FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN AQUATICS SCHEDULE

September 2022*

*This schedule begins on September 6

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**	**7:00-9:30 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**	**9:45 am-12:45 pm** **Open Swim**
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	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	
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***		
6:40-7:10 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***		
7:30-8:30 pm **Masters Swim***			6:00-10:00 pm **SCUBA***		

* 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 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.