

| East YMCA Pool Schedule  |               |               |   |               |   |
|--|---------------|---------------|---|---------------|---|
| Monday   | Tuesday       | Wednesday     | Thursday  | Friday        | Saturday  |
| 5:00-6:45am  | 5:00-6:45am   | 5:00-6:45am   | 5:00-6:45am   | 5:00-6:45am   | 7:00-10:00am                                    |
| MYB  | MYB           | MYB           | MYB   | MYB           | MYB   |
| 5:00am-3:00pm  | 5:00am-3:00pm | 5:00am-3:00pm | 5:00am-3:00pm   | 5:00am-3:00pm | 10:00-11:00                                     |
| Lap Swim   | Lap Swim      | Lap Swim      | Lap Swim  | Lap Swim      | Swimmercise                                     |
| 7:00-8:00am  | 7:00-8:00am   | 7:00-8:00am   | 7:00-8:00am   | 9:00-10:00    | 10:00-4:30pm                                    |
| Swimmercise  | Swimmercise   | Swimmercise   | Swimmercise   | Swimmercise   | Open/Lap swim                                   |
| 8:30-9:30am  | 9:00-10:00am  | 8:30-9:30am   | 9:00-10:00am  | 9:00-10:00    | <b>Sunday</b><br>1:00pm-4:30pm<br>Open/Lap swim |
| Deep Water   | Swimmercise   | Deep Water    | Swimmercise   | Arthritis     |   |
| 9:15-10:15am   | 10:00-3:00    | 9:15-10:15am  | 10:00-3:00  |               |   |
| Arthritis  | Open/Lap swim | Arthritis     | Open/Lap swim   |               |   |
| 10:15-3:00pm   |               | 10:15-3:00pm  |   | Closes @ 3pm  |   |
| Open/Lap swim  |               | Open/Lap swim |   |               |   |
| 3:00-7:00  | 3:00-7:00     | 3:00-7:00     | 3:00-7:00   | 3:00-6:00     |   |
| MYB  | MYB           | MYB           | MYB   | MYB           |   |
| 6:00-7:30  | 6:00-7:30     | 6:00-7:30     | 6:00-7:30   |               |   |
| Open/Lap swim  | Open/Lap swim | Open/Lap swim | Open/Lap swim   |               |   |
|  | 6:00-7:30     |               | 6:00-7:30   |               |   |
|  | Swim Lessons  |               | Swim Lessons  |               |   |
| 6:05-7:05  | 6:05-7:05     | 6:05-7:05     | 6:05-7:05   |               |   |
| Hydrocise  | Hydrocise     | Hydrocise     | Hydrocise   |               |   |
| <b>ALL WATER EXERCISE CLASSES ARE FOR MEMBERS ONLY</b>   |               |               | <b>HYDROCISE</b><br>A GREAT HIGH INTENSITY WATER AEROBIC WORKOUT WITH UPBEAT MUSIC AND ENTHUSIASTIC INSTRUCTORS!  |               |   |
|  |               |               | <b>SWIMMERCISE</b><br>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.  |               |   |
| <b>ARTHRITIS AQUATIC PROGRAM</b><br>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. |               |               | <b>Swim Lessons Available</b><br>Parent/Tot, Skippers, Progressive, Adult<br>See Schedule Above for Specific Times  |               |   |
| <b>DEEP WATER AEROBICS</b><br>A GREAT HIGH INTENSITY WATER AEROBICS WORKOUT THAT IS DONE COMPLETELY IN THE DEEP END USING FLOAT BELTS AND GLOVES.  |               |               | <b>**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.</b><br>The Amount of programs that are occurring will determine the number of lane lines that are available. |               |   |
| <b>MYB &amp; E.Y. Swim Team</b><br>See Schedule Above for Specific Times   |               |               |   |               |   |





