Health, Fitness, & Aquatics

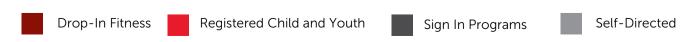


MONDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
6:00am						
6:30am						
7:00am	Open Gym			Lane Swim 6:30-8:30am		
7:30am	6:00-8:45am					
8:00am						
8:30am					Farraille Conins	
9:00am	On The Move	Yoga			Family Swim 8:45-10:00am	
9:30am	9:00-9:45am	9:00-10:00am			0. 10 10.00am	
10:00am		Bars and Plates 10:15-11:00am		AquaFit Stretch 10:15-10:30am		
10:30am		10.13 11.00am		AquaFit		
11:00am	Pickleball 10:00-1:00pm			10:30-11:15am	AquaFit Stretch 11:15-11:30am	
11:30am						
12:00pm		CycleFit		Lane Swim 12:00-2:00pm		
12:30pm		12:00-12:45pm				
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm	O C					
3:30pm	Open Gym 1:00-6:30pm					
4:00pm	1.00 0.30μπ					
4:30pm						
5:00pm					Family Swim	
5:30pm					4:30-6:30pm	
6:00pm						
6:30pm						
7:00pm	Pickleball 6:30-8:45pm			Lane Swim		
7:30pm				6:45-8:30pm		
8:00pm						
8:30pm						
9:00pm						

Health, Fitness, & Aquatics



TUESDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
6:00am						
6:30am						
7:00am	Open Gym			Lane Swim		
7:30am	6:00-8:45am			6:30-8:30am		
8:00am						
8:30am			Classes I Diag		Family Carlos	
9:00am	Cardio and Strength		Stay and Play 8:45-10:00am		Family Swim 8:45-10:00am	
9:30am	9:00-9:45am		0.43 10.00dill		0.43 10.000111	
10:00am				AquaFit Stretch 10:15-10:30am		
10:30am				AquaFit		
11:00am	Pickleball 10:00-1:00pm			10:30-11:15am	AquaFit Stretch 11:15-11:30am	
11:30am						
12:00pm				Lane Swim 12:00-2:00pm		
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm	Open Gym					
3:00pm	1:00-7:00pm					
3:30pm						
4:00pm						
4:30pm				Swim Lesson	s (3-12 years)	
5:00pm					5:30pm	
5:30pm	YKids (3-12 years)	Instructor's Choice				
6:00pm	5:00-7:00pm	5:30-6:15pm				
6:30pm	3.00 7.00pm					
7:00pm				Lane Swim		
7:30pm				7:00-8:30pm		
8:00pm	Youth Volleyball 7:30-8:45pm			3.50p		
8:30pm						
9:00pm						



Health, Fitness, & Aquatics



WEDNESDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
6:00am						
6:30am						
7:00am	Open Gym			Lane Swim		
7:30am	6:00-8:45am			6:30-8:30am		
8:00am						
8:30am					Farmille Contra	
9:00am	On The Move				Family Swim 8:45-10:00am	
9:30am	9:00-9:45am				0. 10 10.00dill	
10:00am		Instructor's Choice 10:15-11:00am		AquaFit Stretch 10:15-10:30am		
10:30am		10.13 11.00am		AquaFit		
11:00am	Pickleball 10:00-1:00pm			10:30-11:15am	AquaFit Stretch 11:15-11:30am	
11:30am						
12:00pm		CycleFit		Lane Swim		
12:30pm		12:00-12:45pm				
1:00pm				12:00-2:00pm		
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm	Open Gym 1:00-6:30pm					
4:00pm	2.00 0.000					
4:30pm						
5:00pm					Family Swim	
5:30pm					4:30-6:30pm	
6:00pm						
6:30pm	Pickleball 6:30-8:45pm					
7:00pm				Lane Swim 6:45-8:30pm		
7:30pm						
8:00pm						
8:30pm						
9:00pm						

