

Northfield Area Family YMCA  
Lap/Aerobic Swim Schedule  
As of September 14, 2020



## Weekdays

### Morning

**5:10a-5:55a**

**6:25a-7:10a**

**7:40a-8:25a**

**8:55a-9:40a**

**Tues/Thurs-Water Exercise**

**10:10a-10:55a**

**11:25a-12:10p**

### Afternoon

**4:15p-5:00p**

**5:30p-6:15p**

**6:45p-7:30p**

## Weekends

**8:10a-8:55a**

**9:25a-10:10a**

**10:40a-11:25a**

**Sundays-Water Exercise**

**11:55a-12:40p**

Lap swim, aerobic swim, and water exercise classes are open to active members (13+). Pre-registration required. Register online at [www.northfieldymca.org](http://www.northfieldymca.org) or by calling 507-645-0088.

Questions? Call 507-645-0088 or email Anne at: [anne@northfieldymca.org](mailto:anne@northfieldymca.org)