foam & Tone all in one hour. Led by Personal Trainer Todd Cook. A fantastic workout your body will love.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/22-4/4	4:30pm-5:30pm	W	\$34	\$60	80512



HEALTHY LIVING

Westside YMCA

Active Older Adults (Cont.)

For the active adult who wants to gain strength, stability and flexibility. Blood pressure readings, fitness assessment, and social gathering.

Age	Date	Time	Days	Member	Guest	Class #
50+	2/21-4/5	1:00pm-2:00pm	Tu, Th	\$25	\$50	80354

Active Older Adults (New)

For the active adult who wants to gain strength, stability and flexibility. Blood pressure readings, fitness assessment, and social gathering.

Age	Date	Time	Days	Member	Guest	Class #
50+	2/20-4/6	11:00am-12:00pm	M, F	\$25	\$50	80340

Adv. Athletic Conditioning

Advance Athletic Conditioning is a total body hour packed work out designed to push you to the next level of fitness. Combining agility, polymeric drills, unique strength challenges to bring out your inner athlete and give you the advantage in every situation.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/5	4:40pm-5:40pm	Tu, Th	\$36	\$66	80471

Bosu

The Bosu training board is round on one side flat on the other. Used as a tool to create an unstable surface so that all muscles reflex fire at the same time for the ultimate full body workout.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/23-4/5	4:45pm-5:30pm	Th	\$28	\$56	80472

Buff Bootcamp

Anyone wanting to be Buff - enlist in weights and conditioning for you. Feel confident and look amazing.

Age	Date	Time	Days	Member	Guest	Class #
13+	2/21-4/5	6:15pm-7:15pm	Tu, Th	\$40	\$60	80514

Buff Brides Bootcamp

Anyone wanting to be Buff - enlist in weights and conditioning for you. Feel confident and look amazing.

Age	Date	Time	Days	Member	Guest	Class #
13+	2/21-4/5	6:15pm-7:15pm	Tu, Th	\$40	\$60	80346

Cardio Buffet

Cardio style aerobics will be offered on a rotating basis. See studio posting for class format.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/25-4/7	9:00am-10:15am	Sa	Free	\$40	80430

Core Conditioning

Core Conditioning builds strength which focuses on the abs and back. Add this class to your aerobic workouts to achieve a balanced workout plan. No warm-up here - be ready to work!

Age	Date	Time	Days	Member	Guest	Class #
9+	2/20-4/6	10:35am-11:05am	M, F	Free	\$68	80410
12+	2/20-4/4	6:30pm-7:00pm	M, W	Free	\$68	80428
12+	2/25-4/7	10:00am-10:30am	Sa	Free	\$34	80429

CY-YO

Cy-Yo is 30 minutes of Group Cycle followed by 30 minutes of Yoga. Get the best of both all in one class.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/22-4/4	7:15pm-8:30pm	W	\$35	\$75	80417

Ease into Yoga

This is the gentle way to experience Yoga. For all beginners. Breathing techniques along with modified poses will build muscle strength, flexibility, and balance. A relaxation segment will be included.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/3	9:15am-10:15am	Tu	\$34	\$64	80364

Enhance Fitness Age 50+

Lively and interactive studio class filled with variety for all fitness levels. Nationally certified instructor will provide a safe and encouraging atmosphere to improve your fitness.

Age	Date	Time	Days	Member	Guest	Class #
50+	2/20-4/6	8:25am-9:25am	M, W, F	\$35	\$50	80469
50+	2/20-4/6	9:30am-10:30am	M, W, F	\$35	\$50	80495
50+	2/21-4/5	1:30pm-2:30pm	Tu, Th	\$35	\$50	80491

HEALTHY LIVING

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Extreme Body Makeover

Are you ready to get a complete head to toe makeover? This is the class for you. Our Extreme Body Makeover Class will push you like nothing ever has before. Join Jill Remus for an action packed hour of out of this world total body conditioning. Get ready to try extreme movements that will produce extreme results. Class meets Wednesday mornings 5:45 to 6:45am.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/20-4/2	5:45am-6:45am	M	\$34	\$64	80438
12+	2/22-4/4	5:45am-6:45am	W	\$34	\$64	80341

