





Effective May 2, 2008

YAQUATICS™

We build strong kids, strong families, strong communities.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Water Wake-Up 8-8:55am	Water Wake-Up 8-8:55am	Water Wake-Up 8-8:55am	Water Wake-Up 8-8:55am	Water Wake-Up 8-8:55am	
	Family Open Swim 9-10am	Adult Swim Swim Lessons 9-10am	Family Open Swim 9-10am	Adult Swim Swim Lessons 9-10am	Family Open Swim 9-10am	
	Highland Senior Center Only 10am-12pm	Highland Senior Center Only 10am-12pm	Highland Senior Center Only 10am-12pm	Highland Senior Center Only 10am-12pm	Highland Senior Center Only 10am-12pm	
						Adult Swim Swim Lessons 10-11am
						Family Open Swim 11am - 1pm
	Family Open Swim 4-6pm	Family Open Swim 4-5pm	Family Open Swim 4-6pm	Family Open Swim 4-5pm		 
	Swim Lessons 6-7:30pm	Swim Lessons 5-7pm	Swim Lessons 6-7:30pm	Swim Lessons 5-7pm		
	* Adult Lap Swim	* Adult Lap Swim	* Adult Lap Swim	* Adult Lap Swim		
	Power Plunge 7:35-8:30pm	Family Open Swim 7-8pm	Power Plunge 7:35-8:30pm	Family Open Swim 7-8pm		

* One Swim Lane will be available during Swim Lessons for Adult Lap Swim Only.

WATER FITNESS CLASSES

Water Wake-Up: Improve your strength, flexibility and aerobic exercise, while reducing bone joint and muscle stress by 90%.

Power Plunge: A high energy total body work-out with increased intensity and a emphasis on water strength & toning.



YMCA

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Highland Family YMCA
7793 Central Ave Highland, Ca 92346
909-425-9622
www.ymcaeastvalley.org

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