
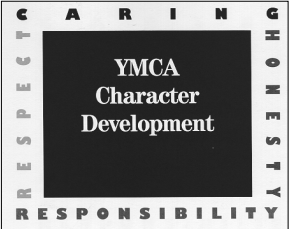


FORSYTH COUNTY FAMILY YMCA

Pool Area Schedule

	MON	TUE	WED	THUR	FRI	SAT	SUN	
5:30 am-8:00 am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	8:15-9:15 Aqua Fit Kathy Lane		
8:00 am -9:00 a.m.								
9:00 a.m.-10:00 a.m.	9:00-10:00 Senior Mobility Kathy Lane	9:00-10:00 Poollaties Mary Stark	9:00-10:00 Senior Mobility Kathy Lane	9:00-10:00 Poollaties Mary Stark	9:00-10:00 Senior Mobility Kathy Lane			
10:00 a.m.-10:30 a.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			
10:30 a.m.-11:30 p.m.	10:30-11:30 Aqua Fit Kathy Lane	10:30-11:30 Aqua Tone Kathy Brink	10:30-11:30 Aqua Fit Kathy Lane	10:30-11:30 Aqua Tone Kathy Brink	10:30-11:30 Aqua Fit Kathy Lane			Open Swim
11:30 a.m.-12:00 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			Open Swim
12:00 p.m.-1:00 p.m.								
1:00 p.m.- 5:30 p.m.								
5:30 p.m.-6:45 p.m.						5:30-6:15 Arthritis Ann Stewart	5:30-6:15 Arthritis Ann Stewart	
6:45 p.m.-8:00 p.m.						6:45-7:45 Aqua Fit Kathy Lane	6:45-7:45 Aqua Fit Kathy Lane	
7:00 p.m.- 9:00 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
Pool Hours: Monday thru Thursday:5:30 a.m.- 9:00 p.m Friday 5:30 a.m.- 8:30 p.m Saturday: 8:00 a.m.- 5:30 p.m. Sunday:1:00 p.m.- 5:30 p.m.								
Unless otherwise posted: The YMCA is committed towards providing <u>two lap lane</u> for lap swimmers. Swimmers should be prepared to share lanes during busy times. The Family Play Area is available for open swim time durring all operating hours.							We build Strong Kids, Stronge Families, & Strong Communities	

CLASS DESCRIPTIONS

Arthritis Aquatics: This is a 45 minute class of water aerobics adapted to build joint and muscular strength. Designed for arthritis suffers of all ages and other joint disease suffers.

Aqua Tone: This one hour class offers 15 minutes of stretching and warm-up. 20-25 minutes of cardio aerobics and ends with 20 minutes of cool-down and stress relieving movements.

Aqua Fit: Aqua Fit provides you with a great 60 minute cardiovascular workout including a warm-up, medium to high impact workout and cool down.

Senior Mobility: This is a series of stretching, mobility, and coordination activities to activate the muscels and elevate coordination and balance.

Poollaties: This is a sixty minute full body workout structured to improve flexibility, coordination/balance, muscle control, endurance, body alignment and breathing techniques. Appropriate for all ages, ability levels and pre-natal exercises.