



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER EXERCISE SCHEDULE

Effective November 15

## MONDAY

|               |           |      |          |
|---------------|-----------|------|----------|
| 9:30-10:30 am | H2O Combo | Mona | Lap Pool |
| 6:30-7:30 pm  | H2O Combo | Mary | Lap Pool |

## TUESDAY

|               |  |       |              |
|---------------|--|-------|--------------|
| 9:00-10:00 am | H2O Combo                                      | Nelly | Lap Pool     |
| 6:00-7:00 pm  | Shallow water exercise<br>Starts on December 4 | Nelly | Therapy Pool |

## WEDNESDAY

|               |           |      |          |
|---------------|-----------|------|----------|
| 9:30-10:30 am | H2O Combo | Mona | Lap Pool |
|---------------|-----------|------|----------|

## THURSDAY

|               |           |        |          |
|---------------|-----------|--------|----------|
| 9:00-10:00 am | H2O Combo | Nelly  | Lap Pool |
| 6:30-7:30 pm  | H2O Combo | Brenda | Lap Pool |

## FRIDAY

|               |           |     |          |
|---------------|-----------|-----|----------|
| 9:30-10:30 am | H2O Combo | Eva | Lap Pool |
|---------------|-----------|-----|----------|

## SATURDAY

|                |           |       |          |
|----------------|-----------|-------|----------|
| 10:30-11:30 am | H2O Combo | Nelly | Lap Pool |
|----------------|-----------|-------|----------|

## WATER EXERCISE CLASS POLICIES

- Detailed class descriptions are available online at [ymcahouston.org](http://ymcahouston.org) or at the Welcome Center.
- For safety reasons, only those 12 years and older are permitted in class unless attending a designated family class.
- Please refrain from entering class after the class has started.
- Unless otherwise noted, our classes are suitable for all fitness levels. Instructors will show options and modifications to meet your needs.
- Cell phones must be on silent and not answered while in class. This is for your safety as well as not to disturb those taking class.

