

YAQUATICS™

We build strong kids, strong families, strong communities.

Hutcherson Family YMCA Aquatics Schedule February 7 – March 7, 2010

	LAP SWIM	OPEN SWIM	WATER EXERCISE	SWIM LESSONS	PLAY AREA
MON	5:45 – 6:45 am (3) Masters Swimming 6:45 – 10:00 am (3) 10:00 – 11:15 am (1) 11:15 – 2:00 pm (3) 4:30 – 6:00 pm (3) 6:00 – 7:00 pm (1) 7:00 – 8:30 pm (3)		10:00 - 11:15 am SilverSplash 6:00 – 7:00 pm Water Aerobics	5:45 – 6:45 pm Preschool	4:30 – 5:45 pm 6:45 - 8:30 pm
TUES	5:30 – 11:30 am (3) 11:30 – 12:45 pm (1) 12:45 – 2:00 pm (3) 4:30 – 6:45 pm (3) 6:45 – 8:30 pm (1)	7:45– 8:30 pm (2)	11:30 – 12:45 pm Water Aerobics 6:45 – 7:45 pm SilverSplash		4:30 – 8:30 pm
WED	5:45 – 6:45 am (3) Masters Swimming 6:45 – 10:00 am (3) 10:00 – 11:15 am (1) 11:15 – 2:00 pm (3) 4:30 – 6:00 pm (3) 6:00 – 7:00 pm (1) 7:00 – 8:30 pm (3)		10:00 - 11:15 am SilverSplash 6:00 – 7:00 pm Water Aerobics		4:30 – 8:30 pm
THU	5:30 – 11:30 am (3) 11:30 – 12:45 pm (1) 12:45 – 2:00 pm (3) 4:30 – 6:45 pm (3) 6:45 – 8:30 pm (1)	7:45– 8:30 pm (2)	11:30 – 12:45 pm Water Aerobics 6:45 – 7:45 pm SilverSplash	5:45 – 6:45 pm Preschool	4:30 – 5:45 pm 6:45 - 8:30 pm
FRI	5:45 – 6:45 am (3) Masters Swimming 6:45 – 10:00 am (3) 10:00 – 11:15 am (1) 11:15 – 2:00 pm (3) 4:30 – 6:00 pm (3) 6:00 – 7:00 pm (1) 7:00 – 7:30 pm (3)		10:00 - 11:15 am SilverSplash 6:00 – 7:00 pm Water Aerobics		4:30 – 7:30 pm
SAT	8:00 – 9:00 am (3) 9:00 – 10:00 am (1) 10:00 – 12:00 pm (3) 12:00 – 3:30 pm (1)	12:00 – 3:30 pm (2)	9:00 - 10:00 am SilverSplash		8:00 – 3:30 pm
SUN	1:00 – 3:00 pm (3) 3:00 – 4:30 pm (1)	3:00 – 4:30pm (2)			1:00 – 4:30 pm

(1), (2), (3) Indicates the number of lanes opened during Lap Swim and Open Swim.

The best time to lap swim each day is in BOLD

Member Agency



YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Hutcherson Family YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 bootcamp	5:30 a.m. cycle class	5:30 bootcamp	5:30 a.m. cycle class		
* 9:00 a.m. step aerobics		* 9:00 a.m. step aerobics		9:00 a.m. step aerobics	8:00 a.m. cycle class 9:00 a.m. zumba
10:00 a.m. silver splash	10:00 a.m silver sneakers	10:00 a.m. silver splash	10:00 a.m silver sneakers	10:00 a.m. silver splash / silver sneakers	9:00 a.m. silver splash
	11:30 a.m water aerobics 12:00 cycle	12:30 Yoga	11:30 a.m water aerobics 12:00 cycle	12:30 Yoga	
5:15 p.m. zumba	5:15 p.m. Belly fusion	5:15 p.m. zumba	5:15 p.m. Zumba remix	5:15 p.m. zumba	
6:00 p.m. cycle 6:00 p.m. water aerobics	6:00 p.m. butts and guts	6:00 p.m. cycle 6:00 p.m. water aerobics	6:00 p.m. butts and guts	6:00 p.m. water aerobics	
7:00 p.m. kickboxing	6:45 p.m. silver splash 7:00 p.m. Kick boxing	7:00 p.m. kickboxing	6:45 p.m. silver splash 7:00 p.m. kickboxing	6:30 kickboxing	

Bootcamp will be a 6 week on / 3 week off course. The first course will be a beginner bootcamp and it will progressively pickup intensity as it continues throughout the year.

Look for new schedules to be put out quarterly.