



CORNING FAMILY YMCA | July 28th - August 3rd

[illegible]

	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) <i>Deb F.</i>						
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 (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>		10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		
OPEN GYM 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)		
OPEN GYM 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) <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>
STEP-CARDIO Studio A		8:00AM-8:45AM (Cardio) <i>Deb F.</i>		8:00AM-8:45AM (Cardio) <i>Deb F.</i>			

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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-7:45PM (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 YMCA		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 YMCA		5:10PM-5:45PM (Swimming)		5:10PM-5:45PM (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) <i>YMCA S.</i>
Stage 1,2,3,4 Facility-Corning Family YMCA		5:50PM-6:25PM (Swimming)					
Stage A/B Facility-Corning Family YMCA		5:50PM-6:20PM (Swimming)		5:50PM-6:20PM (Swimming)			
Boxing for Fitness: Tues 6:00PM Facility-Corning Family YMCA		6:00PM-7:00PM (Health & Wellness)					
SOCCER: ADULT Gym		7:15PM-8:45PM (Gym)					

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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>				
Stage 4 Facility-Corning Family YMCA				5:50PM-6:25PM (Swimming)			
VOLLEYBALL: ADULT 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)	