



MAPLEWOOD FAMILY YMCA | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WATER WALKING Pool	6:00AM-8:30AM (Pool)	6:00AM-8:30AM (Pool)	6:00AM-8:30AM (Pool)	6:00AM-9:00AM (Pool)	6:00AM-8:30AM (Pool)	7:00AM-9:15AM (Pool)	9:00AM-11:30AM (Pool)
LAP SWIM Pool	6:00AM-8:30AM (Pool) 9:15AM-11:00AM (Pool) 3:45PM-8:45PM (Pool)	6:00AM-11:00AM (Pool) 2:30PM-4:00PM (Pool) 7:30PM-8:45PM (Pool)	6:00AM-8:30AM (Pool) 9:15AM-11:00AM (Pool) 12:30PM-5:10PM (Pool) 7:30PM-8:45PM (Pool)	6:00AM-10:30AM (Pool) 2:00PM-4:00PM (Pool) 7:30PM-8:45PM (Pool)	6:00AM-7:30AM (Pool) 9:15AM-11:00AM (Pool) 3:30PM-5:15PM (Pool) 7:30PM-8:45PM (Pool)	7:00AM-9:30AM (Pool) 10:30AM-12:30PM (Pool) 1:30PM-2:45PM (Pool)	9:00AM-1:45PM (Pool)
OPEN GYM Gym	6:00AM-8:00AM (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-8:00AM (Gym) 11:30AM-1:00PM (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-8:00AM (Gym) 4:00PM-9:00PM (Gym)	12:00PM-3:00PM (Gym)	12:00PM-2:00PM (Gym)
SCHEDULED PROGRAMMING: WEST GYM East Gym	8:00AM-9:30AM (Gym)				11:30AM-1:30PM (Gym)		
PICKLEBALL: ADULT (Ages 18+) East Gym	8:00AM-9:30AM (Pickleball)						
ACTIVE YOGA Studio	8:15AM-9:15AM (Mind/Body) <i>Lisa R.</i>				9:15AM-10:15AM (Mind/Body) <i>Daria M.</i>		9:30AM-10:30AM (Mind/Body) <i>Hannah G.</i>
LAP SWIM (LIMITED LANES AVAILABLE) Pool	8:30AM-9:15AM (Pool) 11:00AM-3:30PM (Pool)	11:00AM-2:30PM (Pool) 4:00PM-7:30PM (Pool)	8:30AM-9:15AM (Pool) 11:00AM-12:30PM (Pool) 5:10PM-7:30PM (Pool)	10:30AM-2:00PM (Pool) 4:00PM-7:30PM (Pool)	8:30AM-9:15AM (Pool) 11:00AM-3:30PM (Pool) 5:30PM-7:15PM (Pool)	9:30AM-10:30AM (Pool) 12:30PM-1:30PM (Pool)	11:30AM-1:30PM (Pool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>		8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		
Tennis: Love 15 (Genesee Valley Park) Facility-Maplewood Family YMCA	9:00AM-12:00PM (Sports & Recreation)	9:00AM-12:00PM (Sports & Recreation)	9:00AM-12:00PM (Sports & Recreation)	9:00AM-12:00PM (Sports & Recreation)	9:00AM-12:00PM (Sports & Recreation)		
	1:00PM-4:00PM (Sports & Recreation)	1:00PM-4:00PM (Sports & Recreation)	1:00PM-4:00PM (Sports & Recreation)	1:00PM-4:00PM (Sports & Recreation)	1:00PM-4:00PM (Sports & Recreation)		
Tennis: Love 15 (Aquinas) Facility-Maplewood Family YMCA	9:00AM-12:00PM (Sports & Recreation)	9:00AM-12:00PM (Sports & Recreation)	9:00AM-12:00PM (Sports & Recreation)	9:00AM-12:00PM (Sports & Recreation)	9:00AM-12:00PM (Sports & Recreation)		
CHILD WATCH Child Watch	9:00AM-11:00AM (Child Watch)	9:00AM-11:00AM (Child Watch)	9:00AM-11:00AM (Child Watch)	9:00AM-11:00AM (Child Watch)		9:00AM-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)			
OPEN SWIM Pool	9:30AM-11:00AM (Pool)	8:30AM-10:00AM (Pool)	9:30AM-11:00AM (Pool)	2:15PM-4:00PM (Pool)	9:30AM-11:00AM (Pool)		
		2:45PM-4:00PM (Pool)					
GENTLE YOGA Studio	9:30AM-10:30AM (Mind/Body) <i>Lisa R.</i>	9:00AM-10:00AM (Mind/Body) <i>Vanessa A.</i>	9:15AM-10:15AM (Mind/Body) <i>Sandra K.</i>	9:15AM-10:15AM (Mind/Body) <i>Sandra K.</i>			
			5:00PM-5:55PM (Mind/Body) <i>Cheri S.</i>				
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>		
SCHEDULED PROGRAMMING: POOL Pool	11:00AM-12:30PM (Pool)	11:00AM-12:00PM (Pool)	11:00AM-12:30PM (Pool)	10:30AM-11:30AM (Pool)	11:00AM-12:30PM (Pool)		
	1:30PM-3:30PM (Pool)	12:30PM-2:30PM (Pool)		12:30PM-2:00PM (Pool)	1:30PM-3:30PM (Pool)		
ZUMBA GOLD® Gym	11:30AM-12:15PM (Active Older Adults (AOA)) <i>Melissa R.</i>						
