


March 11th, 2018 - June 2nd, 2018 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	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Opens at 7am	Closed	Closed	Closed	5:45-8:00a			
8:15-9:00a	Water Tabata (Christy)	Water Walking	Aqua Exercise (Rue)	Water Walking	Splashercise (Vicky)	Water Walking	Aqua Exercise (Rue)	Water Walking	Water Tabata (Christy)	Water Walking					Lap Swim	8:15-9:00a		
9:00-10:00a	2 Lap Lanes/ Water Walking	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	Aqua Exercise (Vicky)/ Lap Lanes	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	2 Lap Lanes/ Water Walking	Arthritis (Mindy)	Special Olympics	Opens at 10:15 am	Closed	Closed	9:00-10:00a			
10:00-11:00a		Family Swim		Water Walking		Swim Lessons		Water Walking		Swim Lessons					10:00-11:00a			
11:00-12:00p	Water Walking	Closed	Water Walking	Closed	Water Walking	Closed	Water Walking	Closed	Water Walking	Family Swim	Water Walking	Open Family Swim	Opens at 1pm Lap Swim	Opens at 1pm Family Swim	11:00-12:00p			
12:00-1:00p	Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim	Lap Swim					Lap Swim	Lap Swim	12:00-1:00p	
1:00-2:00p	Adaptive PE		2nd Grade Learn to Swim		Adaptive PE (Finish & 2:30)		Adaptive PE (Finish & 2:30)		Lap Swim/ Water Walking	Adaptive PE	Water Walking	Lap Swim	Closes at 3:30 pm	Closes at 3:30 pm	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	Water Walking	Water Walking	2:00-2:45p		
2:45-4:00p		2:45-4:00p																
4:00-5:30p	MHS Swim Team	Open Family Swim	MHS Swim Team	Open Family Swim	MHS Swim Team	Open Family Swim	MHS Swim Team	Open Family Swim	MHS Swim Team	Open Family Swim		closes at 5:30 pm	closes at 5:30 pm	4:00-5:30p				
5:30-6:00p	Lap Swim	Swim Lessons	Lap Swim	Swim Lessons	Lap Swim		Swim Lessons	Lap Swim	Swim Lessons					Lap Swim	Open Family Swim	YMCA CLOSED April 1, May 11, 27, 28	Extra Lap Swim 10-11:00am March 17, May 26, June 2 1-2:00pm April 17,24, May 1,8,15,22,29 2-2:45pm April 17,24, May 1,8,15,22,29 4-5:30pm March 16, 23, April 3,5,20,24,26,27 May 1,11,18,21-25,28-June 1 7-9:00pm March 12,13,15,19,20,22,26,27,29, May 10,14,15,17,21,22,24,28,29,31	5:30-6:00p
6:00-7:00p		Open Family Swim	Aqua Exercise (Lori)	Swim Lessons	Lap Swim		Swim Lessons	Lap Swim	Swim Lessons					Lap Swim				
7:00-7:45p	Aqua Pups Swim Team	Closed	Aqua Pups Swim Team	Closed	Lap Swim		Closed	Aqua Pups Swim Team	Closed					Lap Swim				
7:45-9:00p						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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