

Enrichment & Recreation

| | <u>Date</u> | <u>Days</u> | <u>Times</u> | <u>Location</u> | <u>Cost</u> |
|-----------------------------------|-------------|-------------|--------------|-----------------|-------------|
| <u>Computers & Technology</u> | | | | | |
| Computer Savvy 1 | 10/7-10/16 | T/Th | 5:30-7:30pm | RPMS C-Lab | \$65.00 |
| Computer Savvy 2 | 10/28-11/6 | T/Th | 5:30-7:30pm | RPMS C-Lab | \$65.00 |
| Computer Savvy 3 | 11/17-11/25 | Mon/Wed | 5:30-7:30pm | RPMS C-Lab | \$65.00 |

Fine Arts & Creativity

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|----------------------------|-------------|------|-------------|------------------|------------------|
| Basic Photography | 9/15-9/29 | Mon | 5:30-7:30pm | NM Elem C-Lab | \$60.00 |
| Basic Photoshop | 9/15-9/29 | Mon | 7:30-9:30pm | NM Elem C-Lab | \$60.00 |
| Beginning East Coast Swing | 10/20-11/17 | Mon | 7:00-8:00pm | RP Elem Multi Rm | \$150 per couple |
| Interm & Adv Photography | 9/16-9/30 | Tues | 5:30-7:30pm | NM Elem C-Lab | \$60.00 |
| Interm & Adv Photoshop | 9/16-9/30 | Tues | 7:30-9:30pm | NM Elem C-Lab | \$60.00 |
| Knitting Mistakes: Oh Help | 10/21 | Tues | 7:00-9:00pm | CSB Rm105 | \$15.00 |
| Quickie Lace Shawl | 9/16-9/30 | Tues | 7:00-9:00pm | CSB Rm 105 | \$35.00 |
| Red Poppy Cowl | 10/28-11/18 | Tues | 7:00-9:00pm | CSB 105 | \$45.00 |
| Rumba Latin Dance | 9/15-10/13 | Mon | 7:00-8:00pm | RP Elem Multi Rm | \$150 per couple |
| Socks on Straight Needles | 11/25-12/16 | Tues | 7:00-9:00pm | CSB Rm 105 | \$45.00 |

Health, Wellness, & Fitness

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|--|-------------|-------------|-------------|---------------|----------|
| Adult Running Group | 9/16-10/9 | T/Th | 5:30-6:30pm | Goodrich Park | \$40.00 |
| | 10/21-11/13 | T/Th | 5:30-6:30pm | Goodrich Park | \$40.00 |
| Cardio-Kickboxing | 9/10-10/22 | Wed | 6:00-7:00pm | The Gym | \$38.00 |
| | 10/29-12/17 | Wed | 6:00-7:00pm | The Gym | \$38.00 |
| Dealing with Pain & the Medical System | 11/3/2014 | Mon | 7:00-8:30pm | NMHS C-Lab | \$10.00 |
| Fermentation 101 | 9/15-9/22 | Mon | 7:00-8:30pm | NMHS C-Lab | \$20.00 |
| In and Out Fitness | 9/15-10/22 | Mon/Wed | 4:00-4:30pm | WMS Choir Rm | \$35.00 |
| | 10/27-12/17 | Mon/Wed | 4:00-4:30pm | WMS Choir Rm | \$42.00 |
| Jackies Aerobic Dance | 9/15-12/19 | Mon/Wed/Fri | 8:30-9:30am | NMCC | \$231.00 |
| | 9/15-12/19 | Mon/Fri | 8:30-9:30am | NMCC | \$154.00 |
| Mix It Up Fitness | 9/15-10/22 | Mon/Wed | 6:00-6:45 | WMS Café | \$49.00 |

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| | 10/27-12/17 | Mon/Wed | 6:00-6:45pm | WMS Café | \$62.00 |
| Pilates & Yoga with Alida | 10/27-12/3 | Mon/Wed | 7:00-8:00pm | Ealy Elem Café | \$60.00 |
| Sanchin Ryu- Karate for Families | 9/15-10/27 | Mon | 6:45-7:30pm | WL Sr Ctr | \$60.00 |
| | 11/3-12/15 | Mon | 6:45-7:30pm | WL Sr Ctr | \$60.00 |
| Total Body Fitness with Alida | 10/27-12/3 | Mon/Wed | 6:00-7:00pm | Ealy Elem Café | \$60.00 |
| Vaccines-Make an Informed Choice | 9/29/2014 | Mon | 7:00-8:30pm | NMHS C-Lab | \$10.00 |

