



# Aquatic Center Schedule

July 15-21

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

## Lap Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>5:30am-8:30pm</b> Camp 10-12:30p	<b>5:30am-8:30pm</b> Camp 10-12:30p	<b>5:30am-8:30pm</b> Camp 10-12:30p	<b>5:30am-7:30pm</b> Camp 10-12:30p	<b>5:30am-7:30pm</b> Swim Lessons ONLY 5-7:30pm	<b>6am-3pm</b> Swim Lessons ONLY 9-12:15pm	<b>10am-3pm</b>
<b>CLASSES 3 Lanes</b>	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 6:00p Deep/Shallow	8:30a Aqua Blast 9:30a Deep/Shallow Combo	9:30a Deep (max 35) 10:30a Aqua Zumba			
<b>TRI USE 3 Lanes</b>	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 4-7:30pm	8:00am-12:00pm 4-7:30pm	8:00am-12:00pm 4-7:30pm	8:00am-12:00pm	8:00am-12:00pm	CLOSED	CLOSED
<b>CLASSES Use Whole Pool</b>	10:00a PiYoChi 11:00a Aqua Flow	9:00am Pilates 10:00a Joint Action 11:00a Joint Action 5:30p Aqua Flow	9:00a Aqua Flow (+Core) 10:30a Arthritis 6:00p Arthritis	9:00a Aqua Yoga 10:00a Arthritis 11:00a PiYoChi	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

Wednesday, July 17<sup>th</sup> 5-7pm

\*For Summer: Beginning in May, we will begin extending Lap Pool hours Monday-Friday until **8:30pm** when staffing allows. Please check the days carefully.