



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRIS YMCA OCTOBER 2021 WATER FITNESS SCHEDULE

Day	Time	Class	Instructor
Monday	8:00 AM	Deep Water	Esther
	9:00 AM	Shallow Water	Diane
	10:00 AM	Water Walking	Diane
Tuesday	9:00 AM	Deep Water	Theresa
	10:00 AM	Shallow Water	Theresa
	6:00 PM	Deep/Shallow	Kathy
Wednesday	8:00 AM	Deep Water	Esther
	9:00 AM	Shallow Water	Jan
	10:00 AM	Water Walking	Jan
Thursday	9:00 AM	Deep Water	Rotating-Esther, Diane, Theresa
	10:00 AM	Shallow Water	Rotating-Esther, Diane, Theresa
	6:00 PM	Deep/Shallow	Kathy
Friday	8:00 AM	Deep Water	Esther
	9:00 AM	Shallow Water	Kathy
	10:00 AM	Water Walking	Kathy