

# YMCA POOL SCHEDULE



## MONDAY

OPEN SWIM: 6:00AM – 8:30AM  
CARDIO: 8:30AM – 9:30AM  
SPLASH: 9:30AM – 10:30AM  
OPEN SWIM: 10:30AM – 12:30PM  
POOL CLOSED: 12:30PM – 3:30PM  
OPEN SWIM: 3:30PM – 7:30PM

## TUESDAY

OPEN SWIM: 6:00AM – 8:30AM  
CARDIO: 8:30AM – 9:30AM  
SPLASH: 9:30AM – 10:30AM  
OPEN SWIM: 10:30AM – 12:30PM  
POOL CLOSED: 12:30PM – 3:30PM  
OPEN SWIM: 3:30PM – 7:30PM

## WEDNESDAY

OPEN SWIM: 6:00AM – 11:00AM  
LOW INTENSITY AEROBICS:  
11:00AM – 12:00PM  
OPEN SWIM: 12:00PM – 12:30PM  
POOL CLOSED: 12:30PM – 3:30PM  
OPEN SWIM: 3:30PM – 7:30PM

## THURSDAY

OPEN SWIM: 6:00AM – 8:30AM  
CARDIO: 8:30AM – 9:30AM  
SPLASH: 9:30AM – 10:30AM  
OPEN SWIM: 10:30AM – 12:30PM  
POOL CLOSED: 12:30PM – 3:30PM  
OPEN SWIM: 3:30PM – 7:30PM

## FRIDAY

OPEN SWIM: 6:00AM – 11:00AM  
LOW INTENSITY AEROBICS:  
11:00AM – 12:00PM  
POOL CLOSED: 12:00PM – 3:30PM  
OPEN SWIM: 3:30PM – 7:30PM

## SATURDAY

OPEN SWIM: 7:00AM – 4:30PM

## SUNDAY

OPEN SWIM: 1:00PM – 4:30PM

# YMCA POOL CLASS DESCRIPTION

## **CARDIO**

Our cardio class features water aerobics, a moderate workout in the pool that uses the water as resistance to tone and sculpt the body.

## **SPLASH**

Our splash class is aqua exercise. Senior splash offers lots of fun and shallow water movements to improve agility, flexibility, and endurance. No swimming ability required.

**POOL WILL BE CLOSED IF NO LIFEGUARD IS ON DUTY**