



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FLUID RUNNING

## A great way to run!

You don't have to be a runner or athlete to participate, but you must be comfortable in deep water. Proper swimming attire is required. Flotation belts are provided. Heart rate monitors and a water bottle are recommended but not required.

Program participants must select the days of the classes they would like to attend for the session.

**Winter Session Dates: Jan. 4 – Feb. 14**

### Schedule *(hour long runs)*

DAY	TIME	INSTRUCTOR
TUESDAY	5:30-6:30 AM	Kristi
WEDNESDAY	10:00-11:00 AM	Kristi
FRIDAY	10:00-11:00 AM	Jessica
SUNDAY	3:00-4:00 PM	Jessica

### Rates

# OF CLASSES PER WEEK	MEMBER RATE	NON-MEMBER RATE
1 CLASS PER WEEK	\$48.00	\$60.00
2 CLASSES PER WEEK	\$66.00	\$90.00
3 CLASSES PER WEEK	\$72.00	\$108.00
Drop-in Rate	\$10	\$15

Equipment is limited. Minimum enrollment must be achieved by the end of each second class in the session. Make-ups may be prearranged with Aquatics Director (request via email: [fryaquatics@ymcachicago.org](mailto:fryaquatics@ymcachicago.org)). Make-ups are not guaranteed and refunds cannot be granted for unattended sessions.