

MARCH BREAK SCHEDULE AT A GLANCE

MARCH 14 2010-MARCH 18 2010

Monday March 14

Tuesday March 15

Wednesday March 16

	Studio	Comm A	Comm B	Gym	Sm Pool	Large Pool
5:30						
6:00	Cyclefit					
6:30	6:00-6:45			Open Gym	Public Open	Public Lane
7:00				5:30-9:00	5:30-9:00	5:30-9:00
7:30						
8:00						
8:30						
9:00	Fusion Flow		Movin& Groovin'	Stretch&Tone	Lil' Dippers	
9:30	9:15-10:00	C&Y- Y Kids	9:00-10:30	9:15-10:15	9:00-10:30	AquaFit
10:00	Calisthenics	9:00-11:30	9:00-10:30			9:15-10:00
10:30				Kindergym	C&Y Watersport	Hydrotherapy
11:00				10:30-11:30	10:30-11:30	10:45-11:30
11:30				Kindergym	Kindergym	
12:00	Cyclefit	TBJH Educa		Open	Open	Lane
12:30	12:00-12:45	12:00-1:00		11:30-1:30	12:00-2:00	11:30-2:00
1:00	Gentlefit					
1:30	1:15-2:15	P- Y Kids		C&Y Ykids		
2:00		1:30-2:30		1:30-2:30		
2:30		C&Y -Y Kids		P-Ykids	Public Open	Public Lane
3:00		2:30-3:30		2:30-3:30	2:00-4:00	2:00-4:00
3:30				Open Gym		
4:00				3:30-4:45		
4:30		Y-Kids Action		P&C Soccer	Swim Lessons	Swim Lessons
5:00		4:45-5:30		4:45-5:30	4:00-7:00	4:00-7:00
5:30		P-Kids Action	C-Crafts	Y-Soccer		
6:00	Core	5:30-6:15	5:30-6:15	Hi/Lo		
6:30	6:15-7:00	C&Y- Y Kids	P-Movin& Groovin'	6:15-7:15		
7:00	YogaFit	6:15-8:00	6:15-8:00	C&Y Basketball		Aqua Bootcamp
7:30	7:15-8:30			7:15-8:00	Adult Lesson	7:00-7:45
8:00				Teen/Adult	7:45-8:30	Adult Lesson
8:30				Badminton	Public Open	Public Open
9:00				8:00-10:00	8:30-10:00	8:30-10:00
9:30						

	Studio	Comm A	Comm B	Gym	Sm Pool	Large Pool
5:30						Lane
6:00	Core					5:30-7:00
6:30	6:00-6:45			Open Gym	Open	
7:00				5:30-9:00	5:30-9:00	
7:30						AquaFit
8:00						7:00-7:45
8:30						Lane
9:00	Total Body Tone			Cardio Challenge	Lil' Sharks	7:45-9:30
9:30	9:15-10:00	C&Y -Y Kids	P- Y Kids	9:15-10:15	9:00-10:30	AquaEase
10:00		9:00-11:30	9:00-11:00			9:30-10:15
10:30				Walkfit	Child Care	Hydrotherapy
11:00				Y Kids	10:30-11:30	11:15-12:00
11:30				11:00-12:00		
12:00				Adult	Open	Lane
12:30				Badminton	12:00-2:00	12:00-2:00
1:00				12:00-1:30		
1:30		P- Y Kids		C&Y Ykids	Public Open	Public Lane
2:00		1:30-2:30		1:30-2:30	2:00-4:00	2:00-4:00
2:30		C&Y -Y Kids		P-Ykids		
3:00		2:30-3:30		2:30-3:30		
3:30				Open Gym		
4:00				3:30-4:45		
4:30		Music&Move		C-Badminton	Swim Lessons	Swim Lessons
5:00		4:45-5:30		4:45-5:30	4:00-7:00	4:00-7:00
5:30	Fusion Flow	C-Dance	P-Crafts			
6:00	5:30-6:15	5:30-6:15	5:30-6:15	Bootcamp		
6:30	Cyclefit	C&Y- Y Kids	P-Movin& Groovin'	6:15-7:15	Open	Aqua Bootcamp
7:00	6:30-7:15	6:15-8:00	6:15-8:00	C&Y- Hockey	7:00-8:30	7:00-7:45
7:30	Cyclefit			7:15-8:00		Adult Lesson
8:00	7:30-8:15			Teen/Adult		
8:30				Basketball	Public Open	Public Open
9:00				8:00-10:00	8:30-10:00	8:30-10:00
9:30						

