

# SMALL POOL SCHEDULE

EFFECTIVE JUNE 1, 2025 - SUBJECT TO CHANGE BASED ON NEED & DISCRETION OF Y STAFF. SPACE IS FIRST COME FIRST SERVE.

MON	TUE	WED	THU	FRI	SAT
8:40am - 10:00am <b>Swim Lessons</b> Small Pool Unavailable	9:15am - 10:15am <b>Gentle Aqua</b> Lynnsey	8:40am - 10:00am <b>Swim Lessons</b> Small Pool Unavailable	9:15am - 10:15am <b>Gentle Aqua</b> Lynnsey		9:00am - 12:30pm <b>Swim Lessons</b> Small Pool Unavailable
10:00am - 11:00am <b>Silver Sneakers</b> <b>Splash</b> Carol	10:30am - 12:40pm <b>Swim Lessons</b> Small Pool Unavailable	10:00am - 11:00am <b>Silver Sneakers</b> <b>Splash</b> Carol	10:30am - 12:40pm <b>Swim Lessons</b> Small Pool Unavailable	10:00am - 11:00am <b>Silver Sneakers</b> Carol	12:30pm - 5:45pm <b>Rec Swim**</b>
11:00am - 12:00pm <b>Gentle Aqua</b> Carol		11:00am - 12:00pm <b>Gentle Aqua</b> Carol		11:00am - 12:00pm <b>Gentle Aqua</b> Carol	**Pool may be unavailable 1:00 - 3:00pm for private reservations.
12:45pm - 2:00pm <b>Day Camp</b> Small Pool Unavailable	12:45pm - 2:00pm <b>Day Camp</b> Small Pool Unavailable	12:45pm - 2:00pm <b>Day Camp</b> Small Pool Unavailable	12:45pm - 2:00pm <b>Day Camp</b> Small Pool Unavailable	12:30pm - 7:45pm <b>Rec Swim</b>	
2:00pm - 3:45pm <b>Rec Swim</b>	2:00pm - 3:45pm <b>Rec Swim</b>	2:00pm - 3:45pm <b>Rec Swim</b>	2:00pm - 3:45pm <b>Rec Swim</b>		<b>SUN</b>
3:45 - 7:00pm <b>Swim Lessons</b> Small Pool Unavailable	3:45 - 7:00pm <b>Swim Lessons</b> Small Pool Unavailable	3:45 - 7:00pm <b>Swim Lessons</b> Small Pool Unavailable	3:45 - 7:00pm <b>Swim Lessons</b> Small Pool Unavailable	4:00pm - 7:00pm <b>Hot Tub</b> Closed for cleaning and maintenance.	12:00pm - 5:45pm <b>Rec Swim**</b>
7:00 - 8:45pm <b>Rec Swim</b>	7:00 - 8:45pm <b>Rec Swim</b>	7:00 - 8:45pm <b>Rec Swim</b>	7:00 - 8:45pm <b>Rec Swim</b>		**Pool may be unavailable 1:00 - 3:00pm for private reservations.

## WATER WALKING MON-FRI 9:00 - 12:30 PM

### GENTLE AQUA

Focus on stretching and movement to reduce pain and stiffness while increasing range of motion in the joint and improving mobility and your ability to perform activities of daily living.

### SILVER SNEAKERS SPLASH

A water aerobics and strength class designed for all skill levels, even non-swimmers. This aqua exercise class offers a high energy workout that reduces impact on your knees and back.

### DEEP WATER

Is deep water harder than shallow water? No. Workouts can be equally effective in shallow or deep water. Deep water classes are different in that participants have no contact with the pool bottom. Different water dynamics affect movements in the deep water and provide a different workout that will help the range of motion, posture, and balance in addition to developing the cardiovascular system. Deep water classes are performed using floatation equipment, so participants can focus on proper form and technique.

### SHALLOW WATER

What are the advantages to shallow water? Shallow water reduces the effect of gravity in waist to chest deep water. 50% - 70% of a persons body weight is supported by the water. Since there is still contact with the bottom of the pool movements are more similar to those on land.

# LARGE POOL SCHEDULE

EFFECTIVE JUNE 1, 2025 - SUBJECT TO CHANGE BASED ON NEED & DISCRETION OF Y STAFF. LANES ARE FIRST COME FIRST SERVE.

