



WHEELER REGIONAL FAMILY YMCA LAP POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

www.wheelerYMCA.org

Effective 9/4-10/28

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|---|---|
| 5:30AM - 10:00AM 4 LANES OPEN | 5:30AM - 10:00AM 4 LANES OPEN | 5:30AM - 10:00AM 4 LANES OPEN | 5:30AM - 10:00AM 4 LANES OPEN | 5:30AM - 10:00AM 4 LANES OPEN | 8:00AM - 9:00AM 3 LANES OPEN 1 LANE CLOSED | 6:45am-8:45am NO OPEN LANES SWIM TEAM Practice |
| 10:00AM - 11:00AM 2 LANES OPEN DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL | 10:00AM - 11:00AM 2 LANES OPEN DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL | 11:00AM - 3:00PM 2 LANES OPEN | 10:00AM - 11:00AM 2 LANES OPEN DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL | 10:00AM - 11:00AM 2 LANES OPEN DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL | 9:00AM - 12:45AM 1 LANE OPEN 3 LANES CLOSED | 9:00AM - 12:45pm 3 LANES OPEN |
| 11:00AM - 4:00pm 3 LANES OPEN | 11:00AM - 4:00pm 3 LANES OPEN | 3:00PM- 4:00PM 4 LANES OPEN | 11:00AM - 4:00PM 3 LANES OPEN | 11:00AM - 4:20PM 3 LANES OPEN | 12:45PM - 6:45PM 4 LANES OPEN | 12:45pm-4:00pm NO OPEN LANES SWIM TEAM Practice |
| 4:00pm-8:00pm NO OPEN LANES SWIM TEAM PRACTICE | 4:00pm-8:30pm NO OPEN LANES SWIM TEAM Practice | 4:00pm-7:45pm NO OPEN LANES SWIM TEAM Practice | 4:00pm-7:45pm NO OPEN LANES SWIM TEAM Practice | 4:20pm-7:15pm NO OPEN LANES SWIM TEAM Practice and Swim Lessons | <p>WATER FITNESS CLASSES: Deep Water Cardio: Take a load off your feet and join us in a deep water cardio class! Using a waist support, this class will release joint pressure and give you a great work out at the same time!</p> <p>Pool Schedule is subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.</p> | |
| 8:00PM- 8:45pm 4 LANES OPEN | 8:30PM- 8:45pm 4 LANES OPEN | 7:45pm - 8:45PM 4 LANES OPEN | 7:45pm - 8:45PM 4 LANES OPEN | 7:15pm-8:45pm 2 Lanes Open Deep Water Walking 2 Lanes 7:30pm Diane | | |
| <p>Parents with children 7 and younger MUST BE IN THE POOL IN ARMS REACH OF THEM AT ALL TIMES</p> | | | | | | |



WHEELER REGIONAL FAMILY YMCA MULTIPURPOSE POOL SCHEDULE

*Ramp area is always open

FOR YOUTH DEVELOPMENT®
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Effective 9.4.18

