



# Downriver Family YMCA



## Water Fitness Schedule Summer 2010

### Pool Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Fitness Level 3 9:00-9:45am	Water Fitness Level 2 8:00-8:45am	Water Fitness Level 3 9:00-9:45am	Water Fitness Level 2 8:00-8:45am	Water Fitness Level 3 9:00-9:45am	
Water Fitness Level 1* 10:00-10:45am		Water Fitness Level 1* 10:00-10:45am		Water Fitness Level 1* 10:00-10:45am	
Water Fitness Level 2 11:00-11:45a	Water Fitness Specialty: Silver Splash* 9:00-9:45am	Water Fitness Level 2 11:00-11:45a	Water Fitness Specialty: Silver Splash* 9:00-9:45am	Water Fitness Level 2 11:00-11:45a	Deep Water Fitness 9:00-9:45am
	Deep Water Fitness 10:00-10:45am		Deep Water Fitness 10:00-10:45am	Water Fitness Specialty: Adult Hydro-Fit* 12:00-12:45p	
Water Fitness Specialty: Hi Energy 5:30p-6:15p	Water Fitness Specialty: Adult Hydro-Fit* 11:00-11:45a	Water Fitness Specialty: Hi Energy 5:30p-6:15p		<b>Classes marked with an (*) require an additional fee</b>	
Water Fitness Specialty: Prenatal* 6:15-7:00p		Water Fitness Specialty: Prenatal* 6:15-7:00p			
				<b>Summer Sessions:  June 14 - July 18 and July 19 - Aug. 22</b>	
Deep Water Fitness 8:00-8:45pm	Water Fitness Level 1* 6:30-7:15P	Deep Water Fitness 8:00-8:45pm	Water Fitness Level 1* 6:30-7:15P		
	Water Fitness Specialty: Core Strengthening* 7:20-8:05pm		Water Fitness Specialty: Core Strengthening* 7:20-8:05pm		
	Water Fitness Level 2 8:10-8:50pm		Water Fitness Level 2 8:10-8:50pm		