



Downtown Hartford YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim-Lap Lane 1 Lap Pool Sign Up	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	
	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	
	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	
	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	
	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff		
	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff		
	8:00AM-8:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff		
	8:30AM-9:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff		
	9:00AM-9:30AM (Lap Swim) Staff	9:00AM-9:30PM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff		
	9:30AM-10:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff		
	10:00AM-10:30AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff		
	10:30AM-11:00AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff		
	11:00AM-11:30AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff		
	11:30AM-12:00PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff		
	12:00PM-12:30PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff		
	12:30PM-1:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff		
	1:00PM-1:30PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff		
	3:30PM-4:00PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff			3:30PM-4:00PM (Lap Swim) Staff		
	4:00PM-4:30PM (Lap Swim) Staff				4:00PM-4:30PM (Lap Swim) Staff		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim-Lap Lane 2 Lap Pool Sign Up	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	
	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	
	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	
	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	
	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>		
	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>		
	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>		
	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	8:30AM-9:00AM (Lap Swim) <i>Staff</i>		
	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	10:30AM-11:00AM (Lap Swim) <i>Staff</i>	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	9:00AM-9:30AM (Lap Swim) <i>Staff</i>		
	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	10:30AM-11:00AM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>		
	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	10:30AM-11:00AM (Lap Swim) <i>Staff</i>	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	10:30AM-11:00AM (Lap Swim) <i>Staff</i>		
	10:30AM-11:00AM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	11:00AM-11:30AM (Lap Swim) <i>Staff</i>		
	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>		
	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	1:00PM-1:30PM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>		
	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	3:00PM-3:30PM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	1:00PM-1:30PM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>		
	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	3:30PM-4:00PM (Lap Swim) <i>Staff</i>	1:00PM-1:30PM (Lap Swim) <i>Staff</i>	3:30PM-4:00PM (Lap Swim) <i>Staff</i>	1:00PM-1:30PM (Lap Swim) <i>Staff</i>		
	1:00PM-1:30PM (Lap Swim) <i>Staff</i>	4:00PM-4:30PM (Lap Swim) <i>Staff</i>	3:30PM-4:00PM (Lap Swim) <i>Staff</i>	4:00PM-4:30PM (Lap Swim) <i>Staff</i>	3:30PM-4:00PM (Lap Swim) <i>Staff</i>		
	3:30PM-4:00PM (Lap Swim) <i>Staff</i>				4:00PM-4:30PM (Lap Swim) <i>Staff</i>		
	4:00PM-4:30PM (Lap Swim) <i>Staff</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim-Lap Lane 3 Lap Pool Sign Up	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	
	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	
	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	
	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	
	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	
	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:30AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	
	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	
	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	10:30AM-11:00AM (Lap Swim) <i>Staff</i>	
	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	
	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	10:30AM-11:00AM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	
	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	
	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	10:30AM-11:00AM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>		
	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	1:00PM-1:30PM (Lap Swim) <i>Staff</i>	1:00PM-1:30PM (Lap Swim) <i>Staff</i>		
	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	3:30PM-4:00PM (Lap Swim) <i>Staff</i>	3:30PM-4:00PM (Lap Swim) <i>Staff</i>		
	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	1:00PM-1:30PM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	4:00PM-4:30PM (Lap Swim) <i>Staff</i>	4:00PM-4:30PM (Lap Swim) <i>Staff</i>		
	1:00PM-1:30PM (Lap Swim) <i>Staff</i>	3:30PM-4:00PM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	4:30PM-5:00PM (Lap Swim) <i>Staff</i>	4:30PM-5:00PM (Open Swim) <i>Staff</i>		
	3:30PM-4:00PM (Lap Swim) <i>Staff</i>	4:00PM-4:30PM (Lap Swim) <i>Staff</i>	3:30PM-4:05PM (Lap Swim) <i>Staff</i>	5:00PM-5:30PM (Lap Swim) <i>Staff</i>	5:00PM-5:30PM (Open Swim) <i>Staff</i>		
	4:00PM-4:30PM (Lap Swim) <i>Staff</i>	4:30PM-5:00PM (Lap Swim) <i>Staff</i>	4:30PM-5:00PM (Lap Swim) <i>Staff</i>	5:30PM-6:00PM (Lap Swim) <i>Staff</i>	5:30PM-6:00PM (Open Swim) <i>Staff</i>		
	4:30PM-5:00PM (Lap Swim) <i>Staff</i>	5:30PM-6:00PM (Lap Swim) <i>Staff</i>	5:00PM-5:30PM (Lap Swim) <i>Staff</i>	6:00PM-6:30PM (Lap Swim) <i>Staff</i>	6:00PM-6:30PM (Open Swim) <i>Staff</i>		
