

DOWNTOWN YMCA AQUATICS FITNESS CLASS SCHEDULE

MEMBERS AGES 18 YEARS AND OLDER WELCOME

POOL SCHEDULES EFFECTIVE **OCTOBER 1ST**

MONDAY	8:30 – 9:30 AM	9:30 – 10:30 AM	10:30 – 11:15 AM	11:15 AM – 12:00 PM	5:00 – 6:00 PM
	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	SOCIAL VOLLEYBALL	SWIM SOCIAL	AQUA TABATA INSTRUCTOR: LISA
TUESDAY	8:30 – 9:30 AM	9:30 – 10:30 AM	10:30 – 11:30 AM	11:30 AM – 12:00 PM	
	FOREVER FIT INSTRUCTOR: JUDY	AQUA DANCE INSTRUCTOR: JUDY	WATER AEROBICS INSTRUCTOR: ANDREA	SWIM SOCIAL	
WEDNESDAY	8:30 – 9:30 AM	9:30 – 10:30 AM	10:30 – 11:30 AM	11:30 AM – 12:00 PM	5:00 – 6:00 PM
	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	AQUA TABATA INSTRUCTOR: KRISTEN/BEAR	SWIM SOCIAL	AQUA TABATA INSTRUCTOR: LISA
THURSDAY	8:30 – 9:30 AM	9:30 – 10:30 AM	10:30 – 11:30 AM	11:30 AM – 12:00 PM	
	FOREVER FIT INSTRUCTOR: JUDY	AQUA DANCE INSTRUCTOR: JUDY	WATER AEROBICS INSTRUCTOR: ANDREA	SWIM SOCIAL	
FRIDAY	8:30 – 9:30 AM	9:30 – 10:30 AM	10:30 – 11:00 AM	11:00 – 12:00 PM	
	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	SWIM SOCIAL	AQUA TABATA INSTRUCTOR: KRISTEN	

SCHEDULE SUBJECT TO CHANGE. AS CLASS SIZES
CHANGE, WE MAY ADD OR REMOVE CLASSES.

Thank you for your cooperation.
The Watertown Family YMCA Staff



**FIND YOUR FUN.
FIND YOUR Y.**