



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

June Aquatic Class Schedule

YMCA of Greenville & Hunt County

Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Closed 05:30-08:00am Pool Closed	Pool Closed 05:30-06:30am Pool Closed	Pool Closed 05:30-08:00am Pool Closed	Pool Closed 05:30-06:30am Pool Closed	Pool Closed 05:30-08:00am Pool Closed		
	Lap Swim 06:30-09:00am Aquatics Staff		Lap Swim 06:30-09:00am Aquatics Staff			
Hydrobics 08:00-09:00am Becky		Hydrobics 08:00-09:00am Becky		Hydrobics 08:00-09:00am Becky		
Hydrobics 09:00-10:00am Becky	Deep H2O 09:00-10:00am Becky	Aqua Boot Camp 09:00-10:00am Becky	Deep H2O 09:00-10:00am Becky	Hydrobics 09:00-10:00am Becky	High Quality H2O 09:00-10:00am Becky	
Shallow H2O 10:00-11:00am Richard	Rusty Joints 10:00-11:00am Gloria	Shallow H2O 10:00-11:00am Richard	Rusty Joints 10:00-11:00am Gloria	Shallow H2O 10:00-11:00am Richard	Open Swim 10:00-04:45pm Aquatics Staff	
Lap Swim 11:00-01:00pm Aquatics Staff	Lap Swim 11:00-01:00pm Aquatics Staff	Lap Swim 11:00-01:00pm Aquatics Staff	Lap Swim 11:00-01:00pm Aquatics Staff	Lap Swim 11:00-01:00pm Aquatics Staff		
Open Swim 01:00-05:30pm Aquatics Staff	Open Swim 01:00-05:30pm Aquatics Staff	Open Swim 01:00-05:30pm Aquatics Staff	Open Swim 01:00-05:30pm Aquatics Staff	Open Swim 01:00-08:45pm Aquatics Staff		
					Pool Closed 04:45-05:00pm Pool Closed	
Hydro Deep H2O 05:30-06:30pm Paula	Aqua Zumba 05:30-06:30pm Lisa	Aqua Zumba 05:30-06:30pm Lisa	Hydrobics 05:30-06:30pm Carleta			Pool Closed 05:45-06:00pm Pool Closed
	Hydro Deep H2O 05:30-06:30pm Paula					
Open Swim 06:30-08:45pm Aquatics Staff	Open Swim 06:30-08:45pm Aquatics Staff	Open Swim 06:30-08:45pm Aquatics Staff	Open Swim 06:30-08:45pm Aquatics Staff			
Pool Closed 08:45-09:00pm Pool Closed	Pool Closed 08:45-09:00pm Pool Closed	Pool Closed 08:45-09:00pm Pool Closed	Pool Closed 08:45-09:00pm Pool Closed	Pool Closed 08:45-09:00pm Pool Closed		



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Descriptions

AQUA BOOT CAMP - Cardio Boot Camp H2O style

AQUA ZUMBA - Just like Zumba but with water!

DEEP H2O - A high intensity non-impact total body workout. With the assistance of flotation devices (which are provided), participants are given the opportunity to improve both muscular strength and cardiovascular endurance.

HIGH QUALITY H2O - A powerful workout that utilizes both shallow and deep water. This total body, high intensity workout includes a tremendous cardio segment as well as segments for strength and tone.

HYDRO DEEP H2O - Deep Water Hydrobics

HYDROBICS - Hydrobics

LAP SWIM - Lap Swim

OPEN SWIM - Pool is open for lap swimming and family time swimming.

POOL CLOSED - Pool is closed during this time.

RUSTY JOINTS - A low to moderate level water exercise class designed to increase range of motion and decrease arthritis pain.

SHALLOW H2O - A low to moderate level water exercise class designed to increase range of motion and decrease arthritis pain.