

Jefferson City YMCA Summer 2026 Water Fitness Schedule

Daytime Water Fitness							
Class	Days	Time	Start Day	Instructor	Depth	Location	Cost
Cardio H2O	Mon/Wed	7:15-8am	July 1/Aug 3	Bev	Both	Knowles	\$25 Y-Member \$35 Non-member
Swimtastics	Mon/Wed/Fri	8:30-9:15am	July 1/Aug 3	Lisa	Shallow	Knowles	\$25 Y-Member \$35 Non-member
Veteran Aquatic Therapy	Tues/Thurs	8:30-9:15am	July 2/Aug 4	Taylor	Shallow	Knowles	Enroll through Columbia VA Association
Aquatic Relief	Tues/Thurs	8:30-9:15am	July 2/Aug 4	Taylor	Shallow	Knowles	\$25 Y-Member \$35 Non-member
Veteran Aquatic Therapy	Tues/Thurs	11:15am-12pm	July 2/Aug 4	Taylor	Shallow	Firley	Enroll through Columbia VA Association
Aquatic Relief	Tues/Thurs	11:15am-12pm	July 2/Aug 4	Taylor	Shallow	Firley	\$25 Y-Member \$35 Non-member
Mid-Day Aqua Motion	Mon/Wed	11:15am-12pm	July 1/Aug 3	Dorothy	Shallow	Firley	\$25 Y-Member \$35 Non-member
Evening Water Fitness							
Deep Water	Mon/Wed	6-6:45pm	July 1/Aug 3	Kelly	Deep	Firley	\$25 Y-Member \$35 Non-member
Aqua Fusion/Aqua Zumba Combo	Mon/Wed	6-6:45pm	July 1/Aug 3	Lori and Dulce	Shallow	Firley	\$25 Y-Member \$35 Non-member
Water Works	Tues/Thurs	6-6:45pm	July 2/Aug 4	Tress	Shallow	Firley	\$25 Y-Member \$35 Non-member
Deep Water	Tue/Thurs	6-6:45pm	July 2/Aug 4	Dorothy	Deep	Firley	\$25 Y-Member \$35 Non-member

