



Sherman Lake YMCA  
July 2nd - July 8th

6225 North 39th Street  
Augusta, MI 49012  
269-731-3032

	WED 2	THU 3	FRI 4	SAT 5	SUN 6	MON 7	TUE 8
6am	Lap Swim Pool 6am - 10am	Lap Swim Pool 6am - 10am	Lap Swim Pool 6am - 10am			Lap Swim Pool 6am - 10:30am	Lap Swim Pool 6am - 10am
8am	Aquafit Pool Amy Goff 8am - 8:45am		Water Aerobics Pool Linda Moore 8am - 8:45am	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
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			Family & Open Swim Pool 5pm - 8pm	Lap 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.