



Aquatic Center Schedule

July 22-28

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-8:30pm Camp 10-12:30p | 5:30am-7:30pm Camp 10-12:30p | 5:30am-8:30pm Camp 10-12:30p | 5:30am-8:30pm Camp 10-12:30p | 5:30am-7:30pm Swim Lessons ONLY 5-7:30pm | 6am-12:15pm Swim Lessons ONLY 9-12:15pm | 8am-4pm |
| CLASSES 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 6:00p Deep/Shallow | 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 5-7:30pm | 8:00am-12:00pm 4-7:30pm | 8:00am-12:00pm 4-7:30pm | 8:00am-12:00pm | 8:00am-12:00pm | CLOSED | 12-3pm |
| CLASSES Use Whole Pool | 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 5:30p 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

Wednesday, July 24th 5-7pm

Thursday, July 25th 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.