

AquaFit Class Schedule . FEBRUARY 2020

YMCA OF GREENWICH . FEBRUARY 2020 . AQUAFIT CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00 – 8:55 AM AQUAFIT COMBO Lynne ALUMNI POOL	8:00 – 8:55 AM AQUAFIT COMBO Lynne ALUMNI POOL	6:30 – 7:30 AM HIIT BOOT CAMP Wendy OLYMPIC POOL	
9:30 – 10:30 AM HYDROFIT Dana OLYMPIC POOL		9:30 – 10:30 AM HYDROFIT Dana OLYMPIC POOL	8:00 – 8:55 AM AQUAFIT COMBO Lynne ALUMNI POOL	9:30 – 10:30 AM HYDROFIT Dana OLYMPIC POOL
10:30 AM – 4:15 PM WATER WALKERS Lane 1 OLYMPIC POOL	10:30 AM – 4:15 PM WATER WALKERS Lane 1 OLYMPIC POOL	10:30 AM – 4:15 PM WATER WALKERS Lane 1 OLYMPIC POOL	10:30 AM – 4:15 PM WATER WALKERS Lane 1 OLYMPIC POOL	10:30 AM – 3:00 PM WATER WALKERS Lane 1 OLYMPIC POOL
	11:00 AM – 12:00 PM Pathways ALUMNI POOL	12:00 – 1:00 PM HYDROFIT Dana ALUMNI POOL		12:00 – 1:00 PM HYDROFIT Dana ALUMNI POOL
1:30 – 2:30 PM SENIOR SWIM ALUMNI POOL				1:30 – 2:30 PM SENIOR SWIM ALUMNI POOL

Water Walkers, Pathways and Senior Swim are pool usage programs only and do not have an instructor to lead them.

LANE 1 is OPEN: Monday-Thursday, 10:30am - 4:15pm and Friday 10:30am – 3pm. Availability is subject to change based on school vacations.

LANE 1 TENTATIVE WEEKEND AVAILABILITY: Saturday 12pm – 6:30pm and Sunday 8am – 4:30pm. **Weekend availability not guaranteed.**

Please consult with a lifeguard if assistance is required. **Availability is subject to change based on school vacations.**

Times subject to change without notice. Revised 2/5/2020