

POOL SCHEDULE

Schedule effective April 5—May 6, 2018

Aquatic fitness classes are free for members.

Instructional Pool					
	Mon	Tues	Wed	Thurs	Fri
8:30-10am	Therapy Swim	Therapy Swim	Therapy Swim	Therapy Swim	Therapy Swim
4:00-6:10pm	Lessons	Lessons	Lessons	Lessons	

Aquacise: A moderate aerobic workout in shallow water.

Aqua Zumba: Integrating the Zumba dance class with traditional aqua fitness disciplines. This class blends it all together into a safe, challenging, water-based workout that includes cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

Hydro Power: This class is taught in deep water and will raise your heart rate.

Therapy Swim: An open time to walk, stretch and socialize in our instructional pool.

Olson Pool											
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun				
5:30am	Open Swim	Lap Swim*	Open Swim	Lap Swim*	Open Swim	Lap Swim*	Open Swim	Lap Swim*	Pool Closed		
5:45-6:30am	Aquacise								Aquacise	Aquacise	Aquacise
6:30-7:45am	Open Swim	Lap Swim*	Open Swim	Lap Swim*	Open Swim	Lap Swim*	Open Swim	Lap Swim*	Open Swim	Lap Swim*	
7:45-8:30am	Aquacise										Aquacise
8:30-9:30am	Hydro Power	Lap Swim*	Aqua Zumba 8:45-9:30am	Lap Swim*	Hydro Power	Lap Swim*	Aqua Zumba 8:45-9:30am	Lap Swim*	Hydro Power	Lap Swim*	Adult Only Lap Swim 7:15-9:00am
9:45-10:15am	Open Swim		Open Swim		Open Swim		Open Swim		Open Swim		
10:15-11:50am	Swim Lessons	Lap Swim*	Swim Lessons	Lap Swim*	Swim Lessons	Lap Swim*	Swim Lessons	Lap Swim*	Open Swim	Lap Swim*	Open & Lap Swim 10:30am-5:00pm
11:50-12:15pm	Open Swim		Open Swim		Open Swim		Open Swim		Open Swim		
12:15-1:15pm	Adult Lap/Exercise Swim Only		Adult Lap/Exercise Swim Only		Adult Lap/Exercise Swim Only		Adult Lap/Exercise Swim Only		Open Swim 4:00-7:00pm	Lap Swim	Open & Lap Swim 9:00am-6:30pm
1:15-3:45pm	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim			
3:45-6:30pm	Swim Lessons No Lap Swim								Open Swim 4:00-7:00pm	Lap Swim	Pool Closed
5:45-6:30p	Aqua Zumba	Lap Swim	Swim Lessons	Lap Swim	Aqua Zumba	Lap Swim	Swim Lessons	Lap Swim			
6:30-8:30p	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Pool Closed	Pool Closed	Pool Closed

Free child watch is available for members Mon-Fri from 8:20-10:20am and Mon-Thurs. 5-7pm in the mini muscle room while parents utilize the facilities. Pool schedules are subject to change. Please contact the YMCA at 262-3782 with questions.

POOL SCHEDULE WILL CHANGE EFFECTIVE MAY 6TH

****THIS COLOR INDICATES THAT THERE WILL BE A SAFETY BREAK AT THE TOP OF EACH HOUR****

CONTACT THE Y FOR AN UPDATED SCHEDULE OR VISIT WWW.SPENCERYMCA.ORG