

SWIM LESSONS

Registration through front desk only

Session 1 | Sep 15-Oct 31 | Register by Sep 11

No class 10/21 or 10/24

Waterbabies: 6mo-2y | Sat 9:30-10am

Preschool with Parent: 2-4y | Sat 10-10:30am

Preschool: 3-5y | Sat 10:30-11am

Level 1: Wed 5-5:30pm

Level 2: Wed 5:30-6pm

Session 2 | Nov 3-Dec 19 | Register by Oct 30

No class 11/28

Waterbabies: 6mo-2y | Sat 9:30-10am

Preschool with Parent: 2-4y | Sat 10-10:30am

Preschool: 3-5y | Sat 10:30-11am

GROUP

PRIVATE

Tuesday, Wednesday & Thursday:

3:30-4pm | 4-4:30pm | 4:30-5pm

Tuesday: 4-4:30pm | 4:30-5pm

Wednesday: 5-5:30pm | 5:30-6pm

see other
side for
descriptions

GYMNASTICS

Session 1 | Sep 14-Oct 20 | Register by Sep 11

Pixie: 1-2y with parent | Tue 9:30-10:15am

Preschool I: 2-4y with parent | Mon 4-4:45pm

Preschool II: 3-5y | Mon 5-5:45pm

Beginner: 5-10y | Mon 6-7pm

Session 2 | Nov 2-Dec 8 | Register by Oct 30

Pixie: 1-2y with parent | Tue 9:30-10:15am

Preschool I: 2-4y with parent | Mon 4-4:45pm

Preschool II: 3-5y | Mon 5-5:45pm

Beginner: 5-10y | Mon 6-7pm

CIRCUS ARTS

Session 1 | Sep 17-Oct 22 | Register by Sep 11

Ages 7-8y: Thu 4-4:45pm

Ages 9-10y: Thu 4:45-5:45pm

Session 2 | Oct 29-Dec 10 | Register by Oct 23

No class 11/26

Ages 7-8y: Thu 4-4:45pm

Ages 9-10y: Thu 4:45-5:45pm

FAMILY FUN NIGHTS

Fri 5:30-7:30

Sep 18 | Oct 16 | Nov 13

\$7/member | \$10/guest

Holiday family fun night:

Fri 5:30-8:30 | Dec 18

OPEN GYM

Mon-Fri | 1:30-3pm | Sep 8-Dec 31

\$7/member | \$9/guest | no pre-registration

Included in Land & Combo Packages

register online

or call
(607) 753-9651



SWIM LESSONS

Waterbabies (with parent): Parent and child learn water exploration skills. Teacher interaction and group activities focus on feeling secure and content in the water.

Preschool with Parents: Blowing bubbles, floats, arm coordination, and strokes will be taught. An instructor will take parents through different holds and cues involved in swim instruction.

Preschool: Blowing bubbles, floats, arm coordination, and strokes will be taught. This class is taught without any flotation devices.

Level 1: Learn basic skills to move comfortably in the water. All skills are done with the support of an instructor.

Level 2: Glides with kicks, front & back crawl, and rhythmic breathing. Lessons in mildly deep water.

Level 3: Front and back glides are unsupported. Front and back crawls become more accomplished. Elementary backstroke and diving will be introduced. Lessons in the deep end.

Level 4: Instruction includes coordinating front and back crawl, elementary backstroke, breaststroke, and sidestroke. Dives are done from a standing position.

GYMNASTICS

Pixie (with parent): Come sing songs and play games with your toddler! Activities incorporate gross motor skills, jumping, running, galloping, and balancing movement. Children practice basketball skills, throwing, catching and gymnastic skills, forward rolls down an incline and swings on the bar.

Preschool I (with parent): Parents learn spotting and coaching techniques, while taking their children through tumbling beam, and vaulting skills. Games involving gross motor skills will also be played.

Preschool II: Children learn tumbling, vaulting, and beam skills going through circuits and playing games that involve gross motor skills.

Beginner: Develop skills in tumbling, vault, and beam with a focus on improving balance, coordination, and strength.

CIRCUS ARTS

Introduces kids to the exciting world of juggling, prop manipulation, and basic partner building in a fun, supportive environment. Participants will learn to juggle scarves and balls, spin plates, and try beginner tricks using props like flower sticks and diabolo — all while building hand-eye coordination and confidence.

FAMILY FUN NIGHTS

Spend time with your family in an active and fun environment! One hour of gym activities and one hour of pool time. December 18th will feature an hour of pool time and two hours of holiday-themed fun.

OPEN GYM

Open to the whole family! Whether you're shooting hoops, kicking a ball around, or getting your steps in, we provide a flexible space and a variety of equipment.