



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC FITNESS CLASS SCHEDULE

Spring 2 Session 2024

April 29 - June 23, 2024

CLASS NAME	MONDAY	WEDNESDAY	THURSDAY	FRIDAY
Deep Water Cardio (Pool 1)	8:30-9:15pm	8:30-9:15am*	8:30-9:15am*	
Gentle Shallow (Pool 1)	12:15-1:00pm	12:15-1:00pm		12:15-1:00pm
MS Water Exercise (Pool 2)	11:00-11:45am	11:00-11:45am		11:00-11:45am
Shallow Water Exercise (Pool 1)			8:15-9:00pm	

* Deep Water Cardio is cancelled May 1 and 2. Members can use Pool 1 during this time to exercise on their own.

AQUATIC EXERCISE GUIDELINES

- Come prepared dressed in swim attire, **with your own towel, goggles and flotation belt, etc.** Locker Rooms are currently available to store the remainder of your belongings and to shower, change and use the restroom.
- Foot coverings (flip flops, water shoes, etc.) must be worn in the building and anywhere on the pool deck.
- Scan IN with your membership card at the self-scanning station at the Welcome Center Desk.

For more information on Aquatic Fitness classes at the Fanwood-Scotch Plains YMCA, please contact aquatics@fspymca.org or 908-889-8880.