

## Sheridan YMCA Pool Schedule

Day	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Day																				
Time	Lap Pool	Rec Pool	Lap Pool	Rec Pool	Lap Pool	Rec Pool	Lap Pool	Rec Pool	Lap Pool	Rec Pool	Lap Pool	Rec Pool	Lap Pool	Rec Pool	Time																				
5:30-7:00a	Lap Swim	WW/ Aqua X (5:35-6:35am)	Lap Swim	WW/ Aqua X (5:35-6:35am)	Lap Swim	WW/ Aqua X (5:35-6:35am)	Lap Swim	WW/ Aqua X (5:35-6:35am)	Lap Swim	WW/ Aqua X (5:35-6:35am)	Closed	Closed	Closed	Closed	5:30-7:00a																				
7:00-8:00a	4 Lap Lanes/ Deep Water X	Water Walking		Water Walking	4 Lap Lanes/ Deep Water X	Water Walking		4 Lap Lanes/ Deep Water X	Water Walking	4 Lap Lanes/ Deep Water X	Water Walking	Opens at 7:30am			Opens at 7:30am	7:00-8:00a																			
8:00-9:00a	Lap Swim	WW/ Aqua X (7:45-8:45am)	4 Lap Lanes/ Deep Water X	WW/ Aqua X (8:00-9:00am)	Lap Swim	WW/ Aqua X (7:45-8:45am)	4 Lap Lanes/ Deep Water X	WW/ Aqua X (8:00-9:00am)	Lap Swim	WW/ Aqua X (7:45-8:45am)	Lap Swim	Water Walking			Closed	Closed	8:00-9:00a																		
9:00-10:00a		WW/ Aqua X	Lap Swim	WW/ Aqua X		WW/ Aqua X	WW/ Aqua X	WW/ Aqua X		3 Lap Lanes/ Paddle Board	9:00-10:00a																								
10:00-11:00a		Water Walking		Swim Lessons		Water Walking	Swim Lessons	Water Walking		Swim Lessons	Lap Swim						10:00-11:00a																		
11:00-12:00a		WW/ Arthrocize		Lap Swim		Water Walking	Lap Swim	WW/ Arthrocize		Lap Swim			SJHS-IE	WW/ Arthrocize			Lap Swim	WW/ Arthrocize	Lap Swim	Open Swim	Lap Swim	Open Swim	11:00-12:00a												
12:00-1:00p		Water Walking				WW/ Arthrocize		Water Walking			WW/ Arthrocize		Water Walking	WW/ Arthrocize				Big Horn Fun Friday					12:00-1:00p												
1:00-2:00p		WW/ Aqua X				Lap Swim		Water Walking			Water Walking		Home School Group	Water Walking				Water Walking					WW/ Aqua X	Lap Swim	WW/ Aqua X	Lap Swim	Open Swim	Lap Swim	Open Swim	1:00-2:00p					
2:00-3:00p		Water Walking																					After School Program		After School Program					After School Program	After School Program	After School Program	After School Program	3 Lap Lanes/ Slide, Diving Board, Rock Wall	2:00-3:00p
3:00-4:00p		4 Lap Lanes/ Swim Lessons																					Swim Lessons		4 Lap Lanes/ Swim Lessons					Swim Lessons	4 Lap Lanes/ Swim Lessons	Swim Lessons	4 Lap Lanes/ Swim Lessons	Swim Lessons	3 Lap Lanes/ Paddle Board
4:00-5:00p	3 Lap Lanes/ Slide, Diving Board, Rock Wall	Open Swim			3 Lap Lanes/ Slide, Diving Board, Rock Wall				Open Swim			3 Lap Lanes/ Slide, Diving Board, Rock Wall			Open Swim	3 Lap Lanes/ Slide, Diving Board, Rock Wall							Open Swim		3 Lap Lanes/ Slide, Diving Board, Rock Wall					Open Swim	3 Lap Lanes/ Slide, Diving Board, Rock Wall	Open Swim	Closed	Closed	4:00-5:00p
5:00-5:45p			Closed																																Closed
5:45-6:30p	3 Lap Lanes/ Slide, Diving Board, Rock Wall	Open Swim	3 Lap Lanes/ Slide, Diving Board, Rock Wall		Open Swim				3 Lap Lanes/ Slide, Diving Board, Rock Wall			Open Swim			3 Lap Lanes/ Slide, Diving Board, Rock Wall	Open Swim							3 Lap Lanes/ Slide, Diving Board, Rock Wall		Open Swim					3 Lap Lanes/ Slide, Diving Board, Rock Wall	Open Swim	Closed	Closed	5:45-6:30p	
6:30-7:00p				6:30-7:00p																															
7:00-8:00p	Closed	Closed	Closed	Closed	Closed		Closed		Closed	Closed		Closed			Closed	Closed	Closed		Closed	Closed	7:00-8:00p														
8:00-9:00p						8:00-9:00p																													

## **AQUA EXERCISE**

Water Exercise is increasing in popularity among the fit and not-so-fit due to its low-impact, yet high resistance nature. Water exercise is a great cardiovascular exercise as well as strengthener and works all parts of the body including the core.

### **CLASS DESCRIPTIONS**

**MULTI-LEVEL:** Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both.

**AQUA EXERCISE (Aqua X)** - Increase strength, flexibility, and aerobic capacity in the water.

**Water Arthrocize** - A water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints.

**Deep Water X** - Blend of moderate intensity cardio, core, and muscle toning class. Incorporating a variety of equipment for resistance.

**Paddleboard** - - High intensity cardio, core and muscle toning class incorporating a paddleboard to keep muscles fully engaged during workout.

### **Water Walking & Lap Swim Information**

**WATER WALKING (WW)** - One of the most low-impact, yet resistant form of exercise. Non-instructed, walk at your own pace. Use the Vortex area for more resistance walking.

**LAP SWIM** - Unless stated otherwise there will be 6 lap lanes available for use throughout the day. Great for building up endurance without impact on the joints.

Visit us on the web at [www.sheridanymca.org](http://www.sheridanymca.org) or call **307-674-7488**  
Sheridan County YMCA ~ 417 N. Jefferson St. ~ Sheridan, WY 82801

## **ADDITIONAL POOL INFORMATION**

**Special Pre-School Swim Times:** Parents with young children (Ages 5 and younger) are welcome to bring them to the Rec Pool during walking times only.

### **Swim Policy:**

Children under the age of 8 must be accompanied by an adult IN the water if they do not pass the swim test. Child must have a wristband to show that they have passed the swim test to use deep water features.

### **Swim Test:**

Swim tests will be administered daily during open swim. Speak with a lifeguard to be tested.