

# Special Aquatics Class Schedule (Aug 18–29)



Please note the following class schedule updates during our annual pool maintenance.

## WALLACE POOL

8/18–8/22

### MONDAY, AUGUST 18

9:30am	Let's HIIT It!	W/ Beth
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### TUESDAY, AUGUST 19

9:30am	Aqua Fit Shallow	W/ Beth
7:00pm	Heart Smart	W/ Christine

### WEDNESDAY, AUGUST 20

9:30am	Aqua Fit Deep	W/ Christine
7:00pm	Let's HIIT It!	W/ Patti

### FRIDAY, AUGUST 22

9:30am	Heart Smart	W/ Beth
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## ROOKE POOL

8/25–8/29

### MONDAY, AUGUST 25

8:00am	Arthritis Aquatic Exercise	W/ Patti
8:45am	Aqua Lite Dual Depth	W/ Beth
9:30am	Let's HIIT It! •	W/ Beth

### TUESDAY, AUGUST 26

9:30am	Aqua Fit Shallow	W/ Beth
10:30am	Ai Chi	W/ Beth

### WEDNESDAY, AUGUST 27

8:00am	Arthritis Aquatic Exercise	W/ Patti
8:45am	Aqua Lite Deep	W/ Patti
7:00pm	Let's HIIT It!	W/ Patti

### FRIDAY, AUGUST 29

8:00am	Arthritis Aquatic Exercise	W/ Patti
8:45am	Aqua Lite	W/ Patti
9:30am	Aqua Lite Dual Depth	W/ Beth

**Questions?** Contact Beth Folvik at  
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## WESTFIELD AREA YMCA

220 Clark Street, Westfield • 908-301-YMCA (9622) •    • westfieldynj.org

Strengthening the communities of Cranford, Garwood, Mountainside, and Westfield since 1923.  
Financial assistance is available for YMCA programs and memberships.