



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring & Summer 2012 Program Schedule

Program Registration Dates

Spring II Season: April 30 – June 17, 2012

Member Priority Registration: April 16, 2012

Program Participant Registration: April 19, 2012

Summer Season: June 18 – September 2, 2012

Member Priority Registration: June 4, 2012

Program Participant Registration: June 7, 2012

See our Program Catalogs

This schedule provides detailed information about the programs listed in our Program Catalog delivered to you inside our new Impact magazine, The Program Catalog provides descriptions of all Y programs, classes and events.

Find digital copies of this Program Schedule and the Program Catalog on our web page or visit any peninsula metropolitan YMCA branch.



Online Registration Available

You may come into the Welcome Center desk at your chosen branch to register for our programs, or you may choose to register online. To use our online feature:

1. Go to peninsulaymca.org
2. Click 'Programs'
3. Click 'Search Programs'
4. Follow the steps available on the screen to guide you through the registration process.

PENINSULA METROPOLITAN YMCA



PROGRAM SCHEDULE FOR SPRING AND SUMMER 2012

NEWPORT NEWS FAMILY YMCA 757 245 0047

Spring II Season: April 30 - June 17

Summer Season: June 18 - September 2

Program Name	Ages	Program Start Date	Program End Date	Days	Hours	Member Cost	Program Participant Cost	In-house & Online Registration Start Date	In-house & Online Registration End Date
YOUTH DEVELOPMENT									
Preschool and Youth Aquatics									
Parent/Child Swim Lessons	0-3	5/1/2012	6/5/2012	Tues.	10:00 AM - 10:30 AM	\$12.00	\$45.00	4/16/2012	5/5/2012
Parent/Child Swim Lessons	0-3	5/2/2012	6/6/2012	Wed.	6:15 PM - 6:45 PM	\$12.00	\$45.00	4/16/2012	5/5/2012
Parent/Child Swim Lessons	0-3	5/4/2012	6/8/2012	Fri.	6:15 PM - 6:45 PM	\$12.00	\$45.00	4/16/2012	5/5/2012
Parent/Child Swim Lessons	0-3	5/5/2012	6/9/2012	Sat.	10:15 AM - 10:45 AM	\$12.00	\$45.00	4/16/2012	5/5/2012
Parent/Child Swim Lessons	0-3	6/20/2012	8/1/2012	Wed.	6:15 PM - 6:45 PM	\$12.00	\$45.00	6/4/2012	6/23/2012
