



CORNING FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PICKLEBALL: ADULT (Ages 18+) Gym B	5:30AM-8:30AM (Pickleball)	5:30AM-8:30AM (Pickleball)	5:30AM-8:30AM (Pickleball)	5:30AM-8:30AM (Pickleball)	5:30AM-8:30AM (Pickleball)		
LAP SWIM Pool	5:30AM-8:45PM (Pool)	5:30AM-8:45PM (Pool)	5:30AM-8:45PM (Pool)	5:30AM-8:45PM (Pool)	5:30AM-8:45PM (Pool)	7:00AM-4:45PM (Pool)	
WATER WALKING Pool	5:30AM-8:00AM (Pool) 8:00AM-9:15AM (Pool) 11:30AM-8:45PM (Pool)	5:30AM-4:00PM (Pool) 7:30PM-8:45PM (Pool)	5:30AM-1:00PM (Pool) 2:00PM-8:45PM (Pool)	5:30AM-4:00PM (Pool) 7:30PM-8:45PM (Pool)	5:30AM-10:30AM (Pool) 11:30AM-8:45PM (Pool)	7:00AM-4:45PM (Pool)	
OPEN SWIM Pool	5:30AM-9:15AM (Pool) 11:30AM-8:45PM (Pool)	5:30AM-4:30PM (Pool) 7:00PM-8:45PM (Pool)	5:30AM-9:15AM (Pool) 11:30AM-8:45PM (Pool)	5:30AM-4:45PM (Pool) 7:00PM-8:45PM (Pool)	5:30AM-10:20AM (Pool) 11:30AM-8:45PM (Pool)	7:00AM-4:45PM (Pool)	
OPEN GYM Gym A	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym)		
RACQUETBALL Racquetball Court 1	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	7:00AM-4:45PM (Gym)	
RACQUETBALL Racquetball Court 2	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	7:00AM-4:45PM (Gym)	
BODYPUMP™ Studio A	6:00AM-7:00AM (Strength) <i>Blair G.</i>	6:45PM-7:45PM (Strength) <i>Brenda K.</i>	6:00AM-7:00AM (Strength) <i>Blair G.</i>	5:30PM-6:30PM (Strength) <i>Maria A.</i>		9:00AM-10:00AM (Strength) YMCA 5.	
CHILD WATCH Child Watch	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch)	
PICKLEBALL: ADULT (Ages 18+) Gym	8:30AM-11:00AM (Pickleball)	8:30AM-11:00AM (Pickleball)	8:30AM-11:00AM (Pickleball)	8:30AM-11:00AM (Pickleball)	8:30AM-11:00AM (Pickleball)		
OPEN SWIM Kiddie Pool	8:30AM-8:45PM (Pool)	8:30AM-4:30PM (Pool) 7:00PM-8:45PM (Pool)	8:30AM-8:45PM (Pool)	8:30AM-4:30PM (Pool) 7:00PM-8:45PM (Pool)	8:30AM-8:45PM (Pool)	7:00AM-4:45PM (Pool)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FAMILY TIME Adventure Center	9:00AM-8:30PM (Child Watch)	9:00AM-4:00PM (Child Watch)	9:00AM-8:30PM (Child Watch)	9:00AM-4:00PM (Child Watch)	9:00AM-8:30PM (Child Watch)	9:00AM-11:30AM (Child Watch)	
TOTAL BODY STRONG Studio A	9:00AM-10:00AM (Strength) <i>Deb F.</i>						
AQUA FIT Pool	9:20AM-10:20AM (Water Fitness) <i>Christy N.</i> 10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		9:20AM-10:20AM (Water Fitness) <i>Christy N.</i> 10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		9:20AM-10:20AM (Water Fitness) <i>Christy N.</i> 10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		
