



Aquatic Center Schedule

March 18th – 24th

Hal Welsh East Area Family YMCA
200 Towne Drive Fayetteville, NY 13066
315-637-2025

Lap Pool							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am-7:30pm	5:30am-7:30pm	5:30am-7:30pm	5:30am-7:30pm	5:30am-7:30pm	6am-5:30pm	8am-5pm
					Swim Lessons ONLY 5-7:30pm	Swim Lessons ONLY 9am-12:10pm	
LASSES 3 Lanes	8:30a Aqua Blast 9:30a Aqua Walk 10:30a Hydro Run 4:00p Hydro Run 6:00p Aqua Cardio	9:30a Deep (max 35) 10:30a Aqua Zumba	8:30a Aqua Blast 9:30a Deep/Shallow Combo	9:30a Deep (max 35) 10:30a Aqua Zumba			
TRI USE 3 Lanes	9:30-10:30am		9:30-10:30am	4:30-5:30pm			

****Schedule is subject to change without Notice****

Therapy Pool* (therapeutic use only)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00am-12:00pm 4-4:45pm 6:15-7:30pm	8:00am-12:00pm 4-7:30pm	8:00am-12:00pm 4-7:30pm	8:00am-12:00pm 4-7:30pm	8:00am-12:00pm	12-3pm	8am-3pm
CLASSES Use Whole Pool	10:00a PiYoChi 11:00a Aqua Flow	9:00am Pilates 10:00a Joint Action 11:00a Joint Action 5:00p Aqua Flow 6:00p Aqua Flow	10:30a Arthritis 11:00a Aqua Flow 6:00p Arthritis	9:00a Aqua Yoga 10:00a Arthritis 11:00a PiYoChi 5:00p Aqua Flow 6:00p Aqua Flow	9:00am Aqua Yoga 10:00am Aqua Pilates		

Therapy Pool Classes use the entire pool. Pick up your wrist band at membership desk. You must be wearing a band in order participate in class. Classes are for **ALL** levels.

Activity Pool
Tuesday, March 19 th : 5-7pm
Wednesday, March 20 th : 5-7pm
Thursday, March 21 st : 5-7pm
Saturday, March 23 rd : 12:15-3pm
Sunday, March 24 th : 12-3pm