


**September 3rd, 2017 - November 11th, 2017 Pool Schedule**

Day	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Day
Time	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Time
5:45-8:00a	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Opens at 7am	<b>Closed</b>	Closed	<b>Closed</b>	5:45-8:00a
8:15-9:00a	Splashercise (Christy)	<b>Water Walking</b>	Aqua Exercise (Rue)	<b>Water Walking</b>	Splashercise (Vicky)	<b>Water Walking</b>	Aqua Exercise (Rue)	<b>Water Walking</b>	Water Tabata (Christy)	<b>Water Walking</b>					8:15-9:00a
9:00-10:00a	2 Lap Lanes/ Water Walking	<b>Arthritis (Mindy)</b>	2 Lap Lanes/ Water Walking	<b>Toning (Mindy)</b>	Aqua Exercise (Vicky)	<b>Arthritis (Mindy)</b>	2 Lap Lanes/ Water Walking	<b>Toning (Mindy)</b>	2 Lap Lanes/ Water Walking	<b>Arthritis (Mindy)</b>	Lap Swim	Closed	<b>Closed</b>	9:00-10:00a	
10:00-11:00a		<b>Family Swim</b>		<b>Water Walking</b>	2 Lap Lanes/ WW	<b>Swim Lessons</b>		<b>Swim Lessons</b>		<b>Water Walking</b>				Opens at 10:15 am	10:00-11:00a
11:00-12:00p	Water Walking	<b>Closed</b>	Water Walking	<b>Closed</b>	Water Walking	<b>Closed</b>	Water Walking	<b>Closed</b>	Water Walking	<b>Family Swim</b>	Water Walking	Open Family Swim	Opens at 1pm Lap Swim	<b>Opens at 1pm Family Swim</b>	11:00-12:00p
12:00-1:00p	Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim	Lap Swim					Lap Swim
1:00-2:00p	Adaptive PE		2nd Grade Learn to Swim		Adaptive PE (Finish & 2:30)		2nd Grade Learn to Swim		Adaptive PE (Finish & 2:30)	2nd Grade Learn to Swim	Adaptive PE	2nd Grade Learn to Swim	Adaptive PE	Lap Swim	1:00-2:00p
2:00-2:45p	Water Walking		Water Walking		Water Walking		Water Walking		Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Closes at 3:30 pm	Closes at 3:30 pm
2:45-4:00p															2:45-4:00p
4:00-5:30p	Lap Swim	<b>Open Family Swim</b>	Lap Swim	<b>Open Family Swim</b>	2 Lap Lanes/ WW	<b>Open Family Swim</b>	Lap Swim	<b>Open Family Swim</b>	2 Lap Lanes/ WW	<b>Open Family Swim</b>		closes at 5:30 pm	<b>closes at 5:30 pm</b>	4:00-5:30p	
5:30-6:00p		<b>Swim Lessons</b>		<b>Swim Lessons</b>				<b>Swim Lessons</b>							
6:00-7:00p		<b>Open Family Swim</b>	Aqua Exercise (Lori)		Lap Swim	<b>Open Family Swim</b>	Lap Swim	<b>Kathy's Water Tabata</b>	Lap Swim	<b>Open Family Swim</b>	<b>YMCA CLOSED</b> Sept. 3rd Sept. 4th	<b>Extra Lap Swim</b> 1- 2:00pm October 20th, 27th	<b>1- 1:45pm</b> September 7th, 14th, 21st, 28th October 5th, 12th, 19th, 26th November 2nd, 9th	6:00-7:00p	
7:00-7:45p			<b>Open Family Swim</b>	<b>Open Family Swim</b>											
7:45-9:00p	Aqua Pups Swim Team	<b>Closed</b>	Aqua Pups Swim Team	<b>Closed</b>		<b>Closed</b>	Aqua Pups Swim Team	<b>Closed</b>		<b>Closed</b>	<b>Extra Open Swim</b> 2-4pm October 20th, 26th, 27th			7:45-9:00p	

## **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.

**ARTHRITIS** - 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.

**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

**WATER TABATA** - A water class that uses brief periods of work followed by brief periods of rest. Interval training is one of the most effective training types to blast away the calories.

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

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

Visit us on the web at [www.mcphersonfamilyymca.org](http://www.mcphersonfamilyymca.org) or call 620-241-0363  
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