



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

NORTHERN NECK FAMILY YMCA

January-2011

POOL SCHEDULE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shallow Water Aerobics (L) 8:00 - 9:00 am Barbara Clark	Shallow Water Aerobics (L) 1:00- 2:00 pm Michelle Faulkner	Shallow Water Aerobics (L) 8:00 - 9:00 am Violet Lewis	Shallow Water Aerobics (L) 1:00- 2:00 pm Linda Hamilton	Shallow Water Aerobics (L) 8:00 - 9:00 am Varies		
Shallow Water Aerobics (L) 6:30 - 7:30 pm Meg Miller		Shallow Water Aerobics (L) 6:30 - 7:30 pm Meg Miller				

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

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

Hours of Operation:

Mon. & Wed. 7:00 a.m. - 12:00 p.m. and 4:00 p.m. - 7:45 p.m.
 Tues. & Thurs. 8:30 a.m. - 2:00 p.m. and 4:00 p.m. - 7:45 p.m.
 Fridays 7:00 a.m. - 12:00 p.m. and 4:00 p.m. - 6:45 p.m.
 Saturdays 9:00 a.m. - 4:45 p.m.
 Sundays 1:00 p.m. - 4:45 p.m.

Please Note:

- 1) One lane is always available to lap swimmers during pool hours.
- 2) The pool closes 15 minutes before the facility closes.
- 3) The pool is closed to free swim during water fitness classes.
- 4) SEVA Swim Team utilizes 2-3 lanes during their practices.
- 5) Pool is subject to close during inclement weather.

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

NORTHERN NECK FAMILY YMCA AQUATIC CENTER 458 Harris Road Kilmarnock, Va 22482 804 435 2076

A branch of Peninsula Metropolitan YMCA

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