



Session Dates: January 2 - February 26, 2012

Registration Dates:

Registration starts December 15
Advanced registration required for all
paid classes and programs

the

Cheyenne Family YMCA

**START YOUR NEW YEAR OFF
RIGHT AT YOUR YMCA!**



**YOUR YMCA HAS EVERYTHING
FOR YOUR FAMILY**

WINTER 2012 - January 2 - February 26, 2012

WELCOME TO THE CHEYENNE FAMILY YMCA

WINTER SESSION

Winter II = 8 Weeks
 January 2 - February 26, 2012
 Member registration December 15

WHAT'S HAPPENING AT the



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CHEYENNE FAMILY YMCA BUILDING HOURS

Monday - Friday:.....5:00 am - 9:00 pm
 Saturday:7:00 am - 8:00 pm
 Sunday: 12:00 - 4:00 pm

HOLIDAYS:

January 1 - New Year's Day - Normal Sunday hours
 January 16- Martin Luther King Day - Regular hours
 February 18 - Y closes at 4 pm
 February 20- President's Day- Regular hours

KIDZ ZONE

Free Child care while you work out!

Drop off child care for children ages 8 weeks to 11 years old. The Kidz Zone child care program is open to all members while they are in the YMCA. Children from 8 weeks to 6 months old are welcome to stay for one full hour of play and socialization. Children 7 months to 11 years old are welcome in the program for up to two hours per day. Children must be included in the membership: Single Parent, Family, Senior Family or Military Family.

KIDZ ZONE HOURS

Monday - Friday:..... 8:30 am - 1:30 pm
 Monday - Friday:..... 3:30 - 8:00 pm
 Saturday: 8:00 am - 1:00 pm

OUR MISSION:

To provide services to youth, adults, and families through physical, mental, and educational programs designed to cultivate physical, mental, and spiritual well being.

SOCIAL MEDIA

Twitter for the most up-to- date information and events: www.twitter.com/CheyenneYMCA
Facebook: become a fan of the YMCA on Facebook: www.facebook.com



TELL US YOUR Y STORY

Send your Y story to us and your family could be pictured on the front of the next program guide. Send stories to: mystory@cheyenneyymca.org

STAFF

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CHRIS SHAY

Membership Services &
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PATTY WALTERS

Aquatics Director
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TELL US YOUR Y STORY

Send your Y story to us and your family could be pictured on the front of the next program guide.

Send stories to: mystory@cheyenneyymca.org

YMCA GIFT CERTIFICATES

Gift certificates are available year round for membership and programs. They make perfect birthday, anniversary, holiday, and graduation gifts. Give the YMCA gift of Spirit, Mind and Body!



MEMBERSHIP



A YMCA full membership gives you so much more than access to the facility. It helps you lead a healthier lifestyle, build relationships, and get a great workout through our programs and equipment. A YMCA membership sets you on the path to good health in spirit, mind, and body, which helps you lead a full and balanced life.

Full Membership Benefits

- Free Kidz Zone (drop in babysitting)
- Unlimited use of fitness center
- Free Open Swim and Lap Swim
- Free land and water fitness classes
- AWAY program (Membership is honored at other YMCAs free of charge or at reduced rates).
- Member rates on programs and classes

YMCA SUPPORTS OUR MILITARY FAMILIES

Special military membership is for any member of the military or retired member of our military services wanting a single, family, or senior membership. Membership provides significant savings of 15 percent off all membership fees including joiner fees.

ARMED SERVICES YMCA OF THE USA

- Deployed National Guard and Reserve Military personnel and their families
- Active duty - independent duty station personnel and their families
- Relocated spouses and families of deployed active duty personnel

Entitled to a free membership as approved by the Armed Services YMCA six months before deployment, during deployment and for six months after personnel return home. Family events are scheduled once a month on the first Saturday. *Membership is subject to approval by the Armed Services YMCA. Contact Military One Source for more information: 800-342-9647.*

MEMBERSHIP FEES

Category	Monthly Deduction	Joiner Fee
Teens(13-19)	\$17	\$0
Young Adult	\$27.95	\$0
Single	\$43	\$50
*Family	\$53	\$60
Single Parent Family	\$44	\$60
Single Parent Corp	\$40	\$60
Single Corporate	\$39	\$50
Family Corporate	\$48	\$60
*Senior	\$34	\$50
Senior Family	\$46	\$60
Senior Family Corp.	\$44	\$60
Military Single	\$35	\$40
Military Family	\$45	\$45
Military Senior	\$29	\$40
Military Senior Family	\$39	\$50

* Family Membership: 2 adults living at the same address with or without children that are claimed as dependents. Children are allowed up to the age of 24 years but after the age of 18 have to be able to show college or advance learning transcript.
*Senior memberships: Individual who has reached the age of 60 years old.

JOINER FEES

The joiner fee is a one-time fee paid upon joining. New members and full members whose membership lapses for more than 90 days pay a joiner fee at sign-up.

PAYMENT OPTIONS

The YMCA offers two membership fee payment options. Members can pay the entire annual fee once a year, or choose our popular EZ pay monthly bank or credit/debit card draft. You confirm the payment withdraw date (2nd or 15th), amount, and the account when you sign up. It's that easy!
Annual memberships that are paid in full at sign-up get one month free in the calendar year.

CHANGE IN MEMBERSHIP STATUS

Please inform membership services desk staff if a change has been made to your address, phone, bank draft information, and e-mail address.

MEMBERSHIP CANCELLATION

If you wish to cancel your membership, please give the YMCA 10-day notice prior to the month to be cancelled.

LOST CARD

Please inform the membership services desk staff if you have lost your membership card. There will be a \$2 replacement fee.

MEMBERSHIP

YMCA CODE OF CONDUCT

At the YMCA, we expect staff, members, and guests to behave in accordance with our mission and our values at all times, respecting the rights and dignity of others. We demonstrate Caring, Honesty, Respect and Responsibility.

- Dress appropriately for specific activity.
- Speak in respectful tones and refrain from the use of vulgar or derogatory language.
- Resolve conflicts in a respectful, honest and caring manner, never resorting to physical contact or threatening gestures.
- Respect others by refraining from inappropriate behavior in public.
- Respect property of others. Never engage in theft or destruction.
- Create a safe, caring environment.
- Participate in programs to build a healthy spirit, mind and body.
- This is a smoke free facility. Do not use tobacco, narcotics, or alcohol on the YMCA premises.
- Adherence to the YMCA Code of Conduct and regulation is essential. Non-compliance may result in suspension or termination of YMCA membership privileges.

