Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule

Drop-In Aquatics



	MONDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool			
6:00am										
6:30am										
7:00am										
7:30am							Lane Swim			
8:00am							6:30-10:00am			
8:30am							0.00 10.000			
9:00am		ОТМ								
9:30am		9:00-9:45								
10:00am			Bootcamp			Open Swim	Open/Lane Swim			
10:30am			10:00-10:45am		Stay'n Play	7:00am-1:00pm	10:00-11:00am			
11:00am			Yoga Balance		9:00am- 12:00pm		Aquafit			
11:30am			Workshop 11:00am-12:00pm				11:00-11:45am			
12:00pm	Booking	Member	Chair Yoga 12:00pm-12:45pm				Lane Swim			
12:30pm		Pickleball 12:00-1:30pm	12.00pm-12.43pm				12:00-1:00pm			
1:00pm										
1:30pm		Diablahall								
2:00pm		Pickleball Member/								
2:30pm		Resident \$2								
3:00pm		1:30-3:30pm				Open Swim	Lane Swim			
3:30pm						3:00-4:00pm	3:00-4:00pm			
4:00pm										
4:30pm										
5:00pm	Floor Hockey					Swim Lessons	Swim Lessons			
5:30pm	(6-9)				Youth Room	See our Aquatics	See our Aquatics			
6:00pm	5:15-6:15pm	Y Kids (3-9)	Group Power		(10-17)	·	Schedule for Details			
6:30pm	Floor Hockey	5:15-8:15pm	6:00-7:00pm		5:15pm- 7:30pm					
7:00pm	(10-12)		Yoga		7.50pm					
7:30pm	6:30-7:30pm		7:15-8:15 pm			Open Swim	Open/Lane Swim			
8:00pm						7:30-8:30pm	7:30-8:30pm			
8:30pm						·	·			
9:00pm										



Health, Fitness, & Aquatics



TUESDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am								
6:30am								
7:00am		Member Pickleball					Lane Swim	
7:30am		6:30-8:00pm					6:30-9:00am	
8:00am								
8:30am						Open Swim		
9:00am		ОТМ				7:00-11:00am	Lane Swim	
9:30am		9:00-9:45am					9:00-10:00am	
10:00am			Zumba		Stay'n Play		Aquafit	
10:30am			10:00-10:45am		9:00am-		10:00-10:45am	
11:00am			Gentlefit		12:00pm	Aqua Therapy		
11:30am			11:00-11:45am			11:00-11:45am	Lane Swim	
12:00pm	Booking	Member	Chair Yoga			Open Swim	11:00am-1:00pm	
12:30pm	, , , , , , , , , , , , , , , , , , ,		Member 12:00-12:45pm Pickleball			12:00-1:00pm		
1:00pm		12:00-1:30pm						
1:30pm								
2:00pm		Pickleball						
2:30pm		Member/\$2						
3:00pm		Resident 1:30-3:30pm				Open Swim	Lane Swim	
3:30pm		1.50 5.50pm				3:00-4:00pm	3:00-4:00pm	
4:00pm								
4:30pm								
5:00pm	Volleyball					Swim Lessons	Swim Lessons	
5:30pm	(6-9) 5:15-6:15pm				Youth Room	See our Aquatics	See our Aquatics	
6:00pm		Y-Kids (3-9)	Zumba 6:00-6:45pm		(10-17)	Schedule for Details	Schedule for Details	
6:30pm	Volleyball	5:15-8:15pm			5:15-7:30pm			
7:00pm	(10-12) 6:30-7:30pm		Gravity 7:00pm-7:45pm					
7:30pm			7:00pm-7.43pm			Open Swim	Open/Lane Swim	
8:00pm						7:30-8:30pm	7:30-8:30pm	
8:30pm								
9:00pm								



Health, Fitness, & Aquatics



WEDNESDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am							Lane Swim		
7:30am							6:30-10:00am		
8:00am									
8:30am									
9:00am			TotalFit			Open Swim	Open/Lane Swim		
9:30am			9:00-9:45am		- Stay'n Play	7:00-1:00pm	10:00-11:00am		
10:00am		ОТМ			9:00am-	TOI Parent & Tot Swim	Aquafit		
10:30am		10:00-10:45am			12:00pm	12:00-1:00pm	11:00-11:45am		
11:00am			Restorative Yoga						
11:30am			Workshop						
12:00pm	Booking	Member	11:00am-12:00pm				Lane Swim		
12:30pm		Pickleball	Yoga				12:00am-1:00pm		
1:00pm		12:00-1:30pm	12:00-1:00pm						
1:30pm									
2:00pm		Pickleball							
2:30pm		Member/\$2							
3:00pm		Resident 1:30-3:30pm				Open Swim	Lane Swim		
3:30pm		1.50 5.50pm				3:00-4:00pm	3:00-4:00pm		
4:00pm									
4:30pm									
5:00pm	Floor Hockey					C. 1 1	C. in Lancas		
5:30pm	(3-5) 5:15-6:00pm				Varille Danie	Swim Lessons See our Aquatics	Swim Lessons See our Aquatics		
6:00pm		Y-Kids (3-9)	Group Power		Youth Room (10-17)		Schedule for Details		
6:30pm	Volleyball (3-5)	5:15-8:15pm	Group Power 6:00-7:00pm		5:15-7:30pm				
7:00pm	6:15-7:00pm	,							
7:30pm						Open Swim	Open/Lane Swim		
8:00pm						7:30-8:30pm	7:30-8:30pm		
8:30pm									
9:00pm									



