



MAPLEWOOD FAMILY YMCA | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WATER WALKING Pool	6:00AM-8:30AM (Pool) 9:30AM-11:00AM (Pool)	6:00AM-9:55AM (Pool)	6:00AM-8:30AM (Pool) 9:30AM-11:00AM (Pool)	6:00AM-9:00AM (Pool)	6:00AM-8:30AM (Pool) 9:30AM-11:00AM (Pool)	7:00AM-10:30AM (Pool)	9:00AM-11:30AM (Pool)
LAP SWIM Pool	6:00AM-8:30AM (Pool) 9:30AM-5:45PM (Pool) 8:00PM-8:45PM (Pool)	6:00AM-4:30PM (Pool) 6:30PM-8:45PM (Pool)	6:00AM-8:30AM (Pool) 9:30AM-5:45PM (Pool) 8:00PM-8:45PM (Pool)	6:00AM-4:30PM (Pool) 6:30PM-8:45PM (Pool)	6:00AM-8:30AM (Pool) 9:30AM-8:00PM (Pool) 8:00PM-8:45PM (Pool)	7:00AM-10:30AM (Pool)	9:00AM-11:30AM (Pool)
OPEN GYM Gym	6:00AM-7:30AM (Gym) 12:30PM-1:30PM (Gym) 4:00PM-9:00PM (Gym)	6:00AM-9:30AM (Gym) 11:30AM-1:30PM (Gym) 4:00PM-5:00PM (Gym) 8:00PM-9:00PM (Gym)	6:00AM-7:30AM (Gym) 11:30AM-1:30PM (Gym) 4:00PM-5:30PM (Gym) 6:30PM-9:00PM (Gym)	6:00AM-8:30AM (Gym) 11:30AM-1:30PM (Gym) 4:00PM-5:00PM (Gym) 8:00PM-9:00PM (Gym)	6:00AM-7:30AM (Gym) 4:00PM-9:00PM (Gym)	10:30AM-2:00PM (Gym)	12:00PM-2:00PM (Gym)
PICKLEBALL: ADULT (Ages 18+) Gym	7:30AM-9:30AM (Pickleball)		7:30AM-9:30AM (Pickleball)	8:30AM-9:30AM (Pickleball)	7:30AM-9:30AM (Pickleball)		
LAP SWIM (LIMITED LANES AVAILABLE) Pool	8:30AM-9:30AM (Pool) 5:45PM-8:00PM (Pool)	4:30PM-6:30PM (Pool)	8:30AM-9:30AM (Pool) 5:45PM-8:00PM (Pool)	4:30PM-6:30PM (Pool)	8:30AM-9:30AM (Pool) 5:45PM-8:00PM (Pool)	10:30AM-2:45PM (Pool)	11:30AM-1:45PM (Pool)
AQUA FIT Pool	8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>	4:00PM-4:45PM (Water Fitness) <i>Rachel M.</i>	8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>	10:00AM-10:45AM (Water Fitness) <i>Kathleen H.</i>	8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		
CHILD WATCH Child Watch	9:00AM-11:00AM (Child Watch) 4:00PM-8:00PM (Child Watch)	9:00AM-11:00AM (Child Watch) 4:00PM-8:00PM (Child Watch)	9:00AM-11:00AM (Child Watch) 4:00PM-8:00PM (Child Watch)	9:00AM-11:00AM (Child Watch) 4:00PM-8:00PM (Child Watch)		9:00AM-12:00PM (Child Watch)	
ACTIVE YOGA Studio	9:00AM-10:00AM (Mind/Body) <i>Cheri S.</i>					8:30AM-9:30AM (Mind/Body) <i>Dorrell G.</i>	9:30AM-10:30AM (Mind/Body) <i>Hannah G.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SILVER SNEAKERS CLASSIC Gym	10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>		
OPEN SWIM Pool	11:00AM-4:00PM (Pool)	10:45AM-4:00PM (Pool)	11:00AM-4:00PM (Pool)	11:00AM-4:00PM (Pool)	11:00AM-4:00PM (Pool)		
PICKLEBALL: ADULT (Ages 18+) West Gym	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	7:00AM-9:00AM (Pickleball)	9:00AM-10:30AM (Pickleball)
OPEN GYM East Gym	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym) 5:00PM-8:00PM (Gym)	1:30PM-4:00PM (Gym) 5:30PM-6:30PM (Gym)	1:30PM-4:00PM (Gym) 5:00PM-8:00PM (Gym)	11:30AM-4:00PM (Gym)	7:00AM-12:00PM (Gym)	9:00AM-12:00PM (Gym)
ESPORTS AND GAMING : OPEN eSports & Gaming	3:00PM-8:00PM (Metro eSports Gaming)	3:00PM-8:00PM (Metro eSports Gaming)	3:00PM-8:00PM (Metro eSports Gaming)	3:00PM-8:00PM (Metro eSports Gaming)	11:00AM-6:00PM (Metro eSports Gaming)	11:00AM-3:00PM (Metro eSports Gaming)	11:00AM-2:00PM (Metro eSports Gaming)
