



2018 Jan 2 - March 31 Dorchester YMCA Pool Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AM	Lap Swim 6 Lap Lanes 5:30-7:30	Lap Swim 6 Lap Lanes 5:30-7:30	Lap Swim 6 Lap Lanes 5:30-7:30	Lap Swim 6 Lap Lanes 5:30-7:30	Lap Swim 6 Lap Lanes 5:30-7:30	Open & Family Swim 7:30-8:00	3 Lap Lanes	
	Aqua Zumba Aggie 8:00-9:00	1 Lap Lane	Deep Water HIIT Sandi 8:00-9:00	3 Lap Lanes Limited	Water Aerobics Barb 8:00-9:00	3 Lap Lanes Limited	Water Fitness Rotating Instructors 8:00-8:45	3 Lap Lanes Limited
	AYAP* Barb 9:00-10:00	3 Lap Lanes Limited	Water Aerobics Barb 9:00-10:00	3 Lap Lanes Limited	AYAP* Barb 9:00-10:00	3 Lap Lanes Limited	Swim Lessons 9 - 10:30	Hurricane Swim Practice 4/5 lanes 10:30am - noon
	Aqua Zumba Gold Aggie 10:15-10:45	1 Lap Lane	Open Swim Aggie 10:00-10:45	1 Lap Lane	Senior Water Aerobics Barb 10:00-11:00	3 Lap Lanes Limited	Senior Circuit Barb 10:00-11:00	3 Lap Lanes
	Open Swim 11:00-1:00	3 Lap Lanes	Open Swim 11:00-1:00	3 Lap Lanes	Open Swim 11:00-1:00	3 Lap Lanes	Open and Family Swim 10:30 - 4:30	3 Lap Lanes 12:00 - 4:30
PM	Adult Swim 1:00 - 3:00	3 Lap Lanes	Adult Swim 1:00 - 3:00	3 Lap Lanes	Adult Swim 1:00 - 3:00	3 Lap Lanes	Adult Swim 1:00 - 3:00	
	CSD SWIM TEAM 6 lanes used 3:00 - 5:00	CSD SWIM TEAM 6 lap lanes used 3:00 - 5:00	CSD SWIM TEAM 6 lap lanes used 3:00 - 5:00	CSD SWIM TEAM 6 lap lanes used 3:00 - 5:00	CSD SWIM TEAM 6 lap lanes used 3:00 - 5:00	Open and Family Swim 3:00 - 7:30	3 Lap Lanes	Open & Family Swim Rentals & 3 Lap Lanes 12:00-4:30
	Deep Water Aerobics Mel 5:30 -6:15 and Adult Swim Lessons	3 Lap lanes	Swim Lessons 5 - 6:30	3 Lap lanes	Shallow water aerobics 5:30 -6:15	3 Lap lanes	Swim Lessons 5 - 6:30	3 Lap lanes
	Hurricanes Swim Practice 6:30 - 8:00pm 3/4 lanes 6 - 8pm	1 Lap lane	Hurricanes Swim Practice 6:30 -8:00pm 4/5 lanes	1 Lap Lane	Masters Swim 6:30-7:30 limited swim lanes	1 Lap lane	Hurricanes Swim Practice 6:00 - 8:00 4/5 lanes 6-8pm	3 Lap lanes
	Open / Family Swim 7:30-8:30 Limited Space available	3 Lap lanes	Open / Family Swim Limited Space 7:30 - 8:30	3 Lap lanes	Family Swim 7:30-8:30	3 Lap Lanes	Open / Family Swim Limited Space 7:30 - 8:30	3 Lap lanes



**No one under the age of 18 allowed in the pool during Adult Swim. Lap swimmers may be required to share lanes (circle swim) and lap lanes must be used for continuous lap swimming.
 Children 12 and under must be accompanied by an adult or have completed our teen fit program.
 Teen Fit badges must be displayed at all times.
 Aqua Zumba requires more shallow water space; lap swimming may be limited to 0/1 lane
 The YMCA strives to maintain the pool temperature at 83 degrees.
 The YMCA Aquatics Director reserves the right to make adjustments to the schedule.
 No open swim during water fitness classes, swim lessons, Masters Swim,
****2017 CSD Vikings Winter Home Meets Schedule
 Pool closed 2 - 5pm following days:
 Tuesday Jan 9 vs Sts. Peter Paul
 Thursday Jan 11 vs Kent Island
 Wednesday Jan 17 vs Kent County
 Tuesday Jan 23 vs Queen Anne
 Thursday Jan 25 vs Easton
 Tuesday Jan 30 vs Delmarva Christian Academy
 Thursday Feb 1 vs Nandua
 Tuesday Feb 6 vs Pocomoke**

Group Exercise Class Descriptions (Aquatics)

WATER FITNESS

AYAP- Arthritis YMCA Aquatic Program for people with arthritis and related conditions. Exercise without excess strain through gentle activities in warm water. Evidence Based program proven to reduce arthritis pain and symptoms and maintain independence for people with arthritis.

Aqua Circuit combination of cardio & strength training through a series of stations and aquatic equipment for a total body workout.

Aqua ZUMBA- all the fun of Zumba poolside. Water adds extra resistance while supporting joints and muscles from too much impact. (Gold version for seniors).

Deep Water HIIT - This cardio & strength routine blends High Intensity Interval Training (HIIT) and power strengthening using noodles & hand weights. This challenging class includes: athletic jogging, plyometrics, hard-core movements and intense intervals to burn calories, increase metabolism, muscle tone, weight loss and improved cardio respiratory fitness. The participants can choose whether to use flotation equipment or not.

Water Fit-cardio & strength work with music and the pool but NO impact on joints. The water provides resistance to strengthen your muscles while your joints can breathe easy. Uses various equipment including float belts. Taught in shallow and deep end.

Master Swim Club a non-competitive swim club for adults of wide-ranging swim abilities and goals. Planned workouts help keep the laps challenging and fun.

BayWatch Hopefuls- Performed in the shallow end. Includes low impact exercises. Great for beginners and those who love the water. This class has a great social component just as much as it has exercise.

Aqua Zumba Gold- combination of cardio & strength training through a series of stations and aquatic equipment for a total body workout. For 55 and above.

Water Aerobics- aerobic workout that supports body and reduces risk of injury. Pool helps reduce overheating for participants with concerns. Taught in shallow and deep water.

Our Instructors: Aggie Beletsky, Melanie Coleman, Holly Gilpin, Barbara Wheatley, Kathy Yorton & Debbie Hubbard