



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MONDAY

START	END	CLASS	LOCATION	NOTES
8:15AM	9:00AM	Strength and Stretch	Shallow Water	Level 2
9:15AM	10:00AM	AquaFit	Shallow Water	Level 3
10:15AM	11:00AM	AquaFit	Shallow Water	Level 3
11:15AM	12:00PM	Aqua Energizers	Deep Water	Level 3

TUESDAY

START	END	CLASS	LOCATION	NOTES
8:15AM	9:00AM	Recovery Plus	Shallow Water	Level 2
9:15AM	10:00AM	Water Recovery	Shallow Water	Level 3

WEDNESDAY

START	END	CLASS	LOCATION	NOTES
8:15AM	9:00AM	Strength and Stretch	Shallow Water	Level 2
9:15AM	10:00AM	AquaFit	Shallow Water	Level 3
10:15AM	11:00AM	AquaFit	Shallow Water	Level 3
11:15AM	12:00PM	Aqua Energizers	Deep Water	Level 3

THURSDAY

START	END	CLASS	LOCATION	NOTES
8:15AM	9:00AM	Recovery Plus	Shallow Water	Level 2
9:15AM	10:00AM	Water Recovery	Shallow Water	Level 3

FRIDAY

START	END	CLASS	LOCATION	NOTES
8:15AM	9:00AM	Strength and Stretch	Shallow Water	Level 2
9:15AM	10:00AM	AquaFit	Shallow Water	Level 3
10:15AM	11:00AM	AquaFit	Shallow Water	Level 3
11:15AM	12:00PM	Aqua Energizers	Deep Water	Level 3

Please contact Laila Corder at l.corder@ymcanwnc.org or 336-679-7962 for any questions or concerns.

YADKIN FAMILY YMCA

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Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.