

# December 1, 2018-February 10, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6a-7a</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<del> </del>	<del> </del>
7a-8a	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	<del> </del>	<del> </del>
<b>8a-9a</b>	<b>LAP SWIM WATER FITNESS</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM WATER FITNESS</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM WATER FITNESS</b>	<del> </del>	<del> </del>
9a-10a	Lap Swim Water Fitness	Lap Swim SS-Splash	Lap Swim Water Fitness	Lap Swim Open Swim	Lap Swim Water Fitness	Lap Swim Swim Lessons	<del> </del>
<b>10a-11a</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM SS-SPLASH</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM SWIM LESSONS</b>	<del> </del>
11a-12p	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim SS-Splash	Lap Swim Open Swim	Lap Swim Swim Lessons	<del> </del>
<b>12p-1p</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<del> </del>
1p-2p	<del> </del>	<del> </del>	<del> </del>	<del> </del>	<del> </del>	Lap Swim Open Swim	<del> </del>
<b>2p-3p</b>	<del> </del>	<del> </del>	<del> </del>	<del> </del>	<del> </del>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>
3p-4p	Lap Swim Swim Team	Lap Swim Swim Team	Lap Swim Swim Team	Lap Swim Swim Team	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim
<b>4p-5p</b>	<b>LAP SWIM SWIM TEAM</b>	<b>LAP SWIM SWIM TEAM</b>	<b>LAP SWIM SWIM TEAM</b>	<b>LAP SWIM SWIM TEAM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>
5p-6p	Lap Swim Swim Team	Lap Swim Swim Team	Lap Swim Swim Team	Lap Swim Swim Team	Lap Swim Open Swim	Lap Swim Open Swim *Closes at 5:30	Lap Swim Open Swim *Closes at 5:30
<b>6p-7p</b>	<b>LAP SWIM SWIM TEAM</b>	<b>LAP SWIM SWIM TEAM</b>	<b>LAP SWIM SWIM TEAM</b>	<b>LAP SWIM SWIM TEAM</b>	<b>LAP SWIM OPEN SWIM</b>	<del> </del>	<del> </del>
7p-8p	Lap Swim Swim Team	Lap Swim Swim Team	Lap Swim Swim Team	Lap Swim Swim Team	Lap Swim Open Swim	<del> </del>	<del> </del>
<b>8p-8:30p</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<b>LAP SWIM OPEN SWIM</b>	<del> </del>	<del> </del>

See back for water fitness class descriptions.

<b>MON</b>	CARDIO STRENGTH –Work at a moderate pace for a total-body workout. The use of weights will increase intensity and strengthening exercises. 8am-8:45am and 9am-9:45am
<b>TUE</b> 9am-10am	SILVER SNEAKERS SPLASH INTENSITY 2-A fun shallow water exercise class that uses a signature splash board to increase movement and intensity options. Splash is suitable for all levels and is safe for non swimmers.
<b>WED</b>	AQUA CIRCUIT—Engage in exercises that move from large muscle groups to cardio actions through water focusing on total body conditioning. 8am-8:45am and 9am-9:45am
<b>THUR</b> 10:30-11:30a	SILVER SNEAKERS SPLASH INTENSITY 2-A fun shallow water exercise class that uses a signature splash board to increase movement and intensity options. Splash is suitable for all levels and is safe for non swimmers.
<b>FRI</b>	AQUAVIL-Engage in exercises that move from large muscle groups to cardio actions through water, focusing on total-body conditioning. 8am-8:45am and 9am-9:45am

Special Events: Lowe's YMCA using our pool 1.3 5:30-7:30p, 1.15 6-7:30p, 1.19 1-2:30p
<b>Meet dates: 12.4, 12.7, 12.11, 12.14, 12.18, 1.4, 1.8, 1.11, 1.18, 1.25, 2.1, 2.8</b>
Special Hours: 12.24- 6am-1:30pm, Closed 12.25, 12.26- 8am opening, 12.31-closing at 5:30p, 1.1- 8am-5:30p
<b>No School Days: 12.21-1.2, 1.21, 1.22 Program kids swimming 10:30-11:30am</b>
No water fitness classes 12.12, 12.24, 12.26, 12.28

