

LAP POOL

April 4 - May 8, 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30- 7 Adult Lap Swim 6 6-6:45 Zumba 2	6-7 Adult Lap Swim 6 Aqua Zumba 2	5:30- 7 Adult Lap Swim 6 6-6:45 Zumba 2	6-7 Adult Lap Swim 6	5:30- 7 Adult Lap Swim 6		
7-8 Rise & Shine 2 Adult Lap Swim 3	7-8 Rise & Shine 3 Adult Lap Swim 3	7-8 Rise & Shine 2 Adult Lap Swim 3	7-8 Rise & Shine 3 Adult Lap Swim 3	7-8 Rise & Shine 3 Adult Lap Swim 3		
8-9 Lap Swim 6	8-9 Lap Swim 6	8-9 Lap Swim 6	8-9 Lap Swim 6	8-9 Lap Swim 6	8-9:30 HYSC 3 Lap Swim 3	
9-10 Smile n Breathe 3 Lap Swim 3	9-10 Lap Swim 6	9-10 Smile n Breathe 3 Lap Swim 3	9-10 Lap Swim 6	9-10 Smile n Breathe 3 Lap Swim 3	9-10 H2O Fit 2 9:30-11:30 BHS 3 Lap Swim 3	
10-1 Lap Swim 6	10-1 Lap Swim 6	10-1 Lap Swim 6	10-1 Lap Swim 6	10-1 Lap Swim 6		
1-2 Lap Swim 3 HHS 3	1-2 Lap Swim 3 HHS 3	1-2 Lap Swim 3 HHS 3	1-2 Lap Swim 3 HHS 3	1-2 Lap Swim 3 HHS 3	11:30-4:30 Lap Swim 6	1-4:30 Lap Swim 6
2-3:30 Lap Swim 6	2-3:30 Lap Swim 6	2-3:30 Lap Swim 6	2-3:30 Lap Swim 6	2-3:30 Lap Swim 6		
3:30-5:45 HIGH SCHOOL TEAMS	3:30-5:45 HIGH SCHOOL TEAMS	3:30-5:45 HIGH SCHOOL TEAMS	3:30-5:45 HIGH SCHOOL TEAMS	3:30-5:45 HIGH SCHOOL TEAMS		
5:45-6:45 Adult Lap Swim 3 Aqua Zumba 2	5:45-6:45 Adult Lap Swim 3 Kicks & Core 2 Lessons 1	5:45-6:45 Adult Lap Swim 4 H2O Circuit 2	5:45-6:45 Adult Lap Swim 3 Kicks & Core 2 Lessons 1	5:45-6:45 Adult Lap Swim 5		
6:45-7:45 HYSC 6	6:45-7:45 HYSC 6	6:45-7:45 HYSC 6	6:45-7:45 HYSC 6	6:45-7:45 HYSC 6		
7:45-8:30 HYSC 5 Lap Swim 1	7:45-8:30 HYSC 5 Lap Swim 1	7:45-8:30 HYSC 5 Lap Swim 1	7:45-8:30 HYSC 5 Lap Swim 1	7:45-8:30 HYSC 5 Lap Swim 1		

The YMCA will be closed on April 4th

Lap pool is 78-79 degrees.

It is a 25 yd 6 lane competitive pool.

The Hot Tub is 102-104 degrees

MUST be 18 yrs old to use.

Home Swim Meets:

Lap Pool and Hot Tub are closed

April 17th 8am-12 noon

April 27th 2-6:30 pm

May 4th 2-6:30 pm

Away Swim Meets:

Extra Lanes available

April 6th 3 Lanes

April 13th 6 Lanes

April 20th 3 Lanes

April 29th 3 Lanes

Subject to change due to meets cancelling



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

WATER FITNESS

AQUA ZUMBA: Mid-High intensity- Elevate your heart rate by “shaking it” in the water to some great tunes!

M T W 6-6:45 am & M 5:45-6:45 pm

H2O FIT: Mid-High intensity- This class will get your heart pumping and your body moving!!

Sat 9-10 am

RISE & SHINE: Mid-High intensity- This class features both shallow and deep water exercises that incorporate muscle toning, endurance and cardiovascular exercises. This will get our day off to a great start!

M-F 7-8 am

SMILE N BREATHE: Mid-High intensity-This class utilizes both shallow and deep water exercises that will give you a great cardiovascular, strength and endurance workout. We'll make sure you're smiling and breathing hard throughout the entire class!

M W F 9-10 am

KICKS & CORE: Mid-High intensity- Kick it up a notch with this class!! We will take you through a full body, high repetition work out targeting your core and all major muscles! This is NOT your grandma's water x class!!

T & Th 5:45-6:45

H2O Circuit: Mid-High intensity- Strengthen and tone while you get a heart-pumping workout at your own pace in stations set up in all depths of the pool!

W 5:45-6:45 pm