Fast & Furious

Develop real world strength and be ready to sweat. Train from the secrets of the ancient Spartans to the modern day U.S. Military Special Forces. No two workouts are ever the same - adaptable for all fitness levels. All in 30 minutes.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/5	6:00am-6:30am	Tu, Th	\$20	\$38	80494

Fast Boot Camp

Fast Boot Camp will hit all body parts in 30 minutes. Get In - Get Fit - Get Goign! No two workouts are ever the same - adaptable for all fitness levels. All in 30 minutes.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/23-4/5	6:30am-7:00am	Th	\$20	\$38	80548

Fit and Fabulous Over Forty

This combo aerobic/strength training class offers exercises for your total body and will increase your flexibility. Whether you're new to exercise or you have been away for a while, this class provides a safe friendly atmosphere where you can achieve your goals. Recommended for those who are 40+ years of age.

Age	Date	Time	Days	Member	Guest	Class #
40+	2/21-4/5	8:30am-9:20am	Tu, Th	\$45	\$70	80483

Fitness Fusion

A power packed workout, three fitness styles all in one class. Designed to target cardio, strength, and core.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/3	7:45pm-9:00pm	Tu	Free	\$64	80519

Glutes, Guns, & Guts

Spend one full hour with Personal Trainer John Helrigel and his strength training class. John will coach you with all the tools of the trade including dumbbells, stability balls, body weight. John will also include target training for your glutes, guns(biceps)and guts!

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/5	8:00am-9:00am	Tu, Th	\$34	\$64	80460

Group Cycle/Ext. Ride

Using a studio cycle with a weighted flywheel. This class is not about speed - it is about endurance and strenght. Come ride lots of hills and train for those long outdoor ride here in our studio setting. You will build muscular strenght and get in grest shape all at the same time. All fitness levels welcome.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/26-4/1	9:00am-10:30am	Su	\$35	\$75	80477

Group Cycling

Using a studio cycle with a weighted flywheel, this heart pounding workout uses pacing and sets. Beginners: Make sure you work at your own pace! Tri-County Bike Association Members may register at Member prices by showing their current TCBA card. Please arrive at least 5 minutes before class to set-up your bike. Individual rides may be purchased at the Member Service desk, space permitting.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/20-4/2	5:45am-6:30am	M	\$30	\$68	80520
14+	2/20-4/2	8:00am-8:45am	M	\$30	\$68	80365
14+	2/20-4/2	3:30pm-4:15pm	M	\$30	\$68	80522

HEALTHY LIVING

Westside YMCA

Group Cycling

Using a studio cycle with a weighted flywheel, this heart pounding workout uses pacing and sets. Beginners: Make sure you work at your own pace! Tri-County Bike Association Members may register at Member prices by showing their current TCBA card. Please arrive at least 5 minutes before class to set-up your bike. Individual rides may be purchased at the Member Service desk, space permitting.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/22-4/4	8:40am-9:25am	W	\$30	\$68	80413
14+	2/24-4/6	5:45am-6:30am	F	\$30	\$68	80521
14+	2/24-4/6	8:40am-9:25am	F	\$30	\$68	80351
14+	2/25-4/7	9:15am-10:00am	Sa	\$30	\$68	80482

Group Cycling Beg.

Beginner Level group cycle class. Designed to cater to the beginner - learn the basics from a trainer to insure a safe workout.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/21-4/3	6:00pm-6:45pm	Tu	\$30	\$68	80481

Group Cycling Inter.

