



ALLIANCE FAMILY YMCA POOL SCHEDULE May 30–June 5, 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLOSED	5:30–8:30 LAP SWIM	5:30–9:00 LAP SWIM	5:30–6:30 LAP SWIM	5:30–9:00 LAP SWIM	7:00–9:00 1/2 LAP SWIM 1/2 FAMILY SWIM	CLOSED
	8:30–9:00 1/2 HOSPITAL 1/2 LAP SWIM	9:00–9:45 1/2 WATER EX 1/2 LAP SWIM	6:30–9:00 1/2 LAP SWIM 1/2 OPEN SWIM	9:00–9:45 1/2 AQUA FITNESS 1/2 LAP SWIM	9:00–10:15 1/2 OPEN SWIM 1/2 LAP SWIM	
	9:00–9:45 1/2 HOSPITAL AQUA FITNESS (2lanes) LAP SWIM (1 lane)	10:00–10:30 1/2 AQUA ARTHRITIS 1/2 LAP SWIM	9:00–9:45 1/2 AQUA FITNESS 1/2 LAP SWIM	10:00–10:30 1/2 AQUA ARTHRITIS 1/2 LAP SWIM	10:15–11:30 1/2 OPEN SWIM 1/2 LAP SWIM	
	10:00–10:45 1/2 HOSPITAL POOLATES (2 lanes) LAP SWIM (1 lane)	10:30–11:30 1/2 SCHOOL SWIM 1/2 LAP SWIM	10:00–10:45 1/2 POOLATES 1/2 LAP SWIM	10:30–11:45 1/2 FAMILY SWIM LAP SWIM (1 lane) SWIM TEAM (2 lanes)	11:30–2:30 1/2 LAP SWIM 1/2 FAMILY SWIM	
	10:45–11:30 1/2 HOSPITAL LAP SWIM (1 lane) SWIM TEAM (2 lane)	11:30–2:00 1/2 OPEN SWIM 1/2 LAP SWIM	10:30–4:30 1/2 OPEN SWIM 1/2 LAP SWIM	11:45–5:30 1/2 OPEN 1/2 LAP SWIM		
	11:30–1:00 1/2 OPEN SWIM 1/2 LAP SWIM					
	1:00–2:00 1/2 SCHOOL SAW 1/2 LAP SWIM	2:00–5:30 1/2 OPEN SWIM 1/2 LAP SWIM				
	2:00–4:30 1/2 OPEN SWIM 1/2 LAP SWIM					
	4:30–6:15 1/2 OPEN SWIM 1/2 LAP SWIM	5:30–6:15 1/2 AQUA FITNESS 1/2 LAP SWIM	4:30–6:30 1/2 OPEN SWIM 1/2 LAP SWIM	5:30–7:30 1/2 FAMILY SWIM 1/2 LAP SWIM		
	6:15–7:30 1/2 FAMILY SWIM 1/2 SWIM TEAM		6:30–7:30 1/2 AQUATIC FITNESS (variable format) 1/2 SWIM COND			
	7:30–8:30 1/2 FAMILY SWIM 1/2 LAP SWIM	6:30–8:30 1/2 FAMILY SWIM 1/2 LAP SWIM	7:30–8:30 1/2 FAMILY SWIM 1/2 LAP SWIM			

Water Exercise Class Descriptions

Water Exercise—shallow water workout with a variety of intensities to improve cardio and increase muscle strength and endurance
 Aqua Arthritis—aquatic programming following guidelines from the Arthritis foundation led by certified Arthritis Foundation Program Leaders.
 Poolates—lengthen, tone and stretch your muscles to increase strength, improve static balance and range of motion
 AquaBata—interval training using work-and-relax cycles to increase both cardio and strength
 Ai Chi—deep breathing and slow movements performed in a slow focused manner standing in shoulder deep water. Balance, breathe and focus.
 S'WET™—Structured Water Exercise Training is a unique workout with blocks of H.I.I.T., strength and advanced cardio training

Pool Guidelines

Lap lane availability may be limited during other aquatic programming.
 A 30 minute time limit may be implemented during peak times
 Our whirlpool is CLOSED at this time
 FAMILY SWIM must have an adult 18 & over in the water at all times. Swim band policy and rules will apply.

Pool schedule subject to change due to special programs.

PLEASE RESPECT LIFEGUARDS—THE FIRST STEP IN SAFETY IS PREVENTION—LIFEGUARDS ARE IN CHARGE OF POOL AREA!