GUEST POLICY

Guests are welcome as space in the facility permits.

GUEST FEES:

Adults: \$7 per day

Youth: \$4 per day (15 and under)

Free for 3 years and younger

AWAY (ALWAYS WELCOME AT YMCAS PROGRAM)

Your answer to fitness and travel. Y members are Always Welcome At YMCAs.

Members of the Cheyenne Family YMCA have the unique privilege of being accepted at any other YMCA around the world. Access to other YMCA facilities is regulated by those facilities and will vary from city to city. The Cheyenne Family YMCA also honors members from other cities and other YMCAs. Daily visits to the Cheyenne Family YMCA are free to AWAY members.

AGE REQUIREMENTS

- YMCA Facility: Unless posted otherwise, you must be 12 years of age and older to use the YMCA facility without supervision. Children under the age of 12 must be supervised by a responsible adult 18 years of age or older.
- YMCA Swimming Pools: Children under the age of 8 must be supervised by a responsible adult 18 years of age or older in the pool area at all times. The hot tub is for people 15 years and older. The sauna is for people 18 years and older.
- Wellness Center: 16 years old or 12-15 year old who have completed the Weight Room Orientation. See page 20
- Open Gym: All Ages - Children 12 years and under must be supervised by a responsible adult at all times in the gymnasium.
- Group Exercise: Children 10 - 15 years of age are welcome to participate in group exercise classes if they participate with a parent or adult.

PERSONAL BELONGINGS

Unless the member is currently renting a private locker, all locks must be removed on a daily basis. At closing, locks will be removed from Daily Lockers in both the Pool and Adult Locker Rooms and locker contents will be held for one week. Members MUST bring their own locks. Please take special care in locking up all personal belongings in both the locker rooms and in your car. The Cheyenne Family YMCA is not responsible for lost or stolen articles.

OPEN DOORS FINANCIAL ASSISTANCE

Our "Open Doors" program is our financial assistance program that is open to people from all walks of life. We are proud to offer financial assistance to our members as well as the community. This assistance can be used for membership fees, activities, and/or programs. Applications are required and scholarship amounts are based on financial need. All information disclosed in the scholarship application is confidential and is reviewed only by authorized YMCA staff. Funding for the scholarship program is provided through our community support campaign. For more information on how to donate to the community support campaign to support the "Open Doors" program, please call 634-9622 ext. 22.

Cheyenne Family YMCA™

A family membership at the YMCA gives you so much more for your money!

- Free Kidz Zone: childcare while you work out
- Unlimited use of fitness center
- Selected sports and classes are FREE for 2 and 3-year olds!
- Discounted rates in Child Care
- Family Night every month
- Family open swims
- AWAY program (Membership is honored at other YMCAs. Use the YMCA whenever you travel)
- Member rates on all classes and programs
- Fitness classes FREE with family membership

LOOK at these FREE classes

- Body Sculpting
- Body Shaping
- Cardio Kick Boxing
- Boot Camp
- Chair Fitness
- Cardio Mix
- Circuit
- Cardio Sculpting
- Hoop Dance
- Group Cycling
- Mega Zone
- Pilates
- Pilates Yoga Mix
- Pump it Up
- Step Mix
- Zumba

CORPORATE MEMBERSHIPS

Corporate memberships allow your employees to join the YMCA at a discounted rate. The YMCA has so much to offer for our corporate memberships. Health and wellness workshops,, fitness assessments, and all the benefits of the YMCA to name a few.

Call our corporate membership services director, Linda Gregg, for more details.

Linda: 634-9622 ext.15

lgregg@cheyenneyymca.org

Let the YMCA help you have healthier and more active employees

Corporate Employee Discount Rates

Single:.....	\$39
Family:	\$48
Single Parent Family:	\$40
Senior:	\$32
Senior Family:.....	\$44

*All rates are monthly

SWIM LESSONS

Children repeat each level of lessons many times before progressing to the next level. This is especially true of the beginner levels.

Classes are sold one day per week for each multi-week session. You may register for more than one class per week as desired. Lesson times are subject to change.

We are unable to provide make-up lessons for classes a student misses (we will make-up classes that the YMCA cancels).

Financial assistance is available for all YMCA programs. (See Open Doors on page 5)

FAMILY/OPEN SWIM TIME

Children under 8 years old need parent supervision in the pool or on the pool deck. Children under four feet tall are required to wear a float belt or pass a swim test. Children must pass the swim test to swim in the deep end. Infants and toddlers must have an adult in the pool with them within arms reach.

Monday - Friday 3:30 - 5:00 pm

Monday - Thursday 7:15 - 8:30 pm

Friday 6:00 - 8:30 pm

Saturday 1:30 - 7:30 pm (Combined Open /Lap Swim)

Sunday 1:30 - 3:30 pm

PARENT TOT SWIM LESSONS

For children from 6 months to 3 years old. The instructor works with parents to teach them how to handle their child in the water. Instructor works with parents to acclimate child to water.

Tuesday 10:00 - 10:30 am

Tuesday 6:00 - 6:30 pm

Thursday 10:00 - 10:30 am

Thursday 6:00 - 6:30 pm

Fees:

Full Member: \$15 for one class per week for the 8-week session

Non-member: \$30 for one class per week for the 8-week session



PRESCHOOL SWIM LESSONS 3-5 YEARS OLD

Fees:

Full Member: \$30 for one class per week for the 8-week session

Non-members: \$55 for one class per week for the 8-week session

1. PIKE

Beginner swim level for this age group.

Monday, Wednesday 4:00-4:30 pm

Monday, Tuesday, Wednesday, Thursday 6 - 6:30 pm

Tuesday, Thursday 10:00 - 10:30 am

Saturday 9:00 - 9:30 am

2. EEL

Beginner intermediate level for this age group.

Must be able to swim 2 meters front, back and side without a float belt.

Monday, Wednesday 4:00-4:30 pm

Monday, Tuesday, Wednesday, Thursday 6 - 6:30 pm

Tuesday, Thursday 10:30 - 11:00 am

Saturday 9:30 - 10:00 am

3. RAY

Advanced intermediate level for this age group.

