



**Richard A. Henson Family YMCA Indoor Pool
Schedule March 2018 Revised 3/5/2018**

Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00 - 1:45pm	Lap Swim					
1:45 - 3:30pm	Swim Team			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 - 12:00pm	Lap Swim			Open Swim		
12:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 4:00pm	Lap Swim		Open Swim/Lessons			
4:00 - 6:00pm	Swim Team		Lap Swim	Lap Swim	Lessons	
6:00 - 7:15pm	Lap Swim		Lessons			
7:15 - 9:00pm	WaterFit		Lap Swim	Open Swim/Lessons		

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/PowerHour					
10:00 - 12:00pm	Fourth Grade Water Safety					
12:00 - 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.

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 - 12:00pm	Fourth Grade Water Safety					
12:00pm - 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	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 - 12:00pm	Fourth Grade Water Safety					
12:00pm - 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 - 8:00am	Lap Swim					
8:00 - 9:00am	Lap Swim		Water Exercise = AquaBlast			
10:00 - 12:00	Fourth Grade Water Safety					
12:00 - 2:00pm	Lap Swim			Open 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 (Pool Closed)					
5:30 - 6:30pm	Swim Team			Lap Swim	Lessons	
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			Lessons		
10:30 - 11:15am	Lap Swim			Lessons		
11:15am - 12:15pm	Water Exercise = AquaZumba			Lessons		
12:15 - 1:00pm	Lap Swim			Lessons		
1:00 - 4:30pm	Lap Swim			Open Swim		

