



WATER EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	**Sunday**
8:00 AM	Smooth Moves	AquaTabata	Smooth Moves	Water GYM		
8:45 AM		Water Walk		Water Walk		
9:00 AM	Deep Ease		Deep Ease		Deep Tabata	
9:30 AM		Kick It Bootcamp		Kick It Bootcamp		
10:00 AM	Power Waves		Power Waves		Free Form Friday	
11:00 AM	Deeply Fit		Wild Card WED		Deeply Fit	Master Swim
12:00 PM	Splash Party	Master Swim	Splash Party	Master Swim	50's Friday	
1:00 PM	Volleyball		Volleyball		Volleyball	
5:00 PM	Kick It Bootcamp					

For more information on our classes, contact:
Shelly Vitelli - Water Fitness Coordinator at
717-273-2691 or
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Fall 2026