

# DECEMBER 2023 AQUATICS SCHEDULE

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY                                      | FRIDAY  | SATURDAY                           |
|---|---|---|--|---|---|------------------------------------|
| 1:00-6:45PM<br><b>LAP SWIM</b>  | 5:30AM-8:45PM<br><b>LAP SWIM</b>  | 5:30AM-8:45PM<br><b>LAP SWIM</b>                                      | 5:30AM-8:45PM<br><b>LAP SWIM</b>                           | 5:30AM-8:45PM<br><b>LAP SWIM</b>              | 5:30AM-8:45PM<br><b>LAP SWIM</b>  | 7:00am-6:45pm<br><b>LAP SWIM</b>   |
|   | 9:00-9:55am<br><b>AquaFit1</b><br>Peggy<br><b>No Class (25)</b>                         | 9:00-9:55am<br><b>Aqua Yoga</b><br>Karen<br><b>No Class (26)</b>      | 9:00-9:55am<br><b>AquaFit1</b><br>Peggy                    | 9:00-9:55am<br><b>Aqua Yoga</b><br>Karen      | 9:00-9:55am<br><b>AquaFit1</b><br>Julie                                   | 9:00-1:00pm<br><b>Swim Lessons</b> |
|   | 10:00-10:55am<br><b>AquaFit2</b><br>Julie (4,18)<br>Dianne (11)<br><b>No Class (25)</b> | 10:00-10:55am<br><b>Splashburner</b><br>Karen<br><b>No Class (26)</b> | 10:00-10:55am<br><b>AquaFit2</b><br>Peggy                  | 10:00-10:55am<br><b>Splashburner</b><br>Karen | 10:00-10:55am<br><b>AquaFit 2</b><br>Julie                                |                                    |
|   | 11:15am-12:00<br><b>Gentle Aquafit</b><br>Peggy<br><b>No Class (25)</b>                 | 11:00-11:55am<br><b>Aqua Yoga</b><br>Karen<br><b>No Class (26)</b>    | 11:15am-12:00<br><b>Gentle AquaFit</b><br>Carol<br>TBD (6) | 11:00-11:55am<br><b>Aqua Yoga</b><br>Karen    | 11:15am-12:00<br><b>Gentle AquaFit</b><br>Tammy (1,15)<br>Carol (8,22,29) | 1:00-6:45pm<br><b>Family Swim</b>  |
| 1:00-6:45pm<br><b>Family Swim</b>   | 12:00am-4:55pm<br><b>Family Swim</b>  | 12:00-4:15pm<br><b>Family Swim</b>                                    | 12:00-5:00pm<br><b>Family Swim</b>                         | 12:00-4:15pm<br><b>Family Swim</b>            | 12:00-5:45pm<br><b>Family Swim</b>  |                                    |
| 3:30-4:30pm<br><b>Afterschool Swimming</b>  | 4:30-7:00pm<br><b>Swim Lessons</b>  | 3:30-4:30pm<br><b>Afterschool Swimming</b>                            | 4:30-7:00pm<br><b>Swim Lessons</b>                         | 3:30-4:30pm<br><b>Afterschool Swimming</b>    |   |                                    |
| 5:00-6:00pm<br><b>Swim Clinic</b>   |   | 5:15-6:15pm<br><b>Swim Clinic</b>                                     |  |   |   |                                    |
| 6:05-7:00pm<br><b>Splashburner</b><br>Karen<br><b>No Class (25)</b>   |   |   |  |   | 6:05-7:00<br><b>Splashburner</b><br>Jenn<br>TBD (1)                       |                                    |
| 7:10-8:45pm<br><b>Family Swim</b>   | 7:10-8:45pm<br><b>Family Swim</b>   | 6:30-8:45pm<br><b>Family Swim</b>                                     | 7:10-8:45pm<br><b>Family Swim</b>                          | 7:10-8:45pm<br><b>Family Swim</b>             |   |                                    |
| <p><b>Afterschool Full Days in December are 12/18, 12/19, 12/20, 12/21, 12/22, 12/27, 12/28 and 12/29 – and they will swim 1:00-3:00pm</b></p> <p><b>The YMCA will be closed on Sunday, December 24 and Monday, December 25 in observance of the Christmas Holiday. There will be no group fitness classes on Wednesday, December 26.</b></p> <p><b>No Family Swim during Swim Clinic</b></p> <p>No Private Swim Lessons maybe scheduled during Group Swim Lessons or Swim Clinics, all other times available</p> <p>*We are currently hiring for Lifeguards and Swim Instructors*</p> <p>**If interested please email Beth Valentine your resume at <a href="mailto:beth@saymca.org">beth@saymca.org</a>**</p> |   |   |  |   |   |                                    |