

# YAQUATICS™

We build strong kids, strong families, strong communities.

**WARD FAMILY YMCA - 614-252-3166**

Katie Powell : kpowell@ymcacolumbus.org

**Winter Two Session 2010 - February 22 - April 11**

**Registration begins: Metro Members - February 6**

**Program Members - February 13**

| Class                                          | \$ FEES       |     |      | Code                    | Mo                  | Tu                  | We                  | Thr                 | Fr                  | Sa                  |
|------------------------------------------------|---------------|-----|------|-------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
|                                                | Water Fitness | M   | P*   |                         |                     |                     |                     |                     |                     |                     |
| Silver Sneakers®<br>SilverSplash               | Free          | 20M | Free | Monthly<br>Registration | 10:30AM-<br>11:30AM |                     |                     |                     | 10:30AM-<br>11:30AM |                     |
| Silver Sneakers®<br>SilverSplash               | Free          | 20M | Free | Monthly<br>Registration | 11:30AM-<br>12:30PM |                     | 11:30AM-<br>12:30PM |                     | 11:30AM-<br>12:30PM |                     |
| Arthritis Foundation<br>Aquatics Program       | 28            | 68  | 28   | AQUAARTH                |                     | 11:00AM-<br>12:00PM |                     | 11:00AM-<br>12:00PM |                     |                     |
| High Intensity Water<br>Fitness                | 14            | 34  | 14   | AQUAAM                  |                     | 7:15AM-<br>8:00AM   |                     |                     |                     |                     |
| Adult Swimming Lessons                         | 28            | 68  | 28   | ASWIMSAT                |                     |                     |                     |                     |                     | 9:00AM-<br>9:40AM   |
| Polliwog, Guppy, Minnow                        | 28            | 68  | 28   | 68SWIMSAT               |                     |                     |                     |                     |                     | 11:05AM-<br>11:45AM |
| Fish, Flying Fish, Shark &<br>Porpoise Lessons | 28            | 68  | 28   | 912SWIMSAT              |                     |                     |                     |                     |                     | 9:45AM-<br>10:25AM  |
| Pike, Eel, Ray, & Starfish<br>Swim Lessons     | 28            | 68  | 28   | PSSWIMSAT               |                     |                     |                     |                     |                     | 10:30AM-<br>11:00AM |
| Water Polo Open Swim                           |               |     |      |                         |                     | Coming Soon!        |                     | Coming Soon!        |                     |                     |
| Parent & Child Swim<br>Lessons                 | 28            | 68  | 28   | PCSWIMSAT               |                     |                     |                     |                     |                     | 10:30AM-<br>11:00AM |
| Young Adult Swim<br>Lessons                    | 28            | 68  | 28   | YASWIMWED               |                     |                     |                     |                     |                     | 9:45AM-<br>10:25AM  |

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

*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.

3/9/2010