



Swimming Pool @ YMCA of Port Arthur
November 20th - November 26th

6760 Ninth Ave.
Port Arthur, TX 77642
(409) 962-6644

	THU 20	FRI 21	SAT 22	SUN 23	MON 24	TUE 25	WED 26
8am	Aqua Cardio Willow R. 8:30am - 9:30am				Aqua Cardio Willow R. 8:30am - 9:30am	Arthritis Exercise Jodie D. 8:30am - 9:30am	
9am	Stretch, Strength, & Balance Willow R. 9:30am - 10:30am				Stretch, Strength, & Balance Willow R. 9:30am - 10:30am	Silver Splash Jodie D. 9:30am - 10:30am	
5pm	Aqua Fitness Jennifer R. 5:30pm - 6:15pm				Aqua Fitness Jodie D. 5:30pm - 6:15pm	Aqua Fitness Jennifer R. 5:30pm - 6:15pm	Swim Lessons Crystal M 5:30pm - 9pm
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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.