	5:00PM-5:30PM (Lap Swim) <i>Staff</i>	6:00PM-6:30PM (Lap Swim) <i>Staff</i>	5:30PM-6:00PM (Lap Swim) <i>Staff</i>				
	5:30PM-6:00PM (Lap Swim) <i>Staff</i>		6:00PM-6:30PM (Lap Swim) <i>Staff</i>				
	6:00PM-6:30PM (Lap Swim) <i>Staff</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim-Lap Lane 4 Lap Pool Sign Up	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	5:00AM-5:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	
	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	5:30AM-6:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	
	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	6:00AM-6:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	
	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	6:30AM-7:00AM (Lap Swim) <i>Staff</i>	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	
	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	7:00AM-7:30AM (Lap Swim) <i>Staff</i>	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	
	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	7:30AM-8:00AM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	
	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	8:00AM-8:30AM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	
	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	8:30AM-9:00AM (Lap Swim) <i>Staff</i>	10:30AM-11:00AM (Lap Swim) <i>Staff</i>	
	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	9:00AM-9:30AM (Lap Swim) <i>Staff</i>	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	
	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	9:30AM-10:00AM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	
	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	10:30AM-11:00AM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	10:00AM-10:30AM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	
	10:30AM-11:00AM (Lap Swim) <i>Staff</i>	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	10:30AM-11:00AM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>		
	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	11:00AM-11:30AM (Lap Swim) <i>Staff</i>	1:00PM-1:30PM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>		
	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	11:30AM-12:00PM (Lap Swim) <i>Staff</i>	3:30PM-4:00PM (Lap Swim) <i>Staff</i>	1:00PM-1:30PM (Lap Swim) <i>Staff</i>		
	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	12:00PM-12:30PM (Lap Swim) <i>Staff</i>	4:00PM-4:30PM (Lap Swim) <i>Staff</i>	3:30PM-4:00PM (Lap Swim) <i>Staff</i>		
	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	1:00PM-1:30PM (Lap Swim) <i>Staff</i>	12:30PM-1:00PM (Lap Swim) <i>Staff</i>	4:30PM-5:00PM (Lap Swim) <i>Staff</i>	4:00PM-4:30PM (Lap Swim) <i>Staff</i>		
	1:00PM-1:30PM (Lap Swim) <i>Staff</i>	3:30PM-4:00PM (Lap Swim) <i>Staff</i>	1:00PM-1:30PM (Lap Swim) <i>Staff</i>	5:00PM-5:30PM (Lap Swim) <i>Staff</i>			
	3:30PM-4:00PM (Lap Swim) <i>Staff</i>	4:00PM-4:30PM (Lap Swim) <i>Staff</i>	3:30PM-4:00PM (Lap Swim) <i>Staff</i>	5:30PM-6:00PM (Lap Swim) <i>Staff</i>			
	4:00PM-4:30PM (Lap Swim) <i>Staff</i>	4:30PM-5:00PM (Lap Swim) <i>Staff</i>	4:00PM-4:30PM (Lap Swim) <i>Staff</i>	6:00PM-6:30PM (Lap Swim) <i>Staff</i>			
	4:30PM-5:00PM (Lap Swim) <i>Staff</i>	5:00PM-5:30PM (Lap Swim) <i>Staff</i>	4:30PM-5:00PM (Lap Swim) <i>Staff</i>				
	5:00PM-5:30PM (Lap Swim) <i>Staff</i>	5:30PM-6:00PM (Lap Swim) <i>Staff</i>	5:00PM-5:30PM (Lap Swim) <i>Staff</i>				
	5:30PM-6:00PM (Lap Swim) <i>Staff</i>	6:00PM-6:30PM (Lap Swim) <i>Staff</i>	5:30PM-6:00PM (Lap Swim) <i>Staff</i>				
	6:00PM-6:30PM (Lap Swim) <i>Staff</i>		6:00PM-6:30PM (Lap Swim) <i>Staff</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtual BodyPump 60 min Studio 1 Sign Up	6:00AM-7:00AM (Strength Training) <i>Les M.</i>		6:00AM-7:00AM (Strength Training) <i>Les M.</i>		6:00AM-7:00AM (Strength Training) <i>Les M.</i>	11:30AM-12:30PM (Strength Training) <i>Les M.</i>	
Virtual CORE 15 min Studio 1 Sign Up	7:05AM-7:20AM (Strength Training) <i>Les M.</i>	7:05AM-7:20AM (Strength Training) <i>Les M.</i>	7:05AM-7:20AM (Strength Training) <i>Les M.</i>	7:05AM-7:20AM (Strength Training) <i>Les M.</i>	7:05AM-7:20AM (Strength Training) <i>Les M.</i>		
Virtual BodyBalance 45 min Studio 1 Sign Up	7:45AM-8:30AM (Mind-Body, Yoga, & Pilates) <i>Les M.</i> 2:45PM-3:45PM (Cardio) <i>Les M.</i>	7:45AM-8:30AM (Mind-Body, Yoga, & Pilates) <i>Les M.</i>	7:45AM-8:30AM (Mind-Body, Yoga, & Pilates) <i>Les M.</i>	7:45AM-8:30AM (Mind-Body, Yoga, & Pilates) <i>Les M.</i>	1:00PM-2:00PM (Mind-Body, Yoga, & Pilates) <i>Les M.</i>		
Virtual RPM 50 min Studio 1 Sign Up	11:00AM-11:50AM (Group Cycle) <i>Les M.</i>			3:00PM-3:50PM (Cardio) <i>Les M.</i>	3:00PM-3:50PM (Cardio) <i>Les M.</i>	8:00AM-8:50AM (Strength Training) <i>Les M.</i>	
Virtual BodyCombat 60 min Studio 1 Sign Up	1:30PM-2:30PM (Cardio) <i>Les M.</i>	6:00PM-6:45PM (Cardio) <i>Les M.</i>	12:30PM-1:30PM (Cardio) <i>Les M.</i>	6:00PM-6:45PM (Cardio) <i>Les M.</i>			
Virtual CORE 30 min Studio 1 Sign Up	4:15PM-4:45PM (Strength Training) <i>Les M.</i>	2:30PM-3:00PM (Strength Training) <i>Les M.</i>	4:15PM-4:45PM (Strength Training) <i>Les M.</i>	2:30PM-3:00PM (Strength Training) <i>Les M.</i>			
Group Cycle Cycle Studio Sign Up	5:45PM-6:45PM (Group Cycle) <i>Irina S.</i>	12:15PM-1:00PM (Group Cycle) <i>Natalie Z.</i>					
Zumba Studio 1 Sign Up	5:45PM-6:45PM (Dance Exercise) <i>Adrianna T.</i>	5:00PM-5:45PM (Dance Exercise) <i>Adriana S.</i>	5:45PM-6:45PM (Dance Exercise) <i>Jessica B.</i>	5:00PM-5:45PM (Dance Exercise) <i>Adriana S.</i>	5:30PM-6:30PM (Dance Exercise) <i>Adriana S.</i>	10:00AM-11:00AM (Dance Exercise) <i>Adrianna T.</i>	
