



WHEELER REGIONAL FAMILY YMCA LAP POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

www.wheelerYMCA.org

Effective 9.9.19

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 - 12:00PM 3 LANES OPEN 1 LANE CLOSED	8:00 AM-9:00AM 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	10:00AM - 3:00PM 4 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	12:00PM -1:00-PM NO OPEN LANES ADAPTIVE SWIM PROGRAM	9:00AM - 12:00PM 4 Open lanes
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 - 4:00pm 3 LANES OPEN	1:00PM-5:45PM 4 LANES OPEN	12:00PM -4:00PM NO OPEN LANES SWIM TEAM PRACTICE
4:15PM-8:00PM NO OPEN LANES SWIM TEAM PRACTICE	4:00PM-8:30PM NO OPEN LANES SWIM TEAM PRACTICE	4:15PM-8PM NO OPEN LANES SWIM TEAM PRACTICE	4:00PM-8PM NO OPEN LANES SWIM TEAM PRACTICE	4:00PM-8:00PM NO OPEN LANES Aquatic Programs & Swim Team	<p>WATER FITNESS CLASSES: <u>Deep Water Cardio:</u> 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!</p> <p>Please remember to shower before entering the pools or the spa. It helps to keep our water clean, and it's the law!</p> <p>Please note swim team practice will not begin until 9.16.19</p>	
8:00PM- 8:45PM 4 LANES OPEN	8:30PM- 8:45PM 4 LANES OPEN	8:00PM- 8:45PM 4 LANES OPEN	8:00PM- 8:45PM 4 LANES OPEN	8:00PM- 8:45PM 2 LANES OPEN		



WHEELER REGIONAL FAMILY YMCA MULTIPURPOSE POOL SCHEDULE

*Ramp area is always open

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM-6:00AM 3 OPEN LANES	5:30AM-6:00AM 3 OPEN LANES	5:30-8:00AM 3 OPEN LANES	5:30-6:00AM 3 OPEN LANES	5:30-6:00AM 3 OPEN LANES	7:00AM - 7:15AM 3 LANES OPEN	8:00AM - 9:15AM 3 LANES OPEN
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 - 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 - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	7:15AM - 8:15AM 1 OPEN LANE Shallow Water Fitness 2 LANES - LESLIE
6:45AM-8:00 AM 3 OPEN LANES	6:45AM - 9:00AM 3 OPEN LANES	8:00AM - 9:00AM 1 OPEN LANE POOLATES 2 LANES - APRIL	6:45AM - 9:00AM 3 OPEN LANES	6:45AM - 8:00AM 3 OPEN LANES	8:15AM-9:00AM 1 OPEN LANE 2 LANES CLOSED	10:00AM - 12:30PM 1 OPEN LANE 2 LANES CLOSED
8:00AM - 9:00AM 1 OPEN LANE POOLATES 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	8:00AM - 9:00AM 1 OPEN LANE POOLATES 8:00am-9:00am APRIL	9:00 AM - 12:45PM NO OPEN LANES - Zero Degree swimming only	12:30PM - 3:45PM 3 OPEN LANES
9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:45AM - 11:00AM 3 OPEN LANES	10:00AM - 11:00AM POOLATES-APRIL 2 LANES	9:45AM - 11:00AM 3 OPEN LANES	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	12:45PM - 5:45PM 3 OPEN LANES	
9:45AM - 4:15PM 3 OPEN LANES	10:45AM-11:30AM 1 OPEN LANE Arthritis Water Fitness 2 LANES - ALCIA	11:00AM-4:15pm 3 Lanes Open	10:45AM-11:30AM 1 OPEN LANE Arthritis Water Fitness 2 LANES - ALCIA	9:45AM - 5:45PM 3 OPEN LANES		
4:15PM - 7:15PM - zero degree only NO OPEN LANES	11:30AM - 4:15PM 3 OPEN LANES	4:15PM - 8:00PM zero degree only NO OPEN LANES	11:45AM - 4:15PM 3 OPEN LANES	5:45PM - 7:15PM zero degree only NO OPEN LANES		
7:30PM - 8:45PM 1 OPEN LANE	4:15PM - 7:15PM zero degree only NO OPEN LANES	8:00PM-8:45PM 1 LANE OPEN	4:15PM - 7:15PM zero degree only NO OPEN LANES	7:15PM - 8:45PM 1 OPEN LANE		
	7:15PM - 8:15PM 1 OPEN LANE NEW Aquacise 2 LANES - APRIL		7:15PM - 8:45PM 1 OPEN LANES			
SPA CLOSED AT 3:00PM FOR WEEKLY CLEANING on SUNDAYS. MPP REMAINS OPEN.	8:15PM - 8:45PM 3 OPEN LANES	Pool Schedule is subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.				
		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!
POOLATES: Poolates® offers a challenging mind-body workout for everyone – including swimmers and other aquatic exercisers, Pilates enthusiasts, dancers, and people in post-rehab
 *If the lap pool closes, Deep Water Cardio moves to the MPP and gets 2 lanes for class.