Parent/Child Swim Lessons	0-3	6/22/2012	8/3/2012	Fri.	6:15 PM - 6:45 PM	\$13.00	\$53.00	6/4/2012	6/23/2012
Parent/Child Swim Lessons	0-3	6/23/2012	8/4/2012	Sat.	10:15 AM - 10:45 AM	\$13.00	\$53.00	6/4/2012	6/23/2012
Gym & Swim	3-5	5/1/2012	6/5/2012	Mon.	9:00 AM - 10:00 AM	\$22.00	\$49.00	4/16/2012	4/25/2012
Pike	3-5	4/30/2012	6/11/2012	Mon.	5:30 PM - 6:00 PM	\$12.00	\$45.00	4/16/2012	5/5/2012
Pike	3-5	4/30/2012	6/11/2012	Mon.	6:15 PM - 6:45 PM	\$12.00	\$45.00	4/16/2012	5/5/2012
Pike	3-5	5/2/2012	6/6/2012	Wed.	5:30 PM - 6:00 PM	\$12.00	\$45.00	4/16/2012	5/5/2012
Pike	3-5	5/2/2012	6/6/2012	Wed.	6:15 PM - 6:45 PM	\$12.00	\$45.00	4/16/2012	5/5/2012
Pike	3-5	5/4/2012	6/8/2012	Fri.	5:30 PM - 6:00 PM	\$12.00	\$45.00	4/16/2012	5/5/2012
Pike	3-5	5/4/2012	6/8/2012	Fri.	6:15 PM - 6:45 PM	\$12.00	\$45.00	4/16/2012	5/5/2012
Pike	3-5	5/5/2012	6/9/2012	Sat.	10:15 AM - 10:45 AM	\$12.00	\$45.00	4/16/2012	5/5/2012
Pike	3-5	5/5/2012	6/9/2012	Sat.	8:45 AM - 9:15 AM	\$12.00	\$45.00	4/16/2012	5/5/2012
Pike	3-5	5/5/2012	6/9/2012	Sat.	9:30 AM - 10:00 AM	\$12.00	\$45.00	4/16/2012	5/5/2012
Pike	3-5	6/18/2012	7/30/2012	Mon.	5:30 PM - 6:00 PM	\$13.00	\$53.00	6/4/2012	6/13/2012
Pike	3-5	6/18/2012	7/30/2012	Mon.	6:15 PM - 6:45 PM	\$13.00	\$53.00	6/4/2012	6/13/2012
Pike	3-5	6/20/2012	8/1/2012	Wed.	5:30 PM - 6:00 PM	\$12.00	\$45.00	6/4/2012	6/13/2012
Pike	3-5	6/20/2012	8/1/2012	Wed.	6:15 PM - 6:45 PM	\$12.00	\$45.00	6/4/2012	6/13/2012
Pike	3-5	6/22/2012	8/3/2012	Fri.	5:30 PM - 6:00 PM	\$13.00	\$53.00	6/4/2012	6/13/2012
Pike	3-5	6/22/2012	8/3/2012	Fri.	6:15 PM - 6:45 PM	\$13.00	\$53.00	6/4/2012	6/13/2012
Pike	3-5	6/23/2012	8/4/2012	Sat.	10:15 AM - 10:45 AM	\$13.00	\$53.00	6/4/2012	6/13/2012
Pike	3-5	6/23/2012	8/4/2012	Sat.	8:45 AM - 9:15 AM	\$13.00	\$53.00	6/4/2012	6/13/2012
Pike	3-5	6/23/2012	8/4/2012	Sat.	9:30 AM - 10:00 AM	\$13.00	\$53.00	6/4/2012	6/13/2012
Eel	3-5	4/30/2012	6/11/2012	Mon.	5:30 PM - 6:00 PM	\$12.00	\$45.00	4/16/2012	4/25/2012
Eel	3-5	5/4/2012	6/8/2012	Fri.	5:30 PM - 6:00 PM	\$12.00	\$45.00	4/16/2012	4/25/2012
Eel	3-5	5/5/2012	6/9/2012	Sat.	9:30 AM - 10:00 AM	\$12.00	\$45.00	4/16/2012	4/25/2012



