



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



WATER FITNESS CLASSES DECEMBER

Pre-Registration is recommended for ALL water fitness classes to reserve a spot. Classes are limited to 25 participants in recreation pool and 15/20 in the competition pool.

Please register online @ www.clevelandymca.org.

Registration opens at midnight the day prior

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>8:00-8:50</u> Aquacise Gail <u>RP</u></p>	<p><u>8:00 -8:50</u> Arthritis Maggie <u>RP</u></p>	<p><u>8:00-8:50</u> Aquacise Gail <u>RP</u></p>	<p><u>8:00 -8:50</u> Arthritis Maggie <u>RP</u></p>	
<p><u>9:00-9:50</u> Aquacise Gail <u>RP</u></p>	<p><u>9:00-9:50</u> S'WET™ Shallow Donna <u>CP</u></p>	<p><u>9:00-9:50</u> Aquacise Gail <u>RP</u></p>	<p><u>9:00-9:50</u> S'WET™ Shallow Donna <u>CP</u></p>	
<p><u>11:00-11:50</u> Aqua Fit Shallow Shelly <u>RP</u></p>	<p><u>10:00-10:50</u> Aqua Fit Deep Donna <u>CP</u></p>	<p><u>11:00-11:50</u> Aqua Fit Shallow Shelly <u>RP</u></p>	<p><u>10:00-10:50</u> Aqua Fit Deep Donna <u>CP</u></p>	
	<p><u>6:30-7:20pm</u> Zumba® Angie <u>RP</u></p>		<p><u>6:30-7:20pm</u> Zumba® Angie <u>RP</u></p>	



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YMCA Name

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