Health, Fitness, & Aquatics



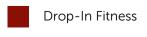
THURSDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
6:00am						
6:30am						
7:00am				Lane Swim 6:30-8:30am		
7:30am	Open Gym					
8:00am	6:00-10:00am					
8:30am			Charles and Diagram		Faradity Continu	
9:00am		Bars and Plates	Stay and Play 8:45-10:00am		Family Swim 8:45-10:00am	
9:30am		9:00-9:45am	0.10 10.000111		0. 10 10.000111	
10:00am				AquaFit Stretch 10:15-10:30am		
10:30am				AquaFit		
11:00am	Pickleball 10:00-1:00pm			10:30-11:15am	AquaFit Stretch 11:15-11:30am	
11:30am			Silver Club	Lane Swim 12:00-2:00pm		
12:00pm			11:45-12:45pm			
12:30pm						
1:00pm						
1:30pm						
2:00pm	Open Gym					
2:30pm	1:00-6:00pm					
3:00pm						
3:30pm						
4:00pm						
4:30pm	YKids (3-12 years)					
5:00pm	4:30-6:00pm				Family Swim	
5:30pm	1.30 0.00pm	Cardio and Strength		4:3	4:30-6:30pm	
6:00pm	Basketball (6-12 years)	5:30-6:15pm				
6:30pm	6:00-7:00pm					
7:00pm				Lane Swim		
7:30pm	Vouth Vallavball			6:45-8:30pm		
8:00pm	Youth Volleyball 7:15-8:45pm					
8:30pm	7.13-0. 4 3βπ					
9:00pm						

Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



FRIDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
6:00am						
6:30am				Lane Swim 6:30-8:30am		
7:00am	Open Gym					
7:30am	6:00-8:45am					
8:00am						
8:30am					Familia Conina	
9:00am	On The Move				Family Swim 8:45-10:00am	
9:30am	9:00-9:45am				0.10 10.00dill	
10:00am	Line Dance	Stretch and Restore		Family/Open Swim		
10:30am	10:00-10:45am	10:00-11:00am		10:15-11:30am		
11:00am				20120 221000		
11:30am						
12:00pm	Pickleball			Lane Swim 12:00-2:00pm		
12:30pm	11:00-2:00pm					
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm	Open Gym					
5:00pm	2:00-7:45pm					
5:30pm	2.00-7. 4 3pm					
6:00pm						
6:30pm						
7:00pm						
7:30pm						
8:00pm						



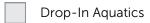




Sign In Programs



Self-Directed



Health, Fitness, & Aquatics



SATURDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
8:00am						
8:30am	Pickleball					
9:00am	8:00-10:00am					
9:30am				Swim Lessons	(3-12 years old)	
10:00am		Instructor's Choice		8:30-1	1:00am	
10:30am		10:00-10:45am				
11:00am						
11:30am				Lane Swim	Pool Booking	
12:00pm				11:30-12:30pm	11:30-12:30pm	
12:30pm	0					
1:00pm	Open Gym 10:00-3:45pm				Favadili i Civiliaa	
1:30pm	10.00 3. ISPIII				Family Swim 12:45-2:45pm	
2:00pm					12. 13 2. 135111	
2:30pm						
3:00pm						
3:30pm						
4:00pm						

SUNDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
10:00am						
10:30am	5 11 0					
11:00am	Family Gym 10:00-12:15pm				Family Swim	
11:30am					10:30-12:30pm	
12:00pm						
12:30pm						
1:00pm				Open/Lane Swim 1:00-2:30pm		
1:30pm	Open Gym 12:30-2:45pm					
2:00pm				2.00 2.00		
2:30pm						
3:00pm						

Health, Fitness, & Aquatics
January 1 - March 17
2024 Winter Schedule







Heart Wise Exercise works with fitness providers in your community to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

The following YMCA programs are accredited by Heart Wise: On The Move, Aquafit, Aquatherapy, Gentlefit, and Gentle Yoga.



We are proud to partner with Jumpstart to offer the following programs:

- Bronze Cross/Medallion
- National Lifequard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport

YMCA Silver Club is generously funded by:

