



NORTHWEST FAMILY YMCA | May 25th - May 31st

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|--|--|--|--|--------------------------|
| OPEN SWIM Warm Water Pool | | 5:30AM-9:00AM (Pool) 10:00AM-2:00PM (Pool) 3:00PM-5:00PM (Pool) | 5:30AM-10:00AM (Pool) 11:00AM-4:00PM (Pool) | 5:30AM-9:00AM (Pool) 10:00AM-2:00PM (Pool) 3:00PM-5:00PM (Pool) | 5:30AM-10:00AM (Pool) 11:00AM-4:00PM (Pool) | 7:00AM-9:00AM (Pool) | |
| WATER WALKING 25-Yard Pool | | 5:30AM-7:45AM (Pool) | 5:30AM-8:45AM (Pool) | 5:30AM-7:45AM (Pool) | 5:30AM-8:45AM (Pool) | 7:00AM-9:00AM (Pool) | 8:00AM-10:00AM (Pool) |
| LAP SWIM 25-Yard Pool | | 5:30AM-7:45AM (Pool) 9:00AM-7:00PM (Pool) 8:15PM-8:45PM (Pool) | 5:30AM-8:45AM (Pool) 10:00AM-8:45PM (Pool) | 5:30AM-7:45AM (Pool) 9:00AM-4:45PM (Pool) 5:00PM-7:00PM (Pool) 8:15PM-8:45PM (Pool) | 5:30AM-8:45AM (Pool) 10:00AM-8:45PM (Pool) | 7:00AM-4:45PM (Pool) | 8:00AM-1:45PM (Pool) |
| OPEN GYM Gym | | 5:30AM-6:30AM (Gym) 11:15AM-12:00PM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-6:00PM (Gym) 7:45PM-8:45PM (Gym) | 2:30PM-4:30PM (Gym) 5:30PM-6:00PM (Gym) | 5:30AM-6:00AM (Gym) 11:30AM-12:15PM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-6:00PM (Gym) 7:45PM-8:45PM (Gym) | 2:30PM-4:30PM (Gym) 5:30PM-8:45PM (Gym) | 7:00AM-8:30AM (Gym) 1:45PM-4:45PM (Gym) | 11:00AM-1:45PM (Gym) |
| BOOTCAMP Aerobics Studio | | 5:45AM-6:45AM (Strength) <i>Darlene D.</i> | 9:15AM-10:00AM (Strength) <i>Carole N.</i> | | | | |
| PICKLEBALL: ADULT (Ages 18+) Gym | | 6:30AM-10:00AM (Pickleball) | 5:30AM-7:45AM (Pickleball) 6:00PM-8:45PM (Pickleball) | 6:30AM-10:00AM (Pickleball) | 6:45AM-9:00AM (Pickleball) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------------|--|---|---|---|---------------------------------|---------------------------------|
| GULICK GYM: OPEN Gulick Gym | | 7:00AM-12:00PM (Strength) | 7:00AM-12:00PM (Strength) | 7:00AM-12:00PM (Strength) | 7:00AM-12:00PM (Strength) | | |
| MEDITATION Aerobics Studio | | 7:15AM-7:45AM (Mind/Body) <i>Lisa C.</i> | | 7:15AM-7:45AM (Mind/Body) <i>Lisa C.</i> | | | |
| OLDER ADULT TIME Wellness Center | | 8:00AM-8:45AM (Active Older Adults (AOA)) <i>Sanjay S.</i> 8:45AM-9:30AM (Active Older Adults (AOA)) <i>Sanjay S.</i> | | | | | |
| GENTLE YOGA Aerobics Studio | | 8:00AM-9:00AM (Mind/Body) <i>Lisa C.</i> | 7:00AM-7:45AM (Mind/Body) <i>Rebecca P.</i> 6:40PM-7:40PM (Mind/Body) <i>Lisa C.</i> | 8:00AM-9:00AM (Mind/Body) <i>Lisa C.</i> | | | |
| AQUA FIT 25-Yard Pool | | 8:00AM-8:45AM (Water Fitness) <i>Lou W.</i> 7:15PM-8:15PM (Water Fitness) <i>Judy A.</i> | 9:00AM-9:45AM (Water Fitness) <i>Diane R.</i> | 8:00AM-8:45AM (Water Fitness) <i>Lou W.</i> 7:15PM-8:15PM (Water Fitness) <i>Judy A.</i> | 9:00AM-9:45AM (Water Fitness) <i>Jane M.</i> | | |
| 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) | 9:00AM-12:00PM (Child Watch) | 9:45AM-12:45PM (Child Watch) |
| OPEN SWIM 25-Yard Pool | | 9:00AM-3:45PM (Pool) | 10:00AM-4:00PM (Pool) | 9:00AM-4:45PM (Pool) | 10:00AM-4:00PM (Pool) | | |
| AQUA IN MOTION Warm Water Pool | | 9:00AM-9:45AM (Water Fitness) <i>Lou W.</i> | | 9:00AM-9:45AM (Water Fitness) <i>Lou W.</i> | | | |
| BARRE Aerobics Studio | | 9:15AM-10:00AM (Strength) <i>Carole N.</i> | | | 9:15AM-10:00AM (Strength) <i>Sherry C.</i> | | |
| FEELING FIT Gym | | 10:15AM-11:00AM (Active Older Adults (AOA)) <i>Carole N.</i> | | | | | |