Virtual BodyCombat 45 min Studio 1 Sign Up		6:00AM-6:45AM (Cardio) <i>Les M.</i>		6:00AM-6:45AM (Cardio) <i>Les M.</i> 11:00AM-11:45AM (Cardio) <i>Les M.</i>	4:30PM-5:15PM (Cardio) <i>Les M.</i>	9:00AM-9:45AM (Cardio) <i>Les M.</i>	
Silver Sneakers Classic VIRTUAL Sign Up		11:00AM-11:45AM (Virtual Classes) <i>Glenn C.</i>					
Virtual Core 45 min Studio 1 Sign Up		11:00AM-11:45AM (Strength Training) <i>Les M.</i> 1:30PM-2:15PM (Virtual Classes) <i>Les M.</i>		10:00AM-10:45AM (Strength Training) <i>Les M.</i> 1:30PM-2:15PM (Strength Training) <i>Les M.</i>	2:15PM-3:00PM (Strength Training) <i>Les M.</i>		
Virtual Les Mills SH'BAM Studio 1 Sign Up		12:00PM-1:00PM (Dance Exercise) <i>Les M.</i>		12:00PM-1:00PM (Dance Exercise) <i>Les M.</i>	12:00PM-1:00PM (Dance Exercise) <i>Les M.</i>		
Firm Action Studio 1 Sign Up			11:30AM-12:15PM (Strength Training) <i>Jeanne M.</i>				
Aqua Fitness Lap Pool Sign Up				10:30AM-11:15AM (Water Exercise) <i>Kyle J.</i>	10:30AM-11:15AM (Water Exercise) <i>Kyle J.</i>		
Virtual BodyPump 45 min Studio 1 Sign Up					11:00AM-11:45AM (Strength Training) <i>Les M.</i>		
Open Swim Lap Pool Sign Up					4:30PM-5:00PM (Open Swim) <i>Staff</i> 5:00PM-5:30PM (Open Swim) <i>Staff</i> 5:30PM-6:00PM (Open Swim) <i>Staff</i> 6:00PM-6:30PM (Open Swim) <i>Staff</i>		



Hale YMCA Youth & Family Center | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5 Lanes-Open Lap Swim Lap Pool	5:00AM-7:00AM (Lap Swim) <i>Staff</i>		5:00AM-7:00AM (Lap Swim) <i>Staff</i>		5:00AM-7:00AM (Lap Swim) <i>Staff</i>		
Open Gym Gymnasium - Full	5:00AM-8:00AM (Open Gym) <i>Staff</i> 2:00PM-5:00PM (Open Gym) <i>Staff</i> 7:00PM-8:45PM (Open Gym) <i>Staff</i>	6:00AM-10:30AM (Open Gym) <i>Staff</i> 2:30PM-5:30PM (Open Gym) <i>Staff</i> 6:30PM-7:45PM (Open Gym) <i>Staff</i>	5:00AM-8:00AM (Open Gym) <i>Staff</i> 2:00PM-5:30PM (Open Gym) <i>Staff</i>	6:00AM-9:00AM (Open Gym) <i>Staff</i> 12:00PM-5:00PM (Open Gym) <i>Staff</i> 7:00PM-7:45PM (Open Gym) <i>Staff</i>	5:00AM-8:00AM (Open Gym) <i>Staff</i> 2:00PM-6:45PM (Open Gym) <i>Staff</i>		
Group Cycle Studio B Sign Up	5:15AM-6:00AM (Group Cycle) <i>Earl R.</i> 5:30PM-6:15PM (Cardio) <i>Christina V.</i>	8:30AM-9:00AM (Group Cycle) <i>Jennifer L.</i>	5:30PM-6:15PM (Group Cycle) <i>Kelhan L.</i>		5:15AM-6:00AM (Group Cycle) <i>Jennifer L.</i>		
BodyPump Studio A Sign Up	6:00AM-6:30AM (Strength Training) <i>Agnes U.</i> 10:00AM-10:45AM (Strength Training) <i>Lacey L.</i> 5:30PM-6:15PM (Strength Training) <i>Melissa L.</i>	8:00AM-8:30AM (Strength Training) <i>Jennifer L.</i>	10:30AM-11:15AM (Strength Training) <i>Natalie G.</i> 5:30PM-6:15PM (Strength Training) <i>Jaimee T.</i>	9:15AM-10:00AM (Strength Training) <i>Julie F.</i> 5:30PM-6:15PM (Strength Training) <i>Melissa L.</i> 5:30PM-6:30PM (Strength Training) <i>Lacey L.</i>			8:30AM-9:30AM (Strength Training) <i>Autumn F.</i>
Lap Swim 8 Lanes-Open Lap Swim Lap Pool	7:00AM-7:45AM (Lap Swim) <i>Staff</i> 10:00AM-4:30PM (Lap Swim) <i>Staff</i> 7:00PM-8:30PM (Lap Swim) <i>Staff</i>	5:00AM-7:45AM (Lap Swim) <i>Staff</i> 10:00AM-5:00PM (Lap Swim) <i>Staff</i>	7:00AM-7:45AM (Lap Swim) <i>Staff</i> 10:00AM-4:30PM (Lap Swim) <i>Staff</i> 7:00PM-8:30PM (Lap Swim) <i>Staff</i>	5:00AM-7:45AM (Lap Swim) <i>Staff</i> 10:00AM-4:30PM (Lap Swim) <i>Staff</i> 7:00PM-8:30PM (Lap Swim) <i>Staff</i>	7:00AM-7:45AM (Lap Swim) <i>Staff</i> 10:00AM-5:00PM (Lap Swim) <i>Staff</i>	7:00AM-8:45AM (Lap Swim) <i>Staff</i> 12:30PM-3:30PM (Lap Swim) <i>Staff</i>	7:00AM-3:30PM (Lap Swim) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 3 Lanes-Open Lap Swim Lap Pool	7:45AM-10:00AM (Lap Swim) <i>Staff</i>	7:45AM-10:00AM (Lap Swim) <i>Staff</i> 5:00PM-5:30PM (Lap Swim) <i>Staff</i> 6:15PM-7:00PM (Lap Swim) <i>Staff</i>	7:45AM-10:00AM (Lap Swim) <i>Staff</i>	7:45AM-10:00AM (Lap Swim) <i>Staff</i> 6:15PM-7:00PM (Lap Swim) <i>Staff</i>	7:45AM-10:00AM (Lap Swim) <i>Staff</i> 5:00PM-6:30PM (Lap Swim) <i>Staff</i>		
Les Mills CORE Studio A Sign Up	8:00AM-8:45AM (Strength Training) <i>Jennifer L.</i>	5:45PM-6:15PM (Strength Training) <i>Autumn F.</i>		6:00AM-6:30AM (Strength Training) <i>Autumn F.</i>			
TRX Studio B Sign Up	8:15AM-9:00AM (Strength Training) <i>Brianna F.</i>		5:15AM-6:00AM (Strength Training) <i>Earl R.</i>	8:30AM-9:15AM (Strength Training) <i>Brianna F.</i>			
Aqua Fitness Lap Pool Sign Up	8:15AM-9:00AM (Water Exercise) <i>Julie F.</i> 9:15AM-10:00AM (Water Exercise) <i>Irma A.</i>	8:15AM-9:00AM (Water Exercise) <i>Stacie S.</i> 9:15AM-10:00AM (Water Exercise) <i>Stacie S.</i> 5:30PM-6:15PM (Water Exercise) <i>Agnes U.</i>	8:15AM-9:00AM (Water Exercise) <i>Barbara L.</i> 9:15AM-10:00AM (Water Exercise) <i>Barbara L.</i>	8:15AM-9:00AM (Water Exercise) <i>Cindy N.</i> 9:15AM-10:00AM (Water Exercise) <i>Stacie S.</i> 5:30PM-6:15PM (Water Exercise) <i>Stacie S.</i>	8:15AM-9:00AM (Water Exercise) <i>Cindy N.</i> 9:15AM-10:00AM (Water Exercise) <i>Cindy N.</i>		
Pickleball Gymnasium - Full Sign Up	8:30AM-10:00AM (Pickleball) <i>Brianna F.</i> 12:00PM-2:00PM (Pickleball) <i>William W.</i>	12:30PM-2:30PM (Pickleball) <i>William W.</i>	8:30AM-10:00AM (Pickleball) <i>Brianna F.</i> 12:00PM-2:00PM (Pickleball) <i>William W.</i>		8:30AM-10:00AM (Pickleball) <i>Laure L.</i> 12:00PM-2:00PM (Pickleball) <i>William W.</i>	7:15AM-9:00AM (Pickleball) <i>Connor H.</i>	7:15AM-9:00AM (Pickleball) <i>Staff</i>
