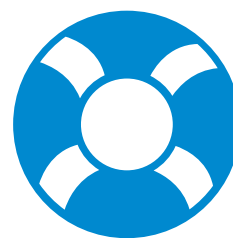




Updated June 18, 2025

LAP SWIM

Monday through Friday	5:45-8:30 am/11:30-1:30 pm
Monday	6:45-8:00 pm
Wednesday	7:00-8:00 pm
Friday	4:00-6:00 pm
Saturday	7:00-9:00 am/12:00 - 1:30 pm
Sunday	12:00-1:30 pm



OPEN/FAMILY SWIM

Monday through Friday	2:00-3:00 pm
Tuesday & Thursday	6:45-8:00 pm
Friday	6:00-8:00 pm
Saturday & Sunday	2:00-5:00 pm

WATER EXERCISE CLASSES • Y POOL

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

OUTDOOR WATER EXERCISE CLASSES • ELKS POOL

Tues, Wed, Thurs, Fri	11:05-11:55 am
Monday & Wednesday	5:15-6:00 pm (no class July 3,4)

SWIM LESSONS

Monday through Thursday	4:00-6:30 pm
Saturday Parent & Me	10:00-10:30 am
Wednesday Parent & Me	6:30-7:00 pm

**** Schedule is subject to change at any time.****

Contact Shawn Holweger: sholweger@gfymca.org

ALTRU FAMILY YMCA

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

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