



ALTRU FAMILY YMCA

AQUATICS SCHEDULES



March 2025

LAP SWIM

Monday through Friday	5:45-8:30 am/11:30-1:30 pm
Monday & Friday	6:00-7:00 pm
Wednesday	6:30-7:30 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
Mon	5:15-6:00 pm	SHALLOW & DEEP WATER POWER
Wed	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
Saturday	9:00-10:00 am	SHALLOW WATER POWER

Schedule is subject to change at any time.

ALTRU FAMILY YMCA

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

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