

## **CORNING FAMILY YMCA | July 28th - August 3rd**

	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 (Ages 18+) Gym B	5:30AM-7:00AM (Pickleball)	5:30AM-7:00AM (Pickleball)	5:30AM-7:00AM (Pickleball)	5:30AM-7:00AM (Pickleball)	5:30AM-7:00AM (Pickleball)		
<b>OPEN GYM</b> Gym A	5:30AM-7:00AM (Gym)	5:30AM-7:00AM (Gym)	5:30AM-7:00AM (Gym)	5:30AM-7:00AM (Gym)	5:30AM-7:00AM (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)
<b>BODYPUMP™</b> Studio A	6:00AM-7:00AM (Strength) Blair G.	6:45PM-7:45PM (Strength) Blair G.	6:00AM-7:00AM (Strength) Blair G.	5:30PM-6:30PM (Strength) <i>Maria A</i> .		9:00AM-10:00AM (Strength) YMCA S.	9:00AM-10:00AM (Strength) Blair G.
SCHEDULED PROGRAMMING: DAY CAMP Gym	7:00AM-8:45AM (Child Watch)	7:00AM-8:45AM (Child Watch)	7:00AM-8:45AM (Child Watch)	7:00AM-8:45AM (Child Watch)	7:00AM-10:00AM (Child Watch)		
OPEN SWIM Pool	8:00AM-8:45PM (Pool)	8:00AM-4:00PM (Pool) 7:30PM-8:45PM (Pool)	8:00AM-8:45PM (Pool)	8:00AM-4:00PM (Pool) 7:30PM-8:45PM (Pool)	8:00AM-8:45PM (Pool)	12:30PM-4:45PM (Pool)	8:00AM-1:45PM (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) 7:30PM-8:45PM (Pool)	11:00AM-8:45PM (Pool)	8:00AM-4:00PM (Pool) 7:30PM-8:45PM (Pool)	8:00AM-8:45PM (Pool)	7:00AM-9:00AM (Pool) 12:30PM-4:45PM (Pool)	8:00AM-1:45PM (Pool)
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
PICKLEBALL: ADULT (Ages 18+) Gym	9:00AM-11:00AM (Pickleball)	9:00AM-11:00AM (Pickleball)	9:00AM-11:00AM (Pickleball)	9:00AM-11:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)		
TOTAL BODY STRONG Studio A	9:00AM-10:00AM (Strength) Deb F.						
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)
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	9:00AM-9:35AM (Pool)
BODYBALANCE™ Studio A	10:30AM-11:30AM (Mind/Body) <i>Louisa L.</i>		10:30AM-11:30AM (Mind/Body) Louisa L.			(Pool)	
<b>AQUA FIT</b> Pool	10:30AM-11:30AM (Water Fitness) Christy N.		10:30AM-11:30AM (Water Fitness) Christy N.		10:30AM-11:30AM (Water Fitness) Christy N.		
<b>OPEN GYM</b> Gym	11:00AM-12:00PM (Gym)	11:00AM-1:00PM (Gym) 3:00PM-4:00PM (Gym)	11:00AM-12:00PM (Gym) 7:45PM-8:45PM (Gym)	1:00PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)	7:00AM-8:45AM (Gym) 12:15PM-4:45PM (Gym)	8:00AM-10:00AM (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> .						
SCHEDULED PROGRAMMING: DAY CAMP Gym A	1:30PM-6:00PM (Child Watch)	4:00PM-6:00PM (Child Watch)	1:30PM-6:00PM (Child Watch)	4:00PM-6:00PM (Child Watch)	4:00PM-6:00PM (Child Watch)		
<b>OPEN GYM</b> Gym B	1:30PM-6:00PM (Gym)		1:30PM-6:00PM (Gym)				1:00PM-2:00PM (Gym)
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) Marina K.		5:45PM-6:45PM (Cardio) Connor O.		10:15AM-11:15AM (Cardio) <i>Marina K</i> .	10:15AM-11:15AM (Cardio) <i>Maria A</i> .	12:00PM-1:00PM (Cardio) <i>YMCA S.</i>
STEP-CARDIO Studio A		8:00AM-8:45AM (Cardio) Deb F.		8:00AM-8:45AM (Cardio) Deb F.			

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SILVER SNEAKERS CLASSIC Studio A		10:30AM-11:30AM (Active Older Adults (AOA)) Kari F.		10:30AM-11:30AM (Active Older Adults (AOA)) <i>Kari F.</i>			
Functional Fitness for All: Tues 11:30AM Facility-Corning Family YMCA		11:30AM-12:30PM (Health & Wellness)					
GYM		1:00PM-3:00PM (Gym)		11:00AM-1:00PM (Gym)			
DVENTURE CENTER DROP OFF dventure Center		4:00PM-8:00PM (Child Watch)		4:00PM-8:00PM (Child Watch)			
SCHEDULED PROGRAMMING: SWIM LESSONS		4:30PM-7:45PM (Pool)		4:30PM-7:45PM (Pool)			9:00AM-11:00AM (Pool)
Stage 1 Facility-Corning Family YMCA		4:30PM-5:05PM (Swimming) 6:30PM-7:05PM (Swimming)		4:30PM-5:05PM (Swimming) 4:30PM-5:05PM (Swimming) 5:10PM-5:45PM (Swimming)			9:00AM-9:35AM (Swimming) 9:40AM-10:15AM (Swimming)
Stage 2 Facility-Corning Family VMCA		4:30PM-5:05PM (Swimming) 5:10PM-5:45PM (Swimming)		4:30PM-5:05PM (Swimming) 6:30PM-7:05PM (Swimming)			10:20AM-10:55AM (Swimming)
Stage 3 Facility-Corning Family (MCA		5:10PM-5:45PM (Swimming)		5:10PM-5:45PM (Swimming)			
ACTIVE YOGA Studio A		5:30PM-6:30PM (Mind/Body) Deb L.	7:00PM-8:00PM (Mind/Body) <i>Danyell P</i> .	6:45PM-7:45PM (Mind/Body) Danyell P.			10:30AM-11:30AM (Mind/Body) <i>YMCA S.</i>
Stage 1,2,3,4 Facility-Corning Family CMCA		5:50PM-6:25PM (Swimming)					
Stage A/B Facility-Corning Family /MCA		5:50PM-6:20PM (Swimming)		5:50PM-6:20PM (Swimming)			
Boxing for Fitness: Tues 6:00PM acility-Corning Family MCA		6:00PM-7:00PM (Health & Wellness)					
SOCCER: ADULT		7:15PM-8:45PM (Gym)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RIDE STRONG Studio C			9:00AM-10:15AM (Cardio) Deb F.				
<b>Les Mills CORE™</b> 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)) Linda B.				
Stage 4 Facility-Corning Family YMCA				5:50PM-6:25PM (Swimming)			
<b>VOLLEYBALL: ADULT</b> Gym				6:00PM-8:45PM (Gym)			
BADMINTON: ADULT Gym					6:00PM-8:45PM (Gym)		
Basketball: Clinic Facility-Corning Family YMCA						8:30AM-9:15AM (Sports & Recreation) 9:30AM-10:15AM (Sports & Recreation)	
						10:30AM-11:15AM (Sports & Recreation)	