



# May 1 - 31, 2019

**CLOSED MAY 27**

DAY	MONDAY 6:00AM - 8:30PM						TUESDAY 6:00AM - 8:30PM						WEDNESDAY 6:00AM - 8:30PM						THURSDAY 6:00AM - 8:30PM						FRIDAY 6:00AM - 6:30PM						SATURDAY 8:00AM - 4:30PM						SUNDAY 11:00AM - 4:30PM					
LANE	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
6:00	LAP SWIM 6:00 - 8:00						MASTERS SWIM 6:15 - 7:30		LAP SWIM 6:00 - 8:00						LAP SWIM 6:00 - 8:00						MASTERS SWIM 6:15 - 7:30		CLOSED						CLOSED													
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7:00																																										
7:30							LAP SWIM 6:00 - 8:00														LAP SWIM 6:00 - 8:00																					
8:00	OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						LAP SWIM 8:00 - 9:30						CLOSED											
8:30																																										
9:00																																										
9:30																									SWIM LESSONS																	
10:00	LAP SWIM	DEEP WATER WORKOUT 10:00 - 10:45					LAP SWIM	AQUA FITNESS 10:00 - 10:45					LAP SWIM	DEEP WATER WORKOUT 10:00 - 10:45					LAP SWIM	AQUA FITNESS 10:00 - 10:45					LAP SWIM	AQUA ZUMBA 10:00 - 10:45					9:30 - 12:00			T.I. 5/18 9:45 - 11:45			WOMEN'S SWIM 10:00 - 11:00					
10:30	CHILDREN'S CENTER 10:45 - 11:45 5/6, 5/13, 5/20						OPEN/LAP SWIM 10:45 - 5:30						OPEN/LAP SWIM 10:45 - 5:30						OPEN/LAP SWIM 10:45 - 5:30						CLOSED FOR CLEANING AND STAFF SAFETY TRAINING 1:00 - 3:00						Pool is closed for swim lessons SPA IS OPEN						OPEN/LAP SWIM 11:00 - 4:30					
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3:30	LAP SWIM 5:30 - 6:15						OPEN/LAP SWIM 10:45 - 8:30						LAP SWIM 5:30 - 6:15						AQUA FIT 5:30 - 6:15						OPEN/LAP SWIM 12:00 - 4:30						T.I. 5/18 1:30-3:30											
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8:00	OPEN/LAP SWIM 6:15 - 8:30						OPEN/LAP SWIM 6:15 - 8:30						OPEN/LAP SWIM 3:00 - 6:30						CLOSED																							
8:30	CLOSED						CLOSED						CLOSED																													
	WORKSHOPS and SERIES - See notes for details and fees												Weekly Classes - See notes for details and fees												Special Events and Scholastic Sports - See notes for details																	

**Open/Lap Swim:** Recreational swim for all ages. Generally includes designated lap swim lanes.

**Lap Swim:** Designated lap lanes. Open to all ages. We encourage swimmers to circle swim during peak hours. Please attempt to find a lane with swimmers of a similar skill level/speed when sharing a lane. Lifeguards may reassign swimmers to different lanes according to speed and skill.

**Aqua Fitness with Deb Dixon:** This co-ed shallow water fitness class offers a cardio workout. Build stamina, strength, and tone. Non-swimmers are welcome. Included with Premium membership and Premium day pass. Standard membership participants pay a \$5 drop in fee.

**Deep Water Workout with Deb Dixon:** This is a medium-high intensity workout done in deep water, while wearing an adjustable flotation belt. This workout combines short, high intensity exercise with slower, steady endurance work, followed by muscle toning and a series of stretches to increase flexibility. Participants are encouraged to bring their own belt (the instructor has a limited supply) and must know how to swim. Included with Premium membership and Premium day pass. Standard membership participants pay a \$5 drop in fee.

**Aqua Zumba with Radka Kroteva:** Dance, music and exercise are combined into a fun and energetic aquatic workout. Included with Premium membership and Premium day pass. Standard membership participants pay a \$5 drop in fee.

**YS Community Children's Center:** Mondays May 6, 13, 20 @ 10:45 - 11:45 a.m.

**Masters Swimming** with USMS and ASCA certified coach Franklin Halley: Monday/Wednesday 6:30 p.m. - 8:00 p.m. and Tuesday/Friday 6:15 a.m. - 7:30 a.m.

**Swim Lessons:** Saturdays @ 9:30 a.m. to 12:00 p.m. The pool is closed during swim lessons. **The therapeutic spa is open.**

**Total Immersion Swim Clinic:** 2 Lanes; May 18 @ 9:45 a.m. -11:45 a.m. & 1:30 p.m. - 3:30 p.m.

#### **Pool Hours of Operation**

Mon-Thu 6:00 a.m. - 8:30 p.m.

Friday: 6:00 a.m. - 6:30 p.m.

Saturday: 8:00 a.m. - 4:30 p.m.

Sunday: 10:00 a.m. - 11:00 a.m. Women only facility time

11:00 a.m. - 4:30 p.m.

**\*\*\* Schedule is subject to change without notice. Please visit our website or call the front desk at 937.319.0100 for more details \*\*\***