



East Area Family YMCA

Water Fitness Schedule

June 27, 2010—September 1, 2010

Schedule Subject to Change.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:25 am	Shallow Water Lap Pool Linda Hydro Run ** 9:15-10:15 am Lap Pool Kevin	Grevelding ** Special! Mark	Shallow Water Lap Pool Debra			Shallow Water Lap Pool Lindsay
9:30-10:25 am	Shallow Water Lap Pool Linda	Deep Water Lap Pool Michelle	Shallow Water Lap Pool Mark—July Lindsay—August	Deep Water Lap Pool Michelle	Shallow Water Lap Pool Linda	
10:00-10:45 am	Arthritis** Therapy Pool Val	Arthritis** Therapy Pool Val		Arthritis** Therapy Pool Erin		
10:30-11:15 am			Deep Cardio and Core ** Mark			
10:30-11:25 am	Aqua Combo Lap Pool Debra				Aqua Combo Lap Pool Debra	
11:00-11:45 am		Forever Fit Lap Pool Val	Aqua Pi Yo Chi Therapy Pool Linda 11:30-12:15	Forever Fit Lap Pool Debra		
12:00-1:00 pm		Arthritis** Therapy Pool Val				
4:00-4:45 pm		Shallow Water Lap Pool Kelly		Shallow Water Lap Pool Amy		
4:15-5:15 pm		Hydro Run ** Lap Pool Kevin		Hydro Run ** Lap Pool Kevin		
5:15-5:45 pm						
6:00-6:55 pm	Aqua Combo Lap Pool Amy	Arthritis** Therapy Pool Erin	Aqua Combo Lap Pool Amanda			

Water Fitness Guidelines

**** You must register at the YMCA Member Service Desk. The are 6 week sessions.**

All Arthritis Classes are 45 minutes long

Please use the signup boards outside the Aquatics office for the daily classes.



We build strong kids, strong families, strong communities.