Intermediate Level group cycle class. Designed to cater to the next level - learn the basics from a trainer to insure a safe workout.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/21-4/3	6:45pm-7:30pm	Tu	\$30	\$68	80480

Group Cycling/Boot Camp

Using a studio cycle with a weighted flywheel, this heart pounding workout uses pacing and sets. Beginners: Make sure you work at your own pace! Tri-County Bike Association Members may register at Member prices by showing their current TCBA card. Please arrive at least 5 minutes before class to set-up your bike. Individual rides may be purchased at the Member Service desk, space permitting.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/20-4/2	7:10pm-8:40pm	M	\$35	\$75	80488
14+	2/22-4/4	6:25pm-7:40pm	W	\$35	\$75	80505
14+	2/23-4/5	7:00pm-8:30pm	Th	\$35	\$75	80486
14+	2/26-4/1	7:30am-8:45am	Su	\$35	\$75	80478
14+	2/26-4/1	3:45pm-5:00pm	Su	\$35	\$75	80479

Health Seekers Begin to Move

This exercise class is designed with the beginner in mind. You will experience a warm up, easy cardio, basic core work and a wonderful stretch to get you feeling great.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/3	6:30pm-7:30pm	Tu	Free	\$64	80418

Hip Hop Abs

Get an ab workout to the rhythm of Hip Hop. A variety of different ab movements to increase your body's core strength.

Age	Date	Time	Days	Member	Guest	Class #
9+	2/21-4/3	7:45pm-8:15pm	Tu	Free	\$34	80345

Hollywood Hip Hop

Hollywood Hip Hop is a total body workout including Hip Hop dance, suspension training, kettlebell, and group cycling all in one.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/25-4/7	1:00pm-2:00pm	Sa	\$30	\$50	80530



HEALTHY LIVING

Westside YMCA

Hot Yoga

Basic Yoga movements taught in a warm atmosphere can be extremely beneficial. Please join us for a unique yoga experience.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/24-4/6	5:45pm-6:45pm	F	\$34	\$64	80445

Kettlebell Workout

Kettlebells offer a full body workout and participants never get bored. Reap muscular strength, endurance, flexibility and cardiovascular benefits with every workout. Join the fun and see amazing results!

Age	Date	Time	Days	Member	Guest	Class #
13+	2/21-4/3	6:45am-7:15am	Tu	\$30	\$60	80337
13+	2/21-4/3	9:30am-10:00am	Tu	\$30	\$60	80338
13+	2/23-4/5	5:30pm-6:00pm	Th	\$30	\$60	80507
13+	2/25-4/7	10:15am-10:45am	Sa	\$30	\$60	80423

Kettlebell Workout - Adv.

Kettlebells offer a full body workout and participants never get bored. Reap muscular strength, endurance, flexibility and cardiovascular benefits with every workout. This is the advance class so get ready to sweat. Join the fun and see amazing results!

Age	Date	Time	Days	Member	Guest	Class #
13+	2/22-4/4	5:30pm-6:15pm	W	\$35	\$70	80347

Kickboxing Aerobics

The energy of kickboxing and self defense moves plus aerobic training is combined into a total body workout for all abilities and levels. Hand wraps recommended.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/5	5:40pm-6:40pm	Tu, Th	Free	\$64	80534

Lunch Time Yoga

Lunch Time Yoga is for those on the go. Join us for a 45 minute basic Yoga class. Traditional Yoga postures linked together in a flowing format will increase your strength & flexibility. A relaxation segment will be included.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/5	12:15pm-1:00pm	Tu, Th	\$34	\$64	80409

Martial Arts Adult Karate

Black Belt Instructors. Each Student progresses at his/her own rate. Fees do not include testing or professional organization registration. Uniforms optional and available through the instructor. Class meets three times per week, Mondays and Wednesdays 7:00pm and Saturdays 11:00am.

Age	Date	Time	Days	Member	Guest	Class #
16+	2/20-4/7	7:00pm-8:00pm	M, W, Sa	\$20	\$67	80434

Martial Arts Youth Karate I

Learn Martial Arts from black belt instructors. Each Student progresses at his/her own rate. Fees do not include testing or professional organization registration. Uniforms optional and available through the instructor. Class meets three times per week, Mondays and Wednesdays 6:00pm and Saturdays 10:30am.

