



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Eastern Lycoming Aquatics Exercise schedule June 1st-August 31st

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5:45								5:45
6:30								6:30am
8:00	2 lap lanes <b>Water Aerobics</b>	2 lap lanes <b>Water Aerobics</b>	2 lap lanes <b>Water Aerobics</b>		2 lap lanes <b>Water Aerobics</b>			8:00
9:00	2 lap lanes <b>Fit &amp; Tone</b>		2 lap lanes <b>Fit &amp; Tone</b>		2 lap lanes <b>Fit &amp; Tone</b>			9:00
10:00	2 lap lanes <b>Water Fitness</b>			2 lap lanes <b>Water Fitness</b>				10:00
11:00	2 lap lanes Strength N' Stretch			2 lap lanes Strength N' Stretch				11:00
12:00pm							<b>OPENS at 12</b>	12:00pm
1:00								1:00
2:00								2:00
3:00								3:00
4:00				1 lap lane <b>Member Aerobics</b>		<b>Pool Closes 3:45</b>	<b>Pool Closes 3:45</b>	4:00

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
					Pool Closes 7:45			
8:00								8:00
9:00	Pool Closes 8:45	Pool Closes 8:45	Pool Closes 8:45	Pool Closes 8:45				9:00

**Program:** refers to scheduled class. **NO OPEN SWIM AT THESE TIMES.**

Water Aerobics-medium impact, Fit & Tone- low-medium impact, Water Fitness-high impact, Water Yoga- low impact  
 Water Moves - medium impact. Member Aerobics- medium impact.

**Member Aerobics:** member led aerobics class

\* **Please note:** that our schedule may change at times, check out our website at [www.rvrymca.org](http://www.rvrymca.org) for updates

***All members and guests agree to abide by River Valley Regional YMCA Aquatics Rules and Regulations. Please take a moment to familiarize yourself with all posted rules. The lifeguard has the authority to remove patrons for violation of facility rules.***