



**GASTON COUNTY FAMILY YMCA  
CENTRAL BRANCH AQUATIC SCHEDULE  
FEBRUARY 2012**

**\*\*\* PLEASE NOTE: THERE IS NO FREE SWIM DURING SWIM LESSONS AND WATER AEROBIC CLASSES\*\*\***

<b>Activity</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
4 Lane Lap Swim	5:30 – 8:00 a.m. 9:00 a.m. – 3:30 p.m.	5:30 a.m. – 3:30 p.m.	5:30 – 8:00 a.m. 9:00 a.m. – 3:30 p.m.	5:30 – 3:30 p.m.	5:30 – 8:00 a.m. 9:00 a.m. – 3:30 p.m.	10:00 – 4:30 p.m.
Gaston County High School Swim Teams 4 Lap Lanes	3:30 p.m. – 5:00 p.m.  ENDS FEB. 10 <sup>TH</sup>	3:30 p.m. – 5:00 p.m.  ENDS FEB. 10 <sup>TH</sup>	3:30 p.m. – 5:00 p.m.  ENDS FEB. 10 <sup>TH</sup>	3:30 p.m. – 5:00 p.m.  ENDS FEB. 10 <sup>TH</sup>	3:30 p.m. – 5:00 p.m.  ENDS FEB. 10 <sup>TH</sup>	
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 – 7:30 p.m.	8:00 – 10:00 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	6:30 - 7:15 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	8:00 - 8:45 Arthritis Plus 9:00 - 9:45 Water Art 7:00 - 7:45 p.m. Hard Chargers	6:30 - 7:15 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	8:00 - 8:45 Arthritis Plus 9:00 - 9:45 Water Art 7:00 - 7:45 p.m. Hard Chargers	6:30 – 7:15 Early Risers 8:00 - 8:45 Arthritis Plus 9:00 - 9:45 Movers and Shakers 10:00 - 10:45 Get Fit	
Swim Lessons		5:45 - 6:15 p.m. Preschool ages 3-5 6:30 - 7:15 p.m. ages 6-11		4:45 – 5:15 5:45 - 6:15 p.m. Preschool ages 3-5 6:30 – 7:15 p.m. ages 6-11		10:00 – 10:30 10:45 – 11:30 11:30 – 12:15
Family and Recreational Swim (open swim)	12:30 - 8:00 p.m.	12:30 - 5:30 p.m. 7:30 - 8:00 p.m.	12:30 - 8:00 p.m.	12:30 - 5:30 p.m. 7:30 - 8:00 p.m.	12:30 - 7:30 p.m.	12:30 - 4:30
Pool Closes	8:00 p.m.	8:00 p.m.	8:00 p.m.	8:00 p.m.	7:30 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"