



FUN AND GAMES

At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. Most importantly, children learn how to be their best selves. That's why Growth & Development programs at the Y focus on children learning how to be their best selves through the Y values of caring, honesty, respect and responsibility.



GROWTH & DEVELOPMENT

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STAFF CONTACTS

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ALL GROWTH & DEVELOPMENT PROGRAMS FOLLOW THE SESSION 1 AND 2 FIVE-WEEK DATES LISTED AT THE BOTTOM OF EACH PAGE. (NO CLASSES JULY 4 – 10)

PARENT AND CHILD GROWTH AND DEVELOPMENT

Parent and Child Growth and Development classes require a parent, guardian or grandparent to accompany each child in class. For additional nature related Growth and Development classes, please see the Environmental Education section of this document.

SCRIBBLES AND DRIBBLES (AGES 1-3 YEARS WITH PARENT) (APY)

Glitter, glue, painting, collage, play clay? We do it all. The class ends on a musical note with singing, music and movement. This multi-media experience is not to be missed. Parental participation is required. Class is child and parent directed based on the child's interest.

TINY TOTS (AGES 1-3 YEARS WITH PARENT) (APY)

Different activities will be introduced each week to enjoy and develop physical and social skills, while you both enjoy interacting with other parents and tots.

WONDERBUG DISCOVERIES (AGES 18 MONTHS-3 YEARS WITH PARENT) (ACY)

This parent-child nature discovery program is highly sensory-based involving themed storybooks, songs, hands-on time, and outdoor time with exploratory walks through the Purdy Nature Preserve. Each week we will focus on a different theme or topic in nature. A portion of each class will be held outdoors, weather permitting, so dress accordingly!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Scribbles & Dribbles	APY	1-3 years	F	9:00 AM	10:00 AM	\$21	\$35
Tiny Tots	APY	1-3 years	T	10:15 AM	11:00 AM	\$18	\$32
Wonderbug Discoveries	ACY	18 months-3 years	F	9:00 AM	10:00 AM	\$21	\$35

PRESCHOOL CHILD WITHOUT PARENT PROGRAMS

AGES 1½-2 YEARS

JUST FOR TWOS (AGE 2 YEARS) (APY) (HVY)

We know toddlers like being together. This is a class where first friends are made. We will play, create and develop together!

LET'S GET MOVIN' (18 MONTHS-3 YEARS) (NMY)

Children love to move, play and learn. This large group class does just that. Class is structured around independent and group activities in the gym. To participate, your child must be an independent walker.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Just For Twos	APY	2 years	W	10:45 AM	11:30 AM	\$21	\$35
Just For Twos	HVY	2 years	T	9:00 AM	9:45 AM	\$21	\$35
Just For Twos – Session 1	HVY	2 years	R	9:00 AM	9:45 AM	\$21	\$35
Just For Twos	HVY	2 years	F	9:00 AM	9:45 AM	\$21	\$35
Let's Get Movin'	NMY	18 months-3 years	TR	9:30 AM	10:30 AM	\$39	\$54

AGES 2-3 YEARS

BEYOND PLAY (AGES 2-3 YEARS) (NMY)

Packing fun into every class! We will explore different themes, make fun projects and move our bodies while enjoying group and story time.

LITTLE SPROUTS (AGES 2-3 YEARS) (APY)

This class will introduce toddlers to the wonderful world of gardening. We will sing songs, find colors and shapes, and taste the plants that grow in the garden. We will use tools to plant seeds, dig holes and help in the garden. Practice tool safety with special kid-sized garden tools.

MESSY MONSTERS (AGES 2-3 YEARS) (HVY)

When you're 2 & 3 years old painting with your fingers and hands can be scary and icky. We'll do lots of tactile art, and get creative and paint with feathers, make mud pies and have fun with clay.

MOVIN & GROOVIN (AGES 2-3 YEARS) (HVY)

Learning through movement and music, we'll have fun playing musical instruments and getting the wiggles out while gaining new skills and making new friends.

SUMMER FITNESS FUN AND SNACK (2-3 YEARS) (FWY) NEW!

