



GET FIT TOGETHER

GROUP FITNESS SCHEDULE

JUNE 1ST - AUGUST 3RD

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEET OUR TEAM



Amber Christensen
Group Fitness Coordinator

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Y WE Walk Club 8:00am - 9:00am</p> <p>H2O Aerobics 8:00am - 9:00am</p> <p>ZUMBA 9:30am - 10:30am Court 2</p> <p>SILVER SNEAKERS 8:30am - 9:30am Community Room</p> <p>LUNCH CRUNCH 12:00pm - 12:30pm Community Room</p> <p>Build N' Burn 5:30pm - 6:15pm Community Room</p> <p>Yoga Stretch & Restore 6:30pm - 7:30pm Community Room</p>	<p>Sunrise Yoga 6:30am - 7:30am Community Room</p> <p>H2O Aerobics 8:00am - 9:00am</p> <p>TONING 9:00am - 10:00am Community Room</p> <p>HIIT 12:00pm - 12:30pm Community Room</p> <p>HIGH IMPACT CLASS 6:00pm - 7:00pm Community Room</p> <p>Aqua Tabata 6:15pm - 7:15pm</p>	<p>Cycling 6:00am - 6:45am Community Room</p> <p>Y WE Walk Club 8:00am - 9:00am</p> <p>H2O Aerobics 8:00am - 9:00am</p> <p>SILVER SNEAKERS 8:30am - 9:30am Community Room</p> <p>STRONG NATION 9:30am - 10:30am Community Room</p> <p>LUNCH CRUNCH 12:00pm - 12:30pm Community Room</p> <p>Cycling 5:30pm - 6:00pm Community Room</p> <p>TONE & SCULPT 45 6:15pm - 7:00pm Community Room</p>	<p>H2O Silver Sneakers 8:00am - 9:00am</p> <p>TONING 9:00am - 10:00am Community Room</p> <p>HIIT 12:00pm - 12:30pm Community Room</p> <p>TABATA 5:30pm - 6:30pm Community Room</p>	<p>ZUMBA 8:00am - 9:00am Community Room</p> <p>Chair/Mat Yoga 9:00am - 9:30am Community Room</p> <p>All-Level Yoga 9:30am - 10:30am Community Room</p> <p>H2O Aerobics 10:30am - 11:30am</p> <p>LUNCH CRUNCH 12:00pm - 12:30pm Community Room</p>	<p>AQUA ZUMBA 10:00am - 11:00am</p>	

Things you need to know!

- (if applicable) Lap lanes will be available during water classes.
- Participants must disinfect equipment before and after each use.

Group Fitness Spotlight

Y We Walk Club
Every Monday and Wednesday at 8am

GROUP FITNESS POLICIES

- Members, age 13+ may participate in all group exercise classes.
- Members aged 8 - 12 may participate in classes only with instructor approval and if they are accompanied by an adult (18+) who is participating in the class.
- T-shirts, shorts, sweat pants, tights, leotards, socks, and closed-toe athletic shoes are acceptable.
- No street clothes - including jeans, sandals, or swimsuits are allowed in floor exercise classes.
- Water fitness class participants must wear lined swim trunks or swimsuits. Cotton clothing is not allowed.

Classes are subject to change with little to no notice. Stay up to date with schedule changes and more by signing up for information by text. Text @saymca4 to 81010.

Child Watch Hours of Operation

Monday - Friday

8am - 1pm

5pm - 8pm

Saturday

9am - 1pm

Child watch is offered for free to members with a Family or Single Parent Family membership. Child watch can be purchased for a fee of \$2 per child for 2hrs

RESPECT EACH OTHER, BUILD RELATIONSHIPS AND IMPROVE YOUR HEALTH WHILE HAVING FUN!



FOR YOUTH DEVELOPMENT®
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SUMMER POOL SCHEDULE

JUNE 1 - AUGUST 14, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:30am - 8:00am	Lap Swim & Water Fitness 5:30am - 8:00am	Lap Swim 5:30am - 8:00am	Lap Swim & Water Fitness 5:30am - 8:00am	Lap Swim 5:30am - 8:00am	Lap Swim 8:00am - 10:00am	
H2O Aerobics 8:00am - 9:00am	H2O Aerobics 8:00am - 9:00am	H2O Aerobics 8:00am - 9:00am	H2O Aerobics 8:00am - 9:00am	Water Fitness 8:00am - 9:00am	Aqua Zumba 10:00am - 11:00am	
Swim Lessons 9:00am - 10:30am	Swim Lessons 9:00am - 10:30am	Swim Lessons 9:00am - 10:30am	Swim Lessons 9:00am - 10:30am	H2O Aerobics 10:30am - 11:30am	Water Fitness 11:00am - 12:00pm	
Water Fitness & Lap Swim 10:30pm - 12:00pm	Water Fitness & Lap Swim 10:30pm - 12:00pm	Water Fitness & Lap Swim 10:30pm - 12:00pm	Water Fitness & Lap Swim 10:30pm - 12:00pm	Lap Swim 11:30am - 1:00pm		
Swim Club 12:00pm - 1:00pm	Swim Club 12:00pm - 1:00pm	Swim Club 12:00pm - 1:00pm	Swim Club 12:00pm - 1:00pm			
Program Swim 1:00pm - 3:00pm	Open Swim 1:00pm - 4:00pm	Open Swim Starts at 2:30pm	Program Swim 1:00pm - 3:00pm		Open Swim 12:00pm - 4:45pm	Open Swim 1:00pm - 4:45pm
Open Swim Starts at 3:30pm	Swim Lessons 4:00pm - 6:00pm	Open Swim	TRANSITION PROGRAMS	Open Swim 2:00pm - 7:45pm		
Swim Club 5:15pm - 6:15pm	Aqua Tabata 6:15pm - 7:15pm	Swim Club 5:15pm - 6:15pm	Swim Lessons 4:00pm - 6:00pm			
Open Swim Ends at 8:45pm	Open Swim 7:15pm - 8:45pm	Open Swim Ends at 8:45pm	Open Swim 6:15pm - 8:45pm			

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE TO NO NOTICE.

