

YAQUATICS™

We build strong kids, strong families, strong communities.

Please be aware that some changes have been made to the schedule!!

Summer 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8 - 9 am	NONE	H2O Aerobics w/Sammie Lanes 3-6 & Deep Water w/Inez Outside	NONE	H2O Aerobics w/Sammie Lanes 3-6 & Deep Water w/Inez Outside	NONE	NONE	
9:15 - 10 am	H2O Aerobics w/Amy Lanes 3 - 6	H2O Aerobics w/Inez Lanes 3 - 6	H2O Aerobics w/Inez Lanes 3 - 6	H2O Aerobics w/Amanda Lanes 3 - 6	H2O Aerobics w/Angela Lanes 3 - 6	NONE	
10 - 11 am	Water Walking Lanes 4 - 6	Water Walking Lanes 5 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 5 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	
11 am - 12 noon	Arthritis Aquatics w/Sammie Lanes 4 - 6	H2O Aerobics w/Sammie Lanes 4 - 6	Arthritis Aquatics w/Sammie Lanes 4 - 6	H2O Aerobics w/Sammie Lanes 4 - 6	Arthritis Aquatics w/Sammie Lanes 4 - 6	NONE	
1 - 2 pm	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	NONE	
3 - 4 pm	Arthritis Aquatics w/Sammie Lanes 4 - 6	NONE	Arthritis Aquatics w/Sammie Lanes 4 - 6	NONE	Arthritis Aquatics w/Sammie Lanes 4 - 6 (2-3 pm)	NONE	
6 - 7 pm	H2O Aerobics w/Sammie Lanes 4 - 6	Hydro-Mania w/ Inez Lanes 3 - 6	H2O Aerobics w/Sammie Lanes 4 - 6	Hydro-Mania w/Jett Lanes 3 - 6	NONE	CLOSED	
7 - 8:45 pm	NONE	Deep Water Aerobics w/Mary (7 - 7:45 pm) Outside	NONE	Deep Water Aerobics w/Margaret (7 - 7:45 pm) Outside	NONE	CLOSED	

WW = Water Walking

Lap Swim - Designated for only those wanting to lap swim

Water Aerobics - Stretching, warm up, workout, & cool down

Water Walking - Designed for those wanting to exercise by walking in water no equipment provided

Hydro Mania - Heart Rate pumping, calorie burning class! Safe for non-swimmers! Water exercise for over all toning and shaping

Arthritis Aquatics - Designed to stretch, strengthen, and increase the mobility of the entire body. Entering and exiting the pool is no problem thanks to our hydraulic chair lift.

Open Swim - Designated area available for all types of activities.

PLEASE REMEMBER THAT SCHEDULE IS SUBJECT TO CHANGE

PLEASE NOTE SWIMMING LESSONS MAY TAKE PLACE - ESPECIALLY IN EVENINGS FROM 4:30-7:00pm



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***Schedule is subject to change. Indoor pool closes during inclement (thunder/lightning) weather.**

Lap Swim

Summer 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 8 am	Lanes 1 - 4	Lanes 1 - 4	Lanes 1 - 4	Lanes 1 - 4	Lanes 1 - 4	Opens at 7:30 am	CLOSED
8 - 9 am	Lanes 1 - 4	Lane 1**	Lanes 1 - 4	Lane 1**	Lanes 1 - 4	Lanes 3 - 4	CLOSED
9:15 - 10 am	Lanes 1 - 2	Lanes 1 - 2	Lanes 1 - 2	Lanes 1 - 2	Lanes 1 - 2	Lanes 3 - 4	CLOSED
10 - 11 am	Lane 3**	Lanes 3-4	Lane 3**	Lanes 3-4	Lane 3**	Lanes 3 - 4	CLOSED
11am - 12 noon	Lane 3**	Lane 3**	Lane 3**	Lane 3**	Lane 3**	Lane 2 - 4	CLOSED
12 noon - 1 pm	Lanes 1-4	Lanes 1-4	Lanes 1-4	Lanes 1-4	Lanes 1-4	Lanes 1-4	CLOSED
1 - 4 pm	Lanes 1 - 3	Lanes 1 - 3	Lanes 1 - 3	Lanes 1 - 3	Lanes 1 - 3	Lanes 1 - 3	Lanes 1 - 3
4 - 6 pm	Lanes 3 - 4	Lanes 3-4	Lanes 3 - 4	Lanes 3 - 4	Lanes 3 - 4	Lanes 1 - 3 Pool Closes at 5 pm	Lanes 1 - 3 Pool Closes at 5 pm
6 - 7 pm	Lanes 2-3	Lane 2**	Lanes 2-3	Lane 2**	Lanes 2-3	CLOSED	CLOSED
7 - 8:45 pm	Lanes 2-3 (8 pm Lanes 1 - 3)	Lanes 2-3 (8:00 Lanes 1 - 3)	Lanes 2-3 (8 pm Lanes 1 - 3)	Lanes 2 - 3 (8:00 Lanes 1 - 3)	Lanes 2 - 3 (8:00 Lanes 1 - 3)	CLOSED	CLOSED

**Only ONE lap lane available

Open Swim

Summer 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 8 am	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Opens at 7:30 am	CLOSED
8 - 9 am	Lanes 5 - 6	NO OPEN SWIM	Lanes 5 - 6	NO OPEN SWIM	Lanes 5 - 6	NO OPEN SWIM	CLOSED
9:15 - 12 noon	NO OPEN SWIM	NO OPEN SWIM	NO OPEN SWIM	NO OPEN SWIM	NO OPEN SWIM	NO OPEN SWIM opens @ 11 am	CLOSED
12 noon - 1 pm	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	CLOSED
1 - 2 pm	NO OPEN SWIM	NO OPEN SWIM	NO OPEN SWIM	NO OPEN SWIM	NO OPEN SWIM	Lanes 4 - 6	Lanes 4 - 6
2 - 3 pm	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	NO OPEN SWIM	Lanes 4 - 6	Lanes 4 - 6
3 - 4 pm	NO OPEN SWIM	Lanes 5 - 6	NO OPEN SWIM	Lanes 5 - 6	Lanes 5 - 6	Lanes 4 - 6	Lanes 4 - 6
4 - 6 pm	Lanes 5 - 6	Lanes 5-6	Lanes 5 - 6	Lanes 5-6	Lanes 5 - 6	Lanes 4 - 6 Pool Closes at 5 pm	Lanes 4 - 6 Pool Closes at 5 pm
6 - 7 pm	NO OPEN SWIM	NO OPEN SWIM	NO OPEN SWIM	NO OPEN SWIM	Lanes 5 - 6	CLOSED	CLOSED
7 - 8:45 pm	Lanes 5-6	Lanes 5-6	Lanes 5-6	Lanes 5-6	Lanes 5-6	CLOSED	CLOSED