



# SPECIAL CLASS SCHEDULE

June 11 - June 17

Ridley Area YMCA



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www.cyedc.org



610.259.1661

## Aquatic Fitness & Lap/WW/Open/Swim Team Schedule

### Monday

5:05-9AM Lap/Water Walking  
 9-9:30AM Aqua Easy  
 9:30-10AM Water Jogging  
 10-11AM Safety Around Water  
 11AM-1PM Lap/Water walking  
 1-3PM Camp Swim  
 3-6PM Open Swim (3 Lanes)  
 4-8PM Lap Swim (3 Lanes)  
 6-7PM Masters (3 Lanes)  
 7-8PM Open Swim (3 Lanes)  
 8-9PM Aqua Zumba  
 9-10:15PM Lap/Water Walking

### Tuesday

5:05-9AM Lap/Water Walking  
 9-10AM Aqua Zumba  
 10-11AM Aqua Pump  
 11AM-1PM Lap/Water walking  
 1-3PM Camp Swim  
 3-4PM Open Swim (3 Lanes)  
 4-6PM Safety Around Water  
 6-7PM Open Swim (3 Lanes)  
 6-7:30PM Lap Swim (3 Lanes)  
 7-9PM Swim Team  
 9-10:15PM Lap/Water Walking

### Wednesday

5:05-9AM Lap/Water Walking  
 9-9:30AM Aqua Easy  
 9:30-10AM Water Jogging  
 10-11AM Safety Around Water  
 11AM-1PM Lap/Water walking  
 1-3PM Camp Swim  
 3-6PM Open Swim (3 Lanes)  
 4-8PM Lap Swim (3 Lanes)  
 6-7PM Masters (3 Lanes)  
 7-8PM Open Swim (3 Lanes)  
 8-9PM Aqua Zumba  
 9-10:15PM Lap/Water Walking

### Thursday

5:05-9AM Lap/Water Walking  
 9-10AM Aqua Zumba  
 10-11AM Aqua Pump  
 11AM-1PM Lap/Water walking  
 1-3PM Camp Swim  
 3-4PM Open Swim (3 Lanes)  
 4-6PM Safety Around Water  
 6-10:15PM Open Swim (3 Lanes)  
 6-10:15PM Lap Swim (3 Lanes)

### Friday

5:05-9AM Lap/Water Walking  
 9-9:30AM Aqua Easy  
 9:30-10AM Water Jogging  
 10-11AM Splash Down  
 11AM-1PM Lap/Water Walking  
 1-3PM Camp Swim  
 3-4PM Open Swim  
 4-6PM Swim Team  
 6-7:30PM Lap/Water Walking  
 7:30-10:15PM Open Swim (5 Lanes)  
 7:30-10:15PM Lap (1 Lane)

### Saturday

6:05-9AM Lap/Water Walking  
 9AM-1PM Open Swim (3 Lanes)  
 9AM-2:30PM Lap Swim (3 Lanes)  
 1-2:30PM Water Walking (3 Lanes)  
 2:30-7:45PM Open Swim (4 Lanes)  
 2:30-7:45PM Lap Swim (1 Lane)

### Sunday

9AM-12PM Open Swim (3 Lanes)  
 9AM-2PM Lap Swim (3 Lanes)  
 12-1:30PM Water Walking (3 Lanes)  
 2-5:45PM Open Swim (4 Lanes)  
 2-5:45PM Lap Swim (1 Lane)

## SUMMER PROGRAMS & CLASSES

Summer 1  
June 18-July 22

Summer 2  
July 23-August 26

Join us for one or more of these exciting classes!

Summer Registration 6/3 & 6/6