



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POOL SCHEDULE

STOKES FAMILY YMCA NOVEMBER 2019

Please Note:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>If a Water Aerobics class has 10 or more participants in a class Lane 4 will be closed and will not be available until the completion of the class</p> <p>High School Swim Team practice begins October 30. All swim lanes will be closed from 3:30 pm-5:00 pm</p> <p>Middle School Swim Team practices being October 28 Swim Lane 5&6 will be closed from 6:15-7:15 am</p> <p>High School Swim Meet November 26 Pool closes 4:00 pm</p>	6:30-7:30 Shallow Water Fitness (Shallow)-Gerry	5:15-6:00 Mornin' Mania (Shallow and Deep)-Lauri	6:30-7:30 Shallow Water Fitness (Shallow) -Gerry	5:15-6:00 Mornin' Mania (Shallow and Deep) -Lauri	6:30-7:30 Shallow Water Fitness (Shallow) -Gerry	Swim Lessons 9:15-12:30 (Shallow and Deep)	
	8:00-9:00 Cardio Toning (Shallow) -Don	8:00-9:00 Cardio, Strength and Balancing (Shallow) -Sherry	8:00-9:00 Cardio Toning (Shallow) -Don	8:0-9:00 HEAT (Shallow) -Kay	8:00-9:00 Cardio Toning (Shallow) -Don		
	9:00-10:00 Lap Swim hour (Lanes 5-6)	9:00-10:00 Lap Swim hour (Lanes 5-6)	9:00-10:00 Lap Swim hour (Lanes 5-6)	9:00-10:00 Lap Swim hour (Lanes 5-6)	9:00-10:00 Lap Swim hour (Lanes 5-6)	9:00-10:00 Swim Group (First Friday of the month)	
	9:00-10:00 Lap Swim hour (Lanes 5-6)	9:00-10:15- Deep Water Extreme (Deep) -Tammy	9:00-10:00 Lap Swim hour (Lanes 5-6)	9:00-10:15- Deep Water Extreme (Deep) -Tammy			
	10:30-11:30 Aqua Fit (Shallow) -Gerry	9:00-10:00 Lap Swim hour (Lanes 5-6)	10:30-11:30 Aqua Fit (Shallow) -Gerry	9:00-10:00 Lap Swim hour (Lanes 5-6)	10:30-11:30 Aqua Fit (Shallow) -Gerry		
	11:30-12:15 Move it to Music (Shallow) -Marcy	11:00-12:00 Low Impact (Shallow) -Desiree	11:30-12:15 Move it to Music (Shallow) -Marcy	11:00-12:00 Low Impact (Shallow) -Desiree	11:30-12:15 Move it to Music (Shallow) -Marcy	12:00-5:00 Birthday Parties (Shallow and Deep)	12:00-5:00 Birthday Parties (Shallow and Deep)
	Swim Lessons 5:30-7:00 (Shallow and Deep)	Swim Lessons 5:30-7:00 (Shallow and Deep)	11:30-1:00 pm WSHS Swim Group (First Wednesday of the month)	Swim Lessons 5:30-7:00 (Shallow and Deep)			
	5:30-6:15 Deep Water Aerobics -Barbara	5:30-6:15 Deep Water Aerobics -Barbara		5:30-6:15 Deep Water Aerobics -Barbara			
	5:30-7:00 TYDE Swim Team Practice (Lanes 5-6)	5:30-7:00 TYDE Swim Team Practice (Lanes 5-6)	5:30-7:00 TYDE Swim Team Practice (Lanes 5-6)	5:30-7:00 TYDE Swim Team Practice (Lanes 5-6)	5:30-7:00 TYDE Swim Team Practice (Lanes 5-6)		
	6:45-7:30 Power Pump (Shallow) -Johnnie Idol	6:45-7:30 Power Pump (Shallow) - Johnnie Idol		6:45-7:30 Power Pump (Shallow) - Johnnie Idol			

STOKES FAMILY YMCA

105 Moore Road, King NC 27021

P 336 985 9622 F 336 985 3976 www.stokesymca.org A United Way Agency

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