

# YMCA Swim Lessons at North Georgia Health Care Center

## Spring 2017 Session



**Saturday Classes: \$40 per session**

**In Person:** During business hours at YMCA Program Center at Fort Oglethorpe United Methodist Church

**By Phone:** 706-935-2226 to pay with credit card and fax registration form to 706-935-2234.

**By Email:** Scan and send to [ngaymca@ymcachattanooga.org](mailto:ngaymca@ymcachattanooga.org). Staff will call you when received to pay with credit card.

### Saturday Group Sessions - 4 classes

Spring A	Parent/Child	6 mo. - 2 years	April 8	-	April 29	Saturday	9:00 a.m.	-	9:30 a.m.
Spring A	Preschool	3-5 years	April 8	-	April 29	Saturday	9:30 a.m.	-	10:15 a.m.
Spring A	Youth	6-12 years	April 8	-	April 29	Saturday	10:15 a.m.	-	11:00 a.m.

### Private & Semi-Private Swim Lessons - Scheduled Based on Availability

On Request	Preschool & Youth	3 - 12 years	April 8	-	April 29	Saturday	11:00 a.m.	-	11:30 a.m.
On Request	Teen or Adult	13 and older	April 8	-	April 29	Saturday	11:30 a.m.	-	12:00 p.m.

### Safety Around Water - FREE Water Safety Course open to the Community (Must Register to Secure a Spot)

SPLASH 1	Preschool	3 - 5 years	May 1	-	May 5	Monday - Friday	5:00 p.m.	-	5:45 p.m.
SPLASH 1	Youth	6 - 8 years	May 1	-	May 5	Monday - Friday	5:00 p.m.	-	5:45 p.m.
SPLASH 2	Preschool	3 - 5 years	May 1	-	May 5	Monday - Friday	6:00 p.m.	-	6:45 p.m.
SPLASH 2	Youth	6 - 8 years	May 1	-	May 5	Monday - Friday	6:00 p.m.	-	6:45 p.m.
SPLASH 3	Preschool	3 - 5 years	May 1	-	May 5	Monday - Friday	7:00 p.m.	-	7:45 p.m.
SPLASH 3	Youth	6 - 8 years	May 1	-	May 5	Monday - Friday	7:00 p.m.	-	7:45 p.m.

**The Safety Around Water Course is limited to 21 students per hour (7 preschool and 14 youth).**



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE WORLD IS 71% WATER AND YOUR CHILDREN ARE 100% CURIOUS!

## Safety Around Water

May 1st – 5th, 5–8 p.m.

One-hour sessions will start on the hour  
@ 5 pm, 6 pm & 7 p.m.

Drowning can happen nearly anywhere with standing water. But, as a parent or caregiver, you can't keep your kids sidelined. You need to equip your children with the tools they need to be confident in and around water.

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA's Safety Around Water program can help you make sure they learn essential water safety skills, which can open up a world of possibilities for them.

