

NOVEMBER 2022 AQUATICS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1:00-6:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	7:00am-6:45pm LAP SWIM	
	9:00-9:55am AquaFit1 Peggy	9:00-9:55am Aqua Yoga Karen	9:00-9:55am AquaFit1 Peggy	9:00-9:55am Aqua Yoga Karen No Class (24)	9:00-9:55am AquaFit1 Stephanie No Class (25)	9:00-1:00pm Swim Lessons	
	10:00-10:55am AquaFit2 Julie	10:00-10:55am Splashburner Karen	10:00-10:55am AquaFit2 Julie (2,9,23) Peggy	10:00-10:55am Splashburner Karen No Class (24)	10:00-10:55am Aqua Barre Julie No Class (25)		
	11:15am-12:00 Gentle Aquafit Peggy	11:00-11:55am Aqua Yoga Karen	11:15am-12:00 Gentle Aquafit Peggy	11:00-11:55am Aqua Yoga Karen No Class (24)	11:15am-12:00 Gentle Aquafit Carol Julie (18) No Class (25)	1:00-6:45pm Family Swim	
1:00-6:45pm Family Swim	12:00am-4:45pm Family Swim	12:00am-4:15pm Family Swim	12:00-4:45pm Family Swim	12:00am-4:15pm Family Swim	12:00-5:45pm Family Swim		
		4:30-7:00pm Swim Lessons	3:30-4:30pm Afterschool Swimming	4:30-7:00pm Swim Lessons	3:30-4:30pm Afterschool Swimming		
	5:00-6:00pm Swim Clinic		5:00-6:00pm Swim Clinic				
	6:00-6:55pm Splashburner Jenn Karen (14)				6:00-6:55pm Splashburner Karen No Class (25)		
	7:00-8:45pm Family Swim	7:00-8:45pm Family Swim	6:00-8:45pm Family Swim	7:00-8:45pm Family Swim	7:00-8:45pm Family Swim		
<p>The Y will be closed on Thursday, November 24th in observance of the Thanksgiving Holiday There will be no Group Fitness Classes on Friday, November 25th</p> <p>There is NO Family Swim during Swim Clinic</p> <p>Private Swim Lessons may be scheduled during any operational hours</p> <p>*We are currently hiring for Lifeguards and Swim Instructors* **If interested please email Beth Valentine your resume at beth@saymca.org**</p>							