



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Indoor Pool Schedule

## BLOSSMAN FAMILY YMCA

### July 2020

- This schedule is subject to change based on program needs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RESERVED INDOOR LAP SWIMMING 5:00 AM - 7:30 PM	RESERVED INDOOR LAP SWIMMING 5:00 AM - 12:30 PM	RESERVED INDOOR LAP SWIMMING 5:00 AM - 7:30 PM	RESERVED INDOOR LAP SWIMMING 5:00 AM - 12:30 PM	RESERVED INDOOR LAP SWIMMING 5:00 AM - 7:30 PM	RESERVED INDOOR LAP SWIMMING 8:00 AM - 4:30 PM	RESERVED INDOOR LAP SWIMMING 1:00 PM - 4:30 PM
	AQUA ZUMBA 9:30 - 10:15 AM 4 LANES	WATER STAMINA 7/15 - 8/01 10:00 - 11:00 AM 3 LANES	AQUA FIT 8:30 - 9:30 AM 4 LANES		WATER STAMINA 7/15 - 8/01 10:00 - 11:00 AM 3 LANES	
	WATER DISCOVERY EXPLORATION 7/14 - 8/06 10:30 - 11:00 AM		WATER DISCOVERY EXPLORATION 7/14 - 8/06 10:30 - 11:00 AM			
	AQUA BLASTERS 12:30 - 1:30 PM RESERVED NO LAP SWIMMING		AQUA ARTHRITIS 12:30 - 1:30 PM RESERVED NO LAP SWIMMING			
WATER MOVEMENT 7/15 - 8/01 2:00 - 2:50 PM		WATER MOVEMENT 7/15 - 8/01 2:00 - 2:50 PM		RESERVED INDOOR LAP SWIMMING 5:00 AM - 7:30 PM	RESERVED INDOOR LAP SWIMMING 8:00 AM - 4:30 PM	RESERVED INDOOR LAP SWIMMING 1:00 AM - 4:30 PM
WATER ACCLIMATION 7/13 - 7/23 4:00 - 4:50 PM	WATER ACCLIMATION 7/13 - 7/23 4:00 - 4:50 PM	WATER ACCLIMATION 7/13 - 7/23 4:00 - 4:50 PM	WATER ACCLIMATION 7/13 - 7/23 4:00 - 4:50 PM			
	RESERVED INDOOR LAP SWIMMING 1:30 PM 7:30 PM		RESERVED INDOOR LAP SWIMMING 1:30 PM 7:30 PM			

Junior Lifeguard Course

July 14, 15, 16 2:00 pm to 3:00 pm (Indoor Pool) 3:00 pm to 4:00 pm (Outdoor Pool)

St. Martin High School Swim Team Clinic

July 27, 28, 29 7:00 am to 9:00 am (Indoor Pool) 3 lanes



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Outdoor Pool Schedule

**BLOSSMAN FAMILY YMCA**

**July 2020**

This schedule is subject to change based on program needs and if swim lessons make.

- During Group Swim lessons and Camp Kids pool usage, members are **NOT ALLOWED** to swim in outdoor pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WATER ACCLIMATION</b> 7/13 - 8/05 9:00 - 9:50 AM	<b>MEMBER SWIM TIMES</b> 10:00 AM TO 2:00 PM	<b>WATER ACCLIMATION</b> 7/13 - 8/05 9:00 - 9:50 AM	<b>TACONI CAMP KIDS</b> 9:00 AM - 12:00 PM  <b>NO MEMBER SWIMMING OUTDOOR POOL</b>	<b>TACONI CAMP KIDS</b> 10:00 AM - 1:00 PM  <b>NO MEMBER SWIMMING OUTDOOR POOL</b>	<b>WATER MOVEMENT</b> 7/15 - 8/01 10:00 - 10:50 AM	<b>MEMBER SWIM TIMES</b> 1:00 PM TO 4:30 PM
<b>TACONI CAMP KIDS</b> 10:00 AM - 1:00 PM  <b>NO MEMBER SWIMMING OUTDOOR POOL</b>		<b>NO MEMBER SWIMMING OUTDOOR POOL</b>			<b>NO MEMBER SWIMMING OUTDOOR POOL</b>	
<b>MEMBER SWIM TIMES</b> 1:00 PM TO 6:00 PM		<b>WATER MOVEMENT</b> 7/15 - 8/01 10:00 - 10:50 AM  <b>NO MEMBER SWIMMING OUTDOOR POOL</b>	<b>MEMBER SWIM TIMES</b> 12:00 PM TO 2:00 PM	<b>MEMBER SWIM TIMES</b> 1:00 PM TO 6:00 PM	<b>MEMBER SWIM TIMES</b> 11:00 AM TO 4:30 PM	
	<b>WATER STAMINA</b> 7/14 - 7/30 2:00 - 3:00 PM		<b>WATER STAMINA</b> 7/14 - 7/30 2:00 - 3:00 PM			
	<b>MEMBER SWIM TIMES</b> 3:00 PM TO 6:00 PM	<b>MEMBER SWIM TIMES</b> 11:00 AM TO 6:00 PM	<b>MEMBER SWIM TIMES</b> 3:00 PM TO 6:00 PM			<b>MEMBER SWIM TIMES</b> 1:00 PM TO 4:30 PM

Junior Lifeguard Course

July 14, 15, 16 2:00 pm to 3:00 pm (Indoor Pool) 3:00 pm to 4:00 pm (Outdoor Pool)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Aqua Arthritis (Thursdays 12:30 p.m.—1:30 p.m.)**

A beginner water class that focuses on range of motion exercises and balance. Shallow water only.

**Aqua Blasters (Tuesdays 12:30 p.m.—1:30 p.m.)**

A step up from Aqua Arthritis. This class also uses pool bars for exercises. 20 minutes of cardio and jogging, range of motion exercises, and then stretching and cool down. All done in the shallow end of the pool.

**Aqua Fit (Thursday 8:30 a.m.—9:30 a.m.)**

A fusion of aquatic fitness techniques to build core strength, flexibility, cardio and endurance. Mostly done in the shallow end of the pool, with the option of deep end usage.

**Water Zumba (Tuesday 9:30 a.m.—10:15 a.m.)**

Aqua Zumba a safe, challenging, *water*-based workout that's cardio-conditioning, body-toning, exhilarating beyond belief with a mixture of exciting music to motivate you.