Must be able to swim 5 meters front, back and side without a float belt.

Monday, Wednesday 4:00-4:30 pm

Monday, Tuesday, Wednesday, Thursday 6- 6:30 pm

Tuesday, Thursday 10:30 - 11:00 am

Saturday 10:00 -10:30 am

Registration required for all classes and programs

SWIM LESSONS

YOUTH SWIM LESSONS 6-12 YEARS OLD

Fees for 30-Minute Classes:

Full Member: \$30 for one class per week for the 8-week session

Non-members: \$55 for one class per week for the 8-week session

Fees for 45-Minute Classes:

Full Member: \$35 for one class per week for the 8-week session

Non-member: \$60 for one class per week for the 8-week session

1. POLLIWOG

Beginner swim level for this age group. (30 min.)

Monday, Wednesday 4:30-5:00 pm

Monday, Tuesday, Wednesday, Thursday 6:30 - 7 pm

Saturday 9:30 - 10:00 am

2. GUPPY

Beginner intermediate level for this age group.

Able to swim 5 meters front, back and side without a float belt. (30 min.)

Monday, Wednesday 4:30-5:00 pm

Monday, Tuesday, Wednesday, Thursday 6:30 - 7 pm

Saturday 10:00 -10:30 am

3. MINNOW

Advanced intermediate level for this age group.

Able to swim 25 meters front, back and side without a float belt. (45 min.)

Monday, Tuesday, Wednesday, Thursday

6:30 - 7:15 pm

Saturday 10:00-10:45 am

PRIVATE SWIM LESSONS

Private lessons are available for all ages and skill levels.

Fees:

Member: \$18 per person per half hour

Non-member: \$20 per person per half hour

SEMI-PRIVATE SWIM LESSONS

Semi - private lessons are available for all ages and skill levels.

Fees:

Member: \$16 per person per half hour

Non-member: \$18 per person per half hour

4. FISH

First of the advanced levels for this age group.

Able to swim 25 meters front alternating with rotary breath, back alternating, side, rudimentary breast and elementary back. (45 min.)

Tuesday and Thursday 6:30 - 7:15 pm

5. FLYING FISH

Second of the advanced levels for this age group.

Able to swim 50 meters front and back crawl, side with scissor kick, breast, elementary back and 15 yards fly. (45 min.)

Tuesday and Thursday 6:30 - 7:15 pm

6. SHARK

Most advanced level for this age group.

Able to swim 100 meters front crawl bilateral breath, back crawl, side, fly, breast and elementary back. (45 min.)

Tuesday and Thursday 6:30 - 7:15 pm

TEEN/ADULT CLASSES

Ages 13-99

For anyone who has not yet learned to swim.

Saturday 10:45 - 11:15 am

Fees:

Member: \$30 for one class per week

Non-member: \$55 for one class per week

Registration required for all classes and programs

POOL SCHEDULE



<u>Activity</u>	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>	<u>Sat.</u>	<u>Sun.</u>
Lap Swim	5:30 - 8:30 am 11:30 - 2 pm 5 - 6 pm	5:30 - 8:30 am 11:30 - 2 pm 5 - 6 pm	5:30 - 8:30 am 11:30 - 2 pm 5 - 6 pm	5:30 - 8:30 am 11:30 - 2 pm 5 - 6 pm	5:30 - 8:30 am 11:30 - 2 pm 5 - 6 pm	7:30 - 9 am 11:30 - 1:30 pm	12 - 1:30 pm
Water X Deep Water Exercise	9:15 - 9:55 am 6 - 7 pm	6 - 7 am 4 - 5 pm 7:15 - 8:15 pm	9:15 - 9:55 am 6 - 7 pm	6 - 7 am 4 - 5 pm 7:15 - 8:15 pm	9:15 - 9:55 am	9 - 10 am	
Stretch & Flex	8:30 - 9:10 am		8:30 - 9:10 am		8:30 - 9:10 am		
Deep Water Walking	8:30 - 10 am		8:30 - 10 am		8:30 - 10 am		
High Intensity Water X		7:30 - 8:20 am		7:30 - 8:20 am			
AFYAP		10:30 - 11:30 am		10:30 - 11:30 am		10:30 - 11:30 am	
Open Swim	3:30 - 5 pm 7:15 - 8:30 pm	3:30 - 5 pm 7:15 - 8:30 pm	3:30 - 5 pm 7:15 - 8:30 pm	3:30 - 5 pm 7:15 - 8:30 pm	3:30 - 5 pm 6:00-8:30 pm	1:30 - 7:30 pm <i>(open/lap)</i>	1:30 - 3:30 pm
Lap Swim/ Open Swim	3:30 - 5 pm		3:30 - 5 pm		3:30 - 5 pm	1:30 - 7:30	
No school days open swim	2:30 - 5 pm	2:30 - 5 pm	2:30 - 5 pm	2:30 - 5 pm	2:30 - 5 pm		
pool closed	2 - 3:30 pm	2 - 3:30 pm	2 - 3:30 pm	2 - 3:30 pm	2 - 3:30 pm		
Lessons	4:00-5:00 pm 6 - 7:15 pm	10 - 11 am 6 - 7:15 pm	4:00-5:00 pm 6 - 7:15 pm	10 - 11 am 6 - 7:15 pm		9 - 10:30 am	

FAMILY/OPEN SWIM TIME

Children under 8 years old need parent supervision in the pool or on the pool deck. Children under four feet tall are required to wear a float belt or pass a swim test. Children must pass the swim test to swim in the deep end. Infants and toddlers must have an adult in the pool with them within arms reach.

Monday - Friday 3:30 - 5:00 pm
Monday - Thursday 7:15 - 8:30 pm
Friday 6:00 - 8:30 pm
Saturday 1:30 - 7:30 pm (Combined Open /Lap Swim)
Sunday 1:30 - 3:30 pm

CPR/FIRST AID/AED RECERTIFICATION

Saturday, January 14 from 12 - 3 pm
 Full Members:\$25
 Non- members:\$40

CPR/FIRST AID/AED CERTIFICATION

Saturday, January 14 from 8 - 11 am
 Full Members:\$65
 Non- members:\$80

WATER EXERCISE

LAP SWIM

This is an individually paced lap swim time. When the pool is crowded circle swimming may be required.

