

EARLY CHILDHOOD WEEK-AT-A-GLANCE

Page numbers are in parentheses.

SATURDAY

Aquatics: Waterbabies (9,10,12)
9-9:30 a.m.

Aquatics: Watertots (9,10,12)
9:30-10 a.m.

Aquatics: Level 1 (9,10,12)
8:30-9 a.m.
9-9:30 a.m.

Aquatics: Level 2 (9,10,11,12)
8:30-9 a.m.
9-9:30 a.m.
9:30-10 a.m.

Aquatics: Level 3 (9,10,11,13)
9:30-10 a.m.
12:30-1 p.m.
1-1:30 p.m.

SUNDAY

Aquatics: Waterbabies (9,10,12)
9-9:30 a.m.

Aquatics: Watertots (9,10,12)
9:30-10 a.m.

Aquatics: Level 1 (9,10,12)
10-10:30 a.m.
10:30-11 a.m.

Aquatics: Level 2 (9,11,12)
10-10:30 a.m.
10:30-11 a.m.

Aquatics: Level 3 (9,11,13)
11-11:30 a.m.

Music Together (22)
10-10:45 a.m.
11-11:45 a.m.

Soccer Bugs (50)
12:15-1 p.m.

Our Time Together – Adult & Child: “My Time” (30)
2-2:45 p.m.

Dance Inventors/ Creative Movement (30)
2:45-3:45 p.m.

MONDAY

Karate – Lil’ Dragons (52)
3-3:40 p.m.

Tennis (46,49,50)
3-3:45 p.m.

Twist & Twirl (25)
3:15-4 p.m.

Yoga Kids (26)
4:15-5:15 p.m.

Ga-Ga & Striker (47,49,50)
4:45-5:30 p.m.

L’AMAZing Baby (21)
7-9:15 p.m.

TUESDAY

Music Together (22)
9:30-10:15 a.m.
10:30-11:15 a.m.

It’s A Zoo in Here (31)
12:30-2:30 p.m.

Gym Jam (46,49)
12:45-1:30 p.m.
3-3:45 p.m.

T-ball/Soccer (51)
12:45-1:30 p.m.
3-3:45 p.m.

Aquatics: Level 1 (9,10)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

Aquatics: Level 2 (9,11,12)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

Aquatics: Level 3 (9,11,13)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

Indoor Floor Hockey/ Soccer (47)
4-4:45 p.m.

Indoor Sports Zone (49)
4-4:45 p.m.

Baseball/Kickball (51)
4-4:45 p.m.

Artsy Kids – Creative Usable Crafts (16,17,19)
4-5 p.m.

Ballet/Modern/Creative Movement (25)
4-5 p.m.

Mad Science (54)
4-5 p.m.

WEDNESDAY

Storytime Morning (21)
10-11:30 a.m.

Kreative Kitchen (31)
12:30-2:30 p.m.

Tumble Tots (45,47,51)
12:45-1:30 p.m.
3-3:45 p.m.

Karate – Lil’ Dragons (52)
3-3:40 p.m.

Aquatics: Level 1 (9,10,12)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

Aquatics: Level 2 (9,11,12)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

Aquatics: Level 3 (9,11,13)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

L’AMAZing Baby (21)
7-9:15 p.m.

THURSDAY

Storytelling Fun (31)
12:30-2:30 p.m.

Mini Basketball & Soccer (48)
3-3:45 p.m.

Stay and Play (21)
3:30-4:30 p.m.

Gym Jam (51)
3-3:45

Artsy Kids – Creative Usable Crafts (16,17,19)
4-5 p.m.

Chess (54)
4-5 p.m.

Creative Drama (55)
4-5 p.m.

FRIDAY

Shabbat Shalom (21)
9:30-10:30 a.m.

YOUTH WEEK-AT-A-GLANCE

Page numbers are in parentheses.

SATURDAY

FLEX Academies
AppMaking Class (57)
9-11 a.m.

Aquatics: Level 1
(9,10,12)
8:30-9 a.m.
9-9:30 a.m.

Aquatics: Level 2
(9,10,11,12)
8:30-9 a.m.
9-9:30 a.m.
9:30-10 a.m.

Aquatics: Level 3
(9,10,11,13)
9:30-10 a.m.
12:30-1 p.m.
1-1:30 p.m.

