



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WATER CLASSES SCHEDULE

Effective August 7, 2017

TIME	CLASS	INSTRUCTOR	LOCATION	
MONDAY				
AM	8:00-9:00	Senior Splash	Tish	Indoor Pool
	9:00-10:00	Shallow	Lesley	Indoor Pool
	10:00-11:00	Deep	Lesley	Indoor Pool
PM	6:30 -7:30	Aqua Zumba	Monica	Indoor Pool
TUESDAY				
AM	9:00-10:00	Shallow	Lesley	Indoor Pool
WEDNESDAY				
AM	8:00-9:00	Senior Splash	Tish	Indoor Pool
	9:00-10:00	Shallow	Tish	Indoor Pool
	10:00-11:00	Deep	Sherri	Indoor Pool
PM	6:30 -7:30	Aqua Zumba	Sam	Indoor Pool
THURSDAY				
AM	9:00-10:00	Shallow	Sara	Indoor Pool
FRIDAY				
AM	8:00-9:00	Senior Splash	Sherri	Indoor Pool
	9:00-10:00	Shallow	Sherri	Indoor Pool
	10:00-11:00	Deep	Debbie	Indoor Pool
SATURDAY				
AM	10:00-11:00	Shallow	Rotating	Outdoor Pool

CLASS DESCRIPTION

AQUA ZUMBA ® A "pool party" workout for all ages. Safe, effective and challenging water-based workouts integrate the Zumba® formula and philosophy into traditional aqua fitness disciplines.

DEEP WATER The deep water is the perfect environment for a cardio workout as well as building muscle strength and endurance with no joint impact. Appropriate for all fitness levels and ages.

SENIOR SPLASH A fun class geared towards seniors and people living with arthritis. This class is open to anyone looking for not only a great workout, but also a fun time and relief from arthritis pain.

SHALLOW WATER This high energy class in the shallow end of the pool uses the resistant forces of the water for a great overall workout, building strength, power and endurance. Appropriate for all ages and fitness levels.

The YMCA retains the right to change or cancel any classes or instructors.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BACK TO SCHOOL POOL SCHEDULE WEEK OF AUGUST 7-13

Effective August 7, 2017

INDOOR POOL

MONDAY

Lap Swim – 2 lanes	5:00 a.m. – 4:00 p.m.
Senior Splash	8:00 a.m. – 9:00 a.m.
Shallow Water	9:00 a.m. – 10:00 a.m.
Deep Water	10:00 a.m. – 11:00 a.m.
Aqua Zumba	6:30 p.m. – 7:30 p.m.
Lap Swim – 2 lanes	6:00 p.m. – 8:45 p.m.

TUESDAY

Lap Swim – 2 lanes	5:00 a.m. – 6:30 p.m.
Shallow Water Aerobics	9:00 a.m. – 10:00 a.m.
Swim Lessons \$	10:30 a.m. – 11:00 a.m.
Swim Lessons \$	5:30 p.m. – 7:15 p.m.
Lap Swim – 1 lane	6:30 p.m. – 7:15 p.m.
Lap Swim – 2 lanes	7:15 p.m. – 8:45 p.m.

WEDNESDAY

Lap Swim – 2 lanes	5:00 a.m. – 4:00 p.m.
Senior Splash	8:00 a.m. – 9:00 a.m.
Shallow Water	9:00 a.m. – 10:00 a.m.
Deep Water	10:00 a.m. – 11:00 a.m.
Aqua Zumba	6:30 p.m. – 7:30 p.m.
Lap Swim – 2 lanes	6:00 p.m. – 8:45 p.m.

THURSDAY

Lap Swim – 2 lanes	5:00 a.m. – 6:30 p.m.
Shallow Water Aerobics	9:00 a.m. – 10:00 a.m.
Swim Lessons \$	5:30 p.m. – 7:15 p.m.
Lap Swim – 1 lane	6:30 p.m. – 7:15 p.m.
Lap Swim – 2 lanes	7:15 p.m. – 8:45 p.m.

FRIDAY

Lap Swim – 2 lanes	5:00 a.m. – 4:00 p.m.
Senior Splash	8:00 a.m. – 9:00 a.m.
Shallow Water	9:00 a.m. – 10:00 a.m.
Deep Water	10:00 a.m. – 11:00 a.m.
Lap Swim – 2 lanes	6:00 p.m. – 8:45 p.m.

SATURDAY

Lap Swim – 2 lanes	7:00 a.m. – 5:45 p.m.
Swim Lessons \$	11:00 a.m. – 12:45 p.m.

SUNDAY

Lap Swim – 2 lanes	1:00 p.m. – 5:45 p.m.
--------------------	-----------------------

OUTDOOR POOL

MONDAY

Recreational Swim	10:00 a.m. – 1:00 p.m.
Recreational Swim	4:00 p.m. – 8:00 p.m.

TUESDAY

Recreational Swim	10:00 a.m. – 1:00 p.m.
Recreational Swim	4:00 p.m. – 8:00 p.m.

WEDNESDAY

Recreational Swim	10:00 a.m. – 1:00 p.m.
Recreational Swim	4:00 p.m. – 8:00 p.m.

THURSDAY

Recreational Swim	10:00 a.m. to 1:00 p.m.
Recreational Swim	4:00 p.m. – 8:00 p.m.

FRIDAY

Recreational Swim	10:00 a.m. – 1:00 p.m.
Recreational Swim	4:00 p.m. – 8:00 p.m.

SATURDAY

Recreational Swim	10:00 a.m. – 5:45 p.m.
Shallow Water Aerobics	10:00 a.m. – 11:00 a.m.

SUNDAY

Recreational Swim	1:00 p.m. – 5:45 p.m.
-------------------	-----------------------

POOL INFORMATION

- Times subject to change.
- Please shower before entering pool.
- Children under 16 years are required to take a swim test.
- Children under 16 are NOT allowed in sauna, steam room, or whirlpool.
- When ground lightning strikes within 5 miles, and/or thunder is heard, both pools and decks will be closed.
- The Indoor Pool temperature varies between 83 and 85 degrees F.
- Aerobic classes with 15 or more participants will use 4 lanes.
- Absolutely no recreational swimming during water aerobics classes or swimming lessons.
- The Indoor Pool is closed to recreational swimming when the Outdoor Pool is open.
- When one lap lane is available, need to share lane.
- All Collierville Swim Team participants are YMCA members.

\$ Fee Required

The Indoor Pool is 25 yards long.
35 laps or 70 pool lengths equals 1 mile.

YMCA AT SCHILLING FARMS

1185 Schilling Farms Blvd. E, Collierville TN 38017
P 901 850 9622 F 901 850 9122 ymcamemphis.org