

# YWATER FITNESS™

We build strong kids, strong families, strong communities.

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**Winter I 2010 January 4 - February 21, 2010**

**Registration begins: Metro Members - December 5**

**Program Members - December 12**

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Water Fitness	26	65	220A		8:30-9:30 AM		8:30-9:30 AM			
Water Fitness	26	65	220B		9:30a-10:30 AM		9:30a-10:30 AM			
Water Fitness	26	65	220D		8:00-9:00p PM		8:00-9:00 PM			
Water Fitness	28	70	220E			7:00-8:00 PM		7:00-8:00 PM		
Water Fitness - Additional Class	FREE **	10**	221G						8:30-9:30 AM	
Water Fitness - Additional Class	FREE **	10**	221J							8:30-9:30 AM
AOA Water Fitness	27	68	222M		1:00-2:00 PM		1:00-2:00 PM		1:00-2:00 PM	
Arthritis Aquatics	27	68	224		12:00-12:45 PM		12:00-12:45 PM		12:00-12:45 PM	
Arthritis PLUS	28	70	224A			9:30-10:30 AM		9:30-10:30 AM	9:30-10:30 AM	
TOTAL Water Fitness Pass	40	n/a	221A							

**M** = YMCA Metropolitan Member    **P\*** = YMCA Program Member (must have active Program Membership)  
**\*\*** = Participants must be signed up for a twice a week class to enroll

*Register online at [ymcacolumbus.org](http://ymcacolumbus.org)*

Our mission: To serve the whole community through programs expressing  
 Judeo-Christian principles that build a healthy spirit, mind and body.

1/8/2010