



## Hot Springs Family YMCA | May 8th - May 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim Lessons - Youth Stage 4: Stroke Intro.</b>	1:00AM-2:00AM (Swim Lessons - Youth)						1:00AM-2:00AM (Swim Lessons - Youth)
<b>Recreational Swim 3ft</b>	2:00AM-3:00AM (Drop-In Swim)	10:00AM-1:00PM (Drop-In Swim)	10:00AM-1:00PM (Drop-In Swim)				2:00AM-3:00AM (Drop-In Swim)
<b>Swim Lessons - Youth Stage 6: Stroke Mechanics</b>	3:00AM-4:00AM (Swim Lessons - Youth)						3:00AM-4:00AM (Swim Lessons - Youth)
<b>Rec Swim with Slide</b>	4:00AM-5:00AM (Drop-In Swim)						4:00AM-5:00AM (Drop-In Swim)
<b>Swim Lessons - Teen</b> <a href="#">Register Now</a>	5:00AM-6:00AM (Swim Lessons - Teen)						5:00AM-6:00AM (Swim Lessons - Teen)
<b>Family Swim</b>	6:00AM-7:00AM (Drop-In Swim)						6:00AM-7:00AM (Drop-In Swim)
<b>Swim Lessons - Teen Intermediate</b> <a href="#">Register Now</a>	7:00AM-8:00AM (Swim Lessons - Teen)						7:00AM-8:00AM (Swim Lessons - Teen)
<b>Swim Lessons - Parent/Child Stage A: Water Discov.</b> <a href="#">Register Now</a>	8:00AM-9:00AM (Swim Lessons - Child with Adult)						8:00AM-9:00AM (Swim Lessons - Child with Adult)
<b>Lap Swim</b>	8:00AM-9:00AM (Drop-In Swim)						8:00AM-9:00AM (Drop-In Swim)
<b>Swim Lessons - Preschool Stage 1: Water Acclimat.</b> <a href="#">Register Now</a>	10:00AM-11:00AM (Swim Lessons - Preschool)						10:00AM-11:00AM (Swim Lessons - Preschool)
<b>Youth Cooking - Future Chefs</b> <a href="#">Register Now</a>	10:00AM-10:00AM (Cooking Classes)	10:00AM-1:00PM (Cooking Classes)	10:00AM-1:00PM (Cooking Classes)				10:00AM-10:00AM (Cooking Classes)
<b>Swim Lessons - Preschool Stage 3: Water Stamina</b> <a href="#">Register Now</a>	12:00PM-1:00PM (Swim Lessons - Preschool)						12:00PM-1:00PM (Swim Lessons - Preschool)
<b>Room Rental</b> <a href="#">Register Now</a>	1:00PM-2:00PM (Birthday Parties)	10:00AM-1:00PM (Birthday Parties)	10:00AM-1:00PM (Birthday Parties)				1:00PM-2:00PM (Birthday Parties)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim Lesson - Private</b> <a href="#">Register Now</a>	2:00PM-3:00PM (Swim Lessons - Private)	10:00AM-1:00PM (Swim Lessons - Private)	10:00AM-1:00PM (Swim Lessons - Private)				2:00PM-3:00PM (Swim Lessons - Private)
<b>2016/17 Bellevue: No School Days - Package Option</b> <a href="#">Register Now</a>	3:00PM-4:00PM (Before & After School Programs)	10:00AM-1:00PM (Before & After School Programs)	10:00AM-1:00PM (Before & After School Programs)				3:00PM-4:00PM (Before & After School Programs)
<b>Swim Lessons - Youth Stage 2: Water Movement</b>	4:00PM-5:00PM (Swim Lessons - Youth)						4:00PM-5:00PM (Swim Lessons - Youth)
<b>Lose to Win for Men - Weight Loss Program</b> <a href="#">Register Now</a>		1:00AM-2:00AM (Weight Loss)  10:00AM-1:00PM (Weight Loss)	1:00AM-2:00AM (Weight Loss)  10:00AM-1:00PM (Weight Loss)				
<b>For facility Lose to Win for Men - Weight Loss Program</b> <a href="#">Register Now</a>		1:00AM-2:00AM (Weight Loss)  10:00AM-1:00PM (Weight Loss)	1:00AM-2:00AM (Weight Loss)  10:00AM-1:00PM (Weight Loss)				
<b>Small Group Training - Tween Titans</b>		2:00AM-3:00AM (Small Group Training - Youth)	2:00AM-3:00AM (Small Group Training - Youth)				
<b>Discovery Camp: Drop-off - Carol Edwards Ctr. 2017</b> <a href="#">Register Now</a>		2:00AM-3:00AM (Discovery Day Camp)	2:00AM-3:00AM (Discovery Day Camp)				
<b>For facility Small Group Training - Tween Titans</b>		2:00AM-3:00AM (Small Group Training - Youth)	2:00AM-3:00AM (Small Group Training - Youth)				
<b>For facility Discovery Camp: Drop-off - Carol Edwards Ctr. 2017</b> <a href="#">Register Now</a>		2:00AM-3:00AM (Discovery Day Camp)	2:00AM-3:00AM (Discovery Day Camp)				
