



AQUATICS SCHEDULE

Effective
October 2, 2011

*= The number of lap lanes Available

Revised: Sep 29, 2011

www.yakimaymca.org

this schedule may change without prior notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Master Swim Program 5:00- 6:00 Adult Laps 6:00-7:00 Swim Team 5:30 – 7:00	Adult Laps *2 5:00-7:00 Swim Team 5:30-7:00	Master Swim Program 5:00- 6:00 Adult Laps 6:00-7:00 Swim Team 5:30 – 7:00	Adult Laps *2 5:00-7:00 Swim Team 5:30-7:00	Master Swim Program 5:00- 6:00 Adult Laps 6:00-7:00 Swim Team 5:30 – 7:00		Open on Sunday's October through March
Adult Laps/ Water Walking *4 7:00-8:25	Adult Laps/ Water Walking *4 7:00-8:25	Adult Laps/ Water Walking *4 7:00-8:25	Adult Laps/ Water Walking *4 7:00-8:25	Adult Laps / Water Walking *4 7:00-8:25	Adult Laps *2 Swim Team 7:00-9:00	
Water Aerobics *0 8:30 – 9:30 <i>Low/Medium Intensity</i>	Water Aerobics *0 8:30 – 9:30 <i>Low/Medium Intensity</i>	Water Aerobics *0 8:30 – 9:30 <i>Low/Medium Intensity</i>	Water Aerobics *0 8:30 – 9:30 <i>Low/Medium Intensity</i>	Water Aerobics *0 8:30 – 9:30 <i>Low/Medium Intensity</i>	Adult Laps *4 9:00 – 9:30	
Water Aerobics *0 9:30 – 10:30 <i>Low/Medium Intensity</i>	Aqua Zumba *0 9:35 – 10:25 <i>High Intensity</i>	Water Aerobics *0 9:30 – 10:30 <i>Low/Medium Intensity</i>	Aqua Zumba *0 9:35 – 10:25 <i>High Intensity</i>	Water Aerobics *0 9:30 – 10:30 <i>Low/Medium Intensity</i>	Aqua Zumba *0 9:40 – 10:30 <i>High Intensity</i>	
Adult Laps/Water Walking *4 10:30 – 1:55	Swim Lessons *0 10:30-11:00	Adult Laps/Water Walking *4 10:30 – 1:55	Swim Lessons *0 10:30-11:00	Adult Laps/Water Walking *4 10:30 – 1:55	Adult Laps *4 10:35 – 11:55	
	Adult Laps/Water Walking *4 11:05 – 1:55		Adult Laps/Water Walking*4 11:05 – 1:55		Adult Laps *4 10:35 – 11:55	
AOA & Arthritis *0 Water Aerobics <i>Low Intensity</i> 2:00-3:00	Swim Lessons *0 2:00 – 3:30	AOA & Arthritis *0 Water Aerobics <i>Low Intensity</i> 2:00-3:00	Swim Lessons *0 2:00 – 3:30	AOA & Arthritis *0 Water Aerobics <i>Low Intensity</i> 2:00-3:00	Birthday Parties *0 12:00 – 3:00	
Youth Swim *0 3:00 – 4:00		Youth Swim *0 3:00 – 4:00	Youth Swim *0 3:00 – 4:00	Youth Swim *0 3:00 – 4:00		
Swim Team *0 4:00 – 5:30	Swim Team *0 4:30 – 5:25	Swim Team *0 4:00 – 5:30	Swim Team *0 4:30 – 5:25	Swim Team *0 4:00 – 5:30	Open Swim *0 3:00 – 5:25 (Slide 3:00-4:00)	
Aqua Zumba *0 5:35 – 6:25 <i>High Intensity</i>	Water Aerobics *0 5:30 – 6:25 <i>High Intensity</i>	Aqua Zumba *0 5:35 – 6:25 <i>High Intensity</i>	Water Aerobics *0 5:30 – 6:25 <i>High Intensity</i>	Adult Laps *4 5:30 – 7:25		
Swim Lessons *0 6:30 – 7:30	Aqua Zumba *0 6:30 – 7:20 <i>High Intensity</i>	Swim Lessons *0 6:30 – 7:30	Aqua Zumba *0 6:30 – 7:20 <i>High Intensity</i>	Family Friday Swim *0 7:30 – 9:25 (Slide 8:30-9:15)	Saturday Night Live *0 7:00-9:00 (Slide 7:30-8:30)	
Open Swim/Slide *0 7:30 – 8:25	Adult Laps *4 7:30 – 9:30	Open Swim/Slide *0 7:30 – 8:25	Adult Laps *4 7:30 – 9:30			
=Moonlight Lap Swim *4 8:30-9:25		Moonlight Lap Swim *4 8:30 – 9:25				

**Open swim and Youth swim require a stamp
from the front desk for admission**