Aquatics: Level 4
(9,11,13)
1-1:30 p.m.

SUNDAY

Aquatics: Level 1
(9,10,12)
10-10:30 a.m.
10:30-11 a.m.

Aquatics: Level 2
(9,11,12)
10-10:30 a.m.
10:30-11 a.m.

Aquatics: Level 3
(9,11,13)
11-11:30 a.m.

Aquatics: Level 4
(9,11,13)
11-11:30 a.m.

Soccer Bugs (50)
12:15-1 p.m.

Youth Basketball
League (46)
12:30-1:30 p.m.
1:45-2:45 p.m.
3-4 p.m.

Coed Soccer League
(36)
1-2 p.m.
2-3 p.m.

Dance Inventors/
Creative Movement
(30)
2:45-3:45 p.m.

Summer Swim Team
Tune-Up Clinic (14)
3-4 p.m.

Sunday at the Center –
Israeli Folk Dancing for
Kids (30)
4:30-5:30 p.m.

MONDAY

Karate – Lil' Dragons (52)
3-3:40 p.m.

Tennis (46,49,50)
3-3:45 p.m.
4-4:45 p.m.
4:45-5:30 p.m.

Twist & Twirl (25)
3:15-4 p.m.

Karate – Kid Tiger (52)
4-4:45 p.m.

Ga-Ga & Striker (47,49,50)
4-4:45 p.m.

Beginning Jazz (27)
4-5 p.m.

Scrapbooking and
Treasure Boxes
(16,18,19)
4-5 p.m.

Pre-Team (15)
4:15-5:15 p.m.

Yoga Kids (26)
4:15-5:15 p.m.

Beat Refinery I (43)
4:30-5:30 p.m.

Jam Band I (44)
4:30-5:30 p.m.

Beginner Karate (53)
4:45-5:30 p.m.

Adventures in 2-D Media
(16,17,19)
5-6 p.m.

Jr. Dance Company (28)
5-6:15 p.m.

Intermediate/Advanced
Karate (53)
5:30-6:15 p.m.

Sr. Dance Company (29)
5:30-7:30 p.m.

Swim Club (15)
5:30-7 p.m.

Advanced/Black Belts (53)
6:15-7 p.m.

Fencing (33)
7-8:15 p.m.

TUESDAY

Aquatics: Level 1 (9,10,12)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

Aquatics: Level 2 (9,11,12)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

Aquatics: Level 3 (9,11,13)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

Indoor Floor Hockey/
Soccer (47)
4-4:45 p.m.

Indoor Floor Hockey/
Dodgeball (47)
4:45-5 p.m.

Indoor Sports Zone (49)
4-4:45 p.m.

Dodgeball (49)
4:45-5:45 p.m.

Baseball/Kickball (51)
4-4:45 p.m.
4:45-5:45 p.m.

Mad Science (54)
4-5 p.m.
5-6 p.m.

Artsy Kids – Creative
Usable Crafts (16,17,19)
4-5 p.m.

Ballet/Modern/Creative
Movement (25)
4-5 p.m.

Beginning Tap (29)
4:15-5:15 p.m.

Youth Stroke & Turn Clinic
(10,12,13)
4:15-5:15 p.m.

Glee Club I (41)
4:30-5:30 p.m.

Unique Projects in Clay &
Wheel (17,18,20)
4:30-6 p.m.

Intermediate Tap (26)
5:15-6:15 p.m.

WEDNESDAY

Karate – Lil' Dragons
(45,47,51)
3-3:40 p.m.

Tumble Tots (45)
3-3:45 p.m.

Aquatics: Level 1 (9,10,12)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

Aquatics: Level 2 (9,11,12)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

Aquatics: Level 3 (9,11,13)
4-4:30 p.m.
4:30-5 p.m.
5-5:30 p.m.

Karate – Kid Tiger (52)
4-4:45 p.m.

Gymnastics Level A
(45,47,51)
4-4:45 p.m.

Ballet/Modern/Creative
Movement (26)
4-5 p.m.

Kids in Clay (16,18,19)
4-5 p.m.

Dance Upon a Time (30)
4-5:15 p.m.

Poms/Cheer Dance (28)
4:30-5:30 p.m.

Gymnastics Level B
(45,47,51)
4:45-5:45 p.m.

Beginner Karate (53)
4:45-5:30 p.m.

