



ALTRU FAMILY YMCA AQUATICS SCHEDULES

FALL 2023



Updated October 20, 2023

LAP SWIM

Monday through Friday	6:00-8:25 am/11:30-1:30 pm
Monday & Friday	6:00-7:00 pm
Wednesday	6:35-7:35 pm
Saturday	7:00 - 8:55 am/12:00 - 1:30 pm
Sunday	12:00 - 1:30 pm



OPEN/FAMILY SWIM

Monday & Friday	7:00-8:30 pm
Wednesday	7:30 - 8:30 pm
Saturday & Sunday	2:00 - 5:00 pm

WATER EXERCISE CLASSES

Mon/Wed/Fri	8:30 - 9:30 am	WATER FIT (+ Pilates on Mondays)
Monday	5:15 - 6:00 pm	SHALLOW & DEEP WATER POWER
Wednesday	5:15 - 6:00 pm	SHALLOW WATER POWER
Tues/Thurs	8:30 - 9:30 am	BOOT CAMP H ₂ O
Tues/Thurs	1:30 - 2:15 pm	SILVER SPLASH (starts Oct 24)
Saturday	9:00 - 10:00 am	SHALLOW WATER POWER

SWIM LESSONS

Tuesday & Thursday	4:00 - 6:15 pm	GROUP LESSONS
Wednesday	6:00 - 6:30 pm	PARENT & ME
Saturday	10:00 - 11:00 am	PARENT & ME
Sunday	11:00 - 11:45 am	ADULT
Sunday	11:00 - 11:45 am	ADULT LESSONS

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. Published: 10/20/2023