



# TOWPATH TRAIL YMCA WATER FITNESS JUNE 2017 POOL SCHEDULE

\* Aqua Aerobic classes age limit 15+



## MONDAY

- 6:00a-7:00a \$\$ Masters Swim Practice
- 7:00a-8:45a **LAP SWIM ONLY**
- 9:00a-9:50a \* SilverSneakers® Splash w/Heather (Formally Mild Water Movement)
- 10:00a-11:00a **LAP SWIM ONLY**
- 11:00a-12:00p **LAP & OPEN SWIM**
- 12:00p-1:00p **LAP SWIM ONLY**
- 1:00p-3:00p Camp Swim
- 3:00p-4:30p **LAP & OPEN SWIM**
- 4:30p-5:30p \$\$ Swim Team Training
- 6:00p-6:50p \* Water Blast w/Karen
- 7:00p-7:45p \$\$ Swim Lessons/Stroke Development

## TUESDAY

- 6:00a-8:45a **LAP SWIM ONLY**
- 9:00a-9:50a \* Water Blast w/Carol
- 10:00a-11:00a Preschool Class Swim
- 11:00a-12:00p **OPEN SWIM**
- 12:00p-1:00p **LAP SWIM ONLY**
- 1:00p-3:00p Camp Swim
- 3:00p-5:15p **LAP & OPEN SWIM**
- 5:30p-6:15p \$\$ Swim Lessons: Pollywog/Guppy/Minnow
- 6:30p-8:00p **LAP & OPEN SWIM**

## WEDNESDAY

- 6:00a-7:00a \$\$ Masters Swim Practice
- 7:00a-8:45a **LAP SWIM ONLY**
- 9:00a-9:50a \* SilverSneakers® Splash w/Stacey (Formally Mild Water Movement)
- 10:00a-11:00a **LAP SWIM ONLY**
- 11:00a-12:00p **OPEN SWIM**
- 12:00p-1:00p **LAP SWIM ONLY**
- 1:00p-3:00p Camp Swim
- 3:00p-4:30p **LAP & OPEN SWIM**
- 4:30p-5:30p \$\$ Swim Team Training
- 6:00p-6:50p \* Water Blast w/Karen
- 7:00p-7:45p \$\$ Swim Lessons/Adult Beginner Swim

## THURSDAY

- 6:00a-8:45a **LAP SWIM ONLY**
- 9:00a-9:50a \* Water Blast w/Carol
- 10:00a-11:00a Preschool Class Swim
- 11:00a-12:00p **OPEN SWIM**
- 12:00p-1:00p **LAP SWIM ONLY**
- 1:00p-3:00p Camp Swim
- 3:00p-5:15p **LAP & OPEN SWIM**
- 5:30p-6:15p \$\$ Swim Lessons Pike/Eel/Ray
- 6:30p-8:00p **LAP & OPEN SWIM**

## FRIDAY

- 6:00a-7:00a \$\$ Masters Swim Practice
- 7:00a-8:45a **LAP SWIM ONLY**
- 9:00a-9:50a \* SilverSneakers® Splash w/Heather (Formally Mild Water Movement)
- 10:00a-11:00a **LAP SWIM ONLY**
- 11:00a-12:00p **OPEN SWIM**
- 12:00a-1:00p **LAP SWIM ONLY**
- 1:00p-3:00p Camp Swim
- 3:00p-7:00p **LAP & OPEN SWIM**
- 7:00p-7:45p \$\$ Adult Fear of the Water

## SATURDAY

- 7:00a-8:15a **LAP SWIM ONLY**
- 8:30a-9:15a \$\$ Swim Lessons: Pike/Eel/Ray
- 9:30a-10:15a \$\$ Swim Lessons: Pollywog/Guppy/Minnow
- 10:30a-11:00a \$\$ Swim Lessons: Little Dippers
- 11:00a-11:50a Aqua Zumba
- 12:00p-3:30p **LAP & OPEN SWIM**

## SUNDAY

- 1:00p-2:00p **LAP SWIM ONLY**
- 2:00p-3:30p **OPEN SWIM**