



We build strong kids, strong families, strong communities.

**Downtown YMCA**

**Summer Aquatic Schedule August 25 - September 7**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Lap Swim 5:00-8:00 am Lanes 1-6	Lap Swim 5:00-8:30 am Lanes 1-6	Lap Swim 5:00-8:00 am Lanes 1-6	Lap Swim 5:00-8:30 am Lanes 1-6	Lap Swim 5:00-8:00 am Lanes 1-6	Closed	Closed
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM	Open Swim 8:00-9:30 am	Closed 8:30 - 11:00 am	Open Swim 8:00-9:30 am	Closed 8:30 - 11:00 am	Open Swim 8:00-9:30 am	Closed 9:00 - 12:30	Closed
9:00 AM							
9:30 AM							
10:00 AM	Closed 9:30 - 11:00 am	Closed 8:30 - 11:00 am	Closed 9:30 - 11:00 am	Closed 8:30 - 11:00 am	Closed 9:30 - 11:00 am	Closed 9:00 - 12:30	Closed
10:30 AM							
11:00 AM							
11:30 AM	Lap Swim 11:00-1:30 pm Lanes 1-6	Lap Swim 11:00-1:30 pm Lanes 1-6	Lap Swim 11:00-1:30 pm Lanes 1-6	Lap Swim 11:00-1:30 pm Lanes 1-6	Lap Swim 11:00-1:30 pm Lanes 1-6	Lap Swim 12:30-1:30 pm Lanes 1-6	Lap Swim 1:00-2:00 pm Lanes 1-6
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Aquajoints 1:30-2:15pm	Open/Lap Swim 2:30-5:00 pm	Aquajoints 1:30-2:15pm	Open/Lap Swim 2:30-5:00 pm	Aquajoints 1:30-2:15pm	Open/Lap Swim 1:30-5:30 pm	Open/Lap Swim 2:00-5:30 pm
2:30 PM							
3:00 PM							
3:30 PM	Open/Lap Swim 3:00-5:00 pm Lanes 5 & 6	Closed	Open/Lap Swim 3:00-5:00 pm Lanes 5 & 6	Open/Lap Swim 3:00-5:00 pm	Open/Lap Swim 3:00-5:00 pm	Open/Lap Swim 1:30-5:30 pm	Open/Lap Swim 2:00-5:30 pm
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Lap Swim 5:00-6:00 pm Lanes 1-6	Water Exercise Training 5:00 - 7:00 pm	Lap Swim 5:00-6:00 pm Lanes 1-6	Lap Swim 5:00-6:00 pm Lanes 1-6	Lap Swim 5:00-6:00 pm Lanes 1-6	Open/Lap Swim 6:00-7:30 pm	Closed
6:00 PM							
6:30 PM	Open/Lap Swim 6:00-8:30 pm	Open/Lap Swim 7:00-8:30 pm Lanes 5&6	Open/Lap Swim 6:00-7:30 pm	Open/Lap Swim 6:00-8:30 pm Lanes 5&6	Open/Lap Swim 6:00-7:30 pm	Closed	Closed
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
8:30 PM	Closed	Closed	Closed	Closed	Closed	Closed	Closed
8:30 PM							

**If lightning is detected within 8 miles of the facility, the pool will be closed and remain closed until 30 minutes after the last bolt of lightning is detected.**

**This schedule is subject to change based on membership and program needs.**

# WATER EXERCISE™

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## 2008 Summer Water Fitness Classes

### Shallow Water Fitness Classes

Water has 12 times the resistance of air. Our shallow water aerobic/fitness classes are designed to promote cardiovascular fitness, muscle tone, endurance and flexibility without the stress of traditional land exercise. Swimming skills are not necessary! All water fitness classes are free to YMCA members and \$52 to Community Members.

<b>Class</b>	<b>Day</b>	<b>Time</b>
Hydrobics	M,W,F	8:00-8:45 a.m.
Silver Splash	M,W,F	8:45-9:30a.m.
Aqua Fit	M,W,F	2:15-3:15 p.m.
Water Works	M,W,F	6:15-7:00 p.m.

### Deep Water Dynamics

Great for cross-training. This class will strengthen abdominal, thighs, and back muscles. Resistance of water will work your heart while avoiding impact. Buoyancy belts available. Need to feel comfortable in deep water.

<b>Day</b>	<b>Time</b>
M,W,F	8:00 - 8:45 a.m.
M,W,F	8:45 - 9:30 a.m.
M,W,F	6:30 - 7:30 p.m.
T,TH	4:15 - 5:00 p.m.

### Aquajoints

This low impact water exercise program is for those with arthritis or other physical impairments. Water buoyancy and resistance exercises are designed to help increase joint mobility and muscle strength as well as provide exercise and relieve discomfort. Men and women of all ages are welcome. It is not necessary to know how to swim. Participants must present a doctor's release to participate.

<b>Day</b>	<b>Time</b>
M,W,F	1:30-2:15 p.m.