



# POOL SCHEDULE

Lebanon Family YMCA | January–March 2020



	Sunday	Monday	Tuesday		Wednesday		Thursday		Friday		Saturday	
5:30-6:00 am	POOL CLOSED	Lap/Open Swim	Lap/Open Swim		Lap/Open Swim		Lap/Open Swim		Lap/Open Swim		POOL CLOSED	
6:00-7:00 am												
7:00-8:30 am												
8:30-9:30 am		Aqua Fit	Deep Water Aqua Fit		Deep Water Aqua Fit		Aqua Fit	Yoga Aqua Fit	Lap/Open Swim (close at 3:45)			
9:30-11:00 am		Lap/Open Swim	Lap/Open Swim		Lap/Open Swim		Lap/Open Swim			Lap/Open Swim		
11:00 am-12:00 pm			Health Department Arthritis Class	Lap/ Open Swim			Health Department Arthritis Class	Lap/ Open Swim				
11:30 am-1:00 pm	Lap/Open Swim		Lap/Open Swim									
1:00-4:00 pm	Lap/Open Swim (noon-3:45 pm)	POOL CLOSED										
4:00-5:30 pm	POOL CLOSED	LHS Swim Team Practice (4:00-6:00)	Lap/Open Swim	LHS Swim Team Practice (4:00-6:00)	Lap/Open Swim	LHS Swim Team Practice (4:00-6:00)	Lap/Open Swim	LHS Swim Team Practice (4:00-6:00)	Lap/Open Swim	LHS Swim Team Practice (4:00-6:00)	Lap/Open Swim	POOL CLOSED
5:30-7:00 pm				Swim Lessons	Lap/Open Swim	Lap/Open Swim		Aqua Zumba (6:15)	Lap/Open Swim	Open Swim (6:00-8:15)		
				Aqua Zumba (6:30)								
7:00-8:15 pm		Lap/Open Swim	Lap/Open Swim				Lap/Open Swim					

**LEBANON FAMILY YMCA**  
500 E Elm Street  
Lebanon, MO 65536  
P 417.588.1177

## YMCA Hours of Operation

Monday – Friday: 5:30 am – 8:30 pm  
Saturday: 8:00 am – 4:00 pm  
Sunday: 12:00 pm – 4:00 pm

## Kids' Zone Hours of Operation

Mon – Thurs: 5:00 pm – 7:30 pm

# POOL SCHEDULE DESCRIPTIONS

## **Aqua Fit/Deep Water Aqua Fit/Aqua Yoga**

A non-impact fitness class in the water designed to increase strength, cardiovascular endurance and flexibility. This is the perfect workout for individuals wanting to challenge themselves as the water can be as gentle or resistant as you like. This class is also for those just starting a fitness program, working with arthritis or who have few exercise options.

## **Aqua Zumba**

Splash your way into shape with an invigorating low-impact aquatic exercise known as the ZUMBA “pool party.” The Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, AQUA ZUMBA blends it all together into workout that’s cardio-conditioning, body-toning and, most of all, exhilarating beyond belief.

## **Home School PE Swim**

Home Schooled children enrolled in our Home School program enjoy pool time.

## **Health Department Arthritis Class**

This water class taught by a Mercy instructor is designed for individuals who need low impact cardio and extra stretching. Cost for this class is \$1 per person.

## **Lap Swim**

Tone your muscles and get a cardiovascular workout by swimming laps. Lap swim times are for swimmers who are capable of swimming continuously from one end of the pool to the other. Lanes are first come, first served. Sharing lanes is encouraged if others are waiting to allow more people the opportunity to have a water workout.

## **LHS Swim Team Practice**

The Lebanon Family YMCA is proud to host twice-daily swim team practices for the Lebanon Yellowjackets swim team.

## **Open Swim**

During open swim, the pool is available for non-lap activities and relaxation. Enjoy the pool independently or have family time to play together in the pool.

## **Swim Lessons**

Our swim lessons are about more than just the techniques and skills. They are about nurturing swimming skills, developing self-esteem and creating positive experiences that will last a lifetime. When it comes to swimming and water safety, no one is trusted more than the YMCA, America’s Swim Instructor. In fact, group swim instruction was developed by the YMCA in 1906. Sign up for swim lessons at the front desk, or online at [www.orymca.org/lebanon](http://www.orymca.org/lebanon)