Age	Date	Time	Days	Member	Guest	Class #
6-16	2/20-4/7	6:00pm-6:30pm	M, W, Sa	\$34	\$54	80433

Martial Arts Youth Karate II

Learn Martial Arts from black belt instructors. Each Student progresses at his/her own rate. Fees do not include testing or professional organization registration. Uniforms optional and available through the instructor. Classes meet three times per week Mondays and Wednesdays 6:30pm and Saturdays 10:30am.

Age	Date	Time	Days	Member	Guest	Class #
10-15	2/20-4/7	6:30pm-7:00pm	M, W, Sa	\$34	\$54	80435

MMA Conditioning

This class will bring together the most important pieces of martial arts for a solid basic set of self defense skills. Instructor Jim Howley is a black belt in Hapkido, Brazilian Ju Jitsu and KungJung mu sool and has also studied Adikido and Muay Thai. Wear comfortable clothes and bring a WILL DO ATTITUDE!

Age	Date	Time	Days	Member	Guest	Class #
14+	2/24-4/6	6:00pm-7:30pm	F	\$5	\$5	80407
14+	2/26-4/1	10:00am-11:30am	Su	\$34	\$74	80408

HEALTHY LIVING

Westside YMCA

Pilates Based Mat Work

The Pilates method focuses on deep muscle body conditioning exercises and techniques which can improve posture, coordination, and develop mind-body awareness. All levels welcome; options will be given for experienced exercisers

Age	Date	Time	Days	Member	Guest	Class #
12+	2/26-4/1	3:00pm-4:00pm	Su	\$34	\$64	80371

Proper Alignment & Posture

Proper Alignment & posture is a foundational class that will help you move through your life with less pain and injury. Join Personal Trainer Julie Dillon in this creative healthful class.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/23-4/5	1:00pm-2:00pm	Th	\$17	\$32	80415

Runner's Training

This class is all about preparation and the drills needed to make you stronger resulting in your run being smoother and faster with less effort and less chance for injury. Taught by marathoner Jerry Smith, group meets on the upstairs track and will include assignments for activities to be done outside of class. All levels welcome!

Age	Date	Time	Days	Member	Guest	Class #
12+	2/23-4/5	6:15pm-7:00pm	Th	\$34	\$64	80412

SilverSneakers Muscular Strength

Lead by Shirley Warner, an active senior citizen and personal trainer, this class is geared for the mature body. You will gain and maintain heart health, range of motion, flexibility and strength. Meets in studio on main floor and is appropriate for seated exercise.

Age	Date	Time	Days	Member	Guest	Class #
50+	2/20-4/4	11:15am-12:15pm	M, W	Free	\$64	80533
50+	2/20-4/4	12:20pm-1:20pm	M, W	Free	\$64	80406

Step Aerobics

Ever popular step aerobics! Control the intensity of your workout by adding arm movements and adjusting the step height.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/20-4/6	6:00am-7:00am	M, W, F	Free	\$92	80359
12+	2/20-4/6	9:30am-10:30am	M, W, F	Free	\$92	80358

Step Aerobics

Ever popular step aerobics! Control the intensity of your workout by adding arm movements and adjusting the step height.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/20-4/4	5:40pm-6:30pm	M, W	Free	\$64	80360

Step and Sculpt

Get the best of both worlds by combining Step Aerobics and Weight Works. Basic step patterns will alternate with strength segments for a total workout.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/23-4/5	7:55pm-8:55pm	Th	Free	\$34	80394

Strength & Flexibility

This fitness class offers a total body workout using dynabands and physioballs.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/3	5:45am-6:45am	Tu	Free	\$64	80352
12+	2/23-4/5	5:45am-6:45am	Th	Free	\$64	80353
12+	2/25-4/7	7:05am-8:00am	Sa	Free	\$64	80518

Suspension Training

Using straps suspended from the wall, gravity, and the leverage of your own body weight, this 1/2 hour class is designed to give you an intense full body workout and develop strength, balance, flexibility and joint stability.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/23-4/5	5:30pm-6:00pm	Th	\$30	\$60	80497
14+	2/25-4/7	8:35am-9:05am	Sa	\$30	\$60	80499

Suspension Training - Beg.