Monday, Wednesday, Friday 3:30 - 5 pm (Combined Open/Lap Swim)

Monday - Friday 5:30 - 8:30 am and 5:00 - 6:00 pm

Monday - Friday 11:30 am - 2:00 pm

Saturday 7:30 - 9:00 am

Saturday 11:30 - 1:30 pm

Saturday 1:30 - 7:30 pm (Combined Open /Lap Swim)

Sunday 12:00 - 1:30 pm

Fees:

Full Member: Free

Non member \$7 daily fee

ARTHRITIS FOUNDATION YMCA

AQUATICS PROGRAM (AFYAP)

Provides gentle exercise in 86 degree water to help improve joint flexibility. It is not necessary to know how to swim. You must submit a participant release form (pick up from Membership Services) prior to starting with the class.

Tuesday, Thursday, Saturday 10:30-11:30 am

Fees:

Full Member: Free

Non-member \$85 per 8-week session

STRETCH AND FLEX

This class focuses on improving flexibility, muscle tone and endurance through stretching and light physical exertion.

It is not necessary to know how to swim.

Monday, Wednesday, Friday 8:30 - 9:10 am

Fees:

Full Member: Free

Non-member \$85 per 8-week session

DEEP WATER WALKING

Water walking, running and exercise with the aid of flotation devices in the deep end of the pool. Deep Water Walking is a self-guided class (no instructor).

Monday, Wednesday, Friday 8:30 - 10:00 am

Fees:

Full Member: Free

Non-member \$7 daily fee

HIGH INTENSITY WATER EXERCISE

This is a high intensity workout designed for a more vigorous workout to improve cardiovascular conditioning and tone muscles. Most classes stay in the shallow end, some do utilize the deep end, but swimming ability is not required.

Tuesday, Thursday 7:30 - 8:20 am

Fees:

Full Member: Free

Non-member \$80 per 8-week session

WATER EXERCISE

This is a great workout to improve cardiovascular conditioning, tone muscles and use water resistance for a complete workout. Most classes stay in the shallow end, some do utilize the deep end, but swimming ability is not required.

Monday, Wednesday, Friday 9:15 - 9:55 am

Fees:

Full Member: Free

Non-member \$85 per 8-week session

Monday, Wednesday 6:00 - 7:00 pm

Fees:

Full Member: Free

Non-member \$80 per 8-week session

Tuesday, Thursday 6-7 am, 4 - 5 pm, 7:15 - 8:15 pm (Deep Water X)

Fees:

Full Member: Free

Non-member \$80 per 8-week session

Saturday 9:00 - 10:00 am

Fees:

Full Member: Free

Non-member \$75 per 8-week session



LEARNING CENTER

PRESCHOOL

The Learning Center Preschool Program has full-time and part-time options. The program serves children ages 1 - 5 and starts at 7:00 am and ends at 5:30 pm. The part-time program can be tailored to meet a family's particular schedule and needs. Both the full-time classroom and the part-time classroom use the nationally recognized Play Based Curriculum to guide lesson planning and project development. Children in the preschool classrooms participate in swimming, walks to the park, field trips and other exciting activities in addition to classroom projects and activities that stimulate curiosity, exploration and persistence.

We build curious, persistent explorers at the YMCA!

PRESCHOOL TUITION- FULL-TIME

Fees:

12-23 months

Full Member:..... \$500 per month

Non- Member..... \$590 per month

2 year old

Full Member:..... \$470 per month

Non- Member..... \$550 per month

3 - 5 year old

Full Member:..... \$445 per month

Non- Member:..... \$530 per month

PARENT BOARD MEETINGS

February 2 at 6:15 pm

SATURDAY FUN AT THE Y

Ages: 5-12

Saturday Fun at the Y is a fun program for children on Saturdays. Activities include games, crafts and swimming. Attend Saturdays at the Y where children have the opportunity to do just about anything! Registration required. Bring a lunch, swimsuit and towel.

Saturdays 9:00 am - 3:30 pm

Fees: \$10 per child per Saturday
(prior weekly registration required)
\$40 per month

YMCA AFTERSCHOOL

The Cheyenne Family YMCA Learning Center Before and After School Program is for elementary students across Cheyenne. The program offers a safe, nurturing, challenging and fun place for children after school. We cultivate self-respect, self-esteem and self-control, all of which contribute to a child's future success. We also promote our four core values: Respect, Responsibility, Honesty and Caring. Our Before and After School Program uses a curriculum that explores apprenticeships with local residents and leaders in Cheyenne. For the coming school year participants in the program will explore a variety of careers and experiences. Registration forms are available for the Before/After School Program at the front desk or from the Learning Center office at extension 28.

BEFORE AND AFTER SCHOOL TUITION AT YMCA SITE

Fees:

Full Member:.....\$200 per month

YMCA AFTERSCHOOL SCHOOL BASED CARE

A new school year means new partners hosting After School sites at elementary schools.

Fees: \$200 per month

Before and After School program begins on August 23, 2011.

Fees: \$200 per month includes all holidays, school breaks, early release days, and school planning days.

PARENTS NIGHT OUT

Open to members with children in Learning Center Programs or KidzZone. Dinner and drink is included.

Fees: \$10 per child

January 20 from 5:30-8:30 pm

February 10 from 5:30-8:30 pm

DANCE

MEXICAN FOLKLORIC DANCE

Ages: 5 -11 Colonias de Jalisco is a Mexican Folk Dance performance group. Registration required.

Intermediate - Ages: 5-11

Tuesday 6:30 pm, Frontier Room

Saturday 9:00 am, Frontier Room

Advanced - Ages: 12 and over

Tuesday 7:30 pm, Frontier Room

Thursday 6:30 pm, Frontier Room

Fees: \$15 per session

Additional fees for costumes, shoes, and other performance items will be discussed with instructor.



MARTIAL ARTS

AMERICAN FREESTYLE KARATE

Ages: 3 and over

A traditional method of self-protection taught by a certified black belt instructor. Learn how to disarm an attacker using simple self-defense karate techniques.

Ages 3-13

Tuesday, Wednesday 4:30-5:30 pm

Saturday 11:00am - 12:00 pm

Frontier Room

Ages 13+

Wednesday 5:30-6:30, Frontier Room

Friday 5:30-6:30, Frontier Room

Fees:

Full Member:.....\$60 per 8-week session

Non-Member:.....\$75 per 8-week session

Take \$10 off for each additional family member!



