



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

November 2021: Program Pool Schedule

MONDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7-8AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
8-11:30AM	OPEN	WF	WF	WF	WF	CLOSED
11:30AM-4PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4-7PM	OPEN	SL	SL	SL	SL	CLOSED
7-8PM	OPEN	WF	WF	WF	WF	OPEN
8-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

TUESDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7-10:30AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
10:30AM-1PM	OPEN	WF	WF	WF	WF	CLOSED
1PM-4PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4-7PM	OPEN	SL	SL	SL	SL	CLOSED
7-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

WEDNESDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7-9AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
9-11:30AM	OPEN	WF	WF	WF	WF	CLOSED
11:30AM-4PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4-7PM	OPEN	SL	SL	SL	SL	CLOSED
7-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

THURSDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7-9AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
9AM-1PM	OPEN	WF	WF	WF	WF	CLOSED
1-4PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4-7PM	OPEN	SL	SL	SL	SL	CLOSED
7-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

FRIDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7-9AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
9AM-1PM	OPEN	WF	WF	WF	WF	CLOSED
1-7:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SATURDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
8-9AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
9AM-12PM	OPEN	SL	SL	SL	SL	CLOSED
12-4:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SUNDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
12-4:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

JERRY LONG FAMILY YMCA

1150 S. Peace Haven Rd. Clemmons, NC 27012

P 336 712 2000 www.jerrylongymca.org A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Water Fitness Schedule

MONDAY

START	END	CLASS	LOCATION	INSTRUCTOR
8:15AM	9:00AM	Aqua HIIT	Shallow Water	April Bach
9:15AM	10:00AM	Aqua Energizers	Deep Water	Natalie Jungles
10:30AM	11:15AM	AquaFit	Shallow Water	Brigitte Lindsey
7:05PM	7:50PM	Aqua HIIT	Shallow Water	Natosha Lambeth

TUESDAY

START	END	CLASS	LOCATION	INSTRUCTOR
10:45AM	11:30AM	Water Recovery	Shallow Water	Maria Elliott
11:30AM	12:15PM	Recovery Plus	Shallow Water	Maria Elliott

WEDNESDAY

START	END	CLASS	LOCATION	INSTRUCTOR
9:15AM	10:00AM	Aqua Energizers	Deep Water	Natalie Jungles
10:30AM	11:15AM	AquaFit	Shallow Water	Brigitte Lindsey

THURSDAY

START	END	CLASS	LOCATION	INSTRUCTOR
9:00AM	9:45AM	Aqua Zumba	Shallow Water	April Bach
10:45AM	11:30AM	Water Recovery	Shallow Water	Maria Elliott
11:30AM	12:15PM	Recovery Plus	Shallow Water	Maria Elliott

FRIDAY

START	END	CLASS	LOCATION	INSTRUCTOR
9:15AM	10:00AM	AquaFit	Shallow Water	Natalie Jungles
10:30AM	11:15AM	AquaFit	Shallow Water	Brigitte Lindsey
11:30AM	12:15PM	Aqua Energizers	Deep Water	April Bach

Please contact Jenna Patton at j.patton@ymcanwnc.org or 336-712-2000 for any questions or concerns.

JERRY LONG FAMILY YMCA

1150 S. Peace Haven Rd. Clemmons, NC 27012

P 336 712 2000 www.jerrylongymca.org A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.