



October 2020 THERAPY & WATER FITNESS POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Open Swim/ Lap Swim* 5:00-8:00am Aqua-Zumba Stephanie 9:00-9:45am Arthritis* Starr 10:30-11:15 Open Swim 11:15-5:30pm Family Open Swim w/ Slide 5:30-7:30pm	Adult Open Swim/ Lap Swim* 5:00-8:00am H2O Cardio Jaimee 9:00-9:45am Open Swim 9:45-12:00 Swim Lessons 12:00-1:15pm Open Swim 1:15-5:30 pm Swim Lessons* 5:30-8:00pm Open Swim 8:00-8:30pm	Adult Open Swim/ Lap Swim* 5:00-8:00am Water Walk and Tone Anita 9:00-9:45 am Open Swim 9:45-5:30 pm Family Open Swim w/ Slide 5:30-7:30pm	Adult Open Swim/Lap Swim* 5:00-8:00am Deep water Cardio * Jaimee 9:00-9:45 am Swim Lessons 12:00-12:30pm Swim Lessons 12:30-1:15pm Open Swim 1:15-5:30 pm Swim Lessons* 5:30-8:00pm Open Swim 8:00-8:30pm	Adult Open Swim/Lap Swim* 5:00-8:00am H2O Cardio and Yoga Susan 9:00-10:00am Arthritis* Starr 10:30-11:15 Open Swim 11:15-3:45pm After School Swim 3:45-4:30pm Family Open Swim w/ Slide 5:30-7:30pm	Open Swim/ Lap Swim* 7:00-9:00am Swim Lessons* 9:00-11:15pm Family Open Swim w/ Slide 12:00-6:30pm <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #f0f0f0;"> <p>POOL CLOSINGS: FOLLOW US ON FACEBOOK @YMCASPARTANBURG</p> <p>WEATHER CLOSINGS: CHECK WYFF NEWS CHANNEL 4 AND OUR FACEBOOK PAGE</p> </div>	Family Open Swim w/ Slide 1:00-5:30pm

*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 (8am-1pm) on Labor Day, Christmas Eve, New Years Day but there are no Aquatic classes. There are no Aquatic classes December 31st. Y is closed Thanksgiving, Christmas Day & Easter.



OCTOBER 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>
7:00-8:00am <u>6 Lanes</u>	7:00-8:00am <u>6 Lanes</u>	7:00-8:00am <u>6 Lanes</u>	7:00-8:00am <u>6 Lanes</u>	2:00-3:45pm <u>6 Lanes</u>		
4:00-8:00pm <u>2 Lanes</u>	4:00-8:00pm <u>2 Lanes</u>	4:00-8:00pm <u>2 Lanes</u>	4:00-8:00pm <u>2 Lanes</u>	4:00-8:00pm <u>2 Lanes</u>		
8:00-8:30pm <u>6 Lanes</u>	8:00-8:30pm <u>6 Lanes</u>	8:00-8:30pm <u>6 Lanes</u>	8:00-8:30pm <u>6 Lanes</u>	8:00-8:30pm <u>6 Lanes</u>		

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.