| UPBEAT PILATES™ Aerobics Studio | | 10:15AM-11:15AM (Mind/Body) <i>Haley M.</i> | | | | | |
| Stage 1,2,3 Facility-Northwest Family YMCA | | 10:30AM-11:05AM (Swimming) | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------|---|---------------------------------|--|--|---|---------------------------------|
| Stage A/B Facility-Northwest Family YMCA | | 11:15AM-11:45AM (Swimming) 5:45PM-6:15PM (Swimming) | | | | 9:15AM-9:45AM (Swimming) 10:00AM-10:30AM (Swimming) 10:45AM-11:15AM (Swimming) | |
| GROUP CYCLE Aerobics Studio | | 11:30AM-12:15PM (Cardio) <i>Karen G.</i> | | | 5:45AM-6:30AM (Cardio) <i>YMCA S.</i> | | |
| PICKLEBALL: YOUTH, TEEN, and ADULT (Ages 9+) Gym | | 12:00PM-2:30PM (Pickleball) | 1:00PM-2:30PM (Pickleball) | 12:30PM-2:30PM (Pickleball) | 12:45PM-2:30PM (Pickleball) | | 8:00AM-11:00AM (Pickleball) |
| FAMILY TIME Mystery Cavern | | 12:00PM-3:30PM (Child Watch) | 12:00PM-3:30PM (Child Watch) | 12:00PM-3:30PM (Child Watch) | 12:00PM-3:30PM (Child Watch) | 12:00PM-3:00PM (Child Watch) | 8:00AM-9:30AM (Child Watch) |
| AQUA FIT Warm Water Pool | | 2:00PM-3:00PM (Water Fitness) <i>Diane M.</i> | | 2:00PM-3:00PM (Water Fitness) <i>Diane M.</i> | | | |
| MYSTERY CAVERN DROP OFF Mystery Cavern | | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 9:00AM-12:00PM (Child Watch) | 9:45AM-12:45PM (Child Watch) |
| SCHEDULED PROGRAMMING: CHILD CARE West Gym | | 4:30PM-5:30PM (Gym) | 4:30PM-5:30PM (Gym) | 4:30PM-5:30PM (Gym) | 10:30AM-11:15AM (Gym) 4:30PM-5:30PM (Gym) | | |
| ZUMBA® Aerobics Studio | | 4:30PM-5:15PM (Cardio) <i>Glenda M.</i> | | 11:45AM-12:30PM (Cardio) <i>Glenda M.</i> 4:30PM-5:15PM (Cardio) <i>Glenda M.</i> | | | |
| OPEN GYM East Gym | | 4:30PM-5:30PM (Gym) 6:00PM-7:45PM (Gym) | 4:30PM-5:30PM (Gym) | 4:30PM-5:30PM (Gym) 6:00PM-7:45PM (Gym) | 4:30PM-5:30PM (Gym) | | |
| Stage 1 Facility-Northwest Family YMCA | | 5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming) | | 5:00PM-5:35PM (Swimming) 6:30PM-7:05PM (Swimming) | | 9:15AM-9:50AM (Swimming) 9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------|---|---|---|---|--|---|
| Stage 2 Facility-Northwest Family YMCA | | 5:00PM-5:35PM (Swimming) 6:30PM-7:05PM (Swimming) 6:30PM-7:05PM (Swimming) | | 5:00PM-5:35PM (Swimming) 5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) | | 9:15AM-9:50AM (Swimming) 9:15AM-9:50AM (Swimming) | |
| Stage 3 Facility-Northwest Family YMCA | | 5:00PM-5:35PM (Swimming) 5:00PM-5:35PM (Swimming) 6:30PM-7:05PM (Swimming) | | 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming) 6:30PM-7:05PM (Swimming) | | 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) | |
| BODYPUMP™ Aerobics Studio | | 5:30PM-6:30PM (Strength) <i>Jeanie H.</i> | 8:00AM-9:00AM (Strength) <i>Kelly S.</i> 12:15PM-1:15PM (Strength) <i>Becky V.</i> | 5:45AM-6:45AM (Strength) <i>Becky V.</i> 9:30AM-10:30AM (Strength) <i>Kelly S.</i> 5:30PM-6:30PM (Strength) <i>JeanneAnn B.</i> | 10:30AM-11:30AM (Strength) <i>Sherry C.</i> | 8:00AM-9:00AM (Strength) <i>Becky V.</i> | 10:00AM-11:00AM (Strength) <i>Jeanie H.</i> |
| Stage 4 Facility-Northwest Family YMCA | | 5:45PM-6:20PM (Swimming) | | 5:45PM-6:20PM (Swimming) 5:45PM-6:20PM (Swimming) | | 10:45AM-11:20AM (Swimming) | |
| Stage 5 Facility-Northwest Family YMCA | | 5:45PM-6:20PM (Swimming) | | | | | |