FITNESS

BODY SCULPTING/TRX

An intense 30-minute strength workout designed for those who want a quick and effective routine over the lunch hour. This class utilizes a variety of resistance tools and exercises to tone and shape the entire body.

Monday, Wednesday, Friday, 12:15 - 12:45 pm

Community Center

Fees: Full Member: Free

Non-member: \$85 per 8-week session

BODY SHAPING

A 30-minute resistance class for the entire body to start your morning out with toning and stretching.

Monday, Wednesday, Friday, 8:30 - 9:00 am

Community Center

Fees: Full Member: Free

Non-member: \$85 per 8-week session

BOOT CAMP

This 60-minute class offers a combination of calisthenics and strength training for an intense workout. Participants under the age of 18 must be accompanied by an adult or have a parent/guardian signed waiver.

Monday, Wednesday 6:10 - 7 am

Community Center

Fees: Full Member: Free

Non-member: \$80 per 8-week session

Monday, Wednesday, Friday 4:00-5:00 pm

Community Center

Fees: Full Member: Free

Non-member: \$85 per 8-week session

Saturday 8:00 - 9:00 am, Community Center

Fees: Full Member: Free

Non-member: \$75 per 8-week session

CARDIO KICK BOXING

This high impact class combines cardiovascular exercise with strength and coordination of kick boxing movements.

Wednesday, 5:35 - 6:35 pm

Community Center

Fees: Full Member: Free

Non-member: \$75 per 8-week session

CARDIO MIX

A 60-minute class combining a variety of cardio conditioning techniques and adding strength training intervals for a total body workout. Improve your cardiovascular endurance and strength while burning calories and having fun.

Tuesday, Thursday 9:15 - 10:15 am

Community Center

Fees: Full Member: Free

Non-member: \$80 per 8-week session

CARDIO SCULPTING

60-minute low impact aerobic workout using a variety of equipment to strengthen muscles.

Wednesday, 9:15 - 10:15 am

Community Center

Fees: Full Member: Free

Non-member: \$75 per 8-week session

CHAIR FITNESS

A 45-minute fitness class that incorporates cardiovascular, strength, and flexibility exercises. A chair is used for seated and/or standing support. This is a perfect class for those just starting their exercise program and those who are continuing with their muscle endurance, balance and range of motion exercises.

Thursday, 9:15 - 10:00 am

Frontier Room

Fees: Full Member: Free

Non-member: \$75 per 8-week session

CIRCUIT

Get a full workout in less than an hour! Using machines allows the ability to isolate muscle movements. The class also includes a cardio conditioning workout. All classes held in the Circuit Room.

Tuesday, Thursday, 6:30 - 7:30 pm

Fees: Full Member: Free

Non-member: \$80 per 8-week session

FITNESS

GROUP CYCLING

A non-impact stationary cycling program that welcomes all fitness levels. Orientations are necessary to begin cycling. Sign up for orientation at Membership Services. All classes held in the group cycling room.

Monday, Wednesday, Friday 12:15 pm

Fees: Full Member: Free

Non-member: \$85 per 8-week session

Monday, Wednesday, Friday 9:00 am

Fees: Full Member: Free

Non-member: \$85 per 8-week session

Tuesday, Thursday, 6:0 am, 12:15 pm

Fees: Full Member: Free

Non-member: \$80 per 8-week session

Saturday 9:15 am

Fees: Full Member: Free

Non-member: \$75 per 8-week session

HOOP DANCE

Put a new spin on fitness! This is a fun filled fitness class for those who already know how to hula hoop.

Hoops are provided by the YMCA.

Thursday, 12:15 - 1:15 pm

Frontier Room

Fees: Full Member: Free

Non-member: \$75 per 8-week session

HOOP FITNESS

Learn the fundamentals of "Hoping for Health"

Monday, 12:15 - 12:45 pm

Frontier Room

Fees: Full Member: Free

Non-member: \$75 per 8-week session

INDOOR TRIATHLON

Swim, bike and run indoors! For more information and to register see Membership Services

Saturday, February 11 at 1:00 pm

Fees: Member \$25

Non-member \$25

PILATES YOGA MIX

A 30-minute class combining Pilates core strength exercises and yoga poses to build stamina balance and flexibility.

Tuesday, Thursday, 6:15- 7:00 am

Tuesday, Thursday, 12:15 - 12:45 pm

Community Center

Fees: Full Member: Free

Non-member: \$80 per 8-week session

PILATES

Pilates is a disciplined form of exercise designed to strengthen muscles and increase flexibility. It uses breathing techniques for a stronger more energy efficient body. Pilates is ideal for cross training as it embraces a fully integrated approach to fitness.

Tuesday, Thursday, 8:30 - 9:00 am

Community Center

Fees: Full Member: Free

Non-member: \$80 per 8-week session

Monday, Wednesday 5:00 - 5:30 pm

Community Center

Fees: Full Member: Free

Non-member: \$80 per 8-week session

PUMP IT UP

This class is designed to increase muscle definition and decrease body fat in weeks. This weight workout is designed to burn calories directly from your carbohydrate stores, producing the most effective weight loss possible. Using dumbbells or your own body weight you'll work multiple muscles to achieve a lean look.

Tuesday, Thursday, 5:00 - 5:45 am

Community Center

Fees: Full Member: Free

Non-member: \$80 per 8-week session

R.I.P.P.E.D

The one stop body shock!

Resistance, Interval, Power, Polymeric, Endurance Training

Monday 5:30 - 6:30 pm

Community Center

Fees: Full Member: Free

Non-member: \$75 per 8-week session

TRIATHLON TRAINING

A class designed to train individuals of all levels to complete a sprint distance triathlon (500 meter swim, 14-16 mile bike ride and 5K run). Participants will train alongside experienced triathletes of all abilities and receive specific training in each discipline that includes drills, strength training, and sport specific techniques. Participants are encouraged to participate in the Fort Collins Club Triathlon in May and the Cheyenne Sprint Triathlon in July, 2012.