Open Swim Warm Water Pool	9:00AM-10:30PM (Open Swim) <i>Staff</i> 11:15AM-4:30PM (Open Swim) <i>Staff</i> 6:30PM-8:00PM (Open Swim) <i>Staff</i>	9:00AM-10:30AM (Open Swim) <i>Staff</i> 11:15AM-4:30PM (Open Swim) <i>Staff</i> 4:30PM-8:00PM (Open Swim) <i>Staff</i>	9:00AM-10:30AM (Open Swim) <i>Staff</i> 11:15AM-4:30PM (Open Swim) <i>Staff</i> 6:30PM-8:00PM (Open Swim) <i>Staff</i>	9:00AM-10:30AM (Open Swim) <i>Staff</i> 11:15AM-5:30PM (Open Swim) <i>Staff</i> 6:30PM-8:00PM (Open Swim) <i>Staff</i>	9:00AM-6:30PM (Open Swim) <i>Staff</i>		9:00AM-3:30PM (Open Swim) <i>Staff</i>
Zumba Studio A Sign Up	9:00AM-9:45AM (Cardio) <i>Jamie F.</i> 4:30PM-5:15PM (Cardio) <i>Jaimee T.</i>			7:00PM-7:45PM (Cardio) <i>Melanie S.</i>		8:30AM-9:15AM (Dance Exercise) <i>Jaimee T.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Warm Water Pool Deep End Sign Up	10:30AM-11:15AM (Water Exercise) <i>Salina D.</i>						
Senior Strength & Cardio Gymnasium - Full Sign Up	10:30AM-11:15AM (Senior Fitness) <i>Cindy N.</i>				10:30AM-11:15AM (Senior Fitness) <i>Melanie S.</i>		
Lap Swim 7 Lanes-Open Lap Swim Lap Pool	4:30PM-5:00PM (Lap Swim) <i>Staff</i>		4:30PM-5:00PM (Lap Swim) <i>Staff</i>	4:30PM-5:00PM (Lap Swim) <i>Staff</i>			
Open Swim Warm Water Pool Shallow End	4:30PM-6:30PM (Open Swim) <i>Staff</i>		4:30PM-6:30PM (Open Swim) <i>Staff</i>	5:30PM-6:30PM (Open Swim) <i>Staff</i>		9:00AM-12:00PM (Open Swim) <i>Staff</i>	
Lap Swim 2 Lanes-Open Lap Swim Lap Pool	5:00PM-7:00PM (Lap Swim) <i>Staff</i>		5:00PM-7:00PM (Lap Swim) <i>Staff</i>	5:00PM-5:30PM (Lap Swim) <i>Staff</i>			
Men\'s 5x5 Basketball Gymnasium - Full	5:00PM-7:00PM (Basketball) <i>Staff</i>			6:30PM-8:30PM (Sports) <i>Staff</i>			
BodyCombat Studio A Sign Up	6:30PM-7:15PM (Cardio) <i>Samantha M.</i>		9:45AM-10:15AM (Cardio) <i>Natalie G.</i> 4:30PM-5:20PM (Cardio) <i>Jaimee T.</i>	6:30PM-7:00PM (Cardio) <i>Lacey L.</i>			
LIFT Gymnasium - Full Sign Up		5:15AM-6:00AM (Strength Training) <i>Brianna F.</i>					
Zumba Tone Studio A Sign Up		7:00AM-7:45AM (Cardio) <i>Sarah G.</i>				8:30AM-9:15AM (Dance Exercise) <i>Sarah G.</i>	
Stretch Studio A Sign Up		9:00AM-9:45AM (Mind-Body, Yoga, & Pilates) <i>Lauri N.</i> 6:30PM-7:15PM (Mind-Body, Yoga, & Pilates) <i>Autumn F.</i>					9:30AM-10:15AM (Mind-Body, Yoga, & Pilates) <i>Autumn F.</i>
Pilates Studio A Sign Up		9:45AM-10:30AM (Mind-Body, Yoga, & Pilates) <i>Salina D.</i>					
Gentle Joints Warm Water Pool Deep End Sign Up		10:30AM-11:15AM (Water Exercise) <i>Stacie S.</i>	10:30AM-11:15AM (Water Exercise) <i>Barbara L.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Studio A Sign Up		10:45AM-11:30AM (Mind-Body, Yoga, & Pilates) <i>Erin S.</i>		11:15AM-12:00PM (Mind-Body, Yoga, & Pilates) <i>Michelle S.</i>			
Yoga Studio A Sign Up		12:15PM-1:30PM (Mind-Body, Yoga, & Pilates) <i>Michelle S.</i>		12:15PM-1:30PM (Mind-Body, Yoga, & Pilates) <i>Michelle S.</i>			
Gentle Yoga Studio A Sign Up		4:15PM-5:30PM (Mind-Body, Yoga, & Pilates) <i>Bonita W.</i>					
Lap Swim 1 Lane-Open Lap Swim Lap Pool		5:30PM-6:15PM (Lap Swim) <i>Staff</i>		5:30PM-6:15PM (Lap Swim) <i>Staff</i>			
TRX - Advanced Studio B Sign Up		5:30PM-6:15PM (Strength Training) <i>Lauri N.</i>					
Les Mills Sprint Studio B Sign Up			6:00AM-6:30AM (Cardio) <i>Jennifer B.</i> 6:00AM-6:30AM (Group Cycle) <i>Autumn F.</i>				
BodyStep Studio A Sign Up			8:00AM-8:40AM (Cardio) <i>Jennifer L.</i>	6:15PM-6:45PM (Cardio) <i>Melissa L.</i>		7:30AM-8:15AM (Cardio) <i>Melissa L.</i>	
BOSU Studio A Sign Up			8:45AM-9:30AM (Strength Training) <i>Brianna F.</i>				
Senior Strength & Balance Gymnasium - Full Sign Up			10:30AM-11:15AM (Senior Fitness) <i>Salina D.</i>				
Open Gym Gymnasium - Back			1:00PM-2:00PM (General) <i>Staff</i>			9:00AM-1:00PM (General) <i>Staff</i> 1:00PM-2:00PM (General) <i>Staff</i>	2:00PM-4:00PM (General) <i>Staff</i>
Tai Chi Studio A Sign Up			1:10PM-2:40PM (Mind-Body, Yoga, & Pilates) <i>Dan S.</i>		1:10PM-2:40PM (Mind-Body, Yoga, & Pilates) <i>Dan S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyBalance Studio A Sign Up			6:45PM-7:30PM (Mind-Body, Yoga, & Pilates) <i>Martha G.</i>	10:15AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Lauri N.</i>			
Mix Fit Gymnasium - Full Sign Up				5:15AM-6:00AM (Cardio) <i>Brianna F.</i>			
Step & Sculpt Studio A Sign Up				8:15AM-9:00AM (Strength Training) <i>Stacie S.</i>			
Les Mills CORE Studio B Sign Up				10:00AM-10:30AM (Strength Training) <i>Natalie G.</i>			
Water Walking Warm Water Pool Sign Up				10:30AM-11:15AM (Water Exercise) <i>Salina D.</i>			
Teen Basketball Gymnasium - Full				3:30PM-6:15PM (Open Gym) <i>Staff</i>			
LIFT Studio A Sign Up					6:00AM-6:45AM (Strength Training) <i>Autumn F.</i>		8:30AM-9:15AM (Strength Training) <i>Christina V.</i>
Cardio Dance Studio A Sign Up					8:00AM-8:45AM (Dance Exercise) <i>Sarah G.</i>		
HIIT Cycle Studio B Sign Up					8:00AM-8:45AM (Cardio) <i>Christina V.</i>	8:30AM-9:00AM (Group Cycle) <i>Dominique A.</i>	
Barre Unhitched Studio A Sign Up					9:00AM-9:45AM (Strength Training) <i>Jennifer S.</i>		
HIIT Studio A Sign Up					10:00AM-10:35AM (Cardio) <i>William W.</i>		
Lap Swim 4 Lanes-Open Lap Swim Lap Pool						8:45AM-10:00AM (Lap Swim) <i>Staff</i>	
P90X Studio A Sign Up						9:30AM-10:15AM (Strength Training) <i>Sarah H.</i>	
Lap Swim 6 Lanes-Open Lap Swim Lap Pool						10:00AM-12:30PM (Lap Swim) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Programs Gymnasium - Front						10:00AM-12:00PM (Open Gym) <i>Staff</i> 1:00PM-2:00PM (General) <i>Staff</i>	1:00PM-2:00PM (General) <i>Staff</i>
Pool Event Warm Water Pool						12:00PM-3:30PM (Open Swim) <i>Staff</i>	
Teen & Adult Basketball Gymnasium - Full						2:15PM-3:45PM (Basketball) <i>Staff</i>	
Open Gym Gymnasium - Front							9:00AM-1:00PM (General) <i>Staff</i> 2:00PM-4:00PM (General) <i>Staff</i>
Youth Basketball Gymnasium - Back							10:00AM-12:00PM (Open Gym) <i>Staff</i>
