



Fall 1
 Youth and Family @ YMCA of the Blue Water Area
 September 5th - October 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
8am						Swim Lessons 8am - 11:15am	
						Y on the Fly (Sports Sampling) 8:45am - 10:45am	
9am		Open Swim 9am - 10am		Open Swim 9am - 10am			
10am						Cooking Club 10am - 12pm	
12pm				Home School Gym & Swim \$ 12:15pm - 2:15pm			
				Home School Strength Training 12:15pm - 2:15pm			
4pm	Open Swim w/Rec Slide 4pm - 6:30pm		Open Swim w/Rec Slide 4pm - 6:30pm		Splash Down - River, Toys, Slide 4pm - 6:30pm		
5pm	Y Sports 5:15pm - 6pm	Youth Dodge Ball Club \$ 5:30pm - 6:15pm	Ballet/Creative Movement 5:30pm - 6:15pm	Youth Fitness 5:15pm - 6pm			
	Little Sporters 5:15pm - 6pm						
6pm				Strength Training w/ Cody-Youth \$ 6:15pm - 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.