



Eldon & Elsie Ward Family YMCA | August 17th - August 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 Lap Lanes Indoor Pool	6:15AM-8:00AM (Lap Pool) 8:15AM-11:45AM (Lap Pool) 1:15PM-2:00PM (Lap Pool)	6:15AM-8:00AM (Lap Pool) 8:15AM-2:00PM (Lap Pool) 5:00PM-6:15PM (Lap Pool) 7:30PM-8:00PM (Lap Pool)	6:15AM-8:00AM (Lap Pool) 8:15AM-11:45AM (Lap Pool) 5:00PM-6:15PM (Lap Pool)	6:15AM-8:00AM (Lap Pool) 8:15AM-2:00PM (Lap Pool)	6:15AM-8:00AM (Lap Pool) 10:00AM-11:00AM (Lap Pool) 3:15PM-5:30PM (Lap Pool)		
Lifeguard Break Indoor Pool	8:00AM-8:15AM (Lap Pool) 11:45AM-12:00PM (Lap Pool) 6:15PM-6:30PM (Lap Pool)	8:00AM-8:15AM (Lap Pool) 6:15PM-6:30PM (Lap Pool)	8:00AM-8:15AM (Lap Pool) 11:45AM-12:00PM (Lap Pool) 6:15PM-6:30PM (Lap Pool)	8:00AM-8:15AM (Lap Pool) 6:15PM-6:30PM (Lap Pool)	8:00AM-8:15AM (Lap Pool)	12:00PM-12:15PM (Lap Pool)	
SilverSneakers Classic Gymnasium REGISTER	9:00AM-10:00AM (Active Older Adult) <i>Staff Y.</i>				9:00AM-10:00AM (Active Older Adult) <i>Staff Y.</i>		
SilverSneakers CardioFit Gymnasium	10:00AM-11:00AM (Active Older Adult) <i>Karen G.</i>		10:00AM-11:00AM (Active Older Adult) <i>Karen G.</i>				
Aqua Fit Indoor Pool	12:00PM-1:00PM (Lap Pool)		12:00PM-1:00PM (Lap Pool)				
Scheduled Programming Gymnasium	1:00PM-2:00PM (Gymnasium) <i>Staff Y.</i> 5:30PM-6:30PM (Gymnasium) <i>Staff Y.</i>	1:00PM-2:00PM (Gymnasium) <i>Staff Y.</i> 5:00PM-6:00PM (Gymnasium) <i>Staff Y.</i> 6:00PM-8:00PM (Gymnasium)	8:00AM-9:00AM (Gymnasium) <i>Staff Y.</i> 1:00PM-2:00PM (Gymnasium) <i>Staff Y.</i> 5:30PM-6:30PM (Gymnasium) <i>Staff Y.</i>	6:00PM-8:00PM (Gymnasium) <i>Staff Y.</i>	8:00AM-9:00AM (Gymnasium) <i>Staff Y.</i> 1:00PM-2:00PM (Gymnasium) <i>Staff Y.</i>		
2 Lap Lanes Indoor Pool	5:00PM-6:15PM (Lap Pool) 6:30PM-8:00PM (Lap Pool)			5:00PM-6:15PM (Lap Pool) 6:30PM-8:00PM (Lap Pool)		10:15AM-12:00PM (Lap Pool) 12:15PM-2:15PM (Lap Pool)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium 6:00PM-7:00PM (Gymnasium) <i>Staff Y.</i> 6:30PM-8:45PM (Gymnasium) <i>Staff Y.</i>	6:00PM-7:00PM (Gymnasium) <i>Staff Y.</i> 6:30PM-8:45PM (Gymnasium) <i>Staff Y.</i>	11:00AM-1:00PM (Gymnasium) <i>Staff Y.</i> 6:00PM-8:45PM (Gymnasium) <i>Staff Y.</i>	9:00AM-1:00PM (Gymnasium) <i>Staff Y.</i> 2:00PM-5:30PM (Gymnasium) <i>Staff Y.</i> 6:30PM-8:45PM (Gymnasium)	11:00AM-12:00PM (Gymnasium) <i>Staff Y.</i> 8:00PM-8:45PM (Gymnasium) <i>Staff Y.</i>	9:00AM-1:00PM (Gymnasium) <i>Staff Y.</i>	8:00AM-3:45PM (Gymnasium) <i>Staff Y.</i>	
Yoga Flexibility Multipurpose Room	6:30PM-7:30PM (Mind Body) <i>Shakeyrah E.</i>		6:30PM-7:30PM (Mind Body) <i>Shakeyrah E.</i>				
Zumba Gymnasium	7:30PM-8:30PM (Dance) <i>Samantha D.</i>						
Pick Up Basketball Gymnasium		6:00AM-9:00AM (Gymnasium) <i>Staff Y.</i>	6:00AM-8:00AM (Gymnasium) <i>Staff Y.</i>	8:00AM-9:00AM (Gymnasium) <i>Staff Y.</i>	6:00AM-8:00AM (Gymnasium) <i>Staff Y.</i> 3:00PM-6:00PM (Gymnasium) <i>Staff Y.</i>		
Line Dance Wellness Studio REGISTER		10:00AM-11:30AM (Dance) <i>Beverly M.</i>		10:00AM-11:30AM (Dance) <i>Beverly M.</i>			
Scheduled Programming Indoor Pool		6:30PM-7:30PM (Lap Pool)					
SilverSneakers Classic Wellness Studio REGISTER			9:00AM-10:00AM (Active Older Adult) <i>Staff Y.</i>				
Family Open Swim Indoor Pool			6:30PM-8:00PM (Lap Pool)				
Pickleball Wellness Studio REGISTER				6:30PM-8:30PM (General) <i>Staff Y.</i>			
Chair Yoga Multipurpose Room REGISTER					8:00AM-9:00AM (Mind Body) <i>Teresa S.</i>		
3 Lap Lanes Indoor Pool					8:15AM-10:00AM (Lap Pool)		
SilverSneakers CardioFit Wellness Studio					10:00AM-11:00AM (Active Older Adult) <i>Karen G.</i>		
Yoga Stretch Multipurpose Room REGISTER						12:00PM-1:00PM (Mind Body) <i>Teresa S.</i>	

