

DECEMBER 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 No Class (26)	9:00-9:55am Aqua Yoga Karen	9:00-9:55am AquaFit1 Peggy	9:00-9:55am Aqua Yoga Karen	9:00-9:55am AquaFit1 Stephanie TBD (9)	9:00-1:00pm Swim Lessons
	10:00-10:55am AquaFit2 Julie Peggy (19) No Class (26)	10:00-10:55am Splashburner Karen	10:00-10:55am AquaFit2 Julie Peggy (7,21)	10:00-10:55am Splashburner Karen	10:00-10:55am Aqua Barre Julie Stephanie (23)	
	11:15am-12:00 Gentle Aquafit Peggy No Class (26)	11:00-11:55am Aqua Yoga Karen	11:15am-12:00 Gentle AquaFit Peggy	11:00-11:55am Aqua Yoga Karen	11:15am-12:00 Gentle AquaFit Carol	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	
3:30-4:30pm Afterschool Swimming	4:30-7:00pm Swim Lessons	3:30-4:30pm Afterschool Swimming	4:30-7:00pm Swim Lessons	3:30-4:30pm Afterschool Swimming	3:30-4:30pm Afterschool Swimming	
5:00-6:00pm Swim Clinic		5:00-6:00pm Swim Clinic				
6:00-6:55pm Splashburner Jenn No Class (26)					6:00-6:55pm Splashburner Karen	
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	7:00-8:45pm Family Swim	
<p>The Y will be closed on Saturday, December 24th and Sunday, December 25th in observance of Christmas Holiday.</p> <p>There will be no Group Fitness Classes on Monday, December 26th.</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*</p> <p>**If interested please email Beth Valentine your resume at beth@saymca.org**</p>						