



Henderson Family YMCA

May 24th - May 30th

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

	SAT 24	SUN 25	MON 26	TUE 27	WED 28	THU 29	FRI 30
9am			Aqua Bee Bop with Bill Pool Bill Kearney 9:30am - 10:30am	Paddle with Patty Pool Patty McHenry 9:30am - 10:30am		Making Waves Pool Ellen Currin 9:30am - 10:30am	Aqua Fit Pool Renee Gorby 9:45am - 10:30am
4pm				Group Swim Lessons Pool Group Various Instructors 4:30pm - 7pm		Group Swim Lessons Pool Group Various Instructors 4:30pm - 7pm	
5pm						Aquacise / Hydrostep 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.