



# THERE'S SOMETHING FOR EVERYONE

## INFANT/TODDLER

- Access to Y events
- Adult/child fitness classes
- Aquatics Center Spray Pad
- Early learning classrooms (3 - 5 yo) \$
- Itty Bitty Sports (3-5 yo)
- Les Mills Born to Move
- NinjaZone (coming spring 2024) \$
- PlayZone drop-in child care (0-4 yo) \$
- Rec swim
- Summer Camp \$
- Swim lessons (6 mo & up) \$

- Gymnasium for pick-up basketball, pickleball and more!
- Homework support
- Les Mills Born to Move
- Lifeguard in Training classes \$
- Recreational swim
- Sports leagues, camps and clinics \$
- Summer Camp \$
- Swim lessons \$
- Teen Orientation Program (12 - 16 yo) \*
- Teen Strength Program (12-16 yo) \*
- Tennis \$
- Youth indoor cycle classes

## ELEMENTARY SCHOOL

- Access to Y events
- Adult/child fitness classes
- Afterschool care \$
- Aquatics Center Spray Pad
- Creation Station (clubs, workshops, enrichment activities)
- Family Training in the Wellness Center
- Homework support
- KidZone drop-in child care (5-10 yo) \$
- Les Mills Born to Move
- NinjaZone (coming spring 2024) \$
- Recreational swim
- School's Out Days \$
- Sports leagues, camps and clinics \$
- Summer Camp \$
- Swim lessons \$
- Tennis \$

## HIGH SCHOOL

- Access to Y events
- Water exercise classes
- Babysitter's Training \$
- Corner Hut (teen room including clubs, esports & teen hang outs)
- First Aid / CPR Training \$
- Group fitness classes (15+ or with instructor approval)
- Gymnasium for pick-up basketball, pickleball and more!
- Homework support
- Indoor Track
- Lifeguard Certification classes \$
- Lifeguard-in-Training classes \$
- Recreational swim
- Sports leagues, camps and clinics \$
- Summer Camp \$
- Summer Camp Counselor-in-Training \$
- Swim lessons \$
- Teen Strength Program (12-16 yo) \*
- Teen Orientation Program (12-16 yo) \*
- Tennis \$
- Youth indoor cycle classes

## MIDDLE SCHOOL

- Access to Y events
- Aikido
- Babysitter's training \$
- Creation Station (clubs, workshops, enrichment activities)



# THERE'S SOMETHING FOR EVERYONE

## ADULTS

- Access to Y events
- Aerial yoga \$
- Aikido
- Aqua exercise classes
- Aqua jogging & water walking
- Cycle Studio
- First Aid / CPR Training \$
- Group exercise classes
- Gymnasium for pick-up basketball, pickleball and more!
- Hot tub
- HydroMassagers and CryoLoungers \$
- Indoor Track
- Lap swim
- Lifeguard Certification classes \$
- Les Mills classes
- PeaceHealth Wellness Center (fitness center with cardio, machines, strength equipment and more)
- Personal & Small Group Training \$
- Recreational swim
- Sauna
- Tennis \$

## Y EVENTS

- Educational talks
- Friday Night Youth/Teen/Family Events
- Halloween Party
- Healthy Kids Day
- PeaceHealth trainings and talks
- Teaching Kitchen Events
- Walk It Off
- Welcoming Festival

## HEALTHY LIVING PROGRAMS

- Blood Pressure Self Monitoring \$
- Enhance® Fitness
- LIVESTRONG® at the YMCA
- U Can Gym Adaptive Wellness
- YMCA's Diabetes Prevention Program \$

\$ Fee associated to participate  
\* Program completion allows youth access to select areas of the PeaceHealth Wellness Center

**Please note:** All active members receive advanced registration for select programs and lessons, including camps and child care.



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