<b>2016/17 Woodmoor - (f) Non-School Days</b> <a href="#">Register Now</a>		3:00AM-4:00AM (Before & After School Child Care)  10:00AM-1:00PM (Before & After School Child Care)	3:00AM-4:00AM (Before & After School Child Care)  10:00AM-1:00PM (Before & After School Child Care)				
<b>For facility 2021/22 Woodmoor - (f) Non-School Days</b> <a href="#">Register Now</a>		3:00AM-4:00AM (Before & After School Child Care)  10:00AM-1:00PM (Before & After School Child Care)	3:00AM-4:00AM (Before & After School Child Care)  10:00AM-1:00PM (Before & After School Child Care)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Private Yoga - 10, 1-hour sessions</b> <a href="#">Register Now</a>		4:00AM-5:00AM (Personal Training)	4:00AM-5:00AM (Personal Training)				
<b>Discovery Camp: Drop-off - Northshore YMCA 2017</b> <a href="#">Register Now</a>		4:00AM-5:00AM (Discovery Day Camp)	4:00AM-5:00AM (Discovery Day Camp)				
<b>For facility Private Yoga - 10, 1-hour sessions</b> <a href="#">Register Now</a>		4:00AM-5:00AM (Personal Training)	4:00AM-5:00AM (Personal Training)				
<b>For facility Discovery Camp: Drop-off - Northshore YMCA 2017</b> <a href="#">Register Now</a>		4:00AM-5:00AM (Discovery Day Camp)	4:00AM-5:00AM (Discovery Day Camp)				
<b>HIIT</b> <a href="#">Register Now</a>		5:00AM-6:00AM (Group Exercise Classes)	5:00AM-6:00AM (Group Exercise Classes)				
<b>2016/17 Woodmoor - (c) After Care</b> <a href="#">Register Now</a>		5:00AM-6:00AM (Before & After School Child Care)	5:00AM-6:00AM (Before & After School Child Care)				
<b>For facility HIIT</b> <a href="#">Register Now</a>		5:00AM-6:00AM (Group Exercise Classes)	5:00AM-6:00AM (Group Exercise Classes)				
<b>For facility 2021/22 Woodmoor - (c) After Care</b> <a href="#">Register Now</a>		5:00AM-6:00AM (Before & After School Child Care)	5:00AM-6:00AM (Before & After School Child Care)				
<b>Partner Personal Training - 1 session</b> <a href="#">Register Now</a>		6:00AM-7:00AM (Personal Training)	6:00AM-7:00AM (Personal Training)				
<b>A BOLD Backpacking Adventure: Discovery in the Olympics</b>		6:00AM-7:00AM (BOLD One-Week Expeditions)	6:00AM-7:00AM (BOLD One-Week Expeditions)				
<b>For facility Partner Personal Training - 1 session</b> <a href="#">Register Now</a>		6:00AM-7:00AM (Personal Training)	6:00AM-7:00AM (Personal Training)				
<b>For facility A BOLD Backpacking Adventure: Discovery in the Olympics</b>		6:00AM-7:00AM (BOLD One-Week Expeditions)	6:00AM-7:00AM (BOLD One-Week Expeditions)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Moving for Better Balance - Continuing Spring 2017</b>  <a href="#">Register Now</a>		7:00AM-8:00AM (Group Exercise Classes)	7:00AM-8:00AM (Group Exercise Classes)				
<b>2016/17 Northshore - Pre-K Child Care (4 - 5yrs)</b>  <a href="#">Register Now</a>		7:00AM-8:00AM (Preschool Child Care)	7:00AM-8:00AM (Preschool Child Care)				
<b>For facility Moving for Better Balance - Continuing Spring 2017</b>  <a href="#">Register Now</a>		7:00AM-8:00AM (Group Exercise Classes)	7:00AM-8:00AM (Group Exercise Classes)				
<b>For facility 2021/22 Northshore - Pre-K Child Care (4 - 5yrs)</b>  <a href="#">Register Now</a>		7:00AM-8:00AM (Preschool Child Care)	7:00AM-8:00AM (Preschool Child Care)				
<b>Nutrition Consultation - Initial</b>  <a href="#">Register Now</a>		8:00AM-9:00AM (Health Improvement)	8:00AM-9:00AM (Health Improvement)				
<b>BOLD Fishing and Backpacking in the North Cascades</b>  <a href="#">Register Now</a>		8:00AM-9:00AM (BOLD One-Week Expeditions)	8:00AM-9:00AM (BOLD One-Week Expeditions)				
<b>For facility Nutrition Consultation - Initial</b>  <a href="#">Register Now</a>		8:00AM-9:00AM (Health Improvement)	8:00AM-9:00AM (Health Improvement)				
<b>For facility BOLD Fishing and Backpacking in the North Cascades</b>  <a href="#">Register Now</a>		8:00AM-9:00AM (BOLD One-Week Expeditions)	8:00AM-9:00AM (BOLD One-Week Expeditions)				