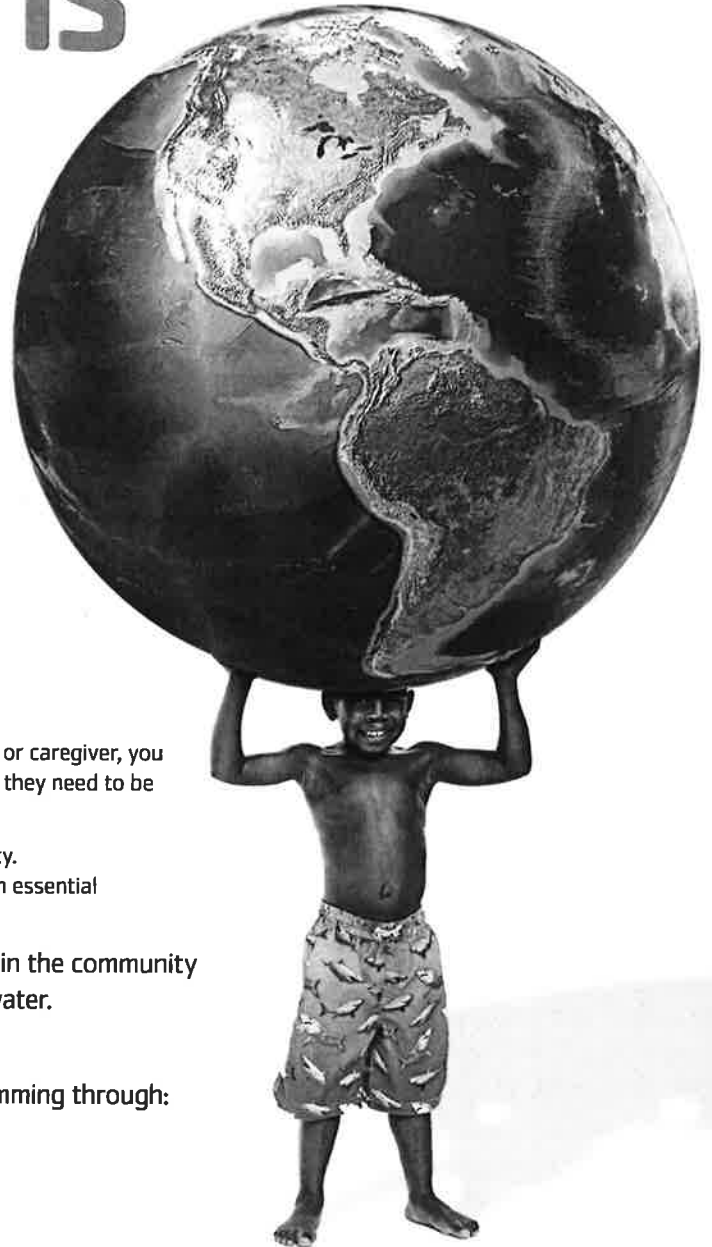
Safety Around Water is free to participants. It is open to anyone in the community who wants their children to learn how to be safe in and around water.

### WHAT IS SAFETY AROUND WATER?

A 5-session course that teaches kids water safety and basic swimming through:

- Exercises to help kids adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim"
- Specific safety topics
- Fun activities

**NORTH GEORGIA COMMUNITY YMCA**  
[ymcachattanooga.org](http://ymcachattanooga.org)



**For more information, contact:**

North Georgia Community YMCA - 706.935.2226  
[ngaymca@ymcachattanooga.org](mailto:ngaymca@ymcachattanooga.org)

# YMCA Swim Lessons at North Georgia Health Care Center - Ringgold, GA

## Summer 2017 Morning Class Schedule



Cost is \$80 per session

The registration form for YMCA Swim Lessons can be found at [ymcachattanooga.org/swim-lessons-1](http://ymcachattanooga.org/swim-lessons-1)

**In Person:** YMCA Program Office at Fort Oglethorpe UMC Gymnasium across from LFO High School.

**By Phone:** Fax registration form to 706-935-2234 and pay with a credit card by calling 706-935-2226.

**By Email:** Scan and send to [ngaymca@ymcachattanooga.org](mailto:ngaymca@ymcachattanooga.org). Staff will call you when received to pay with credit card.

Session Name	Class Level	Age	Class Description	Class Type	Start Date	End Date	Day of Class	Start Time	End Time
Summer 1	Level 1	3-5 years	Water Acclimation	Group	June 5	June 15	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 1	Level 2*	3-5 years	Water Movement	Group	June 5	June 15	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 1	Level 3*	3-5 years	Water Stamina	Group	June 5	June 15	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 1	Level 1	6-12 years	Water Acclimation	Group	June 5	June 15	M, Tu, W, Th	12:15 p.m.	1:00 p.m.
Summer 1	Level 2*	6-12 years	Water Movement	Group	June 5	June 15	M, Tu, W, Th	12:15 p.m.	1:00 p.m.
Summer 1	Level 3*	6-12 years	Water Stamina	Group	June 5	June 15	M, Tu, W, Th	12:15 p.m.	1:00 p.m.
Summer 2	Level 1	3-5 years	Water Acclimation	Group	June 19	June 29	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 2	Level 2*	3-5 years	Water Movement	Group	June 19	June 29	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 2	Level 3*	3-5 years	Water Stamina	Group	June 19	June 29	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 2	Level 1	6-12 years	Water Acclimation	Group	June 19	June 29	M, Tu, W, Th	12:15 p.m.	1:00 p.m.
Summer 2	Level 2*	6-12 years	Water Movement	Group	June 19	June 29	M, Tu, W, Th	12:15 p.m.	1:00 p.m.
Summer 2	Level 3*	6-12 years	Water Stamina	Group	June 19	June 29	M, Tu, W, Th	12:15 p.m.	1:00 p.m.
Summer 3	Level 1	3-5 years	Water Acclimation	Group	July 5**	July 14	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 3	Level 2*	3-5 years	Water Movement	Group	July 5**	July 14	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 3	Level 3*	3-5 years	Water Stamina	Group	July 5**	July 14	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 3	Level 1	6-12 years	Water Acclimation	Group	July 5**	July 14	M, Tu, W, Th	12:15 p.m.	1:00 p.m.
Summer 3	Level 2*	6-12 years	Water Movement	Group	July 5**	July 14	M, Tu, W, Th	12:15 p.m.	1:00 p.m.
Summer 3	Level 3*	6-12 years	Water Stamina	Group	July 5**	July 14	M, Tu, W, Th	12:15 p.m.	1:00 p.m.
Summer 4	Level 1	3-5 years	Water Acclimation	Group	July 17	July 27	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 4	Level 2*	3-5 years	Water Movement	Group	July 17	July 27	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 4	Level 3*	3-5 years	Water Stamina	Group	July 17	July 27	M, Tu, W, Th	11:30 a.m.	12:15 p.m.
Summer 4	Level 1	6-12 years	Water Acclimation	Group	July 17	July 27	M, Tu, W, Th	12:15 p.m.	1:00 p.m.
Summer 4	Level 2*	6-12 years	Water Movement	Group	July 17	July 27	M, Tu, W, Th	12:15 p.m.	1:00 p.m.
Summer 4	Level 3*	6-12 years	Water Stamina	Group	July 17	July 27	M, Tu, W, Th	12:15 p.m.	1:00 p.m.

