



SALT FORK YMCA POOL SCHEDULE

FALL 2024

TIME	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5:30AM	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	CLOSED	CLOSED			
6:00AM										
6:30AM		Deep Water 6:45 - 7:30		Deep Water 6:45 - 7:30						
7:00AM									Lap Swim Family Rec Swim	
7:30AM										
8:00AM		Lap Swim Family Rec Swim		Lap Swim Family Rec Swim		Lap Swim Family Rec Swim				
8:30AM										
9:00AM	Rusty Hinges 9:00 - 10:00	Rusty Hinges 9:00 - 10:00	Rusty Hinges 9:00 - 10:00	Rusty Hinges 9:00 - 10:00	Rusty Hinges 9:00 - 10:00					
9:30AM										
10:00AM	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Group Swim Lessons 10:00-11:00				
10:30AM										Masters Swim 11:00-12:00
11:00AM										
11:30AM										
12:00PM										
12:30PM										
1:00PM						CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
1:30PM										
2:00PM					Lap Swim Family Rec Swim					
2:30PM										
3:00PM										
3:30PM	HS Swim Team / YMCA Swim Team 3:30-5:00	HS Swim Team /YMCA Swim Team 3:30-5:00	HS Swim Team /YMCA Swim Team 3:30-5:00	HS Swim Team /YMCA Swim Team 3:30-5:00	HS Swim Team /YMCA Swim Team 3:30-5:00 Lap Swim Family Rec Swim	Lap Swim Family Rec Swim				
4:00PM										
4:30PM	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim						
5:00PM										
5:30PM	Group Swim Lessons 5:30-6:00	Aqua Zumba 5:30-6:30 (Open Swim for 18+ only)	Group Swim Lessons 5:30-6:00	Aqua Zumba 5:30-6:30 (Open Swim for 18+ only)	CLOSED	CLOSED	CLOSED			
6:00PM										
6:30PM										
7:00PM	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim						
7:30PM										
8:00PM										

Holiday & Inclement weather may effect the Aquatics Area availability.

Lightning Policy: In case of thunder/lightning storms, we will close the pool as recommended by YMCA of the USA guidelines. The pool will remain closed for 30 minutes after each detected lightning strike. Lifeguard on duty will make official decision on weather openings/closings. 6/18/2024

GROUP WATER EXERCISE:

AQUA ZUMBA

- * Low impact, high-energy aquatic exercise
- * Aqua Zumba blends the Zumba philosophy with water resistance
- * Less impact on your joints
- * Water creates natural resistance, which helps tone muscles

RUSTY HINGES

- * Shallow water workout
- * Focuses on range of motion, flexibility and light cardio
- * Non-impact with resistance
- * Great for arthritis and joint pain and/or recovering from an injury

DEEP WATER AEROBICS

- * Invigorating class to increase your sense of well-being through muscle toning
- * While suspended in the deep water with your buoyancy equipment, you can perform almost any activity in the water that you do on land
- * Zero impact class due to being in the deep wa-

GROUP SWIM LESSONS:

