

# Martinsville-Henry County Family YMCA

## February, 2012 Indoor Pool Schedule

| Monday  | Tuesday                                 | Wednesday   | Thursday                                  | Friday   | Saturday   | Sunday   |
|---|---|---|---|--|--|--|
| 6:00-8:45<br>Adult Lap                              | 6:00-8:45<br>Adult Lap                  | 6:00-8:45<br>Adult Lap                              | 6:00-8:45<br>Adult Lap                    | 6:00-8:45<br>Adult Lap   | 8:00-9:00<br>Adult Lap (3 Lanes)                                       |  |
|   |   |   | 8:00-9:00<br>Coalition Class<br>(3 Lanes) |  | 8:00-9:00<br>Open Swim<br>(3 Lanes)                                    |  |
| 9:00-10:00<br>Aquacise                              | 9:00-10:00<br>Swimnastics               | 9:00-10:00<br>Aquacise                              | 9:00-10:00<br>Swimnastics                 | 9:00-10:00<br>Aquacise   | 9:00-10:00 Aqua<br>Aerobics (3 Lanes)                                  |  |
| 10:00-11:00<br>Stretch &<br>Strengthen<br>(3 Lanes) | 10:00-11:00<br>Aquasice                 | 10:00-11:00<br>Stretch &<br>Strengthen<br>(3 Lanes) | 10:00-11:00<br>Aquasice                   | 10:00-11:00<br>Stretch &<br>Strengthen<br>(3 Lanes)                    | 9:00-10:30<br>Swim Lessons   |  |
| 10:00-5:30<br>Adult<br>Lap<br>(3 Lanes)             | 10:00-5:30<br>Open<br>Swim<br>(3 Lanes) | 10:00-4:00<br>Adult<br>Lap<br>(3 Lanes)             | 10:00-4:00<br>Open<br>Swim<br>(3 Lanes)   | 10:00-5:30<br>Adult<br>Lap<br>(3 Lanes<br>shared<br>with open<br>swim) | 11:00-12:00<br>Tackfully<br>Team<br>Swim<br>(3 Lanes)                  | 11:00-12:00<br>Coalition Class<br>(3 Lanes)                              |
|   | 11:00-12:00<br>Silver<br>Splash         | 11:00-12:00<br>Adult<br>Lap                         | 11:00-12:00<br>Silver<br>Splash           | 11:00-12:00<br>Adult<br>Lap  | 11:00-4:45<br>Adult<br>Lap<br>(3 Lanes<br>shared<br>with open<br>swim) | 11:00-4:45<br>Open<br>Swim<br>(3 Lanes<br>shared<br>with Adult<br>Lap)   |
|   | 2:00-3:00<br>Closed for<br>Maintenance  |   | 2:00-3:00<br>Closed for<br>Maintenance    |  | 12:00-5:30<br>Open<br>Swim<br>(3 Lanes<br>shared with<br>Adult Lap)    | 1:00-4:45<br>Adult<br>Lap<br>(3 Lanes<br>shared<br>with open<br>swim)    |
|   | 3:00-5:30<br>Adult<br>Lap<br>(3 Lanes)  | 3:00-4:00<br>Open<br>Swim<br>(3 Lanes)              | 3:00-5:30<br>Adult<br>Lap<br>(3 Lanes)    | 3:00-5:30<br>Open<br>Swim<br>(3 Lanes)                                 |  | 1:00-4:45<br>Open<br>Swim<br>(3 Lanes<br>shared<br>with<br>Adult<br>Lap) |
|   |   | 4:00-5:30<br>Tackfully<br>Team<br>Swim<br>(3 Lanes) | 4:00-5:30<br>Adult<br>Lap<br>(3 Lanes)    | 4:00-5:30<br>Tackfully<br>Team<br>Swim<br>(3 Lanes)                    |  | 3:00-4:00<br>Deep Water<br>Aerobics<br>(3 Lanes)                         |
| 5:30-6:30<br>Marlins Swim<br>Team<br>(2 Lanes)      | 5:30-7:00<br>Marlins Swim Team          | 5:30-6:30<br>Marlins Swim Team                      | 5:30-7:00<br>Marlins Swim<br>Team         | 5:30-6:30<br>Marlins<br>Swim<br>Team<br>(2 Lanes)                      | 5:30-6:30<br>Deep<br>Water<br>Aerobics                                 | 3:00-4:00<br>Aqua Pilates<br>(3 Lanes)                                   |
| 5:30-8:45<br>Adult Lap (1 Lane)                     |   |   |   |  |  |  |
| 6:30-7:30<br>Deep Water<br>Aerobics                 |   | 6:30-7:30<br>Deep Water<br>Aerobics                 |   |  |  |  |
| 6:30-8:45 Swim<br>Lessons                           | 7:00-8:45<br>Adult Lap<br>(3 Lanes)     | 6:30-8:45 Swim<br>Lessons                           | 7:00-8:45<br>Adult Lap<br>(3 Lanes)       | 6:30-8:45<br>Adult Lap<br>(3 Lanes)                                    |  |  |
|   | 7:15-8:15<br>Coalition Class            | 7:30-8:45<br>Adult Lap<br>(3 Lanes)                 | 7:30-8:30<br>Canoe Club<br>(3 Lanes)      | 6:30-8:45<br>Open Swim<br>(3 Lanes)                                    |  |  |
|   |   |   |   |  | <b>Water Fitness Classes</b><br><b>Open Swim</b><br><b>Adult Lap</b>   |  |



Schedule is subject to change to maximize pool usage.\*Children are allowed to swim during "Open Swim" times only.