



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Eastern Lycoming Aqua Aerobics Schedule Dec 31st-June 1st

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5:45								5:45
6:30								7:00
8:00	2 lap lanes Water Aerobics	2 lap lanes Water Aerobics	2 lap lanes Water Aerobics		2 lap lanes Water Aerobics			8:00
9:00	2 lap lanes Fit & Tone		2 lap lanes Fit & Tone		2 lap lanes Fit & Tone			9:00
10:00	2 lap lane Water Fitness			2 lap lanes Water Fitness				10:00
11:00	2 lap lanes Strength N' Stretch			2 lap lanes Strength N' Stretch			OPENS at 12	11:00
12:00pm								12:00pm
4:00	2 lap lane Water Moves			2 lap lanes Member Aerobics				4:00
						Pool Closes 4:45	Pool Closes 4:45	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
					7:45 Close			
8:00								8:00
9:00	8:45 Close	8:45 close	8:45 Close	8:45 close				9:00

Program: refers to scheduled class. **NO OPEN SWIM AT THESE TIMES**

Water Aerobics-medium impact, Fit & Tone- low-medium impact, Water Fitness-high impact, Water Yoga- low impact

Water Moves - medium impact. Member Aerobics- medium impact.

* **Please note:** that our schedule may change at times, check out our website at www.rvrymca.org for updates

All members and guests agree to abide by River Valley Regional YMCA Aquatics Rules and Regulations. Please take a moment to familiarize yourself with all posted rules. The lifeguard has the authority to remove patrons for violation of facility rules.