



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KENT COUNTY Y WELCOME, 2017!

New Year's Day Hours

West Bay Y: Closed

Kent County Y: 12 - 4 pm

Group Exercise Schedule

12:00 pm - 1:00 pm: Yogalates- Joe, HW 2

12:15 pm - 1:15 pm: Zumba- Julie/Val, HW 1

12:15 pm - 1:15 pm: Cycle- Megan, Community Rm

12:15 pm - 1:15 pm: Xtreme Fit- Frank, Gym

Aquatics Schedule

12:00 - 2:00 pm: Lap/Leisure

2:05 - 3:40 pm: Family Swim

Active Family Center Schedule

12:00 - 4:00 pm: Family Time ONLY, No Kids' Care

Basketball Gymnasium Schedule

12:00 - 4:00: ½ Gym Family Time

12:00 - 4:00: ½ Gym Open Gym