

2025-2026 YOTA Prep

Tuesdays 5:00-6:00 pm and Fridays 5:45-6:45 pm

2025 Fall Session		2025-2026 Winter Session - Tentative		2026 Spring Session - Tentative	
Week 1	September 23, September 26	Week1	December 9,December 12	Week1	March 10, March 13
Week 2	September 30,October 3	Week2	December 16,December 19	Week2	March 17, March 20
Week 3	October 7, October 10	Week3	January 6, January 9	Week3	March 24, March 27
Week 4	October 14, October 17	Week4	January 13, January 16	Week4	April 7, April 10
Week 5	October 21, October 24	Week5	January 20, January 23	Week5	April 14, April 17
Week 6	October 28, October 31	Week6	January 27 , January 30	Week6	April 21, April 24
Week 7	November 4, November 7	Week7	February 3, February 6	Week7	April 28, May 1
Week 8	November 11, November 14	Week8	February 10, February 12	Week8	May 5,May 8
Notes:		Notes: We will take a winter training break over the weeks of December 22nd and 29th. We will return with week 3 on January 6th.		Notes: We will take a spring training break over the week of March 30th. We will return with week 4 on April 7th.	

Member Price: \$298

Non-member Price: \$371

2025-2026 Junior Prep

Mondays, Wednesdays and Fridays 6:45-8:00 pm

2025 Fall Session		2025-2026 Winter Session - Tentative		2026 Spring Session - Tentative	
Week 1	Sep 22, Sep 24, Sep 26	Week1	Dec 8, Dec 10, Dec 12	Week1	Mar 9, Mar 11, Mar 13
Week 2	Sep 29, Oct 1, Oct 3	Week2	Dec 15, Dec 17, Dec 19	Week2	Mar 16, Mar 18, Mar 20
Week 3	Oct 6, Oct 8, Oct 10	Week3	Jan 5, Jan 7, Jan 9	Week3	Mar 23, Mar 25, Mar 27
Week 4	Oct 13, Oct 15, Oct 17	Week4	Jan 12, Jan 14, Jan 16	Week4	Apr 6, Apr 8, Apr 10
Week 5	Oct 20, Oct 22, Oct 24	Week5	Jan 19, Jan 21, Jan 23	Week5	Apr 13, Apr 15, Apr 17
Week 6	Oct 27, Oct 29, Oct 31	Week6	Jan 26, Jan 28, Jan 30	Week6	Apr 20, Apr 22, Apr 24
Week 7	Nov 3, Nov 5, Nov 7	Week7	Feb 2, Feb 4, Feb 6	Week7	Apr 27, Apr 29, May 1
Week 8	Nov 10, Nov 12, Nov 14	Week8	Feb 9, Feb 11, Feb 13	Week8	May 4, May 6, May 8
Notes:		Notes: We will take a winter training break over the weeks of December 22nd and 29th. We will return with week 3 on January 5th.		Notes: We will take a spring training break over the week of March 30th. We will return with week 4 on April 6th.	

Price (must be YMCA member): \$440