



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INSTRUCTIONAL POOL

## AQUATICS PROGRAMMING Fall 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>OPEN SWIM</b> 4:45-5:30am	<b>OPEN SWIM</b> 4:45-6:45am	<b>OPEN SWIM</b> 4:45-5:30am	<b>OPEN SWIM</b> 4:45-6:45am	<b>OPEN SWIM</b> 4:45-5:30am	
	<b>SHALLOW WATER AEROBICS</b> 5:30-6:30am Cathy H.	<b>AQUA VOLLEYBALL</b> 6:45-7:45am	<b>SHALLOW WATER AEROBICS</b> 5:30-6:30am Cathy H.	<b>AQUA VOLLEYBALL</b> 6:45-7:45am	<b>SHALLOW WATER AEROBICS</b> 5:30-6:30am Cathy H.	<b>OPEN SWIM</b> 6:30-7:30am
	<b>MODIFIED WATER AEROBICS</b> 6:45-7:45am Cathy H.	<b>SHALLOW WATER AEROBICS</b> 8-9am Crystal	<b>MODIFIED WATER AEROBICS</b> 6:45-7:45am Cathy H.	<b>SHALLOW WATER AEROBICS</b> 8-9am Ana S.	<b>AQUA VOLLEYBALL</b> 6:30-7am	<b>SHALLOW WATER AEROBICS</b> 7:30-8:30am
<b>AQUA VOLLEYBALL</b> 9-11am	<b>SHALLOW WATER AEROBICS</b> 8-9am Ana S.	<b>SWIM LESSONS</b> 9-11:15am Registration required	<b>SHALLOW WATER AEROBICS</b> 8-9am Ana S.	<b>SWIM LESSONS</b> 9-11:15am Registration required	<b>SHALLOW WATER AEROBICS</b> 8-9am Tasha C.	<b>SWIM LESSONS</b> 8:30-9:30am
<b>SWIM LESSONS</b> 11:15am-1:30pm Registration	<b>SWIM LESSONS</b> 9-10:30am 1/2 Pool Registration	<b>OPEN SWIM &amp; PRIVATE SWIM LESSONS</b> 11:15am-12pm	<b>SWIM LESSONS</b> 9-10:30am 1/2 Pool Registration	<b>OPEN SWIM &amp; PRIVATE SWIM LESSONS</b> 11:15am-12pm	<b>HEALTHY JOINTS</b> 9-10am Tasha C.	<b>SFEC</b> 9am-12pm
	<b>HEALTHY JOINTS</b> 10:30-11:15am Tasha C.		<b>HEALTHY JOINTS</b> 10:30-11:15am Stephenie M.		<b>AQUA YOGA</b> 11:15am-12pm Gracie S.	
	<b>AQUA YOGA</b> 11:15-12pm Angel R.		<b>AQUA YOGA</b> 11:15-12pm Gracie S.		<b>SHALLOW WATER AEROBICS</b> 12-1pm Stephenie M.	<b>OPEN SWIM</b> 12-7:30pm
	<b>SHALLOW WATER AEROBICS</b> 12-1pm Teresa A.	<b>SHALLOW WATER AEROBICS</b> 12-1pm Teresa A.	<b>SHALLOW WATER AEROBICS</b> 12-1pm Stephenie M.	<b>SHALLOW WATER AEROBICS</b> 12-1pm Teresa A.	<b>OPEN SWIM &amp; PRIVATE SWIM LESSONS</b> 1-1:30pm	
	<b>OPEN SWIM &amp; PRIVATE SWIM LESSONS</b> 1-1:30pm	<b>HEALTHY JOINTS</b> 1-2pm Teresa A.	<b>OPEN SWIM &amp; PRIVATE SWIM LESSONS</b> 1-1:30pm	<b>HEALTHY JOINTS</b> 1-2pm Teresa A.	<b>STROKE FITNESS</b> 1:30-2:15pm Stephenie M.	
	<b>STROKE FITNESS</b> 1:30-2:15pm Tasha C.	<b>OPEN SWIM &amp; PRIVATE LESSONS</b> 2-4pm	<b>STROKE FITNESS</b> 1:30-2:15pm Stephenie M.	<b>OPEN SWIM &amp; PRIVATE LESSONS</b> 2-4pm	<b>OPEN SWIM &amp; PRIVATE SWIM LESSONS</b> 2:15-4:00pm	
<b>OPEN SWIM</b> 1:30-6:30pm	<b>OPEN SWIM &amp; PRIVATE LESSONS</b> 2:15-4pm	<b>SWIM LESSONS</b> 4-7pm Registration required	<b>OPEN SWIM &amp; PRIVATE LESSONS</b> 2:15-4pm	<b>SWIM LESSONS</b> 4-7pm Registration required	<b>SWIM LESSONS</b> 4-6:00pm Registration required	
	<b>SWIM LESSONS</b> 4-7pm Registration required	<b>SFEC</b> 6:50-8pm	<b>SWIM LESSONS</b> 4-7pm Registration required	<b>SFEC</b> 6:50-8pm	<b>OPEN SWIM</b> 6-6:30pm	
	<b>SHALLOW WATER AEROBICS</b> 7-8pm Sally B.	<b>OPEN SWIM &amp; PRIVATE SWIM LESSONS</b> 8-9pm	<b>SHALLOW WATER AEROBICS</b> 7-8pm Sally	<b>OPEN SWIM &amp; PRIVATE SWIM LESSONS</b> 8-9pm	<b>SHALLOW WATER AEROBICS</b> 6:30-7:30pm Sally B.	
	<b>OPEN SWIM &amp; PRIVATE SWIM LESSONS</b> 8-9pm		<b>ADULT ADAPTIVE</b> 8-9pm Laura		<b>OPEN SWIM</b> 7:30-9pm	
	<b>ADULT SWIM</b> 9-10pm	<b>ADULT SWIM</b> 9-10pm	<b>ADULT SWIM</b> 9-10pm	<b>ADULT SWIM</b> 9-10pm		

