



AQUATICS // January - March

Main Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*No CHS	*CHS 6-8am	*CHS 11-1	*CHS 6-8am	*CHS 11-1	*CHS 6-8am	*No CHS
Open Swim 12:-4:30 (slides open)	Select Open Swim 6:00-8:00 (slides closed) Group Class (see A.A.A.) 8:00-9:55 Select Open Swim 10:00 -12:00 (slides closed) Closed for Maintenance 12:00-1:00 Select Open Swim 1:00-3:00 (slides closed) Open Swim 3:00-5:00 (slides open) Group Class (see A.A.A.) 5:15-6:10 Open Swim 6:10-8:30 (slides open)	Select Open Swim 6:00-8:30 (slides closed) Group Class (see A.A.A.) 8:30-9:30 Select Open Swim 9:30-3:00 (slides closed) Open Swim 3:00-5:00 (slides open) Group Swim Lessons (see A.A.A.) 5:00-7:00 Open Swim 7:00-8:30 (slides open)	Select Open Swim 6:00-8:00 (slides closed) Group Class (see A.A.A.) 8:00-9:55 Select Open Swim 10:00 -12:00 (slides closed) Closed for Maintenance 12:00-1:00 Select Open Swim 1:00-3:00 (slides closed) Open Swim 3:00-5:10 (slides open) Group Class (see A.A.A.) 5:15-6:10 Open Swim 6:10-8:30 (slides open)	Select Open Swim 6:00-8:30 (slides closed) Group Class (see A.A.A.) 8:30-9:30 Select Open Swim 9:30-3:00 (slides closed) Open Swim 3:00-5:00 (slides open) Group Swim Lessons (see A.A.A.) 5:00-7:00 Open Swim 7:00-8:30 (slides open)	Select Open Swim 6:00-8:00 (slides closed) Group Class (see A.A.A.) 8:00-9:55 Select Open Swim 10:00-12:00 (slides closed) Closed for Maintenance 12:00-1:00 Select Open Swim 1:00-3:00 (slides closed) Open Swim 3:00-5:10 (slides open) Group Class (see A.A.A.) 5:15-6:10 Open Swim 6:10-8:30 (slides open)	Select Open Swim 7:00-8:55 (slides closed) Swim Lessons (see A.A.A.) 9:00-11:00 Open Swim 11:00-5:30 (slides open)

Therapy Pool Schedule

*Schedule is subject to change. **Adults 18+, children with therapeutic needs and any programs approved by YMCA leadership may enter the therapy pool at any time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adults Only** 12:00-4:30	<u>Adults Only**</u> 6:00-11:00 CLOSED 11-2:30 FOR: -Maintenance 11:00-12:00 -Group Class (See A.A.A.) 12:15-1:00 -Parkview Therapy 1:00pm-2:30pm <u>Adults Only**</u> 2:30pm-8:30pm	<u>Adults Only**</u> 6:00-9:45 Closed for Parkview Therapy 9:45-11:15 Adults Only** 11:15-5:30 Closed for Group Swim Lessons 5:30-7:00 <u>Adults Only**</u> 7:00pm-8:30pm	<u>Adults Only**</u> 6:00-11:00 CLOSED 11-2:30 FOR: -Maintenance 11:00-12:00 -Group Class (See A.A.A.) 12:15-1:00 -Parkview Therapy 1:00pm-2:30pm <u>Adults Only**</u> 2:30pm-8:30pm	<u>Adults Only**</u> 6:00-9:45 CLOSED for Parkview Therapy 9:45-11:15 Adults Only** 11:15-5:30 Closed for Group Swim Lessons 5:30-7:00 <u>Adults Only**</u> 7:00pm-8:30pm	<u>Adults Only**</u> 6:00-11:00 CLOSED 11-2:30 FOR: -Maintenance 11:00-12:00 -Group Class (See A.A.A.) 12:15-1:00 -Parkview Therapy 1:00 -2:30 <u>Adults Only**</u> 2:30-8:30	<u>Adults Only**</u> 7:00-9:00 CLOSED for Group Swim Lessons 9:00-11:00 <u>Adults Only**</u> 11:00-5:30

See reverse side for more information and scheduling



Aquatics Activity Agenda (A.A.A.)

Key: ☐ Activity is in the Therapy Pool ★ Activity is in the Main Pool
 (Pool is **CLOSED** during aquatics programs unless otherwise noted as “**pool open**”)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	★Water Aerobics 8:00-8:55 ★River Walking 9:00 - 9:55 ☐Aqua Toning 12:15-1:00 ★Water Aerobics 5:15-6:10	★WAC 8:30-9:30 ☐★Swim lessons 5:00-7:00	★Water Aerobics 8:00-8:55 ★River Walking 9:00 - 9:55 ☐Aqua Toning 12:15-1:00 ★Water Aerobics 5:15-6:10 ★Teen/Adult Swim lessons 5:25-6:10	★WAC 8:30-9:30 ☐★Swim lessons 5:00-7:00	★Water Aerobics 8:00-8:55 ★River Walking 9:00 - 9:55 ☐Aqua Toning 12:15-1:00 ★Water Aerobics 5:15-6:10	☐★Swim Lessons 9:00-11:00

PLEASE NOTE: This schedule is subject to change at the discretion of YMCA leadership. The therapy pool can be used by adults 18 and over; children with therapeutic needs AND any YMCA programming approved by leadership.

Activity Breakdown

Select Open Swim: Pirate Ship, Main Pool, and lap swim are available. Slides are closed.

Open Swim: Main pool, Lily pads. Pirate Ship and Water Slides are on a 30 min rotation.

Adult Time: Adults 18+ AND children with therapeutic needs.

Parkview Therapy: Only designated Parkview Patients are allowed at this time to conduct coached therapy.

Water Aerobics: Focus on low impact and cardiovascular training while improving flexibility and mobility.

River Walking: Low level to moderate walking workout in our river area.

Aqua Zumba: A low impact pool party that focuses on aerobic endurance and full body toning using water resistance while grooving to a tropical playlist.

Aqua Toning: Low impact, stationary exercises that improve joint movement and encourage flexibility.

Water Aerobics Combo (WAC): A combination of stationary and moving cardiovascular exercises at times utilizing the made current of the river walk to enhance performance.

CHS: Centennial High School