Monday, Wednesday, Friday 6:00-7:30 am

Tuesday, Thursday, Friday 11:30-1:00 pm

Tuesday, Wednesday, Thursday 5:30 - 7:00 pm

Fees: Full Members: Free

Non-member: \$50 per 8-week session

TRX SUSPENSION

TRX is the critically acclaimed Suspension Training system featured in Triathlete, Self, and Men's Journal magazines and the Wall Street Journal. Exercises include movements for the lower body, upper body and core. Come and experience one of the best total body workouts you've ever had!

Monday, Wednesday, 6:45 - 7:45 pm

Fees: Full Members Free

Non-member: \$80 per 8-week session

Monday, Friday, 12:15-12:45

Fees: Full Members Free

Non-member: \$80X per 8-week session

Saturday, 10:00 - 10:50 am

Fees: Full Members Free

Non-member: \$75 per 8-week session

YOGA

A class to help liberate the body and spirit while increasing strength, flexibility and balance. Register at Membership Services.

Monday, Wednesday, 11:00 am - 12:00 pm

Frontier Room

Fees: Full Member: Free

Non-member: \$80 per 8-week session

ZUMBA

An energetic choreographed Latin and Hip Hop style cardio dance exercise with sculpting. Learn basic steps for the Salsa, Cumbia, Reggaton and more while burning fat and toning muscle.

Monday, Wednesday, Friday, 5:10 - 6:00 am

Community Center

Fees: Full Member: Free

Non-member: \$85 per 8-week session

Monday, Friday, 9:00 -10:00 am

Community Center

Fees: Full Member: Free

Non-member: \$80 per 8-week session

Tuesday, Thursday, 5:00-6:00 pm, 6:00 - 7:00 pm

Community Center

Fees: Full Member: Free

Non-member: \$80 per 8-week session

Saturday 9:00-10:00 am

Community Center

Fees: Full Member: Free

Non-member: \$75 per 8-week session

NOON BASKETBALL

This is 5 on 5 full court pick up games. Win and stay on the court. 2 game max, lose and sign up to be on a different team.

Monday, Wednesday, Friday 11:30 am - 1:30 pm

Fees: Full Member: Free

Non-member: \$7 daily fee

ACTIVE OLDER ADULTS

ARTHRITIS FOUNDATION EXERCISE PROGRAM (AFEP)

A group exercise and educational program that promotes improvement of muscle strength, mobility, balance and endurance. Designed for those with arthritis or related conditions and those who are just beginning their exercise program. A chair is used for seated and/or standing support.

Tuesday, 9:15 - 10:00 am

Frontier Room

Fees: Full Member: Free

Non-member: \$75 per 8-week session

SILVER SNEAKERS® CARDIO CIRCUIT

Combine fun and fitness to increase your cardiovascular and muscle endurance power with a standing circuit workout designed by SilverSneakers®. Upper body strength work using hand held weights, elastic tubing and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching and relaxation.

Tuesday, Thursday, 11:00 - 11:50 am

Community Center

Fees: Full Member: Free

Non-member: \$80 per 8-week session

SENIOR WELLNESS

This class is designed to improve cardiovascular fitness, strength, balance and flexibility for the older or inactive adult.

Monday, Wednesday, 1:00 - 2:00 pm

Wellness Center and Frontier Room

Fees: Full Member: Free

Non-member: \$80 per 8-week session



SILVER SNEAKERS® MUSCULAR STRENGTH, RANGE OF MOVEMENT

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills designed by SilverSneakers®. Hand-held weights, elastic tubing, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Monday, Wednesday 10:30 - 11:30 am

Community Center

Fees: Full Member: Free

Non-member: \$80 per 8-week session

SILVER SNEAKERS® YOGA STRETCH

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses designed by SilverSneakers®. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Friday, 10:00 - 10:45 am

Frontier Room

Fees: Full Member: Free

Non-member: \$75 per 8-week session

PICKLE BALL

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles.