PROGRAM SCHEDULE FOR SPRING AND SUMMER 2012

NEWPORT NEWS FAMILY YMCA 757 245 0047

Spring II Season: April 30 - June 17

Summer Season: June 18 - September 2

Program Name	Ages	Program Start Date	Program End Date	Days	Hours	Member Cost	Program Participant Cost	In-house & Online Registration Start Date	In-house & Online Registration End Date
YOUTH DEVELOPMENT									
Preschool and Youth Aquatics									
Eel	3-5	6/18/2012	7/30/2012	Mon.	5:30 PM - 6:00 PM	\$13.00	\$53.00	6/4/2012	6/13/2012
Eel	3-5	6/22/2012	8/3/2012	Fri.	5:30 PM - 6:00 PM	\$13.00	\$53.00	6/4/2012	6/13/2012
Eel	3-5	6/23/2012	8/4/2012	Sat.	9:30 AM - 10:00 AM	\$13.00	\$53.00	6/4/2012	6/13/2012
Ray/Starfish	3-5	4/30/2012	6/11/2012	Mon.	6:15 PM - 6:45 PM	\$12.00	\$45.00	4/16/2012	4/25/2012
Ray/Starfish	3-5	6/18/2012	7/30/2012	Mon.	6:15 PM - 6:45 PM	\$13.00	\$53.00	6/4/2012	6/13/2012
Polliwog	6-12	4/30/2012	6/11/2012	Mon.	5:30 PM - 6:15 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Polliwog	6-12	5/2/2012	6/6/2012	Wed.	5:30 PM - 6:15 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Polliwog	6-12	5/4/2012	6/8/2012	Fri.	5:30 PM - 6:15 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Polliwog	6-12	5/4/2012	6/8/2012	Fri.	6:15 PM - 7:00 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Polliwog	6-12	5/5/2012	6/9/2012	Sat.	10:15 AM - 11:00 AM	\$15.00	\$49.00	4/16/2012	4/25/2012
Polliwog	6-12	5/5/2012	6/9/2012	Sat.	8:45 AM - 9:30 AM	\$15.00	\$49.00	4/16/2012	4/25/2012
Polliwog	6-12	5/5/2012	6/9/2012	Sat.	9:30 AM - 10:15 AM	\$15.00	\$49.00	4/16/2012	4/25/2012
Polliwog	6-12	6/18/2012	7/30/2012	Mon.	5:30 PM - 6:15 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Polliwog	6-12	6/20/2012	8/1/2012	Wed.	5:30 PM - 6:15 PM	\$15.00	\$49.00	6/4/2012	6/13/2012
Polliwog	6-12	6/22/2012	8/3/2012	Fri.	5:30 PM - 6:15 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Polliwog	6-12	6/22/2012	8/3/2012	Fri.	6:15 PM - 7:00 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Polliwog	6-12	6/23/2012	8/4/2012	Sat.	10:15 AM - 11:00 AM	\$18.00	\$57.00	6/4/2012	6/13/2012
Polliwog	6-12	6/23/2012	8/4/2012	Sat.	8:45 AM - 9:30 AM	\$18.00	\$57.00	6/4/2012	6/13/2012
Polliwog	6-12	6/23/2012	8/4/2012	Sat.	9:30 AM - 10:15 AM	\$18.00	\$57.00	6/4/2012	6/13/2012
Guppy	6-12	4/30/2012	6/11/2012	Mon.	5:30 PM - 6:15 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Guppy	6-12	4/30/2012	6/11/2012	Mon.	6:15 PM - 7:00 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Guppy	6-12	5/2/2012	6/6/2012	Wed.	6:15 PM - 7:00 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Guppy	6-12	5/4/2012	6/8/2012	Fri.	5:30 PM - 6:15 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Guppy	6-12	5/4/2012	6/8/2012	Fri.	6:15 PM - 7:00 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Guppy	6-12	5/5/2012	6/9/2012	Sat.	10:15 AM - 11:00 AM	\$15.00	\$49.00	4/16/2012	4/25/2012
Guppy	6-12	5/5/2012	6/9/2012	Sat.	8:45 AM - 9:30 AM	\$15.00	\$49.00	4/16/2012	4/25/2012
Guppy	6-12	5/5/2012	6/9/2012	Sat.	9:30 AM - 10:15 AM	\$15.00	\$49.00	4/16/2012	4/25/2012
Guppy	6-12	6/4/2012	7/30/2012	Mon.	5:30 PM - 6:15 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Guppy	6-12	6/18/2012	7/30/2012	Mon.	6:15 PM - 7:00 PM	\$18.00	\$57.00	6/4/2012	6/13/2012