**Make-up classes for lessons cancelled by the YMCA due to weather, etc. will be held on a Friday at the regular class time.**

**Options for private and semi-private lessons are available. Please call the YMCA Program Office for more information.**

**\* Indicates that a swim test is required on the first day of class for this level.**

**\*\* July 5 - July 14, Summer 3 will be held these dates due to Independence Day holiday: July 5, 6, 7, 10, 11, 12, 13 and 14.**

# YMCA Swim Lessons at North Georgia Health Care Center - Ringgold, GA

## Summer 2017 Evening Class Schedule



Cost is \$80 per session

The registration form for YMCA Swim Lessons can be found at [ymcachattanooga.org/swim-lessons-1](http://ymcachattanooga.org/swim-lessons-1)

**In Person:** YMCA Program Office at Fort Oglethorpe UMC Gymnasium across from LFO High School.

**By Phone:** Fax registration form to 706-935-2234 and pay with a credit card by calling 706-935-2226.

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Session Name	Class Level	Age	Class Description	Class Type	Start Date	End Date	Day of Class	Start Time	End Time
Summer 1	Level 1	3-5 years	Water Acclimation	Group	June 5	June 15	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 1	Level 2*	3-5 years	Water Movement	Group	June 5	June 15	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 1	Level 3*	3-5 years	Water Stamina	Group	June 5	June 15	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 1	Level 1	6-12 years	Water Acclimation	Group	June 5	June 15	M, Tu, W, Th	7:30 p.m.	8:15 p.m.
Summer 1	Level 2*	6-12 years	Water Movement	Group	June 5	June 15	M, Tu, W, Th	7:30 p.m.	8:15 p.m.
Summer 1	Level 3*	6-12 years	Water Stamina	Group	June 5	June 15	M, Tu, W, Th	7:30 p.m.	8:15 p.m.
Summer 2	Level 1	3-5 years	Water Acclimation	Group	June 19	June 29	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 2	Level 2*	3-5 years	Water Movement	Group	June 19	June 29	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 2	Level 3*	3-5 years	Water Stamina	Group	June 19	June 29	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 2	Level 1	6-12 years	Water Acclimation	Group	June 19	June 29	M, Tu, W, Th	7:30 p.m.	8:15 p.m.
Summer 2	Level 2*	6-12 years	Water Movement	Group	June 19	June 29	M, Tu, W, Th	7:30 p.m.	8:15 p.m.
Summer 2	Level 3*	6-12 years	Water Stamina	Group	June 19	June 29	M, Tu, W, Th	7:30 p.m.	8:15 p.m.
Summer 3	Level 1	3-5 years	Water Acclimation	Group	July 5**	July 14	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 3	Level 2*	3-5 years	Water Movement	Group	July 5**	July 14	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 3	Level 3*	3-5 years	Water Stamina	Group	July 5**	July 14	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 3	Level 1	6-12 years	Water Acclimation	Group	July 5**	July 14	M, Tu, W, Th	7:30 p.m.	8:15 p.m.
Summer 3	Level 2*	6-12 years	Water Movement	Group	July 5**	July 14	M, Tu, W, Th	7:30 p.m.	8:15 p.m.
Summer 3	Level 3*	6-12 years	Water Stamina	Group	July 5**	July 14	M, Tu, W, Th	7:30 p.m.	8:15 p.m.
Summer 4	Level 1	3-5 years	Water Acclimation	Group	July 17	July 27	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 4	Level 2*	3-5 years	Water Movement	Group	July 17	July 27	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 4	Level 3*	3-5 years	Water Stamina	Group	July 17	July 27	M, Tu, W, Th	6:45 p.m.	7:30 p.m.
Summer 4	Level 1	6-12 years	Water Acclimation	Group	July 17	July 27	M, Tu, W, Th	7:30 p.m.	8:15 p.m.
Summer 4	Level 2*	6-12 years	Water Movement	Group	July 17	July 27	M, Tu, W, Th	7:30 p.m.	8:15 p.m.
Summer 4	Level 3*	6-12 years	Water Stamina	Group	July 17	July 27	M, Tu, W, Th	7:30 p.m.	8:15 p.m.

