



YMCA South Hampton Roads
 Serving Coastal Virginia and Northeastern North Carolina

Eastern Shore Family YMCA Fall 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9-10AM WATER FITNESS	10-11:15AM WATER FIT- NESS	9-10AM WATER FITNESS	10-11:15AM WATER FITNESS	9-10 WATER FITNESS	9-10:30 SWIM LESSONS
	4-8PM SWIM LESSONS	4-8PM SWIM LESSONS	4-8PM SWIM LESSONS	4-8PM SWIM LESSONS		
	5:30-6:30PM WATER FITNESS		5:30-6:30PM WATER FITNESS			

Eastern Shore Family YMCA
 26164 Lankford Highway
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