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YOUTH DEVELOPMENT									
Preschool and Youth Aquatics (continued)									
Guppy	6-12	6/20/2012	8/1/2012	Wed.	6:15 PM - 7:00 PM	\$15.00	\$49.00	6/4/2012	6/13/2012
Guppy	6-12	6/22/2012	8/3/2012	Fri.	5:30 PM - 6:15 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Guppy	6-12	6/22/2012	8/3/2012	Fri.	6:15 PM - 7:00 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Guppy	6-12	6/23/2012	8/4/2012	Sat.	10:15 AM - 11:00 AM	\$18.00	\$57.00	6/4/2012	6/13/2012
Guppy	6-12	6/23/2012	8/4/2012	Sat.	8:45 AM - 9:30 AM	\$18.00	\$57.00	6/4/2012	6/13/2012
Guppy	6-12	6/23/2012	8/4/2012	Sat.	9:30 AM - 10:15 AM	\$18.00	\$57.00	6/4/2012	6/13/2012
Minnow	6-12	4/30/2012	6/11/2012	Mon.	5:30 PM - 6:15 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Minnow	6-12	5/2/2012	6/6/2012	Wed.	5:30 PM - 6:15 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Minnow	6-12	5/5/2012	6/9/2012	Sat.	8:45 AM - 9:30 AM	\$15.00	\$49.00	4/16/2012	4/25/2012
Minnow	6-12	6/18/2012	7/30/2012	Mon.	5:30 PM - 6:15 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Minnow	6-12	6/20/2012	8/1/2012	Wed.	5:30 PM - 6:15 PM	\$15.00	\$49.00	6/4/2012	6/13/2012
Minnow	6-12	6/23/2012	8/4/2012	Sat.	8:45 AM - 9:30 AM	\$18.00	\$57.00	6/4/2012	6/13/2012
Fish/Flying Fish/Shark	6-12	5/2/2012	6/6/2012	Wed.	6:15 PM - 7:00 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Fish/Flying Fish/Shark	6-12	6/20/2012	8/1/2012	Wed.	6:15 PM - 7:00 PM	\$15.00	\$49.00	6/4/2012	6/13/2012
2-Week Swim Lessons Session I									
Pike	3-5	6/25/2012	7/6/2012	Mon.-Thurs.	9:00 AM - 9:30 AM	\$15.00	\$60.00	6/4/2012	6/20/2012
Pike	3-5	6/25/2012	7/6/2012	Mon.-Thurs.	9:45 AM - 10:15 AM	\$15.00	\$60.00	6/4/2012	6/20/2012
Eel	3-5	6/25/2012	7/6/2012	Mon.-Thurs.	9:00 AM - 9:30 PM	\$15.00	\$60.00	6/4/2012	6/20/2012
Ray/Starfish	3-5	6/25/2012	7/6/2012	Mon.-Thurs.	9:00 AM - 9:30 AM	\$15.00	\$60.00	6/4/2012	6/20/2012
Polliwog	6-12	6/25/2012	7/6/2012	Mon.-Thurs.	9:00 AM - 9:45 AM	\$20.00	\$65.00	6/4/2012	6/20/2012
Polliwog	6-12	6/25/2012	7/6/2012	Mon.-Thurs.	9:45 AM - 10:30 AM	\$20.00	\$65.00	6/4/2012	6/20/2012
Guppy	6-12	6/25/2012	7/6/2012	Mon.-Thurs.	9:00 AM - 9:45 AM	\$20.00	\$65.00	6/4/2012	6/20/2012
Minnow	6-12	6/25/2012	7/6/2012	Mon.-Thurs.	9:45 AM - 10:30 AM	\$20.00	\$65.00	6/4/2012	6/20/2012
Fish/Flying Fish/Shark	6-12	6/25/2012	7/5/2012	Mon.-Thurs.	9:45 AM - 10:30 AM	\$20.00	\$65.00	6/4/2012	6/20/2012
2-Week Swim Lessons Session II									
Pike	3-5	7/9/2012	7/19/2012	Mon.-Thurs.	9:00 AM - 9:30 AM	\$15.00	\$60.00	6/4/2012	7/5/2012
Pike	3-5	7/9/2012	7/19/2012	Mon.-Thurs.	9:45 AM - 10:15 AM	\$15.00	\$60.00	6/4/2012	7/5/2012
Eel	3-5	7/9/2012	7/19/2012	Mon.-Thurs.	9:00 AM - 9:30 PM	\$15.00	\$60.00	6/4/2012	7/5/2012
Ray/Starfish	3-5	7/9/2012	7/19/2012	Mon.-Thurs.	9:00 AM - 9:30 AM	\$15.00	\$60.00	6/4/2012	7/5/2012
Polliwog	6-12	7/9/2012	7/19/2012	Mon.-Thurs.	9:00 AM - 9:45 AM	\$20.00	\$65.00	6/4/2012	7/5/2012



