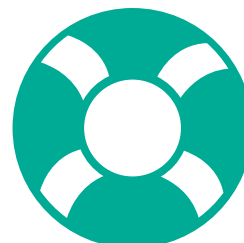




August 2025

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
Mon	5:15–6:00 pm	SHALLOW & DEEP WATER POWER – ** starts Aug 25**
Wed	5:15–6:00 pm	SHALLOW WATER POWER – **starts Aug 27**
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 & RIVERSIDE POOLS

Tues, Wed, Thurs, Fri	11:05–11:55 am (at Elks Pool until Aug 8 – at Riverside Pool Aug 11–14)
Monday & Wednesday	<ul style="list-style-type: none"> 5:15–6:00 pm (at Elks Pool until Aug 8 – at Riverside Pool Aug 11–14) *No 5:15 pm classes August 18 & 20.* Indoor 5:15 pm classes start August 25 at the YMCA pool.

SWIM LESSONS

Monday through Thursday	4:00–6:30 pm
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** 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

This schedule is subject to change at any time. Published: 07/29/2025



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