



ALTRU FAMILY YMCA AQUATICS SCHEDULES



LAP SWIM

Monday - Friday	5:45 - 8:25 am/11:30-1:30 pm
Mon, Fri	6:00 - 7:00 pm
Wednesday	6:30 - 7:30 pm
Saturday	7:00 - 8:55 am/12:00 - 1:25 pm
Sunday	12:00 - 1:25 pm



OPEN/FAMILY SWIM

Mon, Fri	7:00 - 8:00 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
Tues/Thurs	8:30 - 9:30 am	BOOT CAMP H ₂ O
Mon	5:15 - 6:00 pm	SHALLOW & DEEP WATER POWER
Wed	5:15 - 6:00 pm	SHALLOW WATER POWER
Saturday	9:00 - 10:00 am	SHALLOW WATER POWER (no class Jan 7)

