DOWNTOWN AQUATICS SCHEDULE

July 2022

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MON | TUES | WED | THURS | FRI | SAT |
| Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed |
| 8:15-9:00 am  Hydro Fit  9:00-9:30 am  Water Yoga | Pool Closed | 8:15-9:00 am  Hydro Fit | Pool Closed | 8:15-9:00 am  Hydro Fit | 7:00-9:00 am  Lap Swim |
| 9:30-10:30 am  Adult Open and Lap Swim | 9:00-9:45 am  Hydro Fit | 9:00-10:30 am  Adult Open and Lap Swim | 9:00-9:45 am  Hydro Fit | 9:00-10:30 am  Adult Open and Lap Swim | Pool Closed |
| 10:30-11:30 am  Pool Closed | 9:45-10:30 am  Adult Open and Lap Swim  10:30-11:30 am  Pool Closed | 10:30-11:30 am  Pool Closed | 9:45-10:30 am  Adult Open and Lap Swim  10:30-11:30 am  Pool Closed | 10:30-11:30 am  Pool Closed | Pool Closed |
| 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 | Pool Closed |  |
| Pool Closed | Pool Closed | Pool Closed | Pool Closed |  |  |
| Pool Closed | Pool Closed | Pool Closed | 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\* |  |  |
| 6:40-7:10 pm  Youth Swim Lessons\* | 6:40-7:10 pm  Youth Swim Lessons\* | 6:40-7:10 pm  Youth Swim Lessons\* | 6:40-7:10 pm  Youth Swim Lessons\* |  |  |
|  |  |  | 6:00-10:00 pm  SCUBA\* |  |  |

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

Tuhey Pool Hours of Operation:

5:00-10:00 am Lap Swim: M-F

12:00-7:00 pm Open swim: Everyday

YMCA of Muncie members have free access to Tuhey pool by scanning their membership cards

YMCA of Muncie

**Water Fitness**

Hydro Fit

This 45-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.

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.