Using straps suspended from the ceiling, gravity, and the leverage of your own body weight, this 1/2 hour class is designed to give you an intense full body workout and develop strength, balance, flexibility and joint stability.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/21-4/3	11:30am-12:00pm	Tu	\$30	\$60	80508

HEALTHY LIVING

Westside YMCA

Tai Chi

Tai Chi Chuan is an internal martial art emphasizing body dynamics rather than exterior force. Benefits include stress reduction and improved coordination and flexibility. This class is the Yang-style long form and includes introductory postures and exercises.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/20-4/2	5:00pm-6:00pm	M	Free	\$64	80439
12+	2/23-4/5	9:00am-10:00am	Th	Free	\$64	80462

Tandem Training

Tandem Personal training is a great way for you and a friend to workout together. Get your workout buddy and sign up today!

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-4/8		By Appt.	\$37	\$52	80436

Triathlon Training

Triathlon Training is three part training consisting of Swimming 25-30 minutes, Cycling 45 minutes and running drills for 30-45 minutes (indoor or outdoor depending on weather). Led by a triathlon trainer. Limited space.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/23-4/5	5:30pm-8:00pm	Th	\$55	\$75	80487

True Pilates

True Pilates method focuses on deep muscle body conditioning exercises and techniques which can improve posture, coordination, and develop mind-body awareness. True Pilates is taught in a verbal coaching method by a trained Pilates instructor. All levels welcome; options will be given for experienced exercisers

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/3	6:45pm-7:30pm	Tu	\$34	\$64	80373

Turning Point Fitness

Supportive class, personal training, to help decrease stress in a format designed specifically for breast cancer patients and survivors. Increase your ROM, strength, balance & flexibility in the studio and fitness center exercise. In addition, lunch and learn gatherings to empower and support participants.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/5	10:00am-11:00am	Tu, Th	\$25	\$50	80339

Urban Groove

Low impact moves plus style make for a great workout with less stress on knees and backs. All levels and abilities welcome!

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/5	5:40pm-6:30pm	Tu, Th	Free	\$64	80426



HEALTHY LIVING

Westside YMCA

W.A.K.S.

Weights, Abs, Kickbox and Step all in one class.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/5	4:30pm-5:30pm	Tu, Th	Free	\$68	80377

Weight Works

This non aerobic workout is studio based strength training using hand weights and barbells. All levels welcome; options will be given for beginners and diehards alike.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/20-4/4	4:30pm-5:30pm	M, W	Free	\$64	80393
12+	2/25-4/7	7:45am-8:45am	Sa	Free	\$36	80374

Women on Weights

Specifically for Women! More than sets and reps, this intermediate class will explore different types of lifting as well as different types of sets. Take your current routine to a new level!

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-4/6	9:00am-10:00am	M, W, F	\$65	\$85	80392
13+	2/21-4/5	6:30pm-7:30pm	Tu, Th	\$34	\$64	80545



Yoga Flow

Yoga Flow is an intermediate Yoga Class for those who are ready for more than the "Ease into Yoga" class. Traditional Yoga postures linked together in a flowing format will increase your strength & flexibility. A relaxation segment will be included."

Age	Date	Time	Days	Member	Guest	Class #
12+	2/20-4/2	5:30pm-6:30pm	M	\$34	\$64	80547
12+	2/23-4/5	9:30am-10:30am	Th	\$34	\$64	80390

Yogalates

Get the best of Yoga and Pilates all in one class. Focus the mind and body with the power of a deep core workout and develop strength and flexibility with Yoga postures.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/20-4/4	8:20am-9:20am	M, W	\$34	\$64	80388

Zumba

Experience an absolute blast of exhilarating caloric burning, muscle pumping, energizing movements meant to engage the entire body.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/21-4/3	10:15am-11:15am	Tu	\$34	\$64	80387
12+	2/21-4/3	6:45pm-7:45pm	Tu	\$34	\$64	80404
12+	2/23-4/5	6:45pm-7:45pm	Th	\$34	\$64	80405
12+	2/25-4/7	12:00pm-1:00pm	Sa	\$34	\$64	80403

HEALTH WELL BEING FITNESS

HEALTHY LIFESTYLES

Find your FIT Lose the FAT!

