



Pool Schedule

Luter Family YMCA

259 James Street, Smithfield, VA 23430

(757) 365-4060

September 2010

The Pool Schedule is subject to change.

HOURL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 a.m.- 8:00 a.m.	Laps	Laps	Laps	Laps	Laps		Pool Closes at Noon on 9-25-10 for Swim Meet
7:00 a.m.- 8:00 a.m.	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Pool Opens at 8:00 a.m.	
8:00 a.m. - 9:00 a.m.	Shallow Water Aerobics (L,M) Laps	Shallow Water Aerobics (L,M) Laps	Shallow Water Aerobics (L,M) Laps	Shallow Water Aerobics (L,M) Laps	Shallow Water Aerobics (L,M) Laps	Lessons Laps	
9:00 a.m. - 10:00 a.m.	Shallow Water Aerobics (L,M) Laps	Deep Water Aerobics (M,H) Laps	Shallow Water Aerobics (L,M) Laps	Deep Water Aerobics (M,H) Laps	Shallow Water Aerobics (L,M) Laps	Lessons Laps	
10:00 a.m.- 12:00 p.m.	Open Swim Laps & Lessons	Open Swim Laps & Lessons	Open Swim Laps & Lessons	Open Swim Laps & Lessons	Open Swim Laps & Lessons	Lessons Laps	
12:00 p.m. - 1:00 p.m.	Open Swim Laps Physical Therapy	Children Rec Swim Laps	Open Swim Laps Physical Therapy	Children Rec Swim Laps Physical Therapy	Open Swim Laps	Open Swim Laps	Pool Opens at 1:00 p.m.
1:00 p.m. - 2:00 p.m.	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps
2:00 p.m. - 3:00 p.m.	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps
3:00 p.m. 4:00 p.m.	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps
4:00 p.m. 5:00 p.m.	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Closes at 4:30	Closes at 4:30
5:00 p.m. 6:30 p.m.	Lessons Laps	Open Swim Laps	Lessons Laps	Open Swim Laps	Lessons Laps		
6:30 p.m. - 7:30 p.m.	Combo Water Aerobics (M,H) Lessons Adult Laps	Swim Team Lap	Combo Water Aerobics (M,H) Lessons Adult Laps	Swim Team Lap	Lessons Adult Laps		
7:45 p.m. - 9:30 p.m.	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps	Open Swim Laps		

(★) All intensity levels (L) Low (M) Medium (H) High

Combo Water Aerobics - Practical interval training utilizing shallow and deep water while using aquatic exercises to develop balance, flexibility, endurance, strength and body tone.

Deep Water Aerobics - A moderate-to-high intensity class (with no impact) designed to increase cardiovascular performance, muscle strength, and stamina in deep water (buoyancy belts are worn).

Shallow Water Aerobics - A moderate-to-high intensity exercise class designed to increase cardiovascular, muscle strength and stamina in shallow water.

Low Intensity: This class is recommended for individuals who want to exercise at a mild to moderate pace; maybe new to exercise or are ready to get started and move toward achieving their fitness goals.

Medium Intensity: This class is recommended for individuals who are already somewhat active, are ready to work a little harder, try new moves, or have been introduced to exercise in the past.

High Intensity: This class is recommended for individuals who are exercising regularly, already at a higher fitness level, or want more challenge.

It is recommended that you consult your physician prior to starting any exercise program.