



Aquatic Center Schedule

April 8th – 14th

Hal Welsh East Area Family YMCA
200 Towne Drive Fayetteville, NY 13066
315-637-2025

| Lap Pool | | | | | | | |
|------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------|--------------------------------------------------|----------------------------------------------|-------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | 5:30am-7:30pm | 5:30am-7:30pm | 5:30am-7:30pm | 5:30am-7:30pm | 5:30am-7:30pm Swim Lessons ONLY 5-7:30pm | 6am-5:30pm Swim Lessons ONLY 9am-12:10pm | CLOSED Semi-Annual Shutdown April 14-20 |
| LASSES 3 Lanes | 8:30a Aqua Blast 9:30a Aqua Walk 10:30a Hydro Run 4:00p Hydro Run 6:00p Aqua Cardio | 9:30a Deep (max 35) 10:30a Aqua Zumba | 8:30a Aqua Blast 9:30a Deep/Shallow Combo | 9:30a Deep (max 35) 10:30a Aqua Zumba | | | |
| TRI USE 3 Lanes | 9:30-10:30am | | 9:30-10:30am | 4:30-5:30pm | | | |

Schedule is subject to change without Notice

| Therapy Pool* (therapeutic use only) | | | | | | | |
|-----------------------------------------|-----------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------|----------|--------------------------------------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | 8:00am-12:00pm 4-4:45pm 6:15-7:30pm | 8:00am-12:00pm 4-7:30pm | 8:00am-12:00pm 4-7:30pm | 8:00am-12:00pm 4-7:30pm | 8:00am-12:00pm | 12-3pm | CLOSED Semi-Annual Shutdown April 14-20 |
| CLASSES Use Whole Pool | 10:00a PiYoChi 11:00a Aqua Flow | 9:00am Pilates 10:00a Joint Action 11:00a Joint Action 5:00p Aqua Flow 6:00p Aqua Flow | 10:30a Arthritis 11:00a Aqua Flow 6:00p Arthritis | 9:00a Aqua Yoga 10:00a Arthritis 11:00a PiYoChi 5:00p Aqua Flow 6:00p Aqua Flow | 9:00am Aqua Yoga 10:00am Aqua Pilates | | |

Therapy Pool Classes use the entire pool. Pick up your wrist band at membership desk. You must be wearing a band in order participate in class. Classes are for ALL levels.

| Activity Pool |
|-------------------------------------------|
| Tuesday, April 9 th : 5-7pm |
| Wednesday, April 10 th : 5-7pm |
| Thursday, April 11 th : 5-7pm |

**Semi-Annual Pool Shutdown from April 14-20: The Aquatic Center will Reopen Sunday, April 21 **