	Studio	Comm A	Comm B	Gym	Sm Pool	Large Pool
5:30						
6:00	Cyclefit					
6:30	6:00-6:45			Open Gym	Public Open	Public Lane
7:00				5:30-9:00	5:30-9:00	5:30-9:00
7:30						
8:00						
8:30						
9:00	Fusion Flow		Movin& Groovin'	Low Impact	Lil' Dippers	AquaFit
9:30	9:15-10:00	C&Y- Y Kids	9:00-10:30	9:15-10:15	9:00-10:30	9:15-10:00
10:00	Calisthenics	9:00-11:30	9:00-10:30			
10:30				Kindergym	Child Care	Hydrotherapy
11:00				10:30-11:30	10:30-11:30	10:45-11:30
11:30				Kindergym	Kindergym	
12:00	Cyclefit			Adult	Open	Lane
12:30	12:00-12:45			Basketball	12:00-2:00	11:30-2:00
1:00				12:00-1:30		
1:30				Y Kids	Public Open	Public Lane
2:00		C&Y -Y Kids		1:30-2:30	2:00-4:00	2:00-4:00
2:30		1:30-3:30	P- Y Kids	2:30-3:30		
3:00				Open		
3:30				2:30-4:45		
4:00						
4:30				C&Y Volleyball	Swim Lessons	Swim Lessons
5:00				4:45-6:00	4:00-7:00	4:00-7:00
5:30						
6:00				Body Flex		
6:30				6:00-7:00		
7:00	Core			Leader Corps	C&Y Y Kids	Leader Corps
7:30	7:15-8:15			7:00-8:00	7:00-8:00	AquaFit
8:00				Teen/Adult		7:45-8:30
8:30				Volleyball	Public Open	Public Open
9:00				8:00-10:00	8:00-10:00	8:30-10:00
9:30						



YMCA

We build strong kids,
strong families, strong communities.

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Thursday March 17

	Studio	Comm A	Comm B	Gym	Sm Pool	Large Pool
5:30						Lane 5:30-7:00
6:00	Core					
6:30	6:00-6:45			Open Gym 5:30-9:00	Open 5:30-9:00	
7:00						Aquafit 7:00-7:45
7:30						Lane 7:45-9:30
8:00						
8:30						
9:00	Total Body Tone			Cardio Challenge 9:15-10:15	Fam Swim 9-10:30	
9:30	9:15-10:00	C&Y -Y Kids	P- Y Kids		Lil' Dippers 9:45-10:30	
10:00	Gentlefit	9:00-11:30	9:00-11:00			
10:30	10:00-11:00			P Soccer 10:30-11:30	C&Y Watersport 10:30-11:30	
11:00						Lane Swim
11:30				Adult Basketball 11:30-1:30	Open 11:30-2:00	
12:00						
12:30						
1:00						Lane 12:00-2:00
1:30						
2:00		C&Y -Y Kids	C&Y -Y Kids			
2:30		1:30-3:30	1:30-3:30	Open Gym 1:30-4:45	Public Open 2:00-4:00	Public Lane 2:00-4:00
3:00						
3:30						
4:00						
4:30		Y-Kids Action 4:45-5:30		P&C Basketball 4:45-5:30	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:00						
5:30	Fusion Flow 5:30-6:15	C-Drama 5:30-6:15	P-Crafts 5:30-6:15	Y-Soccer 6:15-7:15		
6:00				Bootcamp 6:15-7:15		
6:30	Cyclefit 6:30-7:15	C&Y- Y Kids 6:15-8:00	P-Movin& Groovin' 6:15-8:00	C&Y Soccer 7:15-8:00	Open 7:00-8:30	Aquafit 7:00-7:45
7:00						Adult Lesson
7:30	Cyclefit 7:30-8:15			Teen/Adult Basketball 8:00-10:00	Public Open 8:30-10:00	Public Open 8:30-10:00
8:00						
8:30						
9:00						
9:30						

Friday March 18

	Studio	Comm A	Comm B	Gym	Sm Pool	Large Pool
5:30						
6:00	Cyclefit					
6:30	6:00-6:45			Open Gym 5:30-9:00	Public Open 5:30-9:00	Public Lane 5:30-9:00
7:00						
7:30						
8:00						
8:30						
9:00	Fusion Flow 9:15-10:00	C&Y- Y Kids 9:00-10:30	Movin& Groovin' 9:00-10:30	Step 9:15-10:15	Lil' Dippers 9:00-10:30	Aquafit 9:15-10:00
9:30						
10:00	Calisthenics					
10:30				Kindergym 10:30-11:30	C&Y Watersport 10:30-11:30	Lane Swim
11:00						
11:30						
12:00				Open 11:30-1:30		
12:30						
1:00					Open 12:00-4:00	Lane 11:30-4:00
1:30		P- Y Kids 1:30-2:30		C&Y- Y Kids 1:30-2:30		
2:00						
2:30		C&Y- Y Kids 2:30-3:30		P- Y Kids 2:30-3:30		
3:00						
3:30						
4:00						
4:30				Open Gym 3:30-6:30	Public Open 4:00-6:30	Public Open 4:00-6:30
5:00						
5:30						
6:00			Youth Night 6:30-7:30			
6:30						
7:00				Youth Night 6:30-9:30	Youth Night 6:30-9:30	Youth Night 6:30-9:30
7:30						
8:00						
8:30						
9:00						
9:30						

Y Kids Themes:

Monday March 15th- **Ladies and Gentlemen START YOUR ENGINES!!!**

Tuesday March 16th- **Lions and Tigers and Bears OH MY!**

Wednesday March 17th- **It's not easy being green**

Thursday March 18th- **A blast from the past**

Friday March 19th- **A day at the Beach**

** for program that include pool time please remember a bathing suit and towel*



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