**Make-up classes for lessons cancelled by the YMCA due to weather, etc. will be held on a Friday at the regular class time.**

**Options for private and semi-private lessons are available. Please call the YMCA Program Office for more information.**

**\* Indicates that a swim test is required on the first day of class for this level.**

**\*\* July 5 - July 14, Summer 3 will be held these dates due to Independence Day holiday: July 5, 6, 7, 10, 11, 12, 13 and 14.**

# YMCA Swim Lessons at North Georgia Health Care Center - Ringgold, GA

## Summer 2017 Saturday Class Schedule



Cost is \$40 per session

The registration form for YMCA Swim Lessons can be found at [ymcachattanooga.org/swim-lessons-1](http://ymcachattanooga.org/swim-lessons-1)

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Session Name	Class Level	Age	Class Description	Class Type	Start Date	End Date	Day of Class	Start Time	End Time
Summer A	Swim Starters	6 mo.-3 yrs.	Parent/Tot	Group	June 10	- July 1	Saturday	9:00 a.m.	- 9:30 a.m.
Summer A	Swim Starters	2-3 years	Parent/Tot	Group	June 10	- July 1	Saturday	9:00 a.m.	- 9:30 a.m.
Summer A	Level 1	3-5 years	Water Acclimation	Group	June 10	- July 1	Saturday	9:30 a.m.	- 10:15 a.m.
Summer A	Level 2*	3-5 years	Water Movement	Group	June 10	- July 1	Saturday	9:30 a.m.	- 10:15 a.m.
Summer A	Level 3*	3-5 years	Water Stamina	Group	June 10	- July 1	Saturday	9:30 a.m.	- 10:15 a.m.
Summer A	Level 1	6-12 years	Water Acclimation	Group	June 10	- July 1	Saturday	10:15 a.m.	- 11:00 a.m.
Summer A	Level 2*	6-12 years	Water Movement	Group	June 10	- July 1	Saturday	10:15 a.m.	- 11:00 a.m.
Summer A	Level 3*	6-12 years	Water Stamina	Group	June 10	- July 1	Saturday	10:15 a.m.	- 11:00 a.m.
Summer A	Levels 4-6*	3-17 years	Stroke Development	Group	June 10	- July 1	Saturday	11:00 a.m.	- 11:30 a.m.
Summer B	Swim Starters	6 mo. - 3 years	Parent/Tot	Group	July 8	- July 29	Saturday	9:00 a.m.	- 9:30 a.m.
Summer B	Swim Starters	2-3 years	Parent/Tot	Group	July 8	- July 29	Saturday	9:00 a.m.	- 9:30 a.m.
Summer B	Level 1	3-5 years	Water Acclimation	Group	July 8	- July 29	Saturday	9:30 a.m.	- 10:15 a.m.
Summer B	Level 2*	3-5 years	Water Movement	Group	July 8	- July 29	Saturday	9:30 a.m.	- 10:15 a.m.
Summer B	Level 3*	3-5 years	Water Stamina	Group	July 8	- July 29	Saturday	9:30 a.m.	- 10:15 a.m.
Summer B	Level 1	6-12 years	Water Acclimation	Group	July 8	- July 29	Saturday	10:15 a.m.	- 11:00 a.m.
Summer B	Level 2*	6-12 years	Water Movement	Group	July 8	- July 29	Saturday	10:15 a.m.	- 11:00 a.m.
Summer B	Level 3*	6-12 years	Water Stamina	Group	July 8	- July 29	Saturday	10:15 a.m.	- 11:00 a.m.
Summer B	Levels 4-6*	3-17 years	Stroke Development	Group	July 8	- July 29	Saturday	11:00 a.m.	- 11:30 a.m.