Women\'s 5x5 Basketball Gymnasium - Back							12:00PM-2:00PM (Basketball) <i>Staff</i>



Wheeler Regional Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 1 Lane-Open Lap Swim Lap Pool	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff		
Lap Swim 2 Lanes-Open Lap Swim Lap Pool	5:00AM-4:30PM (Lap Swim) Staff 5:30PM-6:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff 5:30PM-6:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	7:00AM-9:00AM (Lap Swim) Staff	
Open Swim Multipurpose Pool Zero Entry	5:00AM-9:25AM (Open Swim) Staff	5:00AM-8:55AM (Open Swim) Staff	5:00AM-9:25AM (Open Swim) Staff	5:00AM-8:55AM (Open Swim) Staff	4:00PM-6:45PM (Open Swim) Staff		
Open Swim Spa	5:00AM-9:25AM (Open Swim) Staff	5:00AM-12:00PM (Open Swim) Staff	5:00AM-9:25AM (Open Swim) Staff	5:00AM-12:00PM (Open Swim) Staff	5:00AM-9:25AM (Open Swim) Staff 5:00AM-12:00PM (Open Swim) Staff 4:00PM-6:45PM (Open Swim) Staff	7:00AM-8:00AM (Open Swim) Staff 1:00PM-1:45PM (Open Swim) Staff	7:00AM-1:45PM (Open Swim) Staff
Open Gym Gymnasium	5:00AM-9:00AM (Open Gym) Staff 1:30PM-7:45PM (Open Gym) Staff	5:00AM-8:15AM (Basketball) Staff 11:30AM-4:00PM (Open Gym) Staff	5:00AM-9:00AM (Basketball) Staff 1:30PM-4:30PM (Basketball) Staff	5:00AM-8:15AM (Open Gym) Staff 11:30AM-4:00PM (Open Gym) Staff	5:00AM-8:15AM (Basketball) Staff 1:30PM-4:30PM (Basketball) Staff		10:15AM-1:45PM (Basketball) Staff
Lap Swim 4 Lanes-Open Lap Swim Lap Pool	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff		7:00AM-1:45PM (Lap Swim) Staff
Lap Swim 3 Lanes-Open Lap Swim Lap Pool	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	9:00AM-1:45PM (Lap Swim) Staff	
Group Cycle Studio A Sign Up	5:30AM-6:30AM (Group Cycle) Mira P.	6:00PM-7:00PM (Group Cycle) Heidi R.	5:30AM-6:30AM (Group Cycle) Scott P.	6:00PM-7:00PM (Group Cycle) Heidi R.	5:30AM-6:30AM (Group Cycle) Mira P.	8:15AM-9:15AM (Group Cycle) Heidi R.	8:30AM-10:00AM (Group Cycle) Heidi R.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow Water Fitness Multipurpose Pool Primary Area Sign Up	6:00AM-6:45AM (Water Exercise) <i>Staff</i>		6:00AM-6:45AM (Water Exercise) <i>Staff</i>			7:15AM-8:00AM (Water Exercise) <i>Staff</i>	
Senior Strength & Cardio Gymnasium Sign Up	8:15AM-9:15AM (Senior Fitness) <i>Carol D.</i>				8:00AM-9:00AM (Senior Fitness) <i>Charles B.</i>		
Childcare Gymnasium	9:00AM-11:30AM (General) <i>Staff</i>	9:30AM-11:30AM (General) <i>Staff</i>	9:00AM-11:30AM (General) <i>Staff</i>	9:30AM-11:30AM (General) <i>Staff</i>	9:30AM-11:30AM (General) <i>Staff</i>		
Pilates Studio B/C Sign Up	9:30AM-10:30AM (Strength Training) <i>Carol D.</i>		9:30AM-10:30AM (Strength Training) <i>Carol D.</i>				
Open Swim Multipurpose Pool Primary Area	10:35AM-12:00PM (Open Swim) <i>Staff</i>	5:00AM-8:55AM (Open Swim) <i>Staff</i>	11:05AM-12:00PM (Open Swim) <i>Staff</i>	5:00AM-8:55AM (Open Swim) <i>Staff</i>		10:20AM-1:45PM (Open Swim) <i>Staff</i>	7:00AM-10:00AM (Open Swim) <i>Staff</i>
Pickleball Gymnasium	11:30AM-1:30PM (Pickleball) <i>Staff</i>		11:30AM-1:30PM (Pickleball) <i>Staff</i>		11:30AM-1:30PM (Pickleball) <i>Staff</i>		
Open Swim Families Multipurpose Pool Primary Area	4:00PM-7:45PM (Open Swim) <i>Staff</i>	7:05PM-7:45PM (Open Swim) <i>Staff</i>	4:00PM-7:45PM (Open Swim) <i>Staff</i>	7:05PM-7:45PM (Open Swim) <i>Staff</i>	4:00PM-6:45PM (Open Swim) <i>Staff</i>		10:00AM-1:45PM (Open Swim) <i>Staff</i>
Lap Swim - NO LANES AVAILABLE Lap Pool	4:30PM-5:30PM (Lap Swim) <i>Staff</i>	4:30PM-7:45PM (Lap Swim) <i>Staff</i>	4:30PM-5:30PM (Lap Swim) <i>Staff</i>	4:30PM-7:45PM (Lap Swim) <i>Staff</i>	4:30PM-7:45PM (Lap Swim) <i>Staff</i>		
Zumba Studio B/C Sign Up	4:30PM-5:30PM (Dance Exercise) <i>Carla H.</i>		6:00PM-7:00PM (Dance Exercise) <i>Carla H.</i>	5:30PM-6:30PM (Dance Exercise) <i>Abigail K.</i>		8:15AM-9:15AM (Dance Exercise) <i>Abigail K.</i>	
LIFT Studio B/C Sign Up	6:00PM-7:00PM (Strength Training) <i>Scott P.</i>	5:30AM-6:30AM (Strength Training) <i>Scott P.</i>		5:30AM-6:30AM (Strength Training) <i>Scott P.</i>		9:30AM-10:30AM (Strength Training) <i>Tanya C.</i>	
Senior Strength & Balance Gymnasium Sign Up		8:30AM-9:00AM (Senior Fitness) <i>Christy B.</i>					
Aqua Fitness Multipurpose Pool Primary Area Sign Up		9:00AM-9:45AM (Water Exercise) <i>Staff</i>		9:00AM-9:45AM (Water Exercise) <i>Staff</i>			
Bootcamp Studio B/C Sign Up		9:30AM-10:30AM (Cardio) <i>B W.</i>		9:30AM-10:30AM (Cardio) <i>B W.</i>	9:30AM-10:30AM (Strength Training) <i>Charles B.</i>		
Poolates Multipurpose Pool Primary Area Sign Up		9:55AM-10:40AM (Water Exercise) <i>Staff</i>		9:55AM-10:40AM (Water Exercise) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Multi Purpose Pool		10:45AM-12:00PM (Open Swim) <i>Staff</i>		10:45AM-12:00PM (Open Swim) <i>Staff</i>	10:35AM-12:00PM (Open Swim) <i>Staff</i>	7:00AM-8:00AM (Open Swim) <i>Staff</i>	
Chair Strength & Sculpt 30 Studio B/C Sign Up		11:15AM-11:45AM (Senior Fitness) <i>Christy B.</i>		11:15AM-11:45AM (Senior Fitness) <i>Christy B.</i>			
Open Gym - 1/2 Court Gymnasium		4:00PM-7:45PM (Open Gym) <i>Staff</i>		4:00PM-7:45PM (Open Gym) <i>Staff</i>			
Open Gym Families Gymnasium		4:00PM-7:45PM (Open Gym) <i>Staff</i>		4:00PM-7:45PM (Open Gym) <i>Staff</i>			
Rumble Wellness Sign Up		6:00PM-7:00PM (Cardio) <i>Sarah K.</i>		6:00PM-7:00PM (Cardio) <i>Sarah K.</i>			
Yoga - Vinyasa Core Strength Studio B/C Sign Up		7:00PM-7:45PM (Mind-Body, Yoga, & Pilates) <i>Brandi K.</i>					
Senior Strength & Cardio Studio B/C Sign Up			8:15AM-9:15AM (Senior Fitness) <i>Carol D.</i>				
Badminton Gymnasium			4:45PM-7:45PM (Sports) <i>Staff</i>		4:45PM-6:45PM (Sports) <i>Staff</i>	7:00AM-8:45AM (Sports) <i>Staff</i>	7:00AM-10:00AM (Sports) <i>Staff</i>