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Spring II Season: April 30 - June 17

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Program Name	Ages	Program Start Date	Program End Date	Days	Hours	Member Cost	Program Participant Cost	In-house & Online Registration Start Date	In-house & Online Registration End Date
YOUTH DEVELOPMENT									
Preschool and Youth Aquatics (continued)									
2-Week Swim Lessons Session II (continued)									
Polliwog	6-12	7/9/2012	7/19/2012	Mon.-Thurs.	9:45 AM - 10:30 AM	\$20.00	\$65.00	6/4/2012	7/5/2012
Guppy	6-12	7/9/2012	7/19/2012	Mon.-Thurs.	9:00 AM - 9:45 AM	\$20.00	\$65.00	6/4/2012	7/5/2012
Minnow	6-12	7/9/2012	7/19/2012	Mon.-Thurs.	9:45 AM - 10:30 AM	\$20.00	\$65.00	6/4/2012	7/5/2012
Fish/Flying Fish/Shark	6-12	7/9/2012	7/19/2012	Mon.-Thurs.	9:45 AM - 10:30 AM	\$20.00	\$65.00	6/4/2012	7/5/2012
2-Week Swim Lessons Session III									
Pike	3-5	7/23/2012	8/2/2012	Mon.-Thurs.	9:00 AM - 9:30 AM	\$15.00	\$60.00	7/2/2012	7/18/2012
Pike	3-5	7/23/2012	8/2/2012	Mon.-Thurs.	9:45 AM - 10:15 AM	\$15.00	\$60.00	7/2/2012	7/18/2012
Eel	3-5	7/23/2012	8/2/2012	Mon.-Thurs.	9:00 AM - 9:30 PM	\$15.00	\$60.00	7/2/2012	7/18/2012
Ray/Starfish	3-5	7/23/2012	8/2/2012	Mon.-Thurs.	9:00 AM - 9:30 AM	\$15.00	\$60.00	7/2/2012	7/18/2012
Polliwog	6-12	7/23/2012	8/2/2012	Mon.-Thurs.	9:00 AM - 9:45 AM	\$20.00	\$65.00	7/2/2012	7/18/2012
Polliwog	6-12	7/23/2012	8/2/2012	Mon.-Thurs.	9:45 AM - 10:30 AM	\$20.00	\$65.00	7/2/2012	7/18/2012
Guppy	6-12	7/23/2012	8/2/2012	Mon.-Thurs.	9:00 AM - 9:45 AM	\$20.00	\$65.00	7/2/2012	7/18/2012
Minnow	6-12	7/23/2012	8/2/2012	Mon.-Thurs.	9:45 AM - 10:30 AM	\$20.00	\$65.00	7/2/2012	7/18/2012
Fish/Flying Fish/Shark	6-12	7/23/2012	8/2/2012	Mon.-Thurs.	9:45 AM - 10:30 AM	\$20.00	\$65.00	7/2/2012	7/18/2012
2-Week Swim Lessons Session IV									
Pike	3-5	8/6/2012	8/16/2012	Mon.-Thurs.	5:30 PM - 6:00 PM	\$15.00	\$60.00	7/2/2012	8/1/2012
Pike	3-5	8/6/2012	8/16/2012	Mon.-Thurs.	6:15 PM - 6:45 PM	\$15.00	\$60.00	7/2/2012	8/1/2012
Pike	3-5	8/6/2012	8/16/2012	Mon.-Thurs.	9:00 AM - 9:30 AM	\$15.00	\$60.00	7/2/2012	8/1/2012
Pike	3-5	8/6/2012	8/16/2012	Mon.-Thurs.	9:45 AM - 10:15 AM	\$15.00	\$60.00	7/2/2012	8/1/2012
Eel	3-5	8/6/2012	8/16/2012	Mon.-Thurs.	5:30 PM - 6:00 PM	\$15.00	\$60.00	7/2/2012	8/1/2012
Eel	3-5	8/6/2012	8/16/2012	Mon.-Thurs.	9:00 AM - 9:30 AM	\$15.00	\$60.00	7/2/2012	8/1/2012
Ray/Starfish	3-5	8/6/2012	8/16/2012	Mon.-Thurs.	5:30 PM - 6:00 AM	\$15.00	\$60.00	7/2/2012	8/1/2012
Ray/Starfish	3-5	8/6/2012	8/16/2012	Mon.-Thurs.	9:00 AM - 9:30 AM	\$15.00	\$60.00	7/2/2012	8/1/2012
Polliwog	6-12	8/6/2012	8/16/2012	Mon.-Thurs.	5:30 PM - 6:15 PM	\$20.00	\$65.00	7/2/2012	8/1/2012
Polliwog	6-12	8/6/2012	8/16/2012	Mon.-Thurs.	6:15 PM - 7:00 PM	\$20.00	\$65.00	7/2/2012	8/1/2012
Polliwog	6-12	8/6/2012	8/16/2012	Mon.-Thurs.	9:00 AM - 9:45 AM	\$20.00	\$65.00	7/2/2012	8/1/2012
Polliwog	6-12	8/6/2012	8/16/2012	Mon.-Thurs.	9:45 AM - 10:15 AM	\$20.00	\$65.00	7/2/2012	8/1/2012
Guppy	6-12	8/6/2012	8/16/2012	Mon.-Thurs.	5:30 PM - 6:15 PM	\$20.00	\$65.00	7/2/2012	8/1/2012
Guppy	6-12	8/6/2012	8/16/2012	Mon.-Thurs.	9:00 AM - 9:45 AM	\$20.00	\$65.00	7/2/2012	8/1/2012