MON	TUE	WED	THU	FRI	SAT	SUN
5:00am – 8:45am <b>Lap Swim</b> 6 Lanes	5:00am – 8:45am <b>Lap Swim</b> 6 Lanes	5:00am – 8:45am <b>Lap Swim</b> 6 Lanes	5:00am – 8:45am <b>Lap Swim</b> 6 Lanes	5:00am – 8:45am <b>Lap Swim</b> 6 Lanes	7:00am – 7:45am <b>Lap Swim</b> 6 Lanes	12:00pm – 5:45pm <b>Lap Swim</b> 4 Lanes
					8:00 – 9:00am <b>Total Fitness</b> Shallow Water Becky	<b>Rec Swim</b> 4 Lanes
9:00 – 10:00am <b>Aqua Zumba</b> Shallow Water Chris	9:00 – 10:00am <b>Total Fitness</b> Shallow Water Becky	9:00 – 10:00am <b>Aqua Zumba</b> Shallow Water Chris	9:00 – 10:00am <b>Total Fitness</b> Shallow Water Becky	9:00 – 10:00am <b>Total Fitness</b> Deep Water Carol	9:00 – 11:10am <b>Lap Swim</b> 3 Lanes <b>Swim Lessons</b> 2 Lanes	
10:15 – 12:40pm <b>Lap Swim</b> 5 Lanes	10:15 – 11:15am <b>Total Fitness</b> Deep Water Becky 5 Lanes <b>Swim Lessons</b> 1 Lane	10:15 – 12:40pm <b>Lap Swim</b> 5 Lanes	10:15 – 11:15am <b>Total Fitness</b> Deep Water Becky 5 Lanes <b>Swim Lessons</b> 1 Lane	10:15am – 12:30pm <b>Lap Swim</b> 6 Lanes		
	11:30 – 12:40 <b>Lap Swim</b> 5 Lanes <b>Swim Lessons</b> 1 Lane		11:30 – 12:40 <b>Lap Swim</b> 5 Lanes <b>Swim Lessons</b> 1 Lane		11:25am – 5:45pm <b>Lap Swim</b> 3 Lanes <b>Rec Swim</b> 2 Lanes	
12:40 – 3:45pm <b>Lap Swim</b> 3 Lanes	12:40 – 3:45pm <b>Lap Swim</b> 3 Lanes	12:40 – 3:45pm <b>Lap Swim</b> 3 Lanes	12:40 – 3:45pm <b>Lap Swim</b> 3 Lanes	12:30 – 7:45pm <b>Lap Swim</b> 3 Lanes		
<b>Rec Swim &amp; Day Camp</b> 2 Lanes	<b>Rec Swim &amp; Day Camp</b> 2 Lanes	<b>Rec Swim &amp; Day Camp</b> 2 Lanes	<b>Rec Swim &amp; Day Camp</b> 2 Lanes	<b>Rec Swim</b> 2 Lanes		
3:45 – 7:00pm <b>Swim Lessons</b> Large Pool Unavailable	3:45 – 7:00pm <b>Swim Lessons</b> Large Pool Unavailable	3:45 – 7:00pm <b>Swim Lessons</b> Large Pool Unavailable	3:45 – 7:00pm <b>Swim Lessons</b> Large Pool Unavailable	4:00pm – 7:00pm <b>Hot Tub</b> Closed for cleaning and maintenance.		
7:00 – 8:45pm <b>Lap Swim</b> 3 Lanes	7:00 – 8:45pm <b>Lap Swim</b> 3 Lanes	7:00 – 8:45pm <b>Lap Swim</b> 3 Lanes	7:00 – 8:45pm <b>Lap Swim</b> 3 Lanes			
<b>Rec Swim</b> 2 Lanes	<b>Rec Swim</b> 2 Lanes	<b>Rec Swim</b> 2 Lanes	<b>Rec Swim</b> 2 Lanes			

## AQUA ZUMBA

Blends Zumba philosophy with water resistance, for a pool party you can't miss! There's less impact on your joints, so you can really let loose. Water creates natural resistance, meaning every step is more challenging to help tone your muscles!

## TOTAL FITNESS, Deep Water

Targets cardio fitness, cardio endurance, muscular toning, and balance with no impact. Buoyancy belts are used for flotation and safety. Different intensity options offered.

## TOTAL FITNESS, Shallow Water

Targets cardio fitness, muscular strength, endurance, and balance. Provides a great aerobic workout with less stress on the knees, ankles, and lower back. Different intensity options offered. Waist to Chest water depth.