



# SALT FORK YMCA POOL SCHEDULE

## Spring 2021

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Lap Swim Family Rec Swim 5:30-9:00am	Lap Swim / Family Rec Swim 5:30-6:45am	Lap Swim Family Rec Swim 5:30-9:00am	Lap Swim / Family Rec Swim 5:30-6:45am	Lap Swim Family Rec swim 5:30-9:00am	Closed	Closed
6:00 AM		Deep Water 6:45am-7:30am		Deep Water 6:45am-7:30am			
6:30 AM						Lap Swim Family Rec Swim 7:30-9:00am	
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Rusty Hinges	Rogue H2O	Rusty Hinges	Lap Swim	Rusty Hinges	Closed	
9:30 AM	9:00-10:00am	9:00-10:00am	9:00-10:00am	Family Rec Swim 9:00-10:00am	9:00-10:00am		
10:00 AM	Lap Swim Family Rec Swim 10:00-1:00pm	Lap Swim Family Rec Swim 10:00-1:00pm	Lap Swim Family Rec Swim 10:00-1:00pm	Lap Swim Family Rec Swim 10:00-1:00pm	Lap Swim Family Rec Swim 10:00-1:00pm	Lap Swim Family Rec Swim 7:00-5:00 pm	
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Closed 1:00-3:30pm	Closed 1:00-3:30pm	Closed 1:00-3:30pm	Closed 1:00-3:30pm	Closed 1:00-3:30pm	Lap Swim Family Rec Swim 1:00-5:00 pm	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Lap Swim Family Rec Swim 3:30-5:00pm	Lap Swim Family Rec Swim 3:30-5:30pm	Lap Swim Family Rec Swim 3:30-5:00pm	FLap Swim Family Rec Swim 3:30-5:30pm	Lap Swim Family rec Swim 3:30-5:00pm		
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Deep Water 5:30-6:30pm	Aqua Zumba 5:30-6:30pm	Family Rec Swim 5:00-6:30pm	Aqua Zumba 5:30-6:30pm	Closed	Closed	Closed
6:00 PM							
6:30 PM							
7:00 PM	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family rec Swim			
7:30 PM							
8:00 PM							

Holiday & Inclement weather may effect the Aquatics Area availability.

**Lightning Policy:** In case of thunder/lightning storms, we will close the pool as recommended by YMCA of the USA guidelines. The pool will remain closed for 30 minutes after each detected lightning strike. Lifeguard on duty will make official decision on weather openings/closings.

## GROUP WATER EXERCISE:

### AQUA ZUMBA

- \* Low impact, high-energy aquatic exercise
- \* Aqua Zumba blends the Zumba philosophy with water resistance
- \* Less impact on your joints
- \* Water creates natural resistance, which helps tone muscles

### DEEP WATER AEROBICS

- \* Invigorating class to increase your sense of well-being through muscle toning
- \* While suspended in the deep water with your buoyancy equipment, you can perform almost any activity in the water that you do on land
- \* Zero impact class due to being in the deep water

### RUSTY HINGES

- \* Shallow water workout
- \* Focuses on range of motion, flexibility and light cardio
- \* Non-impact with resistance
- \* Great for arthritis and joint pain and/or recovering from an injury

### ROGUE H2O

- \* Class for any fitness level
- \* Vigorous aerobic exercise with little joint impact
- \* Improves your cardio level while strengthening your muscles

## GROUP SWIM LESSONS:

