



ALTRU FAMILY YMCA AQUATICS SCHEDULES

SUMMER 2023



Effective June 5



LAP SWIM

Monday - Friday	6:00 - 8:30 am/11:30-1:30 pm
Saturday	7:00 - 9:00 am/12:00 - 1:30 pm
Sunday	12:00 - 1:30 pm

OPEN/FAMILY SWIM

Monday-Friday	2:00 - 3:00 pm
Tuesday & Thursday	6:30 - 7:30 pm
Saturday & Sunday	2:00 - 5:00 pm

WATER EXERCISE CLASSES

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

OUTDOOR CLASSES

Tuesday-Friday	11:05 - 11:55 am	ELKS POOL - WATER EX
Monday & Wednesday	5:15-6:00 pm	ELKS POOL - WATER EX

SWIM LESSONS

Monday-Thursday	4:00 - 6:15 pm
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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: 05/15/2023

