

**OPEN SWIM & GROUP EXERCISE  
SCHEDULE**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
8:00-9:00 AM Adult Swim	8:00-9:00 AM Adult Swim	8:00-9:00 AM Adult Swim	8:00-9:00 AM Adult Swim	8:00-9:00 AM Adult Swim	12:45-2:00 PM FAMILY SWIM
9:00-9:45 AM PI-YO-CHI	11:00-11:45 AM ARTHRITIS	11:00-11:45 AM ARTHRITIS	11:00-11:45 AM ARTHRITIS	10:00-10:45 AM ARTHRITIS	
10:00-10:45 AM ARTHRITIS	2:00-2:45 PM ARTHRITIS	11:45-4:00 PM Adult Swim	11:45-12:45 PM Adult Swim	11:00-11:45 AM ARTHRITIS	
11:00-11:45 AM ARTHRITIS	2:45-3:45 PM Adult Swim	6:45-8:00 PM FAMILY SWIM	2:00-2:45 PM ARTHRITIS	12:00-12:45 AM YOGA	
2:00-4:00 PM Adult Swim	6:45-7:45 PM AQUACIZE		2:45-4:00 PM Adult Swim	12:45-1:30 PM Adult Swim	
6:45-8:00 PM FAMILY SWIM	7:45-8:30 PM Adult Swim		6:45-7:45 PM AQUACIZE	1:30-3:00 PM FAMILY SWIM	
			8:45-8:30 PM Adult Swim		

**LOWER BUCKS FAMILY YMCA  
Newtown Branch  
OPEN SWIM & EXERCISE SCHEDULE  
SUMMER SESSION JUNE 19 – AUGUST 20**

**IMPORTANT NOTES:** Schedule subject to change. Everything listed on this schedule is included with membership.