



Winter I
Youth and Family @ YMCA of the Blue Water Area
 January 7th - March 3rd

1525 Third Street
 Port Huron, MI 48060
 (810) 987-6400

	MON	TUE	WED	THU	FRI	SAT	SUN
9am						Swim Lessons 9am - 12pm	
						Little Ninja's 9:15am - 10am	
10am					Water Safety - 4th Grade 10am - 11am	Little Tumblers 10:15am - 11am	Family Swim River Toys 10am - 1pm
11am						Family Yoga 11:15am - 12pm	
						SPARKS - Jr. Chef 11:30am - 1pm	
12pm				Home School Gym 12:15pm - 1:15pm		Splash Down - River, Toys, Slide 12pm - 5pm	
						Circuit - Adaptive 12:15pm - 1pm	
1pm				Home School Swim - Open Swim 1:15pm - 2:15pm		Dance Aerobics - Adaptive 1:15pm - 2pm	Brazilian Jiu Jitsu 1pm - 3pm
							Family Wellness- Duffy 1pm - 3pm
							Splash Down - River, Toys, Slide 1pm - 4:30pm
3pm	PHASD Swim Team 3pm - 5pm		PHASD Swim Team 3pm - 5pm	PHASD Swim Team 3pm - 4pm	PHASD Swim Team 3pm - 5pm	Futsal 3pm - 9pm	
4pm	Monday Movers 4:30pm - 5pm	Porpoise Club 4:30pm - 5:30pm		Swim Lessons 4:30pm - 6pm			
5pm	Nationals Futsal 5pm - 9pm	Youth Basketball 6-9 5:30pm - 6:30pm	Little Sporters 5:30pm - 6:15pm	Kids Circuit 5:30pm - 6:15pm	Pooligans A 6 - 11 years old 5pm - 5:45pm	Family Swim River Toys 5pm - 7:30pm	
	Pound Fit 5:15pm - 6pm			Porpoise Club 5:30pm - 6:30pm			
6pm	Family Swim River Toys 6pm - 8pm	Splash Down - River, Toys, Slide 6pm - 8pm	Family Swim River Toys 6pm - 8pm	Splash Down - River, Toys, Slide 6pm - 8pm	Pooligans B 12 - 16 years old 6pm - 6:45pm	Family Wellness- Duffy 6pm - 8pm	
	Blue Water Otters 6pm - 7pm	Blue Water Otters 6:30pm - 7:30pm	Blue Water Otters 6pm - 7pm	Youth Strength Training 6:30pm - 7:15pm			
				Blue Water Otters 6:30pm - 7:30pm			
7pm					Splash Down - River, Toys, Slide 7pm - 8pm		
					Nationals Futsal 7pm - 9pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.