



Sandusky Area YMCA June 2011 Aqua Fitness Schedule

Sunday 29-May	Monday 30-May	Tuesday 31-May	Wednesday 1-Jun	Thursday 2-Jun	Friday 3-Jun	Saturday 4-Jun
	Memorial Day YMCA is closed.	10:30 Silver-Splash (Kath) 11:30 Deep Water Run (Kath)	9:00 Aquanastics (Kathy) 10:00 Aquanastics (Barb) 11:00 A.F. Aquatic (Barb) 12:00 Aqua Aerob. (Cindra) 5:30 Aqua Aerobics (Crystal)	10:30 Silver-Splash (Barb) 11:30 Deep Water Run (Kath)	9:00 Aquanastics (Kath) 10:00 Aquanastics (Crystal) 11:00 A.F. Aquatic (Barb) 12:00 Aqua Aerob. (Kath)	
Sunday 5-Jun	Monday 6-Jun	Tuesday 7-Jun	Wednesday 8-Jun	Thursday 9-Jun	Friday 10-Jun	Saturday 11-Jun
	9:00 Aquanastics (Kath) 10:00 Aquanastics (Kath) 11:00 AF Aqua Class (Kath) 12:00 Aqua Aerob. (Kath) 5:30 Aqua Aerobics (Crystal)	10:30 Silver-Splash (Kath) 11:30 Deep Water Run (Kath)	9:00 Aquanastics (Kathy) 10:00 Aquanastics (Barb) 11:00 A.F. Aquatic (Barb) 12:00 Aqua Aerob. (Kath) 5:30 Aqua Aerobics (Crystal)	10:30 Silver-Splash (Barb) 11:30 Deep Water Run (Kath)	9:00 Aquanastics (Kath) 10:00 Aquanastics (Crystal) 11:00 A.F. Aquatic (Barb) 12:00 Aqua Aerob. (Kath)	
Sunday 12-Jun	Monday 13-Jun	Tuesday 14-Jun	Wednesday 15-Jun	Thursday 16-Jun	Friday 17-Jun	Saturday 18-Jun
	9:00 Aquanastics (Kath) 10:00 Aquanastics (Kath) 11:00 AF Aqua Class (Kath) 12:00 Aqua Aerob. (Kath) 5:30 Aqua Aerobics (Crystal)	10:30 Silver-Splash (Kath) 11:30 Deep Water Run (Kath)	9:00 Aquanastics (Kathy) 10:00 Aquanastics (Barb) 11:00 A.F. Aquatic (Barb) 12:00 Aqua Aerob. (Cindra) 5:30 Aqua Aerobics (Crystal)	10:30 Silver-Splash (Barb) 11:30 Deep Water Run (Kath)	9:00 Aquanastics (Kath) 10:00 Aquanastics (Crystal) 11:00 A.F. Aquatic (Barb) 12:00 Aqua Aerob. (Kath)	
Sunday 19-Jun	Monday 20-Jun	Tuesday 21-Jun	Wednesday 22-Jun	Thursday 23-Jun	Friday 24-Jun	Saturday 25-Jun
	9:00 Aquanastics (Kath) 10:00 Aquanastics (Kath) 11:00 AF Aqua Class (Kath) 12:00 Aqua Aerob. (Kath) 5:30 Aqua Aerobics (Crystal)	10:30 Silver-Splash (Kath) 11:30 Deep Water Run (Kath)	9:00 Aquanastics (Crystal) 10:00 Aquanastics (Barb) 11:00 A.F. Aquatic (Barb) 12:00 Aqua Aerob. (Cindra) 5:30 Aqua Aerobics (Crystal)	10:30 Silver-Splash (Barb) 11:30 Deep Water Run (Kath)	9:00 Aquanastics (Crystal) 10:00 Aquanastics (Barb) 11:00 A.F. Aquatic (Barb) 12:00 Aqua Aerob. (Kath)	
Sunday 26-Jun	Monday 27-Jun	Tuesday 28-Jun	Wednesday 29-Jun	Thursday 30-Jun	Friday 1-Jul	Saturday 2-Jul
	9:00 Aquanastics (Kathy) 10:00 Aquanastics (Kath) 11:00 AF Aqua Class (Kath) 12:00 Aqua Aerob. (Kath) 5:30 Aqua Aerobics (Crystal)	10:30 Silver-Splash (Kath) 11:30 Deep Water Run (Kath)	9:00 Aquanastics (Kathy) 10:00 Aquanastics (Barb) 11:00 A.F. Aquatic (Barb) 12:00 Aqua Aerob. (Cindra) 5:30 Aqua Aerobics (Crystal)	10:30 Silver-Splash (Barb) 11:30 Deep Water Run (Kath)	9:00 Aquanastics (Kath) 10:00 Aquanastics (Crystal) 11:00 A.F. Aquatic (Barb) 12:00 Aqua Aerob. (Kath)	

**Effective Wednesday, June 1, 2011
11:00 M-W-F will become the Arthritis Foundation Aquatic Program.**

"40" Class Fitness Challenge Begins Tuesday, May 31st!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY