



# Adrian L. Shuford Jr. YMCA

## Pool Schedule January

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

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

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

Monday - Thursday 5:00am-8:30pm
Friday 5:00am-7:30pm
Saturday 8:00am to 4:30pm
Sunday 1:00pm-4:30pm





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER EXERCISE CLASS SCHEDULE

## **DEEP WATER JOG MON-FRI 8:30AM-9:15AM**

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-6:45PM**

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-10:45AM**

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-12:45PM**

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!!

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## **AQUA YOGA FRI 6:30PM-7:15PM**

This class will offer a blend of mindful flow exercises of traditional yoga with the support and resistance of the water. The deep end may be utilized to gently warm muscles and joints prior to standing Hatha and Vinyasa flows in the shallow end. This class is gentle on the body's joints, and accessible for those who want to practice yoga. Perfect for all levels. Incorporates the use of floatation belts, weights, and noodles to assist in balance poses and floating meditation.