<b>Climbing - Adult Rock Climbing - September</b>  <a href="#">Register Now</a>		10:00AM-11:00AM (Climbing - Adult)  10:00AM-1:00PM (Climbing - Adult)	10:00AM-11:00AM (Climbing - Adult)  10:00AM-1:00PM (Climbing - Adult)				
<b>Academic Success</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Academic Success)	10:00AM-1:00PM (Academic Success)				
<b>Strength</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Strength)	10:00AM-1:00PM (Strength)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Forever well</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Forever Well)	10:00AM-1:00PM (Forever Well)				
<b>AOA National Senior Health and Fitness Day</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Health & Wellness Workshops)	10:00AM-1:00PM (Health & Wellness Workshops)				
<b>LIVESTRONG at the YMCA</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Health Improvement)	10:00AM-1:00PM (Health Improvement)		7:00AM-8:00AM (Health Improvement)	7:00AM-8:00AM (Health Improvement)	
<b>Pilates Reformer - 10, private 1 hr sessions</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Personal Training)	10:00AM-1:00PM (Personal Training)		3:00AM-4:00AM (Personal Training)	3:00AM-4:00AM (Personal Training)	
<b>Small Group Training - Pilates Reformer Level I/II</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Small Group and Specialty Training)	10:00AM-1:00PM (Small Group and Specialty Training)				
<b>Small Group Training - Tween Girl Power!</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Small Group Training - Youth)	10:00AM-1:00PM (Small Group Training - Youth)		1:00AM-2:00AM (Small Group Training - Youth)	1:00AM-2:00AM (Small Group Training - Youth)	
<b>Swim Lessons - Parent/Child Stage A: Water Discov</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Child with Adult)	10:00AM-1:00PM (Swim Lessons - Child with Adult)				
<b>Swim Lessons - Preschool Stage 1: Water Acclimat</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Preschool)	10:00AM-1:00PM (Swim Lessons - Preschool)				
<b>Swim Lessons - Teen Advanced</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Teen)	1:00AM-2:00AM (Swim Lessons - Teen)  10:00AM-1:00PM (Swim Lessons - Teen)	1:00AM-2:00AM (Swim Lessons - Teen)			
<b>Swim Lessons - Youth Stage 4: Stroke Intro</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Youth)	10:00AM-1:00PM (Swim Lessons - Youth)				
<b>Swim Team - Interest List</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Team)	4:00AM-5:00AM (Swim Team)  10:00AM-1:00PM (Swim Team)	4:00AM-5:00AM (Swim Team)			
<b>BOLD Cascade Challenge</b> <a href="#">Register Now</a>		10:00AM-1:00PM (BOLD One-Week Expeditions)	10:00AM-1:00PM (BOLD One-Week Expeditions)		5:00AM-6:00AM (BOLD One-Week Expeditions)	5:00AM-6:00AM (BOLD One-Week Expeditions)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Discover Camp: Drop-off - Carol Edwards Ctr. 2017</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Discovery Day Camp)	10:00AM-1:00PM (Discovery Day Camp)				
<b>AM Fit &amp; Fun</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Academic Enrichment - Youth)	10:00AM-1:00PM (Academic Enrichment - Youth)  4:00PM-5:00PM (Academic Enrichment - Youth)	4:00PM-5:00PM (Academic Enrichment - Youth)			
<b>May Crafternoon: Handprint Sunshines</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Arts & Crafts)	10:00AM-1:00PM (Arts & Crafts)				
<b>Earth Service Corps About YEST</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Earth Service Corps)	10:00AM-1:00PM (Earth Service Corps)				
<b>Kids Zone 4 wks - 11 yrs</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Kids Zone Activity Centers)	10:00AM-1:00PM (Kids Zone Activity Centers)				
