



DOWNTOWN AQUATICS SCHEDULE

May 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		
Pool Closed	Pool Closed	Pool Closed	Pool Closed		
Pool Closed	Pool Closed	Pool Closed	Pool Closed		
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.

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.