



Dunigan YMCA Pool Schedule

April 1st- 21st, 2024

Monday

Time	Main Pool	Lap Lanes
5:00am-8:00am	Open Swim	Lap Swim
8:05am-12:00pm	Water Workout	Water Fitness
12:00pm-1:00pm	Open Swim	Lap Swim
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-4:30pm	Open Swim	Lap Swim
4:30pm-7:00pm	Group Lessons-	POOL CLOSED

Tuesday

Time	Main Pool	Lap Lanes
5:00am-6:00am	Open Swim	Lap Swim
6:00am-6:55am	Water Fitness	Lap Swim
7:00am-9:00am	Open Swim	Lap Swim
9:05am-10:00am	Water Workout	Water Fitness
10:00am-11:00am	Homeschool Lessons	Water Fitness
11:00am-12:00pm	Homeschool Lessons-	POOL CLOSED
12:00pm-1:00pm	Open Swim	Lap Swim
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-4:00pm	POOL CLOSED	
4:00pm-5:30pm	Open Swim	Lap Swim
5:30pm-6:15pm	Water Workout	Water Fitness
6:15pm-7:00pm	Open Swim	Lap Swim

Wednesday

Time	Main Pool	Lap Lanes
5:00am-8:00am	Open Swim	Lap Swim
8:05am-12:00pm	Water Workout	Water Fitness
12:00pm-1:00pm	Open Swim	Lap Swim
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-4:30pm	Open Swim	Lap Swim
4:30pm-7:00pm	Group Lessons-	POOL CLOSED

Thursday

Time	Main Pool	Lap Lanes
5:00am-6:00am	Open Swim	Lap Swim
6:00am-6:55am	Water Fitness	Lap Swim
7:00am-9:00am	Open Swim	Lap Swim
9:05am-11:00am	Water Workout	Water Fitness
11:00am-1:00pm	Open Swim	Lap Swim
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-4:00pm	POOL CLOSED	
4:00pm-5:30pm	Open Swim	Lap Swim
5:30pm-6:15pm	Lessons- CLOSED	Water Fitness
6:15pm-7:00pm	Open Swim	Adult Lessons

Friday

Time	Main Pool	Lap Lanes
5:00am-8:00am	Open Swim	Lap Swim
8:05am-12:00pm	Water Workout	Water Fitness
12:00pm-1:00pm	Open Swim	Lap Swim
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-7:00pm	Open Swim	Lap Swim

Saturday

Time	Main Pool	Lap Lanes
8:15am-1:00pm	Group Lessons-	POOL CLOSED
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-5:00pm	Open Swim	Lap Swim

Sunday

Time	Main Pool	Lap Lanes
12:00pm-1:00pm	Open Swim	Lap Swim
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-5:00pm	Open Swim	Lap Swim

ALL CHILDREN UNDER 10 MUST HAVE AN ADULT IN THE WATER WITH THEM AT ALL TIMES. THERE ARE NO EXCEPTIONS TO THIS POLICY.

We will NOT have Water Fitness classes on Monday, April 8th in observance of the Solar Eclipse. Swim Lessons will resume as normal.

Please Note:

- Water Workout times are reserved for adults wanting to do their own "Aquacise" workouts in the main pool instead of attending a class.
- *Sensory Swim- open swim hour for anyone who needs a calm and sensory friendly environment. Water features will not be on during this time, lifeguards will not use whistles, noise level will be maintained by lifeguards.
- During Lap Swim times: lap swimmers (actively swimming the length of the pool for exercise) have priority in the lanes over water walking/jogging. This is due to limited lane space and lap swim times. The app reservations take priority if the person who reserved is actively swimming laps. Water walkers: walking East to West in the main pool is 7yds. Walking North to South in the main pool is 10 yds

Dunigan Family YMCA Water Fitness

Water Fitness is included in membership and is open to members only. No registration is required, however please contact the Front Desk to be put on an email list for cancellations and updates.

Schedule:

Aquacise:

Tu, Th 6:00-6:45am

High Intensity- jump start your metabolism for the day. Enjoy an early morning shallow water aerobic workout. No swimming ability required.

Aqua Dance:

M, W, F 8:05-8:50am

High Intensity- Enjoy music from all genres and a high cardio workout as you dance along to your favorite tunes. You will feel a good workout and have fun while doing it!

Aqua Challenge:

M-F 9:05-9:50am

High Intensity- Challenge your cardiovascular and muscular capabilities, while using water resistance. This class is a total body workout.

Aqua Moves:

M, W, F 10:05-10:50am

Low/Moderate Intensity-AquaMoves is intended to improve agility, flexibility, and cardiovascular endurance and develop strength, balance, and coordination. No swimming ability required.

HydroVet:

Tu, Th 10:05-10:50am

Low/Moderate Intensity- Sponsored by The Vet Center. All are welcome, sign in on deck to attend. Recreation program that uses a variety of equipment for water resistance workouts intended to improve hand/eye coordination and cardiovascular health.

H2O Flow:

M, W, F 11:05-11:50am

Low Intensity- This is a low impact water exercise program designed to increase joint mobility and muscle strength. This class is intended to provide exercise that improves flexibility and movement.

Aqua Power:

Tu, Th 5:30-6:15pm

Moderate Intensity- Workout with interval training in strength and cardio. End your day with a workout that utilizes water resistance to provide a full body workout.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am		Aquacise		Aquacise	
8:00am	Aqua Dance		Aqua Dance		Aqua Dance
9:05am	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge
10:05am	Aqua Moves	HydroVets	Aqua Moves	HydroVets	Aqua Moves
11:05am	H2O Flow		H2O Flow		H2O Flow
5:30pm		Aqua Power		Aqua Power	