



Adult Aquatics 2012 Winter Session

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Adult Swimming Lessons

Thursday 5:45-6:30 PM

Member: \$42.00

Program Member: \$52.00

Swim-Fit

Monday/Wednesday/Friday

9:00-10:00 AM

1X Week

Member: \$18.00

Program Member: \$36.00

2X Week

Member: \$26.00

Program Member: \$56.00

3X Week

Member: \$34.00

Program Member: \$72.00

Senior Swim

Monday-Friday

10:30-11:30 AM

Member: Free

Program Member: \$3.00/per visit

Soaker Swim

Tuesday or Thursday

2:30-3:30 PM

Friday 12:30-1:30 PM

Saturday 8:00-9:00 AM

Member: Free

Program Member: \$4.00/per visit

Adult Water Aerobic

Fees for all Water Aerobics
Classes listed below:

Member: \$22.00

Program Member: \$52.00

Aqua Aerobics

Tuesday & Thursday

6:30-7:15 PM

Aqua Fit

Tuesday & Thursday

8:00-8:45 AM

8:45-9:30 AM

Arthritis Foundation

Water Aerobics

Tuesday & Thursday

9:30-10:15 AM

Registration Information:

**Open Registration beginning: Saturday,
December 10, 2011.

**Classes will begin the week of:
January 3, 2012

Membership Information

Program Memberships

These Memberships are active for one full
year. And they allow you to take programs
and classes at the Y.

Individual: \$30.00/yr.

Family: \$50.00/yr.

GREATER HOLYOKE Y

171 Pine St., Holyoke MA 01040
P 423 534 5631 F 413 536 9622
www.holyokeymca.org