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|-----------------------------------|---|
| 5:30AM-6:00AM 3 OPEN LANES | 5:30AM-6:00AM 3 OPEN LANES | 5:30-6:00AM 3 OPEN LANES | 5:30-6:00AM 3 OPEN LANES | 5:30-6:00AM 3 OPEN LANES | 8:00-8:45AM 3 OPEN LANES | 8:00AM - 9:15AM 1 LANE OPEN 2 LANES CLOSED |
| 6:00AM - 7:00AM 1 OPEN LANE Shallow Water Fitness 2 LANES, 6:00AM - 6:45AM APRIL | 6:00AM - 7:00AM 1 OPEN LANE Shallow Water Fitness 2 LANES, 6:00AM - 6:45AM APRIL | 6:00AM - 7:00AM 1 OPEN LANE 2 LANES CLOSED | 6:00AM - 7:00AM 1 OPEN LANE Shallow Water Fitness 2 LANES, 6:00AM - 6:45AM APRIL | 6:00AM - 7:00AM 1 OPEN LANE Shallow Water Fitness 2 LANES, 6:00AM - 6:45AM APRIL | 8:45AM - 12:45PM NO OPEN LANES | 9:15AM - 10:30AM 1 LANE OPEN Aqua Zumba 2 LANES, 9:30AM - 10:15AM DIANE |
| 7:00AM - 9:00AM 3 OPEN LANES | 7:00AM - 8:00AM 3 OPEN LANES | 7:00AM - 9:00AM 3 OPEN LANES | 7:00AM - 8:00AM 3 OPEN LANES | 7:00AM - 9:00AM 3 OPEN LANES | 12:45PM - 2:00PM 3 OPEN LANES | 10:30AM - 12:30PM 1 OPEN LANE 2 LANES CLOSED |
| 9:00AM - 10:30AM 1 OPEN LANE Shallow Water Fitness 2 LANES, 9:00AM - 9:45AM APRIL | 8:00AM - 10:30AM 1 OPEN LANE Shallow Water Fitness 2 LANES, 9:00AM - 9:45AM APRIL | 9:00AM - 10:30AM 1 OPEN LANE Shallow Water Fitness 2 LANES, 9:00AM - 9:45AM APRIL | 8:00AM - 10:30AM 1 OPEN LANE Shallow Water Fitness 2 LANES, 9:00AM - 9:45AM APRIL | 9:00AM - 10:30AM 1 OPEN LANE Shallow Water Fitness 2 LANES, 9:00AM - 9:45AM APRIL | 12:45PM - 6:45PM 3 OPEN LANES | 12:30PM - 3:45PM 3 OPEN LANES |
| 10:30AM - 4:15PM 3 OPEN LANES | 10:30AM - 4:15PM 3 OPEN LANES | 10:30AM - 4:15PM 3 OPEN LANES | 10:30AM - 4:15PM 3 OPEN LANES | 10:30AM - 4:15PM 3 OPEN LANES | | |
| 4:15PM - 7:15PM NO OPEN LANES | 4:15PM - 7:15PM NO OPEN LANES | 4:15PM - 7:15PM NO OPEN LANES | 4:15PM - 7:15PM NO OPEN LANES | 4:15PM - 7:15PM NO OPEN LANES | | |
| 7:15PM - 8:45PM 3 OPEN LANES | 7:15PM - 8:15PM 1 OPEN LANE NEW Aquacise 2 LANES, 7:15pm-8:00pm APRIL | 7:15PM - 8:15PM 1 OPEN LANE Qui Gong Water Yoga 2 Lanes, 7:30PM - 8:15PM GWEN | 7:15PM - 8:45PM 3 OPEN LANES | 7:15PM - 8:45PM 3 OPEN LANES | | |
| SPA CLOSED AT 8:00PM FOR WEEKLY CLEANING. MPP REMAINS OPEN. | 8:15PM - 8:45PM 3 OPEN LANES | 8:15PM - 8:45PM 3 OPEN LANES | If the lap pool closes Deep Water Cardio moves to the MPP and gets two lanes for class. | | | |
| | | | Parents with children 7 and younger MUST BE IN THE POOL IN ARMS REACH OF THEM AT ALL TIMES | | | |

WATER FITNESS CLASSES:
Shallow Water Fitness: Wake up and start your day with a comprehensive workout! This class includes stretching, toning, & core work. Feel refreshed & energized to enjoy the rest of your day! This is a great class for ALL Fitness Levels!
Aqua Zumba: blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during this class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
Qui Gong Water Yoga: TBD

NOTE: The 'ramp' area of the multipurpose pool is always available for open swim. However, please note that if there are programs going on elsewhere in the pool, the water features will not be turned on.

Birthday parties utilize the pool in the afternoons on weekends. Open swim is still available during this time.

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