



# GETTYSBURG YWCA WATER FITNESS SCHEDULE

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swing N' Sway 10:00 – 11:00 am	Water Walking 8:30 – 9:30 am	Swing N' Sway 10:00 – 11:00 am	Water Walking 8:30 – 9:30 am	Shallow Water 1 11:00 – 11:45	Liquid Assets 9:00 – 10:00 am	
Shallow Water 1 11:00 – 11:45	Deep Water Group Training 9:40 – 10:40 am	Shallow Water 1 11:00 – 11:45	Deep Water Group Training 9:40 – 10:40 am	Shallow Water 2 11:45 – 12:30		
Shallow Water 2 11:45 – 12:30	Masters Swimming 4:30 – 5:45 pm	Shallow Water 2 11:45 – 12:30	Masters Swimming 4:30 – 5:45 pm	Water Funtastic 12:30 – 1:00 pm		
Water Funtastic 12:30 – 1:00 pm		Water Funtastic 12:30 – 1:00 pm				
		Liquid Fit 5:00 – 6:00 pm				

**Beginner:** Swing N' Sway, Shallow & Deep Water Training, Water Walking

**Intermediate:** Water Funtastic, Liquid Fit, Liquid Assets

**Advanced:** Masters Swimming