

Age	Program Type	Level	Member cost	Non-member cost	Day	Time	Session #	Date 1	Date 2	Date 3	Date 4	Date 5	Rain Out Day 1
Adult	Clinic	Beginners	\$105	\$126	Sundays	12:30pm - 2:00pm	3	13-Aug	20-Aug	10-Sep	17-Sep	24-Sep	01-Oct
Adult	Clinic	Beginners	\$105	\$126	Saturdays	10am - 11:30am	3	12-Aug	19-Aug	09-Sep	16-Sep	23-Sep	30-Sep
Adult	Clinic	Advanced Beginners	\$120	\$144	Thursdays	7:30pm-9:00pm	3	10-Aug	17-Aug	24-Aug	07-Sep	14-Sep	21-Sep
Adult	Clinic	Advanced Beginners	\$120	\$144	Saturdays	11:30am - 1:00pm	3	12-Aug	19-Aug	09-Sep	16-Sep	23-Sep	30-Sep
Adult	Clinic	Intermediate	\$120	\$144	Sundays	11am - 12:30pm	3	13-Aug	20-Aug	10-Sep	17-Sep	24-Sep	01-Oct
Adult	Clinic	Intermediate	\$96	\$116	Thursdays	6:00pm-7:30pm	3	03-Aug	10-Aug	17-Aug	24-Aug		
Adult	Specialty	Cardio	\$64	\$77	Wednesdays	6pm-7pm	3	02-Aug	09-Aug	16-Aug	23-Aug		
Adult	Specialty	Cardio	\$80	\$96	Sundays	10am - 11am	3	13-Aug	20-Aug	10-Sep	17-Sep	24-Sep	01-Oct
Adult	Specialty	Train & Play - 5.0	\$120	\$144	Mondays	7:30-9:00pm	3	14-Aug	21-Aug	11-Sep	18-Sep	25-Sep	02-Oct