

# YAC Summer Swim Lessons

Classes are 1/2 hour in length

*Mornings*

## Monday - Thursday

11:00AM - 12:30PM  
I. June 15 - June 25  
II. July 6 - July 16  
III. July 20 - July 30

### Cost

Member: \$45.00 +tax  
Non Member: 55.00 +tax

*Evenings*

## Tuesday & Thursday

6:30PM - 8:00PM  
I. June 16 - July 9  
II. July 14 - August 6

### Cost

Member: \$45.00 +tax  
Non Member: \$55.00 +tax

*Pre-School 1-3*

\$5 discount for additional sibling(s)

Instruction for children ages 3-5 years old who are ready for formal instruction in a class atmosphere

No more than 4 students per instructor

*Level 1-6*

Instruction for children ages 6-14 years old

Red Cross lesson format

No more than 5 students per instructor

*Parent - Tot*

## Wednesday

6:30PM - 7:00 PM  
I. July 9 - July 30

### COST

Member: \$22+tax  
Non-Member: \$30+tax

## LIFEGUARD SWIM HOURS

Begins Monday, June 15

Monday - Sunday 1:00-4:00PM  
Tues., Thurs., Fri. 6:30 - 8:30PM

Begins Monday, July 6

Mon., Weds. 6:30 - 8:30PM

Children under the age of 15 may only swim during lifeguard hours

Visit us online at [www.yakimaathletic.com](http://www.yakimaathletic.com)

# YAC TENNIS PROGRAM

June 15 - 18 • June 22-25 • July 6-9 • July 13 -16 • CAMP: July 20-23 • July 27-30 • August 3-6

## Little Hitters

Tues. & Thurs.

9:00 - 10:30AM

Ages: 4+  
Children are introduced to the basics of tennis from 9-9:45AM. Supervised play from 9:45 - 10:30AM. Children will learn eye-hand coordination, tennis and social skills.

**\$25**

## Tennis 1

Mon. - Thurs.

10:00 - 11:30AM  
Designed for those who have had little or no exposure to tennis. The class will cover stroke production, match play and court etiquette.

Limited to 12 students per session.

**\$42**

## Tennis 2

Mon. - Thurs.

10:00 - Noon  
Designed for those who have tennis experience and are working toward mastery of all basic strokes with an introduction to competitive play.

Limited to 12 students per session.

**\$50**

## CAMP

Mon. - Thurs.

9:00 - Noon  
Ages: 4-15  
Don't take a week off! Join our camp staff while mastering your skills and playing new and inventive games. Plus water balloons and slip-n-slide!

Limited to 15 students.

**\$70**

\$10 additional fee for Non-Members

## YOUTH FITNESS ACADEMY

Tuesday & Thursday  
3:00 - 4:00PM

June 16 - August 13

Ages: 12+

Cost: \$99/ 10 visits  
Offered at both facilities  
Instructed by a Certified Personal Trainer

## SOCCER CAMP

Monday - Friday

10:00- Noon

July 6 - July 10

Grades: 1 - 5

COST: \$100 +tax

## KID MOTION

Monday & Wednesday  
10:00 - 11:00AM

June 15 - August 17

Ages: 5-10

Cost: \$3 first child  
\$1 each additional  
Every Monday is SWIM day

## YAC NIGHT OUT

Friday Nights 6:30 - 8:45PM

Jun. 5,12,26/Jul. 10,17,31/

Aug. 7,14,21

Ages: 6-12

Cost: **FREE** to **Family Memberships**  
Members: \$6 first child  
\$3 each additional child  
Non-Members: \$7 per child  
Don't forget your swimsuit and towel!

## PEE-WEE SOCCER

Monday - Thursday

4:00 - 5:00PM

July 13 - July 16

Ages: 5 and 6

COST: \$45 +tax

Limited 10 students

## JAC

Junior Athletic Conditioning

Tuesday & Thursday  
2:30- 3:30PM

I. June 16 - July 30

II. July 21 - August 13

Ages: 9-11

Obstacle courses, games and MORE!

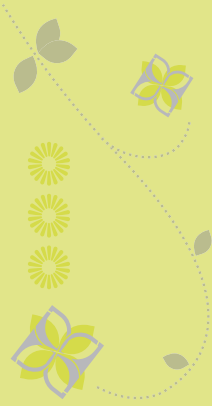
Member: \$60 +tax

Non-Member: \$70 +tax

Limited 10 students/session

**Yakima Athletic Club**

2501 Racquet Lane ~ Yakima, WA. 98902



**SUMMER 2009**



## **Yakima Athletic Club** SUMMER YOUTH PROGRAMS

The Yakima Athletic Club wants to share our knowledge and passion for fitness in programs for youth. We provide the best in professional, certified instruction and our programs are geared for ALL to have fun!

**Pre-registration for all programs begins**

**June 1st at YAC - Members only**

*Non-member registration begins June 2nd*

**7:30AM - 10:00AM**

**4:00PM - 6:00PM**

Payment due time of registration.

No phone registrations accepted that day.

## **Yakima Athletic Club**

2501 Racquet Ln. Yakima, WA 98902

Questions? Call: Anne Whiteside, Program Director or Haley Koreski, Youth Director at 453-6521