



# SOUTH SHORE YMCA · Adult Water Fitness

## Summer Session : 07/02/18 — 08/26/18

### No Classes Independence Day, Wed. July 4th

MONDAY		
TIME	CLASS	INSTRUCTOR
11:00am	Aqua Exercise	Sandra
7:30pm	Aqua Exercise	Elisa

TUESDAY		
TIME	CLASS	INSTRUCTOR
6:30pm	Aqua Exercise: Deep Water	Joan

WEDNESDAY		
TIME	CLASS	INSTRUCTOR
8:30am	Water Workout	Pat
11:00am	Aqua Exercise	Sam
7:30pm	Aqua Exercise	Elisa

THURSDAY		
TIME	CLASS	INSTRUCTOR
6:30am	Aqua Exercise	Francine
6:30pm	Aqua Exercise: Deep Water	Joan

FRIDAY		
TIME	CLASS	INSTRUCTOR
11:00am	Aqua Exercise	Sam

SATURDAY		
No Classes		

SUNDAY		
TIME	CLASS	INSTRUCTOR
8:45am	Aqua Exercise	Iva

**BECOME ACTIVE:**  
 Michael R. Creegan,  
 Aquatics Director  
[mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org)  
 347-739-3584

**WATER WORKOUT**  
 # OF CLASSES TAKEN PER WEEK  
 MEMBERS  
 NON-MEMBERS

1X  
 FREE  
 \$91

**AQUA EXERCISE**  
 # OF CLASSES TAKEN PER WEEK  
 MEMBERS  
 NON-MEMBERS

1X 2X 3X 4X  
 FREE  
 \$91 \$130 \$169 \$208



**SOUTH SHORE** 3939 RICHMOND AVENUE, STATEN ISLAND 10312  
 718-227-3200 [www.ymcanyc.org/statenisland](http://www.ymcanyc.org/statenisland)