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Program Name	Ages	Program Start Date	Program End Date	Days	Hours	Member Cost	Program Participant Cost	In-house & Online Registration Start Date	In-house & Online Registration End Date
YOUTH DEVELOPMENT									
Preschool and Youth Aquatics (continued)									
2-Week Swim Lessons Session III (continued)									
Minnow	6-12	8/6/2012	8/16/2012	Mon.-Thurs.	6:15 PM - 7:00 PM	\$20.00	\$65.00	7/2/2012	8/1/2012
Minnow	6-12	8/6/2012	8/16/2012	Mon.-Thurs.	9:45 AM - 10:30 AM	\$20.00	\$65.00	7/2/2012	8/1/2012
Fish/Flying Fish/Shark	6-12	8/6/2012	8/16/2012	Mon.-Thurs.	6:15 PM - 7:00 PM	\$20.00	\$65.00	7/2/2012	8/1/2012
Fish/Flying Fish/Shark	6-12	8/6/2012	8/16/2012	Mon.-Thurs.	9:45 AM - 10:30 AM	\$20.00	\$65.00	7/2/2012	8/1/2012
End of 2-Week Swim Lessons									
Private Swim Lessons	3+	4/30/2012	6/9/2012	Mon.-Thurs.	No Time Specified	\$72.00	\$101.00	4/16/2012	5/19/2012
Private Swim Lessons	3+	6/18/2012	8/4/2012	Mon.-Thurs.	No Time Specified	\$83.00	\$118.00	6/4/2012	6/30/2012
Adult/Teen Swim Lessons	6-12	8/6/2012	8/16/2012	Mon.-Thurs.	6:15 PM - 7:00 PM	\$20.00	\$65.00	7/2/2012	8/1/2012
Stroke Development for Kids	6-12	6/20/2012	8/1/2012	Wed.	5:30 PM - 6:15 PM	\$22.00	\$49.00	6/4/2012	6/13/2012
Stroke Development for Kids	6-12	5/2/2012	6/6/2012	Wed.	5:30 PM - 6:15 PM	\$22.00	\$49.00	4/16/2012	4/25/2012
Stroke Development for Teen/Adu	13+	6/20/2012	8/1/2012	Wed.	6:15 PM - 7:00 PM	\$22.00	\$49.00	6/4/2012	6/13/2012
Stroke Development for Teen/Adu	13+	5/2/2012	6/6/2012	Wed.	6:15 PM - 7:00 PM	\$22.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	6/18/2012	7/30/2012	Mon.	6:15 PM - 7:00 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Adult/Teen Swim Lessons	13+	4/30/2012	6/11/2012	Mon.	6:15 PM - 7:00 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	6/23/2012	8/4/2012	Sat.	8:45 AM - 9:30 AM	\$18.00	\$57.00	6/4/2012	6/13/2012
Adult/Teen Swim Lessons	13+	5/5/2012	6/9/2012	Sat.	8:45 AM - 9:30 AM	\$15.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	6/23/2012	8/4/2012	Sat.	9:30 AM - 10:15 AM	\$18.00	\$57.00	6/4/2012	6/13/2012
Adult/Teen Swim Lessons	13+	5/5/2012	6/9/2012	Sat.	9:30 AM - 10:15 AM	\$15.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	6/19/2012	7/31/2012	Tues.	5:30 PM - 6:15 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Adult/Teen Swim Lessons	13+	5/1/2012	5/20/2012	Tues.	5:30 PM - 6:15 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	6/19/2012	7/31/2012	Tues.	6:15 PM - 7:00 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Adult/Teen Swim Lessons	13+	5/1/2012	6/5/2012	Tues.	6:15 PM - 6:00 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	5/2/2012	6/6/2012	Wed.	11:15 AM - 12:00 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
American Red Cross Lifeguarding	15+	5/7/2012	5/23/2012	Mon. Wed. Sat.	No Time Specified	\$140.00	\$160.00	5/2/2012	5/9/2012
American Red Cross Lifeguarding	15+	6/4/2012	6/23/2012	Mon. Wed. Sat.	No Time Specified	\$140.00	\$160.00	5/30/2012	6/6/2012
American Red Cross Lifeguarding	15+	5/2/2012	5/2/2012	Wed.	7:00 PM - 8:00 PM	\$20.00	\$20.00	1/1/2012	5/2/2012
American Red Cross Lifeguarding	15+	5/30/2012	5/30/2012	Wed.	7:00 PM - 8:00 PM	\$20.00	\$20.00	1/1/2012	5/30/2012



