



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Aquatics Schedule

BARREN COUNTY FAMILY YMCA

Fall 2016

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>8:00AM-9:00AM</u>	<u>8:00AM-9:00AM</u>	<u>8:00AM-9:00AM</u>	<u>8:00AM-9:00AM</u>	<u>8:00AM-9:00AM</u>
Aquarobics	Arthritis	Aquarobics	Arthritis	Aquarobics
Shallow Water	Shallow Water	Shallow Water	Shallow Water	Shallow Water
Cathy	Cindy	Monica	Cindy	Monica
<u>9:00AM-10:00AM</u>	<u>9:00AM-10:00AM</u>	<u>9:00AM-10:00AM</u>	<u>9:00AM-10:00AM</u>	<u>9:00AM-10:00AM</u>
Aquarobics	Tread-N-Shed	Aquarobics	Tread-N-Shed	Aquarobics
Shallow Water	Deep Water	Shallow Water	Deep Water	Shallow Water
Cathy	Cindy	Monica	Cindy	Monica
<u>1:00PM-2:00PM</u>		<u>1:00PM-2:00PM</u>		<u>1:00PM-2:00PM</u>
Arthritis		Arthritis		Arthritis
Shallow Water		Shallow Water		Shallow Water
Julia		Julia		Julia
<u>5:30PM-6:30PM</u>	<u>5:30PM-6:30PM</u>	<u>5:30PM-6:30PM</u>	<u>5:30PM-6:30PM</u>	
Aqua Zumba	Tread-N-Shed	Aqua Zumba	Tread-N-Shed	
Shallow Water	Deep Water	Shallow Water	Deep Water	
Melissa	Carol	Melissa	Carol	

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www.barrencountyyymca.org

