



SALT FORK YMCA POOL SCHEDULE

Winter 2020

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Lap Swim 5:30-9:00am	Lap Swim / HS Swim Team 5:30-6:45am	Lap Swim 5:30-9:00am	Lap Swim / HS Swim Team 5:30-6:45am	Lap 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							
7:00 AM		Lap Swim 7:30-9:00am		Lap Swim 7:30-9:00am		Lap Swim 7:00-10:15am	
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Rusty Hinges 9:00-10:00am	Rogue H2O 9:00-10:00am	Rusty Hinges 9:00-10:00am	Rogue H2O 9:00-10:00am	Rusty Hinges 9:00-10:00am	Closed	
9:30 AM							
10:00 AM	Lap Swim 10:00-1:00pm	Lap Swim 10:00-1:00pm	Lap Swim 10:00-1:00pm	Lap Swim 10:00-1:00pm	Lap Swim 10:00-1:00pm	Family Rec Swim 10:15-12:00pm	
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	Closed	Lap Swim 1:00-3:15pm
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	HS Swim Team & Lap Swim 3:30-5:30pm	Rec Swim 3:30-5:30pm	HS Swim Team & Lap Swim 3:30-5:30pm	Rec Swim 3:30-5:30pm	HS Swim Team 3:30-5:00pm	Closed	
3:30 PM							
4:00 PM							
4:30 PM	Deep Water 5:30-6:30pm	Aqua Zumba 5:30-6:30pm	Rec Swim 5:00-6:30pm	Aqua Zumba 5:30-6:30pm	Closed	Closed	
5:00 PM							
5:30 PM							
6:00 PM	Closed	Closed	Closed	Closed	Closed	Closed	
6:30 PM							
7:00 PM							
7:30 PM	Closed	Closed	Closed	Closed	Closed	Closed	
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:

