



## Paul & Carol David YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> Pool	5:15AM-8:30AM (Lap Swim)	5:15AM-8:30AM (Lap Swim)	5:15AM-8:30AM (Lap Swim)	5:15AM-8:30AM (Lap Swim)	5:15AM-8:30AM (Lap Swim)	6:15AM-8:00AM (Lap Swim)	10:15AM-12:00PM (Lap Swim)
<b>Shallow Water Aerobics</b> Pool	9:00AM-9:45AM (Water Aerobics)  11:00AM-11:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)  11:00AM-11:45PM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)  11:00AM-11:45AM (Water Aerobics)		
<b>Deep Water Aerobics</b> Pool	10:00AM-10:45AM (Water Aerobics)	6:05PM-6:50PM (Water Aerobics)	10:00AM-10:45AM (Water Aerobics)	6:05PM-6:50PM (Water Aerobics)	10:00AM-10:45AM (Water Aerobics)		
<b>Open/Lap Swim</b> Pool	12:00PM-2:55PM (Open Swim)  8:30PM-9:30PM (Open Swim)	12:00PM-2:55PM (Open Swim)  8:00PM-9:30PM (Open Swim)	12:00PM-2:55PM (Open Swim)  8:00PM-9:30PM (Open Swim)	12:00PM-2:55PM (Open Swim)  8:00PM-9:30PM (Open Swim)	12:00PM-8:00PM (Open Swim)	11:30AM-3:00PM (Open Swim)	12:00PM-4:30PM (Open Swim)
<b>Masters Swimming</b> Pool	7:30PM-8:30PM (Water Aerobics)		7:00PM-8:00PM (Water Aerobics)				
<b>Aqua Pilates</b> Pool		9:00AM-9:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)			
<b>Aqua Zumba</b> Pool						8:00AM-8:45AM (Water Aerobics)	



## Meyers Lake YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open/Lap Swim</b> Pool	5:30AM-9:00AM (Open Swim)  10:00AM-4:30PM (Open Swim)  6:45PM-8:45PM (Open Swim)	5:30AM-11:00AM (Open Swim)  1:00PM-4:30PM (Open Swim)  7:00PM-8:45PM (Open Swim)	5:30AM-9:00AM (Open Swim)  11:00AM-4:30PM (Open Swim)  6:45PM-8:45PM (Open Swim)	5:30AM-11:00AM (Open Swim)  1:00PM-4:30PM (Open Swim)  7:00PM-8:45PM (Open Swim)	5:30AM-6:45PM (Open Swim)	7:00AM-9:00AM (Open Swim)  12:00PM-2:45PM (Open Swim)	11:00AM-2:45PM (Open Swim)
<b>Deep Water Aerobics</b> Pool	9:00AM-10:00AM (Water Aerobics)		9:00AM-10:00AM (Water Aerobics)				
<b>Lap Swim 1 Lane</b> Pool	4:30PM-6:45PM (Lap Swim)	4:30PM-5:30PM (Lap Swim)	4:30PM-6:45PM (Lap Swim)	4:30PM-5:30PM (Lap Swim)			
<b>Arthritis Water Exercise</b> Pool		11:00AM-11:45AM (Water Aerobics)		11:00AM-11:45AM (Water Aerobics)			
<b>Aqua Pilates</b> Pool		12:00PM-1:00PM (Water Aerobics)		12:00PM-1:00PM (Water Aerobics)			
<b>Lap Swim 2 Lanes</b> Pool			10:00AM-11:00AM (Lap Swim)			11:00AM-12:00PM (Lap Swim)	



## Louisville Area YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim 5 Lanes</b> Pool	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	7:00AM-9:00AM (Lap Swim)	
<b>Water Fitness</b> Pool	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45PM (Water Aerobics)		
<b>Open/Lap Swim</b> Pool	9:45AM-4:20PM (Open Swim)  7:45PM-8:30PM (Open Swim)	9:45AM-10:00AM (Open Swim)  11:05AM-4:20PM (Open Swim)  7:45PM-8:30PM (Open Swim)	9:45AM-4:20PM (Open Swim)  6:00PM-8:30PM (Open Swim)	11:05AM-4:20PM (Open Swim)  7:45PM-8:30PM (Open Swim)	9:45AM-1:00PM (Open Swim)  3:00PM-7:30PM (Open Swim)	9:00AM-10:00AM (Open Swim)	11:00AM-3:30PM (Open Swim)
<b>Lap Swim 2 Lanes</b> Pool	6:45PM-7:45PM (Lap Swim)			6:45PM-7:45PM (Lap Swim)			
<b>Lap Swim 3 Lanes</b> Pool		10:00AM-11:05AM (Lap Swim)		10:00AM-11:05AM (Lap Swim)			
<b>Open Swim</b> Pool						12:00PM-4:30PM (Open Swim)	



