



ALTRU FAMILY YMCA AQUATICS SCHEDULES



Effective August 20, 2022

LAP SWIM

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

OPEN/FAMILY SWIM

Mon-Wed-Fri	7:00 - 8:00 pm
Saturday & 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 ₂ O
Mon/Wed	5:15 - 6:00 pm	SHALLOW & DEEP WATER
Saturday	9:00 - 10:00 am	SHALLOW WATER POWER



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
This schedule is subject to change at any time.

Updated: 08/25/2022