<b>2016/17 Northshore-Preschool Child Care (30m-4yr)</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Preschool Child Care)	10:00AM-1:00PM (Preschool Child Care)		1:00AM-2:00AM (Preschool Child Care)	1:00AM-2:00AM (Preschool Child Care)	
<b>HomeZone</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Sports Classes & Workshops - Youth)	10:00AM-1:00PM (Sports Classes & Workshops - Youth)				
<b>For facility Climbing - Adult Rock Climbing - September</b>  <a href="#">Register Now</a>		10:00AM-11:00AM (Climbing - Adult)  10:00AM-1:00PM (Climbing - Adult)	10:00AM-11:00AM (Climbing - Adult)  10:00AM-1:00PM (Climbing - Adult)				
<b>For facility Academic Success</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Academic Success)	10:00AM-1:00PM (Academic Success)				
<b>For facility Strength</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Strength)	10:00AM-1:00PM (Strength)				
<b>For facility Forever well</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Forever Well)	10:00AM-1:00PM (Forever Well)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>For facility Youth Cooking - Future Chefs</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Cooking Classes)	10:00AM-1:00PM (Cooking Classes)				
<b>For facility AOA National Senior Health and Fitness Day</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Health & Wellness Workshops)	10:00AM-1:00PM (Health & Wellness Workshops)				
<b>For facility LIVESTRONG at the YMCA</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Health Improvement)	10:00AM-1:00PM (Health Improvement)				
<b>For facility Pilates Reformer - 10, private 1 hr sessions</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Personal Training)	10:00AM-1:00PM (Personal Training)				
<b>For facility Small Group Training - Pilates Reformer Level I/II</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Small Group and Specialty Training)	10:00AM-1:00PM (Small Group and Specialty Training)				
<b>For facility Small Group Training - Tween Girl Power!</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Small Group Training - Youth)	10:00AM-1:00PM (Small Group Training - Youth)				
<b>For facility Swim Lessons - Parent/Child Stage A: Water Discov</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Child with Adult)	10:00AM-1:00PM (Swim Lessons - Child with Adult)				
<b>For facility Swim Lessons - Preschool Stage 1: Water Acclimat</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Preschool)	10:00AM-1:00PM (Swim Lessons - Preschool)				
<b>For facility Swim Lesson - Private</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Private)	10:00AM-1:00PM (Swim Lessons - Private)				
<b>For facility Swim Lessons - Teen Advanced</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Teen)	10:00AM-1:00PM (Swim Lessons - Teen)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>For facility Swim Lessons - Youth Stage 4: Stroke Intro</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Youth)	10:00AM-1:00PM (Swim Lessons - Youth)				
<b>For facility Swim Team - Interest List</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Team)	10:00AM-1:00PM (Swim Team)				
<b>For facility Recreational Swim 3ft</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Drop-In Swim)	10:00AM-1:00PM (Drop-In Swim)				
<b>For facility BOLD Cascade Challenge</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (BOLD One-Week Expeditions)	10:00AM-1:00PM (BOLD One-Week Expeditions)				
<b>For facility Discover Camp: Drop-off - Carol Edwards Ctr. 2017</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Discovery Day Camp)	10:00AM-1:00PM (Discovery Day Camp)				
