



ALTRU FAMILY YMCA

# AQUATICS SCHEDULES



## WINTER 2026

### 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 Water Power        |
| Wed         | 5:15 - 6:00 pm  | Shallow & Deep Water Power |
| Tues/Thurs  | 1:30 - 2:15 pm  | Silver Splash              |
| Tues/Thurs  | 8:30 - 9:30 am  | Boot Camp H <sub>2</sub> O |
| Saturday    | 9:00 - 10:00 am | Shallow Water Power        |

### SWIM LESSONS

|                    |                |                                          |
|--------------------|----------------|------------------------------------------|
| Tuesday & Thursday | 4:00-6:30 pm   | Preschool & School Age (Starting Jan 20) |
| Wednesday          | 6:00-6:30 pm   | Parent & Me (Starting Jan 21)            |
| Saturday           | 10:00-10:30 am | Parent & Me (Starting Jan 24)            |
| Sunday             | 11:00-11:50 am | Adult (starting Feb 1)                   |

**\*\* 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](http://www.gfymca.org)

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