

## Classes by Age

\*Ages may be flexible

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### 3+

Exploring Sensations  
Family Swim 4+  
Mindfulness & Relaxation (virtual)  
Motion Dynamics (virtual)  
Vision In Motion

### 6-12

Art & Music  
Arts & Crafts 8+  
AU Bowling 8+  
AU Fit 12+  
Baking Time 10+  
Baking Time (virtual) 6+  
Basketball Skills & Drills 8+  
Beginner Fitness  
Board Gamers 8+  
Boys Zone  
Captivating Keys  
Drum It Up 10+  
Exploring Sensations  
Family Swim  
Full Body Fitness (virtual)  
Girl Power  
Guitar Fundamentals  
Mindfulness & Relaxation (virtual)  
Minecraft (virtual) 7+  
Motion Dynamics 7+  
Motion Dynamics (virtual)  
Music & Movement (virtual) 6+  
Music & Movement 12+  
Musician Inside Us All  
Personal Fitness 7+  
Running Performance 8+  
SCAN 12+  
Soccer Skills & Drills 8+  
Social Skills with Friends (virtual)  
Survival Saturday 7+  
Teen Kinect 12+  
Vision In Motion  
Vocal Expressions  
Youth Minecraft 7-12

### 13+

Art  
Arts & Crafts  
AU Bowling  
AU Fit  
Baking Time  
Baking Time (virtual)  
Basketball Skills & Drills  
Beginner Fitness  
Board Gamers  
Body Awareness  
Captivating Keys  
Drum It Up  
Exploring Sensations  
Family Swim  
Full Body Fitness (virtual)  
Guitar Fundamentals  
Mindfulness & Relaxation (virtual)  
Minecraft (virtual)  
Motion Dynamics  
Motion Dynamics (virtual)  
Music & Movement  
Music & Movement (virtual)  
Musician Inside Us All  
Personal Fitness  
Running Performance  
SCAN  
Soccer Skills & Drills  
Social Skills with Friends  
Survival Saturday Minecraft  
Teen Kinect 12-15  
Teen/Young Adult Minecraft  
Vision In Motion  
Vocal Expressions

### 16+

AlphaU  
Art  
Arts & Crafts  
AU Bowling  
AU Fit  
Baking Time  
Baking Time (virtual)  
Basketball Skills & Drills  
Beginner Fitness  
Board Gamers  
Body Awareness  
Captivating Keys  
Cooking with Friends 18+  
Drum It Up  
Exploring Sensations  
Family Swim  
Full Body Fitness (virtual)  
Guitar Fundamentals  
Mindfulness & Relaxation (virtual)  
Minecraft (virtual)  
Motion Dynamics  
Motion Dynamics (virtual)  
Music & Movement  
Music & Movement (virtual)  
Musician Inside Us All  
Personal Fitness  
Running Performance  
Soccer Skills & Drills  
Social Skills with Friends  
Staying Connected 30+  
Summer Communication  
Bootcamp 16+  
Survival Saturday Minecraft  
Teen/Young Adult Minecraft  
Vision In Motion  
Vocal Expressions