<b>For facility AM Fit &amp; Fun</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Academic Enrichment - Youth)	10:00AM-1:00PM (Academic Enrichment - Youth)				
<b>For facility May Crafternoon: Handprint Sunshines</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Arts & Crafts)	10:00AM-1:00PM (Arts & Crafts)				
<b>For facility 2021/22 Bellevue: No School Days - Package Option</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Before & After School Programs)	10:00AM-1:00PM (Before & After School Programs)				
<b>For facility Room Rental</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Birthday Parties)	10:00AM-1:00PM (Birthday Parties)				
<b>For facility Earth Service Corps About YEST</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Earth Service Corps)	10:00AM-1:00PM (Earth Service Corps)				
<b>For facility Kids Zone 4 wks - 11 yrs</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Kids Zone Activity Centers)	10:00AM-1:00PM (Kids Zone Activity Centers)				



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>For facility 2021/22 Northshore- Preschool Child Care (30m-4yr)</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Preschool Child Care)	10:00AM-1:00PM (Preschool Child Care)				
<b>For facility HomeZone</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Sports Classes & Workshops - Youth)	10:00AM-1:00PM (Sports Classes & Workshops - Youth)				
<b>Climbing - Parent/Child Climbing - September</b>  <a href="#">Register Now</a>		12:00PM-1:00PM (Climbing - Adult)	12:00PM-1:00PM (Climbing - Adult)				
<b>For facility Climbing - Parent/Child Climbing - September</b>  <a href="#">Register Now</a>		12:00PM-1:00PM (Climbing - Adult)	12:00PM-1:00PM (Climbing - Adult)				
<b>Swim Lessons - Youth Stage 5: Stroke Devel.</b>			2:00AM-3:00AM (Swim Lessons - Youth)	2:00AM-3:00AM (Swim Lessons - Youth)			
<b>Wade Swim 2ft</b>			3:00AM-4:00AM (Drop-In Swim)	3:00AM-4:00AM (Drop-In Swim)			
<b>Adult Swim 5.5 ft</b>			5:00AM-6:00AM (Drop-In Swim)	5:00AM-6:00AM (Drop-In Swim)			
<b>Swim Lessons - Teen Beginning</b>  <a href="#">Register Now</a>			6:00AM-7:00AM (Swim Lessons - Teen)	6:00AM-7:00AM (Swim Lessons - Teen)			
<b>Swim Lessons - Youth Stage 3: Water Stamina</b>			7:00AM-8:00AM (Swim Lessons - Youth)	7:00AM-8:00AM (Swim Lessons - Youth)			
<b>Recreational Swim</b>			7:00AM-8:00AM (Drop-In Swim)	7:00AM-8:00AM (Drop-In Swim)			
<b>Swim Lessons - Parent/Child Stage B: Water Explor.</b>  <a href="#">Register Now</a>			9:00AM-10:00AM (Swim Lessons - Child with Adult)	9:00AM-10:00AM (Swim Lessons - Child with Adult)			
<b>Kids Zone 4 wks -11 yrs</b>  <a href="#">Register Now</a>			9:00AM-10:00AM (Kids Zone Activity Centers)	9:00AM-10:00AM (Kids Zone Activity Centers)			
<b>Swim Lessons - Preschool Stage 2: Water Movement</b>  <a href="#">Register Now</a>			11:00AM-12:00PM (Swim Lessons - Preschool)	11:00AM-12:00PM (Swim Lessons - Preschool)			
<b>Swim Lessons - Preschool Stage 4: Stroke Intro.</b>  <a href="#">Register Now</a>			1:00PM-2:00PM (Swim Lessons - Preschool)	1:00PM-2:00PM (Swim Lessons - Preschool)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Birthday Party</b> <a href="#">Register Now</a>			2:00PM-3:00PM (Birthday Parties)	2:00PM-3:00PM (Birthday Parties)			
<b>Swim Lessons - Youth Stage 1: Water Acclimat.</b>			3:00PM-4:00PM (Swim Lessons - Youth)	3:00PM-4:00PM (Swim Lessons - Youth)			
<b>Lose to Win - Weight Loss Program</b> <a href="#">Register Now</a>					2:00AM-3:00AM (Weight Loss)	2:00AM-3:00AM (Weight Loss)	
<b>Discovery Camp: Drop-off - Kenmore Elementary 2017</b> <a href="#">Register Now</a>					3:00AM-4:00AM (Discovery Day Camp)	3:00AM-4:00AM (Discovery Day Camp)	
<b>2016/17 Woodmoor - (b) After Plus Care</b> <a href="#">Register Now</a>					4:00AM-5:00AM (Before & After School Child Care)	4:00AM-5:00AM (Before & After School Child Care)	
