



Spring 2019
 Youth and Family @ YMCA of the Blue Water Area
 April 29th - June 23rd

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						Little Tumblers 10:15am - 11am	Family Swim River Toys 10am - 1pm
11am						Family Yoga 11:15am - 12pm	
12pm						Splash Down - River, Toys, Slide 12pm - 5pm	
						Circuit - Adaptive 12:15pm - 1pm	
1pm							Brazilian Jiu Jitsu 1pm - 3pm
							Family Wellness- Duffy 1pm - 3pm
							Splash Down - River, Toys, Slide 1pm - 4:30pm
4pm		Porpoise Club 4:30pm - 5:30pm	Soccer - Little Kickers (2-3 Year Olds) 4pm - 4:45pm				
5pm	Pound Fit 5:30pm - 6:15pm	Zumba 5:30pm - 6:15pm	Little Ninja's 5pm - 5:45pm	Kids Circuit 5:30pm - 6:15pm		Family Swim River Toys 5pm - 7:30pm	
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	Hip Hop Cardio 6:30pm - 7:15pm	Family Wellness- Duffy 6pm - 8pm	
				Youth Strength Training 6:30pm - 7pm			

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.