


August 18th - Sept 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 FOR CLEANING	Lap Swim	CLOSED FOR CLEANING	Lap Swim	CLOSED FOR CLEANING	Lap Swim	CLOSED FOR CLEANING	Lap Swim	CLOSED FOR CLEANING	Opens at 7am	CLOSED FOR CLEANING	Closed	Closed	5:45-8:00a												
8:00-9:00a	Water Tabata (Kylee)		Aqua Exccercise (Rue)		Splashercise (Vicky)		Aqua Exccercise (Rue)		Water Tabata (Kylee)						8:00-9:00a												
9:00-10:00a	2 Lap Lanes/ Water Walking		2 Lap Lanes/ Water Walking		Aqua Exercise (Vicky)		2 Lap Lanes/ Water Walking		2 Lap Lanes/ Water Walking						Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	Closed	Closed	9:00-10:00a					
10:00-11:00a																						2 Lap Lanes/ WW	Water Walking	Water Walking	Water Walking	Water Walking	10:00-11:00a
11:00-12:00p	Water Walking		Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim				Lap Swim							Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11:00-12:00p
12:00-1:00p	Lap Swim		2 Lap Lanes/ Water Walking		2 Lap Lanes/ Water Walking		2 Lap Lanes/ WW		2 Lap Lanes/ Water Walking		2 Lap Lanes/ WW				2 Lap Lanes/ Water Walking							2 Lap Lanes/ Water Walking	2 Lap Lanes/ Water Walking	2 Lap Lanes/ Water Walking	Closed	Closed	Closed
1:00-2:00p																1:00-2:00p											
2:00-3:00p	2 Lap Lanes/ WW		Water Walking		Water Walking		Water Walking		Water Walking		Water Walking				Water Walking	Water Walking	Water Walking	Water Walking	<div style="text-align: center;">  <p>YMCA CLOSED Sept. 1st & 2nd</p> <p>Lap Pool</p> <p>(*) Check with front desk, if class is canceled there will be extra lap swim!</p> <p>Family Pool</p> <p>CLOSED for Cleaning</p> <p>(*) Check with front desk, if class is canceled there will be extra open</p> </div>	2:00-3:00p							
3:00-4:00p	Water Walking		Lap Swim		2 Lap Lanes/ Open Swim		2 Lap Lanes/ Open Swim		2 Lap Lanes/ Swim Lessons		2 Lap Lanes/ Swim Lessons				2 Lap Lanes/ Open Swim	2 Lap Lanes/ Open Swim	2 Lap Lanes/ Open Swim	2 Lap Lanes/ Open Swim		3:00-4:00p							
4:00-5:30p	2 Lap Lanes/ Open Swim		2 Lap/ Swim Lessons		Aqua Exercise/Le ssons		Lap Swim		Lap Swim		Lap Swim				Lap Swim	Lap Swim	Lap Swim	Lap Swim		Closed	Closed	Closed	4:00-5:30p				
5:30-6:00p																							5:30-6:00p				
6:00-6:45p	Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim				Lap Swim	Lap Swim	Lap Swim	Lap Swim		Closed	Closed	Closed	6:00-6:45p				
6:45-7:30p		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 or call 620-241-0363

McPherson Family YMCA ~ 220 North Walnut ~ McPherson, KS 67460