



# Aquatic Center Schedule

September 8<sup>th</sup>-14<sup>th</sup>

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

## Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am-5:30pm	5:30am-8:30pm	5:30am-4pm	5:30am-8:30pm	5:30am-4pm	5:30am-8:30pm	6am-5:30pm
					Swim Lessons ONLY 5-7:30pm	Swim Lessons ONLY 9-12:15pm
<b>CLASSES</b> 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) 6:00p Deep/Shallow	8:30a Aqua Blast 9:30a Deep/Shallow Combo	9:30a Deep (max 35)		
<b>TRI USE</b> 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)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am-3pm	8:00am-12:00pm 5-7:30pm	8:00am-12:00pm	8:00am-12:00pm 4-7:30pm	8:00am-12:00pm	8:00am-12:00pm	CLOSED
<b>CLASSES</b> Use Whole Pool	10:00a PiYoChi 11:00a Aqua Flow	9:00am Pilates 10:00a Joint Action 11:00a Joint Action	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

Sunday, September 8<sup>th</sup> 12-3pm