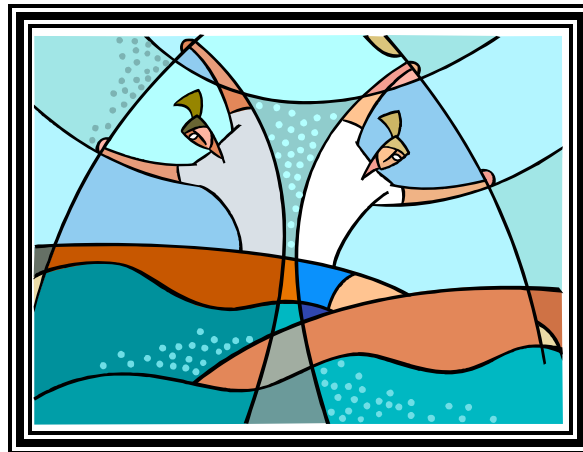




We build strong kids, strong families, strong communities.

SOUTHEAST FAMILY YMCA AQUATIC CLASSES



Class	Day	Time	Instructor
OPEN SWIM	M/W	5:00-7:30 PM	LIFEGUARD
	T/TH	4:00-5:30 PM	LIFEGUARD
	SAT	8:00 AM-2:00 PM	LIFEGUARD
LAP SWIM	M-F	7:00 AM-9:00 AM	LIFEGUARD
	M/W/F	12:00 PM-1:00 PM	LIFEGUARD
ARTHRITIS AQUA	M/W/F	9:00 AM-10:00 AM	RUTH
AQUACISE	M/W/F	10:00 AM-11:00 AM	EVELYN
AQUA AEROBICS	M/W/F	11:00 AM-12:00 PM	EVELYN
WATER WALKING	T/TH	9:00 AM-10:00 AM	LIFEGUARD
AQUACISE	TH	10:00-11:00 AM	BONNIE
AQUACISE	TUES	10:00-11:00 AM	JACKIE
AQUA FIT 1	T/TH	5:30-6:30 PM	NATASHA
AQUA FIT 2	T/TH	6:30-7:15 PM	JENNIFER