



ALTRU FAMILY YMCA AQUATICS SCHEDULE

September 1, 2021



Subject to change at any time. Date published: 08/05/2021

LAP SWIM

Mon through Fri	5:45-8:30 am / 11:30 am-1:30 pm
Mon-Wed-Fri	6:00-7:00 pm
Saturday	7:00-8:55 am / 12:00 pm-1:25 pm
Sunday	12:00 noon-1:25 pm

WATER EXERCISE CLASSES

Mon/Wed/Fri	8:30-9:30 am	WATER FIT
Mon & Wed	5:15-6:00 pm	SHALLOW & DEEP WATER POWER
Tues/Thurs	8:30-9:30 am	BOOT CAMP H ₂ O
Saturday	9:00-10:00 am	SHALLOW WATER POWER

OPEN/FAMILY SWIM

Mon-Wed-Fri	7:00-8:30 pm
Saturday	2:00-5:00 pm
Sunday	2:00-5:00 pm



✓ Please bring your own towel, as our towel service is not available at this time.

ALTRU FAMILY YMCA • 215 N 7th St • Grand Forks, ND 58203 • 701-775-2586 • www.gfymca.org

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