



# Jerry Long Family YMCA Pool Schedules March 2023

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>Lap Pool</b>	
Hours:	
Mon-Thurs.	5a - 8:45p
Friday	5a - 7:45p
Saturday	7am-4:45p
Sunday	12p-4:45p

### TYDE Swim Team Schedule

- Tues/Thurs/Fri 6:00am-7:00am, lanes 1-4 lap pool
- Monday-Friday 3:15pm-7:30pm, lanes 1-5 lap pool
- Saturday 7:00am-8:30am, lanes 1-3 lap pool

### Other dates to note:

Saturday, March 18, 2-3pm, 1 lane will be reserved for a swim team group

Saturday, March 25th 8-5pm, 2-3 lanes will be reserved for a lifeguard training class

<b>Program Pool</b>	
Hours:	
Mon.-Thurs.	7a - 8:45p
Friday	7a - 7:45p
Saturday	7a - 4:45p
Sunday	12p-4:45p

## Water Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:15a-Deep-April	7:15a-Shallow-Anne		8:15a-Deep-April	8:15a-HITT-April
	8:15a-Deep-Anne	9:15a - Shallow - April	9:15a-Zumba-April	
10:15a-Shallow-Brigitte	9:10a-Cardio Conditioning-Anne	10:15a-Shallow/Deep-Maria	10:15a - Recovery - Maria	10:15a-Shallow-Brigitte
11:15a-Shallow Light-Judy	10:15a - Recovery - Maria	11:15a-Shallow Light-Judy	11:00a - Recovery Plus - Maria	
7:15pm-Aqua HIIT-Natosha	11:00a - Recovery Plus - Maria			

### JERRY LONG FAMILY YMCA

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Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."