

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Y WATER FITNESS™

We build strong kids, strong families, strong communities.

GUPPY

2-Week Splash Session

Greenville	Mon-Thu	6:10-6:40 pm
Versailles	Mon-Thu	5:35-6:05 pm

4-Week Session

Greenville	Tue/Thu	6:10-6:40 pm
Versailles	Mon/Wed	11:00-11:30 am
Versailles	Mon/Wed	5:30-6:00 pm

MINNOW

2-Week Splash Session

Greenville	Mon-Thu	6:10-6:40 pm
Versailles	Mon-Thu	5:00-5:30 pm

4-Week Session

Greenville	Tue/Thu	6:10-6:40 pm
Versailles	Mon/Wed	6:35-7:05 pm

FISH

2-Week Splash Session

Greenville	Mon-Thu	4:30-5:00 pm
Versailles	Mon-Thu	5:00-5:30 pm

4-Week Session

Greenville	Tue/Thu	5:00-5:30 pm
Versailles	Mon/Wed	6:35-7:05 pm

FLYING FISH

2-Week Splash Session

Greenville	Mon-Thu	4:30-5:00 pm
Versailles	Mon-Thu	5:00-5:30 pm

4-Week Session

Greenville	Tue/Thu	4:30-5:00 pm
Versailles	Mon/Wed	6:35-7:05 pm

SHARK

2-Week Splash Session

Greenville	Mon-Thu	4:30-5:00 pm
Versailles	Mon-Thu	5:00-5:30 pm

4-Week Session

Greenville	Tue/Thu	4:30-5:00 pm
Versailles	Mon/Wed	6:35-7:05 pm

FREE! 100 MILE CLUB

Swim and track your laps! This is an incentive program to encourage and reward those who are working hard or need the incentive to swim those laps. Tracking charts will be provided and prizes will be awarded for achievement of 100 Miles! Sign up: Set Goals, Swim Laps, Win Prizes...all at your YMCA of Darke County! Registration required for charts and to qualify for prizes.

Fees:	FREE TO MEMBERS	
Greenville	Your Days	Your Time
Versailles	Your Days	Your Time

AQUA MOTION

This class offers a series of water exercises at a pace and intensity level suitable for a wide range of ages and fitness levels. Water resistance equipment will be used for building strength and flexibility while doing cardiovascular moves.

Fees:	Member: \$17	Other: \$44
Greenville	Mon/Wed/Fri	8:50-9:35 am
Greenville	Mon/Wed/Fri	9:40-10:25 am

Instructor: Ronda Miley and Ruth Macklin

Greenville	Tue/Thu	9:30-10:30 am
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Instructor: Chris Boroff

Versailles	Mon/Wed/Fri	9:00-9:45 am
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Instructor: Gloria Quinter and Linda Stammen

AQUA POWER

This class will use various water resistance equipment and/or water weights to provide cardiovascular training and muscle conditioning for a total body workout.

Fees:	Member: \$17	Other: \$44
Greenville	Mon/Wed/Fri	8:00-8:45 am

Instructor: Ronda Miley

AQUA JOG

This total body workout will inspire you to push your limits! The class will use the entire pool to tone, strengthen and tighten. THIS CLASS IS FOR ALL FITNESS LEVELS. Aqua Jog improves muscle tone, cardiovascular endurance, and flexibility while reducing stress to joints.

Fees:	Member: \$17	Other: \$44
Greenville	Mon/Wed	6:45-7:45 pm

Instructor: Kathy Williams