

20TH AVENUE - Water Fitness Schedule

Monthly Calendar for September 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 YMCA CLOSED	3 <u>9a-10a</u> Water Fit. (West Comp) <u>5:30p-6:15p</u> Water Fit. (**West Comp)	4 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)	5 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family) <u>5:30p-6:15p</u> Water Fit. (**West Comp)	6 <u>9a-9:45a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)	7
8	9 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)	10 <u>9a-10a</u> Water Fit. (West Comp) <u>5:30p-6:15p</u> Water Fit. (**West Comp)	11 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)	12 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family) <u>5:30p-6:15p</u> Water Fit. (**West Comp)	13 <u>9a-9:45a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)	14
15	16 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)	17 <u>9a-10a</u> Water Fit. (West Comp)	18 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)	19 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family) <u>5:30p-6:15p</u> Water Fit. (**West Comp)	20 <u>9a-9:45a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)	21
22	23 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)	24 <u>9a-10a</u> Water Fit. (West Comp) <u>5:30p-6:15p</u> Water Fit. (**West Comp)	25 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)	26 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family) <u>5:30p-6:15p</u> Water Fit. (**West Comp)	27 <u>9a-9:45a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)	28
29	30 <u>9a-10a</u> Water Fit. (West Comp) <u>10a-10:45a</u> Arthritis (Family)					

KEY:
Family = Family Pool
West Comp = Competition Pool Lanes 5, 6, 7, 8
****Tue/Thurs evening class only uses lanes 7 & 8**
East Comp = Competition Pool Lanes 1, 2, 3, 4