

TEMPORARY POOL SCHEDULE WITH BIG POOL ONLY

Adult Lap Swim/Adult Open Swim (Big Pool)

Mon .- Fri. 5:30am-9:00am - ½ pool each
11:30am-1:00pm - ½ pool each
2:00-3:00pm - ½ pool each
Sat 7:00am-10:00am - ½ pool each
11:30am-12:30pm - ½ pool each
Sun 1:00pm-2:00pm - ½ pool each

Open Swim

Mon. & Wed. 10:00am-11:30am
Mon. – Thu. 7:00pm-8:00pm
Fri. 6:00pm-8:00pm
Sat. 12:30pm-2:00pm
Sun. 2:00pm-4:00pm

Whirlpool (Adults Only)

Mon. – Fri. 5:30am-10:00am
Sat. 7:00am-10:00am
Sun. 1:00pm-4:00pm

We reserve the right to change the whirlpool hours without notice depending on cancellation of pool programming. Thank you.



Adult Aquatics

**The first 2 classes each member takes from the offerings below for each session are free!
ALL CLASSES TAKE PLACE IN BIG POOL**

Water In Motion NEW:

This class is a mixture of water aerobics and dance. Tuesday night will be a higher intensity aerobic workout. Thursday will be fun dancing and different ways to move in the aquatic environment.

Times: Tue. And Thu. 6:15pm-7:00pm

Fee: Y Members \$10.00, Nonmembers \$54.00

Instructor: Christie Kapelka

Water Works:

This is a cardio water work out! Music and resistance equipment make for a fun work out!

Times: Mon., Wed., Fri. 9:00am-9:45am

Y Members: \$10.00, Nonmembers \$54.00

Instructors: J. Schiefer (Mon. am.), J. Frankart (Wed. & Fri. am)

Deep Water Jog:

Exercise in a floatation belt in the deeper water. This is a great form of exercise using the water's natural resistance.

Times: Mon. & Wed. 6:15pm-7:00pm; Tue. & Thu. 9:00am-9:45am

Fee: Y Members \$10.00; Nonmembers \$54.00

Instructor: Tim Darr/ Phyllis Richards (pm), Janet Frankart (am)

Active Older Adults:

Water exercise for the active seniors of our community. Class is held in the small pool. You do not need to know how to swim to participate.

Times: Tue. & Thu. 1:00pm-2:00pm

Fee: Members – FREE, Non-members \$4.00 per visit

Instructor Laverne Anderson

Arthritis Aquatics:

Slower paced exercises sanctioned by the Arthritis Foundation and the YMCA of the USA. This class is taught in our small pool with warmer water. This is a must for those with aches and pains of arthritis and other joint pains. ***This is not a therapy session nor do we claim to make anyone medically better.***

Times: Mon. & Wed., Fri. 1:00pm - 2:00pm Instructor varies

Tue. & Thu. 5:00pm - 6:00pm Instructor Barb Rhoad

Fee: Members FREE; Non-members \$3.00 per visit

01/02/2018