FAMILY SWIM Pool	4:00PM-8:45PM (Pool)	4:45PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	4:00PM-8:15PM (Pool)	2:00PM-8:45PM (Pool)	12:30PM-2:45PM (Pool)	11:30AM-1:45PM (Pool)
PILATES Studio	5:30PM-6:15PM (Mind/Body) <i>Sheri D.</i>						
YMCA PROGRAMMING: SWIM TEAM Pool	5:45PM-8:00PM (Pool)		5:45PM-8:45PM (Pool)	6:00PM-7:30PM (Pool)	5:45PM-8:00PM (Pool)		
Maplewood Swim Team: Group 1 (Ages 6-8) Facility-Maplewood Family YMCA	5:45PM-6:30PM (Swimming)		5:45PM-6:30PM (Swimming)		5:45PM-6:30PM (Swimming)		
Maplewood Swim Team: Group 2 (Ages 9-12) Facility-Maplewood Family YMCA	6:30PM-8:00PM (Swimming)		6:30PM-8:00PM (Swimming)	6:00PM-7:30PM (Swimming)	6:30PM-8:00PM (Swimming)		
Maplewood Swim Team: Group 3 (Ages 12-18) Facility-Maplewood Family YMCA	6:30PM-8:00PM (Swimming)		6:30PM-8:00PM (Swimming)	6:00PM-7:30PM (Swimming)	6:30PM-8:00PM (Swimming)		
TRX CIRCUIT® Studio	6:30PM-7:30PM (Strength) <i>Tom C.</i>						
GENTLE YOGA Studio		9:00AM-10:00AM (Mind/Body) <i>Vanessa A.</i>	9:20AM-10:20AM (Mind/Body) <i>Sandra K.</i> 5:00PM-5:55PM (Mind/Body) <i>Cheri S.</i>	9:20AM-10:20AM (Mind/Body) <i>Sandra K.</i>			

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SILVER SNEAKERS YOGA Gym		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Dorrell G.</i>		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>			
DEEP AQUA FIT Pool		10:00AM-10:45AM (Water Fitness) <i>Rachel M.</i>		9:00AM-9:45AM (Water Fitness) <i>Kathleen H.</i>			
FEELING FIT Studio		11:00AM-12:00PM (Active Older Adults (AOA)) <i>Tamara S.</i>			11:15AM-12:00PM (Active Older Adults (AOA)) <i>Tamara S.</i>		
TAI CHI FOR ARTHRITIS & FALL PREVENTION Gym		11:15AM-12:00PM (Active Older Adults (AOA)) <i>Sarah O.</i>		11:15AM-12:00PM (Active Older Adults (AOA)) <i>Sarah O.</i>			
YMCA PROGRAMMING: SWIM LESSONS Pool		4:30PM-6:30PM (Pool)		4:30PM-6:30PM (Pool)		10:30AM-1:30PM (Pool)	11:30AM-1:30PM (Pool)
FAMILY GYM West Gym		5:00PM-8:00PM (Gym)		5:00PM-8:00PM (Gym)			
CARDIO KICKBOXING Studio		5:00PM-5:45PM (Cardio) <i>Nene O.</i>					
TOTAL BODY STRONG Studio		6:00PM-6:45PM (Strength) <i>Margot S.</i>					
RESTORATIVE YOGA Studio			10:30AM-11:15AM (Mind/Body) <i>Sandra K.</i>				
ZUMBA® Studio			6:05PM-7:05PM (Cardio) <i>Leonte P.</i>				
GROUP CYCLE Studio				6:15AM-7:00AM (Cardio) <i>Mary B.</i>			
STEP-CARDIO Studio				5:00PM-5:45PM (Cardio) <i>Margot S.</i>			
HIIT Studio				6:00PM-6:30PM (Strength) <i>Carole N.</i>			
UPBEAT BARRE™ Studio					9:15AM-10:15AM (Strength) <i>Ryley F.</i>	9:40AM-10:40AM (Strength) <i>Ryley F.</i>	
SCHEDULED PROGRAMMING: POOL Pool					1:15PM-2:15PM (Pool)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FAMILY GAME NIGHT eSports & Gaming					3:00PM-6:00PM (Metro eSports Gaming)		
Parents Time Off: June 12 Facility-Maplewood Family YMCA					5:00PM-8:00PM (Family Activities)		
Metro Esports: Esports & Sports Facility-Maplewood Family YMCA						9:00AM-12:00PM (Metro eSports)	
American Red Cross: Lifeguarding Recert Facility-Maplewood Family YMCA							8:00AM-6:00PM (Certification Classes)
BASKETBALL: ADULT West Gym							10:30AM-12:00PM (Gym)