PROGRAM SCHEDULE FOR SPRING AND SUMMER 2012

NEWPORT NEWS FAMILY YMCA 757 245 0047

Spring II Season: April 30 - June 17

Summer Season: June 18 - September 2

Program Name	Ages	Program Start Date	Program End Date	Days	Hours	Member Cost	Program Participant Cost	In-house & Online Registration Start Date	In-house & Online Registration End Date
YOUTH DEVELOPMENT									
Youth Sports									
Karate Beginner	3-8	5/7/2012	5/21/2012	Mon.	5:00 PM - 5:45 PM	\$30.00	\$45.00	4/16/2012	5/10/2012
Karate Beginner	3-8	6/4/2012	6/25/2012	Mon.	5:00 PM - 5:45 PM	\$30.00	\$45.00	5/15/2012	6/10/2012
Karate Beginner	3-8	7/2/2012	7/30/2012	Mon.	5:00 PM - 5:45 PM	\$30.00	\$45.00	6/15/2012	7/10/2012
Karate Beginner	3-8	8/6/2012	8/27/2012	Mon.	5:00 PM - 5:45 PM	\$30.00	\$45.00	7/15/2012	8/10/2012
Karate Intermediate	5+	5/7/2012	5/21/2012	Mon.	6:00 PM - 6:45 PM	\$30.00	\$45.00	4/15/2012	5/10/2012
Karate Intermediate	5+	6/4/2012	6/25/2012	Mon.	6:00 PM - 6:45 PM	\$30.00	\$45.00	5/15/2012	6/10/2012
Karate Intermediate	5+	7/2/2012	7/30/2012	Mon.	6:00 PM - 6:45 PM	\$30.00	\$45.00	6/15/2012	7/10/2012
Karate Intermediate	5+	8/6/2012	8/27/2012	Mon.	6:00 PM - 6:45 PM	\$30.00	\$45.00	7/15/2012	8/10/2012
Parent/Child Tumbling	3	5/3/2012	6/21/2012	Thurs.	4:00 PM - 4:30 PM	\$29.99	\$65.00	4/16/2012	5/10/2012
Preschool Gymnastics	3-5	5/3/2012	6/21/2012	Thurs.	4:45 PM - 5:30 PM	\$29.00	\$65.00	4/16/2012	5/10/2012
Preschool Gymnastics	3-5	5/1/2012	6/19/2012	Tues.	4:00 PM - 4:45 PM	\$29.99	\$65.00	4/16/2012	5/10/2012
Self-Defense Class	13+	4/30/2012	6/11/2012	Mon.	6:15 PM - 7:15 PM	\$50.00	\$65.00	4/16/2012	5/14/2012
Self-Defense Class	13+	6/18/2012	8/6/2012	Mon.	6:15 PM - 7:15 PM	\$38.00	\$49.00	6/4/2012	7/2/2012
Youth Fencing	6-12	5/1/2012	6/19/2012	Tues.	5:15 PM - 6:00 PM	\$29.00	\$39.00	4/16/2012	5/10/2012
Youth Gymnastics Level 1	6-12	5/1/2012	6/19/2012	Tues.	4:45 PM - 5:30 PM	\$29.00	\$65.00	4/16/2012	5/10/2012
Youth Gymnastics Level 2	6-12	5/1/2012	6/19/2012	Tues.	5:30 PM - 6:15 PM	\$29.00	\$65.00	4/16/2012	5/10/2012
Arts & Humanities									
Creative Dance	3-5	5/1/2012	6/19/2012	Tues.	9:30 AM - 10:15 AM	\$29.00	\$39.00	4/16/2012	5/10/2012
Creative Dance	5-11	5/3/2012	6/21/2012	Thurs.	6:15 PM - 7:00 PM	\$29.00	\$39.00	4/16/2012	5/10/2012
Preschool Ballet	3-5	5/7/2012	5/21/2012	Mon.	3:30 PM - 4:15 PM	\$25.00	\$35.00	4/15/2012	5/10/2012
Preschool Ballet	3-5	5/9/2012	5/22/2012	Wed.	3:15 PM - 4:00 PM	\$25.00	\$35.00	4/15/2012	5/10/2012
Preschool Ballet	3-5	6/4/2012	6/25/2012	Mon.	3:30 PM - 4:15 PM	\$25.00	\$35.00	5/15/2012	6/10/2012
Preschool Ballet	3-5	6/6/2012	6/27/2012	Wed.	3:15 PM - 4:00 PM	\$25.00	\$35.00	5/15/2012	6/10/2012
Preschool Ballet	3-5	7/2/2012	7/30/2012	Mon.	3:30 PM - 4:15 PM	\$25.00	\$35.00	6/15/2012	7/10/2012
Preschool Ballet	3-5	7/4/2012	8/1/2012	Wed.	3:15 PM - 4:00 PM	\$25.00	\$35.00	6/15/2012	7/10/2012
Preschool Ballet	3-5	8/6/2012	8/27/2012	Mon.	3:30 PM - 4:15 PM	\$25.00	\$35.00	7/15/2012	8/10/2012
Preschool Ballet	3-5	8/8/2012	8/29/2012	Wed.	3:15 PM - 4:00 PM	\$25.00	\$35.00	7/15/2012	8/10/2012
Youth Ballet	6-12	6/6/2012	6/27/2012	Wed.	4:00 PM - 4:45 PM	\$25.00	\$35.00	5/15/2012	6/10/2012
Youth Ballet	6-12	7/4/2012	8/1/2012	Wed.	4:00 PM - 4:45 PM	\$25.00	\$35.00	6/15/2012	7/10/2012



