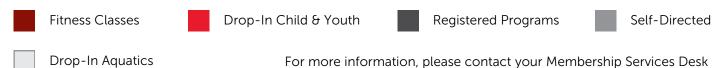
Health, Fitness, & Aquatics



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								
9:00am		OTM						
9:30am		9:00-9:45am						
10:00am		Stay & Play Gym	Bootcamp		. C. C.DI	Open Swim	Open/Lane Swim	
10:30am		10:00am-	10:00-10:45am		Stay & Play 9:00am-	7:00am-1:00pm	10:00-11:00am	
11:00am		11:00am			12:00pm		Aquafit	
11:30am							11:00-11:45am	
12:00pm	Booking	Member	Chair Yoga 12:00-12:45pm				Lane Swim	
12:30pm		Pickleball 12:00-1:30pm	12.00-12.43pm				12:00-1:00pm	
1:00pm								
1:30pm		Pickleball						
2:00pm		Member/						
2:30pm		Resident \$2						
3:00pm		1:30-3:30pm						
3:30pm		Farally Or an				Open Swim	Lane Swim	
4:00pm		Family Open Gym				3:00-4:00pm	3:00-4:00pm	
4:30pm		4:00-5:00pm						
5:00pm	Floor Hockey							
5:30pm	(6-9)				Youth Room	Swim Lessons	Swim Lessons	
6:00pm	5:15-6:15pm	Y Kids (3-9)	Group Power		(10-17)	See our Aquatics	See our Aquatics	
6:30pm	Floor Hockey	5:15-8:15pm	6:00-7:00pm		5:15pm- 7:30pm		Schedule for Details	
7:00pm	(10-12)		Yoga		7.50pm			
7:30pm	6:30-7:30pm		7:15-8:15pm					
8:00pm	Open Gym Basketball					0,000	On an /l a see Code	
8:30pm	7:45-8:45pm					Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm	
9:00pm								



Health, Fitness, & Aquatics

March 18 - June 30 2024 Spring Schedule

Drop-In Aquatics



TUESDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am		Member Pickleball	HIIT				Lane Swim		
7:30am		6:30-8:00pm	7:00-7:30am				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 & 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	Dealine	Member	Gentle Yoga	TOI \$2		Open Swim	11:00am-1:00pm		
12:30pm	Booking	Pickleball	12:00-1:00pm	Track		12:00-1:00pm			
1:00pm		12:00-1:30pm		Residents		·			
1:30pm				Only					
2:00pm		Pickleball							
2:30pm		Member/\$2							
3:00pm		Resident				Open Swim	Lane Swim		
3:30pm		1:30-3:30pm				3:00-4:00pm	3:00-4:00pm		
4:00pm		Family Open				·	·		
4:30pm		Gym 4:00-5:00pm							
5:00pm	Volleyball					Swim Lessons	Swim Lessons		
5:30pm	(6-9)					See our Aquatics	See our Aquatics		
6:00pm	5:15-6:15pm	V V:-I- (7 O)	Zumba		Youth Room (10-17)		Schedule for Details		
6:30pm	Volleyball	Y-Kids (3-9) 5:15-8:15pm	6:00-6:45pm		5:15-7:30pm				
7:00pm	(10-12)	J.15 J.15piii	Gravity						
7:30pm	6:30-7:30pm		7:00pm-7:45pm						
8:00pm	Open Gym					Open Swim	Open/Lane Swim		
8:30pm	Basketball 7:45-8:45pm					7:30-8:30pm	7:30-8:30pm		
9:00pm									



