



# POOL SCHEDULE



## ASCENSION ST. VINCENT YMCA MAY 18TH-MAY 23RD

### Monday

Time	Activity	Lanes
5:00am-7:55am	Lap Swim	1-6
8:00-10:55 am	Water Fitness	
11:00-2:00pm	Lap Swim	1-6
2:05-2:55pm	Arthritis	
3:00-4:00pm	Open/Lap swim	(Lanes 1-3)
4:00-5:00pm	Lessons/Lap swim	(Lanes 1-3)
5:00-6:00pm	Open/Lap swim	(Lanes 1-3)
6:00-7:00pm	Lap Swim/Swim team Prep	4-6

### Tuesday

Time	Activity	Lanes
5:00-6:00am	Lap Swim	1-6
6:15-7:00am	Lap Swim/HydroRider	4-6
7:15-9:00am	Lap Swim	1-6
9:00-11:00am	Open/Lap swim	4-6
11:00-1:00pm	Lap Swim	1-6
04:00-6:00pm	Swim Lessons	
6:00-7:00pm	Water Fitness	

### Wednesday

Time	Activity	Lap Lanes
5:00am-7:55am	Lap Swim	1-6
8:00-10:55 am	Water Fitness	
11:00-11:45am	Lap Swim	1-6
11:45-1:00pm	Lap Swim/HydroRider	4-6
1:00-2:00pm	Lap Swim	1-6
2:05-2:55pm	Arthritis	
03:00-6:00pm	Open/Lap swim	4-6
06:00-7:00pm	Lap Swim/Swim team Prep	4-6

### Thursday

Time	Activity	Lanes
5:00-6:00am	Lap Swim	1-6
6:15-7:00am	Lap Swim/HydroRider	4-6
7:15-9:00am	Lap Swim	1-6
9:00-11:00am	Open/Lap swim	4-6
11:00-1:00pm	Lap Swim	1-6
04:00-6:00pm	Open/Lap Swim	4-6
6:00-7:00pm	Water Fitness	

### Friday

Time	Activity	Lanes
5:00am-7:55am	Lap Swim	1-6
8:00-10:55 am	Water Fitness	
11:00-2:00pm	Lap Swim	1-6
2:05-2:55pm	Arthritis	
3:00-7:00pm	Open/Lap swim	4-6

### Saturday

Time	Activity	Lanes
6:00am-8:00am	Lap Swim	1-6
8:00am-9:15am	Lap Swim/HydroRider	4-6
9:00am-12:00pm	Swim Lessons	
12:00-3:00pm	Open/Lap swim	(Lanes 1-3)

### Sunday

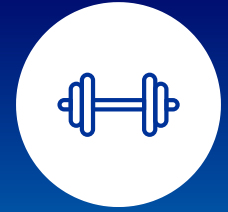
Time	Activity	Lanes
12:00pm-2:00pm	Lap Swim	1-6
2:00pm-3:00pm	Lap Swim/HydroRider	4-6
3:00pm-5:00pm	Open/Lap swim	(Lanes 1-3)

Reserve your 1/2 lap lane on our Mobile App or at the front desk.  
Walk-ins are welcome when unreserved lanes are available.

**New Offering**  
**Water Wellness and Arthritis Foundation water fitness classes**  
**are now available to non-members!**  
**\$30/month - See front desk or Aquatics director for details.**



# WATER FITNESS



## WATER FITNESS SCHEDULE WINTER/SPRING 2026

### Shallow Water Fitness Classes

**Ages 14 and older. Water fitness shoes recommended.**

**Aqua Dance:** A dance party set to music in shallow water! Participants will work on aerobic endurance, muscular resistance, flexibility and joint mobility, while grooving to awesome music.  
M, W, F 8:05-8:50am

**Aqua Challenge:** Cardio, strength, balance, and flexibility while exploring the many ways to use the shallow water for your own best workout! You will be introduced to many variations of water fitness throughout this session.  
M, W, F 8:55-9:40am

**Water Wellness:** Low impact class, great for strengthening, toning, and stretching improving full range of motion. Designed to improve joint pain with fun shallow water moves for all abilities.  
M, W, F 9:45-10:30am

**Arthritis Foundation Aquatics:** 

M, W, F 2:05-2:50pm Follows guidelines from the Arthritis Foundation. Exercises improve agility, flexibility, and cardiovascular stamina. Helps improve joint mobility and relieves discomfort from arthritis and related conditions.

### Hydrocider Cycling Classes

T, W, S, Sun Multiple In-water cycling bikes perfect for any skill level. Combine cardio and lower body conditioning of spin classes, with the resistance of water in a low impact environment.

**Hydro Burst** In water cycling workout with off-bike intervals to help increase your heart rate while building strength and endurance.  
T,Th 6:10-06:55pm

### Deep Water Fitness Classes

**Ages 14 and older. Buoyancy belts available. Need to feel comfortable in deep water.**

#### **Deep Fit Head to Toe**

M, W, F 8:05-8:50am Incorporates movement of every quadrant of your body, combining cardio movement, isolations, stretching, and FUN! Flotation belts help focus on body movement. Workouts will vary with the integration of noodles, boards and water dumbbells.

#### **Deep Water Tabata**

M, W, F 8:55-9:40am High-Intensity Interval Training protocol. 30-second intervals of higher intensity movement followed by 10 seconds of recovery movement. Class will address both joint & muscle movement, breathing, and stretching.

#### **Deep Water Dynamics**

T,Th 6:10-06:55pm Strengthen abdominal, thighs, and back muscles. Resistance of water will work your heart while avoiding impact. Great for cross-training!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00am</b>		Hydro		Hydro			
<b>8:05am</b>	Aqua Dance & Deep Fit		Aqua Dance & Deep Fit		Aqua Dance & Deep Fit	8:15am Hydro	
<b>8:55am</b>	Aqua Challenge & Deep Tabata		Aqua Challenge & Deep Tabata		Aqua Challenge & Deep Tabata		
<b>9:45am</b>	Water Wellness		Water Wellness		Water Wellness		
<b>12:00pm</b>			Hydro				
<b>2:00pm</b>	Arthritis		Arthritis		Arthritis		2:15pm Hydro
<b>6:10pm</b>		Hydro-Burst		Hydro-Burst Self Guided			
<b>6:15pm</b>		Deep Dynamics		Deep Dynamics			