



## DOWNTOWN AQUATICS SCHEDULE

### June 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	Pool Closed
9:30-10:30 am Adult Open Swim	9:00-9:45 am Hydro Fit	9:00-10:30 am Adult Open Swim	9:00-9:45 am Hydro Fit	9:00-10:30 am Adult Open Swim	Pool Closed
10:30-11:30 Pool Closed	9:45-10:30 am Adult Open Swim 10:30-11:30 Pool Closed	10:30-11:30 Pool Closed	9:45-10:30 Adult Open Swim 10:30-11:30 Pool Closed	10:30-11:30 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	Pool Closed	Pool Closed	Pool Closed	
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.

Swim lessons begin June 12.

## **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.