

YWCA Winter Specialty Class Schedule

Monday:

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| Pilates Mat Intermediate <i>Starts 01/03 Ends 02/21</i> | 7 classes | 12:15pm – 1:15pm | Non-Member: \$84 Member: \$63 |
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Tuesday:

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| Taekwondo <i>Starts 01/04 Ends 02/24</i> | 16 classes | 5-6pm & 6-7pm | Non-Member: \$104 Member: \$84.50 |
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Wednesday:

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| Pilates Reformer Intermediate <i>Starts 01/05 Ends 02/23</i> | 8 classes | 9:00 – 10:00am | Non-Member: \$200 Member: \$175 |
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Thursday:

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|---|------------|---------------|--------------------------------------|
| Taekwondo <i>Starts 01/04 Ends 02/24</i> | 16 classes | 5-6pm & 6-7pm | Non-Member: \$104 Member: \$84.50 |
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Friday:

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| Pilates Reformer Intermediate <i>Starts 01/07 Ends 02/25</i> | 8 classes | 8:00 – 9:00am | Non-Member: \$200 Member: \$175 |
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Saturday:

(All swim classes start on 01/08 & end on 02/26)

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| Betta Fish Swim Lessons | 8 classes | 9:00 – 10:00am | Non-Member: \$120 Member: \$80 YWCA Participant: \$64.00 |
| Goldfish Swim Lessons | 8 classes | 9:00 – 10:00am | |
| Dolphin Swim Lessons | 8 classes | 9:50 – 10:30am | |
| Snow Crab Swim Lessons | 8 classes | 9:50 – 10:30am | |
| Parent-Tot Swim Lessons | 8 classes | 9:50 – 10:30am | |
| Lobster Swim Lessons | 8 classes | 9:50 – 10:30am | Non-Member: \$84 Member: \$63 |
| Pilates Mat Intermediate <i>Starts 01/08 Ends 02/26</i> | 7 classes | 12:15 – 1:15pm | |

To sign up for classes, go through the YWCA member portal! This is the attendance tracker for the class, support your favorite instructors!

For non-members – email Kenna at kchase@ywcastpaul.org to get registered.