Personal Growth & Professional Development

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| Basic Conversational Spanish | 9/29-10/15 | Mon/Wed | 6:00-7:30pm | WL Library | \$60.00 |
| | 10/27-11/12 | Mon/Wed | 6:00-7:30pm | WL Library | \$60.00 |
| Detoxing Your Home with Essential Oils | 11/13/2014 | Thu | 6:00-8:00pm | MACC Café | \$17.00 |
| Essential Oils 101 | 10/16/2014 | Thu | 6:00-8:00pm | MACC Café | \$15.00 |
| French Language and Travel Seminar | 9/23-10/16 | Tue/Thur | 6:30-7:30pm | CSB Rm 403 | \$40.00 |
| | 10/28-11/20 | Tue/Thur | 6:30-7:30pm | CSB Rm 403 | \$40.00 |
| Healthy Eating with Middle Eastern Cooking | 9/23/2014 | Tue | 6:00-7:30pm | CSB Breakroom | \$20.00 |
| Interior Design Basics | 9/22-10/27 | Mon | 7:00-8:30pm | NM Elem Media Ctr | \$65.00 |

Sports, Recreation & Enjoying the Great Outdoors

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|--------------------------------|------------|-----------|-------------|-------------------|-------------|
| Adult Coed Volleyball | 9/15-12/15 | Mon | 7:00-9:00pm | RPMS Gym | \$49.00 |
| Family Taekwondo-Whitehall | 9/23-12/18 | Tues/Thur | 6:30-8:30pm | WMS Café | Cost Varies |
| Off the Water Walleye Workshop | 12/1/2014 | Mon | 6:00-8:00pm | WL Library | \$20.00 |
| Taekwondo- New Era Elementry | 9/15-12/17 | Mon/Wed | 6:30-7:30pm | New Era Elem Gym | \$50.00 |
| Walleye On the Water Seminar | 9/8/2014 | Mon | 4:30-7:30pm | Mont. Boat Launch | \$60.00 |
| | 10/6/2014 | Mon | | Mont. Boat Launch | \$60.00 |
| | 10/27/2014 | Mon | | Mont. Boat Launch | \$60.00 |

Just For Kids

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| Active Play Group with Joni | 9/21-10/17 | Fri | 10:00-11:30am | CSB Rm 407 | \$20.00 |
| | 10/24-12/12 | Fri | 10:00-11:30am | CSB Rm 407 | \$20.00 |
| Playgroup with Joni | 9/10-10/15 | Wed | 10:00-11:30am | CSB Rm 407 | \$20.00 |

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| | 10/22-12/10 | Wed | 10:00-11:30am | CSB Rm 407 | \$20.00 |
| Karate for Kids Grades K-3 | 9/15-10/27 | Mon | 6:00-6:30pm | WL Senior Ctr | \$20.00 |
| | 11/3-12/15 | Mon | 6:00-6:30pm | WL Senior Ctr | \$20.00 |
| Karate for Families | 9/15-10/27 | Mon | 6:45-7:30pm | WL Senior Ctr | \$60.00 |
| | 11/3-12/15 | Mon | 6:45-7:30pm | WL Senior Ctr | \$60.00 |
| YMCA Swimming Lessons | | | | | |
| Shrimps | 9/22-10/27 | Mon | 5:00-5:30pm | Comfort Inn | \$70.00 |
| Pikes | 9/22-10/27 | Mon | 5:40-6:10pm | Comfort Inn | \$70.00 |
| Pikes | 9/22-10/27 | Mon | 6:20-6:50pm | Comfort Inn | \$70.00 |
| Eels | 9/22-10/27 | Mon | 7:00-7:30pm | Comfort Inn | \$70.00 |
| Polliwogs | 9/22-10/27 | Mon | 7:40-8:10pm | Comfort Inn | \$70.00 |

**** 2nd session dates are 11/3-12/8 same times/cost**

Young Champions

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|--------------|-----------|------|------------|-------------|------------------|
| Cheerleading | 9/22-1/12 | Mon | Times Vary | Oehrli Elem | \$6.00 per class |
| Self Defense | 9/18-1/15 | Thur | Times Vary | Oehrli Elem | \$6.00 per class |

Call YC's at 800-940-7469 for more information

