

AQUATICS SCHEDULE

DAY	TIME	CLASS
Monday	8:30 - 9:15 a.m.	Water In Motion
	10:00 - 11:00 a.m.	Volleyball (Lap Lanes Closed)
	5:00 - 6:30 p.m.	Swim Team (Lap Lanes Closed)
	6:00 - 7:00 p.m.	Aqua Cardio Blast
Tuesday	8:30 - 9:15 a.m.	Mobility Plus
	9:15 a.m. - 12:15 p.m.	Pre-school Swim Lessons
	12:15 - 1:15 p.m.	Water Wonders
	5:00 - 6:30 p.m.	Swim Team (Lap Lanes Closed)
	6:00 - 7:00 p.m.	Cardio Burst
Wednesday	8:30 - 9:15 a.m.	Water In Motion
	10:00 - 11:00 a.m.	Volleyball (Lap Lanes Closed)
	11:00 - 11:45 a.m.	Step It Up Flow
	5:00 - 6:30 p.m.	Swim Team (Lap Lanes Closed)
	6:00 - 7:00 p.m.	Aqua Challenge
Thursday	8:30 - 9:15 a.m.	Mobility Plus
	12:00 - 12:45 p.m.	Water Wonders
	5:00 - 6:30 p.m.	Swim Team (Lap Lanes Closed)
	6:00 - 7:00 p.m.	Instructor's Choice
Friday	11:00 - 11:45 a.m.	Instructor's Choice
	5:00 - 6:30 p.m.	Swim Team (Lap Lanes Closed)
Saturday	9:30 - 10:00 a.m.	You and Me Baby (6-36 months)

For more information contact Aquatic Coordinator Tara Bishop at tbishop@jewishyoungstown.org or 330.746.3250. ext. 112.