

# HOERNER YMCA AQUA CLASSES



Effective 11/14/24

|              | MON                                | TUES                           | WED                               | THU                                | FRI                                  | SAT       | SUN       |
|--------------|------------------------------------|--------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-----------|-----------|
| 6-8 am       | Open Swim                          | Open Swim                      | Open Swim                         | Open Swim                          | Open Swim                            | Closed    | Closed    |
| 8-8:45 am    | Open Swim                          | Open Swim                      | Open Swim                         | Open Swim                          | Open Swim                            | Open Swim |           |
| 8:45-9:30 am | <b>Aquacise</b>                    | Open Swim                      | <b>Aquacise</b>                   | <b>New Wave<br/>9:15-10 am</b>     | <b>Aquacise</b>                      |           |           |
|              | Lap Swim                           |                                | Lap Swim                          | Lap Swim                           | Lap Swim                             |           |           |
| 9:30-11 am   | Open Swim                          | <b>New Wave<br/>9:15-10 am</b> | Open Swim                         | <b>Hydro Dance<br/>10-10:45 am</b> | <b>Hydro Dance<br/>9:30-10:15 am</b> |           |           |
|              |                                    | Lap Swim                       |                                   | Lap Swim                           | Lap Swim                             |           |           |
| 11 - 1 pm    | <b>Aqua Combo<br/>10:30-11:30</b>  | Open Swim                      | <b>Aqua Combo<br/>10:30-11:30</b> | Open Swim                          | Open Swim                            |           | Closed    |
| 12 - 4 pm    | Closed                             | Closed                         | Closed                            | Closed                             | Closed                               | Open Swim | Open Swim |
| 4-5:30 pm    | Open Swim                          | Open Swim                      | Open Swim                         | Open Swim                          | Open Swim<br>4:00-6:30 pm            | Closed    | Closed    |
| 5:30 - 7 pm  | Youth Swim<br>Lessons<br>5:30-7:30 | <b>Making Waves<br/>6-7pm</b>  | Open Swim                         | <b>Making Waves<br/>6-7 pm</b>     | Open Swim 4-<br>6:30pm               |           |           |
|              |                                    | Lap Swim                       |                                   | Lap swim                           |                                      |           |           |

\*Please follow our Hoerner YMCA facebook page for current updates, closures, swim meet times etc.