Your child will enjoy indoor and outdoor gross motor activities and games! We will focus on participation, fun and fitness. We will end the session with a simple snack. Have your child dress in comfortable clothing and tennis shoes.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Beyond Play	NMY	2 years	MW	9:00 AM	10:30 AM	\$50	\$63
Beyond Play	NMY	3 years	MW	9:00 AM	10:30 AM	\$50	\$63
Little Sprouts	APY	2-3 years	M	9:00 AM	10:30 AM	\$32	\$46
Messy Monsters	HVY	2-3 years	W	9:00 AM	9:45 AM	\$21	\$35
Movin & Groovin	HVY	2-3 years	M	9:00 AM	9:45 AM	\$21	\$35
Summer Fitness Fun and Snack	FWY	2-3 years	W	9:00 AM	10:30 AM	\$32	\$46

AGES 2½-3 YEARS

DIGGING DINO'S (AGES 2½ -3 YEARS) (HVY) SESSION 1 ONLY

Unearth these fascinating ancient creatures. Your paleontologist will love digging up facts about dinosaurs big and small.

DOODLE BUGS (AGES 2½-3 YEARS) (HVY) SESSION 2 ONLY

Exploring, interacting and engaging. Use your senses to learn new skills and make new friends. Sensory buckets, art, music, finger plays and flannel boards will ignite our doodle bug brain cells.

I CAN DO IT (AGES 2½-3 YEARS) (HVY) SESSION 2 ONLY

A beginning fine motors class. Children will be encouraged to write, cut and build. We will get their fingers working and ready for the next step in fine motor development.

IMAGINATION STATION (AGES 2½-3 YEARS) (HVY) NEW

Our imaginations will take us places...We might travel into space, the Wild West or to the days of dinosaurs. We'll act like pirates and become super heroes.

JR. FITNESS (AGES 2½-3 YEARS) (HVY)

Concentrates on gross motor skill development, participation, fun and fitness. Works on skills to increase hand/eye coordination, strength and body control.

LILY PAD LEAPERS (AGES 2 ½-3 YEARS) (HVY) SESSION 2 ONLY NEW

Designed for the 2½-3 year-old ready to take a leap toward more independent participation. Watch confidence grow as your child learns to be comfortable in the classroom. Childhood creativity is encouraged through art, music and movement. This class builds upon successful participation in Just for 2's or Tiny Tots classes.

PLAYTIME PLEASE (AGES 2½-3 YEARS) (HVY) NEW

Learning should be FUN. Teachers will encourage your preschooler to explore and socialize through age appropriate activities. Dance, play and create while learning to love a classroom setting.

THREE'S A CHARM (AGE 3 YEARS) (APY)

Your charming three year old will enjoy crafts, songs, stories, laughter, and more.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Digging Dino's-Session 1	HVY	2½ -3 years	R	10:00 AM	11:00 AM	\$25	\$39
Doodle Bugs-Session 2	HVY	2½ -3 years	T	10:00 AM	11:00 AM	\$25	\$39
I Can Do It-Session 2	HVY	2½ -3 years	R	9:00 AM	9:45 AM	\$21	\$35
Imagination Station-Session1	HVY	2½ -3 years	T	10:00 AM	11:00 AM	\$25	\$39
Jr. Fitness	HVY	2½ -3 years	T	9:00 AM	9:45 AM	\$21	\$35
Lily Pad Leapers-Session 2	HVY	2½ -3 years	R	10:00 AM	11:00 AM	\$25	\$39
Playtime Please	HVY	2½ -3 years	F	10:00 AM	11:00 AM	\$25	\$39
Three's A Charm	APY	3 years	M	10:45	11:45	\$25	\$39

AGES 2-4 YEARS

BOOGIE ON THE BEACH (AGES 2-4 YEARS) (APY) SESSION 2

Explore music thru beach theme activities and crafts. This class will help your child explore and grow their love for music thru creation and playing of various instruments.

FUN IN THE SUN (AGES 2-4 YEARS) (ACY, FWY)

Soak up the sunshine through summer fun indoor and outdoor activities, art projects and stories.

