



# Group Water Exercises

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**April  
2026**

**Tom A. Finch Community YMCA**

Sun.	Monday	Tue.	Wednesday	Thurs.	Fri.	Sat.
			<b>1</b> 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM—11:15 Water Fitness for Health (Crystal) 1:00 PM – 1:45 PM Splash (Joy)	<b>2</b> No Class	<b>3</b> No Class	<b>4</b> No Class
<b>5</b> Happy Easter YMCA Is Closed	<b>6</b> 9:00 AM – 9:45 AM Deep Water Fitness (Sarah) 9:45 AM – 10:30 AM Water Fitness for Health (Sarah) 10:30 AM—11:15 Water Fitness for Health (Sarah) 1:00 PM – 1:45 PM Splash (Joy) 6:00pm– 6:45 pm Aqua Fit (Debbie)	<b>7</b> No Class	<b>8</b> 9:00 AM – 9:45 AM Deep Water Fitness (Sarah) 9:45 AM – 10:30 AM Water Fitness for Health (Sarah) 10:30 AM—11:15 Water Fitness for Health (Sarah) 1:00 PM – 1:45 PM Splash (Joy)	<b>9</b> No Class	<b>10</b> No Class	<b>11</b> No Class
<b>12</b> No Class	<b>13</b> 9:00 AM – 9:45 AM Deep Water Fitness (Sarah) 9:45 AM – 10:30 AM Water Fitness for Health (Sarah) 10:30 AM—11:15 Water Fitness for Health (Sarah) 1:00 PM – 1:45 PM Splash (Joy) 6:00pm– 6:45 pm Aqua Fit (Debbie)	<b>14</b> No Class	<b>15</b> 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM—11:15 Water Fitness for Health (Crystal) 1:00 PM – 1:45 PM Splash (Joy)	<b>16</b> No Class	<b>17</b> No Class	<b>18</b> No Class
<b>19</b> No Class	<b>20</b> 9:00 AM – 9:45 AM Deep Water Fitness (Sarah) 9:45 AM – 10:30 AM Water Fitness for Health (Sarah) 10:30 AM—11:15 Water Fitness for Health (Sarah) 1:00 PM – 1:45 PM Splash (Joy) 6:00pm– 6:45pm Aqua Fit (Debbie)	<b>21</b> No Class	<b>22</b> 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM—11:15 Water Fitness for Health (Crystal) 1:00 PM – 1:45 PM Splash (Joy)	<b>23</b> No Class	<b>24</b> No Class	<b>25</b> No Class
<b>26</b> No Class	<b>27</b> 9:00 AM – 9:45 AM Deep Water Fitness (Sarah) 9:45 AM – 10:30 AM Water Fitness for Health (Sarah) 10:30 AM—11:15 Water Fitness for Health (Sarah) 1:00 PM – 1:45 PM Splash (Joy) 6:00pm– 6:45pm Aqua Fit (Debbie)	<b>28</b> No Class	<b>29</b> 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM—11:15 Water Fitness for Health (Crystal) 1:00 PM – 1:45 PM Splash (Joy)	<b>30</b> No Class		