



# Aquatic Center Schedule

May 13<sup>th</sup> – 19<sup>th</sup>

Hal Welsh East Area Family YMCA  
200 Towne Drive Fayetteville, NY 13066  
315-637-2025

## Lap Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am-8:30pm	5:30am-7:30pm	5:30am-8:30pm	5:30am-8:30pm	5:30am-8:30pm	6am-3:00pm	8am-3:00pm
					Swim Lessons ONLY 5-7:30pm	Swim Lessons ONLY 9am-12:15pm	
<b>LASSES 3 Lanes</b>	8:30a Aqua Blast 9:30a Aqua Walk 10:30a Hydro Run 4:00p Hydro Run 6:00p Aqua Cardio	9:30a Deep (max 35)  10:30a Aqua Zumba	8:30a Aqua Blast  9:30a Deep/Shallow Combo	9:30a Deep (max 35)  10:30a Aqua Zumba			
<b>TRI USE 3 Lanes</b>	9:30-10:30am		9:30-10:30am	4:30-5:30pm			

\*\*\*Schedule is subject to change without Notice\*\*\*

## Therapy Pool\*

(therapeutic use only)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00am-12:00pm  4-4:45pm 6:15-7:30pm	8:00am-12:00pm  4-7:30pm	8:00am-12:00pm  4-7:30pm	8:00am-12:00pm  4-7:30pm	8:00am-12:00pm	CLOSED	8am-3pm
<b>CLASSES Use Whole Pool</b>	10:00a PiYoChi  11:00a Aqua Flow	9:00am Pilates 10:00a Joint Action 11:00a Joint Action 5:00p Aqua Flow 6:00p Aqua Flow	10:30a Arthritis 11:00a Aqua Flow  6:00p Arthritis	9:00a Aqua Yoga 10:00a Arthritis 11:00a PiYoChi 5:00p Aqua Flow 6:00p Aqua Flow	9:00am Aqua Yoga  10:00am Aqua Pilates		

\*\*\*Therapy Pool Classes use the entire pool. Pick up your wrist band at membership desk. You must be wearing a band in order participate in class. Classes are for ALL levels.\*\*\*

## Activity Pool

Wednesday, May 15<sup>th</sup>: 5-7pm

Thursday, May 16<sup>th</sup>: 5-7pm

\*For Summer: Beginning in May, we will begin extending Lap Pool hours Monday-Friday until 8:30pm when staffing allows. Please check the days carefully.