


November 12th, 2017 - February 17th, 2017 Pool Schedule

Day	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Day			
Time	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Time			
5:45-8:00a	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Opens at 7am	Closed	Closed	Closed	5:45-8:00a			
8:15-9:00a	Water Tabata (Christy)	Water Walking	Aqua Exercise (Rue)	Water Walking	Splashercise (Vicky)	Water Walking	Aqua Exercise (Rue)	Water Walking	Water Tabata (Christy)	Water Walking	Lap Swim				MHS Swim Team	Closed	Closed	8:15-9:00a
9:00-10:00a	2 Lap Lanes/ Water Walking	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	Aqua Exercise (Vicky)	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	2 Lap Lanes/ Water Walking	Arthritis (Mindy)	Open Family Swim							Open Family Swim
10:00-11:00a	Water Walking	Family Swim	Water Walking	Water Walking	2 Lap Lanes/ WW	Swim Lessons	Water Walking	Swim Lessons	Water Walking	Family Swim					Water Walking	Open Family Swim	Open Family Swim	
11:00-12:00p	Water Walking	Closed	Water Walking	Closed	Water Walking	Closed	Water Walking	Closed	Water Walking	Family Swim	Water Walking	Open Family Swim	Open Family Swim	Open Family Swim	11:00-12:00p			
12:00-1:00p	Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim	Lap Swim					Lap Swim	Lap Swim	12:00-1:00p	
1:00-2:00p	Adaptive PE		2nd Grade Learn to Swim		Adaptive PE (Finish & 2:30)		2nd Grade Learn to Swim		Adaptive PE	2nd Grade Learn to Swim					Adaptive PE	2nd Grade Learn to Swim	1:00-2:00p	
2:00-2:45p	Water Walking		Water Walking		Water Walking		Water Walking		Water Walking	Water Walking					Water Walking	Water Walking	2:00-2:45p	
2:45-4:00p	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Closes at 3:30 pm	Closes at 3:30 pm	Closes at 3:30 pm	2:45-4:00p				
4:00-5:30p	MHS Swim Team	Open Family Swim	MHS Swim Team	Open Family Swim	MHS Swim Team	Open Family Swim	MHS Swim Team	Open Family Swim	MHS Swim Team	Open Family Swim	the  YMCA	Closes at 5:30 pm	Closes at 5:30 pm	Closes at 5:30 pm	4:00-5:30p			
5:30-6:00p	Lap Swim	Swim Lessons	Lap Swim	Swim Lessons	Lap Swim		Lap Swim	Swim Lessons	Open Family Swim	Lap Swim					Open Family Swim	<p><b>YMCA CLOSED</b> Dec. 24th &amp; 25th, Jan. 1st</p> <p><b>Extra Lap Swim</b> 9 - 11:00am Dec. 2, 23, Jan. 6, 20, 27 Feb. 3, 10, 17</p> <p><b>1- 2:00pm</b> Dec. 5, 12, 19, 21, 22, 25-29, Jan. 1, 2, 4, 11, 15, 18, 25</p> <p><b>2- 3:00pm</b> Dec. 7, 14, 21, 22, 25-29, Jan. 1, 2, 4, 11, 15, 18, 25</p> <p><b>4 - 5:30pm</b> Dec. 5, 25-27, Jan. 9, 11, 18, Feb. 16</p> <p><b>Extra Open Swim</b> 2-4pm Dec. 21, 22, 26-29, Jan. 1, 2, 15</p>	5:30-6:00p	
6:00-7:00p		Open Family Swim	Aqua Exercise (Lori)														Open Family Swim	Open Family Swim
7:00-7:45p	Aqua Pups Swim Team	Closed	Aqua Pups Swim Team	Closed	Closed		Aqua Pups Swim Team	Closed	Closed	Aqua Pups Swim Team					Closed		Closed	Closed
7:45-9:00p						7:45-9:00p												

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## **WATER EXERCISE CLASSES**

Water Exercise is increasing in popularity among the fit and not-so-fit due to its low-impact, yet high resistance nature. Water exercise is a great cardiovascular exercise as well as strengthener and works all parts of the body including the core.

### **CLASS DESCRIPTIONS**

**HEALTHSEEKER:** If you're just getting started, or trying to get back on track, these classes are for you. Instructors will provide you with personalized help.

**ARTHRITIS** - A water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints.

**SPLASHERCISE**- This is a water aerobics class taught by certified instructors. Splashercise will improve your aerobic endurance, muscular strength and flexibility.

**WATER WALKING** - One of the most low-impact, yet resistant form of exercise. Non-instructed, walk at your own pace.

**MULTI-LEVEL:** Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both

**WATER TABATA** - A water class that uses brief periods of work followed by brief periods of rest. Interval training is one of the most effective training types to blast away the calories.

**AQUA EXERCISE** - Increase strength, flexibility, and aerobic capacity in the water.

**TONING** - Enjoy this strength-based class in the water!

Visit us on the web at [www..mcphersonfamilyymca.org](http://www.mcphersonfamilyymca.org) or call 620-241-0363  
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