



Henderson Family YMCA

March 30th - April 5th

380 Ruin Creek Road
Henderson, NC 27536
(252) 438-2144

	SUN 30	MON 31	TUE 1	WED 2	THU 3	FRI 4	SAT 5
8am				Hydropilates Pool Renee Gorby 8:30am - 9:30am			
9am		Aqua Bee Bop with Bill Pool Bill Kearney 9:45am - 10:30am	Paddle with Patty Pool Patty McHenry 9:30am - 10:30am			Aqua Fit Pool Renee Gorby 9:45am - 10:30am	
10am					1 - Water Acclimation Pool Various Instructors 10am - 10:45am		
12pm		Pool Closed - Safety Around Water Program Pool 12:30pm - 2:30pm	Pool Closed - Safety Around Water Program Pool 12:30pm - 2:30pm	Pool Closed - Safety Around Water Program Pool 12:30pm - 2:30pm	Pool Closed - Safety Around Water Program Pool 12:30pm - 2:30pm	Pool Closed - Safety Around Water Program Pool 12:30pm - 2:30pm	
4pm					B - Water Exploration Pool Various Instructors 4:30pm - 5pm		
					Fishtails & Toddlers Pool Various Instructors 4:30pm - 5:15pm		
5pm					1 - Water Acclimation Pool Various Instructors 5:15pm - 6pm		
					2 - Water Movement Pool Various Instructors 5:15pm - 6pm		
					Aquacise / Hydrostep Pool Juanita Wilkerson 5:30pm - 6:30pm		
6pm					1 - Water Acclimation Pool Various Instructors 6pm - 6:45pm		
					1 - Water Acclimation Pool Various Instructors 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.