

# YWATER FITNESS™

We build strong kids, strong families, strong communities.

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**Summer 2010 June 7 - August 21, 2010**

**Registration begins: Metro Members - May 15**

**Program Members - May 22**

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Water Fitness	44	109	220A		8:00-9:00 AM		8:00-9:00 AM			
Water Fitness	44	109	220B		9:00-10:00 AM		9:00-10:00 AM			
Water Fitness	44	109	220c			8:00-9:00 AM		8:00-9:00 AM		
Water Fitness	44	109	220D		7:45-8:45 PM		7:45-8:45 PM			
Water Fitness	44	109	220E			7:00-8:00 PM		7:00-8:00 PM		
Water Fitness - Additional Class	FREE	15	221G						8:00-9:00 AM	
Water Fitness - Additional Class	FREE	15	221J							8:30-9:30 AM
AOA Water Fitness	44	109	222M		1:00-2:00 PM		1:00-2:00 PM		1:00-2:00 PM	
Arthritis Aquatics	44	109	224A		12:00-12:45 PM		12:00-12:45 PM		12:00-12:45 PM	
Arthritis PLUS	44	109	224B			9:00-10:00 AM		9:00-10:00 AM	9:00-10:00 AM	
Multiple Sclerosis Aquatics	44	109	220G		9:00-10:00 AM		9:00 - 10:00 AM			
TOTAL Water Fitness Pass	65	n/a	221A							

**M** = YMCA Metropolitan Member    **P\*** = YMCA Program Member (must have active Program Membership)

**FREE** = Free for Metropolitan Members who have signed up for a 2 day class

*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.

5/20/2010