FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 28th - October 31st

Clem and Mary Lange

Tri-County YMCA

Therapy Pool Schedule

Monday

Time	Activity
6:00am - 12:00pm	Open Pool
12:00 - 3:30pm	Pool Closed
3:30 - 7:00pm	Open Pool
7:00pm	Pool Closed

Wednesday

Time	Activity
6:00 - 12:00pm	Open Pool
12:00 - 3:30pm	Pool Closed
3:30 - 7:00pm	Open Pool
7:00pm	Pool Closed

Friday

Time	Activity
6:00 - 3:00pm	Open Pool
3:00pm	Pool Closed

Saturday

Time	Activity
6:00 - 11:00am	Open Pool
11:00am	Pool Closed

Tuesday

Time	Activity
6:00 - 8:00am	Open Pool
8:00 - 8:45am	Water Aerobics
9:00 - 9:45am	Water Aerobics
10:00 - 12:00pm	Open Pool
12:00 - 4:30pm	Pool Closed
4:30-5:15pm	Open Pool
5:30 - 6:15pm	Water Aerobics
6:15 - 7:00pm	Open Pool
7:00pm	Pool Closed

Thursday

Time	Activity
6:00 - 8:00am	Open Pool
8:00 - 8:45am	Water Aerobics
9:00 - 9:45am	Water Aerobics
10:00 - 12:00pm	Open Pool
12:00 - 4:30pm	Open Closed
4:30 - 5:15pm	Open Pool
5:30 - 6:15pm	Water Aerobics
6:15 - 7:00pm	Open Pool
7:00pm	Pool Closed

Open pool - The pool will be open for anyone over the age of 18. Sign-out a keycard at the front desk.

All classes will be free. Signups start 30 minutes before the class begin each day.

Access to the sauna will be 30 minutes after the YMCA opens until 30 minutes before closing. Sign-out a keycard at the front desk.

A lifeguard may or may not be on duty. The therapy pool is a swim at your own risk pool.

All activity's are subject to change.

Class Descriptions

Next Level Noddle— Aquatic class with creative cardio, targeted toning, and core concepts all with the pool noodle. Modifications for all ability levels in this fun-focused, total body conditioning class

Aqua Kick-Boxing— A great class that combines elements of traditional kickboxing with the benefits of water resistance. It Involves performing kickboxing moves, such as punches, kicks, and other martial arts techniques all in the water.

Low Intensity Water Aerobics— Aquatic class designed to improve cardiovascular fitness, strength, flexibility, and overall well-being. Great for anyone look to get started in aquatic classes.

Aqua Core—Apply fun, force and function to basic arm patterns building progressions for all goals and abilities. Integrating unilateral and bilateral upper body moves and impact variations for core training.

Aqua Yoga— Take your ordinary yoga class and add an aquatic twist. Focusing on mobility and core engaging. This low intensity class is great for all levels.

Aqua Power— This high intensity class will test your cardiovascular fitness and work on building strength. Great class for anyone looking for a high intensity workout.

Pool Closed—Anytime the schedule shows "pool closed", no members will be able to access the pool. It could be closed for many different reasons.

Open Pool—Anytime the schedule shows "open pool", the pool will be open for any active member over the age of 18 can use the pool for their own personal purposes. Be considerate of other members during this time.