Monday, Wednesday, Friday 7:00 - 9:00 am

Tuesday, Thursday 1:30 - 3:30 pm

Fees: Full Member Free

Non-members: \$7 daily fee

PICKLE BALL CLINIC

Beginners Clinic- January 7

Advanced Clinic- January 14

SilverSneakers classes are open to everyone, but if you carry a Medicare insurance supplement you may be eligible for the SilverSneakers benefit of a free membership. Check with your insurance agent for eligibility.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am	Zumba 5:10 - 6:00 am Kathy	Pump it Up 5:00 - 5:45 am Carri	Zumba 5:10 - 6:00 am Kathy	Pump it Up 5:00 - 5:45 am Carri	Zumba 5:10 - 6:00 am Kathy	
5:30 am		Group Cycling 6:00-6:50 am Danette		Group Cycling 5:30 - 6:10 am Danette		
6:00 am	Boot Camp 6:10 - 7:00 am Polli	Pilates Yoga Mix 6:15 - 7:00 am Kelly	Boot Camp 6:10 - 7:00 am Jeanne	Pilates Yoga Mix 6:15 - 7:00 am Kelly		
	Triathlon Training 6:00-7:30 am Amanda		Triathlon Training 6:00-7:30 am Amanda		Triathlon Training 6:00-7:30 am Amanda	
8:30 am	Body Shaping 8:30 - 9:00 am Becky	Pilates 8:30 - 9:00 am Nola	Body Shaping 8:30 - 9:00 am Becky	Pilates 8:30 - 9:00 am Nola	Body Shaping 8:30 - 9:00 am Becky	Boot Camp 8:00 - 9:00 am Jason
9:00 am	Group Cycling 9:00 - 10:00 am Susie K.	AFEP 9:15 - 10:00 am Nola	Group Cycling 9:00 - 10:00 am Staff	Chair Fitness 9:15 - 10:00 am Nola	Group Cycling 9:00 - 10:00 am Fran	Mexican Dance 9:00-10:00 am Daran
	Zumba 9:00-10:00 am Anna Marie				Zumba 9:00-10:00 am Anna Marie	
9:15 am		Cardio Mix 9:15 - 10:15 am Gina	Cardio Sculpting 9:15 - 10:15 am Becky	Cardio Mix 9:15 - 10:15 am Gina	Yoga Stretch 10:00 - 10:45 Michael	Group Cycling 9:15 - 10:00 am Leslie
10:30 am	SilverSneakers MSROM 10:30 - 11:30 am Staff		SilverSneakers MSROM 10:30 - 11:30 am Staff			Zumba 9:00-10:00 am Cherie
11:00 am	Yoga 11:00 - 12:00 pm Michael	SilverSneakers Cardio 11:00-11:50 am Becky	Yoga 11:00 - 12:00 pm Michael	SilverSneakers Cardio 11:00-11:50 am Becky		TRX 10:00 - 10:50 am Rita
		Triathlon Training 11:30-1:00 pm Chris. H.		Triathlon Training 11:30-1:00 pm Chris. H.	Triathlon Training 11:30-1:00 pm Chris. H.	Karate 11:00-12:00 Mark
12:00 pm	Body Sculpting 12:15 - 12:45 pm Gina	Pilates Yoga Mix 12:15 - 12:45 pm Lorraine	Body Sculpting 12:15 - 12:45 pm Donna	Pilates Yoga Mix 12:15 - 12:45 pm Lorraine	Body Sculpting 12:15 - 12:45 pm Gina	
	Group Cycling 12:15 - 12:45 pm Leslie	Group Cycling 12:15 - 12:45 pm Lynn	Group Cycling 12:15 - 12:45 pm Leslie	Group Cycling 12:15 - 12:45 pm Lynn	Group Cycling 12:15 - 12:45 pm Chris H.	
	Hoop Fitness 12:15 - 12:45 pm Christine			Hoop Dance 12:15 - 1:15 pm Cally		
1:00 pm	Senior Wellness 1:00 - 2:00 pm Mary		Senior Wellness 1:00 - 2:00 pm Mary			
4:00 pm	Boot Camp 4:00 - 5:00 pm Jason		Boot Camp 4:00 - 5:00 pm Eddie		Boot Camp 4:00 - 5:00 pm Eddie	
4:30 pm		Karate 4:30-5:30 pm Mark	Karate 4:30-5:30 pm Mark			
5:00 pm	Pilates 5:00 - 5:30 pm Rhonda	Zumba 5:00 - 7:00 pm Cherie	Pilates 5:00 - 5:30 pm Rhonda	Zumba 5:00-6:00 pm Cherie	Pilates 5:00 - 5:30 pm Rhonda	
	RIPPED 5:35 - 6:35 pm Lorraine		Cardio Kickboxing/Pilates 5:35 - 6:35 pm Lorraine			
			Group Cycling 5:30 - 6:15 pm Staff	Yoga 5:30 - 6:30 pm Michael		
5:30 pm		Triathlon Training 5:30 - 7:00 pm Mary	Triathlon Training 5:30 - 7:00 pm Mary	Triathlon Training 5:30 - 7:00 pm Mary	Karate 5:30-6:30 pm Mark	
6:00 pm		Zumba 6:00 - 7:00 pm Alejandra	Karate 5:30-6:30 pm Mark	Zumba 6:00 - 7:00 pm Alejandra		
6:15 pm		Circuit 6:30 - 7:30 pm Robyn		Circuit 6:30 - 7:30 pm Robyn		
	TRX 6:45 - 7:45 pm Rita	Mexican Dance 6:30-8:30 pm Daran	TRX 6:45 - 7:45 pm Rita			

PERSONAL TRAINING

All YMCA personal trainers are certified through the YMCA of the USA. Each trainer is skilled in helping you build your fitness program and meet your personal wellness goals. Please contact the fitness department for more information at 634-9622 ext 19.

BY WORKING WITH A PERSONAL TRAINER YOU CAN:

- Lose weight
- Rev up a stale exercise routine with a fresh approach to your workout
- Break out of your fitness plateau- challenge yourself
- Reduce the risk of injury
- Stay motivated and committed to your workout program

1 - 4 TRAINING SESSIONS

Fees:

Full Member:.....\$32 per session
Non- member:.....\$42 per session
With a partner:..... \$25 per person per session

5 - 9 TRAINING SESSIONS

Fees:

Full Member:..... \$27 per session
Non- member:..... \$37 per session
With a partner:..... \$20 per person per session

10+ TRAINING SESSIONS

Fees:

Full Member:..... \$25 per session
Non- member:..... \$35 per session
With a partner:..... \$15 per person per session

FITNESS STARTER PACKAGE

Includes a Fitness Assessment and one Personal Training Session.

Fees:

Full Member:.....\$70 per person
Non- member:.....\$100 per person

FITNESS ASSESSMENT

Assessment includes:

- Resting heart rate and blood pressure measurement
- Body composition skin fold test
- Flexibility test
- Cardio respiratory test
- Muscular strength test

Fees:

Full Member:..... \$40 per assessment
Non- member:..... \$80 per assessment

WEIGHT ROOM ORIENTATION

Learn basic skills for weight room and Wellness Center equipment. Taught by a certified personal trainer. Register for one of the following classes or make an appointment.

Adult: *Monday, 6:00- 7:00 pm*

Youth 12+: *Tuesday and Thursday 4:00 - 5:30 pm*

Fees: Free

To use the wellness center you must be 16 years old or have taken the weight room orientation.



YOUTH ACTIVITIES/SPORTS

ADVENTURE GUIDES

Ages 5 - 9

YMCA Adventure Guides is for parents or significant adults in children's lives and their children. An adult and child must attend program activities together as a pair. In YMCA Adventure Guides, the parent is the Guide, and the child is the Explorer. YMCA Adventure Guides programs appeals to fathers and sons or fathers and daughters.

Contact Phil at pmcgovern@cheyenneymca.org for more information.

INDOOR SOCCER

Ages: 3-12

This will be an indoor soccer league played on Saturday mornings. Kids will learn fundamentals of soccer along with game play. Come join in on the Fun!

January 7 - February 25

Saturday mornings

Fees:

Full Member:..... \$45 per session

Non- member:..... \$60 per session

SUPER HOOPERS

Ages: 3-5 / Grades 1-3

A class designed to introduce youth to the game of basketball. Each session includes classes where participants will learn the fundamentals and basic skills of the games as well as basketball terminology and rules. Classes run for one hour, beginning with stretching and a warm-up and ending with a brief discussion of what was covered in class that day, as well as a team huddle. All participants should come dressed for high activity.

