



the AQUATICS SCHEDULE

LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:45a Lap/Adult (6)	5:00-9:00a Lap/Adult (6)	5:00-8:45a Lap/Adult (3)	5:00-9:00a Lap/Adult (6)	5:00-8:45a Lap/Adult (6)		
					7:00-9:00a Lap (6)	
8:45-9:45a Class (3) Lap (3)	9:00-10:00a Class (3) Lap (3)	8:45-9:45a Class (3) Lap (3)	9:00-10:00a Class (3) Lap (3)	8:45-9:45a Class (3) Lap (3)	9:00-12:30p Class (2) Lap (4)	12-12:30p Lap (6)
9:45-1:00p Adult/Lap (4) Open (2)	10:00-1:00p Adult/Lap (4) Open (2)	9:45-1:00p Adult/Lap (4) Open (2)	10:00-1:00p Adult/Lap (3) Open (3)	9:45-12:00p Adult/Lap (4) Open (2)	12:30-6:00p Rentals (2) Lap/family (4)	12:30-1:30p Rentals (2) Lap (4)
1:00-5:30p Lap (4) Family (2)	1:00-5:30p Lap (4) Family (2)	1:00-5:30p Lap (4) Family (2)	1:00-5:30p Lap (4) Family (2)		Pool closes at 6:00p	1:30-3:30p Open (2) Lap (4)
5:30-6:30p Lap (2) Lessons (2)	5:30-6:30p Lap (2) Lessons (4)	5:30-6:30p Lap (2) Lessons (2)	5:30-6:30p Lap (2) Lessons (4)	12:00-6:30p Lap (4) Family/Open (2)	Private party rentals 6pm-7pm	3:30-4:30p Rentals (2) Lap (4)
Swim Team 6:30-8:00p Pool closed	Swim Team 6:30-8:00p Pool closed	Swim Team 6:30-8:00p Pool closed	Swim Team 6:30-8:00p Pool closed	Swim Team 6:30-8:00p Pool closed		4:30p- 7:00p Open (2) Lap (4)
8:00-9:00p Lap (3)	8:00-9:00p Lap (3)	8:00-9:00p Lap (3)	8:00-9:00p Lap (3)	8:00-9:00p Lap (3)		

() = Indicates lanes available

***YMCA SWIM TEAM PRACTICE MONDAY-FRIDAY 6:30-8pm LAP POOL CLOSED**

LAP POOL FITNESS SCHEDULE LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:15a			Hydro Base 7:30-8:15a		
8:45-9:45a	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics
9:00-10:00a		Water Works		Water Works	
10:30-11:15a			Hydro Yoga 10:30-10-15a		Hydro Base 10:30-11:15a
5:30-6:15p		Hydro Base		Hydro Yoga	

***SCHEDULES EFFECTIVE THROUGH MARCH 30, 2018**



AQUATICS SCHEDULE

WARM WATER POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:45a Open/Walk	5:00-9:30a Open/Walk	5:00-9:45a Open/Walk	5:00-9:30a Open/Walk	5:00-9:45a Open/Walk	7:00-9:00a Open/Walk	
9:45-12p (Classes) Pool closed	9:30-12p (Classes) Pool closed	9:45-12p (Classes) Pool closed	9:30-12p (Classes) Pool closed	9:45-12p (Classes) Pool closed	9:00-12:45p (Classes) Pool closed	
12:00-5:00p Open/group	12:00-5:00p Open/group	12:00-5:00p Open/group	12:00-5:00p Open/group	12:00-8:30p Open Swim	12:45-6:00p Open Swim Pool closes at 6pm	12:00-7:00p Open Swim
5:00-7:15p (Classes) Pool closed	5:00-7:30p (Classes) Pool closed	5:00-7:15p (Classes) Pool closed	5:00-7:45p (Classes) Pool closed			
7:15-8:30p Open	7:30-8:30p Open	7:15-8:30p Open	7:45-8:30p Open			

Note: During class times, the warm water pool will be closed for open swim

WARM WATER POOL FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
9:50-10:45a	Joints-n-Motion		Joints-n-Motion		Joints-n-Motion
11:00-12p	Arthritis		Arthritis		Arthritis
4:00-5:00p				Aqua Flex 4-5pm	
5:45-6:45p	Aqua Flex	Aqua Flex			
5:45-6:30p			Aqua Zumba		

Aquatic Passport Card (10) Non-Members \$65.00

***SCHEDULES EFFECTIVE THROUGH MARCH 30, 2018**



**HOLLIDAYSBURG AREA YMCA
814.695.4467
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