## Alliance Family YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim 3 Lanes</b> Pool	5:30AM-9:00AM (Lap Swim)	5:30AM-8:30AM (Lap Swim)					
<b>Water Fitness</b> Pool	9:00AM-9:45AM (Water Aerobics)						
<b>Open/Lap Swim</b> Pool	9:45AM-5:30PM (Open Swim)	10:40AM-4:45PM (Open Swim)	9:45AM-5:45PM (Open Swim)  6:15PM-8:30PM (Open Swim)				
<b>Aqua Tabata</b> Pool	5:30PM-6:30PM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)			
<b>Family Swim</b> Pool	6:30PM-8:30PM (Open Swim)	6:00PM-8:30PM (Open Swim)					
<b>Poolates</b> Pool		9:50AM-10:30AM (Water Aerobics)	5:30PM-6:15PM (Water Aerobics)	9:50AM-10:30AM (Water Aerobics)			
<b>Swim Lessons</b> Pool		4:45PM-6:00PM (Open Swim)		5:30PM-6:35PM (Open Swim)		9:00AM-10:15AM (Open Swim)	
<b>Lap Swim</b> Pool			5:30AM-9:00AM (Open Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	7:00AM-9:00AM (Lap Swim)	
<b>Walk This Way</b> Pool			9:00AM-9:45AM (Water Aerobics)				
<b>Open Swim</b> Pool				10:40AM-5:30PM (Open Swim)  6:35PM-8:30PM (Open Swim)	9:45AM-6:30PM (Open Swim)	10:15AM-12:30PM (Open Swim)	1:00PM-3:30PM (Open Swim)
<b>Instructors Choice</b> Pool					9:00AM-9:45AM (Water Aerobics)		



## Eric Snow Family YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open/Lap Swim</b> Pool	5:45AM-10:00AM (Open Swim)	5:45AM-10:00AM (Open Swim)	5:45AM-10:00AM (Open Swim)	5:45AM-10:00AM (Open Swim)	5:45AM-10:00AM (Open Swim)		
<b>Family Swim</b> Pool	10:00AM-7:45PM (Open Swim)	10:00AM-3:00PM (Open Swim)  5:00PM-7:45PM (Open Swim)	10:00AM-7:45PM (Open Swim)	10:00AM-3:00PM (Open Swim)  5:00PM-7:45PM (Open Swim)	10:00AM-7:45PM (Open Swim)  3:00PM-5:45PM (Open Swim)	7:00AM-12:45PM (Open Swim)	
<b>Aqua Jogging</b> Pool	5:30PM-6:30PM (Water Aerobics)			5:30PM-6:30PM (Water Aerobics)			
<b>Shallow Water Aerobics</b> Pool		9:00AM-10:00AM (Water Aerobics)		9:00AM-10:00AM (Water Aerobics)			
<b>Swim Lessons</b> Pool		5:00PM-7:00PM (Open Swim)		5:00PM-7:00PM (Open Swim)		9:00PM-10:00PM (Open Swim)	
<b>Water Fitness</b> Pool			12:15PM-12:45PM (Water Aerobics)				