<b>Pilates Reformer - Duet - 10, 1 hour sessions</b> <a href="#">Register Now</a>					5:00AM-6:00AM (Personal Training)	5:00AM-6:00AM (Personal Training)	
<b>HIIT - Metabolic Conditioning</b> <a href="#">Register Now</a>					6:00AM-7:00AM (Group Exercise Classes)	6:00AM-7:00AM (Group Exercise Classes)	
<b>2016/17 Sunrise - (a) Before and After Care</b> <a href="#">Register Now</a>					6:00AM-7:00AM (Before & After School Child Care)	6:00AM-7:00AM (Before & After School Child Care)	
<b>BOLD Rivers and Rocks</b> <a href="#">Register Now</a>					7:00AM-8:00AM (BOLD One-Week Expeditions)	7:00AM-8:00AM (BOLD One-Week Expeditions)	
<b>ACT! Actively Changing Together</b> <a href="#">Register Now</a>					9:00AM-10:00AM (Health Improvement)	9:00AM-10:00AM (Health Improvement)	
<b>Earth Service Corps About YESC</b> <a href="#">Register Now</a>					9:00AM-10:00AM (Earth Service Corps)	9:00AM-10:00AM (Earth Service Corps)	
<b>Climbing - Parent/Child Climbing - October</b> <a href="#">Register Now</a>					10:00AM-11:00AM (Climbing - Adult)	10:00AM-11:00AM (Climbing - Adult)	
<b>Climbing - Adult Rock Climbing - October</b> <a href="#">Register Now</a>					11:00AM-12:00PM (Climbing - Adult)	11:00AM-12:00PM (Climbing - Adult)	





## Camp Orkila | May 8th - May 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>For camp Small Group Training - Tween Girl Power!</b> <a href="#">Register Now</a>		1:00AM-2:00AM (Small Group Training - Youth)	1:00AM-2:00AM (Small Group Training - Youth)				
<b>For camp 2021/22 Northshore- Preschool Child Care (30m-4yr)</b> <a href="#">Register Now</a>		1:00AM-2:00AM (Preschool Child Care)	1:00AM-2:00AM (Preschool Child Care)				
<b>For camp Lose to Win - Weight Loss Program</b> <a href="#">Register Now</a>		2:00AM-3:00AM (Weight Loss)	2:00AM-3:00AM (Weight Loss)				
<b>For camp Pilates Reformer - 10, private 1 hr sessions</b> <a href="#">Register Now</a>		3:00AM-4:00AM (Personal Training)	3:00AM-4:00AM (Personal Training)				
<b>For camp Discovery Camp: Drop-off - Kenmore Elementary 2017</b> <a href="#">Register Now</a>		3:00AM-4:00AM (Discovery Day Camp)	3:00AM-4:00AM (Discovery Day Camp)				
<b>For camp 2021/22 Woodmoor - (b) After Plus Care</b> <a href="#">Register Now</a>		4:00AM-5:00AM (Before & After School Child Care)	4:00AM-5:00AM (Before & After School Child Care)				
<b>For camp Pilates Reformer - Duet - 10, 1 hour sessions</b> <a href="#">Register Now</a>		5:00AM-6:00AM (Personal Training)	5:00AM-6:00AM (Personal Training)				
<b>For camp BOLD Cascade Challenge</b> <a href="#">Register Now</a>		5:00AM-6:00AM (BOLD One-Week Expeditions)	5:00AM-6:00AM (BOLD One-Week Expeditions)				
<b>For camp HIIT - Metabolic Conditioning</b> <a href="#">Register Now</a>		6:00AM-7:00AM (Group Exercise Classes)	6:00AM-7:00AM (Group Exercise Classes)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>For camp 2021/22 Sunrise - (a) Before and After Care</b> <a href="#">Register Now</a>		6:00AM-7:00AM (Before & After School Child Care)	6:00AM-7:00AM (Before & After School Child Care)				
<b>For camp LIVESTRONG at the YMCA</b> <a href="#">Register Now</a>		7:00AM-8:00AM (Health Improvement)	7:00AM-8:00AM (Health Improvement)				
<b>For camp BOLD Rivers and Rocks</b> <a href="#">Register Now</a>		7:00AM-8:00AM (BOLD One-Week Expeditions)	7:00AM-8:00AM (BOLD One-Week Expeditions)				
<b>For camp ACT! Actively Changing Together</b> <a href="#">Register Now</a>		9:00AM-10:00AM (Health Improvement)	9:00AM-10:00AM (Health Improvement)				
<b>For camp Earth Service Corps About YESC</b> <a href="#">Register Now</a>		9:00AM-10:00AM (Earth Service Corps)	9:00AM-10:00AM (Earth Service Corps)				
