

ADULT PROGRAMS

SPRING SESSION DATES

January 25th - March 5th

March 15th - April 23rd

Resolution Boot Camp

\$50/Members

\$75/Potential

Are you ready to fulfill your New Year's Resolution? If so, then join Jenna and others like you for this total-body workout. Jenna is one of our most popular instructors and promises to have you whipped into shape. Once you start this class, you won't want to stop.

Sign-up today!

Group Fitness Room

Yoga-Lates

\$25/Members

\$50/Potential

A great mix of two similar disciplines (Yoga and Pilates), this class is led by certified Yoga Instructor, Hilary Jones and is a great end to your day. Get your blood flowing and while you stretch your muscles. This class is perfect for all ages and ability levels. Yoga-Lates is one of our most popular fitness programs.

Fitness Studio

Lifeguard Certification

\$30/Members

\$50/Potential

Get certified before summer rolls around so you can get that lifeguard job you want. The session will consist of 18 classes in the pool and classroom. Cost includes needed class materials and certification fee.

Session II ONLY.

CLASS TIMES: TBA

Adult Volleyball Leagues

\$130/Team (+ \$5 per week referee fees)

Our longest running and most successful adult program, we offer 4 volleyball leagues in the Spring. So grab some friends and join one of these competitive leagues!

Tuesday Women's League Tuesdays at 6:30 PM
Men's League Wednesdays at 6:30 PM
Thursday Women's League Thursdays at 6:30 PM
Co-Ed League Sundays at 3:00 PM

Badminton Leagues

\$25/Members

\$50/Potential

Another staple of YMCA programming, Badminton players can join one of two leagues and see if they have what it takes to beat the best.

Women's League Mondays at 6:00 PM
Open League Tuesdays at 5:30 PM

If you have questions or concerns about Adult Programs offered at the YMCA, please contact Program Director, Chad Walsh at

cwalsh@lockhavenymca.com