



DOWNTOWN AQUATICS SCHEDULE

March 2023

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.

There is NO lap swim during the MORNING hydro-fit and water yoga times or during the swim lesson times. There IS lap swim during the MONDAY and WEDNESDAY evening hydro-fit time and all of the indicated open swim times.

NOTE: During the week of March 20, lap swim time is changed to 12:00 pm-1:30 pm to accommodate the lifeguard class.

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.