



Aquatic Center Schedule

July 29- August 4

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-8:30pm Camp 10-12:30p	5:30am-8:30pm Camp 10-12:30p	5:30am-8:30pm Camp 10-12:30p	5:30am-8:30pm Swim Lessons ONLY 5-7:30pm	6am-3pm Swim Lessons ONLY 9-12:15pm	8am-5:30pm
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 4-7:30pm	8:00am-12:00pm	12-3pm	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

Tuesday, July 30th 5-7pm
Wednesday, July 31st 5-7pm
Thursday, August 1st 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.