

YMCA of McDonough County  
 Aquatic/Lesson Schedule – Winter 2012  
 January 16 – March 3, 2012

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Waterobics 3*</b>	9:00 – 10:00 a.m.	9:00 – 10:00 a.m.	9:00 – 10:00 a.m.	9:00 – 10:00 a.m.	9:00 – 10:00 a.m.	
PERS Y Daycare	10:00 – 10:30 a.m.		10:00 – 10:30 a.m.			
PERS	10:30 – 11:00 a.m.		10:30 – 11:00 a.m.			
Parent/Tot Splash		10:00 – 10:30 a.m.		10:00 – 10:30 a.m.		
PE Pike Eel only		10:30 – 11:00 a.m.		10:30 – 11:00 a.m.		
<b>Water Workout 2*</b>	1:30 – 2:30 p.m.		1:30 – 2:30 p.m.		1:30 – 2:30 p.m.	
<b>Arthritis Aquatics 1*</b>		1:30 – 2:30 p.m.		1:30 – 2:30 p.m.		
PERS		3:30 – 4:00 p.m.		3:30 – 4:00 p.m.		
PERS		4:00 – 4:30 p.m.		4:00 – 4:30 p.m.		
PERS		4:30 – 5:00 p.m.		4:30 – 5:00 p.m.		
Youth		3:30 – 4:15 p.m.		3:30 – 4:15 p.m.		
Youth		4:15 – 5:00 p.m.		4:15 – 5:00 p.m.		
PERS	6:00 – 6:30 p.m.		6:00 – 6:30 p.m.			
PERS	6:30 – 7:00 p.m.		6:30 – 7:00 p.m.			
Youth	6:15 – 7:00 p.m.		6:15 – 7:00 p.m.			
Waterblast Club	6:15 – 7:00 p.m.		6:15 – 7:00 p.m.			
PERS Pike Eel only		6:00 – 6:30 p.m.		6:00 – 6:30 p.m.		
PERS Ray Starfish only		6:30 – 7:00 p.m.		6:30 – 7:00 p.m.		
Youth – Po, G levels		6:15 – 7:00 p.m.		6:15 – 7:00 p.m.		
<b>AquaFit 3+*</b>		7:15 – 8:00 p.m.		7:15 – 8:00 p.m.		
<b>AquaFit 3+*</b>						9:00 – 9:45 a.m.
Youth P,G only						9:45 – 10:30 a.m.
PE - only						10:00 – 10:30 a.m.
PE - only						10:30 – 11:00 a.m.
PERS						11:00 – 11:30 a.m.
Parent/Tot Splash						10:30 – 11:00 a.m.

Parent/Tot – For parent/adult and child age 6 months to 3 years.

PERS – Pike(P), Eel(E), Ray(R), and Starfish(S) (age 3 through kindergarten)

Youth – Polliwog(Po), Guppy(G), Minnow(M), Fish(F), Flying Fish(FF), and Shark(Sh) (First grade and up)

\* Denotes level of intensity at which the class is taught.

- Children 6 years and older should use gender appropriate locker rooms.
- Only bare feet or dedicated pool shoes are allowed on the deck.
- All swimmers must shower before entering pool.
- Toileting young children before lessons is recommended
- Parents are encouraged to view lessons from the observation lobby
- No floatation suits or shirts allowed

We want lessons and classes to be fun, educational and an all around positive experience. Please approach us with any questions or concerns.

*Cindy Cavett, Fitness/Aquatic Director*  
*Joan Murray, Aquatic Coordinator*