OCEAN COMMOTION (AGES 2-4 YEARS) (APY, FWY)

Explore whales, dolphins, jellyfish, sharks, and many other ocean adventures through art projects, songs, group activities and more.

PLAYGROUND PAINTING (AGES 2-4 YEARS) (APY) SESSION 1

We will paint with our hands, our feet, with marbles, on paper, with fingers, paintbrushes, noodles, corncobs and more. Sound crazy? It will be.

THINGS THAT GO (AGES 2-4 YEARS) (ACY)

Explore cars, trains, trucks and things that go through art, games and circle activities.

ZOOM ZOOM LET'S GO TO THE MOON (AGES 2-4 YEARS) (APY)

Take an adventure to space by creating art, reading stories, playing games and much more.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Boogie on the Beach-Session 2	APY	2-4 years	W	9:00 AM	10:30 AM	\$32	\$46
Fun In The Sun	ACY	2-4 years	M	9:00 AM	11:00 AM	\$39	\$54
Fun In The Sun	FWY	2-4 years	R	9:00 AM	10:00 AM	\$25	\$39

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ocean Commotion	APY	2-4 years	F	9:00 AM	10:30 AM	\$32	\$44
Ocean Commotion	FWY	2-4 years	R	10:00 AM	11:00 AM	\$25	\$39
Playground Painting-Session 1	APY	2-4 years	W	9:00 AM	10:30 AM	\$32	\$46
Things That Go	ACY	2-4 years	W	9:00 AM	11:00 AM	\$39	\$54
Zoom Zoom Let's Go To The Moon	APY	2-4 years	F	10:45 AM	11:45 AM	\$25	\$39

AGES 3-4 YEARS

HURRAH FOR SUMMER (AGE 3-4 YEARS) (HVY)

Summer is short so let's make the best of it and have lots of FUN. We'll go on a "camping trip", plant a take home garden, catch fun bugs, take a nature walk if the weather is good and play in the sand.

JUST FOR THREE'S & FOUR'S - 2 DAYS A WEEK (AGES 3-4 YEARS) (HVY)

Help get your 3 & 4 year olds Pre-School ready!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hurrah for Summer	HVY	3-4 years	M	10:00 AM	11:00 AM	\$25	\$39
Just For Three's & Four's	HVY	3-4 years	TR	8:45 AM	10:15 AM	\$50	\$63

AGES 3-5 YEARS

COOL KIDS (AGES 3-5 YEARS) (NMY)

You will be cool for school participating in this readiness class. Make new friends while preparing for Kindergarten with art, songs, stories and classroom fun.

COUNT ON IT (AGES 3-5 YEARS) (HVY)

Early math skills are the core of this class. Counting, grouping and number recognition will be taught through art projects, songs and stories.

DINOSAUR EXPLORERS (AGES 3-5 YEARS) (APY)

Stomp through the prehistoric world of herbivores, carnivores, sea life and flying creatures.

ECO-KIDS (AGES 3-5 YEARS) (ACY)

Join us to learn all about the wonders and beauty of nature! Each class includes an activity, game, story and craft related to the animal theme of the week, as well as time outdoors exploring nature. Please dress for the weather as we will spend a portion of each class outdoors!

FAIRYTALE FAVORITES (AGES 3-5 YEARS) (APY)

Classic fairy tales will be the highlight of this classroom experience. Each week will focus on a specific fairy tale through crafts, songs and dramatic play.

GARDEN CLUB (AGES 3-5 YEARS) (APY)

Crafts, stories and games to enhance creativity and fine motor skills with a gardening theme. Kids will also be a part of helping with the Y's community garden.

HAPPY CAMPERS (AGES 3-6 YEARS) (FWY)

Enjoy the wonders of summer camp without leaving the YMCA. Explore the joy of summer camp through games, songs, crafts and more!

LEARNING ABOUT LETTERS (AGES 3-5 YEARS) (HVY)

Beginner reading and writing skills will be taught in this class as the children learn about the sounds they make and how to write them. This is not a parent tot class.