BODYBALANCE™ Studio A	10:30AM-11:30AM (Mind/Body) <i>Louisa L.</i> 7:00PM-7:45PM (Mind/Body) <i>Blair G.</i>		10:30AM-11:30AM (Mind/Body) <i>Louisa L.</i>		6:00AM-6:45AM (Mind/Body) <i>Blair G.</i> 11:30AM-12:30PM (Mind/Body) <i>Louisa L.</i>		
OPEN GYM Gym	11:00AM-12:00PM (Gym) 1:30PM-6:00PM (Gym)	11:00AM-1:00PM (Gym) 3:00PM-5:15PM (Gym)	11:00AM-12:00PM (Gym) 1:30PM-4:45PM (Gym) 7:45PM-8:45PM (Gym)	1:00PM-6:00PM (Gym)	11:00AM-12:00PM (Gym) 1:30PM-6:00PM (Gym)	7:00AM-8:45AM (Gym) 12:15PM-4:45PM (Gym)	
BASKETBALL: ADULT Gym	12:00PM-1:30PM (Gym) 6:00PM-8:45PM (Gym)		12:00PM-1:30PM (Gym)		12:00PM-1:30PM (Gym)		
Music: Y's Guys Facility-Corning Family YMCA	12:30PM-1:30PM (S.T.E.A.M. & COOKING)			12:30PM-1:30PM (S.T.E.A.M. & COOKING)			
FEELING FIT Studio A	1:00PM-2:00PM (Active Older Adults (AOA)) <i>Linda B.</i>						
REFIT® Studio A	4:15PM-5:15PM (Cardio) <i>Katrina W.</i>	9:00AM-10:00AM (Cardio) <i>Kari F.</i>		9:00AM-10:00AM (Cardio) <i>Kari F.</i>			
ZUMBA® Studio A	5:45PM-6:45PM (Cardio) <i>Marina K.</i>		5:45PM-6:45PM (Cardio) <i>Connor O.</i>		10:15AM-11:15AM (Cardio) <i>Marina K.</i>	10:15AM-11:15AM (Cardio) <i>Maria A.</i>	
GROUP CYCLE Studio C	6:00PM-7:00PM (Cardio) <i>Tess S.</i>						

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STEP-CARDIO Studio A		8:00AM-8:45AM (Cardio) <i>Deb F.</i>		8:00AM-8:45AM (Cardio) <i>Deb F.</i>			
AQUA ZUMBA Pool		9:00AM-10:00AM (Water Fitness) <i>YMCA S.</i>			5:30PM-6:30PM (Water Fitness) <i>YMCA S.</i>		
SILVER SNEAKERS CLASSIC Studio A		10:30AM-11:30AM (Active Older Adults (AOA)) <i>Kari F.</i>		10:30AM-11:30AM (Active Older Adults (AOA)) <i>Kari F.</i>			
FAMILY GYM Gym		1:00PM-3:00PM (Gym)		11:00AM-1:00PM (Gym)			
ADVENTURE CENTER DROP OFF Adventure Center		4:00PM-8:00PM (Child Watch)		4:00PM-8:00PM (Child Watch)			
ACTIVE YOGA Studio A		5:30PM-6:30PM (Mind/Body) <i>Deb L.</i>	7:00PM-8:00PM (Mind/Body) <i>Lisa C.</i>	6:45PM-7:45PM (Mind/Body) <i>Danyell P.</i>			
SOCCER: ADULT Gym		7:15PM-8:45PM (Gym)					
RIDE STRONG Studio C			9:00AM-10:15AM (Cardio) <i>Deb F.</i>				
Les Mills CORE™ Studio A			9:00AM-9:45AM (Strength) <i>Kari F.</i>		9:00AM-9:45AM (Strength) <i>Kari F.</i>		
ZUMBA GOLD® Studio A			1:00PM-2:00PM (Active Older Adults (AOA)) <i>Linda B.</i>		1:00PM-2:00PM (Active Older Adults (AOA)) <i>Linda B.</i>		
VOLLEYBALL: ADULT Gym				6:00PM-8:45PM (Gym)			
BADMINTON: ADULT Gym					6:00PM-8:45PM (Gym)		
Family Fun: Inflatable Obstacle Course Facility-Corning Family YMCA					6:00PM-7:30PM (Family Activities)		