



Henderson Family YMCA

June 26th - July 2nd

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

	THU 26	FRI 27	SAT 28	SUN 29	MON 30	TUE 1	WED 2
8am					1 - Water Acclimation Pool Group Various Instructors 8:45am - 11am	1 - Water Acclimation Pool Group Various Instructors 8:45am - 11am	Hydropilates Pool Renee Gorby 8:30am - 9:30am
							1 - Water Acclimation Pool Group Various Instructors 8:45am - 11am
9am	Making Waves Pool Ellen Currin 9:30am - 10:30am	Aqua Fit Pool Renee Gorby 9:45am - 10:30am			Aqua Bee Bop with Bill Pool Bill Kearney 9:30am - 10:30am	Fishtails & Toddlers Pool Group Various Instructors 9:30am - 10:15am	Fishtails & Toddlers Pool Group Various Instructors 9:30am - 10:15am
					Fishtails & Toddlers Pool Group Various Instructors 9:30am - 10:15am	Paddle with Patty Pool Patty McHenry 9:30am - 10:30am	
4pm					A - Water Discovery Pool Group Various Instructors 4:30pm - 5pm	A - Water Discovery Pool Group Various Instructors 4:30pm - 5pm	A - Water Discovery Pool Group Various Instructors 4:30pm - 5pm
					B - Water Exploration Pool Various Instructors 4:30pm - 5pm	B - Water Exploration Pool Various Instructors 4:30pm - 5pm	B - Water Exploration Pool Various Instructors 4:30pm - 5pm
5pm					1 - Water Acclimation Pool Group Various Instructors 5pm - 7:15pm	1 - Water Acclimation Pool Group Various Instructors 5pm - 7:15pm	Fishtails & Toddlers Pool Group Various Instructors 5pm - 5:45pm
					Fishtails & Toddlers Pool Group Various Instructors 5pm - 5:45pm	Fishtails & Toddlers Pool Group Various Instructors 5pm - 5:45pm	1 - Water Acclimation Pool Group Various Instructors 5pm - 7:15pm
					4 - Stroke Introduction Pool Group Various Instructors 5:45pm - 6:30pm	Aquacise / Hydrostep Pool Juanita Wilkerson 5:30pm - 6:30pm	2 - Water Movement Pool Group Various Instructors 5:45pm - 6:30pm
					2 - Water Movement Pool Group Various Instructors 5:45pm - 6:30pm	2 - Water Movement Pool Group Various Instructors 5:45pm - 6:30pm	4 - Stroke Introduction Pool Group Various Instructors 5:45pm - 6:30pm
						4 - Stroke Introduction Pool Group Various Instructors 5:45pm - 6:30pm	
6pm					3 - Water Stamina Pool Group Various Instructors 6:30pm - 7:15pm	3 - Water Stamina Pool Group Various Instructors 6:30pm - 7:15pm	3 - Water Stamina Pool Group Various Instructors 6:30pm - 7:15pm

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.