



# Adrian L. Shuford Jr. YMCA

## Pool Schedule April 21st- May 23rd

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00a-6:00a	6-Lap	6-Lap	6-Lap	6-Lap	6-Lap	Closed	Closed	
6:00a-7:00a								
7:00a-8:00a								
8:00a-8:30a	1-Lap	1-Lap	1-Lap	1-Lap	1-Lap	6-Lap		
8:30a-9:00a	6-WF	6-WF	6-WF	6-WF	6-WF	2-Lap		4-SL
9:00a-9:30a								
9:30a-10:00a	1-Lap	3-Lap 3-Open	1-Lap	3-Lap 3-Open	1-Lap			
10:00a-11:00a	6-WF		6-WF		6-WF			
11:00a-12:00p	6-Lap	6-Lap	6-Lap	6-Lap	6-Lap			
12:00p-1:00p	3-WF 3-Lap		3-WF 3-Lap		3-WF 3-Lap			
1:00p-1:30p	4-Lap 2-Open	4-Lap 2-Open	4-Lap 2-Open	4-Lap 2-Open	4-Lap 2-Open	2-Lap 4-Open	6-Lap	
1:30p-2:00p								
2:00p-3:00p								
3:00p-3:30p	4-ST 2-Lap	4-Lap 2-Open	4-ST 2-Lap	4-Lap 2-Open	4-ST 2-Lap	2-Lap 4-Open	2-Lap 4-Open	
3:30p-4:00p								
4:00p-4:30p								
4:30p-5:00p	4-ST 2-Lap	4-SL 2-Lap	4-ST 2-Lap	4-SL 2-Lap	4-ST 2-Lap	2-Lap 4-Open	3-WF 3-Open	
5:00p-6:00p								
6:00p-7:00p	6-WF	6-WF 6-SL	6-WF	6-WF 6-SL	2-Lap 4-Open	Closed	Closed	
7:00p-7:30p	2-Lap 4-Open	2-Lap 4-Open	2-Lap 4-Open	2-Lap 4-Open	2-Lap 4-Open			
7:30p-8:30p	Closed					Closed		

\*\*This schedule is subject to change\*\*

**Splash Pad Hours:**  
The Splash Pad is closed

Legend:			
Lap	Lap Lanes	WF	Water Fitness
SL	Swim Lesson	Open	Open Swim
ST	Swim Team	DC	Day Care



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER EXERCISE CLASS SCHEDULE

## DEEP WATER JOG

**MON-FRI 8:30AM-9:30AM**

This is one of the quickest growing forms of moderate exercise. It is conducted in the deep end, but you DO NOT need to be a proficient swimmer to participate. This is a no impact moderate intensity class for everyone. It is the most recommended for expecting mothers and those with back and/or joint problems.

AND

## MON-THURS

**6:00PM-7:00PM**

This class will work the entire body. The classes will vary from day to day. All the classes will be in the deep end of the pool and will use various equipment. It is a "come and go as you please class." This class gives parents whose child is in swimming lessons a chance to join the fun.

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## SHALLOW WATER EXERCISE

**MON/WED/FRI 10:00AM-11:00AM**

This class is of moderate intensity including stretching, water weigh work and toning. This class is especially recommended for expecting mothers, mild arthritis or anyone wanting to lose weight, get fit and stay fit.

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## SILVER WINGS

**MON/WED/FRI 12:00PM-1:00PM**

As one of our regular Senior Center programs, this class focuses on our Senior Population with light water weight work, lots of stretching and even more fun!!