



We build strong kids, strong families, strong communities.

GASTON COUNTY FAMILY YMCA
CENTRAL BRANCH AQUATIC SCHEDULE
MARCH 2010

***** PLEASE NOTE: NO LAP LANES OPEN FROM 5:00 – 8:00 P.M.*****

Activity	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 Lane Lap Swim	1:30 – 4:30 p.m.	5:30 – 8:00 a.m. 9:00 a.m. – 3:30 p.m.	5:30 – 8:00 a.m. 9:00 a.m. – 3:30 p.m.	5:30 – 8:00 a.m. 9:00 a.m. – 3:30 p.m.	5:30 – 8:00 a.m. 9:00 a.m. – 3:30 p.m.	5:30 – 8:00 a.m. 9:00 a.m. – 3:30 p.m. 7:00 – 8:00 p.m.	10:00 – 4:30 p.m.
4 Lap Lanes Gaston Gators		5:00 – 8:00 p.m.	5:00 – 8:00 p.m.	5:00 – 8:00 p.m.	5:00 – 8:00 p.m.	5:00 – 8:00 p.m.	8:00 – 10:00 a.m.
2 Lane Lap Swim		8:00 a.m. - 9:00 a.m.	8:00 a.m. – 9:00 a.m.	8:00 a.m. - 9:00 a.m.	8:00 a.m. - 9:00 a.m.	8:00 a.m. – 9:00 a.m.	
Water Aerobics Big Pool		8:00 – 9:00 a.m. Hard Chargers		8:00 – 9:00 a.m. Hard Chargers		8:00 – 9:00 a.m. Hard Chargers	
Water Aerobics Classes - Shallow Water Small Pool		6:45 - 7:30 Early Risers 8:00 - 8:45 Arthritis Plus 9:00 - 9:45 Movers and Shakers 10:00 - 10:45 Get Fit 7:00 - 7:45 p.m. Hard Chargers	6:45 - 7:30 Early Risers 8:00 - 8:45 Arthritis Plus 9:00 - 9:45 Water Art 7:00 - 7:45 p.m. Hard Chargers	6:45 - 7:30 Early Risers 8:00 - 8:45 Arthritis Plus 9:00 - 9:45 Movers and Shakers 10:00 - 10:45 Get Fit 7:00 - 7:45 p.m. Hard Chargers	6:45 - 7:30 Early Risers 8:00 - 8:45 Arthritis Plus 9:00 - 9:45 Water Art 7:00 - 7:45 p.m. Hard Chargers	6:45 - 7:30 Early Risers 8:00 - 8:45 Arthritis Plus 9:00 - 9:45 Movers and Shakers 10:00 - 10:45 Get Fit 7:00 - 7:45 p.m. Hard Chargers	
Swim Lessons			5:35 - 6:05 p.m. Preschool ages 3-5 6:10 - 6:55 p.m. ages 6-11		5:35 - 6:05 p.m. Preschool ages 3-5 6:10 - 6:55 p.m. ages 6-11		9:15 – 9:45 10:00 – 10:30 10:45 – 11:30
Family and Recreational Swim (open swim)	1:30 – 4:30 p.m.	12:30 - 9:00 p.m.	12:30 - 5:30 p.m. 7:00 - 9:00 p.m.	12:30 - 9:00 p.m.	12:30 - 5:30 p.m. 7:00 - 9:00 p.m.	12:30 - 8:30 p.m.	12:30 - 4:30
Pool Closes	4:30 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.	8:30 p.m.	4:30 p.m.

Early Risers- A basic water fitness class that is perfect for beginners to intermediate. This class provides you with a great low-impact workout, at a low to medium intensity level.

Arthritis Plus - This class emphasizes movement and stretching over intensity. This is an ideal class for anyone with arthritis or any other movement limiting condition.

Movers and Shakers - A high intensity workout, this class gives you an all-over body workout, including toning, and cardio-conditioning. Class moves at a rapid pace.

Hard Chargers - A high intensity workout, this class gives you an all-over body workout, including toning, and cardio-conditioning. Class moves at a rapid pace.

"SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE"