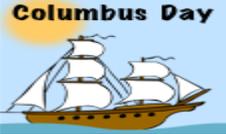


September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5 Labor Day - No classes 	6	7	8	9	10
11 Fall Programs Begin	12 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	13 Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	14 Senior Swim I-III 9:30am-11:30am Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	15 Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	16 Junior Waves 4:30pm-5:30pm	17
18	19 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	20 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	21 Senior Swim I-III 9:30am-11:30am Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	22 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	23 Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm	24 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
25	26 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	27 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	28 Senior Swim I-III 9:30am-11:30am Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	29 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	30 Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm	1

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-
2	3 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	4 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes	5 Senior Swim I-III 9:30am-11:30am Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	6 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes	7 Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm	8 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
9	10 Columbus Day - No Classes 	11	12 Senior Body Wise 9am-10am	13	14 Senior Body Wise 9am-10am	15 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
16	17 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	18 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	19 Senior Swim I-III 9:30am-11:30am Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	20 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	21 Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm	22
23	24 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	25 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	26 Senior Swim I-III 9:30am-11:30am Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	27 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	28 Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm	29
30	31 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	<p><u>Make up weeks (No Classes):</u></p> <p>LTS/WA 2 Days/Week : October 9th—15th LTS Day/Week: October 16th—29th</p>				

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	2 Senior Swim I-III 9:30am-11:30am Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	3 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	4 Senior Body Wise 9am-10am	5 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
6	7 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	8 Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	9 Senior Swim I-III 9:30am-11:30am Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	10 Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	11 Veteran's Day - No Classes  VETERANS' DAY	12 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
13	14	15 YMCA Low Impact Water Aerobics 8:30am-9:30am	16 Senior Body Wise 9am-10am	17 YMCA Low Impact Water Aerobics 8:30am-9:30am	18 Senior Body Wise 9am-10am	19 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
20	21 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	22 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	23 Senior Swim I-III 9:30am-11:30am Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	24 Thanksgiving Day - No classes  <i>Happy Thanksgiving</i>	25 Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm	26 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
27	28 Senior Swim I-III 9:30am-11:30am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	29 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	30 Senior Swim I-III 9:30am-11:30am Senior Body Wise 9am-10am Junior Waves 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45pm Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm	<p>Make Up Weeks (No Classes):</p> <p>LTS/WA 2 Days/Week: November 13th—19th LTS 1 Day/Week: November 27th—December 10th</p>		

December

Sun Mon Tue Wed Thu Fri Sat

Make-Up Weeks (No Classes):
 LTS/WA 2 Days/Week: Dec. 18th—24th, 2016
 LTS 1 Day/Week: November 27th—December 10th

1 YMCA Low Impact Water Aerobics 8:30am-9:30am
 Water Aerobics: Senior Shallow Water 10am-11am
 Water Aerobics: Deep Water Drills & Skills 11am-12pm
 Learn to Swim for Children I-IV 4:30pm-7:45pm
 Water Aerobics: Abs & Glutes 7:30pm-8:30pm

2 Senior Body Wise 9am-10am
 Junior Waves 4:30pm-5:30pm

3

4

5 Senior Swim I-III 9:30am-11:30am
 Junior Waves 4:30pm-5:30pm
 Adult Swim I-III 5:30pm-7:45pm
 Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm

6 YMCA Low Impact Water Aerobics 8:30am-9:30am
 Water Aerobics: Senior Shallow Water 10am-11am
 Water Aerobics: Deep Water Drills & Skills 11am-12pm
 Learn to Swim for Children I-IV 4:30pm-7:45pm
 Water Aerobics: Abs & Glutes 7:30pm-8:30pm

7 Senior Swim I-III 9:30am-11:30am
 Senior Body Wise 9am-10am
 Junior Waves 4:30pm-5:30pm
 Adult Swim I-III 5:30pm-7:45pm
 Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm

8 YMCA Low Impact Water Aerobics 8:30am-9:30am
 Water Aerobics: Senior Shallow Water 10am-11am
 Water Aerobics: Deep Water Drills & Skills 11am-12pm
 Learn to Swim for Children I-IV 4:30pm-7:45pm
 Water Aerobics: Abs & Glutes 7:30pm-8:30pm

9 Senior Body Wise 9am-10am
 Junior Waves 4:30pm-5:30pm

10

11

12 Senior Swim I-III 9:30am-11:30am
 Junior Waves 4:30pm-5:30pm
 Adult Swim I-III 5:30pm-7:45pm
 Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm

13 YMCA Low Impact Water Aerobics 8:30am-9:30am
 Water Aerobics: Senior Shallow Water 10am-11am
 Water Aerobics: Deep Water Drills & Skills 11am-12pm
 Learn to Swim for Children I-IV 4:30pm-7:45pm
 Water Aerobics: Abs & Glutes 7:30pm-8:30pm

14 Senior Swim I-III 9:30am-11:30am
 Senior Body Wise 9am-10am
 Junior Waves 4:30pm-5:30pm
 Adult Swim I-III 5:30pm-7:45pm
 Learn to Swim for Parent/Child: Level A-B 6:30pm-7:30pm

15 YMCA Low Impact Water Aerobics 8:30am-9:30am
 Water Aerobics: Senior Shallow Water 10am-11am
 Water Aerobics: Deep Water Drills & Skills 11am-12pm
 Learn to Swim for Children I-IV 4:30pm-7:45pm
 Water Aerobics: Abs & Glutes 7:30pm-8:30pm

16 Senior Body Wise 9am-10am
 Junior Waves 4:30pm-5:30pm

17

18

19

20
 YMCA Low Impact Water Aerobics 8:30am-9:30am

21
 Senior Body Wise 9am-10am

22
 YMCA Low Impact Water Aerobics 8:30am-9:30am

23
 Senior Body Wise 9am-10am

24 **Christmas Eve—No Classes**


25 **Christmas Day—No Classes**


26

27
 YMCA Low Impact Water Aerobics 8:30am-9:30am

28
 Senior Body Wise 9am-10am

29
 YMCA Low Impact Water Aerobics 8:30am-9:30am

30
 Senior Body Wise 9am-10am

31 **New Year's Eve - No Classes**
