

Jefferson City YMCA Water Fitness Schedule Fall, 2026

Daytime Water Fitness							
<u>Class</u>	<u>Days</u>	<u>Time</u>	<u>Start Day</u>	<u>Instructor</u>	<u>Depth</u>	<u>Location</u>	<u>Cost</u>
Cardio H2O	Mon/Wed	8am-8:45am	Sept 2, Oct 5, Nov 2, Dec 2	Bev	Both	Knowles	\$25 Y-Member \$35 Non-member
Swimtastics	Mon/Wed/Fri	8:30-9:15am	Sept 2, Oct 2, Nov 2, Dec 2	Lisa	Shallow	Knowles	\$25 Y-Member \$35 Non-member
Veteran Aquatic Therapy	Tues/Thurs	8:30-9:15am	Sept 1, Oct 1, Nov 3, Dec 1	Taylor	Shallow	Knowles	Enroll through Columbia VA Association
Aquatic Relief	Tues/Thurs	8:30-9:15	Sept 1, Oct 1, Nov 3, Dec 1	Taylor	Shallow	Knowles	\$25 Y-Member \$35 Non-member
Mid-Day Aqua Motion	Mon/Wed	11:15am-12pm	Sept 3, Oct 1, Nov 4, Dec 1	Dorothy	Both	Knowles	\$25 Y-Member \$35 Non-member
Evening Water Fitness							
Deep Water	Mon/Wed	6-6:45pm	Sept 2, Oct 5, Nov 2, Dec 2	Kelly	Deep	Knowles	\$25 Y-Member \$35 Non-member
Water Works	Tues/Thurs	6-6:45pm	Sept 1, Oct 1, Nov 3, Dec 1	Tress	Shallow	Knowles	\$25 Y-Member \$35 Non-member
Deep Water	Tue/Thurs	6-6:45pm	Sept 1, Oct 1, Nov 3, Dec 1	Dorothy	Deep	Knowles	\$25 Y-Member \$35 Non-member

No Classes on Monday, Sept 7 due to Labor Day.

No evening classes on October 8, due to High School Swim Meet