



Family YMCA of Black Hawk County

Aquatics Schedule - May 1 - July 31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:15 AM	5:00-9:15 AM	5:00-9:15 AM	5:00-9:15 AM	5:00-9:15 AM	7:00 AM - 3:30 PM	12:00-3:30PM
Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)	Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)	Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)	Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)	Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)	Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)	Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)
Cardio & Strength 9:15-10:00 AM Instructor: Lynda	Tabata 9:15-10:00 AM Instructor: Lynda	Boot Camp 9:15-10:00 AM Instructor: Lynda	Deep Water 9:15-10:00 AM Instructor: Lynda	Cardio & Strength 9:15-10:00 AM Instructor: Lynda		
		Water Arthritis 10:15-11:15 AM Instructor: Deb				Aqua Zumba 2:00-3:00 PM (1-3) Brenda
10:00 AM - 1:30 PM	10:00 AM - 1:30 PM	10:15 AM - 1:30 PM	10:00 AM - 1:30 PM	10:00 AM - 1:30 PM		
Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)		
3:30 - 5:00 PM	3:30 - 5:00 PM	3:30 - 5:00 PM	3:30 - 5:00 PM	3:30 - 5:00 PM		
Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)	Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)	Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)	Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)	Lap Swim (Lanes 1-5) Recreational Swimming (Lane 6)		
Cardio & Strength 6:00-6:45 PM Instructor: Kristyne		Cardio & Strength 6:00-6:45 PM Instructor: Kelsey				
POOL CLOSSES @ 7:30 PM	POOL CLOSSES @ 7:30 PM	POOL CLOSSES @ 7:30 PM	POOL CLOSSES @ 7:30 PM	POOL CLOSSES @ 6:30 PM	POOL CLOSSES @ 3:30 PM	POOL CLOSSES @ 3:30 PM