FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Fitness Schedule

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am Dee Lap Pool	8:30am Natasha Lap Pool	8:30am Dee Lap Pool	8:30am Natasha Lap Pool 9:15am Volleyball *15-30 min.	8:30am Dee Lap Pool	9:00am Nov 7th – Susan Nov 14th – NO CLASS SWIM MEET Nov 21st – Ana Nov 28th – Dee
10:00am Lise Lap Pool	10:00am Lise Lap Pool	10:00am Lise Lap Pool	10:00am Tammy Lap Pool	10:00am Susan Lap Pool	
10:30am Valerie Therapy Pool	2:00pm Doug Therapy Pool	10:30am Valerie Therapy Pool	11:00am Doug Therapy Pool	10:30am Madison Therapy Pool	

All Classes in the Lap Pool may be done in shallow or deep water.

The YMCA Water Fitness Program includes a variety of different styles and movements based on who delivers the class. The program consists of a variety of water exercise classes to meet the needs of all ages and fitness levels. **All classes can be scaled to any fitness level or ability.** Participants will get out of the class what they put into it.

Participating in water fitness classes is a great way to get a workout that combines a greater range of motion with lower impact on the joints. The natural buoyancy of water supports joints and creates a greater resistance environment to work muscles in all dimensions. Shallow water classes typically are greater impact, while deep water is non-impact exercise.

Water fitness classes are free to all members. Non-swimmers are welcome, but you should be comfortable in the water to participate. Come on in and join the fun!