the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOOD TIMES WITH GREAT FRIENDS OF ALL ABILITIES

Registration Opens 8/12

YSN FALL PROGRAMS 2026

Mondays: *8 weeks: 9/21-11/9 *(*no class 10/12)*
Rhythm Hearts Theater 4:15-5:30pm (Ages 13+)

Tuesdays: *8 weeks: 9/22-11/10 (*8 weeks)
Jr. Jump & Jam 4:00-4:45pm (Ages 4-8 yrs)
Creative Art and Yoga Stretch 4:15-5:30pm (Ages 17+)

Wednesdays: 9/2-11/18
Cardio Dance: 4:30-5:15pm (Ages 13+)
Adaptive Swim Instruction (Level 1): 4:00-4:45pm
Adaptive Swim Instruction (Level 2&3): 4:45-5:30pm
Aquatics Swim Club: 5:30-6:15pm (Ages 13+)

Thursdays: 9/3-11/19
Sensory Explorers Fitness (& siblings) 4:30-5:15pm (Ages 7-12yrs)
Fall Striders/Run Club 4:30-5:15pm (Ages 12+)
Roaring 20's 5:30-7pm (*8 weeks: 9/24-11/12) Ages 18+

Saturdays: 9/12-11/21
Teen & YA Free Swim 12:15-1:15pm
Healthy Living Class 1:15-2:30pm (Ages 17+)

Fall Session Dates: 9/1-11/23 (*no classes 9/6 &10/12)

For more information contact:
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