



We build strong kids, strong families, strong communities.

Downtown YMCA

Summer Aquatic Schedule June 2 - August 10

	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	Hydrobics Deep Water Dynamics 8:00-8:45 am Deep Water Dynamics & Silver Splash 8:45-9:30 am	Swim Lessons 8:30 - 11:45am	Hydrobics Deep Water Dynamics 8:00-8:45 am Deep Water Dynamics & Silver Splash 8:45-9:30 am	Swim Lessons 8:30 - 11:45am	Hydrobics Deep Water Dynamics 8:00-8:45 am Deep Water Dynamics & Silver Splash 8:45-9:30 am	Lap Swim 7:00-9:30 am Lanes 1-6	Closed
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM	Swim Lessons 9:30- 11:45 am	Swim Lessons 9:30- 11:45 am	Swim Lessons 9:30- 11:45 am	Swim Lessons 8:30 - 11:45am	Open/Lap Swim 9:30-11:30 am	Swim Lessons 9:00-11:15 pm	Closed
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Aquajoints 1:30-2:15pm Aqua Fit 2:15-3:00 pm	Open/Lap Swim 2:30-4:15 pm	Aquajoints 1:30-2:15pm Aqua Fit 2:15-3:00 pm	Open/Lap Swim 2:30-4:15 pm	Aquajoints 1:30-2:15pm Aqua Fit 2:15-3:00 pm	Swim Team 11:15-12:30	Lap Swim 12:30-1:30 pm Lanes 1-6
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Swim Team 5:00-6:10 pm Lap	Swim Lessons	Swim Team 5:00-6:10 pm Lap Swim lanes 1-3	Lap Swim 5:00-6:00 pm Swim Team 5:00-7:00 pm Swim Lessons 6:30-7:00	Lap Swim 5:00-6:00 pm Lanes 1-6	Open/Lap Swim 1:30-5:30 pm	Lap Swim 1:00-2:00 pm Lanes 1-6
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM	Open/Lap Swim 7:45-8:30 pm	Open/Lap Swim 7:45-8:30 pm	Open/Lap Swim 7:00-8:30 pm	Open/Lap Swim 7:00-8:30 pm	Water Works 6:15-7:15 pm Deep Water Dynamics 6:30-7:30 pm	Open/Lap Swim 1:30-5:30 pm	Open/Lap Swim 2:00-5:30 pm
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.

Class	Day	Time
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	2:15-3:00 p.m.
Water Works	M,W,F	6:15-7:15 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.

Day	Time
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.

Day	Time
M,W,F	1:30-2:15 p.m.