



Effective June 6, 2022.

# ALTRU FAMILY YMCA AQUATICS SCHEDULES



## Summer 2022

### LAP SWIM

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

### OPEN/FAMILY SWIM

Mon through Fri	2:00-3:00 pm
Mon through Thurs	6:00-7:00 pm
Saturday	2:00-5:00 pm
Sunday	2:00-5:00 pm

### WATER EXERCISE CLASSES

Mon/Wed/Fri	8:30-9:30 am	WATER FIT
Tues/Thurs	8:30-9:30 am	BOOT CAMP H.
Saturday	9:00-10:00 am	SHALLOW WATER POWER



### OUTDOOR WATER EXERCISE CHANGES



#### ELKS POOL - Through August 12

Mon/Wed @ 5:15-6:00 pm  
Tues/Wed/Thurs/Fri @ 11:00-11:45 am

#### RIVERSIDE POOL - August 15-19

Mon/Wed @ 5:15-6:00 pm  
Tues/Wed/Thurs/Fri @ 12:00-12:55 pm (time change)

Classes move indoors August 22.



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](http://www.gfymca.org)

This schedule is subject to change at any time.

Updated: 07/22/2022