# CLASS DESCRIPTIONS

<b>Aqua Yoga</b>	Basic yoga poses and breathing in the water; our goal is to stay in living relationship with our spirit, mind, and body while awakening our creative energies.
<b>Deep Water Aerobics</b>	With a focus on core muscles and cardiovascular conditioning, you'll work your whole body in this water class. Flotation belts are available and basic swim skills are recommended.
<b>Family Aqua Volleyball</b>	Join a drop-in game for friendly competition in a supportive environment. Group sports and recreation is fun and makes for a healthier lifestyle.
<b>Healthy Joints</b>	Condition your overall body in this class designed to increase the range of motion in joints and strengthen muscles.
<b>Lap Swim</b>	Enjoy swimming for physical fitness. See pool schedules for lap swim times and availability. Lap lane etiquette is posted in pool area.
<b>Modified Water Aerobics</b>	This low-impact class emphasizes cardiovascular fitness, muscle endurance, and flexibility at a moderate level.
<b>Open Swim</b>	Our pools provide a unique opportunity for families and individuals to enjoy recreation in a safe and secure environment. Non-swimmers and children 8 and under must be accompanied by an adult in the water.
<b>Shallow Water Aerobics</b>	Improve efficiency of the heart and lungs while increasing muscle strength, endurance, and flexibility.
<b>Stroke Fitness</b>	This range of motion, balance, and stretching emphasized class is for individuals who have experienced a stroke or dementia.
<b>Turning Point</b>	Turning Point is geared toward cancer survivors. Emphasis on building spirit, mind, and body through stretching and range of motion.
<b>Aqua Volleyball</b>	Join a drop-in game for friendly competition with adults. Group sports and recreation is fun and makes for a healthier lifestyle.

## MORGAN FAMILY YMCA

Monday-Thursday: 4:45am-10:30pm

Friday: 4:45am-9:30pm

Saturday: 6:30am-8pm

Sunday: 9am-7pm

\*Schedule subject to change without notice