



DOWNTOWN YMCA AQUATICS SCHEDULE JANUARY, FEBRUARY AND MARCH 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 6:00 6:30 7:00 7:30	Adult Lap 5:30-8:00	Adult Lap 5:30-8:00	Adult Lap 5:30-8:00	Adult Lap 5:30-8:00	Adult Lap 5:30-8:00		
8:00 8:30 9:00 9:30	Hydro Fit 8:00-9:00 Water Yoga 9:00-9:45	Hydro Fit 8:00-9:00 Silver Splash® 9:00-9:45	Hydro Fit 8:00-9:00 Deep Water 9:00-9:30	Hydro Fit 8:00-9:00 Water Yoga 9:00-9:45	Hydro Fit 8:00-9:00 Water Yoga 9:00-9:45	Aqua Zumba 8:30-9:15	
10:00 10:30 11:00 11:30	Open Swim 10:00-12:00	Open Swim 10:00-12:00	Open Swim 10:00-12:00	Open Swim 10:00-12:00	SilverSplash® 10:00-10:45 Open Swim 10:45-12:00	Open Swim 10:00-6:45	
12:00 12:30	Adult Lap 12:00-1:00	Adult Lap 12:00-1:00	Adult Lap 12:00-1:00	Adult Lap 12:00-1:00	Adult Lap 12:00-1:00		Open Swim 12:00-4:45
1:00 1:30 2:00 2:30 3:00 3:30 4:00 4:30 5:00	Open Swim 1:00-5:30	Open Swim 1:00-5:30	Open Swim 1:00-5:00	Open Swim 1:00-5:30	Open Swim 1:00-6:45		
5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00	Hydro-fit 5:30-6:15 Pre-school and P/C lessons* 5:45-6:15 Youth swim lessons* 6:30-7:10	Pre-school and P/C lessons* 5:45-6:15 Youth swim lessons* 6:30-7:10	Aqua Zumba 5:15-6:00 Pre-school and P/C lessons* 6:00-6:30** Youth swim lessons* 6:30-7:10	Pre-school and P/C lessons* 5:45-6:15 Youth swim lessons* 6:30-7:10			
7:10 7:30 7:45	Open Swim 7:10-7:45	Adult Swim Lessons* & Open Swim 7:10-7:45	Open Swim 7:10-7:45	Open Swim 7:10-7:45			

There is always at least one lap lane open for multiple swimmers to use.

* This is a fee based class. Contact Chuck Gallatin at 741-5541 for more information and session start dates.

** Please note the time change for pre-school and parent/child lessons on Wednesday.