NATURE EXPLORERS (AGES 3-5 YEARS) (APY)

Your little one curious about the many wonders of the natural environment around them? Bring them to this class where they will enjoy crafts, stories and games all based on nature.

PAINTING PICASSOS (AGES 3-5 YEARS) (HVY)

We will paint our hands, our feet, with marbles, on paper, with fingers, paintbrushes, noodles, corn cobs and more. Sound crazy? It will be, come have the best time painting and the most fun making a mess.

SQUISHY GUSHY SCIENCE (AGES 3-6 YEARS) (FWY) NEW!

If your child loves to explore and create this is the class for them. Your child will experiment with various sensory activities and more! Please dress your child to get dirty☺

SUMMER SKILLS (AGES 3-5 YEARS) (HVY, FWY)

Keep your child's skills sharp over summer. We will work on fine motor & readiness skills in the classroom and outside when the weather permits. We will not go outside on very hot days.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Cool Kids	NMY	3-5 years	TR	9:30 AM	10:30 AM	\$39	\$54
Count On It	HVY	3-5 years	F	10:30 AM	NOON	\$32	\$46
Dinosaur Explorers	APY	3-5 years	W	9:00 AM	11:00 AM	\$39	\$54
Eco-Kids	ACY	3-5 years	R	9:30 AM	11:00 AM	\$32	\$46
Fairytale Favorites	APY	3-5 years	R	9:00 AM	11:00 AM	\$39	\$54
Garden Club	APY	3-5 years	T	9:00 AM	11:00 AM	\$39	\$54
Happy Campers	FWY	3-6 years	F	9:00 AM	11:00 AM	\$39	\$54
Learning About Letters	HVY	3-5 years	F	8:45 AM	10:15 AM	\$32	\$46
Nature Explorers	APY	3-5 years	M	9:00 AM	11:00 AM	\$39	\$54
Painting Picassos	HVY	3-5 years	W	10:00 AM	11:00 AM	\$25	\$39
Squishy Gushy Science	FWY	3-6 years	T	10:15 AM	11:15 AM	\$25	\$39
Summer Skills	FWY	3-5 years	T	9:00 AM	10:00 AM	\$25	\$39
Summer Skills	HVY	3-5 years	T	10:30 AM	NOON	\$32	\$46

LUNCH TIME CLASSES (APY)

AGES 3-5 YEARS

Please bring a nutritional bag lunch that will be eaten during class time.

ANIMALS BY DAY AND NIGHT (AGES 3-5 YEARS) (APY)

Explore the many wonders of the animal world thru active play, stories, and crafts.

CONSTRUCTION ZONE (AGES 3-5 YEARS) (APY)

Get ready to build! Children will explore the world of constructing a variety of wonderful creations. They will also learn new songs and meet new friends.

CREEPY CRAWLY CREATURES (AGES 3-5 YEARS) (APY)

Investigate caterpillars, ladybugs, dragonflies, and many other wiggly critters through art projects, group activities, stories and more.

JUNGLE ADVENTURES (AGES 3-5 YEARS) (APY)

Come explore the rainforest with us! We will fill our room with wild animals and lots of fun. Enjoy songs, games and much more.

TEDDY BEAR PICNIC (AGES 3-5 YEARS) (APY)

Adopt and name your own teddy bear. Plan and attend a picnic full of surprises any teddy bear would love. Please bring your own lunch.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Animals by Day and Night	APY	3-5 years	F	11:15 AM	1:15 PM	\$39	\$54
Construction Zone	APY	3-5 years	W	11:15 AM	1:15 PM	\$39	\$54

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creepy Crawly Creatures	APY	3-5 years	T	11:15 AM	1:15 PM	\$39	\$54
Jungle Adventures	APY	3-5 years	M	11:15 AM	1:15 PM	\$39	\$54
Teddy Bear Picnic	APY	3-5 years	R	11:15 AM	1:15 PM	\$39	\$54

AGES 4-6 YEARS

GROW YOUR STEM (AGES 4-6 YEARS) (HVY)

Explore Science, Technology, Engineering and Math. We'll build bridges and things that move and perform simple experiments. A great mix of learning and fun for a beginning STEM foundation.