Ages 3-5

Wednesday 4:00-4:45 pm

Grades 1-3

Wednesday 4:45-5:30 pm

Fees:

Full Member:..... \$35 per session

Non- member:..... \$50 per session



TEEN PROGRAMS/Y-ARTS

SUPERSITTERS

Ages 10 - 14

Supersitters classes teach the fundamentals of baby sitting and are scheduled with the school calendar on no school days. Each participant will receive a certificate of participation, a bag of information and something to have fun with the children you baby-sit. Registration required. Space is limited.

Next Class: April 2012

Fees:

Full Member:.....\$15

Non- member:.....\$25

WEIGHT ROOM ORIENTATION

Learn basic skills for weight room and Wellness Center equipment. Taught by a certified personal trainer. Register for one of the following classes or make an appointment.

Youth 12+: *Tuesday and Thursday 4:00 - 5:30 pm*

Fees: Free

To use the wellness center you must be 16 years old or have taken the weight room orientation.

GUITAR LESSONS

Ages: 8 and over

Registration required.

Lessons runs January 7 - February 25

Saturday private lessons run half hour.

4:00 - 4:30 pm

4:30 - 5:00 pm

5:00 - 5:30 pm

5:30 - 6:00 pm

Bring acoustic or electric guitar with amplifier.

Fees:

Full Member:..... \$80 per 8-week session

Non- member:..... \$110 per 8-week session



ART ON THE WALL

Each month a new local artist's work is featured on the wall in our membership lobby. There is a free reception open to the public for the artist the second Friday of each month from 5 - 6 pm This gives the artists the chance to answer questions about their work and the community to meet the artist.

The YMCA encourages all mediums of work and we are always looking for more local artists. Artwork has to be approved by the Arts Program. Artwork is on sale and 20 percent goes to the Arts Program at the YMCA. Sponsored by Country Buffet.

JANUARY ARTIST: Yvonne Weber and Perkins 2nd Friday Art's Club will have a variety of mediums for all tastes.

Reception: Friday, January 13 11 from 5-6 pm

FEBRUARY ARTIST: Silent Auction for "Connecting Our Community" Campaign. Bidding runs February 1 - February 28. Artwork is donated by previous Art on the Walls participants. Payments are tax deductible and proceeds benefit the YMCA's Open Doors Program.

COUNTRY BUFFET - PROUD SPONSOR OF YMCA ACTIVITIES!

JEWELRY MAKING WORKSHOP

Ages: 8 and over

First Saturday of the month at 10:30 am. All supplies provided and each month features a different design.

Free introductory class on Saturday, January 7 for all ages!

Come and see what jewelry making is all about!

Fees:

Full Member:..... \$20

Non- member:..... \$30

FUN STUFF

BIRTHDAY PARTIES

Book your child's birthday party at the YMCA.
We take care of everything!

Saturday and Sunday only.
Price includes up to 12 of your child's
friends.

Choose from the following parties:
Pool Party • Half Gym Party

Includes:

Party favors • Cake • Drinks • Food • Settings •
Balloons • Decorations

For party reservations, contact Chris Shay at ext.
13 or email: cshay@cheyenneymca.org

**Parties over 20 people are considered group
room rentals.

Please contact Chris Shay for room reservations.

INDOOR PARK

Ages: newborn to 6.

Indoor park is a warm, safe environment for
children to run and play. Supervision is provided
by parents, and all toys and activities are provided
by the YMCA.

Friday from 9:00 - 11:00 am

Fees: FREE

NOON YEAR'S EVE

December 30

11am - 1pm

\$2 or a non-perishable food item per child

Lunch, party favors, face painting, jump castles
Advanced ticket sales see Membership Services

ZUMBA GOLD DEMO

January 11

9:15-9:45 am

FAMILY FUN NIGHTS

Open swim, games, basketball in gym and karate

January 7 from 5:30 - 7:30 pm

February 4 from 5:30 - 7:30 pm

Children must be accompanied by a parent or
guardian.

Members Only

Sponsored by Country Buffet

FATHER/DAUGHTER DANCE

Saturday, February 18 from 6-8 pm

\$25.00 per father

Includes dinner, DJ, flowers, dessert and pictures.

Sponsored by: Culvers, Albertson's on
Yellowstone, Country Buffett, Coca-Cola, and the
Denver Zoo.

MOTHER/SON DANCE

Sunday, February 19 from 6-8 pm

\$25.00 per mother

Includes dinner, DJ, flowers, dessert and pictures.

Sponsored by: Culvers, Albertson's on Yellow-
stone, Country Buffett, Coca-Cola, and the Den-
ver Zoo.

ACTIVE OLDER ADULT EVENTS

COFFEE SOCIALS-POOL LOBBY

January 11 from 7:00 - 8:30 am

February 8 from 7:00 - 8:30 am

AOA WELLNESS WEDNESDAY 1:00 - 2:00 PM

January 4 from 1-2 pm: Jackie Oceanak, Holistic
Wellness Practitioner

February 1 from 1-2 pm: National Heart Month

VOLUNTEERING

VOLUNTEERS

At the YMCA, your time and talent go a long way. Every hour you spend as a YMCA volunteer translates into the caring attention a child or teen needs to grow up healthy and resilient.

Volunteering helps people of all ages, backgrounds, abilities and incomes to live healthier lives. As a YMCA volunteer, you can:

- teach an exercise class
- read books to a preschool class
- coach a youth sports team
- greet members at the front desk
- help out in the office
- plant flowers on our grounds
- join a YMCA committee

No matter how you help, you'll be strengthening our community and making a difference in the lives of others. To make a positive impact in your community, volunteer at the YMCA. Volunteers must be at least 18. Fill out volunteer application form at Membership Services.

For questions please contact Chris Shay at 634-9622 ext. 13 or volunteers@cheyenneyymca.org

COUNTRY BUFFET - PROUD SPONSOR OF YMCA ACTIVITIES!

•*Country Buffet*•

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Max Carre

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Tim Smith

Tanr Tempel

Mike Williams

TELL US YOUR Y STORY

Send your Y story to us and your family could be pictured on the front of the next program guide.

Send stories to: mystory@cheyenneyymca.org



Cheyenne Family YMCA

1426 E Lincolnway
Cheyenne, WY 82001
307-634-9622
cheyenneyymca.org

SESSION DATES: JANUARY 2 – FEBRUARY 26, 2012

REGISTRATION DATES:

REGISTRATION STARTS DECEMBER 15

ADVANCED REGISTRATION REQUIRED FOR ALL

PAID CLASSES AND PROGRAMS