<b>For camp Climbing - Adult Rock Climbing - October</b> <a href="#">Register Now</a>		11:00AM-12:00PM (Climbing - Adult)	11:00AM-12:00PM (Climbing - Adult)				
<b>For camp Climbing - Parent/Child Climbing - October</b> <a href="#">Register Now</a>		1:00PM-2:00PM (Climbing - Adult)	1:00PM-2:00PM (Climbing - Adult)				



## Camp Colman | May 8th - May 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>For camp Lose to Win for Men - Weight Loss Program</b> <a href="#">Register Now</a>		1:00AM-2:00AM (Weight Loss)  10:00AM-1:00PM (Weight Loss)	1:00AM-2:00AM (Weight Loss)  10:00AM-1:00PM (Weight Loss)				
<b>For camp Small Group Training - Tween Titans</b>		2:00AM-3:00AM (Small Group Training - Youth)	2:00AM-3:00AM (Small Group Training - Youth)				
<b>For camp Discovery Camp: Drop-off - Carol Edwards Ctr. 2017</b> <a href="#">Register Now</a>		2:00AM-3:00AM (Discovery Day Camp)	2:00AM-3:00AM (Discovery Day Camp)				
<b>For camp 2021/22 Woodmoor - (f) Non-School Days</b> <a href="#">Register Now</a>		3:00AM-4:00AM (Before & After School Child Care)  10:00AM-1:00PM (Before & After School Child Care)	3:00AM-4:00AM (Before & After School Child Care)  10:00AM-1:00PM (Before & After School Child Care)				
<b>For camp Private Yoga - 10, 1-hour sessions</b> <a href="#">Register Now</a>		4:00AM-5:00AM (Personal Training)	4:00AM-5:00AM (Personal Training)				
<b>For camp Discovery Camp: Drop-off - Northshore YMCA 2017</b> <a href="#">Register Now</a>		4:00AM-5:00AM (Discovery Day Camp)	4:00AM-5:00AM (Discovery Day Camp)				
<b>For camp HIIT</b> <a href="#">Register Now</a>		5:00AM-6:00AM (Group Exercise Classes)	5:00AM-6:00AM (Group Exercise Classes)				
<b>For camp 2021/22 Woodmoor - (c) After Care</b> <a href="#">Register Now</a>		5:00AM-6:00AM (Before & After School Child Care)	5:00AM-6:00AM (Before & After School Child Care)				
<b>For camp Partner Personal Training - 1 session</b> <a href="#">Register Now</a>		6:00AM-7:00AM (Personal Training)	6:00AM-7:00AM (Personal Training)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>For camp A BOLD Backpacking Adventure: Discovery in the Olympics</b>		6:00AM-7:00AM (BOLD One-Week Expeditions)	6:00AM-7:00AM (BOLD One-Week Expeditions)				
<b>For camp Moving for Better Balance - Continuing Spring 2017</b>  <a href="#">Register Now</a>		7:00AM-8:00AM (Group Exercise Classes)	7:00AM-8:00AM (Group Exercise Classes)				
<b>For camp 2021/22 Northshore - Pre-K Child Care (4 - 5yrs)</b>  <a href="#">Register Now</a>		7:00AM-8:00AM (Preschool Child Care)	7:00AM-8:00AM (Preschool Child Care)				
<b>For camp Nutrition Consultation - Initial</b>  <a href="#">Register Now</a>		8:00AM-9:00AM (Health Improvement)	8:00AM-9:00AM (Health Improvement)				
<b>For camp BOLD Fishing and Backpacking in the North Cascades</b>  <a href="#">Register Now</a>		8:00AM-9:00AM (BOLD One-Week Expeditions)	8:00AM-9:00AM (BOLD One-Week Expeditions)				
<b>For camp Climbing - Adult Rock Climbing - September</b>  <a href="#">Register Now</a>		10:00AM-11:00AM (Climbing - Adult)  10:00AM-1:00PM (Climbing - Adult)	10:00AM-11:00AM (Climbing - Adult)  10:00AM-1:00PM (Climbing - Adult)				
<b>For camp Academic Success</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Academic Success)	10:00AM-1:00PM (Academic Success)				
<b>For camp Strength</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Strength)	10:00AM-1:00PM (Strength)				
<b>For camp Forever well</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Forever Well)	10:00AM-1:00PM (Forever Well)				
<b>For camp Youth Cooking - Future Chefs</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Cooking Classes)	10:00AM-1:00PM (Cooking Classes)				
