



McPherson Family YMCA Pool Schedule

May 30th - Aug 5th, 2017

Day	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Time	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family
5:45-8:00	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Opens at 7:15 am	Closed
8:00-9:00	Splashercise (Christy)	Water Walk	Aqua Exercise (Rue)	Water Walk	Splashercise (Vicky)	Water Walk	Aqua Exercise (Rue)	Water Walk	2 Lap Lanes/ WW	Water Walk		
9:00-10:00	2 Lap Lanes/ Water Walking	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	Aqua Exercise (Vicky)	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	Tabata (Christy)	Arthritis (Mindy)		
10:00-11:00	Water Walking	Parent Tot Lessons	Water Walking	Open Swim	2 Lap Lanes/ WW	Preschool Swim Lessons	Water Walking	Preschool Swim Lessons	2 Lap Lanes/ WW	Open Swim	2 Lap Lanes/ WW	10:00 - noon Family & Open Swim
11:00-12:00	Water Walking	Open Swim	Water Walking	Open Swim	Water Walking	Open Swim	Water Walking	Open Swim	Water Walking	Open Swim		
12:00-1:00	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	2 Lap Lanes/ WW	Closed
1:00-2:00												
2:00-3:00	2 Lap Lanes/ Open Swim	Open Swim	2 Lap Lanes/ WW	2-4 pm Ykids	2 Lap Lanes/ Open Swim	2-4 pm YKids	2 Lanes Lap/ WW	Open Swim	2 Lap Lanes/ Open Swim	Open Swim	2 Lap Lanes/ WW	Open Swim
3:00-4:00	Water Walking		Water Walking	Open Swim	Water Walking	Open Swim	Water Walking					
4:00-5:30	Lap & Open Swim		Lap Swim	Youth/ Preschool Swim Lessons	Lap & Open Swim	Open Swim	Lap Swim					
5:30-6:00		Pool Closes at 6pm	Aqua Exercise (Lori)	Pool Closes at 6pm				Youth/ Preschool Swim Lessons	Pool Closes at 6pm	Pool Closes at 6pm		
6:00-6:45	Lap & Open Swim	Pool Closes at 6pm	Lap Swim	Closed	Lap & Open Swim	Pool Closes at 6pm	Lap Swim	Pool Closes at 6pm			Pool Closes at 6pm	Pool Closes at 6pm
6:45-7:30			Closed	Closed								

WATER EXERCISE CLASSES

Water Exercise is increasing in popularity among the fit and not-so-fit due to its low-impact, yet high resistance nature. Water exercise is a great cardiovascular exercise as well as strengthener and works all parts of the body including the core.

CLASS DESCRIPTIONS

HEALTHSEEKER: If you're just getting started, or trying to get back on track, these classes are for you. Instructors will provide you with personalized help.

AQUA ZUMBA® - This class takes the excitement of Zumba® to the water. Join the dance party fun with the added resistance of the water.

ARTHRITIS - (Arthritis Foundation YMCA Aquatic Program) A water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints. Co-developed by the Arthritis Foundation and the YMCA. Instructors certified through the Arthritis Foundation.

SPLASHERCISE- This is a water aerobics class taught by certified instructors. Splashercise will improve your aerobic endurance, muscular strength and flexibility.

WATER WALKING - One of the most low-impact, yet resistant form of exercise. Non-instructed, walk at your own pace.

MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both

KATHYS AQUA CLASS - Join Kathy in a water workout that incorporates aerobic conditioning, toning, strength and fun!

AQUA EXERCISE - Increase strength, flexibility, and aerobic capacity in the water.

TONING - Enjoy this strength-based class in the water!

POWERCISE - "Power" your way through water's resistance for a challenging total body work-out. This class is designed to push your cardiovascular conditioning and increase your muscle tone. If you want to work, join us!

WATER AEROBICS - A shallow water workout that incorporates aerobic conditioning as well as toning and strengthening exercises. This is a wonderful work-out for all ages that's easy on the body and is appropriate for all fitness levels. No swimming skills are required.

Visit us on the web at [www..mcphersonfamilyymca.org](http://www.mcphersonfamilyymca.org) or call 620-241-0363
McPherson Family YMCA ~ 220 North Walnut ~ McPherson, KS 67460