



ALTRU FAMILY YMCA AQUATICS SCHEDULES

FALL 2023



Effective August 21, 2023

LAP SWIM

| | |
|-----------------------|--------------------------------|
| Monday through Friday | 5:45-8:25 am/11:30-1:30 pm |
| Monday & Friday | 6:00-7:00 pm |
| Wednesday | 6:35-7:35 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 |
| Monday | 5:15 - 6:00 pm | SHALLOW & DEEP WATER POWER (Deep Starts Sept 11) |
| Wednesday | 5:15 - 6:00 pm | SHALLOW WATER POWER |
| Tues/Thurs | 8:30 - 9:30 am | BOOT CAMP H ₂ O |
| Saturday | 9:00 - 10:00 am | SHALLOW WATER POWER |

SWIM LESSONS

| | | |
|--------------------|------------------|---------------|
| Tuesday & Thursday | 4:00 - 6:15 pm | GROUP LESSONS |
| Wednesday | 6:00 - 6:30 pm | PARENT & ME |
| Saturday | 10:00 - 11:00 am | PARENT & ME |
| Sunday | 11:00 - 11:45 am | ADULT LESSONS |



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: 07/26/2023