Are you on toxic information overload? Are you really ready to find out the truth about becoming nutritionally FIT? This educational class is for you. Includes a 7 week group exercise class of your choice.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/20-4/2	10:30am-11:30am	M	\$60	\$60	80370

HEALTHY LIVING

Westside YMCA

Healthy Habits Diabetes Prevention

This class addresses Diabetes from every angle. Learn how to prevent, manage, and master nutritional concerns of diabetes. Every class will incorporate exercise including light cardio, core work, pilates, yoga, and proper weight lifting and more.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/20-4/2	10:30am-11:30am	M	\$30	\$30	80461

HEALTH WELL BEING FITNESS

PERSONAL FITNESS

FitStart One-on-One Training

Are you just getting back into exercise? This 12 week program is designed to offer guidance to help you start and stick with a fitness routine. You'll have your own coach, create exercise goals designed just for you and receive instruction on developing a cardio routine and using weight machines. FitStart your life for a better tomorrow. By appointment only.

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-4/8		By Appt.	\$120	\$275	80492

Jump Start

New Members! Meet your wellness coach at your first Jump Start appointment. You will get personal attention to start your pathway of learning how to obtain your health and fitness goals at the Westside Community YMCA.

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-4/8		By Appt.	Free	\$195	80424

P.T. 1 Hr Per Person

Achieve your goals with one-on-one guidance. A trainer will design a program and guide you toward success. Programs are specific to you whether for sports, post rehab, disease specific, event specific, and general fitness. By appointment only.

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-4/8		By Appt.	\$50	\$65	80402

P.T. 30 Min Per Person

Achieve your goals with one-on-one guidance. A trainer will design a program and guide you toward success. Programs are specific to you whether for sports, post rehab, disease specific, event specific, and general fitness. By appointment only.

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-4/8		By Appt.	\$25	\$35	80490

P.T. buy 6 1 hour sessions get the 7th free

Achieve your goals with one-on-one guidance. A trainer will design a program and guide you toward success. Programs are specific to you whether for sports, post rehab, disease specific, event specific, and general fitness. By appointment only.

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-4/8		By Appt.	\$300	\$390	80355

P.T. buy 6 30 minute sessions get the 7th free

Achieve your goals with one-on-one guidance. A trainer will design a program and guide you toward success. Programs are specific to you whether for sports, post rehab, disease specific, event specific, and general fitness. By appointment only.

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-4/8		By Appt.	\$150	\$200	80342



HEALTHY LIVING

Westside YMCA

HEALTH WELL BEING FITNESS

WATER ACTIVITIES

Arthritis Aquatics

A water based exercise program designed by trained staff to help people with reducing the pain and inflammation of arthritis. Increased mobility and having fun are the results! Swimming skills not required.

Age	Date	Time	Days	Member	Guest	Class #
40+	2/20-4/4	11:00am-12:00pm	M, W	Free	\$64	80456
40+	2/21-4/5	3:00pm-4:00pm	Tu, Th	Free	\$64	80502

Private Swim Lessons

One-on-one private swim lessons for beginning to advanced. Call to make an appointment.

Age	Date	Time	Days	Member	Guest	Class #
3+	2/20-4/8		By Appt.	\$60	\$78	80422

Water Workout

Enjoy an aerobic workout with less stress on your joints. This class is great for all ages; swimming skills are not required. Noodles provided.

