

# Spring Specialty Class Schedule

## Monday:

Pilates Mat Intermediate <i>Starts 03/07   Ends on 04/25</i>	8 classes	12:15pm – 1:15pm
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## Tuesday:

Taekwondo <i>Starts 03/01   Ends on 04/26</i>	16 classes	5-6pm & 6-7pm
Aqua Boot Camp <i>Starts 04/19   Ends 05/24</i>	12 classes	7:30-8:30am

## Wednesday:

Begin Again Yoga	6 classes	9-10am
Sense of Balance	6 classes	10:15-10:30am

## Thursday:

Taekwondo <i>Starts 03/03   Ends on 04/28</i>	16 classes	5-6pm & 6-7pm
Aqua Boot Camp <i>Starts 04/19   Ends 05/24</i>	12 classes	7:30-8:30am

## Friday:

Pilates Reformer Intermediate <i>Starts 03/04   Ends 04/29</i>	9 classes	8:00 – 9:00am
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## Saturday:

*(All Swimming Lessons are every Saturday starting 03/05)*

Pilates Mat Intermediate <i>Starts 03/05   Ends 04/30</i>	7 classes	12:15 – 1:15pm
Betta Fish Swim Lessons	9 classes	9:00 – 9:40am
Goldfish Swim Lessons	9 classes	9:00 – 9:40am
Dolphin Swim Lessons	9 classes	9:50 – 10:30am
Lobster Swim Lessons	9 classes	9:50 – 10:30am
Snow Crab Swim Lessons	9 classes	9:50 – 10:30am
Parent-Tot Swim Lessons	9 classes	10:00 – 10:30am

## Pilates Reformer with Elisabeth:

Pilates Reformer Intermediate	<b>4/20 - no class</b>
3/2, 3/7, 3/23, 3/30. 4/6, 4/13, 4/28	9-10am
3/16	4-5pm

## Pricing

### Pilates Mat Intermediate:

Member: \$84  
Non-Member: \$112  
YWCA Programming: \$68

### Taekwondo:

General Price: \$130  
YWCA Programming: \$120

### Pilates Reformer:

Member: \$200  
Non-Member: \$225  
YWCA Programming: \$150

### Swimming Lessons:

Member: \$90  
Non-Member: \$135  
YWCA Programming: \$72

### Aqua Boot Camp

Member: \$126  
Non-Member: \$192  
YWCA Programming: \$102

### Begin Again Yoga/Sense of Balance

Member: \$63  
Non-Member: \$96  
YWCA Programming: \$51

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](mailto:kchase@ywcastpaul.org) to get registered.*