



Sherman Lake YMCA
August 1st - August 7th

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

	FRI 1	SAT 2	SUN 3	MON 4	TUE 5	WED 6	THU 7
6am	Lap Swim Pool 6am - 10am			Lap Swim Pool 6am - 10:30am	Lap Swim Pool 6am - 10am	Lap Swim Pool 6am - 10am	Lap Swim Pool 6am - 10am
8am	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	Aquafit Pool Amy Goff 8am - 8:45am	
9am							Water Aerobics Pool Amy Goff 9:15am - 10am
10am					Toddler Time Pool 10am - 11am		
11am			Family & Open Swim Pool 11am - 2pm				
12pm		Family & Open Swim Pool 12pm - 2pm					
3pm	Toddler Time Pool 3pm - 4pm					Pool Party Pool 3pm - 4pm	Teen Time Pool 3pm - 4pm
5pm	Family & Open 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		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.