**Make-up classes for lessons cancelled by the YMCA due to weather, etc. will be held on a Friday at the regular class time.**

**Options for private and semi-private lessons are available. Please call the YMCA Program Office for more information.**

**\* Indicates that a swim test is required on the first day of class for this level.**

# YMCA Swim Lessons at North Georgia Health Care Center

## Fall 2017 Sessions



**Saturday Classes: \$40 per session**

**In Person:** During business hours at YMCA Program Center at Fort Oglethorpe United Methodist Church

**By Phone:** 706-935-2226 to pay with credit card and fax registration form to 706-935-2234.

**By Email:** Scan and send to ngaymca@ymcachattanooga.org. Staff will call you when received to pay with credit card.

Session Name	Class Level	Age	Class Description	Class Type	Start Date	End Date	Day of Class	Start Time	End Time
Fall B	Swim Starters	6 mo.-3 yrs.	Parent/Tot	Group	September 9	September 30	Saturday	9:00 a.m.	9:30 a.m.
Fall B	Swim Starters	2-3 years	Parent/Tot	Group	September 9	September 30	Saturday	9:00 a.m.	9:30 a.m.
Fall B	Levels 1, 2-3*	3-5 years	Swim Basics	Group	September 9	September 30	Saturday	9:30 a.m.	10:15 a.m.
Fall B	Levels 1, 2-3*	6-12 years	Swim Basics	Group	September 9	September 30	Saturday	10:15 a.m.	11:00 a.m.
Fall B	Levels 4-6*	3-17 years	Stroke Development	Group	September 9	September 30	Saturday	11:00 a.m.	11:30 a.m.
Fall C	Swim Starters	6 mo.-3 yrs.	Parent/Tot	Group	October 7	October 28	Saturday	9:00 a.m.	9:30 a.m.
Fall C	Swim Starters	2-3 years	Parent/Tot	Group	October 7	October 28	Saturday	9:00 a.m.	9:30 a.m.
Fall C	Levels 1, 2-3*	3-5 years	Swim Basics	Group	October 7	October 28	Saturday	9:30 a.m.	10:15 a.m.
Fall C	Levels 1, 2-3*	6-12 years	Swim Basics	Group	October 7	October 28	Saturday	10:15 a.m.	11:00 a.m.
Fall C	Levels 4-6*	3-17 years	Stroke Development	Group	October 7	October 28	Saturday	11:00 a.m.	11:30 a.m.
Fall D	Swim Starters	6 mo.-3 yrs.	Parent/Tot	Group	November 4**	December 2	Saturday	10:15 a.m.	11:00 a.m.
Fall D	Swim Starters	2-3 years	Parent/Tot	Group	November 4**	December 2	Saturday	10:15 a.m.	11:00 a.m.
Fall D	Levels 1, 2-3*	3-5 years	Swim Basics	Group	November 4**	December 2	Saturday	9:30 a.m.	10:15 a.m.
Fall D	Levels 1, 2-3*	6-12 years	Swim Basics	Group	November 4**	December 2	Saturday	10:15 a.m.	11:00 a.m.
Fall D	Levels 4-6*	3-17 years	Stroke Development	Group	November 4**	December 2	Saturday	11:00 a.m.	11:30 a.m.

**Make-up classes for lessons cancelled by the YMCA due to weather, etc. will be held on a Friday evening during the session.**

**Options for private and semi-private lessons are available. Please call the YMCA Program Office for more information.**

**\* Indicates that a swim test is required on the first day of class for this level.**

**\*\* November 4 - December 2, Fall D will be held these dates due to Thanksgiving Weekend: Nov. 4, 11, 16 and Dec. 2.**

# YMCA Water Aerobics at North Georgia Health Care Center

## Winter & Spring 2017 Class Schedule

Please register with the North Georgia Community YMCA.