Tennis: Love 15 (Cobbs Hill Park) Facility-Maplewood Family YMCA	1:00PM-4:00PM (Sports & Recreation)	1:00PM-4:00PM (Sports & Recreation)	1:00PM-4:00PM (Sports & Recreation)	1:00PM-4:00PM (Sports & Recreation)	1:00PM-4:00PM (Sports & Recreation)		
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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ESPORTS AND GAMING : OPEN eSports & Gaming	1:30PM-8:30PM (Metro eSports Gaming)	1:30PM-8:30PM (Metro eSports Gaming)	1:30PM-8:30PM (Metro eSports Gaming)	1:30PM-8:30PM (Metro eSports Gaming)	1:30PM-8:30PM (Metro eSports Gaming)	11:00AM-3:00PM (Metro eSports Gaming)	11:00AM-2:00PM (Metro eSports Gaming)
OPEN GYM East Gym	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym) 5:00PM-8:00PM (Gym)	1:30PM-4:00PM (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)
FAMILY SWIM Pool	4:00PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	12:45PM-2:45PM (Pool)	11:30AM-1:00PM (Pool)
PILATES Studio	5:30PM-6:15PM (Mind/Body) <i>Sheri D.</i>						
Youth Golf: YMCA x First Tee WNY Facility-Maplewood Family YMCA	6:30PM-8:00PM (Sports & Recreation)		6:30PM-8:00PM (Sports & Recreation)				
TRX CIRCUIT® Studio	6:30PM-7:30PM (Strength) <i>Tom C.</i>	7:00AM-7:45AM (Strength) <i>Gina W.</i>					
DEEP AQUA FIT Pool		10:00AM-10:45AM (Water Fitness) <i>Rachel M.</i>		9:00AM-9:45AM (Water Fitness) <i>Maribel T.</i>			
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>			
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>		
SCHEDULED PROGRAMMING: SWIM LESSONS Pool		4:15PM-7:30PM (Pool)	5:15PM-7:30PM (Pool)	4:15PM-7:30PM (Pool)	4:30PM-7:30PM (Pool)	10:30AM-1:15PM (Pool)	
R.A.A.F.T Facility-Maplewood Family YMCA		4:25PM-5:10PM (Swimming)					
Stage 1 Facility-Maplewood Family YMCA		4:25PM-5:00PM (Swimming) 5:10PM-5:45PM (Swimming)				11:10AM-11:45AM (Swimming) 11:55AM-12:30PM (Swimming)	
CARDIO KICKBOXING Studio		5:00PM-5:45PM (Cardio) <i>Nene O.</i>					
FAMILY GYM West Gym		5:00PM-8:00PM (Gym)		5:00PM-8:00PM (Gym)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stage 2 Facility-Maplewood Family YMCA		5:10PM-5:45PM (Swimming)		5:55PM-6:30PM (Swimming)		11:10AM-11:45AM (Swimming) 11:55AM-12:30PM (Swimming)	
Stage 3 Facility-Maplewood Family YMCA		5:55PM-6:30PM (Swimming)		5:10PM-5:45PM (Swimming)		10:30AM-11:05AM (Swimming) 12:40PM-1:15PM (Swimming)	
Stage 4 Facility-Maplewood Family YMCA		5:55PM-6:30PM (Swimming)				12:40PM-1:15PM (Swimming)	
TOTAL BODY STRONG Studio		6:00PM-7:00PM (Strength) <i>Margot S.</i>					
PICKLEBALL: ADULT (Ages 18+) Gym			8:00AM-9:30AM (Pickleball)		8:00AM-9:30AM (Pickleball)		
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>			
AQUA ZUMBA Pool				10:00AM-10:45AM (Water Fitness) <i>Maribel T.</i>			
ZUMBA® STEP Studio				5:00PM-5:45PM (Cardio) <i>Melissa R.</i>			
Stage 5,6 Facility-Maplewood Family YMCA				5:10PM-5:45PM (Swimming)			
Stage 2,3 Facility-Maplewood Family YMCA				5:55PM-6:30PM (Swimming)			
HIIT Studio				6:00PM-6:30PM (Strength) <i>Carole N.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stage 1,2,3 Facility-Maplewood Family YMCA					5:45PM-6:20PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming) 6:30PM-7:05PM (Swimming)		
BASKETBALL: ADULT West Gym						9:00AM-12:00PM (Gym)	10:30AM-12:00PM (Gym)
Stage A/B Facility-Maplewood Family YMCA						10:30AM-11:00AM (Swimming)	