

YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

WARD FAMILY YMCA - 614-252-3166

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Winter Two Session 2010 - February 22 - April 11

Registration begins: Metro Members - February 6

Program Members - February 13 · AOA Program Members - Register Per Calendar Monthly

Class	\$ FEES			Code	Mo	Tu	We	Th	Fr	Sa
	M	P*	F							
Active Older Adults	Free	20M	Free		9:00AM-12:00PM		9:00AM-12:00PM		9:00AM-12:00PM	
Silver Sneakers® Cardio Circuit	Free	20M	Free	Register Monthly	9:45AM-10:30AM		9:45AM-10:30AM			
Silver Sneakers® M.S.R.O.M.	Free	20M	Free	Register Monthly	10:30AM-11:15AM		10:30AM-11:15AM		10:30AM-11:15AM	
Silver Sneakers® SilverSplash	Free	20M	Free	Register Monthly	10:30AM-11:30AM				10:30AM-11:30AM	
Silver Sneakers® SilverSplash	Free	20M	Free	Register Monthly	11:30AM-12:30PM		11:30AM-12:30PM		11:30AM-12:30PM	
Core Conditioning	8	8	8	CORE		10:30AM-11:00AM		10:30AM-11:00AM		
Arthritis Foundation YMCA Aquatics	28	68	28	AQUAARTH		11:00AM-12:00PM		11:00AM-12:00PM		
Adult Swim Lessons	28	68	28	ASWIMSAT						9:00AM-9:40AM
AOA Tai Chi	Free	20M	Free	TAICHI	11:15 AM-11:45 PM				11:15 AM-11:45 PM	
AOA Birthday Party							12:30pm on 3-3-2010			
AOA NightOwl Event							7:00pm on 3-19-2010			

M = YMCA Metropolitan Member **P*** = YMCA Program Member (must have active Program Membership)
FREE = Free for Members **F** = YMCA Facility Member

Register online at ymcacolumbus.org

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

3/9/2010