Health, Fitness, & Aquatics



6:00am 6:30am 7:00am 7:30am	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool
6:30am 7:00am							
7:00am							
7:30am							Lane Swim
7.000111							6:30am-10:00am
8:00am							
8:30am							
9:00am			Totalfit			Open Swim 7:00-1:00pm	Open/Lane Swim 10:00-11:00am
9:30am			9:00-9:45am		Stay & Play	·	10:00-11:00am
10:00am		ОТМ	Balance		9:00am-	TOI Parent & Tot Swim	Aquafit
10:30am		10:00-10:45am	10:00-10:45am		12:00pm	12:00-1:00pm	11:00-11:45am
11:00am			Fusion				
11:30am			11:00-11:45am				
12:00pm	Booking	Member	Yoga				Lane Swim
12:30pm		Pickleball	12:00-1:00pm				12:00am-1:00pm
1:00pm		12:00-1:30pm					
1:30pm							
2:00pm		Pickleball					
2:30pm		Member/\$2 Resident					
3:00pm		1:30-3:30pm				Open Swim	Lane Swim
3:30pm		Family Open				3:00-4:00pm	3:00-4:00pm
4:00pm		Gym					
4:30pm		4:00-5:00pm					
	oor Hockey					Swim Lessons	Swim Lessons
5:30pm	(3-5)					See our Aquatics	See our Aquatics
0.00pm	15-6:00pm				Youth Room (10-17)		Schedule for Details
6:30pm	Volleyball (3-5)	Y-Kids (3-9)	Group Power 6:00-7:00pm		5:15-7:30pm		
	15-7:00pm	5:15-8:15pm	о.оо <i>т</i> .оорт				
	Open Gym Basketball		Yoga			0	0
0.000	15-8:45pm		7:15-8:00pm			Open Swim 7:30-8:30pm	Open/Lane Swim 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					Lama Cuina		
7:30am		6:30-8:00am					Lane Swim 6:30-9:00am		
8:00am							0.00 5.000		
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 & Play	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	Daaldaa	Member		TOI \$2		Open Swim 12:00-1:00pm	11:00-1:00pm		
12:30pm	Booking	Pickleball	Silver Club 12:00-3:00pm er/\$2	Track Residents Only			· I		
1:00pm		12:00-1:30pm							
1:30pm		Dialdahall							
2:00pm		Pickleball Member/\$2							
2:30pm		Resident							
3:00pm		1:30-3:30pm							
3:30pm						Omana Codina	Lama Codina		
4:00pm		Family Open Gym				Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm		
4:30pm		4:00-5:00pm				3.00 4.00pm	3.00 4.00pm		
5:00pm	Aikido (6-9)				Art Spark				
5:30pm	5:15-6:15pm				(3-5)				
6:00pm			Zumba		5:15-6:00pm	Swim Lessons	Swim Lessons		
6:30pm		Y-Kids (3-9)	6:00-6:45pm		Art Spark	See our Aquatics Schedule for Details	See our Aquatics		
7:00pm	Aikido -Family 6:30-7:30pm	5:30-8:15pm	20/20/20		(6-12) 6:15-7:15pm		Serieudie for Details		
7:30pm			7:00-7:45pm						
8:00pm	Open Gym								
8:30pm	Basketball 7:45-8:45pm					Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm		
9:00pm									



Health, Fitness, & Aquatics



			FRI	DAY			
	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			Cycle		Stay & 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				Lane Swim
12:30pm			12:00-1:00pm				12:00-1:00pm
1:00pm	D: 11 1 11	D: 11 1 11					·
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.			Swim Lessons	Swim Lessons
5:30pm			5:00-6:00pm			See our Aquatics	See our Aquatics
6:00pm						Schedule for Details	
6:30pm	Youth Baske	_	Jr./Int. Leaders				
7:00pm	5:00-8	:45pm	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			Craup Dayyar							
10:00am	V Vida (7. 0)		Group Power 9:30-10:30am		Stay & Play 9:00am- 12:00pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details			
10:30am	- Y-Kids (3-9) - 9:00am-12:00pm -		5.00 10.00diii							
11:00am		Open Gym Basketball	Zumba 11:00am-12:00pm							
11:30am										
12:00pm		8:00am-								
12:30pm		3:45pm								
1:00pm										
1:30pm	Family Open Gym 12:30-3:45pm						TOI Community			
2:00pm						TOI Community	Swim 12:30-3:30pm/			
2:30pm						Swim 12:30-2:30pm	Lane Swim			
3:00pm							12:30-2:30pm			
3:30pm							· ·			
4:00pm										

Health, Fitness, & Aquatics



			SUN	IDAY						
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool			
8:00am										
8:30am										
9:00am										
9:30am										
10:00am			Gravity 10:15-							
10:30am	0	Member Pickleball 10:00am- 12:30pm	Pickleball 10:00am-	Pickleball 10:00am-	11:00am					
11:00am	Open Gym Basketball				10:00am-	10:00am-				
11:30am	8:00am-2:45pm									
12:00pm						Open Swim 10:30am-1:30pm	Open/Lane Swim 10:30am-1:30pm			
12:30pm						10.000	20.000			
1:00pm		Family Open	amily Open							
1:30pm		Gym 12:45-2:45pm								
2:00pm						Adult Rec Swim	Lane Swim			
2:30pm						1:30-2:30pm	1:30-2:30pm			
3:00pm										

Health, Fitness, & Aquatics March 18 - June 30 2024 Spring 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. Lifequard Club
- Advanced Aquatics Lending Library
- Life Saving Sport

YMCA Silver Club is generously funded by:

