



# ALLIANCE FAMILY YMCA POOL SCHEDULE June 6–July 3, 2022

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–9:00 LAP SWIM	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	<b>CLOSED</b>
9:00–9:45 1/2 WATER EX 1/2 LAP SWIM	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 SWIM LESSONS LAP SWIM (1 lane)	
10:00–10:30 1/2 AQUA ARTHRITIS 1/2 LAP SWIM	9:00–9:45 1/2 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	10:15–12:30 1/2 OPEN SWIM 1/2 LAP SWIM	
11:30–1:00 1/2 OPEN SWIM 1/2 LAP SWIM	10:00–10:45 1/2 HOSPITAL POOLATES (2 lanes) LAP SWIM (1 lane)	10:30–1:00 1/2 OPEN SWIM 1/2 LAP SWIM	10:00–10:45 1/2 POOLATES 1/2 LAP SWIM			
1:00–2:00 DAY CAMP SWIM	10:45–11:30 1/2 HOSPITAL LAP SWIM (1 lane) SWIM TEAM (2 lane)	1:00–3:00 DAY CAMP SWIM	10:45–1:00 1/2 OPEN SWIM 1/2 LAP SWIM	10:45–1:00 1/2 OPEN SWIM 1/2 LAP SWIM		
2:00–5:30 1/2 OPEN SWIM 1/2 LAP SWIM	11:30–1:00 1/2 OPEN SWIM 1/2 LAP SWIM		1:00–2:00 DAY CAMP SWIM	1:00–3:00 DAY CAMP SWIM		
5:30–6:30 1/2 AQUA FITNESS 1/2 LAP SWIM	1:00–2:00 DAY CAMP SWIM	3:00–5:00 1/2 OPEN SWIM 1/2 LAP SWIM	2:00–5:30 1/2 OPEN SWIM 1/2 LAP SWIM	3:00–6:30 1/2 OPEN SWIM 1/2 LAP SWIM		
	2:00–4:30 1/2 OPEN SWIM 1/2 LAP SWIM		5:30–6:00 1/2 SWIM LESSONS 1/2 LAP SWIM			
	4:30–6:15 1/2 SWIM LESSONS 1/2 LAP SWIM	5:30–7:30 Y FLYERS SWIM MEET	6:00–6:30 1/2 SWIM LESSONS 1/2 SWIM TEAM			
6:30–7:30 1/2 SWET™ 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 TEAM			

### 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!**