



HIGHLAND COUNTY FAMILY YMCA

AQUATICS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

(937) 840 9622

www.MyY.org

December/January 5th

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 6:00AM-9:15AM	Open Swim 6:00AM-9:15AM	Open Swim 6:00AM-9:15AM	Open Swim 6:00AM-9:15AM	Open Swim 6:00AM-9:15AM	Open Swim 7:30AM-5:30PM	Open Swim 12:00PM-5:30PM
Aquacise 9:15AM-10:15AM	Shallow Water Variety 9:15AM-10:15AM	Aquacise 9:15AM-10:15AM	Shallow Water Variety 9:15AM-10:15AM	Aquacise 9:15AM-10:15AM		
Deep Water Variety 10:15AM-11:15AM	Shallow Water Variety 10:15AM-11:15AM	Deep Water Variety 10:15AM-11:15AM	Shallow Water Variety 10:15AM-11:15AM	Deep Water Variety 10:15AM-11:15AM		
Open Swim 11:15AM-5:30PM	Open Swim 11:15AM-4:00PM	Open Swim 11:15AM-6:00PM	Open Swim 11:15AM-8:30PM	Open Swim 11:15AM-6:00PM		
Swim Lessons 5:30PM-7:30PM	Swim Team Practice 4:00PM-6:00PM	Swim Team Practice 4:00PM-6:00PM		Swim Team Practice 4:00PM-6:00PM		
Open Swim 7:30PM-8:30PM	Open Swim 6:00PM-8:30PM	Open Swim 6:00PM-8:30PM		Open Swim 11:15AM-8:30PM		

***Area of pool (i.e. shallow end, deep end, and lap lanes) used for swim lesson and group exercise classes are Adult Swim only at these times.

IMPORTANT INFORMATION

- No Food or Drinks allowed in the pool area. Capped water bottles only.
- No profanity, arguing, bullying or fighting.
- Please be respectful of the schedule and sharing of the pool space.
- If you choose not abide by these guidelines, membership privileges may be revoked.
- No private instruction in the facility.
- Always follow the Pool Rules posted.
- Aquacise - (No Music) Easy exercise program in the water. No swimming ability necessary. Great class for beginners and seniors.
- Deep Water Variety (Any Level) - Taught in the deep end of the pool, this class is great for those needing lit-tle to no impact on their joints while still getting a workout. Participants receive a great cardio and low-impact workout while using the S.W.E.A.T. principle.
- Shallow Water Variety (Any Level) - Taught in the shallow end of the pool, this very popular class designed for the general population offers everything from a great cardio workout while providing low-impact, muscular resistance using a variety of exercises and equipment.

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