

the **AQUATICS SCHEDULE**

LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:45a Lap/Adult (6)	5:00-9:00a Lap/Adult (6)	5:00-7:30a Lap/Adult (6)	5:00-9:00a Lap/Adult (6)	5:00-8:45a Lap/Adult (6)		
					7:00-9:00a Lap (6)	
8:45-9:45a Class (3) Lap (3)	9:00-10:00a Class (3) Lap (3)	8:45-9:45a Class (3) Lap (3)	9:00-10:00a Class (3) Lap (3)	8:45-9:45a Class (3) Lap (3)	9:00a-12:30p Class (2) Lap (4)	10-12:30p Lap (6)
9:45a-1:00p Adult/Lap (3) Open (3)	10:00a-1:00p Adult/Lap (3) Open (3)	9:45a-1:00p Adult/Lap (2) Open (4)	10:00a-1:00p Adult/Lap (3) Open (3)	9:45a-11:00p Adult/Lap (2) Open (4)	12:30-1:30p Rentals (2) Lap (4)	12:30-1:30p Rentals (2) Lap (4)
1:00-5:30p Lap (4) Family/Open (2)	1:00-5:30p Lap (4) Family/Open (2)	1:00-5:30p Lap (4) Family/Open (2)	1:00-5:30p Lap (4) Family/Open (2)		1:30-3:30p Open (2) Lap (4)	1:30-3:30p Open (2) Lap (4)
				11:30-8:30p Lap (2) Family/Open (2) Special Olympics 7:00-8:30 (2)	3:30-4:30p Rentals (2) Lap (4)	3:30-4:30p Rentals (2) Open(2) Lap (4)
5:30-7:00p Lap (4) Lessons (2)	5:30-7:00p Lap (4) Lessons (2)	5:30-7:00p Lap (4) Lessons (2)	5:30-7:00p Lap (4) Lessons (2)		4:30-6:00p Open (2) Lap (4)	5:00pm closed
7:00-9:00p Open (2) Lap (4)	7:00-9:00p Open (2) Lap (4)	7:00-9:00p Open (2) Lap (4)	7:00-9:00p Open (2) Lap (2)			

() = Indicates lanes available

Please note Special Olympics practices for April

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-9:45a	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics
9:00-10:00a		Water Works	Hydo Base 7:30-8:15 am	Water Works	
			Hydro Yoga 10:30-10-15 am		Hydobase 10:30-11:15 am

LAP POOL FITNESS SCHEDULE

****SCHEDULES EFFECTIVE THROUGH April 30, 2019**



AQUATICS SCHEDULE

WARM WATER POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:45a Open/Walk	5:00-9:30a Open/Walk	5:00-9:45a Open/Walk	5:00-9:30a Open/Walk	5:00-9:45a Open/Walk	7:00-9:00a Open/Walk	
9:45a-12p (Classes) Pool closed	9:30a-12p (Classes) Pool closed	9:45a-12p (Classes) Pool closed	9:30a-12p (Classes) Pool closed	9:45a-12p (Classes) Pool closed	9:00a-12:15p (Classes) Pool closed	
12:00-5:00p Open/group	12:00-5:00p Open/group	12:00-5:00p Open/group	12:00-4:00p Open/group	12:00-8:30p Open Swim	12:15-6:00p Open Swim	10:00-5:00p Open Swim
5:00-7:15p (Classes) Pool closed	5:00-7:15p (Classes) Pool closed	5:00-7:15p (Classes) Pool closed	4:00-7:15p (Classes) Pool closed			
7:15-8:30p Open	7:15-8:30p Open	7:15-8:30p Open	7:15-8:30p Open			

WARM WATER POOL FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
9:50-10:45a	Joints-n-Motion		Joints-n-Motion	Aqua flex 4-4:45pm	Joints-n- Motion
11:00a-12p	Arthritis		Arthritis		Arthritis
5:45-6:45p	Aqua Flex	Aqua Flex			
5:45-6:30p			Aqua Zumba		

Note: During class times, the warm water pool will be closed for open swim

****SCHEDULES EFFECTIVE THROUGH April 30, 2019**

Blair Regional YMCA
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