## Schalmo Family YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> Pool	6:00AM-11:00AM (Lap Swim)  1:00PM-5:30PM (Lap Swim)  7:10PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim)  2:00PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim)  1:00PM-5:45PM (Lap Swim)  7:10PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim)  2:00PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim)  1:00PM-5:30PM (Lap Swim)  7:00PM-7:45PM (Lap Swim)	8:00AM-10:00AM (Open Swim)	
<b>Open Swim</b> Pool	6:00AM-9:00AM (Open Swim)  10:00AM-11:00AM (Open Swim)  2:00PM-5:30PM (Open Swim)  7:10PM-8:45PM (Open Swim)	6:00AM-11:00AM (Open Swim)  2:00PM-5:45PM (Open Swim)  6:30PM-8:45PM (Open Swim)	6:00AM-9:00AM (Open Swim)  10:00AM-11:00AM (Open Swim)  1:00PM-5:45PM (Open Swim)  7:10PM-8:45PM (Open Swim)	6:00AM-10:00AM (Open Swim)  2:00PM-5:45PM (Open Swim)  6:30PM-8:45PM (Open Swim)	6:00AM-9:00AM (Open Swim)  10:00AM-11:00AM (Open Swim)  1:00PM-4:30PM (Open Swim)  7:00PM-7:45PM (Open Swim)	9:00AM-10:00AM (Open Swim)	
<b>Water Fitness</b> Pool	9:00AM-10:00AM (Water Aerobics)	5:45PM-6:30PM (Water Aerobics)	9:00AM-10:00AM (Water Aerobics)	5:45PM-6:30PM (Water Aerobics)	9:00AM-10:00AM (Water Aerobics)	8:00AM-9:00AM (Water Aerobics)	
<b>Arthritis Water Exercise</b> Pool	1:00PM-2:00PM (Water Aerobics)			10:00AM-11:00AM (Water Aerobics)			
<b>Swim Lessons</b> Pool	5:30PM-7:10PM (Open Swim)		6:00PM-7:10PM (Open Swim)	10:00AM-11:00AM (Open Swim)	4:30PM-7:00PM (Open Swim)	10:00AM-11:40AM (Open Swim)	
<b>Open/Lap Swim</b> Pool						7:15AM-8:00AM (Open Swim)  11:40AM-2:45PM (Open Swim)	11:15AM-2:45PM (Open Swim)



## Lake Community YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim 4 Lanes</b> Pool	6:00AM-7:50AM (Lap Swim)  11:00AM-6:30PM (Lap Swim)  8:30PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim)  9:00AM-5:00PM (Lap Swim)  7:45PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim)  12:00PM-5:00PM (Lap Swim)  7:45PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim)  9:45AM-5:00PM (Lap Swim)  8:00PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim)  11:20AM-4:00PM (Lap Swim)  6:15PM-9:30PM (Lap Swim)	8:00AM-8:50AM (Lap Swim)  12:00PM-4:30PM (Lap Swim)	10:00AM-12:45PM (Lap Swim)  1:15PM-4:00PM (Lap Swim)
<b>Water Fitness</b> Pool	8:00AM-8:50AM (Water Aerobics)  9:00AM-9:50AM (Water Aerobics)  7:15PM-8:00PM (Water Aerobics)	8:00AM-8:45AM (Water Aerobics)	8:00AM-8:50AM (Water Aerobics)  9:00AM-9:50AM (Water Aerobics)	8:00AM-8:45AM (Water Aerobics)	8:00AM-8:50AM (Water Aerobics)  9:00AM-9:50AM (Water Aerobics)	9:00AM-9:50AM (Water Aerobics)	
<b>Lap Swim 2 Lanes</b> Pool	8:00AM-10:50AM (Lap Swim)	8:00AM-8:50AM (Lap Swim)	8:00AM-11:15AM (Lap Swim)	8:00AM-9:45AM (Lap Swim)	8:00AM-11:15AM (Lap Swim)	9:00AM-12:00PM (Lap Swim)	
<b>Mindfulness Meditation</b> Pool	10:00AM-10:45AM (Water Aerobics)						
<b>Open Swim</b> Pool	11:00AM-6:30PM (Open Swim)  8:30PM-9:30PM (Open Swim)	9:00AM-5:00PM (Open Swim)  7:45PM-9:30PM (Open Swim)	12:00PM-5:00PM (Open Swim)  7:45PM-9:30PM (Open Swim)	9:45AM-5:00PM (Open Swim)  8:00PM-9:30PM (Open Swim)	11:20AM-4:00PM (Open Swim)  6:15PM-9:30PM (Open Swim)	12:00PM-4:30PM (Open Swim)	10:00AM-12:45PM (Open Swim)  1:15PM-4:00PM (Open Swim)
<b>Arthritis Water Exercise</b> Pool			10:30AM-11:15AM (Water Aerobics)		10:30AM-11:15AM (Water Aerobics)		
<b>Aqua Stretch</b> Pool				9:00AM-9:30AM (Water Aerobics)			
<b>Aqua Zumba</b> Pool				7:15PM-8:00PM (Water Aerobics)			



**North Canton Community Building YMCA | May 12th - May 18th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Small Pool	11:30AM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)	12:00PM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)  6:10PM-8:00PM (Open Swim)			1:15PM-4:45PM (Open Swim)