Yoga - Restorative Studio B/C Sign Up				7:00PM-7:45PM (Mind-Body, Yoga, & Pilates) <i>Brandi K.</i>			
Core & More Wellness Sign Up					5:45PM-6:45PM (Cardio) <i>Sarah K.</i>		
Youth Programs Gymnasium						8:45AM-1:45PM (General) <i>Staff</i>	
Barre Fit Studio B/C Sign Up						10:45AM-11:45AM (Mind-Body, Yoga, & Pilates) <i>Tanya C.</i>	
Open Swim Families Multi Purpose Pool						1:00PM-1:45PM (Open Swim) <i>Staff</i>	



Farmington Valley YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium Side B 5:00AM-11:15AM (Open Gym) <i>Staff</i> 2:30PM-8:45PM (Open Gym) <i>Staff</i>	5:00AM-11:15AM (Open Gym) <i>Staff</i> 2:30PM-8:45PM (Open Gym) <i>Staff</i>	1:30PM-8:45PM (Open Gym) <i>Staff</i>	5:00AM-11:15PM (Open Gym) <i>Staff</i> 2:30PM-6:00PM (Open Gym) <i>Staff</i>	5:00AM-10:15AM (Open Gym) <i>Staff</i> 1:30PM-5:15PM (Open Gym) <i>Staff</i>	5:00AM-6:45PM (Open Gym) <i>Staff</i>	10:00AM-4:45PM (Open Gym) <i>Staff</i>	7:00AM-4:45PM (Open Gym) <i>Staff</i>
Open Gym Gymnasium Side A 5:00AM-11:15AM (Open Gym) <i>Staff</i> 2:30PM-4:45PM (Open Gym) <i>Staff</i> 6:00PM-8:45PM (Open Gym) <i>Staff</i>	5:00AM-11:15AM (Open Gym) <i>Staff</i> 2:30PM-4:45PM (Open Gym) <i>Staff</i> 6:00PM-8:45PM (Open Gym) <i>Staff</i>	1:30PM-4:00PM (Open Gym) <i>Staff</i>	5:00AM-9:00AM (Open Gym) <i>Staff</i> 2:30PM-6:00PM (Open Gym) <i>Staff</i>	5:00AM-9:15AM (Open Gym) <i>Staff</i> 1:30PM-4:00PM (Open Gym) <i>Staff</i>	5:00AM-11:00AM (Open Gym) <i>Staff</i> 12:00PM-6:45PM (Open Gym) <i>Staff</i>	7:00AM-4:45PM (Open Gym) <i>Staff</i>	7:00AM-4:45PM (Open Gym) <i>Staff</i>
Lap Swim 8 Lanes-Open Lap Swim Lap Pool 5:15AM-11:00AM (Lap Swim) <i>Staff</i> 8:00AM-10:00AM (Open Swim) <i>Staff</i>	5:15AM-11:00AM (Lap Swim) <i>Staff</i> 8:00AM-10:00AM (Open Swim) <i>Staff</i>	5:15AM-4:45PM (Lap Swim) <i>Staff</i> 11:00AM-1:15PM (Lap Swim) <i>Staff</i>	5:15AM-4:45PM (Lap Swim) <i>Staff</i>	5:15AM-4:45PM (Lap Swim) <i>Staff</i>	5:15AM-11:00AM (Lap Swim) <i>Staff</i> 11:00AM-1:15PM (Lap Swim) <i>Staff</i> 2:45PM-4:45PM (Lap Swim) <i>Staff</i>	7:15AM-8:00AM (Lap Swim) <i>Staff</i> 11:30AM-4:45PM (Lap Swim) <i>Staff</i>	7:15AM-8:00AM (Lap Swim) <i>Staff</i>
Group Cycle Studio 1 Sign Up 5:45AM-6:45AM (Group Cycle) <i>Jane B.</i> 5:30PM-6:15PM (Group Cycle) <i>David R.</i>	5:45AM-6:45AM (Group Cycle) <i>Jane B.</i> 5:30PM-6:15PM (Group Cycle) <i>David R.</i>		8:45AM-9:15AM (Group Cycle) <i>Suzanne M.</i>	4:30PM-5:15PM (Cardio) <i>Samantha L.</i>	5:45AM-6:45AM (Group Cycle) <i>Jennifer L.</i>	8:15AM-9:15AM (Group Cycle) <i>Staff</i>	7:45AM-8:45AM (Group Cycle) <i>Samantha L.</i>
Gentle Yoga Activity Center Sign Up	8:00AM-9:00AM (Mind-Body, Yoga, & Pilates) <i>Kathleen D.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fitness Multi Purpose Pool Sign Up	8:15AM-9:00AM (Water Exercise) <i>Stephanie S.</i> 9:00AM-9:45AM (Water Exercise) <i>Jennifer L.</i>	10:00AM-11:00AM (Water Exercise) <i>Kim E.</i> 11:00AM-12:00PM (Water Exercise) <i>Kim E.</i>	8:15AM-9:00AM (Water Exercise) <i>Stephanie S.</i> 9:00AM-9:45AM (Water Exercise) <i>Jennifer L.</i>	10:00AM-11:00AM (Water Exercise) <i>Stephanie S.</i> 11:00AM-12:00PM (Water Exercise) <i>Stephanie S.</i>	9:00AM-9:45AM (Water Exercise) <i>Jennifer L.</i>		
LIFT Studio 1 Sign Up	9:00AM-10:00AM (Strength Training) <i>Suzanne M.</i>	5:30PM-6:15PM (Strength Training) <i>Mellissa H.</i>	9:30AM-10:30AM (Strength Training) <i>Suzanne M.</i> 6:00PM-7:00PM (Strength Training) <i>Mellissa H.</i>		5:00PM-6:00PM (Strength Training) <i>Terri Z.</i>		
Open Swim Multi Purpose Pool	9:45AM-12:30PM (Open Swim) <i>Staff</i> 7:45PM-8:45PM (General) <i>Staff</i>	9:00AM-10:00AM (Open Swim) <i>Staff</i> 12:00PM-12:30PM (Open Swim) <i>Staff</i> 4:00PM-8:45PM (Open Swim) <i>Staff</i>	10:45AM-12:30PM (Open Swim) <i>Staff</i> 7:45PM-8:45PM (General) <i>Staff</i>	9:00AM-10:00AM (Open Swim) <i>Staff</i> 12:00PM-12:30PM (Open Swim) <i>Staff</i> 4:00PM-8:45PM (Open Swim) <i>Staff</i>	11:00AM-12:30PM (Open Swim) <i>Staff</i> 4:00PM-4:30PM (Open Swim) <i>Staff</i>	7:15AM-9:00AM (Open Swim) <i>Staff</i> 1:00PM-4:45PM (Open Swim) <i>Staff</i>	7:15AM-9:00AM (Open Swim) <i>Staff</i> 1:00PM-4:45PM (Open Swim) <i>Staff</i>
Mat Pilates Studio 1 Sign Up	10:15AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Jill R.</i>						
Lap Swim 5 Lanes-Open Lap Swim Lap Pool	11:00AM-1:15PM (Lap Swim) <i>Staff</i>		11:00AM-1:15PM (Lap Swim) <i>Staff</i>	11:00AM-1:15PM (Lap Swim) <i>Staff</i>			
Pickleball Gymnasium Side B	11:30AM-2:30PM (Pickleball) <i>Staff</i>	10:30AM-1:30PM (Pickleball) <i>Staff</i>	11:30AM-2:30PM (Pickleball) <i>Staff</i>	10:30AM-1:30PM (Pickleball) <i>Staff</i> 5:30PM-8:30PM (Pickleball) <i>Staff</i>			
Pickleball Gymnasium Side A	11:30AM-2:30PM (Pickleball) <i>Staff</i>		11:30AM-2:30PM (Pickleball) <i>Staff</i>	10:30AM-1:30PM (Pickleball) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 2 Lanes-Open Lap Swim Lap Pool	2:45PM-4:45PM (Lap Swim) <i>Staff</i> 4:45PM-6:15PM (Lap Swim) <i>Staff</i> 6:15PM-8:45PM (Lap Swim) <i>Staff</i>	4:45PM-6:15PM (Lap Swim) <i>Staff</i> 6:15PM-8:45PM (Lap Swim) <i>Staff</i>	2:45PM-4:45PM (Lap Swim) <i>Staff</i> 4:45PM-6:15PM (Lap Swim) <i>Staff</i> 6:15PM-8:45PM (Lap Swim) <i>Staff</i>	2:45PM-4:45PM (Lap Swim) <i>Staff</i> 4:45PM-6:15PM (Lap Swim) <i>Staff</i> 6:15PM-8:45PM (Lap Swim) <i>Staff</i>	4:45PM-6:45PM (Lap Swim) <i>Staff</i>	8:00AM-12:30PM (Lap Swim) <i>Staff</i>	
Area Closed Multipurpose Pool Shallow End	4:00PM-7:45PM (Open Swim) <i>Staff</i>		4:00PM-7:45PM (Open Swim) <i>Staff</i>		5:00PM-6:45PM (Open Swim) <i>Staff</i>	9:00AM-1:00PM (Open Swim) <i>Staff</i>	9:00AM-1:00PM (Open Swim) <i>Staff</i>
