



POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

AM	5:00-7:00	Open Swim	
	7:00-8:00	SilverSneakers® Splash	Carol
	8:00-9:00	H2O Workout Cardio	Becca
	9:00-10:00	Aqua Fit	Jo
	10:15-11:30	Arthritis Aerobics	June
	11:30-1:30	Open Swim	
PM	1:30-2:30	Arthritis Aerobics	June
	2:30- 6:00	Open Swim	
	6:00-7:00	H2O Cardio	Jo
	7:00-8:45	Open Swim	

Tuesday

AM	5:00-8:00	Open Swim	
	8:00-9:00	Aqua Fit	Carol
	9:00-10:00	H2O Workout	Kathy
	10:00-11:00	Aqua Zumba®	Monica
	11:00-4:00	Open Swim	
PM	4:00-5:00	Arthritis Aerobics	June
	6:00-7:00	Aqua Zumba®	Monica
	7:00-8:45	Open Swim	

Wednesday

AM	5:00-7:00	Open Swim	
	7:00-8:00	SilverSneakers® Splash	Carol
	8:00-9:00	Water Volleyball	Carol
	9:00-10:30	Water Volleyball	Kathy
	10:30-11:30	Aqua Zumba®	Monica
	11:45-12:45	Arthritis Aerobics	June
PM	12:45-1:30	Open Swim	
	1:30-2:30	Arthritis Aerobics	June
	2:30-8:45	Open Swim	

Thursday

AM	5:00-8:00	Open Swim	
	8:00-9:00	Aqua Fit/Stretch	Jo
	9:00-10:00	H2O Workout Cardio	Jo
	10:00-11:00	Aqua Zumba®	Monica
	11:00-4:00	Open Swim	
PM	4:00-5:00	Arthritis Aerobics	June
	6:00-7:00	Aqua Zumba®	Monica
	7:00-8:45	Open Swim	

Friday

AM	5:00-7:00	Open Swim	
	7:00-8:00	SilverSneakers® Splash	Carol
	8:00-9:00	H2O Workout	Becca
	9:00-10:00	Aqua Aerobics	Becca
	10:15-11:30	Arthritis Aerobics	June
	11:30-1:30	Open Swim	
	1:30-2:30	Arthritis Aerobics	June
	2:30-8:45	Open Swim	

Saturday

AM	7:00-9:00	Open Swim	
	9:00-10:00	H2O Workout Cardio	Jo
PM	10:00-5:45	Open Swim	

Sunday

PM	12:00-4:45	Open Swim	
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The YMCA retains the right to change or cancel any classes or instructors

Kid's Corner Hours Monday-Friday 8:00am-1:00pm & 4:00pm – 8:00pm

Youth Center Monday-Friday 8:00am-1:00pm 4:00pm-8:00pm

Saturday 8:00am-1:00pm

(For Members Only)

CLASS DESCRIPTION

Aqua Fit– This great class brings the principal of Pilates to the warm water pool. Slow moving, stretching, toning, and working on core muscles.

Aqua Zumba®- A Fusion of Latin and International cardio in the water that creates a dynamic and exciting workout.

H2O Workout– Forget about your stressful day when working hard in this class.

SilverSneakers® Splash– Activate your aqua urge with variety Shallow water moves to improve agility, flexibility, and cardiovascular endurance.

Water Volleyball- Have fun and workout at the same time. Increases endurance, hand eye coordination, and team work skills. Not to mention your core muscles from laughing!