Health, Fitness, & Aquatics



THURSDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am		Member Pickleball					Lane Swim		
7:30am		6:30-8:00am					6:30-9:00am		
8:00am									
8:30am						Open Swim			
9:00am		ОТМ				7:00-11:00am	Open Swim		
9:30am		9:00-9:45am					9:00-10:00am		
10:00am			Bootcamp		Stay'n Play		Aquafit		
10:30am			10:00-10:45am		9:00am-		10:00-10:45		
11:00am			Gentlefit		12:00pm	Aqua Therapy			
11:30am			11:00-11:45am			11:00-11:45am	Lane Swim		
12:00pm	Booking Member Pickleball					Open Swim 12:00-1:00pm	11:00am-1:00pm		
12:30pm			Silver Club						
1:00pm		12:00-1:30pm							
1:30pm		Pickleball	12:00-3:00pm						
2:00pm		Member/\$2							
2:30pm		Resident							
3:00pm		1:30-3:30pm				Open Swim	Lane Swim		
3:30pm						3:00-4:00pm	3:00-4:00pm		
4:00pm									
4:30pm									
5:00pm	Aikido (6-9)				Art Spark				
5:30pm	5:15-6:15pm				(3-5) 5:15-6:00pm	Swim Lessons See our Aquatics	Swim Lessons See our Aquatics		
6:00pm		Y-Kids (3-9)	Zumba			Schedule for Details			
6:30pm	Aikido -Family	5:30-8:15pm	6:00-6:45pm		Art Spark (6-12)				
7:00pm	6:30-7:30pm		Group Power		6:15-7:15pm				
7:30pm			7:00-8:00pm			Open Swim	Open/Lane Swim		
8:00pm						7:30-8:30pm	7:30-8:30pm		
8:30pm									
9:00pm									



Health, Fitness, & Aquatics



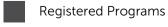
FRIDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am									
7:30am							Lane Swim		
8:00am							6:30-10:00am		
8:30am									
9:00am		ОТМ							
9:30am	Booking	9:00-9:45am				Open Swim			
10:00am	Booking		Cycle		Stay'n Play	7:00am-1:00pm	Open/Lane Swim		
10:30am			10:00-10:45am		9:00am-		10:00-11:00am		
11:00am					12:00pm		Aquafit		
11:30am							11:00-11:45am		
12:00pm			Yoga						
12:30pm			12:00-1:00pm						
1:00pm									
1:30pm	Pickleball Member/\$2	Pickleball Member/\$2							
2:00pm	Resident	Resident							
2:30pm	12:00-4:00pm	12:00-4:00pm							
3:00pm						Open Swim	Lane Swim		
3:30pm						3:00-4:00pm	3:00-4:00pm		
4:00pm						·	·		
4:30pm									
5:00pm			Leaders Exc.			Continue I annual a	Cooling Language		
5:30pm			5:00-6:00pm			Swim Lessons See our Aquatics	Swim Lessons See our Aquatics		
6:00pm			·				Schedule for Details		
6:30pm			Jr./Int. Leaders						
7:00pm			6:00-7:00pm						
7:30pm			Adv. Leaders			Open Swim	Open/Lane Swim		
8:00pm			7:00-8:00pm			7:30-8:30pm	7:30-8:30pm		
8:30pm									
9:00pm									



Health, Fitness, & Aquatics



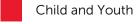
SATURDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
8:00am									
8:30am									
9:00am									
9:30am			Curve Davis						
10:00am	V V: /7 O)		Group Power 9:30-10:30am		Stay'n Play				
10:30am	Y-Kids (3-9) . 9:00am-12:00pm		3.00 10.000111		9:00am-	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details		
11:00am	3.00diii 12.00piii				12:00pm				
11:30am			Zumba 11:00am-12:00pm						
12:00pm			11.00diii 12.00piii						
12:30pm									
1:00pm						Community Swim	Community Swim		
1:30pm						12:30-1:30pm	12:30-1:30pm		
2:00pm									
2:30pm						Open Swim	Lane Swim		
3:00pm						1:30-3:30pm	1:30-3:30pm		
3:30pm									
4:00pm									



Health, Fitness, & Aquatics



SUNDAY											
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool				
10:00am			Curville								
10:30am		Gravity Member 10:15-11:00am									
11:00am		Pickleball	20.20 22.006								
11:30am		10:00am- 12:30pm					Om one Consider	Laura Conina			
12:00pm				12:30pm	12:30pm	12:30pm	12:30pm	12:30pm			
12:30pm						10.000111 1.000111	10.30diii 1.30piii				
1:00pm											
1:30pm											
2:00pm						Adult Rec Swim	Lane Swim				
2:30pm						1:30-2:30pm	1:30-2:30pm				
3:00pm											





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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:

