

**QUINCY FAMILY YMCA POOL SCHEDULE Winter Session: September 5th - December 31st, 2017**  
[www.quincycymca.net](http://www.quincycymca.net)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	5:00 - 7:15 am	5:00 - 8:15 am	5:00 - 7:15 am	5:00 - 8:15 am	5:00 - 7:15 am	<b>Open at 7:00 am</b>	
5:30	<b>Lap Swimming</b> (1 lane reserved for water walking)						
7:30	7:30 - 10:30 am <b>Deep End Laps</b>		7:30 - 10:30 am <b>Deep End Laps</b>		7:30 - 10:30 am <b>Deep End Laps</b>	7:00 - 9:00 am <b>Swim Team &amp; Lap Swim Only</b>	
7:30	7:30 - 8:30 am <b>Aqua Aerobics</b>		7:30 - 8:30 am <b>Aqua Aerobics</b>		7:30 - 8:30 am <b>Aqua Aerobics</b>		
8:30	8:30 - 9:30 am <b>HydroTone</b>	8:30 - 9:30 am <b>Dick's Dolphins</b>	8:30 - 9:30 am <b>HydroTone</b>	8:30 - 9:30 am <b>Dick's Dolphins</b>	8:30 - 9:30 am <b>Volleyball</b>	9:00 - 10:00 am Full Length Laps/ Private Swim Lessons	
9:30	9:30 - 10:30 am <b>Stretch &amp; Flex Class &amp; Deep End Laps</b>	9:30 - 10:30 am <b>Aqua Jog</b>	9:30 - 10:30 am <b>Open Water Exercise &amp; Deep End Laps</b>	9:30 - 10:30 am <b>Aqua Jog</b>	9:30 - 10:30 am <b>Open Water Exercise &amp; Deep End Laps</b>	10:00 - 12:00 pm <b>Youth and Adult Swim Lessons, No Open Swim</b>	<b>Open at 10</b>
10:00							10 - 12 pm
10:30	10:30 - 12:00 pm Open Swim/Full Length Laps & Transitions	10:30 - 12:00 pm Open Swim/Full Length Laps & Transitions	10:30 - 12:00 pm Open Swim & Full Length Laps	10:30 - 12:00 pm Open Swim/Full Length Laps & Early Childhood/Transitions	10:30 - 12:00 pm Open Swim & Full Length Laps		<b>Open Swim and Full Length Laps</b>
12:00	12:00 - 1:00 pm <b>Lap Swimming</b> (1 lane reserved for water walking)					12:00 - 1:00 pm <b>Lap Swimming</b>	12 - 1pm <b>Lap Swim</b>
1:00	1:00 - 1:30 pm <b>Open Swim &amp; Full Length Laps</b>						
1:30	1:30 - 2:30 pm <b>Senior Splash &amp; Deep End Laps</b>	1:00 - 4:00 pm <b>Open Swim &amp; Full Length Laps</b>	1:30 - 2:30 pm <b>Senior Splash &amp; Deep End Laps</b>	1:00 - 4:00 pm <b>Open Swim &amp; Full Length Laps</b>	1:30 - 2:30 pm <b>Senior Splash &amp; Deep End Laps</b>	1:00 - 5:00 pm <b>Family Swim &amp; Full Length Laps</b>	1 - 5 pm <b>Family Swim &amp; Full Length Laps</b>
2:30	2:30 - 4:00 pm <b>Open Swim &amp; Full Length Laps</b>		2:30 - 3:30 pm <b>Open Swim &amp; Full Length Laps</b>		2:30 - 5:45 pm <b>Open Swim &amp; Full Length Laps (After School Kids in Pool)</b>		
4:00	4:00 - 6:00 pm <b>Swim Team Practice (Wednesday is 3:30-5:30pm) (Private Swim Lessons)</b>					<b>Off-Site Class</b> <b>Illinois Veteran's Home Arthritis Class</b> 9:30 - 10:30 am Mon, Tues, Wed, Fri	
6:00	6:00 - 7:00 pm <b>Aqua Jog &amp; Open Water Exercise</b>	6:00 - 7:30 pm <b>Youth Swim Lessons</b>	6:00 - 7:00 pm <b>Aqua Jog &amp; Open Water Exercise</b>	6:00 - 7:30 pm <b>Youth Swim Lessons</b>	6:00 - 9:00 pm <b>Open Swim &amp; Full Length Laps</b>		
7:00	7:00 - 9:00 pm <b>Open Swim &amp; Full Length Laps</b>	7:30 - 9:00 pm <b>Open Swim &amp; Full Length Laps</b>	7:00 - 9:00 pm <b>Open Swim &amp; Full Length Laps</b>	7:30 - 9:00 pm <b>Open Swim &amp; Full Length Laps</b>			
7:30							
9:00	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>		

**SWIM TEAM** - Swim Team will use up to 5 lanes of the pool in the afternoon and 2 mornings a week. The 6th lane will be left open for Private Swim Lessons. If you are interested in lap swimming, ask coaches if you can join in.  
**Open Swim & Full Length Laps** - One or two lap lanes open for lap swim, rest of pool open for water walking, family and open swim.  
**Youth Swim Lessons** - Please note, there is no open swim during swim lessons.  
**Deep End Laps** - Swimming in deep end only (during shallow water classes)

## **Class Descriptions** (for a full listing of all class descriptions please visit our website [www.quincymca.net](http://www.quincymca.net))

**Aquatic Classes:** Often times our joints won't allow us to do the higher impact classes held in an aerobics room. That is why here at the Quincy Family YMCA we offer both land and water classes to allow for a more gentle workout. Please check the aquatics schedule located online or the YMCA, for times.

**Senior Splash** - Designed for mature adults, the goal of Senior Splash is to keep participants on their feet and moving. This class focuses on improving balance, strength and class relationships. The exercises for this class are performed at a slower tempo and participants are encouraged to work at their own pace.

**Aqua Aerobics** - A high intensity, low impact workout that allows you to stay cool while you improve your strength, muscle tone, flexibility and cardiovascular system. You can work at your own pace to get a total body workout

**Aqua Jog** - Conducted in the deeper part of the pool, Aqua Jog has all the cardiovascular exercise and stretching you need with no impact to your joints. Aqua jog incorporates exercises that also strengthen your abdominals and a flotation belt is worn that is made especially for this class. Participants must be comfortable in the deep water as the entirety of the class is held in the deep end. Both morning and evening classes are available.

**Arthritis** - This class is dedicated to people with arthritis (however, anyone is welcome) and is held at the Illinois Veteran's Home where the pool is kept at a warmer temperature to help increase blood circulation which aides in the reduction of inflammation. A YMCA instructor leads the class in specially designed activities that help improve joint mobility, flexibility, and balance. This class is held in a safe, ideal environment for relieving arthritis pain/stiffness. Classes are on Mondays, Tuesdays, Wednesdays and Fridays. This class is limited to 35 participants. This class is held at the Illinois Veteran's Home on North 24th Street. Please contact Johanna Voss for more information at (217) 222-9622

**Dick's Dolphins** - This class allows you to become more comfortable in the water at any age. By taking Dick's Dolphins, you can improve your current strokes, make new friends and learn new skills. Prior swimming skills are required for this class and you progress at your own rate.

**Hydrotone** - This water exercise class will tone your muscles, increase your cardiovascular strength and improve your attitude towards exercise. Taking place in the shallow end, these low impact exercises allow you to increase your flexibility and improve your cardiovascular fitness without the stress on your joints.

**Stretch and Flex** - This class is geared towards those who have arthritis and those who benefit from a longer warm-up and cool-down than other water fitness classes. Movement is slow so that participants can get into correct form and work on range of motion.