



# WHEELER REGIONAL FAMILY YMCA LAP POOL SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860 793 9631

[www.wheelerYMCA.org](http://www.wheelerYMCA.org)

Effective 5/24/18

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	8:00AM - 9:00AM 4 LANES OPEN
10:00AM - 11:00AM 2 LANES OPEN	10:00AM - 11:00AM 2 LANES OPEN	11:00AM - 4:00PM 4 LANES OPEN	10:00AM - 11:00AM 2 LANES OPEN	10:00AM - 11:00AM 2 LANES OPEN	9:00AM - 12:45AM 1 LANE OPEN 3 LANES CLOSED	9:00AM - 2:00PM 4 LANES OPEN
DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL		DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL		
11:00AM - 3:30PM 4 LANES OPEN	11:00AM - 4:15PM 4 LANES OPEN	11:00AM - 4:00PM 4 LANES OPEN	11:00AM - 4:15PM 4 LANES OPEN	11:00AM - 4:00PM 4 LANES OPEN	12:45PM - 6:45PM 4 LANES OPEN	2:00PM - 4:00PM NO OPEN LANES SWIM TEAM PRACTICE
3:30PM - 4:45PM NO OPEN LANES SWIM TEAM PRACTICE	4:15PM - 5:00PM 2 LANES OPEN 2 LANES CLOSED	4:00PM - 5:45PM 1 LANE OPEN 3 LANES CLOSED	4:15PM - 5:00PM 2 LANES OPEN 2 LANES CLOSED	4:00PM - 5:00PM NO OPEN LANES SWIM TEAM PRACTICE		
4:45PM - 5:45PM 3 LANES OPEN 1 LANE CLOSED	5:00PM - 9:00PM NO OPEN LANES SWIM TEAM PRACTICE	5:45PM - 9:00PM NO OPEN LANES SWIM TEAM PRACTICE	5:00PM - 9:00PM NO OPEN LANES SWIM TEAM PRACTICE	5:00PM - 9:00PM 4 LANES OPEN		
5:45PM - 9:00PM NO OPEN LANES SWIM TEAM PRACTICE	Parents with children 7 and younger MUST BE IN THE POOL IN ARMS REACH OF THEM AT ALL TIMES		If the lap pool closes Deep Water Fitness moves to the MPP and gets two lanes for class			

**WATER FITNESS CLASSES:**  
**Deep Water Cardio:** Take a load off you 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!

Pool Schedule is subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.



# WHEELER REGIONAL FAMILY YMCA MULTIPURPOSE POOL SCHEDULE

\*Ramp area is always open

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Effective 5/24/18

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 Aqua Zumba 2 Lanes, 7:15PM - 8:00PM JEN	7:15PM - 8:15PM 1 OPEN LANE Qi 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.

**Qi Gong Water Yoga:** Qi Gong can be traced back 4,000 years to ancient China. "Qi" is simply the Chinese word for energy, and "Gong" means skill that is cultivated through steady practice. So, put together, "Qi Gong" means "cultivating the body's vital energy," and then using it to heal and strengthen every system throughout the body.

**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.

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

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