Flights & Fancy (16,18,19)
5:15-6:15 p.m.

Intermediate/Advanced
Karate (53)
5:30-6:15 p.m.

Jazz: Latin Style (29)
5:30-6:30 p.m.

Swim Club (15)
5:30-7 p.m.

THURSDAY

Basketball-White
(45,48,52)
4-4:45 p.m.

Artsy Kids – Creative
Usable Crafts
(16,17,19)
4-5 p.m.

Chess (54)
4-5 p.m.

Chinese (56)
4-5 p.m.

Creative Drama (55)
4-5 p.m.

FUNDamentals of
Acting (55)
4-5 p.m.

Hip-Hop-Guys & Gals
(28)
4-5 p.m.

Intermediate/Advanced
Jazz (27)
4-5 p.m.

Dance Inventors (30)
4:15-5:15 p.m.

Basketball-Yellow
(46,48,52)
4:45-5:45 p.m.

Improvisation (55)
5-6 p.m.

Intermediate Jazz (27)
5-6 p.m.

Swim Club (15)
5:30-7 p.m.

Percussion Ensemble
(41)
7-8 p.m.

TWEENS & TEENS WEEK-AT-A-GLANCE

Page numbers are in parentheses.

SATURDAY

FLEX Academies
AppMaking Class (57)
11:30 a.m.-1:30 p.m.

Aquatics: Level 4
(9,11,13)
1-1:30 p.m.

Youth Stroke & Turn
Clinic (10,12,13)
4:15-5:15 p.m.

SUNDAY

Triathlon 101 (14)
7-8:30 a.m.

Boot Camp (32)
9-10 a.m.

Weight Training 101
(33)
11 a.m.-12 p.m.

Aquatics: Level 4
(9,11,13)
11-11:30 a.m.

Summer Swim Team
Tune-Up Clinic (14)
3-4 p.m.

Youth Basketball
League (45)
4:15-5:15 p.m.

MONDAY

Triathlon 101 (14)
7-8:30 a.m.

Boot Camp (32)
9-10 a.m.

Bosu Strength (32)
9:30-10:30 a.m.

Weight Training 101 (33)
11 a.m.-12 p.m.

Tai Chi (33)
11:30 a.m.-12:30 p.m.

Aquatics: Level 4
(9,11,13)
1-1:30 p.m.

Summer Swim Team
Tune-Up Clinic (14)
3-4 p.m.

Ga-Ga & Striker (47,49,50)
4-4:45 p.m.

Youth Basketball League
(45)
4:15-5:15 p.m.

Tennis (46,49,50)
4:45-5:30 p.m.

Beat Refinery II (42)
5:30-6:30 p.m.

Jam Band II (43)
5:30-6:30 p.m.

Intermediate/Advanced
Karate (53)
5:30-6:15 p.m.

Swim Club (15)
5:30-7 p.m.

Sr. Dance Company (29)
5:30-7:30 p.m.

Advanced/Black Belts (53)
6:15-7 p.m.

Fencing (33)
7-8:15 p.m.

TUESDAY

Youth Stroke & Turn Clinic
(10,12,13)
4:15-5:15 p.m.

Mad Science (54)
5-6 p.m.

Glee Club II (41)
5:30-6:30 p.m.

Triathlon 101 (14)
6:15-7 p.m.

Beginning Teen/Adult
Tap (29)
6:15-7:15 p.m.

WEDNESDAY

Poms/Cheer Dance (28)
4:30-5:30 p.m.

Teen Weight Lifting (32)
4:30-5:30 p.m.

Intermediate/Advanced
Karate (53)
5:30-6:15 p.m.

Jazz: Latin Style (29)
5:30-6:30 p.m.

Swim Club (15)
5:30-7 p.m.

Advanced/Black Belts (53)
6:15-7 p.m.

THURSDAY

Boot Camp (32)
9-10 a.m.

Intermediate/Advanced
Jazz (27)
4-5 p.m.

Hip-Hop-Guys & Gals
(28)
5-6 p.m.

Improvisation (55)
5-6 p.m.

Swim Club (15)
5:30-7 p.m.

FitKick (32)
6-6:30 p.m.

Percussion Ensemble
(41)
7-8 p.m.

Private music lessons age 5+ are offered Saturday through Thursday, year round.