



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GETTING SWIMMINGLY FIT

Swim Exercise
COPPELL FAMILY YMCA

Water Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow Water Fitness & Deep Water Fitness (9:00am-10:00am)	Shallow Water Fitness (9:00am-10:00am)	Shallow Water Fitness & Deep Water Fitness (9:00am-10:00am)	Shallow Water Fitness (9:00am-10:00am)	Shallow Water Fitness & Deep Water Fitness (9:00am-10:00am)	Shallow Water Fitness (9:15am-10:15am)	Shallow Water Fitness (2pm-3pm)
Aqua Joint Conditioning (10:00am-11:00am)	Aqua Joint Conditioning (10:00am-11:00am)	Aqua Joint Conditioning (10:00am-11:00am)	Aqua Joint Conditioning (10:00am-11:00am)	Aqua Joint Conditioning (10:00am-11:00am)		
Deep Water Fitness (6:15-7:15PM)		Deep Water Fitness (6:15-7:15PM)				

Elias Hernandez
Aquatic Director
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FINANCIAL ASSISTANCE & INCOME-BASED MEMBERSHIPS AVAILABLE

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.