



GROUP CYCLING

Session Dates:



February 6 - March 11, 2012

Member sign-ups January 23, non-member sign-ups January 30

March 12 - April 15, 2012

Member sign-ups February 27, non-member sign-ups March 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:30-7:30am LIZ				6:30-7:30am SHEILA	
9:35-10:30am LAURIE	12:05-1:00pm MYRIAM	9:35 -10:30am BETH	12:05-1:00pm MYRIAM	9:25-10:30am SELINA	12:15-1:15pm LIZ/MELISSA
5:35 - 6:30pm LINDA			5:35-6:30pm MELISSA		

Reserve yourself a seat.

Cycling is open to Y members and non-members

REGISTERED RIDERS:

For Y Members \$5.00 per session (5 classes). This reserves you a seat in the class that you are registered for. Register at the Y Welcome Center. Registrations are nontransferable and apply to the specific class that you register for. The instructor will check the roster at the beginning of each class.

For Non-members: Register at the Y Welcome Center - \$45.00 for one five-week session of a certain class time.

IMPORTANT INFORMATION: Registered riders can be no more than 10 minutes late to the class start time to keep their seat. Once 10 minutes passes you lose your seat to a walk in rider.

A WALK-IN RIDER:

For Y Members: If you want to take your chances simply show up upstairs, sign your name on the clip board and wait to see if there is an empty seat. This is a first come first serve basis. There is no fee for walk-ins.

For Non-member: \$9.00 fee per class to be paid at the Y Welcome Center

YMCA of Ithaca and Tompkins County
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**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**