51020

DOWNTOWN AQUATICS SCHEDULE

January 2022

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MON | TUES | WED | THURS | FRI | SAT |
| 5:00-8:00 am  **Lap Swim** | 5:00-8:45 am  **Lap Swim** | 5:00-8:00 am  **Lap Swim** | 5:00-8:45 am  **Lap Swim** | 5:00-8:00 am  **Lap Swim** |  |
| 8:15-9:00 am  **Hydro Fit**  9:00-9:30 am  **Water Yoga** |  | 8:15-9:00 am  **Hydro Fit** |  | 8:15-9:00 am  **Hydro Fit** | 7:00-9:00 am  **Lap Swim** |
| 9:30-10:30 am  **Open Swim** | 9:00-9:45 am  **Hydro Fit** | 9:00-10:30 am  **Open Swim** | 9:00-9:45 am  **Hydro Fit** | 9:00-10:30 am  **Open Swim** | 9:15-10:00 am  **Aqua Zumba®** |
| 10:30-11:30  Pool Closed | 9:45-10:30 am  **Open Swim**  10:30-11:30  **Pool Closed** | 10:30-11:30  Pool Closed | 9:45-10:30  **Open Swim**  10:30-11:30  **Pool Closed** | 10:30-11:30  Pool Closed | 10:15 am-12:45 pm  **Open Swim** |
| 11:30 am-1:30 pm  **Lap Swim** | 11:30 am-1:30 pm  **Lap Swim** | 11:30 am-1:30 pm  **Lap Swim** | 11:30 am-1:30 pm  **Lap Swim** | 11:30 am-1:30 pm  **Lap Swim** |  |
| Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed |  |
| 3:00-5:00 pm  **Open Swim** | 3:00-5:00 pm  **Open Swim** | 3:00-5:00 pm  **Open Swim** | 3:00-5:00 pm  **Open Swim** | 3:00-5:45 pm  **Open Swim** |  |
| 5:15-6:00 pm  **Hydro Fit** | Pool Closed | 5:15-6:00 pm  **Hydro Fit** | Pool Closed |  |  |
| 6:05-6:35 pm  **Preschool & Parent Child Swim Lessons\*** | 6:05-6:35 pm  **Preschool & Parent Child Swim Lessons\*** | 6:05-6:35 pm  **Preschool & Parent Child Swim Lessons\*** | 6:05-6:35 pm  **Preschool & Parent Child Swim Lessons\*** |  |  |
| 6:45-7:15 pm  **Youth Swim Lessons\*** | 6:45-7:15 pm  **Youth Swim Lessons\*** | 6:45-7:15 pm  **Youth Swim Lessons\*** | 6:45-7:15 pm  **Youth Swim Lessons\*** |  |  |
| 7:30-8:30 pm  **Masters Swim\*** |  |  | 6:00-10:00 pm  **SCUBA\*** |  |  |

**NOTICE: The reservation system for lap swimming is being discontinued on January 3. There is NO LAP SWIMMING during water fitness classes and swim lessons. There are two lap lanes available for multiple swimmers to use during open swim. We reserve the right to pull lap lanes or close the deep end as needed.**

\* Indicates fee-based classes; please contact Chuck Gallatin, Director of Safety & Aquatics, at 741-5541 for more information.

YMCA of Muncie

## Water Fitness

## Hydro Fit

This 55-minute class focuses on improving cardiovascular, strength and flexibility by using the water's natural resistance.  Most exercises are performed in the shallow end of the pool.

Water Yoga

A unique class offering ample benefits. The design of this class helps gain flexibility and strength while listening to soothing yoga music. Incorporates yoga poses with water resistance.

Aqua Zumba®

Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn’t miss! Less impact on your joints means you can really let loose. And water creates natural resistance, which means every step is more challenging and helps tone your muscles. It's perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise class to their fitness routine.

### Swim Lessons

Swim Lessons are offered in four-week sessions Monday/Wednesday or Tuesday/Thursday evenings at the Downtown YMCA pool. Each skill level builds upon the previous level covering all the fundamentals. For more information on swim lessons, see the separate swim lesson flyer.