



# Sherman Lake YMCA

June 28th - July 4th

6225 North 39th Street

Augusta, MI 49012

269-731-3032

	SAT 28	SUN 29	MON 30	TUE 1	WED 2	THU 3	FRI 4
6am			Lap Swim Pool 6am - 10:30am	Lap Swim Pool 6am - 10am	Lap Swim Pool 6am - 10am	Lap Swim Pool 6am - 10am	Lap Swim Pool 6am - 10am
8am	Lap Swim Pool 8am - 12pm	Lap Swim Pool 8am - 11am	Water Aerobics Pool Patricia Bartig 8am - 8:45am	Stretch Your Potential Pool Janice Marsh-Prelesnik 8am - 8:45am	Aquafit Pool Amy Goff 8am - 8:45am		Water Aerobics Pool Linda Moore 8am - 8:45am
10am				Toddler Time Pool 10am - 11am			
11am		Family & Open Swim Pool 11am - 2pm					
12pm	Family & Open Swim Pool 12pm - 2pm						
3pm					Pool Party Pool 3pm - 4pm	Teen Time Pool 3pm - 4pm	Toddler Time Pool 3pm - 4pm
5pm			Family & Open Swim Pool 5pm - 8pm	Lap Swim Pool 5pm - 8pm	Family & Open Swim Pool 5pm - 8pm	Lap Swim Pool 5pm - 8pm	Family & Open Swim Pool 5pm - 8pm
			Lap Swim Pool 5pm - 8pm		Lap Swim Pool 5pm - 8pm		
6pm				Aquafit Pool Kathleen Sherman 6pm - 6:45pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.