MAD SCIENCE (AGES 4-6 YEARS) (HVY)

Packed with exciting "hands on science experiments," awesome projects and fun activities that will fascinate your child. We will see how much water is absorbed by dried beans, experiment with safe jelly volcanoes, paper frost and much more. This class is sure to excite the smallest Mad Scientist in your family. Come and have a lot of fun.

NATURE DETECTIVES (AGES 4-6 YEARS) (HVY)

See, hear and feel nature. Learn about nature and creepy crawly creatures. Stories, music, group games, arts and crafts.

PARK AND PLAY (4-6 YEARS) (NMY)

Back again this summer! It's time to run and jump and play! Join us as we have loads of fun making friends doing some crafts, creating projects and playing field games. We'll enjoy Cook and Shattuck parks, visit the library, and walk along the trails while enjoying the summer mornings.

SUMMER FITNESS FUN AND SNACK (4-6 YEARS) (FWY) NEW!

Your child will enjoy indoor and outdoor gross motor activities and games! We will focus on participation, fun and fitness. We will end the session with a simple snack. Have your child dress in comfortable clothing and tennis shoes.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Grow Your STEM	HVY	4-6 years	R	10:30 AM	NOON	\$32	\$46
Mad Science	HVY	4-6 years	W	9:00 AM	11:00 AM	\$39	\$54
Nature Detectives	HVY	4-6 years	M	9:00 AM	11:00 AM	\$39	\$54
Park and Play	NMY	4-6 years	MW	9:30 AM	11:30 AM	\$64	\$77
Park and Play	NMY	4-6 years	TR	9:30 AM	11:30 AM	\$64	\$77
Summer Fitness Fun and Snack NEW!	FWY	4-6 years	W	9:00 AM	10:30 AM	\$32	\$46

AGES 4-9 YEARS

LET'S TAKE A HIKE (AGES 4-9 YEARS) (ACY) SUMMER 2 SESSION ONLY

Join us for short hikes on the Purdy preserve while we learn each week about different animals that call the preserve their home, including deer, chipmunks, and songbirds. There will be time to explore both on and off the trail and for games and other activities as well!

POND ADVENTURES (AGES 4-9 YEARS) (ACY) SUMMER 1 SESSION ONLY

Learn about frogs, tadpoles, turtles, aquatic insects and more in this hands-on class. Dress to get your feet wet and muddy! Class includes outdoor activities as well as crafts, games, and stories.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Let's Take a Hike	ACY	4-9 years	T	9:30 AM	11:00 AM	\$32	\$46
Pond Adventures	ACY	4-9 years	T	9:30 AM	11:00 AM	\$32	\$46

LUNCH TIME CLASSES (ACY) – AGES 2-7 YEARS

Is your child enrolled in Kids' Camps, Outdoor Exploration Camps, or other programs at the Apple Creek Y? Here is how these classes can work for you and your child. Drop-In staff will transfer your child to/from the each class. Please contact Apple Creek Drop-In at 920.733.9622 to make arrangements. Please bring a nutritional bag lunch that will be eaten during class time.

ART CLUB (AGES 4-7 YEARS) (ACY)

Calling all creative kids. Come explore your creative side in art club. You will make many different projects to take home and enjoy. To help us accommodate participants with allergies please pack a nutritious peanut/tree nut free lunch.

COLOR MY WORLD (AGES 2-5 YEARS) (ACY)

Explore the colors of your environment while having fun with friends and learning social skills. To help us accommodate participants with allergies please pack a nutritious peanut/tree nut free lunch.

COUNTDOWN TO FUN (AGES 2-5 YEARS) (ACY)

Fun with a focus on numbers! Enjoy the season and all its wonders while learning numbers and exploring the changes of the season. To help us accommodate participants with allergies please pack a nutritious peanut/tree nut free lunch.

FAIRYTALE FAVORITES (AGES 2-5 YEARS) (ACY)

From wolves to trolls to fairies and princesses, children will use their imaginations and discover the classics through art projects, role-playing, songs and stories. To help us accommodate participants with allergies please pack a nutritious peanut/tree nut free lunch.