Zumba Studio 1 Sign Up	4:30PM-5:15PM (Dance Exercise) <i>Laura T.</i>	6:30PM-7:15PM (Dance Exercise) <i>Stephanie E.</i>			10:15AM-11:00AM (Dance Exercise) <i>Elizabeth L.</i>	9:30AM-10:30AM (Dance Exercise) <i>Laura T.</i>	
Sports of All Sorts (age 3-6) Gymnasium Side A	5:00PM-5:45PM (General) <i>Staff</i>						
BodyPump Studio 1 Sign Up	6:30PM-7:30PM (Strength Training) <i>Kerri B.</i>	5:30AM-6:30AM (Strength Training) <i>Rosa M.</i>		5:30AM-6:30AM (Strength Training) <i>Willaminah R.</i>		10:45AM-11:30AM (Strength Training) <i>Willaminah R.</i>	
Open Gym Gymnasium Full		5:00AM-8:45AM (Open Gym) <i>Staff</i>					
On The Ball Studio 1 Sign Up		8:00AM-8:50AM (Cardio) <i>Jill R.</i>					
Chair Yoga Activity Center Sign Up		8:30AM-9:15AM (Senior Fitness) <i>Diane R.</i>					
Core & More Studio 1 Sign Up		9:00AM-9:45AM (Strength Training) <i>Jennifer L.</i>		5:30PM-6:15PM (Strength Training) <i>Michele F.</i>		7:15AM-8:00AM (Strength Training) <i>Staff</i>	
Senior Strength & Balance Gymnasium Side A Sign Up		9:20AM-10:05AM (Senior Fitness) <i>Jill R.</i>	9:00AM-9:30AM (Senior Fitness) <i>Kim E.</i>	9:20AM-10:05AM (Senior Fitness) <i>Samantha L.</i>			
HIIT Studio 1 Sign Up		10:20AM-10:50AM (HIIT) <i>Samantha L.</i>		10:20AM-10:50AM (HIIT) <i>Samantha L.</i>			
Open Climb Rock Wall		4:00PM-5:00PM (Rock Climbing) <i>Staff</i>		4:00PM-7:00PM (Rock Climbing) <i>Staff</i>		11:00AM-1:00PM (Rock Climbing) <i>Staff</i>	1:00PM-4:00PM (Rock Climbing) <i>Staff</i>
HIIT Cycle Studio 1 Sign Up		4:45PM-5:15PM (Cardio) <i>Willaminah R.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen & Adult Basketball Gymnasium Side A		5:30PM-8:45PM (Basketball) <i>Staff</i>			6:30PM-8:45PM (Basketball) <i>Staff</i>		
Yoga Activity Center Sign Up		5:30PM-6:30PM (Mind-Body, Yoga, & Pilates) <i>Shariyah J.</i>			9:00AM-10:00AM (Mind-Body, Yoga, & Pilates) <i>Aubrey S.</i>	8:30AM-9:30AM (Mind-Body, Yoga, & Pilates) <i>Terence S.</i>	9:00AM-10:00AM (Mind-Body, Yoga, & Pilates) <i>Rebecca P.</i>
Group Cycle & Core Studio 1 Sign Up			5:45AM-6:45AM (Group Cycle) <i>Jennifer L.</i>	9:00AM-10:00AM (Group Cycle) <i>Jennifer L.</i>			
Cardio Dance Gymnasium Side A Sign Up			9:30AM-10:15AM (Senior Fitness) <i>Patti C.</i>				
Open Gym Families Gymnasium Side A			4:00PM-5:30PM (Open Gym) <i>Staff</i>	4:00PM-6:30PM (Open Gym) <i>Staff</i>	11:00AM-12:00PM (Open Gym) <i>Staff</i>		
Pound Studio 1 Sign Up			5:00PM-5:45PM (Cardio) <i>Laura T.</i>				
Adult Volleyball Gymnasium Side B			6:00PM-8:45PM (Sports) <i>Staff</i>			7:00AM-9:45AM (Open Gym) <i>Staff</i>	
Adult Volleyball Gymnasium Side A			6:00PM-8:45PM (Sports) <i>Staff</i>				
Yoga - Restorative Activity Center Sign Up			7:00PM-7:45PM (Mind-Body, Yoga, & Pilates) <i>Chloe S.</i>				
Throw Down Dance Fitness Studio 1 Sign Up			7:15PM-8:00PM (Dance Exercise) <i>Melissa H.</i>		6:00PM-6:45PM (Dance Exercise) <i>Melissa H.</i>		
Chair Yoga Tone Activity Center Sign Up				8:30AM-9:15AM (Mind-Body, Yoga, & Pilates) <i>Diane R.</i>			
Pilates Studio 2 Sign Up				6:00PM-7:00PM (Mind-Body, Yoga, & Pilates) <i>Diana M.</i>			
BodyCombat Studio 1 Sign Up				6:30PM-7:15PM (Cardio) <i>Michele F.</i>			9:00AM-9:45AM (Strength Training) <i>Michele F.</i>
Area Closed Gymnasium Side B					9:00AM-10:00AM (General) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mix Fit Studio 1 Sign Up					9:00AM-10:00AM (Strength Training) <i>Suzanne M.</i>		
Kid Climbers (Grades 1-4) Rock Wall						9:00AM-10:00AM (Rock Climbing) <i>Staff</i> 10:00AM-11:00AM (Rock Climbing) <i>Staff</i>	
Lap Swim 4 Lanes-Open Lap Swim Lap Pool							8:00AM-11:00AM (Lap Swim) <i>Staff</i>
Power Yoga Activity Center Sign Up							9:00AM-10:00AM (Mind-Body, Yoga, & Pilates) <i>Chloe S.</i>
BodyBalance Studio 1 Sign Up							10:00AM-10:45AM (Mind-Body, Yoga, & Pilates) <i>Michele F.</i>
Open Swim Lap Pool							11:30AM-4:45PM (Lap Swim) <i>Staff</i>



Indian Valley Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 8 Lanes-Open Lap Swim Lap Pool	5:00AM-8:45AM (Lap Swim) <i>Staff</i> 10:15AM-2:45PM (Lap Swim) <i>Staff</i>	5:00AM-8:45AM (Lap Swim) <i>Staff</i> 10:15AM-2:45PM (Lap Swim) <i>Staff</i>	5:00AM-8:45AM (Lap Swim) <i>Staff</i> 10:15AM-2:45PM (Lap Swim) <i>Staff</i>	5:00AM-8:45AM (Lap Swim) <i>Staff</i> 10:15AM-2:45PM (Lap Swim) <i>Staff</i>	5:00AM-8:45AM (Lap Swim) <i>Staff</i> 10:15AM-2:45PM (Lap Swim) <i>Staff</i>	7:00AM-7:45AM (Lap Swim) <i>Staff</i>	9:00AM-12:00PM (Lap Swim) <i>Staff</i>
Group Cycle Group Cycle Studio Sign Up	5:15AM-6:00AM (Group Cycle) <i>Frederick O.</i> 5:30PM-6:15PM (Group Cycle) <i>Emily W.</i>	7:00AM-7:45AM (Cardio) <i>Andrea E.</i> 6:00PM-6:45PM (Group Cycle) <i>Kendra S.</i>	5:15AM-6:00AM (Group Cycle) <i>Frederick O.</i>	6:00PM-6:45PM (Group Cycle) <i>Lisa G.</i>		8:30AM-9:15AM (Group Cycle) <i>Staff</i>	8:30AM-9:15AM (Group Cycle) <i>Andrea E.</i>
Open Swim Warm Water Pool	8:00AM-7:00PM (Open Swim) <i>Staff</i>	8:00AM-7:00PM (Open Swim) <i>Staff</i>	8:00AM-7:00PM (Open Swim) <i>Staff</i>	8:00AM-7:00PM (Open Swim) <i>Staff</i>	8:00AM-6:30PM (Open Swim) <i>Staff</i>	8:00AM-8:45AM (Open Swim) <i>Staff</i> 9:45AM-3:30PM (Open Swim) <i>Staff</i>	8:00AM-3:30PM (Open Swim) <i>Staff</i>
Lap Swim 3 Lanes-Open Lap Swim Water Walking Lane	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-12:00PM (Lap Swim) <i>Staff</i>
Lap Swim 2 Lanes-Open Lap Swim Water Walking Lane	9:00AM-3:45PM (Lap Swim) <i>Staff</i>	9:00AM-3:45PM (Lap Swim) <i>Staff</i>	9:00AM-3:45PM (Lap Swim) <i>Staff</i>	9:00AM-3:45PM (Lap Swim) <i>Staff</i>	9:00AM-3:45PM (Lap Swim) <i>Staff</i>	1:30PM-3:30PM (Lap Swim) <i>Staff</i>	12:00PM-3:30PM (Lap Swim) <i>Staff</i>
