

## SUMMER INDOOR POOL SCHEDULE -- BEGINS JUNE 1st

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-11:00 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	7:00-10:AM
7:00-8:00 AM	SWIMMERCISE	SWIMMERCISE	SWIMMERCISE	SWIMMERCISE		MYB
8:00 - 9:00 am	Swim Team		Swim Team			
7:30-9:00 AM	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	10:00-4:30
8:30-9:30 AM	<i>Deep H2O Aerobic</i>		<i>Deep H2O Aerobic</i>		<i>Deepwater/Swimmercise</i>	<i>OPEN SWIM</i>
9:00-9:30 AM	OPEN SWIM		OPEN SWIM		OPENSWIM	
9:00-10:00 AM		SWIMMERCISE		SWIMMERCISE		
9:30-10:15 AM	ARTHRITIS		ARTHRITIS		ARTHRITIS	
10:00-11:00AM						10:00-11:00AM
10:30-11:45 AM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	SENIOR SWIM	SWIMMERCISE
11:00-12:00	Lap Swim (2 lanes)	Lap Swim (2 lanes)	Lap Swim (2 lanes)	Lap Swim (2 lanes)	LAP SWIM	
12:00-3:15 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
1:00-3:15 PM	(1 LANE ONLY)	(1 LANE ONLY)	(1 LANE ONLY)	(1 LANE ONLY)		
12:00-3:15 PM	GT Lessons	GT Lessons	GT Lessons	GT Lessons	GT Lessons	POOL CLOSES
12:00-1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPENSWIM	4:30PM
1:00-3:15 PM	(1 LANE ONLY)	(1 LANE ONLY)	(1 LANE ONLY)	(1 LANE ONLY)		
3:15-5:30 PM	<i>MYB</i>	<i>MYB</i>	<i>MYB</i>	<i>MYB</i>	<i>MYB</i>	
5:00-6:00 PM	Sea Dragons	Sea Dragons	Sea Dragons	Sea Dragons		
	Swim Practice	Swim Practice	Swim Practice	Swim Practice		
5:30-6:15 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
6:00-7:30 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
6:05-7:05 PM	HYDROCISE	HYDROCISE	HYDROCISE	HYDROCISE	POOL CLOSES	
6:20-7:05 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	AT 3:15	
7:00-7:45 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		



**MONTGOMERY  
YMCA**

**MYB**

See Schedule Above for Specific Times

**Goodtimes Swim Lessons**

MON-FRI 12-4 PM

**Swim Lessons Available**

Parent/Tot, Skippers, Progressive, Adult  
See Schedule Above for Specific Times

**DEEP WATER AEROBICS**

A GREAT HIGH INTENSITY WATER AEROBICS WORKOUT THAT IS DONE COMPLETELY IN THE DEEP END USING FLOAT BELTS AND GLOVES.

MON & WED 8:30-9:30 AM

**East YMCA Sea Dragons  
Monday through Thursday  
5:00pm-6:00pm**

**\*\*POOL SCHEDULE SUBJECT TO CHANGE IF NEEDED TO CORRECT OVERCROWDING OR NOT ENOUGH USE. ALSO, SCHEDULE WILL CHANGE WHEN WE HOST SWIM MEETS AND OTHER SPECIAL EVENTS.**

The Amount of programs that are occurring will determine the number of lane lines that are available.

**ALL WATER EXERCISE CLASSES ARE FOR MEMBERS ONLY**

**HYDROCISE**

A GREAT HIGH INTENSITY WATER AEROBIC WORKOUT WITH UPBEAT MUSIC AND ENTHUSIASTIC INSTRUCTORS!

MON & WED 6:05-7:05 PM

**ARTHRITIS AQUATIC PROGRAM**

THIS IS A SERIES OF WATER EXERCISES, WHICH HAVE THE POTENTIAL TO HELP DECREASE PAIN AND/OR STIFFNESS AND IMPROVE OR MAINTAIN JOINT FLEXIBILITY. YOU DO NOT HAVE TO BE ABLE TO SWIM TO BENEFIT FROM THIS PROGRAM.

MON, WED, FRI 9:30-10:00 AM

**SWIMMERCISE**

A GREAT (LOW TO MEDIUM INTENSITY) WORKOUT THAT ALLOWS YOU A CHANCE TO MEET NEW PEOPLE, HAVE FUN, AND STAY IN SHAPE. YOU DON'T HAVE TO BE A SWIMMER TO PARTICIPATE.

MON - THU 7:00-8:00 AM  
TU, TH, FRI 9:00-10:00 AM  
SAT 10:00-11:00 AM

