


January 13th, 2019 - 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	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	(Vicky) Splashercise	Water Walking	Aqua Exercise (Rue)	Water Walking	Water Tabata (Christy)	Water Walking	Lap Swim				MHS Swim Team	Closed	Closed	8:15-9:00a					
9:00-10:00a	2 Lap Lanes/ Water Walking	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	Aqua Exercise	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	2 Lap Lanes/ Water Walking	Arthritis (Mindy)	Water Walking							Open at 10:15 am	Closed	Closed	9:00-10:00a		
10:00-11:00a	Water Walking	Open Swim	Water Walking	Open Swim	Lap Swim & WW	*Swim Lessons	Water Walking	*Swim Lessons	Water Walking	Open Swim					Lap Swim	Open Swim	Closed				Closed	10:00-11:00a	
11:00-12:00p	Water Walking	Closed	Water Walking	Closed	Water Walking	Closed	Water Walking	Closed	Water Walking	Closed	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	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/ SAW	Adaptive PE/ SAW	Adaptive PE/ SAW	Adaptive PE/ SAW	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	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	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	Open Swim	MHS Swim Team	Open Swim	MHS Swim Team	Open Swim	MHS Swim Team	Open Swim	MHS Swim Team	Open Swim					Closes at 5:30 pm	Closes at 5:30 pm	Closed	Closed	4:00-5:30p				
5:30-6:00p	Lap Swim	*Swim Lessons	Lap Swim	Swim Lessons	*Swim Technique Lessons/ 2 Lap Lanes	Open Swim	Lap Swim	Swim Lessons	Lap Swim	Open Swim	Closes at 5:30 pm	Closes at 5:30 pm	Closed	Closed					5:30-6:00p				
6:00-6:30p		Open Swim	Aqua Exercise (Lori)												Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closes at 5:30 pm
6:30-7:00p			Aqua Pups Swim Team								Aqua Pups Swim Team	Aqua Pups Swim Team	Aqua Pups Swim Team	Aqua Pups Swim Team									
7:00-7:45p	Aqua Pups Swim Team	Closed	Aqua Pups Swim Team	Closed	Lap Swim	Closed	Aqua Pups Swim Team	Closed	Lap Swim	Closed	Closes at 5:30 pm	Closes at 5:30 pm	Closed	Closed	7:00-7:45p								
7:45-9:00p															Closed	Aqua Pups Swim Team	Closed	Lap Swim	Closed	Aqua Pups Swim Team	Closed	Lap Swim	Closed



YMCA CLOSED
Extra Lap Swim
9-11am
 Jan. 19, 26, Feb. 2, 9
1-2:30pm
 Jan. 21, Feb. 6
 (*) Check with front desk, if class is canceled there will be extra lap swim!

Extra Open Swim
2-4pm
 Jan. 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 or call 620-241-0363
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