



## MUNCIE CENTRAL AQUATICS SCHEDULE

### FEBRUARY 1-24, 2024

MON	TUES	WED	THURS	FRI	SAT
5:00-7:00 am Lap Swim	5:00-7:00 am Lap Swim	5:00-7:00 am Lap Swim	5:00-7:00 am Lap Swim	5:00-7:00 am Lap Swim	
7:00-7:45 am Hydro Fit*	7:00-7:45 am Hydro Fit*	7:00-7:45 am Hydro Fit*	7:00-7:45 am Hydro Fit*	7:00-7:45 am Hydro Fit*	
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	Pool Closed	Pool Closed	Pool Closed	Pool Closed	1:00-2:15 pm Swim Lessons
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	
7:30-8:00 pm Lap Swim	7:30-9:00 pm Lap Swim	7:30-8:00 pm Lap Swim	7:30-9:00 pm Lap Swim		
8:05-9:00 pm Hydrofit and Lap Swim		8:05-9:00 pm Hydrofit and Lap Swim			
Pool Closed	Pool Closed	Pool Closed	Pool Closed		

- There are lap lanes open during Hydrofit classes

**Aquatics programs are held at Muncie Central High School. Park behind the school near the tennis courts and enter through door 5. This schedule is subject to change.**

## **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.

#### **Swim Lessons**

Swim Lessons are offered in four-week sessions Monday/Wednesday or Tuesday/Thursday evenings at the Muncie Central High School pool. Each skill level builds upon the previous level covering all the fundamentals.