



Aquatics

September

MAIN POOL

Monday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart
10:30am-11:30am	Silver Splash by Silver Sneakers
11:30am-5:30pm	Open Swim/ Lap Swim
5:30pm-6:30pm	Aqua Zumba
6:45pm-7:45pm	Hydrospin/ 3 Lap Lanes
7:45pm-8:00pm	Open Swim/ Lap Swim

Tuesday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:45am-10:45am	Hydrospin/ 3 Lap Lanes
10:45am-5:30pm	Open Swim/ Lap Swim
5:30pm-6:30pm	Aqua Zumba
6:45pm-7:45pm	Hydrospin/ 3 Lap Lanes
7:45pm-8:00pm	Open Swim / Lap Swim

Wednesday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart
10:30am-4:00pm	Open Swim / Lap Swim
4:00pm-7:15 pm	YMCA Swim Lessons
7:15pm-8:00pm	Open Swim / Lap Swim

Thursday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Splash Fit
9:30am-10:30am	Tabata TABATA
10:30am-5:30am	Open Swim/ Lap Swim
5:30pm-6:30pm	Hydrospin /3 Lap Lanes
6:30am-8:00pm	Open Swim / Lap Swim

Friday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart
10:30am-7:30pm	Open Swim / Lap Swim

Saturday	
7:15am-9:00pm	Lap Swim
9:00am-12:00pm	YMCA Swim Lessons/ 1 Lap Lane
12:00pm-1:00pm	Aqua Zumba



Hydrospin participants are able to sign up no more than 15 minutes early. Closed toe shoes required

During evening Hydrospin there is NO Open Swim. 3 lanes will be given for lap swim only.

