



# THERAPY & WATER FITNESS POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Open Swim/ Lap Swim* 5:00-8:00am	Adult Open Swim/ Lap Swim* 5:00-8:00am	Adult Open Swim/ Lap Swim* 5:00-8:00am	Adult Open Swim/Lap Swim* 5:00-8:00am	Adult Open Swim/Lap Swim* 5:00-8:00am	Open Swim/ Lap Swim* 7:00-9:00am	Family Open Swim w/ Slide Pool Parties
SRHS Therapy Water Walking Adult Swim 8:00a-1:00pm	SRHS Therapy Water Walking Adult Swim 8:00a-1:00pm	SRHS Therapy Water Walking Adult Swim 8:00a-1:00pm	SRHS Therapy Water Walking Adult Swim 8:00a-1:00pm	SRHS Therapy Water Walking Adult Swim 8:00a-1:00pm	Swim Lessons* 9:00-11:15pm	1:00-5:30pm
Aqua-Zumba Stephanie 9:00-9:45am	H2O Cardio Jaimee 9:00-9:45am	Water Walk and Tone Anita 9:00-9:45 am	Deep water Cardio * Jaimee 9:00-9:45 am	H2O Cardio Melanie 9:00-9:45am	SWAM (swimming with Autism) 11a-12p	
Arthritis* Starr 10:30-11:15	Swim Lessons 12:00-1:15pm		Swim Lessons 12:00-1:15pm	Arthritis * Starr 10:30-11:15	Family Open Swim w/ Slide Pool Parties 12:00-6:30pm	
Open Swim 11:15-4:30pm	Open Swim 9:45-4:30 pm	Open Swim 9:45-4:30 pm	Open Swim 9:45-5:30 pm	Open Swim 11:15-3:45pm		
	Swim Lessons* 5:30-8:00pm		Swim Lessons* 5:30-8:00pm	After School Swim 3:45-4:30pm		
	Aqua Fitness 7:00-8:00 pm		Aqua Fitness 7:00-8:00 pm			
Family Open Swim w/ Slide 5:30-7:30pm	Open Swim 8:00-8:30pm	Family Open Swim w/ Slide 5:30-7:30pm	Open Swim 8:00-8:30pm	Family Open Swim w/ Slide 5:30-7:30pm		

**POOL CLOSINGS:**  
FOLLOW US ON FACEBOOK @YMCASPARTANBURG

**WEATHER CLOSINGS:**  
CHECK WYFF NEWS CHANNEL 4 AND OUR FACEBOOK PAGE

\*Splash pad and Slide will not be turned on during these programs. Tu/Th evening most areas of the pool will not be available for free swim due to lessons (Family Swim times are best for free swims).  
\*There may be instructor substitutions without notice.  
\*These classes take place in deeper water using hand held floats and float belts, non-swimmers and weak swimmers should use caution and may not feel comfortable.

YMCA is open on Labor Day, Christmas Eve, Black Friday, July 4th, and Memorial Day but there are no Aquatic classes. Please check website for Holiday hours.  
The YMCA is closed Thanksgiving Day, Christmas Day, and Easter Sunday.



# Lap Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:30am <u>6 Lanes</u>	5:00-7:00am <u>6 Lanes</u>	5:00-6:30am <u>6 Lanes</u>	5:00-7:00am <u>6 Lanes</u>	5:00-2:00pm <u>6 Lanes</u>	7:00-6:30pm <u>6 Lanes</u>	1pm-5:30pm <u>6 Lanes</u>
6:30 am-4:00pm <u>4 Lanes</u>	6:30 am-4:00pm <u>4 Lanes</u>	6:30 am-4:00pm <u>4 Lanes</u>	6:30 am-4:00pm <u>4 Lanes</u>	2:00-3:45pm <u>4 Lanes</u>	Spartanburg Christian Academy will be using 3 lanes for swim practice s until October 9th	
4:00-6:00pm <u>6 Lanes</u>	4:00-6:00pm <u>6 Lanes</u>	4:00-6:00pm <u>6 Lanes</u>	4:00-6:00pm <u>6 Lanes</u>	4:00-6:00pm <u>6 Lanes</u>		
6:00-8:00pm <u>3 Lanes</u>	6:00-8:00pm <u>3 Lanes</u>	6:00-8:00pm <u>3 Lanes</u>	6:00-8:00pm <u>3 Lanes</u>	6:00-8:00pm <u>3 Lanes</u>		
	6:00-8:30pm	6:00-8:30pm	6:00-8:30pm	6:00-8:30pm		

Above is the weekly schedule for **MEMBER USE** of the Lap Pool.  
An orange cone indicates use of lane for swim team.

If all lanes are full, we ask that lap swimmers share lanes. Locate a swimmer who swims your equivalent speed and let them know that you would like to join them in the lane. If you cannot get their attention, ask a lifeguard for assistance.

## Aqua-Fitness Class Descriptions

**Arthritis:** Range of motion exercises done in shallow water developed from physical therapy exercises and the National Arthritis Foundation, this class is particularly helpful for those beginning their fitness adventures and people dealing with arthritis and fibromyalgia.

**Aqua-Bootcamp** - a high intensity class that can be easily modified for every individual. Consisting of alternating cardio/upper body athletic moves and a big core finish. It's the workout you'll love to hate!

**Aqua-Tabata:** a high intensity interval training workout using the principles developed by Dr. Izumi Tabata, our Aqua-Tabata workouts will get you to your fitness goals without the wear and tear on your joints. Participants will do 6-8 rounds of 4 minutes each, 20 seconds of hard work (at their own level) followed by 10 seconds of active recovery.

**H2O Cardio:** We can't be contained to just one workout! Burn some calories with a variety of moves/workouts that are customizable to each member. On Fridays we will add 1/2 hour of yoga to focus on CORE and balance training

**Deep Water Cardio:** Work your heart and tone your upper body and Abs with this workout. These classes take place in deeper water using hand held floats, non-swimmers and weak swimmers should use caution and may not feel comfortable.