SUMMER FUN (AGES 4-7 YEARS) (ACY)

Jump into the new season by exploring the wonders of summer. Crafts, games and songs will keep you discovering all that summer has to offer. To help us accommodate participants with allergies please pack a nutritious peanut/tree nut free lunch.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Art Club	ACY	4-7 years	W	11:15 AM	12:30 PM	\$28	\$42
Color My World	ACY	2-5 years	F	9:00 AM	NOON	\$50	\$63
Countdown to Fun	ACY	2-5 years	T	9:00 AM	NOON	\$50	\$63
Fairytale Favorites	ACY	2-5 years	R	9:00 AM	NOON	\$50	\$63
Summer Fun	ACY	4-7 years	M	11:15 AM	12:30 PM	\$28	\$42

FUN SHOPS –NEW

Bring your children to a Fun Shop! These are one day events that engage children in fun activities. Each Fun Shop centers on a specific theme or topic.

FATHER'S DAY GIFT MAKING (AGES 3-6 YEARS) (NMY) NEW

Our time together will revolve around DAD. Shhhh! We'll be making Dad a surprise to give him on Father's Day! We'll also play cool games and read great stories.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Father's Day Gift Giving June 16	NMY	3-6	F	9:00 AM	11:00 AM	\$12	\$22

TUMBLING CLASSES (FWY) AGES 2-13 YEARS

TUMBLING WILL BE OFFERED SESSION 1 AND 2 - NO CLASSES JULY 3-9, 2017

The Fox West YMCA offers tumbling for boys and girls from the age of 2 to 13 years. Every child is challenged in a safe and positive environment. The classes are developed to meet your child's skill level.

TUMBLING TOTS (2-3 YEARS) (FWY) NEW!

Your child will love this class. This class is to introduce tumbling, coordination and fun!

BEGINNING TUMBLING (AGES 3-5 YEARS) (6-9YEARS) (FWY)

This tumbling class is GREAT for the child who has never been in tumbling before. If your child is ready to learn beginning tumbling skills, while improving coordination and flexibility. Beginning Tumbling gives your child the foundational skills to learn more advanced skills.

TUMBLING I (AGES 6-12 YEARS) (FWY)

This class is for the child who wants to concentrate on just tumbling and floor exercise skills while improving coordination and flexibility. Your child will work on forward and backward rolls, tripods, headstands, handstands, cartwheels and more!

ADVANCED TUMBLING I (7-12 YEARS) (FWY) NEW!

This class is for children who have been moved up by their Y Instructor or can do a tripod, headstand, handstand, cartwheel, and ready for more. This class was created for the children almost ready for tumbling 2.

TUMBLING 2 (AGES 7-12 YEARS) (FWY)

This class is for children who have been moved up by their Y Instructor from Advanced Tumbling 1 or if you have mastered a backward roll, cartwheel, handstand, round-off and handstand forward roll.

TUMBLING 3 (AGES 8-13 YEARS) (FWY) NEW!

This class is for children who have been moved up by their Y Instructor from Tumbling 2 or if you have mastered one handed cartwheels, front walk overs and back walk overs and are ready for more.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumbling Tots NEW!	FWY	2-3 years	M	9:00 AM	9:45 AM	\$23	\$46
Beginning Tumbling	FWY	4-6 years	M	9:45 AM	10:30 AM	\$23	\$46
Tumbling 1	FWY	6-12 Years	T	4:30 PM	5:15 PM	\$23	\$46
Beginning Tumbling	FWY	6-9 years	M	3:45 PM	4:30 PM	\$23	\$46
Beginning Tumbling	FWY	3-5 years	M	4:30 PM	5:15 PM	\$23	\$46
Tumbling 2	FWY	7-12 years	M	5:30 PM	6:15 PM	\$23	\$46
Advanced Tumbling 1 NEW!	FWY	7-12 years	T	3:45 PM	4:30 PM	\$23	\$46
Tumbling 3 NEW!	FWY	8-13 years	T	5:15 PM	6:00 PM	\$23	\$46