PROGRAM SCHEDULE FOR SPRING AND SUMMER 2012

NEWPORT NEWS FAMILY YMCA 757 245 0047

Spring II Season: April 30 - June 17

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Program Name	Ages	Program Start Date	Program End Date	Days	Hours	Member Cost	Program Participant Cost	In-house & Online Registration Start Date	In-house & Online Registration End Date
YOUTH DEVELOPMENT									
Arts & Humanities (continued)									
Youth Ballet	6-12	5/9/2012	5/23/2012	Wed.	4:00 PM - 4:45 PM	\$25.00	\$35.00	4/15/2012	5/10/2012
Youth Ballet	6-12	8/8/2012	8/29/2012	Wed.	4:00 PM - 4:45 PM	\$25.00	\$35.00	7/15/2012	8/10/2012
Youth Activities									
Kids' Night Out	5-12	5/18/2012	5/18/2012	Fri.	6:00 PM - 10:00 PM	\$15.00	\$20.00	4/16/2012	5/18/2012
Munchkin Cooking	2-5	5/3/2012	6/21/2012	Thurs.	9:30 AM - 10:30 AM	\$39.00	\$75.00	4/16/2012	5/10/2012
HEALTHY LIVING									
Adult Swim Lessons									
Adult/Teen Swim Lessons	13+	4/30/2012	6/11/2012	Mon.	6:15 PM - 7:00 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	5/1/2012	5/20/2012	Tues.	5:30 PM - 6:15 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	5/1/2012	6/5/2012	Tues.	6:15 PM - 6:00 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	5/2/2012	6/6/2012	Wed.	11:15 AM - 12:00 PM	\$15.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	5/5/2012	6/9/2012	Sat.	8:45 AM - 9:30 AM	\$15.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	5/5/2012	6/9/2012	Sat.	9:30 AM - 10:15 AM	\$15.00	\$49.00	4/16/2012	4/25/2012
Adult/Teen Swim Lessons	13+	6/18/2012	7/30/2012	Mon.	6:15 PM - 7:00 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Adult/Teen Swim Lessons	13+	6/19/2012	7/31/2012	Tues.	5:30 PM - 6:15 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Adult/Teen Swim Lessons	13+	6/19/2012	7/31/2012	Tues.	6:15 PM - 7:00 PM	\$18.00	\$57.00	6/4/2012	6/13/2012
Adult/Teen Swim Lessons	13+	6/23/2012	8/4/2012	Sat.	8:45 AM - 9:30 AM	\$18.00	\$57.00	6/4/2012	6/13/2012
Adult/Teen Swim Lessons	13+	6/23/2012	8/4/2012	Sat.	9:30 AM - 10:15 AM	\$18.00	\$57.00	6/4/2012	6/13/2012
American Red Cross Lifeguarding	15+	5/2/2012	5/2/2012	Wed.	7:00 PM - 8:00 PM	\$20.00	\$20.00	1/1/2012	5/2/2012
American Red Cross Lifeguarding	15+	5/7/2012	5/23/2012	Mon. Wed. Sat.	No Time Specified	\$140.00	\$160.00	5/2/2012	5/9/2012
American Red Cross Lifeguarding	15+	5/30/2012	5/30/2012	Wed.	7:00 PM - 8:00 PM	\$20.00	\$20.00	1/1/2012	5/30/2012
American Red Cross Lifeguarding	15+	6/4/2012	6/23/2012	Mon. Wed. Sat.	No Time Specified	\$140.00	\$160.00	5/30/2012	6/6/2012



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HEALTHY LIVING									
Health & Well-Being									
Belly Dancing	18+	4/30/2012	6/11/2012	Mon.	7:30 PM - 8:30 PM	\$50.00	\$65.00	4/16/2012	5/14/2012
Belly Dancing	18+	6/18/2012	8/6/2012	Mon.	7:30 PM - 8:30 PM	\$38.00	\$49.00	6/4/2012	7/2/2012
Women on Weights	16+	4/30/2012	6/13/2012	Mon. Wed.	6:00 PM - 7:00 PM	\$55.00	\$70.00	4/16/2012	5/14/2012
Women on Weights	16+	6/18/2012	7/25/2012	Mon. Wed.	6:00 PM - 7:00 PM	\$55.00	\$70.00	6/4/2012	7/2/2012

Online Registration Available

To use our online registration feature:

1. Go to peninsulaymca.org
2. Click 'Programs'
3. Click 'Search Programs'
4. Follow the steps available on the screen to guide you through the registration process.