| PRIME TIME KIDS West Gym | | 6:00PM-7:45PM (Gym) | | 6:00PM-7:45PM (Gym) | | | |
| ACTIVE YOGA Aerobics Studio | | 7:00PM-7:45PM (Mind/Body) <i>Lisa R.</i> | | | 4:30PM-5:15PM (Mind/Body) <i>Lisa R.</i> | | 11:15AM-12:00PM (Mind/Body) <i>Lisa R.</i> |
| FAMILY SWIM Warm Water Pool | | 7:15PM-8:45PM (Pool) | 4:00PM-8:45PM (Pool) | 7:15PM-8:45PM (Pool) | 4:00PM-8:45PM (Pool) | 12:30PM-4:45PM (Pool) | 8:00AM-1:45PM (Pool) |
| FAMILY SWIM 25-Yard Pool | | 8:15PM-8:45PM (Pool) | 4:00PM-8:45PM (Pool) | 8:15PM-8:45PM (Pool) | 4:00PM-8:45PM (Pool) | 11:30AM-4:45PM (Pool) | 10:00AM-1:45PM (Pool) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|--|---|---|---------------------------------------|--------|
| BODYCOMBAT™ Aerobics Studio | | | 5:45AM-6:45AM (Cardio) <i>Darlene D.</i> 5:30PM-6:30PM (Cardio) <i>Darlene D.</i> | | | | |
| CIRCUIT TRAINING Gym | | | 8:00AM-8:45AM (Strength) <i>Carole N.</i> | | | | |
| AQUA YOGA Warm Water Pool | | | 10:00AM-11:00AM (Water Fitness) <i>Jane M.</i> | | 10:00AM-11:00AM (Water Fitness) <i>Jane M.</i> | | |
| STEP-CARDIO Aerobics Studio | | | 10:15AM-11:00AM (Cardio) <i>Becky V.</i> | | | 9:15AM-10:15AM (Cardio) YMCA S. | |
| BASKETBALL: OLDER ADULT Gym | | | 11:00AM-1:00PM (Gym) | | | | |
| CORE Aerobics Studio | | | 11:15AM-12:00PM (Strength) <i>Becky V.</i> | 10:45AM-11:30AM (Strength) <i>Sherry C.</i> | | | |
| SILVER SNEAKERS YOGA Gym | | | | 10:15AM-11:00AM (Active Older Adults (AOA)) <i>Dorrell G.</i> | | | |
| Stage 6 Facility-Northwest Family YMCA | | | | 6:30PM-7:05PM (Swimming) | | 10:00AM-10:35AM (Swimming) | |
| OPEN GYM West Gym | | | | | 5:30AM-6:45AM (Gym) | | |
| BOOTCAMP East Gym | | | | | 5:45AM-6:40AM (Strength) <i>Sharon F.</i> | | |
| HIIT Aerobics Studio | | | | | 8:00AM-8:45AM (Strength) <i>Erin G.</i> | | |
| SILVER SNEAKERS CLASSIC Gym | | | | | 11:30AM-12:30PM (Active Older Adults (AOA)) <i>Sadie B.</i> | | |
| Private (1-on-1) Swim Lesson: Fri 4:00PM Facility-Northwest Family YMCA | | | | | 4:00PM-4:30PM (Swimming) | | |
| Private (1-on-1) Swim Lesson: Fri 4:45PM Facility-Northwest Family YMCA | | | | | 4:45PM-5:15PM (Swimming) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|-----------------------------|--|--------------------------|
| Private (1-on-1) Swim Lesson: Fri 5:30PM Facility-Northwest Family YMCA | | | | | 5:30PM-6:00PM (Swimming) | | |
| Tumbling: Parent/Child Facility-Northwest Family YMCA | | | | | | 9:00AM-9:30AM (Sports & Recreation) 9:45AM-10:15AM (Sports & Recreation) | |
| Soccer: Skills & Drills Facility-Northwest Family YMCA | | | | | | 10:30AM-11:15AM (Sports & Recreation) 11:30AM-12:30PM (Sports & Recreation) | |
| PILATES Aerobics Studio | | | | | | 10:30AM-11:30AM (Mind/Body) <i>LeeAnn M.</i> | |
| Intro to Swim Team: Stingers Facility-Northwest Family YMCA | | | | | | 10:45AM-11:20AM (Swimming) | |
| Private (1-on-1) Swim Lesson: Sat 12:00PM Facility-Northwest Family YMCA | | | | | | 12:00PM-12:30PM (Swimming) | |
| SANDLOT GAMES Gym | | | | | | 12:45PM-1:45PM (Gym) | |
| Private (1-on-1) Swim Lesson: Sat 12:45PM Facility-Northwest Family YMCA | | | | | | 12:45PM-1:15PM (Swimming) | |
| Private (1-on-1) Swim Lesson: Sat 1:45PM Facility-Northwest Family YMCA | | | | | | 1:45PM-2:15PM (Swimming) | |
| WATER WALKING Warm Water Pool | | | | | | | 8:00AM-10:00AM (Pool) |