



We build strong kids, strong families, strong communities.

YMCA Healthy Living Center Aquatics Schedule

Revised June 7, 2010

	LAP POOL 4 lane lap pool with water temps at 80-83 degrees		EXERCISE POOL Warm Water Pool with depths from 4'0" to 5'0"	
MON.	Lap Swim	5:00am – 8:45pm	7:15 – 8:00 am 8:30 – 9:15 am 9:30-10:30 am 10:30 – 12:00 *Noon-1:00 pm 1:00 – 5:00 pm 4:45- 5:30 pm 5:30-6:15 pm 6:15-7:00 pm	Physical Therapy Active Adults Medical Programming Physical Therapy Open swim Physical Therapy Water YOGA Water Ex Prenatal Water Exercise
Tues	Lap Swim Z3 Training YswimFIT	5:00am – 8:45pm 2:00-3:00 (2 Lanes) 5:00-6:00 pm (2 lanes)	7:15 – 8:00 am 8:30 – 9:15am 9:30-10:30am 10:30 – 12:00 *Noon-1:00 pm 1:00 – 4:30 pm 4:30-5:30 pm 6:30-7:15 pm	Physical Therapy Active Adults Medical Programming Physical Therapy Open swim Physical Therapy Lymphedema Exercise Class Youth in Motion Class
WED.	Lap Swim Z3 Training	5:00am – 8:45pm 7:30 – 8:30pm (2 lanes)	7:15 – 8:00 am 8:00-8:30am 8:30 -9:15am 9:30-10:30am 10:30 – 12:00 *Noon-1:00 pm 1:00 – 5:00 pm 5:30-6:15pm 6:30-7:15pm	Physical Therapy Rusty Hinges Water Pump and Abs Medical Programming Physical Therapy Open swim Physical Therapy Water Ex Water Ex
THURS.	Lap Swim YswimFIT Triathlon Training-	5:00am – 8:45pm 5:00-6:00 pm (2 lanes) 7:00-8:00 pm 2nd Thurs each month	7:15 – 8:00 am 8:30 – 9:15 am 9:30-10:30 am 10:30 – 12:00 *Noon-1:00 pm 1:00 – 5:00 pm 4:30 – 5:30 pm 6:30-7:15 pm	Physical Therapy Active Adults Medical Programming Physical Therapy Open swim Physical Therapy Water Ex Youth in Motion Class
FRI.	Lap Swim	5:00am – 8:45pm	7:15 – 8:00 am 8:00-8:30am 8:30 – 9:00 am 9:00 – 9:45am 10:00-11:00 10:30 – 12:00 *Noon-1:00 pm 1:00 – 5:00 pm 5:30-6:15pm	Physical Therapy Rusty Hinges Water Pump Noodles Medical Programming Physical Therapy Open swim Physical Therapy Water Ex
SAT.	6:00am-4:45pm	Lap Swim	9:00-9:45 1:00-3:00 pm	Water Ex **Family Open Swim
SUN.	10:00am-4:45pm	Lap Swim		

**Family Open Swim time is your classic OPEN SWIM EVENT for YMCA families to enjoy the pool together. If you are looking for the best time to use our exercise pool for your own workouts we encourage you to use our other open hours.

Pool Descriptions

***OPEN SWIM**

The YMCA Healthy Living Center Pools DO NOT have your typical open swim times during the week.

The lap pool is dedicated to lap swimming and training programs.

The exercise pool is open for members to us for exercising, water exercise classes and therapy.

OPEN SWIM on our Healthy Living Center Schedule means there is no medical programming or classes scheduled at that time in the exercise pool. Anyone may use the pool to exercise individually during that scheduled time.

The Healthy Living Center offers ****FAMILY OPEN SWIM** on Saturdays only from 1-3. This is a time for YMCA families to have fun and enjoy the facility together. You will find other OPEN SWIM times where families can swim and play together on the Metro YMCA's homepage.

www.dmymca.org

LAP SWIM

Lap Swim is designed to be a workout. We ask swimmers to share lanes and circle swim during their workout. Please be courteous to fellow swimmers, so everyone can enjoy a swim workout. Swimmers MUST be 9 years old or older to swim in the lap lanes.

Swimmers must be doing CONTINUOUS LAPS during Lap Swim Times.

Youth in Motion Class

This program is designed to serve children ages 5-18 with physical, intellectual, or developmental disabilities to develop muscle strength and joint flexibility, as well as their self-esteem and confidence.

WATER EXERCISE CLASSES

ACTIVE ADULTS WATEREX

Using the resistance of the water, this class provides an aerobic and stretching workout adaptable to all ages and fitness levels. You get a great workout without the impact of the land aerobics.

Y WATER PUMP

A muscular conditioning class that targets specific muscle groups and works them to fatigue by using buoyant barbells for resistance in the water.

NOODLES

A water exercise class using Noodles! Noodles are used for stabilization as well as underwater resistance training.

LYMPHEDEMA EXERCISE CLASS

Open to all Lymphedema patients. This program will assist patients to regain their strength, extremity range of motion, and daily lifestyle function. Lead by a Mercy Therapist this class will teach healthy exercise and safety concepts.



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