


November 12th, 2018 - February 16th , 2019 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	Closed	5:45-8:00a							
8:15-9:00a	Water Tabata (Christy)	<b>Water Walking</b>	Aqua Exercise (Rue)	<b>Water Walking</b>	(Vicky) Splashercise	<b>Water Walking</b>	Aqua Exercise (Rue)	<b>Water Walking</b>	Water Tabata (Christy)	<b>Water Walking</b>	Lap Swim				MHS Swim Team	Closed	Closed	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	<b>Arthritis (Mindy)</b>	2 Lap Lanes/ Water Walking	<b>Toning (Mindy)</b>	2 Lap Lanes/ Water Walking	<b>Arthritis (Mindy)</b>	Water Walking							Open at 10:15 am	Closed	Closed	9:00-10:00a	
10:00-11:00a	Water Walking	<b>Open Swim</b>	Water Walking	<b>Open Swim</b>	Lap Swim & WW	<b>*Swim Lessons</b>	Water Walking	<b>*Swim Lessons</b>	Water Walking	<b>Open Swim</b>					Lap Swim	Open Swim	Closed				Closed	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>Closed</b>	Water Walking	Open Swim	Closed	Closed				11:00-12:00p				
12:00-1:00p	Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim						Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Closed	Closed
1:00-2:00p	Adaptive PE		SAW (Finish @ 2:45pm)		Adaptive PE (Finish @ 2:30pm)		2 Lap Lanes/ Water Walking		Adaptive PE (Finish @ 2:30pm)		2 Lap Lanes/ Water Walking	Adaptive PE	2 Lap Lanes/ Water Walking	Adaptive PE	Lap Swim	Open Swim	Closed	Closed				
2:00-3:00p	Lap Swim		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	Closed	Closed
3:00-4:00p	Water Walking	MHS Swim Team	MHS Swim Team	MHS Swim Team	MHS Swim Team	MHS Swim Team	MHS Swim Team	MHS Swim Team	MHS Swim Team	Closes at 3:30 pm	Closes at 3:30	Closed	Closed	3:00-4:00p								
4:00-5:30p	MHS Swim Team	<b>Open Swim</b>	MHS Swim Team	<b>Open Swim</b>	MHS Swim Team	<b>Open Swim</b>	MHS Swim Team	<b>Open Swim</b>	MHS Swim Team					Closes at 3:30 pm	Closes at 3:30	Closed	Closed	4:00-5:30p				
5:30-6:00p	Lap Swim	<b>*Swim Lessons</b>	Lap Swim	<b>Swim Lessons</b>	*Swim Technique Lessons/ 2 Lap Lanes	<b>Open Swim</b>	Lap Swim	<b>Swim Lessons</b>	Lap Swim	<b>Open Swim</b>	Closes at 3:30 pm	Closes at 3:30	Closed					Closed	5:30-6:00p			
6:00-6:30p		<b>Open Swim</b>	Aqua Exercise (Lori)											Lap Swim	Lap Swim	Lap Swim	Lap Swim		Lap Swim	Lap Swim	Lap Swim	Closes at 3:30 pm
6:30-7:00p		<b>Open Swim</b>	Aqua Pups Swim Team								Aqua Pups Swim Team	<b>Open Swim</b>	Lap Swim	<b>Open Swim</b>	Aqua Pups Swim Team	<b>Kathy's Water Tabata</b>	Lap Swim	Closes at 3:30 pm	Closes at 3:30	Closed	Closed	
7:00-7:45p	Aqua Pups Swim Team	<b>Closed</b>	Aqua Pups Swim Team	<b>Closed</b>	Lap Swim	<b>Closed</b>	Aqua Pups Swim Team	<b>Closed</b>	Lap Swim	<b>Closed</b>	Closes at 3:30 pm	Closes at 3:30	Closed	Closed	7:00-7:45p							
7:45-9:00p															<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>



**YMCA CLOSED**  
Nov. 22nd, Dec. 25th, Jan 1st  
**Extra Lap Swim**  
**9-11am**  
 Dec. 1, Jan. 5, 19, 26, Feb. 2, 9  
**1-2:30pm**  
 Nov. 21, 23,  
 Dec. 4, 5, 11, 18, 21, 24-28, 31  
 Jan. 1, 2, 21, Feb. 6  
**4-5:30pm**  
 Dec. 4, 13, 24, 26, 27, Jan. 8, 10  
**7-9pm**  
 Nov. 19, 20, 22  
 Dec. 27  
 (\*) Check with front desk, if class is canceled there will be extra lap swim!  
**Extra Open Swim**  
**2-4pm**  
 Nov. 21, 23  
 Dec. 5, 21, 26-28, 31  
 Jan. 1, 2, 9, 21  
 Feb. 6  
 (\*) Check with front desk, if class is canceled there will be extra open swim!

## **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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