



# Henderson Family YMCA

May 17th - May 23rd

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

	SAT 17	SUN 18	MON 19	TUE 20	WED 21	THU 22	FRI 23
8am					<b>Hydropilates</b> Pool Renee Gorby 8:30am - 9:30am		
9am			<b>Aqua Bee Bop with Bill</b> Pool Bill Kearney 9:30am - 10:30am	<b>Paddle with Patty</b> Pool Patty McHenry 9:30am - 10:30am		<b>Making Waves</b> Pool Ellen Currin 9:30am - 10:30am	<b>Aqua Fit</b> Pool Renee Gorby 9:45am - 10:30am
4pm				<b>Group Swim Lessons</b> Pool Group Various Instructors 4:30pm - 7pm		<b>Group Swim Lessons</b> Pool Group Various Instructors 4:30pm - 7pm	
5pm						<b>Aquacise / Hydrostep</b> Pool Juanita Wilkerson 5:30pm - 6:30pm	

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.