



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## JANUARY - MARCH 2016 Aquatics Schedule

January - March 2016

YMCA of Greenville & Hunt County

Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pool Closed</b> 05:30-06:00am Pool Closed	<b>Pool Closed</b> 05:30-09:00am Pool Closed	<b>Pool Closed</b> 05:30-06:00am Pool Closed	<b>Pool Closed</b> 05:30-09:00am Pool Closed	<b>Pool Closed</b> 05:30-06:00am Pool Closed		
<b>Lap Swim</b> 06:00-08:00am Aquatics Staff		<b>Lap Swim</b> 06:00-08:00am Aquatics Staff		<b>Lap Swim</b> 06:00-08:00am Aquatics Staff		
<b>Hydrobics</b> 08:00-09:00am		<b>Hydrobics</b> 08:00-09:00am		<b>Hydrobics</b> 08:00-09:00am		
<b>Aqua Boot Camp</b> 09:00-10:00am Becky	<b>Deep H2O</b> 09:00-10:00am Becky	<b>Aqua Boot Camp</b> 09:00-10:00am Becky	<b>Deep H2O</b> 09:00-10:00am Becky	<b>Aqua Boot Camp</b> 09:00-10:00am Becky	<b>High Quality H2O</b> 09:00-10:00am Becky	
<b>Shallow H2O</b> 10:00-11:00am Richard	<b>Rusty Joints</b> 10:00-11:00am Becky	<b>Shallow H2O</b> 10:00-11:00am Richard	<b>Rusty Joints</b> 10:00-11:00am Becky	<b>Shallow H2O</b> 10:00-11:00am Richard	<b>Open Swim</b> 10:00-04:45pm Aquatics Staff	
<b>Lap Swim</b> 11:00-2:00pm Aquatics Staff	<b>Lap Swim</b> 11:00-02:00pm Aquatics Staff	<b>Lap Swim</b> 11:00-02:00pm Aquatics Staff	<b>Lap Swim</b> 11:00-02:00pm Aquatics Staff	<b>Lap Swim</b> 11:00-02:00pm Aquatics Staff		
<b>Open Swim</b> 04:00-05:30pm Aquatics Staff	<b>Open Swim</b> 04:00-05:30pm Aquatics Staff	<b>Open Swim</b> 04:00-05:30pm Aquatics Staff	<b>Open Swim</b> 04:00-08:30pm Aquatics Staff	<b>Open Swim</b> 04:00-08:30pm Aquatics Staff	<b>Pool Closed</b> 04:45-05:00pm Pool Closed	<b>Open Swim</b> 01:00-05:45pm Aquatics Staff
<b>Deep H2O</b> 05:30-06:30pm Paula	<b>Hydro Deep H2O</b> 05:30-06:30pm Becky	<b>Hydro Deep H2O</b> 05:30-06:30pm Becky				<b>Pool Closed</b> 05:45-06:00pm Pool Closed
<b>Open Swim</b> 06:30-08:30pm Aquatics Staff	<b>Open Swim</b> 06:30-08:30pm Aquatics Staff					



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## Descriptions

**AQUA BOOT CAMP** - Cardio Boot Camp H2O style

**DEEP H2O** - A high intensity non-impact total body workout. With the assistance of flotation devices (which are provided), participants are given the opportunity to improve both muscular strength and cardiovascular endurance.

**HIGH QUALITY H2O** - A powerful workout that utilizes both shallow and deep water. This total body, high intensity workout includes a tremendous cardio segment as well as segments for strength and tone.

**HYDRO DEEP H2O** - Deep Water Hydrobics

**HYDROBICS** - Hydrobics

**LAP SWIM** - Lap Swim

**OPEN SWIM** - Pool is open for lap swimming and family time swimming.

**POOL CLOSED** - Pool is closed during this time.

**RUSTY JOINTS** - A low to moderate level water exercise class designed to increase range of motion and decrease arthritis pain.

**SHALLOW H2O** - A low to moderate level water exercise class designed to increase range of motion and decrease arthritis pain.