



CORNING FAMILY YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)
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)
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) <i>Blair G.</i>	6:45PM-7:45PM (Strength) <i>Blair G.</i>	6:00AM-7:00AM (Strength) <i>Blair G.</i>	5:30PM-6:30PM (Strength) <i>Maria A.</i>		9:00AM-10:00AM (Strength) <i>YMCA S.</i>	9:00AM-10:00AM (Strength) <i>Blair G.</i>
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)
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) 11:30AM-8:45PM (Pool)	8:00AM-4:00PM (Pool) 7:30PM-8:45PM (Pool)	8:00AM-1:00PM (Pool) 2:00PM-8:45PM (Pool)	8:00AM-4:00PM (Pool) 7:30PM-8:45PM (Pool)	8:00AM-10:30AM (Pool) 11:30AM-8:45PM (Pool)	7:00AM-9:00AM (Pool) 12:30PM-4:45PM (Pool)	8:00AM-1:45PM (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) 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)	
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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TOTAL BODY STRONG Studio A	9:00AM-10:00AM (Strength) <i>Deb F.</i>						
In The Kitchen: Food For Life-The Power of Food for Diabetes Facility-Corning Family YMCA	10:00AM-12:00PM (S.T.E.A.M. & COOKING)						
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)
BODYBALANCE™ Studio A	10:30AM-11:30AM (Mind/Body) <i>Louisa L.</i>		10:30AM-11:30AM (Mind/Body) <i>Louisa L.</i>				
AQUA FIT Pool	10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		10:30AM-11:30AM (Water Fitness) <i>Christy N.</i> 5:00PM-6:00PM (Water Fitness) <i>Christy N.</i>		10:30AM-11:30AM (Water Fitness) <i>Christy N.</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)	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>						
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>	12:00PM-1:00PM (Cardio) <i>YMCA S.</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>			
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>			
Functional Fitness for All: Tues 11:30AM Facility-Corning Family YMCA		11:30AM-12:30PM (Health & Wellness)					
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: SWIM LESSONS Pool		4:30PM-7:05PM (Pool)		5:10PM-7:10PM (Pool)		9:00AM-11:35AM (Pool)	9:00AM-11:00AM (Pool)
Stage 1 Facility-Corning Family YMCA		4:30PM-5:05PM (Swimming) 5:50PM-6:25PM (Swimming) 6:30PM-7:05PM (Swimming)		5:10PM-5:45PM (Swimming) 5:50PM-6:25PM (Swimming)		9:00AM-9:35AM (Swimming) 9:40AM-10:15AM (Swimming) 10:20AM-10:55AM (Swimming) 11:00AM-11:35AM (Swimming)	9:00AM-9:35AM (Swimming) 9:40AM-10:15AM (Swimming)
Stage 2 Facility-Corning Family YMCA		4:30PM-5:05PM (Swimming) 5:10PM-5:45PM (Swimming) 5:10PM-5:45PM (Swimming)		5:10PM-5:45PM (Swimming)		9:00AM-9:35AM (Swimming) 9:40AM-10:15AM (Swimming)	
Stage 3 Facility-Corning Family YMCA		4:30PM-5:05PM (Swimming) 5:10PM-5:45PM (Swimming) 6:30PM-7:05PM (Swimming)		5:10PM-5:45PM (Swimming) 6:30PM-7:05PM (Swimming)		9:40AM-10:15AM (Swimming) 10:20AM-10:55AM (Swimming)	
ACTIVE YOGA Studio A		5:30PM-6:30PM (Mind/Body) <i>Deb L.</i>	7:00PM-8:00PM (Mind/Body) <i>Danyell P.</i>	6:45PM-7:45PM (Mind/Body) <i>Danyell P.</i>			10:30AM-11:30AM (Mind/Body) YMCA S.

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