

Youth Classes 2020

Swim, Lift or Exercise

MONDAY	Time
Sport Enhancement	4 - 5 pm

TUESDAY	Time
Beginner Swim	4 - 5 pm
Advanced/Intermediate Swimming	4 - 5 pm

WEDNESDAY	Time
Gym Kinetics	4 - 5 pm

THURSDAY	Time
Strength & Agility	4 - 5 pm

FRIDAY	Time
Fitness Fun Day	4 - 5 pm

Classes are offered weekly

Package pricing for classes:

1 class/week: \$40/month

2 classes/week: \$75/month

3 classes/week: \$100/month

4 classes/week: \$110/month

5 classes/week: \$120/month

INDIVIDUAL SWIM LESSONS

Monday - Friday / *By appointment*

**PERSONAL TRAINING /
SPORTS SPECIFIC TRAINING**

Cheerleading / Tumbling

Sports Enhancement

Fitness / Health

*Scheduled appointments with certified
personal trainers*

Programs priced separately

*Classes are filled on a first-come, first-serve basis.
Payment is required at registration.*



HCM

WELLNESS CENTER

(830) 997-1355

1006 S State Hwy 16 / Fredericksburg
hillcountrymemorial.org