

**Beaumont Centre Family YMCA**  
**Water Fitness Schedule**  
**Effective: May 1, 2010**



**WARM WATER POOL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aquafit</b> 7:30-8:30 AM Lauren	<b>Aquafit</b> 8:00-9:00 AM Leslie	<b>Aquafit</b> 7:30-8:30 AM Lauren	<b>Aquafit</b> 8:00-9:00 AM Leslie	<b>Aquafit</b> 7:30-8:30 AM Lauren	
<b>Aquafit</b> 11:00-12:00 PM Charlsey	<b>Aquafit</b> 11:00-12:00 PM Charlsey	<b>Aquafit</b> 11:00-12:00 PM Charlsey	<b>Aquafit</b> 11:00-12:00 PM Charlsey	<b>Aquafit</b> 11:00-12:00 PM Charlsey	<b>Aquafit</b> 11:30-12:30 PM Leslie
	<b>Silver Splash</b> 1:00-2:00 PM Hege		<b>Silver Splash</b> 1:00-2:00 PM Hege		
<b>Aquafit</b> 5:30-6:30 PM Robin		<b>Aquafit</b> 5:30-6:30 PM Leslie			
<b>Aquafit</b> 7:30-8:30 PM Robin	<b>Aquafit</b> 6:30-7:30 PM Lauren	<b>Aquafit</b> 7:30-8:30 PM Robin	<b>Aquafit</b> 6:30-7:30 PM Lauren		

ALL CLASSES ARE DEPENDENT UPON ENROLLMENT AND MAY BE CANCELLED IF THERE IS A LACK OF ATTENDANCE

**MULTI-USE POOL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Power Splash</b> 9:00-10:00 AM Nicole		<b>Power Splash</b> 9:00-10:00 AM Nicole		<b>Power Splash</b> 9:00-10:00 AM Nicole	
<b>Deep Water Jam</b> 10:00-11:00 AM Nicole		<b>Deep Water Jam</b> 10:00-11:00 AM Nicole		<b>Deep Water Jam</b> 10:00-11:00 AM Nicole	

ALL CLASSES ARE DEPENDENT UPON ENROLLEMENT AND MAY BE CANCELLED IF THERE IS A LACK OF ATTENDANCE