


May 28th - August 2nd, 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				
8:00-9:00a	Water Tabata (Kylee)	Water Walking	Aqua Exercise (Rue)	Water Walking	Splashercise (Vicky)	Water Walking	Aqua Exercise (Rue)	Water Walking	Water Tabata (Kylee)	Water Walking					Lap Swim	Closed	Closed	Closed	8:00-9:00a
9:00-10:00a	2 Lap Lanes/ Water Walking	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	Aqua Exercise (Vicky)	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	2 Lap Lanes/ Water Walking	Arthritis (Mindy)									Closed
10:00-11:00a		Open Swim		Open Swim	2 Lap Lanes/ WW	*Swim Lessons		*Swim Lessons		Open Swim	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		Closes at 12:30 pm	Closed			12:00-1:00p				
1:00-2:00p			2 Lap Lanes/ *Swim Lessons		2 Lap Lanes/ *Swim Lessons		2 Lap Lanes/ *Swim Lessons		Closed		1:00-2:00p								
2:00-3:00p	2 Lap Lanes/ WW	Y-Kids/ Open Swim	2 Lap Lanes/ WW	Y-Kids/ Open Swim	2 Lap Lanes/ WW	Y-Kids/ Open Swim	2 Lap Lanes/ WW	Open Swim	2 Lap Lanes/ WW	Y-Kids/ Open Swim	 <p><b>YMCA CLOSED</b> May 26th, 27th July 4th</p> <p><b>Lap Pool</b></p> <p>(* Check with front desk, if class is canceled there will be extra lap swim!</p> <p><b>Family Pool</b></p> <p>(* Check with front desk, if class is canceled there will be extra open swim!</p>				2:00-3:00p				
3:00-4:00p	Water Walking		Water Walking		Water Walking		Water Walking		Water Walking						Water Walking	Water Walking	3:00-4:00p		
4:00-5:30p	2 Lap Lanes/ Open Swim	Open Swim	2 Lap Lanes/ Open Swim	Open Swim	2 Lap Lanes/ Open Swim	Open Swim	2 Lap Lanes/ Open Swim	Open Swim	4:00-5:30p										
5:30-6:00p		*Swim Lessons		*Swim Lessons		*Swim Lessons		*Swim Lessons	*Swim Lessons	5:30-6:00p									
6:00-6:45p	Lap Swim	Closed	Aqua Exercise (Lori)	Closed	Lap Swim	Closed	Lap Swim	Closed	Closed	Closed					6:00-6:45p				
6:45-7:30p			Lap Swim		Lap Swim		Lap Swim		6:45-7:30p										

## **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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