



AQUATICS SCHEDULE

FALL | SEPTEMBER 10—OCTOBER 27

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

Lap swim:

6:35—7:45am
8:30—9:00am
10:20—11:15am
12:00—3:30pm (2 lanes)
7:45—8:30pm (1 lane)

Open swim:

12:00—3:30pm
7:45—8:30pm

Notable activities:

Older Adult Water Exercise 7:45—8:30am
Preschool Lesson 9:00—10:20 am
Arthritis Exercise 11:15am—12:00pm
Swim Lessons 4:30—7:00pm
Water Aerobics 7:00—7:45pm

THURSDAY

Lap swim:

6:35—9:00am
10:40am—3:00pm (2 lanes)
3:30—5:30pm (2 lanes)
7:30—8:30pm (2 lanes)

Open swim:

10:40am—3:00pm
3:30—5:30pm
7:30—8:30pm

Notable activities:

Preschool Lesson 9:00—9:50am
Homeschool Swim Lessons 9:50—10:35am
Swim Team Practice 5:30—7:30pm

TUESDAY

Lap swim:

6:35—9:00am
9:50am—3:30pm (2 lanes)
4:30—5:30pm (2 lanes)
6:30—8:30pm (2 lanes)

Open swim:

9:50am—3:30pm
4:30—5:30pm
6:30—8:30pm

Notable activities:

Preschool Lesson 9:00—9:50am
Swim Team Practice 5:30—6:30pm

FRIDAY

Lap swim:

6:30—7:45am
8:30—9:00am
10:40—11:15am (1 lane)
12:00—7:00pm (1 lane)

Open swim:

12:00—7:00pm

Notable activities:

Older Adult Water Exercise 7:45—8:30am
Preschool Lesson 9:00—9:50am
Swim Lessons 9:50—10:35am
Arthritis Exercise 11:15am—12:00pm

WEDNESDAY

Lap swim:

6:35—7:45am
8:30—9:00am
10:20—11:15am
12:00—3:30pm (2 lanes)
5:00—7:00pm (2 lanes)
8:00—8:30pm (1 lane)

Open swim:

12:00—3:30pm
5:00—7:00pm
8:00—8:30pm

Notable activities:

Older Adult Water Exercise 7:45—8:30am
Preschool Lesson 9:00—10:20 am
Arthritis Exercise 11:15am—12:00pm
Water Aerobics 7:00—7:45pm

SATURDAY

Lap swim:

11:30am—3:30pm (1 lane)

Open swim:

11:30am—3:30pm

Notable activities:

Swim Lessons 9:00—11:30am

SUNDAY

Lap swim:

12:15—4:00pm (1 lane)

Open swim:

12:15—4:00pm

akronymca.org

RIVERFRONT FAMILY YMCA (330) 923-9622

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Connect with us!



The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.