



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Bayside Y Water Exercise Schedule June 25– August 18

|           |                |                           |
|-----------|----------------|---------------------------|
| Monday    | 7:45-8:30 am   | Shallow                   |
|           | 8:30-9:15 am   | Deep                      |
|           | 10:05-10:50 am | Arthritis                 |
|           | 1:00-1:45 pm   | Water Walking and Balance |
|           | 7:15-8:00 pm   | Deep                      |
| Tuesday   | 7:45-8:30 am   | Deep                      |
|           | 8:30-9:15 am   | Aqua Zumba                |
|           | 7:15-8:00 pm   | Shallow                   |
| Wednesday | 7:45-8:30 am   | Shallow                   |
|           | 8:30-9:15 am   | Deep                      |
|           | 10:05-10:50 am | Arthritis                 |
|           | 7:15-8:00 pm   | Deep                      |
| Thursday  | 7:45-8:30 am   | Deep                      |
|           | 8:30-9:15 am   | Aqua Zumba                |
|           | 1:00-1:45 pm   | Water Walking and Balance |
|           | 7:15-8:00 pm   | Shallow                   |
| Friday    | 8:00-8:45 am   | Deep                      |
|           | 8:45-9:30 am   | Shallow                   |
|           | 10:05-10:50 am | Arthritis                 |
| Saturday  | 8:00-8:45 am   | Shallow                   |

NOTE: The indoor pool will close on 8/21 and re-open on 9/5—the schedule of Water Exercise classes that will be held in the outdoor pool will be available starting August 1.

*The mission of the YMCA of Greater Providence is to build healthy spirit, mind and body for all, through programs, services and relationships that are based on our core values of caring, honesty, respect and responsibility.*