



April 28th, 2019 - May 25th , 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 Excercise (Rue)	<b>Water Walking</b>	(Vicky) Splashercise	<b>Water Walking</b>	Aqua Excercise (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
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			
11:00-12:00p	Lap Swim	<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	Adaptive PE		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	Lap Swim	Lap Swim	Lap Swim
1:00-2:00p	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	
2:00-3:00p	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					the  <b>YMCA CLOSED</b> May 10, 25, 26
3:00-4:00p	*Swim Lessons	Lap Swim	Lap Swim	Lap Swim	*Swim Technique Lessons/ 2 Lap Lanes	Open Swim	Lap Swim	Swim Lessons	Open Swim	Open Swim	Lap Swim	Closes at 5:30 pm	Closes at 5:30 pm	Closed	Closed	3:00-4:00p				
4:00-5:30p	Lap Swim	<b>Open Swim</b>	Aqua Exercise (Lori)	<b>Swim Lessons</b>	Lap Swim	<b>Open Swim</b>	Lap Swim	<b>Swim Lessons</b>	Lap Swim	<b>Open Swim</b>						Lap Swim	Closes at 5:30 pm	Closes at 5:30 pm	Closed	Closed
5:30-6:00p	Open Swim		Open Swim								Open Swim	Open Swim	Open Swim	Open Swim	Open Swim					
6:00-6:30p	<b>Open Swim</b>	<b>Open Swim</b>	Lap Swim	<b>Open Swim</b>	Lap Swim	<b>Open Swim</b>	Lap Swim	<b>Swim Lessons</b>	Lap Swim	<b>Open Swim</b>	Lap Swim	Closes at 5:30 pm	Closes at 5:30 pm	Closed	Closed	6:00-6:30p				
6:30-7:00p																<b>Open Swim</b>	<b>Open Swim</b>	Lap Swim	<b>Open Swim</b>	Lap Swim
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>	Lap Swim	Closes at 5:30 pm	Closes at 5:30 pm	Closed	Closed					
7:45-9:00p																<b>Closed</b>	<b>Closed</b>	Aqua Pups Swim Team	<b>Closed</b>	Lap Swim
<p align="center">  <b>YMCA CLOSED</b>  <b>May 10, 25, 26</b>  <b>Extra Lap Swim</b>  <b>9-10am</b> (May 4, 11, 18)  <b>1-2:30pm</b> (May 1)  <b>4-5:30pm</b> (April 30)  <b>7-9pm</b> (May 9)                      (*) Check with front desk, if class is canceled there will be extra lap swim!  <b>Extra Open Swim</b>  <b>2-4pm</b> (May 1)                      (*) Check with front desk, if class is canceled there will be extra open swim!                 </p>																				

## **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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