For real-time updates, subscribe to the REMIND app. Simply text @saymca3 to 81010

Activities indicated in **BLUE** are instructor-led classes. The participants in these classes must have the ability to hear the instructor with no distraction. Please be mindful of others and the activities taking place.

ALL SWIMMERS YOUNGER THAN 16 YEARS OF AGE MUST TAKE A SWIM TEST ANNUALLY TO UTILIZE THE DEEP END.

(Those who lack strong swim skills may be required to perform the swim test.)

The swim test is as follows:

Enter water by jumping in and surfacing to the top, tread water for 60 seconds, swim the length of the pool consistently and unassisted showing a front crawl stroke, and float on the back showing the skill is efficient.

Lap lanes may be restricted during aquatic programming, Open Swim, Swim Lessons, and/or during water aerobic fitness classes.

Inclement Weather Policy:

The pool will close due to lightning or thunder for 30 mins. Every occurrence of lightning and thunder will restart the 30 mins.

Hot Tub:

will be closed on the second Tuesday of each month for cleaning and maintenance.



Gym Schedule - Court 2

Summer Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Court 5:00am - 9:30am	Open Court 5:00am - 9:00am	Open Court 5:00am - 9:00am	Open Court 5:00am - 9:00am		Open Court Opens at 8:00am Open Court Closes at 5:00pm	
Zumba@ 9:30am - 10:30am	Pickleball 9:00am - 11:00am	Pickleball 9:00am - 11:00am	Pickleball 9:00am - 11:00am			
Noonball 18+ 11:30am - 1:00pm	Noonball 18+ 11:30am - 1:00pm	Noonball 18+ 11:30am - 1:00pm	Noonball 18+ 11:30am - 1:00pm	Noonball 18+ 11:30am - 1:00pm		
Y Program 1:00pm - 5:00pm	Y Program 1:00pm - 5:00pm	Y Program 1:00pm - 5:00pm	Y Program 1:00pm - 9:00pm			
Open Court 5:00pm - 6:00pm	Open Court 5:00pm - 6:00pm	Personal Training 5:00pm - 6:30pm		Open Court 1:00pm - 8:00pm		
Open Court - Pickleball 6:00pm - 9:00pm	Open - Youth Basketball Full Court 17 years and under 6:00pm - 9:00pm	Open - Full Court Volleyball 6:30pm - 9:00pm	Y Program 1:00pm - 9:00pm			Open Court 1:00pm - 5:00pm

*Schedule is subject to change with little to no notice.

Court 1 & 2 will be closed from May 23 - June 8, 2022 for resurfacing.

GYMNASIUM POLICIES

1. Due to safety issues, no food or drinks other than water are allowed in the gym.
2. Sport approved and appropriate clothing and shoes must be worn at all times.
(No cleats, dress shoes, or boots)
1. Dunking and hanging from rims is prohibited and will result in removal from the Y.
2. Mishandling of balls and equipment is prohibited (no throwing, kicking, etc). Please return the equipment to its proper area.
3. Gym doors and hallways are equipped with alarms. Exit doors are to be opened in building emergencies only or by Y staff.
4. Disagreements, disputes, and arguments will be settled in a polite, timely, and nonviolent manner.
5. Members, guests, and participants are responsible for any damages resulting from misconduct or misuse of equipment and facilities.
6. Members, guests, and participants will conduct themselves in a sportsmanlike manner;
PROFANITY, SPITTING, UNSPORTSMANLIKE CONDUCT, PROVOCATIVE LANGUAGE AND ACTIONS ARE PROHIBITED.
1. Youth under the age of 8 MUST be physically accompanied by an adult while in the gym.
2. The Y he's not responsible for lost or stolen articles. Please keep valuables at home or in a locked locker.

- Open Court:**
Members and guests are allowed to play on courts.
- Noonball 18+:**
Members and guests who are 18 years of age and up can play full-court basketball
- Y-Programs/ Y Childcare/Zumba:**
The court will be unavailable to members and guests until the program is over.
- Full Court Pickleball, Basketball, Volleyball:**
During these times, courts will be used for the scheduled sport.
- Personal Training:**
One of the YMCA trainers will be using the gym. Members and guests will not have access.
To obtain a basketball, visit the Welcome Center. Collateral such as car keys or cellular devices can be left for a basketball.



Gym Schedule - Court 3

Summer Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Y Childcare Starts at 6:00am</p> <p>Y Childcare Ends at 6:00pm</p> <p>Open Court 6:00pm - 9:00pm</p>	<p>Y Childcare Starts at 6:00am</p> <p>Y Childcare Ends at 6:00pm</p> <p>Open Court 6:00pm - 9:00pm</p>	<p>Y Childcare Starts at 6:00am</p> <p>Y Childcare Ends at 6:00pm</p> <p>Open Court 6:00pm - 9:00pm</p>	<p>Y Childcare Starts at 6:00am</p> <p>Y Childcare Ends at 6:00pm</p> <p>Open Court 6:00pm - 9:00pm</p>	<p>Y Childcare Starts at 6:00am</p> <p>Y Childcare Ends at 6:00pm</p> <p>Open Court 6:00pm - 9:00pm</p>	<p>Open Court Opens at 8:00am</p> <p>Open Court Closes at 5:00pm</p>	<p>Open Court 1:00pm - 5:00pm</p>

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