

CORNING FAMILY YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)	8:00AM-1:45PM (Pool)
PICKLEBALL: ADULT Gym B	5:30AM-8:00AM (Gym)	5:30AM-8:00AM (Gym)	5:30AM-8:00AM (Gym)	5:30AM-8:00AM (Gym)	5:30AM-8:00AM (Gym)		10:00AM-1:00PM (Gym)
OPEN GYM Gym A	5:30AM-8:00AM (Gym)	5:30AM-8:00AM (Gym)	5:30AM-8:00AM (Gym)	5:30AM-8:00AM (Gym)	5:30AM-8:00AM (Gym)		10:00AM-2:00PM (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)	8:00AM-1:45PM (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)	8:00AM-1:45PM (Gym)
BODYPUMP™ Studio A	6:00AM-7:00AM (Strength) Blair G.		6:00AM-7:00AM (Strength) Blair G.			7:30AM-8:30AM (Strength) YMCA S.	9:00AM-10:00AM (Strength) Blair G.
	7:05PM-8:05PM (Strength) Brenda K.					9:00AM-10:00AM (Strength) YMCA S.	
OPEN SWIM Pool	8:00AM-8:45PM (Pool)	8:00AM-4:00PM (Pool)	8:00AM-8:45PM (Pool)	8:00AM-4:00PM (Pool)	8:00AM-8:45PM (Pool)	12:30PM-4:45PM (Pool)	8:00AM-1:45PM (Pool)
		7:30PM-8:45PM (Pool)		7:30PM-8:45PM (Pool)			
WATER WALKING Pool	8:00AM-10:30AM (Pool)	8:00AM-4:00PM (Pool)	8:00AM-1:00PM (Pool)	8:00AM-4:00PM (Pool)	8:00AM-10:30AM (Pool)	7:00AM-9:00AM (Pool)	8:00AM-1:45PM (Pool)
	11:30AM-8:45PM (Pool)	7:30PM-8:45PM (Pool)	2:00PM-8:45PM (Pool)	7:30PM-8:45PM (Pool)	11:30AM-8:45PM (Pool)	12:30PM-4:45PM (Pool)	
FAMILY SWIM Pool	8:00AM-8:45PM (Pool)	8:00AM-4:00PM (Pool)	11:00AM-8:45PM (Pool)	8:00AM-4:00PM (Pool)	8:00AM-8:45PM (Pool)	7:00AM-9:00AM (Pool)	8:00AM-1:45PM (Pool)
		7:30PM-8:45PM (Pool)		7:30PM-8:45PM (Pool)		12:30PM-4:45PM (Pool)	
PICKLEBALL: ADULT Gym	8:00AM-11:00AM (Gym)	8:00AM-11:00AM (Gym)	8:00AM-11:00AM (Gym)	8:00AM-11:00AM (Gym)	8:00AM-11:00AM (Gym)		
CHILD WATCH Child Watch	8:30AM-12:00PM (Child Watch)	8:30AM-12:00PM (Child Watch)	8:30AM-12:00PM (Child Watch)	8:30AM-12:00PM (Child Watch)	8:30AM-12:00PM (Child Watch)	8:30AM-12:00PM (Child Watch)	
	4:00PM-8:00PM (Child Watch)	4:00PM-8:00PM (Child Watch)	4:00PM-8:00PM (Child Watch)	4:00PM-8:00PM (Child Watch)	4:00PM-8:00PM (Child Watch)		

	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)	8:00AM-12:30PM (Child Watch)
TOTAL BODY STRONG Studio A	9:00AM-10:00AM (Strength) <i>Deb F.</i>						
KIDDIE POOL: CLOSED FOR PROGRAMMING Kiddie Pool	10:30AM-11:30AM (Pool)	5:50PM-6:25PM (Pool)	10:30AM-11:30AM (Pool)	5:10PM-6:20PM (Pool)	10:30AM-11:30AM (Pool)	9:00AM-9:30AM (Pool) 11:00AM-11:30AM (Pool)	9:00AM-9:35AM (Pool)
AQUA FIT Pool	10:30AM-11:30AM (Water Fitness) Christy N.		10:30AM-11:30AM (Water Fitness) Christy N. 5:00PM-6:00PM (Water Fitness) Christy N.		10:30AM-11:30AM (Water Fitness) Christy N.		
OPEN GYM Gym	11:00AM-12:00PM (Gym)	11:00AM-1:00PM (Gym)	11:00AM-12:00PM (Gym)	1:00PM-6:00PM (Gym)	11:00AM-12:00PM (Gym)	7:00AM-8:45AM (Gym)	8:00AM-10:00AM (Gym)
	1:30PM-6:00PM (Gym)	3:00PM-5:15PM (Gym)	1:30PM-4:45PM (Gym) 7:45PM-8:45PM (Gym)		1:30PM-6:00PM (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)		
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>						
ZUMBA ® Studio A	5:45PM-6:45PM (Cardio) <i>Marina K</i> .	6:45PM-7:45PM (Cardio) Nithya C.	5:45PM-6:45PM (Cardio) Connor O.		10:15AM-11:15AM (Cardio) Marina K.	10:15AM-11:15AM (Cardio) <i>Maria A</i> .	12:00PM-1:00PM (Cardio) YMCA S.
GROUP CYCLE Studio C	6:00PM-7:00PM (Cardio) Tess S.						
STEP-CARDIO Studio A		8:00AM-8:45AM (Cardio) <i>Deb F</i> .					
SILVER SNEAKERS CLASSIC Studio A		10:30AM-11:30AM (Active Older Adults (AOA)) Kari F.					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)			
SCHEDULED PROGRAMMING: POOL Pool		4:30PM-7:05PM (Pool)		5:10PM-7:10PM (Pool)		9:00AM-11:35AM (Pool)	9:00AM-11:00AM (Pool)
ACTIVE YOGA Studio A		5:30PM-6:30PM (Mind/Body) Deb L.	7:00PM-8:00PM (Mind/Body) Danyell P.				10:30AM-11:30AM (Mind/Body) <i>YMCA S.</i>
SOCCER: ADULT Gym		7:15PM-8:45PM (Gym)					
RIDE STRONG Studio C			9:00AM-10:15AM (Cardio) <i>Deb F.</i>				
BODYBALANCE™ Studio A			10:30AM-11:30AM (Mind/Body) <i>Louisa L.</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)			
Les Mills CORE™ Studio A					9:00AM-9:45AM (Strength) <i>Kari F.</i>		
BADMINTON: ADULT Gym					6:00PM-8:45PM (Gym)		
OPEN GYM Gym B							1:00PM-2:00PM (Gym)