**In Person:** During business hours at YMCA Program Center at Fort Oglethorpe United Methodist Church

**By Phone:** 706-935-2226 to pay with credit card and fax registration form to 706-935-2234.

**By Email:** ngaymca@ymcachattanooga.org



Water Aerobics									
Session 1	Water Fit	Adults All Ages	January 3	-	January 26	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 1	Water Fit	Adults All Ages	January 3	-	January 26	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 1	Water Fit	Adults All Ages	January 2	-	January 26	Monday & Thursday	5:45 p.m.	-	6:45 p.m.
Session 2	Water Fit	Adults All Ages	January 31	-	February 23	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 2	Water Fit	Adults All Ages	January 31	-	February 23	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 2	Water Fit	Adults All Ages	January 30	-	February 23	Monday & Thursday	5:45 p.m.	-	6:45 p.m.
Session 3	Water Fit	Adults All Ages	February 28	-	March 23	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 3	Water Fit	Adults All Ages	February 28	-	March 23	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 3	Water Fit	Adults All Ages	February 27	-	March 23	Monday & Thursday	5:45 p.m.	-	6:45 p.m.
Session 4	Water Fit	Adults All Ages	March 28	-	April 27*	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 4	Water Fit	Adults All Ages	March 28	-	April 27*	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 4	Water Fit	Adults All Ages	March 27	-	April 27*	Monday & Thursday	5:45 p.m.	-	6:45 p.m.
Session 5	Water Fit	Adults All Ages	May 1	-	May 25	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 5	Water Fit	Adults All Ages	May 1	-	May 25	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 5	Water Fit	Adults All Ages	May 8	-	May 25**	Monday & Thursday	5:45 p.m.	-	6:45 p.m.
Session 6	Water Fit	Adults All Ages	June 6	-	June 29	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 6	Water Fit	Adults All Ages	June 6	-	June 29	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 6	Water Fit	Adults All Ages	June 5	-	June 29	Monday & Thursday	5:45 p.m.	-	6:45 p.m.

\* No Classes April 3-7, 2017 for Spring Break.

\*\* No Morning Classes week of May 1 -5 due to Safety Around Water Week. Classes will be held Friday, May 12 and 26 instead.

No Classes held the week of Memorial Day May 29 - June 2.

# YMCA Water Aerobics at North Georgia Health Care Center

## Summer & Fall 2017 Class Schedule

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Water Aerobics									
Session 7	Water Fit	Adults All Ages	July 11	-	August 3*	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 7	Water Fit	Adults All Ages	July 11	-	August 3*	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 7	Water Fit	Adults All Ages	July 10	-	August 3*	Monday & Thursday	5:45 p.m.	-	6:45 p.m.
Session 8	Water Fit	Adults All Ages	August 8	-	August 31	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 8	Water Fit	Adults All Ages	August 8	-	August 31	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 8	Water Fit	Adults All Ages	August 7	-	August 31	Monday & Thursday	5:45 p.m.	-	6:45 p.m.
Session 9	Water Fit	Adults All Ages	September 5	-	September 28	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 9	Water Fit	Adults All Ages	September 5	-	September 28	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 9	Water Fit	Adults All Ages	September 4	-	September 29**	Monday & Thursday	5:45 p.m.	-	6:45 p.m.
Session 10	Water Fit	Adults All Ages	October 3	-	October 26	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 10	Water Fit	Adults All Ages	October 3	-	October 26	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 10	Water Fit	Adults All Ages	October 2	-	October 26	Monday & Thursday	5:45 p.m.	-	6:45 p.m.
Session 11	Water Fit	Adults All Ages	October 31	-	November 21***	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 11	Water Fit	Adults All Ages	October 31	-	November 21***	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 11	Water Fit	Adults All Ages	October 30	-	November 20***	Monday & Thursday	5:45 p.m.	-	6:45 p.m.
Session 12	Water Fit	Adults All Ages	November 28	-	December 21	Tuesday & Thursday	9:00 a.m.	-	10:00 a.m.
Session 12	Water Fit	Adults All Ages	November 28	-	December 21	Tuesday & Thursday	10:00 a.m.	-	11:00 a.m.
Session 12	Water Fit	Adults All Ages	November 27	-	December 21	Monday & Thursday	5:45 p.m.	-	6:45 p.m.

\* No Classes the week of July 3-7.

\*\* No Classes on September 4 for Labor Day. This class will be rescheduled Friday, September 29.

\*\*\* Class also meets on November 17 to avoid a conflict with Thanksgiving Holiday, November 23.