<b>For camp AOA National Senior Health and Fitness Day</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Health & Wellness Workshops)	10:00AM-1:00PM (Health & Wellness Workshops)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>For camp LIVESTRONG at the YMCA</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Health Improvement)	10:00AM-1:00PM (Health Improvement)				
<b>For camp Pilates Reformer - 10, private 1 hr sessions</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Personal Training)	10:00AM-1:00PM (Personal Training)				
<b>For camp Small Group Training - Pilates Reformer Level I/II</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Small Group and Specialty Training)	10:00AM-1:00PM (Small Group and Specialty Training)				
<b>For camp Small Group Training - Tween Girl Power!</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Small Group Training - Youth)	10:00AM-1:00PM (Small Group Training - Youth)				
<b>For camp Swim Lessons - Parent/Child Stage A: Water Discov</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Child with Adult)	10:00AM-1:00PM (Swim Lessons - Child with Adult)				
<b>For camp Swim Lessons - Preschool Stage 1: Water Acclimat</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Preschool)	10:00AM-1:00PM (Swim Lessons - Preschool)				
<b>For camp Swim Lesson - Private</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Private)	10:00AM-1:00PM (Swim Lessons - Private)				
<b>For camp Swim Lessons - Teen Advanced</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Teen)	10:00AM-1:00PM (Swim Lessons - Teen)				
<b>For camp Swim Lessons - Youth Stage 4: Stroke Intro</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Lessons - Youth)	10:00AM-1:00PM (Swim Lessons - Youth)				
<b>For camp Swim Team - Interest List</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Swim Team)	10:00AM-1:00PM (Swim Team)				
<b>For camp Recreational Swim 3ft</b>  <a href="#">Register Now</a>		10:00AM-1:00PM (Drop-In Swim)	10:00AM-1:00PM (Drop-In Swim)				



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>For camp BOLD Cascade Challenge</b> <a href="#">Register Now</a>		10:00AM-1:00PM (BOLD One-Week Expeditions)	10:00AM-1:00PM (BOLD One-Week Expeditions)				
<b>For camp Discover Camp: Drop-off - Carol Edwards Ctr. 2017</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Discovery Day Camp)	10:00AM-1:00PM (Discovery Day Camp)				
<b>For camp AM Fit &amp; Fun</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Academic Enrichment - Youth)	10:00AM-1:00PM (Academic Enrichment - Youth)				
<b>For camp May Crafternoon: Handprint Sunshines</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Arts & Crafts)	10:00AM-1:00PM (Arts & Crafts)				
<b>For camp 2021/22 Bellevue: No School Days - Package Option</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Before & After School Programs)	10:00AM-1:00PM (Before & After School Programs)				
<b>For camp Room Rental</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Birthday Parties)	10:00AM-1:00PM (Birthday Parties)				
<b>For camp Earth Service Corps About YEST</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Earth Service Corps)	10:00AM-1:00PM (Earth Service Corps)				
<b>For camp Kids Zone 4 wks - 11 yrs</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Kids Zone Activity Centers)	10:00AM-1:00PM (Kids Zone Activity Centers)				
<b>For camp 2021/22 Northshore- Preschool Child Care (30m-4yr)</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Preschool Child Care)	10:00AM-1:00PM (Preschool Child Care)				
<b>For camp HomeZone</b> <a href="#">Register Now</a>		10:00AM-1:00PM (Sports Classes & Workshops - Youth)	10:00AM-1:00PM (Sports Classes & Workshops - Youth)				
<b>For camp Climbing - Parent/Child Climbing - September</b> <a href="#">Register Now</a>		12:00PM-1:00PM (Climbing - Adult)	12:00PM-1:00PM (Climbing - Adult)				