



WHEELER REGIONAL FAMILY YMCA LAP POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

www.wheelerYMCA.org

Effective January 2019

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	7:00AM - 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	10:00AM - 11:00AM 2 LANES OPEN		10:00AM - 11:00AM 2 LANES OPEN	10:00AM - 11:00AM 2 LANES OPEN	9:00AM - 10:30AM 0 LANES OPEN 10:30AM - 12:45AM 1 LANE OPEN 3 LANES CLOSED	9:00AM - 12:45pm 3 LANES OPEN
DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	10:00AM - 3:00PM 4 LANES OPEN	DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL		
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 - 3:50PM 3 LANES OPEN	12:45PM - 5:45PM 4 LANES OPEN	12:45pm-4:00pm NO OPEN LANES SWIM TEAM Practice
3:30pm-8:00pm NO OPEN LANES SWIM TEAM PRACTICE	4:15pm-8:30pm NO OPEN LANES SWIM TEAM Practice	4:15pm-7:45pm NO OPEN LANES SWIM TEAM Practice	4:15pm-7:45pm NO OPEN LANES SWIM TEAM Practice	3:50pm-7:15pm NO OPEN LANES SWIM TEAM Practice and Swim Lessons		
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 3 LANES OPEN DEEP WATER WALKING 7:30pm - 2 lanes Diane		
Parents with children 7 and younger MUST BE IN THE POOL IN ARMS REACH OF THEM AT ALL TIMES						

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!

Please remember to shower before entering the pools or the spa. It helps to keep our water clean, and it's the law!

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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	6:00AM - 7:00AM 3 OPEN LANES	6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL
6:45AM - 9:00AM 3 OPEN LANES	6:45AM - 9:00AM 3 OPEN LANES	7:00AM - 9:00AM 3 OPEN LANES	6:45AM - 9:00AM 3 OPEN LANES	6:45AM - 9:00AM 3 OPEN LANES
9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL
9:45AM - 4:15PM 3 OPEN LANES	9:45AM - 10:45AM 3 OPEN LANES Arthritis Water Fitness 1 OPEN LANE - ALYCIA 10:45-11:30AM	9:45AM - 4:15PM 3 OPEN LANES	9:45AM - 10:45AM 3 OPEN LANES Arthritis Water Fitness 1 OPEN LANE - ALYCIA 10:45-11:30AM	9:45AM - 5:45PM 3 OPEN LANES
	11:30AM - 4:15PM 3 OPEN LANES		11:30AM - 4:15PM 3 OPEN LANES	
4:15PM - 7:15PM - zero degree only NO OPEN LANES	4:15PM - 7:15PM - zero degree only NO OPEN LANES	4:15PM - 7:15PM - zero degree only NO OPEN LANES	4:15PM - 7:15PM - zero degree only NO OPEN LANES	5:45PM - 7:15PM - zero degree only 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	7:15PM - 8:45PM 3 OPEN LANES	7:15PM - 8:45PM 3 OPEN LANES
SPA CLOSED AT 3:00PM FOR WEEKLY CLEANING on SUNDAYS. 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			
Pool Schedule is subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.				

SATURDAY	SUNDAY
Pool Opens 7:00am Shallow Water Fitness 7:15-8:00am - Leslie	8:00AM - 9:30AM 3 LANES OPEN
8:00-9:00am 1 OPEN LANE	Aqua Zumba 2 LANES, 9:30AM - 10:15AM DIANE
9:00 AM - 12:45PM NO OPEN LANES - Zero Degree swimming only	10:15AM - 12:30PM 1 OPEN LANE 2 LANES CLOSED
12:45PM - 5:45PM 3 OPEN LANES	12:30PM - 3:45PM 3 OPEN LANES

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 is a 4,000 yr old Chinese practice of flowing meditation in motion. There are mainly standing moves that focus on moving one's own energy field around as if flowing through water. Qi Gong boosts the immune system and is beneficial for all ages and abilities.

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.