



Richard A. Henson Family YMCA Indoor Pool Schedule
January-March 2018 Revised 1/2/2018

Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00 - 1:00pm	Lap Swim					
1:00 - 3:30pm	Swim Team		Lap Swim	Open Swim		
3:30 - 4:30pm	Swim Team		*Flow Motion Fusion			

Monday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Swim Team			Lap Swim		
7:00 - 9:00am	Lap Swim					
9:00 - 10:00am	Water Exercise = Aerobics/Aquasize					
10:00 - 11:00am	Lap Swim			Open Swim/Lessons		
11:00am - 2:00pm	*Flow Motion Yoga		Lap Swim	Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 4:00pm	Lap Swim		Open Swim			
4:00 - 6:00pm	Swim Team		Lap Swim	Lap Swim	Lessons	
6:00 - 7:15pm	Swim Team		WaterFit /Lessons			
7:15 - 9:00pm	Lap Swim		Open Swim			

Tuesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Lap Swim	Masters				Lap Swim
7:00 - 9:00am	Lap Swim					
9:00 - 10:00am	Water Exercise = AquaStretching/Power Hour					
10:00 - 11:00am	Water Exercise = AquaBlast			Open Swim		
11:00am - 2:00pm	Lap Swim		Open Swim			
2:00 - 2:45pm	Senior Swim					
2:45 - 3:30pm	Senior Swim / Lap Swim					
3:30 - 5:30pm	Swim Team (Pool Closed)					
5:30 - 8:00pm	Swim Team		Lap Swim	Lessons		
8:00 - 9:00pm	Water Ex=AquaFlow		Lap Swim	Open Swim		

FlowMotion Classes

***Participants must register at front desk for Flow Motion. Space limited to 8.**

These aquatic classes will tone and strengthen your core like never before. The board floats on the water which is combination of strength, cardio, muscle endurance, balance and flexibility! Move through cardio drills, tubing, Pilates and yoga. These one-hour classes will work every part of your body.

Yoga: Designed to improve flexibility while relieving tensions and renewing energy. Flow Motion Yoga is low impact, making it an ideal way for people with joint pain to improve their strength, flexibility, and range of motion. Plank, chaturanga, down dog and cobra are all performed on the mat. Floating in savasana, it turns out, never felt so blissful!

Boot Camp: This class will tone and strengthen your core like never before! Flow Motion Boot Camp is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. We throw EVERYTHING on the mat! Ripples, bumps and FUN!

Fusion: This class is a fun combo of our Yoga and Boot Camp classes. Challenge your mind and body!

Wednesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Swim Team			Lap Swim		
7:00 - 9:00am	Lap Swim					
9:00 - 10:00am	Water Exercise = Aerobics/Aquasize					
10:00 - 11:00am	Water Exercise = AquaZumba			Lap Swim/Lessons		
11:00am - 2:00pm	Lap Swim			Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 4:00pm	Lap Swim			Open Swim		
4:00 - 5:30pm	Swim Team			Lap Swim	Lessons	
5:30 - 6:30pm	Swim Team			Lap Swim	Lessons	
6:30 - 7:30pm	Swim Team			Lap Swim	Lessons	
7:30 - 9:00pm	Lap Swim			Open Swim		

Thursday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Lap Swim	Masters				Lap Swim
7:00 - 8:00am	Lap Swim					
8:00 - 9:00am	Lap Swim		Water Exercise = AquaBlast			
9:00 - 10:00am	Water Exercise = AquaStretching/PowerHour					
10:00 - 11:00am	Lap Swim			Open Swim/Lessons		
11:00am - 2:00pm	Lap Swim			Open Swim		
2:00 - 2:45pm	Senior Swim					
2:45 - 3:30pm	Senior Swim / Lap Swim					
3:30 - 5:30pm	Swim Team (Pool Closed)					
5:30 - 8:00pm	Swim Team			Lap Swim	Lessons	
8:00 - 9:00pm	Lap Swim			Open Swim		

Friday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Swim Team			Lap Swim		
7:00 - 9:00am	Lap Swim					
9:00 - 10:00am	Water Exercise = WaterFit/PowerHour					
10:00-11:00am	Water Exercise = AquaBlast			Lap Swim		
11:00 - 12:00pm	*Flow Motion Water EX			Lap Swim		
12:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 4:00pm	Lap Swim			Open Swim		
4:00 - 5:30pm	Swim Team			FlowMo*	Swim Team	
5:30 - 6:30pm	Swim Team (Pool Closed)					
6:30 - 7:30pm	Lap Swim			Open Swim		

Saturday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00 - 8:15am	Lap Swim	Masters				Lap Swim
8:15 - 10:00am	Swim Team (Pool Closed)					
10:00 - 10:30am	Swim Team			Lap Swim	Lessons	
10:30 - 11:15am	Lap Swim			Lessons		
11:15am - 12:00pm	Water Exercise = AquaZumba			Lessons		
12:00 - 1:00pm	Lap Swim			Lessons		
1:00 - 4:30pm	Lap Swim			Open Swim		