Aqua Zumba Lap Pool Sign Up	9:00AM-10:00AM (Water Exercise) <i>Marie R.</i>	9:00AM-10:00AM (Water Exercise) <i>Marie R.</i>				8:00AM-8:45AM (Water Exercise) <i>Laura M.</i>	
Step Group Ex Studio Sign Up	9:00AM-10:00AM (Cardio) <i>Maria G.</i>						
Pickleball Outdoor Basketball Court Sign Up	10:00AM-12:00PM (Pickleball) <i>Sean M.</i>	10:00AM-12:00PM (Pickleball) <i>Sean M.</i>	10:00AM-12:00PM (Pickleball) <i>Sean M.</i>	10:00AM-12:00PM (Pickleball) <i>Sean M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Sneakers Classic Group Ex Studio Sign Up	10:15AM-11:00AM (Senior Fitness) <i>Maria G.</i> 12:15PM-1:00PM (Senior Fitness) <i>Mae C.</i>	11:15AM-12:00PM (Senior Fitness) <i>Marilyn P.</i>	10:00AM-10:45AM (Senior Fitness) <i>Marilyn P.</i>	9:00AM-9:45AM (Senior Fitness) <i>Mavourneen C.</i>	11:15AM-12:00PM (Senior Fitness) <i>Mae C.</i>		
Kickboxing Group Ex Studio Sign Up	11:00AM-12:00PM (Senior Fitness) <i>Ginny H.</i>	8:00AM-8:45AM (Cardio) <i>Samantha H.</i>		8:00AM-8:45AM (Cardio) <i>Jesse F.</i>			
Lap Swim 1 Lane-Open Lap Swim Water Walking Lane	4:00PM-7:00PM (Lap Swim) <i>Staff</i>	4:00PM-7:00PM (Lap Swim) <i>Staff</i>	4:00PM-7:00PM (Lap Swim) <i>Staff</i>	4:00PM-7:00PM (Lap Swim) <i>Staff</i>	4:00PM-6:30PM (Lap Swim) <i>Staff</i>	9:45AM-1:30PM (Lap Swim) <i>Staff</i>	
Pilates Group Ex Studio Sign Up	4:30PM-5:20PM (Mind-Body, Yoga, & Pilates) <i>Emily W.</i>				8:45AM-9:30AM (Mind-Body, Yoga, & Pilates) <i>Samantha H.</i>		
Vinyasa Yoga Group Ex Studio Sign Up	7:00PM-7:45PM (Mind-Body, Yoga, & Pilates) <i>Erin T.</i>			5:30PM-6:30PM (Mind-Body, Yoga, & Pilates) <i>Stephanie K.</i>			
BodyPump Group Ex Studio Sign Up		5:15AM-6:15AM (Strength Training) <i>Heidi H.</i>					
Senior Strength & Cardio Group Ex Studio Sign Up		8:45AM-9:30AM (Senior Fitness) <i>Ginny H.</i>		11:15AM-12:00PM (Strength Training) <i>Ginny H.</i>			
Yoga Group Ex Studio Sign Up		9:45AM-10:45AM (Mind-Body, Yoga, & Pilates) <i>Erin T.</i>					
Senior Dance Group Ex Studio Sign Up		12:05PM-12:50PM (Dance Exercise) <i>Marilyn P.</i>					
Lap Swim 1 Lane-Open Lap Swim Lap Pool		4:30PM-7:30PM (Lap Swim) <i>Staff</i>		4:30PM-7:30PM (Lap Swim) <i>Staff</i>			
BodyStep Group Ex Studio Sign Up		5:00PM-5:45PM (Cardio) <i>Maria G.</i>					
All Levels Yoga Group Ex Studio Sign Up		6:00PM-7:00PM (Mind-Body, Yoga, & Pilates) <i>Erin T.</i>				10:15AM-11:15AM (Mind-Body, Yoga, & Pilates) <i>Erin T.</i>	
Yoga for Athletes Group Ex Studio Sign Up			6:15AM-7:00AM (Mind-Body, Yoga, & Pilates) <i>Kelli P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Hour Group Ex Studio Sign Up			9:00AM-9:45AM (Strength Training) <i>Jesse F.</i>				
Water in Motion Lap Pool Sign Up			9:00AM-10:00AM (Water Exercise) <i>Maria G.</i>	9:00AM-10:00AM (Water Exercise) <i>Maria G.</i>	9:00AM-10:00AM (Water Exercise) <i>Maria G.</i>		
S.E.A.T. Group Ex Studio Sign Up			11:00AM-12:00PM (Senior Fitness) <i>Maria G.</i>				
Core & More Group Ex Studio Sign Up			12:15PM-1:00PM (Mind-Body, Yoga, & Pilates) <i>Ginny H.</i>				
Gentle Yoga Group Ex Studio Sign Up			4:15PM-5:15PM (Mind-Body, Yoga, & Pilates) <i>Sarita N.</i>				
Senior Strength & Balance Group Ex Studio Sign Up				10:00AM-10:45AM (Senior Fitness) <i>Marilyn P.</i>	12:15PM-1:00PM (Senior Fitness) <i>Tony D.</i>		
Bootcamp Group Ex Studio Sign Up					7:45AM-8:30AM (Strength Training) <i>Jesse F.</i>		
Yoga for Better Balance Group Ex Studio Sign Up					10:00AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Sarita N.</i>		
BodyPump Group Cycle Studio Sign Up						7:15AM-8:15AM (Strength Training) <i>Heidi H.</i>	
Lap Swim 4 Lanes-Open Lap Swim Lap Pool						8:00AM-12:00PM (Lap Swim) <i>Staff</i>	
Zumba Group Ex Studio Sign Up						9:00AM-10:00AM (Dance Exercise) <i>Laura M.</i>	8:15AM-9:15AM (Dance Exercise) <i>Tressa G.</i>
Lap Swim 6 Lanes-Open Lap Swim Lap Pool						12:00PM-3:30PM (Lap Swim) <i>Staff</i>	12:00PM-3:30PM (Lap Swim) <i>Staff</i>
Open Swim Lap Pool						12:00PM-3:30PM (Open Swim) <i>Staff</i>	12:00PM-3:30PM (Open Swim) <i>Staff</i>
Born to Move - Age 4 - 6 Community Room Sign Up							9:30AM-10:30AM (General) <i>Sage A.</i>



Wilson-Gray YMCA Youth & Family Center | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	7:00AM-11:00AM (Basketball) <i>Staff</i>	7:00AM-11:00AM (Basketball) <i>Staff</i> 2:30PM-6:30PM (Sports) <i>Staff</i>	7:00AM-11:00AM (Basketball) <i>Staff</i> 2:00PM-5:00PM (Sports) <i>Staff</i>	7:00AM-11:00AM (Basketball) <i>Staff</i> 2:30PM-5:00PM (Sports) <i>Staff</i>	7:00AM-11:00AM (Basketball) <i>Staff</i> 2:00PM-6:00PM (Open Gym) <i>Staff</i>		
Silver Sneakers Classic Studio 1 Sign Up	11:00AM-11:45AM (Senior Fitness) <i>Glenn C.</i>				11:00AM-11:45AM (Senior Fitness) <i>Glenn C.</i>		
Open Gym - 1/2 Court Gymnasium	2:00PM-5:30PM (Open Gym) <i>Staff</i>						
LIFT Studio 1 Sign Up	6:00PM-7:00PM (Strength Training) <i>Kisha S.</i>						
Stretch Studio 1 Sign Up	7:00PM-7:45PM (General) <i>Kisha S.</i>						
Silver Sneakers Classic VIRTUAL Sign Up		11:00AM-11:45AM (Senior Fitness) <i>Glenn C.</i>					
Boxing Conditioning Studio 1 Sign Up		6:00PM-6:45PM (Cardio) <i>Milon C.</i>					
Core & More Studio 1 Sign Up			10:00AM-10:45AM (Small Group Training) <i>Melissa W.</i>				
Walking and Balance Studio 1 Sign Up			12:15PM-1:00PM (Senior Fitness) <i>Angel M.</i>				
TAG (thighs, abdomen, glutes) Studio 1 Sign Up				6:00PM-7:20PM (Strength Training) <i>Kisha S.</i>			
Zumba Studio 1 Sign Up						9:00AM-10:00AM (Dance Exercise) <i>Kisha S.</i>	



Glastonbury YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Studio 1 Sign Up				10:00AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Sarita N.</i>			
Chair Yoga Studio 1 Sign Up				11:15AM-12:00PM (Mind-Body, Yoga, & Pilates) <i>Sarita N.</i>			