Age	Date	Time	Days	Member	Guest	Class #
13+	2/21-4/5	9:15am-10:15am	Tu, Th	Free	\$64	80375
13+	2/20-4/4	7:00pm-8:00pm	M, W	Free	\$64	80376

SPORTS RECREATION

ADULT TEAM SPORTS

Adult Hockey Ind. Fee 18+

Adult Hockey Leagues. Games played on Wednesday evenings. Captains meeting 3/14/12 at 6:30p.m. Players who sign up individually will be informed of their team and first game time prior to the start of the season. This league is nine weeks including the end of season tournament.

Age	Date	Time	Days	Member	Guest	Class #
18+	3/21-5/16	7:00pm-10:00pm	W	\$90	\$100	80443

Adult Hockey Ind. Fee 30+

Adult Hockey Leagues. Games played on Monday evenings. Captains meeting 3/14/12 at 6:30pm. Individuals who sign up will be informed of their team and first game time prior to the start of the season. This league is nine weeks including the end of season tournament.

Age	Date	Time	Days	Member	Guest	Class #
30+	3/19-5/14	7:30pm-11:00pm	M	\$90	\$100	80444

Adult Hockey Team Fee 18+

This is an adult men's inline hockey league to be played on Wednesday nights after 7:00pm for teams ages 18 and up. The league will run nine weeks including the end of season playoffs. Captain's meeting is 3/14/12 at 6:30p.m. Teams must pay the entire league fee in advance to ensure placement and reserve a spot in the league.

Age	Date	Time	Days	Member	Guest	Class #
18+	3/21-5/16	7:00pm-11:00pm	W	\$500	\$500	80501

HEALTHY LIVING

Westside YMCA

Adult Hockey Team Fee 30+

This is an adult men's inline hockey league to be played on Monday nights after 7:30PM for teams ages 30 and up. The league will run nine weeks including the end of season playoffs. Captain's meeting is 3/14/12 at 6:30PM. Teams must pay the entire league fee in advance to ensure placement and reserve a spot in the league.

Age	Date	Time	Days	Member	Guest	Class #
30+	3/19-5/14	7:30pm-11:00pm	M	\$500	\$500	80504

Volleyball League Comp Co-Ed 6's

Competitive 6-on-6 Co-Ed League. There is also a recreational league being offered. Games played on Sunday evenings. Space is limited. USVBA rules. Captain's meeting is Wednesday March 14 at 6:00pm.

Age	Date	Time	Days	Member	Guest	Class #
17+	3/25-6/3	2:00pm-8:00pm	Su	\$275	\$275	80380

Volleyball League Comp. Women's 6's

Competitive 6-on-6 Women's League. There is also a recreational league being offered if there are enough registrations. Games played on Thursday evenings. Space is limited. USVBA rules. Captain's meeting is Wednesday March 14 at 6:00pm.

Age	Date	Time	Days	Member	Guest	Class #
17+	3/22-5/17	6:00pm-11:00pm	Th	\$275	\$275	80381



Volleyball League Rec. Women's 6's

Recreational 6-on-6 Women's League. There is also a competitive league being offered if there are enough teams registered. Games played on Monday evenings. Space is limited. USVBA rules. Captain's meeting is Wednesday March 14 at 6:00pm.

Age	Date	Time	Days	Member	Guest	Class #
17+	3/19-5/14	6:00pm-11:00pm	M	\$275	\$275	80378

Volleyball League Recreational Co-Ed 6's

Recreational 6-on-6 Coed League. There is also a competitive league being offered. Games played on Sunday evenings. Space is limited. USVBA rules. Captain's meeting is Wednesday, March 14 at 6:00pm.

Age	Date	Time	Days	Member	Guest	Class #
17+	3/25-6/3	2:00pm-8:00pm	Su	\$275	\$275	80379

GROUP INTERESTS

LIFE LONG LEARNING

Learn to Quilt

Relax, have fun and learn the step by step process in quilt construction. All experience levels welcome.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/23-4/5	10:00am-12:00pm	Th	\$40	\$40	80493

YMCA OF LANSING

**WESTSIDE YMCA
3700 Old Lansing Rd.
517.827.9670
ymcaoflansing.org**